

This document contains the Salumet teachings, verbatim, as they were originally presented. Salumet's words appear in **Bold Font**, while other channelled communications appear in **Bold Italics**. Different coloured fonts are also sometimes used to differentiate between different speakers. Another document will follow soon, for subsequent years.

This is a large file, so you may wish to perform KEYWORD SEARCHES within the document, which you can do by entering any keyword into the magnifying glass symbol, to see whether a topic has been mentioned in the text.

~27th June 1994—first ever communication from Salumet~

(General greetings)

Please to stay a little way back. I am Salumet. I have waited a long, *long* time to come to you.

Les: We're very pleased to welcome you.

I don't have complete control yet, but I am happy to use this one now. (*Eileen*)

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

Forgive me if I seem distant, but it feels a little uncomfortable at the moment.

Les: I'm sure it would do, I quite understand.

I am clearing some vibrations from me, do you understand this?

Les: Yes I do thank you, and we take it that you will now be giving the information that has been promised?

That is why I have come. You can expect more now we have sorted out what we need to.

Les: Thank you very much indeed. We look forward to hearing—we have been promised much wisdom.

It has taken some time to, how would you say, 'weed out unsuitable peoples.'

Les: Yes, so we were told last time.

But now we are happy to use what is available to us. It is a necessary part of the work and now we are able to use you *all*.

Les: Thank you—we do thank you most sincerely for your coming. We have been waiting a long time, as you know.

Many changes have been taking place, as we have told you. All aspects of communications, you will find to be different in the future. Bridges have been built between us, to make things more simple than of the past. We are happy to know instruments are prepared to be used more *all* over your world—all over your world

Les: Yes, it is necessary, it is badly needed.

It is happening. We are reaching the point, where your world will, *WILL* be a better place.

Do not doubt those words. It may seem that cannot be so. I am here to say it will be, *WILL BE!*

Les: Yes we understand, note your words and believe in them.

We have much to teach you. Your world is still in its infancy when it comes to communications.

Les: Yes, we *think* we're clever, but we *know* we're not.

That is indeed words of wisdom. We shall endeavour to teach, to guide, to inform and to show you great *Love*.

Les: Thank you, you should know everything will be recorded, to pass on to others.

We know this will happen and I can tell you now, areas of communication are finding new pathways to connect us. We will use any means available.

Les: Good, that's splendid to hear. And we will certainly do all we can and continue to work in this way.

I can see that some people will call it, let me find the proper text, 'high-psi,' (*'psi' stands for paranormal psychic phenomena*) is that correct?

Les: Yes, that is correct.

But not so! There is much your Earth has to learn.

Les: Thank you. Well we have one gentleman here in particular, who will be interested to hear that.

I will leave you for this time, but we will be returning now on a regular basis.

Les: Good, well that really is wonderful news. May I ask you once again to give us your name please?

Salufet—fat (*power fading*) I will give again, my command of language not always so good, but I have been learning for a *long* time now. But all will be confirmed for you.

Les: I can't tell you how happy we are. Thank you and God bless you.

~4th July 1994~

Les: Good evening to you, thank you for joining us.

I feel your welcome once again, thank you.

Les: Am I too close to you for comfort?

I ask please for some room. I hope it is all right by you to ask.

Les: Yes of course.

I wish to say I am happy to be here again.

Les: That's very nice of you, we do appreciate it.

My mission here is to extend our *Love* and to bring new knowledge. This I reiterate once again. We have told you in the past, that there would be happenings when your flower the *rose* was in bloom.

Les: Yes that's quite true you have and each year I have recalled it.

Now I tell you that this *is* the *time* that *we* have *chosen* for a good many reasons.

Les: Thank you. It certainly is gratifying to know that this *is* the year that it's going to happen.

We must take things slowly to begin with. Mainly for the sake of the channel (*Eileen*) we are using, but with use, will come greater competence—yes.

Les: That's very good news.

I want to say to you all, you are all treading the '*Pathway of Light*.'

You suffer from some doubts, some of you, but we will encourage you all to take each step slowly, slowly.

Les: Yes, we do realise these things can't be rushed.

Each one of you is at their own individual pathway of development, each one has to be used to their own capability and that which we can help with, will be given. I am happy to answer any questions you would like to put to me.

Les: Thank you, would someone like to ask a question?—Brent?

Brent: Um—not at the moment.

This one of many questions, does not have one?

Les: (*Chuckles*) He does ask many questions, doesn't he?

No matter, we have much time ahead.

Les: Well, I'm going to ask a question relating to something we were discussing earlier. Often one can be told what is going to happen in the future. Am I right in presuming that if that is possible, then the event has already happened, otherwise it could not be known.

Your presumption is partly correct.

Les: Partly—

Yes, *all* things are known, *all* things have been. But do not forget, you are on a cycle of time. Therefore, without being too complicated in my explanation, I will say only this: (*Pause, before voice becomes stronger*)

What is to come, is past, what is past is the future; we are on a never-ending cycle of events.

Can you follow? (Yes) It is difficult for you earthlings to understand this—Time—*Time* is a complicated matter. But I will say, there are those of you who can see what is ahead, not because it is the future, but because it is there, it is past, it is the present, it is the future. It is *one whole*, a never-ending cycle of events.

Les: Yes, this is the conclusion I had come to myself and I mentioned it earlier this evening, when we were talking, because I could see no other explanation, even though we cannot ever understand it.

It is possible for you to understand, *only once you have been conjoined into that—how shall I say, 'Time capsule.'* It is always the problem of explaining to you, in understandable terms, what we know.

Les: Quite, and sometimes it is just not possible to give an explanation which we can understand and accept.

Of course. I will always endeavour to do my best, but I cannot guarantee you will understand the explanation.

Les: We do appreciate this, we know the difficulties—we can imagine the difficulties—

It is *one* of the difficulties of trying to explain, when it comes to 'time.' Past, present, future; *all* is known. *All* is not a certainty when it comes to future events, I must say. I will elaborate another time on that matter.

Les: Thank you, so there are limitations? (*On predicting the future*)

Yes, you are correct.

Les: What led me into this train of thinking long, long ago, was that in the Christian Bible, and the Islamic Koran, it is frequently said, 'It is written, ' or 'So-and-so is written.' And you wonder if it is in fact written as such and you have just explained it.

Yes indeed, indeed—many things are 'written,' if you want to use those words. It is rather more complicated than that, but that simple explanation will do for now.

Les: It was what we here refer to as 'destiny' or 'fate.'

You call it what you will—(*Amused*) I will leave the explanation as it is. But perhaps in time to come, we can delve more deeply into that.

Les: Well, we look forward to that. And I repeat that everything is being recorded, your words are never wasted.

Thank you. For that is the purpose of our work, that it should be spread; that the wisdom that we give should be used for the *good* that it is meant to be used for.

Les: Certainly it is for the good of all, we know.

Brent: May I ask a question now?

Les: Certainly—

Brent: Just following on from what you have just said, does it mean that our positive or negative thoughts have an influence on the future. Because you've said to us that our thoughts have more power than we realise.

Thought, *THOUGHT* is the most powerful thing that you have. There is always positive and negative. You must have the difference. Of course, the power of your thought has a great deal to do with the 'influence' which goes forward. Yes, the answer is *yes*.

Sara: Can I ask a question? Are there seven energy centres in the body, which respond to different colours, the seven different colours?

Yes, I have heard this—there are many more centres in your physical body, but for ease of purpose, you have chosen to pick seven energy points. I can tell you, there are many, many, many more. But if it suits the purpose of your healing, then let it be, yes.

Sara: Thank you.

Your whole spirit being is one *energy*. Do you understand? So, to say, 'Are there seven energies?' That is not quite correct, but at the same time, it *is*, because I know what you are speaking of. But, you must see yourself, as a whole, one whirl one *mass* of energy. Does that seem clear to you?

Les: Would it be realistic to suggest that those 7 centres of energy are as of the 7 'facets' of the one diamond?

Again, my friend, there are more facets to a diamond—but yes, I agree with you. Again, we are delving into complicated issues, but I don't want to be too—too deep at this particular time. Let us take each step as it comes. But yes, yes, the question is a good one and yes, it is partly correct.

Les: Thank you, I would like to say we are finding this most interesting.

Are there any more?

Les: Any more question? Debbie, you said you had a lot.

Debbie: But I can't think of them now. (*Chuckles*)

Don't be concerned.

Sandra: Can I ask one? As you're sitting here with us, do you know what the life ahead is for us?

I'm sorry if I smile.

Les: That's all right, I was smiling too—

Yes—of course you all have a 'Life plan.' You do not come to this Earth, without a life plan. Yes, your future is mapped out, as we have spoken before. But, I am not here to tell you your future! (*Smiles*) You my dear, must live your own life. You must make your own mistakes and learn from *them*. But yes, your future is known.

Brent: May I ask another question? Is it sensible for us to ask whether children who are born today, are likely to be more spiritually 'aware' than people have been in our past?

Not necessarily—the world as a whole, is more spiritually aware, today than it has been in the past. But children being born today are not. They take up their positions to learn. Therefore what they have gained spiritually, is 'blocked,' when they are born. Does that make sense to you?

Brent: Do you mean when they are conceived, when they begin life?

We have to go further back, before birth. No, the answer is they are not more spiritually aware when they are born today, than in the past.

Brent: Thank you.

Spirit, today, has not altered from the past. It is each era that is more spiritually aware—

Les: Yes, I was going to suggest that perhaps a further answer to that, is that there are many more opportunities in the world nowadays, for newly-born people and children, to have an awareness of the spiritual necessity.

That comes once they are born. It makes no difference before they are born. That is the point I am trying to make. Does that answer your question sufficiently?

Brent: Yes it does, thank you.

The opportunity to become more spiritually aware, is greater in this day and age. I know the question you are trying to put—yes.

Les: Thank you, I'm going to suggest that our friends here should prepare some questions for each meeting now, if that's agreeable to you?

Of course.

Les: Thank you, then at least we shall not be wasting your time by not having questions to ask.

My time is never wasted.

Les: You're quite right, it isn't.

Brent: Is it useful for us to think of life as a sort of 'battle,' or 'tension' between good and evil. And are we to work for the forces of good? Is it sensible for us to think that way?

A battle between good and evil? Always you should look towards the '*Light*'. Call it 'good' if you will. Sensible to think of it as a battle? No, that is not sensible. You should strive always for good; good in your everyday lives, good for the future, good for all the peoples of your Earth. No, do not think of life as a battle. You were sent here to learn, but not to consider it a battle.

Sandra: It's not easy though is it?

Les: No—I was told that long ago when I was—in a depressed mood at one time. I said this life here is like a prison and I was very soundly taken to task for that remark. And I was told quite pointedly that it is not a prison, it is a college of learning.

Indeed, think of yourselves as pupils, to learn, *not* as prisoners in a cage.

Les: No, I have done that ever since. It was quite right, I was thinking along the wrong lines.

Yes, if you think of life as a battle, let me reiterate what I said previously: *Thought* is the most powerful thing that you possess.

Sara: Can I ask a question? Can I assume that it's possible to create a heaven on Earth, with the power of positive thought and service?

You are quite correct. 'Heaven' can be on Earth. *That* is what we are all striving for. You are quite right young lady.

Les: But it's going to take a tremendous amount of positive thought on behalf of everybody. It must emanate from everyone.

George: Yes, can I ask a question? I think love is the most important factor on Earth. Sometimes we feel that, as a whole, we're just not generating enough of it. Would you care to comment on that?

I will:

Love is the most important thing, not only on your Earth, but in everything. You speak of 'God,' who or what is God, if it is not the universal power of Love? Love is indeed the most powerful thing that anyone can possess. It is that element of spirit that shines forth from each and every one of you to varying degrees. Love, Love is what you are about.

Les: Thank you, and would I be right then, in assuming that one's ability to emanate the power of *thought* and *love*, would affect the 'aura' which is seen around us as physical beings?

You would be correct. What you *are*, '*shines*' out in your auras, as it does from every living thing.

Les: I'm glad you confirmed that, because I have told other people, that their own thoughts are projecting love, even if they are not aware of it. Provided they are aware of the importance of love, then automatically, they will be emanating those forces to others—

Yes. Yes, the aura that surrounds each and every one of you, tells you what you are. Those of you who can see the auras, and there are many of you on this earthly plane who can, can see exactly who and what you are. It can be used in healing, it can be used for guidance, it can be used as a force for good. Do you understand?

Les: Yes, thank you. Any more questions please?

Sara: What do you think of the aura-photographing machines? Do you know them?

I am aware of them—whatever brings knowledge to you, whatever inspiration we bring you, whatever use can be made of it, is important. In that respect it is a good thing. Sara: Thank you.

Les: Any more?

Brent: I would really like to ask who you are? And I realise that's not an easy thing to answer, but I often hear communicators say, 'We.' I often think to myself, well *who* are you, in relation to us, and who are you in yourself?

My friend that is just the type of question I would expect from you. (Smiles)

Les: It's been bothering him for a long time. (Laughter)

I will try to explain to you. I—'I' come to you as a single entity, because it is easier that way, to communicate. We are using one body, but 'I' as you put it, I and not 'I' as you would know it. I am a combination of many beings. Are you following me?

Brent: I'm trying yes.

I come to you, because that is the way of communication that you on Earth understand. I am a 'conglomerate' of beings.

Les: Might I extend that question, by asking, and I think that is in the enquirer's mind too—by asking, did you at one time live on this Earth, as a physical being?

(Pause) **You have to understand, my friend, things are not all they seem. Part of me, yes, has lived on your Earth at one time. We are getting into deep subjects again, but I will endeavour to answer. We spoke earlier of a diamond. I am one facet of a diamond, who has chosen to break from the rest to come to you, at this time, to teach and to instruct you. Therefore I am not the 'I' alone; I belong to the 'We'. That is the simplest way I can find to explain to you. I am more than 'I.'**

Les: I do understand what you are trying to tell us, and I do appreciate the explanation. If I might follow that one step further please, if there is the power—is there?

We are running down, but please continue.

Les: We'll make this the last one then. You've heard us no doubt, talk here, and your colleagues have heard us talk about 'highly evolved beings.' Are we right in assuming that you, in our minds, in our vocabulary,

could be classified as such? Knowing that 'I' is not 'I'—we accept that, but you as the entity that visits us, we look upon as a very highly evolved spirit.

I understand the question and yes, I suppose you would consider me to be that. But of course, I cannot say that is true, (Smiles) because—yes, your knowledge is a little more extended than the others, I know. But yes, for all intent and purposes, yes, you would consider me to be that.

Les: Thank you very much indeed. And we're grateful and I know you won't want to hear the word, but I'm going to say it, we are honoured that you should have visited us like this. We look forward to many more visits.

I look for no honour, no thanks, no gratitude.

Les: Well, let me say it is our love then for you.

I hope that you will all benefit from what I will try to bring you all.

Les: I'm sure we shall.

We have much to bring you—(Voice fading as if with sadness)

Les: Thank you very much. God bless you and our love goes with you.

~July 11th 1994~

It seemed that a couple of rescues were about to happen, but as they did not develop, attention turned to Eileen:

(General welcome)

Would you like me to wait, while you finish what you have started?

Les: No I think the gentleman hasn't anybody wishing to come through him and I think it is important that we should hear from you, thank you. And our friend who last week had no questions, has two for you tonight, if he might put them to you?

Yes, but first I would like you all to join me in a prayer please.

Les: Certainly, yes by all means.

For the purposes of your understanding, we shall use the word you are familiar with—(Referring to the word 'God,' probably)

Les: I understand thank you.

Oh great and gracious God,

We gather here before you,

In peace, in love and understanding.

You have granted me this day

To be your emissary,

To teach, to comfort,

And to instil some knowledge to

Our friends here on this earthly plane.

Oh Great God, we offer ourselves to you,

This day, to be used as you will.

Amen

Before we begin the questions, I want to say to you all about the power of prayer. It is only through your meditations and prayer that you begin to open up spiritually. I know some people dispute this, but it is an eternal truth. And so, I say to you all, please use the power of your prayers. I will teach you all the proper way of prayer another time.

Les: Thank you.

Now, let us have your questions.

Brent: I know that you will understand this question properly, in the spirit in which it is intended. But we recognise that we have spiritual problems on this Earth and we also have problems that are purely material. And I'm not asking for any answers now, but I would just like to know whether you are able to

give us answers about the material world. Like, for example, new methods of medical practice, or new methods of food production for the poor and starving, or things of that nature?

You have a specific question on these matters?

Brent: No, I'm asking whether you would, now or later, be able to give us answers to questions of that nature.

I will try. Don't you have one now?

Brent: No I haven't. I am more trying to understand whether it's right for us to ask that sort of question, or whether that knowledge would come privately to experts on Earth, or whether the information would come publicly in the form of pronouncements?

I think I touched on this subject last week, when I said to you that you are influenced by us in spirit. Your doctors, your scientists, your philosophers, they all are inspired, whether they know it or not. I do believe I said this last time. But, if you have specific questions, I will try to answer them for you.

Les: Would it not be that if our scientists, our food producers, our philosophers, any who wish to help in a material way, those who live on this Earth, would they not be receiving help, by using prayer, as you've suggested?

That's not necessarily so. They can be inspired, without the need of prayer, if, if they are working for the right purposes.

Les: Yes, your inspiration would only be given if you could see the result of their labours.

Yes, we would only give it to those who would use it for the best purposes of mankind. It matters not if they pray. If the intention is good, then that is a spiritual thing to do and therefore we would use what inspiration we can give them.

Les: I have always said on many occasions, that the fact of doing a good deed, is in itself a prayer.

Yes, I would agree with you.

Les: You have another question Brent?

Brent: Yes, I have a question concerning healing. Here in this room and elsewhere, spiritual healing takes place, by means of contact between a healer and a patient. But other types of healing with which we are familiar, sometimes referred to as 'psychic surgery,' involve the cutting of the body and repair, with no blood and no pain. Can you tell us first of all, does this happen? And if so, give us any idea how it happens?

I will try. Always *(there is)* the problem of spiritual happenings to be explained in a material way. Yes, psychic surgery—that is occurring there is work on the spirit body. When that is whole, then the effect passes to the physical; then and only then. Mind-spirit-body must be *one*. When you talk of psychic surgery, we are talking on a completely different level from your understanding of physical happenings. When a problem manifests itself on the physical body, the problem lies within. That is the part that has to be dealt with. Sometimes the problem is with the '*etheric body*.' That is the part that is put right. Does that answer your question?

Brent: Yes it does. But I think we all wonder how that can affect the physical in such a dramatic way—

***First, let me say you are not a physical being—you are spirit; mind-body-spirit are one.* If one level is not right, then everything is not right. The mind affects the body, the spirit is affected and very often it is the etheric body, which needs treatment. There are those of you on this Earth plane, with the ability to be used by us in this way. To us it is nothing extraordinary, but to explain to you is difficult in your terms. It is the etheric body, which is worked on, which produces the result in the physical. I cannot explain to you more at this time, about the methods used, for the simple reason you would not understand. It is a spiritual happening and, therefore, a spiritual thing, to explain is very, very difficult. But I will come back to you on that one at a later time, if that suits you.**

Brent: Yes, thank you.

I will try to explain. Do you want an explanation of what is happening physically? Is that what you're trying to ask?

Brent: Yes, I can't understand how bleeding can be stopped and blood can disappear and scars can heal, because our doctors can't do that.

Your doctors are working only on the physical body. I'm sorry I cannot be more explicit than that.

Les: I have a rather complex question. Whether you can answer it, I don't know. But the population of this planet, is increasing rapidly. And knowing that each physical inhabitant is imbued with the essential spirit, where are the spirits, if I can use that term that will eventually occupy the increased physical population? Are they created by thought, when it is necessary for a new physical body to be imbued by a spirit?

No, no.

Les: You understand my question I hope.

I understand. Let me say, spirit has always been and always will be. The increase in your population goes with the evolution of your planet. You have to think of the *Spirit world*. Again, we get into deep water in trying to understand spiritual matters on an earthly basis. Spirit always has been, there is not just one unit. You have, as I have tried to explain, we are all like facets of a diamond. Each unit can be incarnate, or reincarnate, one unit at a time. If (*in*) the increase in population, we need more spirit beings, then it is taken from, how do I say, a 'pool' of beings?

Les: I thought it must be like that.

What you must understand my friend, we are not single units.

Les: So part of the whole is utilised for the benefit of the new physical body.

Yes, that is true. It may be more than one unit, from that whole that is being used at one time. That is exactly what is happening. That is why you have 'twin Souls' in one incarnation at a time. That is how that happens. Do you understand?

Les: Yes we do. And that would also account for what we call 'prodigies.' Because the ability is already existing in that spirit and it passed the ability into the physical body, when it occupies it.

You are quite correct. We are delving into deep matters again, but I will try to answer simply.

Les: You have explained it fully, so far as I'm concerned. And one further question: Does the spirit inhabit the physical body at the time of physical conception?

There is much dispute in this matter, I know. I can only speak the truth as I know it. What I say to you, only accept that which you do not find insulting to your own intellects—this is acceptable—but I say 'yes', at the time of conception, the spirit enters that being.

Les: Thank you. So an embryo is already a spiritual being.

The spirit is from that first spark of unity.

Les: Yes, thank you. It does have quite a bearing on the abortion controversy, which rages here at the moment.

It also goes on in our world.

Les: Does it really?

There are many discussions—I will not say 'arguments,' but discussions.

Les: May I continue on this?

You may.

Les: In the event of an embryo being aborted, it returns to the spirit world, let's call it that, or the pool of spirits, as you put it. Does it continue to live as a spirit being again, without any ill effects?

It would depend on the situation. If that spirit being entered to be aborted, it has fulfilled what it has come for. If it is aborted—let me find the correct terms for you—if that spirit is aborted too soon, it would return to that pool of beings to find another body to re-inhabit.

Les: But it is not affected by the experience?

Yes, I have to say, yes. If the abortion takes place too quickly, then it is like being thrust back when you are not prepared. It is like, how shall I say, like a shock that you can feel. That is the reaction on the spirit being.

Les: Thank you. That clears up a point in my mind. I thought there must be a reaction, since the spirit is a very sensitive '*condition*.' I can only say, '*condition*,' to use that word for it.

Words, my friend, are always the problem.

Les: Yes, we must experience these things.

When I considered coming to you, I vowed to use only simple language.

Les: Yes, thank you. Yes, I'm sorry we are such simple people, but one day we shall understand better.

(*Chuckles*)

We will all understand more. As the awareness grows, so too does the understanding.

Les: I'll ask any of my colleagues if they have a question.

Certainly.

Debbie: What would be considered too soon, or too early or on time?

Always remember that you are imbued with free will. When a spirit chooses to reincarnate into a body, it is—'forward looking,' if you like. But, although your life plan is mapped within certain boundaries, the free will of the person can change, to abort that foetus. There are 'accidents,' let me state that here and now. We have been asked the question, 'If everything is planned and known, how come things happen?' But remember free will. So, you can have a foetus, whose life plan was longer. Therefore when an abortion occurs, it is a shock to that spirit being. Do you understand?

Debbie: Yes, so free will can—

Can interfere—yes.

Les: You did say on your last visit, that the future is not planned in intimate detail. There are 'accidents' you said.

It is planned within guidelines. But of course, you are all given free will. And that is why I don't really like the term, 'accident,' but it will be appropriate for now.

Les: Thank you. You used the word there, I noticed, you said, '*when the spirit CHOOSES to enter the body.*'

That would imply to me, that reincarnation is not obligatory. I have been told by other communicators that reincarnation occurs, when permitted, if that reincarnation is going to be of benefit to humanity at the time of the reincarnation. Would you agree with that?

Yes, let us talk a little on this. It is another subject well-spoken on. The Soul is the one who chooses to reincarnate, but only if there is a lesson to be learned, a wrong to be redeemed, something like that. No one makes the Soul reincarnate.

Les: So it's not obligatory?

It is not obligatory.

Les: Thank you very much.

But it does happen. Remember, your earthly life is a school of knowledge. If you leave this Earth plane with very little knowledge of spiritual things, you may feel that you need to return, say—(for) a particular lesson for your spiritual growth. It may take a long, long time in our spiritual realms, before that Soul becomes aware of the necessity to return.

Les: I see.

But always it is the Soul's choice.

Les: Thank you. So that confirms another thing, which I have said many times here when dealing with 'rescues,' as we call them, that the condition of life in the next plane—which is the only way I can put it—can be of indeterminate time. Progress depends entirely on the individual's wish to progress from that next plane of life. There is no compulsion for them to move on.

Again, let me reiterate what I said last week: *Thought* is the most powerful energy you can possess.

Les: I was very interested to hear that.

You have to consider that when you leave this plane of existence, to join the spirit world, your thought patterns remain the same; you do not alter your viewpoints. Therefore you can be against all manner of things. If you were sceptical here, you will be sceptical when you come to us. Therefore the thought patterns of the Soul must be of its own making. Until that recognition comes then it will continue to learn, to be encouraged. It is not obliged to do anything it does not want to do. So, when the Soul is ready, we do have, how would you say—*counselling*? The Soul is '*counselled*' as to the way of its best progression. But ultimately, it is the Soul's own choice.

Les: Thank you. That leads me to another question, which I think I can put on behalf of my colleagues here, who have asked it of me, on various occasions. When we deal with 'rescues,' often people come back, who have been departed from this world, for many of our years, a hundred years perhaps. And the question has

often been asked, whether they've been suffering all that time, from the traumas with them, when they come back for rescue. My reply has always been 'No,' they are in a condition of 'limbo.' They are not aware of the suffering which caused them to pass on, until their mind shows a desire to move on. Then they are brought back here. Is that correct?

Yes. They are buffeted from the pain of their earthly existence. It is difficult to explain. They are 'cocooned,' if you like, in a 'vibration' of love. And all the time, we are trying to reach them, to encourage them, to love them. But like all things, they are still individuals in their way of thinking. Therefore, it can be many aeons of your time, before the realisation comes to them. It depends too, on the knowledge they have obtained in their earthly lives; that which they bring with them. We can work on the knowledge that they bring, but we are not allowed to intrude, even in our spirit world. There are laws to abide by and we do abide by them. But, to answer your question, no, they do not suffer for lots of time. They are cocooned.

Les: Thank you very much for that. I'm sure that gives a lot of comfort to my companions here, who I know have been worried about it. That has cleared a lot of doubts and I appreciate the answer. Sorry I'm taking up all of your question time. Anybody else like to ask a question?

George: Yes. Could I have a question which is quite different? It's a great privilege to be able to put questions to you like this. Some of us have a fascination for the great stone circles of our country, like Stonehenge and Avebury, **(Yes)** which were built perhaps 6000 years ago, in our time. They may have energy connections, they may have communication connections, we don't really know. Is there anything that you can tell us about the stone circles?

Yes, I understand. Yes, first let me say, there have in past times, been groups of people, with extended knowledge far beyond your own comprehension. We can devote more time on another occasion to that. But first, picture these people with that extended knowledge, of energy patterns, of all kinds of vibrational energies, on your Earth plane. You are quite correct to say it has to do with energy. It also was a form of worship. Each and every group of people, have worshipped in their own individual way. The stone circles were erected for this very reason, many, many thousands of years ago. I hope I can bring one of those people one day to speak to you. May I?

(General amazement)

Les: That would be wonderful.

They were a people, really not of this world, but of an extended knowledge, which helped them to create what you term, these wonderful stones and masterpieces. But, let me say, I will try to bring someone, who can give you so much detail.

Les: We would greatly appreciate that, because I've many times been amused at the theories put forward as to how the stones were erected. When to me it is a simple matter of understanding forces that we are unable to understand.

Yes, that is the problem. The energy forces that exist on this Earth, are not comprehended by the normal human being.

Les: And that would apply also to what we call UFO's. But that must be a subject for another time, I know.

Debbie: That's what I was going to ask.

Well I did try to answer simply. But yes, you have many questions *(Seemingly amused)* I can answer. Yes.

Les: We have indeed. I hope you don't lose patience with us, with all these questions?

No, I will not. I am happy to be amongst you, to answer as simply as I can, in an understandable way to you all. What was the question?

Les: Did somebody ask a question then? Debbie?

Debbie: No, I was interested in UFO's really, as to what explanation there was. I mean are they from another planet, or is there life on other planets, or what really—

Yes, there are other life forces beyond this galaxy. There are beings of extremely high knowledge and wisdom. They are not as you would know, a human being, but they possess the qualities of love and great spiritual awareness. They come, yes you are correct. **There is much spoken about UFO's as**

you call them. But yes, within the whole universe, there are people who exist, who to you, would seem to be Masters of travel and knowledge.

Les: Yes indeed. And that would apply to 'corn circles.' They are formed by entities invisible to us.

George: Yes, the crop circles may connect with UFO's; they form in the crops that are grown at this time of year, forming very beautiful circular patterns. There may be a message in those patterns for us. Perhaps that's another question—

I can categorically tell you now, there is the connection. I am not prepared to tell you what the message is—that is for mankind to become aware of in his own time. But yes, there is a connection.

Les: There must be, because they are geometrical patterns too.

Again, we get into the earthly vibrations; the coming together of both. But I will not tell you what the message is meant to be. If mankind does not have sufficient awareness, then who am I to interfere?

George: It is nice to know there is a message, thank you.

Les: And thank you very much again for your kindness in coming and for your answers, which really are invaluable. And on behalf of everyone, I do thank you most sincerely.

I have one more thing to say before I go. There gentleman who has a high intellect, I speak of our friend there—

Les: Oh yes, the one who asked the questions about healing.

We are happy to answer all questions. But, be careful that your intellectual mind, does not become like a cancerous growth, where it stunts the ability to grow spiritually. Do you understand that?

Brent: Yes I do understand that very well.'

Yes you can—there is nothing wrong with a high intellect. It is good to see, it is good to see people question. We don't want anyone to accept anything that insults them. But, be careful that you don't stunt your own spiritual growth, because of your intellectual mind. There will always be some questions that even we cannot answer for you, simply because of the difficulty of expression. Please keep this in mind. Allow yourself to become a vessel for good. Keep your inquiring mind, but temper it also with those inner feelings.

Les: Thank you. Back to the little 'inner man,' Brent—thank you. God bless you.

There followed a brief message for Lilian via Eileen, about fearing the future:

—Don't be afraid, fear is negative. You are surrounded by great love. Many, many come close. Do not be afraid—(Thanks expressed)

~July 18th 1994~

General greetings

Let us begin. I know your time is short.

Les: Yes unfortunately. Right, let's begin with a rather complex question, if I may, partly to correct my own thinking, which I understand may be wrong. I have always considered the Soul to be a 'spark' of the ultimate divinity. And I have thought that the Soul uses the spirit, which is intangible also, as a vehicle, whilst it is on or close to the Earth. The spirit, in turn, inhabits the etheric body, which of course, covers itself with a physical body, to live in the physical surroundings. Now, is that escalation correct, or am I wrong in my thinking?

I believe we touched on this subject last time.

Les: Yes, I was thinking of what you said and you mentioned the Soul—(Yes) and that is why I thought I would ask this question, because words are often used loosely and sometimes incorrectly and I thought it would be of help to everybody to have clarification on this.

Let me try to do that for you. (Thank you.)

The Soul is indeed the spark of divinity that you speak of. It is, as I said last time, one unit of a whole. It manifests in many ways, from that spark of divinity, down through the realms of consciousness. We get to deep matters once again, but I think I shall come to expect that of you. The soul—the *soul* is the one who makes the decisions in which way to incarnate. The soul, the spirit, the etheric bodies, the

physical—you are correct, there is more than one etheric body; call it spirit, call it soul, but ultimately, it is all *one—the soul*. Do you understand? (Yes—) So whether you have a particle of one, or the whole unit, incarnating makes no difference.

Les: I follow. So if I might progress on that question then, you are no doubt aware that in our rescues, I have to tell many, that when they go into the next plane of life, they are endowed with a fresh body, a fresh mind—Would that be the 'etheric body,' as we call it now?

Yes, you pass through different stages, let me say. The etheric body is closest to your physical—yes, you are correct. You pass from the physical into an etheric body.

Les: Which, to all intents and purposes, to those occupying it or using it, is just as 'physical' as the physical body, which they left on Earth?

Yes, that is true.

Les: Thank you.

You see, you *have* to do it slowly. It would be too much and it would not be allowed, to take such a great leap from one energy to such a higher one.

Les: I quite understand. So the etheric is merely one step more?

The etheric body is the second stage, if you so like to call it.

Les: Yes, this is the first stage. And there is another point. It may sound stupid, but I have often thought that this physical World is a '*shadow*,' of the next world—the etheric World. The etheric world really being the positive world, of which this physical habitation is only a shadow.

Yes. As the etheric body is the next stage from the physical body, so too is your planet Earth. All things are living. Therefore, there is also a 'shadow' if you like, of each and every thing that exists. You are correct.

Les: Thank you. And I have often read of the so-called 'primitive' peoples worshipping rocks and trees, soil, flowers and so on, believing them to be inhabited by a spirit peculiar to that particular plant, or tree or rock. I can well understand their thinking on this matter and I would agree with it. That leads me to another question: Are there higher powers, whose job it is, to look after plants, trees, rocks, rivers, water and so on? Does each have what could be called, a 'Guardian Angel'?

You find this a difficult subject?

Les: No, I can understand it. But I just wanted to confirm, whether there are those whose purpose is in the scheme of things, to be responsible for various aspects of nature.

Yes—as all of you here will probably know, you are guided by a higher being. So, too, do all the elements of your earthly plane. Each one is dedicated to that task, whether it be water, trees, whatever; the list is endless. But, yes, there are those of us higher beings, who dedicate themselves to these matters. We must talk about energy when we go to these subjects. (Pause) If you all are a spark of divinity, so too is each element on the Earth; the seas, the plants, the mountains, whatever. Each has its own spark of energy, of *God love*, shall we say. Yes, they are looked after by higher beings.

Les: They definitely are?

They are indeed.

Les: Yes, I've held that opinion for a long time. I'm glad to have it confirmed, because it did occur to me, that that was what the so-called 'primitives', were aware of, without being able to explain it.

They were much more aware of *Nature Spirits* that is true. Unfortunately, as your evolution has taken place, a lot of this has disappeared.

Les: It is unfortunate that it has disappeared.

We know of the ridicule that this causes, but it is a *fact*.

Les: Good, I have always found it quite easy to believe, that they did worship the spirits, because the spirits in fact existed.

Exactly—why should it be so strange?

Les: Not to me, but many people think it is strange.

Yes, we are aware of this, and we are trying to put matters right.

Les: Good. Now that brings me to another rather complex subject and it's one I could quite understand, if you didn't want to answer. But I have long held the opinion that the story of Jesus as the son of God, was fabricated, if I can use that word, to reach the limited intelligence of people, of that day and age. That he was no more or less a son of God, than any of us is a son of God. He was a man imbued with marvellous ideas and a desire to be of service.

Let me say this:

When Jesus walked your Earth, he was only one more incarnation, of many who taught before. He indeed was not 'the' son of God, he was 'a' son of God.

Let me say, I have difficulty with the word 'God.' Creative Force, Universal Consciousness—much better words. But Jesus did walk the Earth. He was a Master who came to teach the Earth people at that time. His gifts were great and these he tried to display. But he was not 'the' son of God; never did he use those words. I'm afraid the words came from the people who wrote the words.

Les: Well, I'm glad to have confirmation of that, because I've long thought it, that the stories were fabricated to get into the limited intelligence of the people of those days and for the facts to be presented in a way that they could understand. **(Yes)** Because they could never understand it, as we can understand it in these days.

Yes—much has been done that is wrong in the teaching of those days. He was denied what he came to do, to a certain extent. But, no, *he* was a humble Master and still is.

Les: Yes, I've often told people that, that the way the church parodied what he came to do, was diabolical, because he expressed and taught humility in all forms, yet the church never has.

Yes, much of what he taught has been denied. Throughout the ages, we have had many Masters tread this Earth plane, to teach exactly the same lessons if you like, that Jesus the Christ came to teach.

Les: I've always known that he wasn't a one and only, there were many like him. And equally, many were denied what they tried to teach, because of mankind's greed and ignorance.

Let me also go back a little way to our conversation. He too, (*Jesus the Christ*) is a spark of divinity; not a whole. Let me leave it at that.

Les: Yes, thank you. One point, if I may. The resurrection was not a physical resurrection. I believe it was a materialisation of the etheric body, to become visible to mankind.

Yes, *why* is there so much doubt here?

Les: I don't know—it's pitiful.

It was a natural happening. He did that. He told his followers that he would do it. It still happens today and still it is denied.

Les: Yes, that's why we keep pressing on with this work. That's why we hope to get the information and in due course, we shall begin trying to publicise it. (*See website: www.salumetandfriends.org*)

We find it difficult that after all these many years, we are still trying to teach the same things.

Les: Yes, it is appalling, isn't it, that it's not accepted? Now, I have another question, which I have been asked to put to you. It is said that the Chinese word for life is 'Chi,' and that by exercising knowledge of that Chi and by acknowledging and indulging in exercises, they can heal their bodies themselves and give themselves longer life upon this Earth. Would you say that's a possibility?

Of course! Of course! We go back to energy once again. They are a race of knowledge, when it comes to these matters.

Les: They are indeed. We have many (*Chinese*) who visit us.

What is your healing, if it is not an energy that is being used? So *why* is it so difficult to understand? Call it by any name you wish, it makes no difference. Yes, to use the energy for self-healing, is of course, quite possible and to us, is nothing, nothing unusual.

Les: And the exercises they indulge in, which are gentle in their movements, are only a method of meditation and relaxation.

It is no different if you sit still and meditate, or if you do a yoga exercise, or if you sleep and let your mind be free. Let me say, it matters not what you call it, it all comes down to the same thing—using the energies that are available to you.

Les: And being aware that they are there to be used. **(Yes)** That is the important thing I think.

And you see, by these movements that they use, they are attuning themselves to the higher realms. It is something as simple as that.

Les: And now may I continue questioning please? **(You may.)** I'll open the floor to somebody else in a moment—I am told that often during our sleep state, I emphasise often, not always—we are permitted to come into the next plane, into the etheric world, and help with the work there, and benefit from the experience. Is this so?

That is so. You see, another matter which is quite normal, but people find difficult to accept.

Les: Yes, This is why I wanted it confirmed or denied, for the benefit of my colleagues. Thank you for confirming it.

Your sleep state raises your consciousness, which makes it easier for you to leave your physical body. So, yes, there is no difficulty with that.

Les: And we do in fact work in the etheric World, during our sleep state?

You *can* do, I would not say that you all do—of course not.

Les: We can do if we wish?

Yes, it would depend on the individual of course and the desire to wish to do that.

Les: But we are not for some reason, permitted to retain a memory of our visit—

Yes, you *are* permitted—it depends on the individual again—yes. It is not that it is not permitted, it *is* permitted. But for some it is easier to recall.

Les: I see. But others have the ability, but can't use it?

The ability is there in *all*. As I say, it is a very individual thing. You can have two musicians, both knowing the same tune, but one has a better memory. It is simple, it is as simple as that.

Les: So it's something, presumably, which we could educate or train ourselves into accepting and developing?

It is something you can develop if you wish.

Les: Thank you. Right, now I think I'll let somebody else have the opportunity. George? Brent?

George: Can I ask a question about nuclear weapons? **(Yes)** There are those on Earth, who make nuclear bombs, nuclear weapons. I feel this has to be bad news for planet Earth, and bad news for the people. The situation is not so clear as regards the development of nuclear power for industry and production. My feeling is that this can pose such huge problems for future generations, it might be better left alone. Would you care to comment on this please?

I will—Nuclear energy has been misused by you people on Earth. It would not, I think, be wise to leave it be. It has been given to you, the knowledge of it, for a very good reason, for the betterment of mankind, but it has been misused. We are trying from our realms now, in a concerted effort, to influence world leaders in these matters. On that I can say no more, other than we are trying to put the thoughts, right thoughts to the right people, that these things *will* and *can* be changed.

George: I think you are inferring that knowledge of things nuclear could possibly be of benefit to—

Not *could* be, *SHOULD* be.

George: Thank you, that's very helpful.

Jackie: When people die and they go to the spirit world, we have often heard that they're happy in the spirit world. How can they be, when they've left loved ones behind?

Yes, of course we have touched on this before too. When you leave the physical body, you do not suddenly change. You take with you, *all* those thoughts and feelings that you have gathered in your earthly life. Of course, there is sadness in the spirit realms, but this has to be dealt with. That is why you as a group, are doing 'rescue' work, or *did* do rescue work. The feelings of the departed one, are still very close to the Earth, to the people they have left behind. That is why it is important for those of you left behind, to be happy for that loved one, and not to grieve, so as you all seem to do so much of. Can I elaborate more for you?

Jackie: Yes please.

There are those souls who come to us tormented. We draw close to them in a 'tube' of love and light—but still having their free will (?)—and sometimes they are tormented and unhappy for some time. That is their choosing. We can only try to influence and guide them. But you are correct—No, everything is not brightness and light to begin with.

Les: Another question?

George: I have one, which may sound a little strange. It is about the nature of prediction. A long time ago, in our time in the year 1503, a man known as Nostradamus, or Michel de Notre Dame, a Frenchman, was born. And he is regarded as one of the best seers or prophets of his day. He wrote many things and he appears to have written a number of good predictions, for the present time and for our future. He talks in particular of 3 periods of *Anti-Christ* uprisings, against the teachings of Christ. The first Anti-Christ was named as Attila, a long time ago. The second *Anti-Christ*, he regarded as the period of World War II, which began in 1939. He also talks of a third *Anti-Christ*, which has not yet happened. Perhaps—there are indications he was predicting a third World War, with nuclear forces? With our free will and positive thought, perhaps this can be averted, perhaps it already has. Would you care to comment at all on that?

I will. Let me place the question back to you. What is *Anti-Christ*?

George: I would think *Christ* stands for love and creation and *Anti-Christ* would be the opposite, hate and destruction.

Let me comment please: Nostradamus, as you call him, was indeed a man of vision, a great scholar of his time. But a man reared with religion. That is where the term '*Anti-Christ*' comes from. Do we know what '*Christ*' means?

George: I take Christ as Jesus Christ and Jesus Christ being—

Let me put you right, my friend, before we go further. It was not exclusive to Jesus, the word '*Christ*.' He should have been known as Jesus '*the*' Christ.' Let me explain a little further. What do you think it meant? *Teacher*—that is the true meaning of the word '*Christ*'. Therefore let us go back to Nostradamus. *He* was influenced by the religions of his time. He was a great visionary and of course, with his extended views and knowledge, he could predict events to come. You speak of nuclear disaster. Your world has been heading towards that, for some considerable time. Let me say to you all: There has come the time when many of us, and I speak as, let me say, a Master—Does that make sense to you please?

Les: Yes.

(Loud/emphatic)

Many Masters have come to tread this Earth plane, at this particular time. There will *not* be a nuclear holocaust. That is our mission at this time in your evolution! That will not occur.

But let me tell you, the Earth is *changing*. And now we get to deep matters again. We spoke earlier of the Earth having an etheric, an *etheric body*. That is the one that will be filled with love and change and that is why we have descended at this time, to bring forth the knowledge to help that transition. Does that answer your question?

George: Yes and that is wonderful to know. Thank you very much for that.

Les: Yes, to comment on that George, we were told, Ruth and I years ago, that they were preventing it, that it would be prevented—nuclear war.

Man, *man* has knowledge, but the Creative Force has *all* knowledge.

Les: Do you see nuclear power being used as it was many, many years ago, and has been lost to us? We call it '*Nuclear Power*,' but the direction of energy, the absorption and direction of energy, for peaceful usage.

That is why the energy was made known to man, to be used for the good of mankind. We also at this time, as I have said, are trying to influence those people in power, and I think you see it happening with nuclear disarmament. It is a stepping stone in the right directions. We are working on this.

Les: Good, and am I right in saying that such power, was used many, many generations ago, and the secrets lost?

You would be correct in saying that. Nuclear energy has been known to past civilisations. It is still being used, not on this planet, but elsewhere.

Les: And that enables many to visit us, without our knowledge.

Yes. We will discuss that one time, I think.

Les: Any more questions?

Dawn: Can I ask a question about pyramids please? In the pyramids, there have been drawings of people in 'space helmets', as if the people had been flying. Did they fly at that time and why were the pyramids set up please?

Much is spoken of pyramids and pyramid power. Pyramids were sources of direction. Let me explain.

(Pause/deep breath) **There was (sic) indeed those who could travel at that time. Pyramids pointed to other galaxies, other stars, if you like. I will try to keep it simple. Each point of the pyramid, pointed to a direction of the universe, to the open skies. That is why you had a civilisation, who could indeed 'fly,' as you put it. This is a little known thing about the pyramids. They were not places of worship, they were used for a directional function.**

Les: So the fact that they were used as tombs, was secondary?

They were *not* there as tombs. That is not what the function of them was. That was *not* the intention and I can say to you now, there was a much more *complex reason* for them.

Dawn: Can I follow that up with just one more question, which is probably rather silly? But I've often wondered if people came from outer space and then bred with the people here, to produce a certain kind of intelligence, but could never attain that higher intelligence?

That never did happen. That is *not* what happened. No, that is a definite 'no.'

Les: Anybody else?

Debbie: Can I just ask what are dreams exactly, because sometimes we remember them, and sometimes we don't.

What are dreams? You can dream—your dreams are your subconscious mind possibly going through events of the day. Or it can be, as we have spoken, that you have travelled in your sleep and you *are* actually recalling what you have done. It can be two things—do you understand that? Or do I need—

Sandra: Yes. We can actually make ourselves dream bad things, by worrying about them. Can our subconscious make ourselves dream them?

Again, we go back to what I have said. Thought is *the* most powerful thing. You create your own demons, you create your own happiness, you create—Let me say when you go to the spirit realms, that is what you will have, THOUGHT. And eventually, the use of words are not necessary. Always remember thought. Be careful in your way of thinking, because you can create that thought.

Les: I believe thought can be strong enough, if we indulge in negative thinking and worry about something happening, it's possible for thought to be so strong, as to induce that happening, which we are hoping would not happen.

Of course you *create*. Thought is a *creative* thing.

Les: So thought can create a passage, for the very events, which we are trying to avoid, if we constantly worry about them?

Yes, the thought in your mind can become a reality.

I cannot be more specific than that.

Les: A reality externally. Yes—you follow Debbie? (Yes)

I know these things are difficult for you to understand, but they happen. They happen. You must always be careful in your *thinking*, in your *thinking habits*, in what you think of other people. Because not only do you create that thought, but it also *rebounds* back to you. Do you understand that?

Les: Yes, I have tried to teach that to people in the years gone by, that their own thoughts create troubles for the thinker, if the thought is not correct, not a good one.

It is cause and effect again, to use the term that is widely used here. It is that and that only.

Les: Thank you. Anyone else? Brent?

Brent: Well, quite a few of my questions have been answered, but why don't I ask whether you can tell us, or in some way explain, the purpose of the universe? Because many of us wonder why are these incarnations necessary and what we see as 'turmoil,' necessary for the progression of the soul. We can't understand it.

No, and neither will you, while you are in your physical body.

First, let me say your Earth, is a very small particle, in a Universal Consciousness.

I don't think if I tried, you would understand what I would be trying to say. The Earth, as far I can explain to you, is a *small* area, where teaching takes place. *(Pause)*

The Earth is one *small* part of one *small* galaxy. We have many '*earths*' in many *galaxies*, all doing and teaching differing things.

I don't think I can go into these things now. We need to go a little more slowly, at this particular time. I say only to you, accept that you do not understand—One day the knowledge will grow and expand, and so too, will the knowledge of your Earth—it also is in a learning phase, as far as the universe goes. Can you begin to see that just a little?

Brent: Yes, I understand that and find it easy to visualise. I don't expect an answer much further than that. I appreciate it.

Good. We are going into very big subjects, but we will come to them in more detail, I'm sure.

Les: Yes, we look forward to it—any more questions? *(None)* As we say here my friend, the floor is yours, if you wish to talk to us about anything in particular. I'm sure there is a great deal you could relate to us, if you wish.

Yes. There are no more questions?

Les: Not at this time. There will be many more, of course. But if you have teaching for us, we shall be happy to accept it.

We will not continue too much longer this time. The channel, the voice-box, is beginning to become a little dry and we don't wish any distress. So, let me say this time that I will close with a prayer to the Great Creator of all, if you all will join me. (Yes—) I would like that you could all cultivate this habit of prayer, or talking if you prefer, to that inner voice, that you call God.

Les: Yes. Thank you.

*'Beloved Father, Creator of all,
We thank you, we thank you so
For this group of people gathered here this night.
We are grateful that they have been influenced to be here.
Father, cloak us all in your protective light,
As we go our separate ways this night.
Let us all feel in our physical beings your love and your light.
Let us offer ourselves to you as open channels
That we might be used as you will.
Father, keep us safe and well until
The time comes that we meet again.
May many blessings be placed upon you.'*

Les: And upon you—God bless you all.

Note: For more information about 'Rescues', please visit the website: www.salumetandfriends.org

~July 25th 1994~

Salumet's channel, Eileen was ill with a virus and could not be present. But another through Sue gave a discourse about the importance of the Salumet communications:

I will you good evening.

Les: Thank you. It's nice to welcome you here.

We are aware that one of your sitters cannot be here.

Les: Yes it is unfortunately she's unwell. I hope she'll soon recover.

We are with her. She will be taken good care of.

Les: Yes, I quite thought you would be, but thank you.

We hope that there will not be too great disappointment with your friends here.

Les: Oh no. They will quite understand. Obviously there is disappointment, but it's unavoidable occasionally. We just have to accept it.

It would not be suitable for such power to try another channel.

Les: It wouldn't be suitable, no. Perhaps you could try them in another way this evening?

We will gather power from each one, for purposes which would not be able without. You understand me? (Yes—) I have trouble with words.

Les: That's quite all right. We'll have to leave it to you. And hope you can use one or two of the other people here, even in a lesser way. We know you won't waste the opportunity anyway.

No time ever, ever wasted, no.

Les: No—I've become aware of that over the years.

The great power you have experienced lately, never, never stops working in different forms. Do you understand me? (Yes—) This power which lately has been used for as speech, is also used for the greater good of your world, yes? (Thank you.) You understand me?

Les: I certainly do and it is certainly needed these days.

Can you understand that this power who you have had talks with, is of such importance, that this meeting of people, have such privilege? You understand?

Les: Yes. Oh we are privileged. We would say so to the gentleman, but we know he prefers the words not to be used.

That is why I speak to you tonight. We know each and every one here is working together, and if this continues, then each person will be cloaked in more love and protection, than they would ever realise.

Les: Thank you for that. We do appreciate and I've always considered it a privilege to work with you. And I'm sure the others do nowadays too.

But in saying that, without such as yourselves, this work, this information could not be broadcast. Is that the correct word?

Les: Yes, quite. That is our intention, to broadcast all the information we shall receive, in the future. It's so necessary that it should be done, and I have such good helpers now, assisting in the broadcasting, that we're hopeful it will reach many other people.

So although (I) used the word 'privilege' in association with the Master, we are also privileged to have you working with us. Therefore may I say to all here, many thanks—many, many thanks to all. (Thank you.) When the new work continues, when our friend is recovered, then more information will come.

Les: Thank you, we look forward to it. Yes, we are hoping we shall get a great deal of information and wisdom given to us for broadcasting to others.

Some will not be available until the time is right and conditions on your world are right, but we will supply as much knowledge as we can.

Les: Thank you, that's kind of you. And we shall always endeavour to see that it is used in the right way.

We hope to expect (?) knowledge by using another sitter in this way.

Les: Well that would be marvellous if you do.

If this one (Sue), is agreeable, but the method would be slightly different, yes?

Les: Yes, I'm sure I can answer for anybody you choose to use, that they would be perfectly willing to work in any way you wish them to. We have worked together so long now.

This we are aware of; each one's commitment.

Les: Yes, I've been very, very lucky over the years, in having such dedicated helpers and colleagues.

Power not strong now—(Voice fading)

Les: Thank you very much for what you've said and bless you.

We will continue with quiet (?) work now.

Les: Yes, I'll see if you wish to use anybody else. Thank you.

~1st August 1994~

General greetings

I thank you for your welcome.

Les: We're delighted to have you back with us once more—we look forward to having your answers again to our questions, some of which have been prepared for you. But do you wish to open with prayer first?

We can begin and we will finish with a blessing.

Les: Thank you. The questions I would like to ask tonight, if I may, all have relevance, because of the constant controversy in our physical world. Some, I appreciate you may not be able to answer fully. Others you may prefer not to answer. This I do understand, but I just have to accept what you give us with gratitude. The first question is, and it is frequently discussed in this world, that Jesus was not in fact crucified. That he somehow escaped to the near east of Middle East and lived out his life there, though there are various other theories. And it is thought that the crucifixion death was fabricated, as many others were, because it was the most heinous form of punishment given at that time. If you can give us information, I would appreciate it.

You have asked more than one question.

Les: Yes I have unfortunately.

Yes, I understand. Let me try to elaborate for you. We are aware of the many stories that have circulated your Earth—Jesus the Christ was in fact crucified, as was the punishment at that time. It was not an unusual form of death, it happened to many. But we understand the stories of escaping to other lands. We understand the stories which have circulated. Let me say, Jesus the Christ travelled to many lands not mentioned in your Bible.

Les: Is that so?

The full story of his life has not been fully written. He indeed travelled east. In fact he travelled as far as India, came back and travelled through many lands to give his teachings. (Yes) But he *was* in fact crucified, at the time you are speaking of.

Les: So in that sense, the Bible is correct.

In that sense, you are correct.

Les: Another question which is often mooted here—and it's usually followed by the statement 'there cannot be a God, otherwise he wouldn't allow these things to happen.' And I refer to natural calamities, such as earthquakes, disastrous floods, tornadoes and other violent aspects of nature. You did say at our last meeting, that there are 'guardians' for all natural things on this Earth.

Yes I did.

Les: And thinking over your answers, this is what prompts my question tonight. Is it possible for the 'guardians' to make mistakes, which creates these havocs, or is it a method of reducing the population, for various reasons?

Firstly, let me say, why does 'God' and I use the term loosely—why does God take the blame for all these natural disasters?

Les: I can't understand that, so I'm hoping to get some clarification, which will disabuse peoples' minds of this.

Let me explain simply. You are placed on this Earth as a learning place. As I mentioned previously, the Earth too, is in a very, very minor part of the '*Cosmic teaching house*,' if you like. Therefore as you humans can make mistakes, so too occurs disasters within the vibrational forces of the Earth. You are *not* correct to say the guardians of these natural things, make 'mistakes.'

Les: Well I couldn't understand them doing so, but I had to ask.

That cannot happen. The natural laws cannot be broken by you, by us, or by anyone else. (Yes) Let me put it this way to you. Your Earth is naturally evolving. As you too make mistakes so can the formation of

the Earth crust. It all comes down to the vibrational forces of the Earth. That is why you have your earthquakes, you have your floods. They are natural disasters, *nothing more*. No blame to anyone, or to God.

Les: Just a natural part of the development of the physical Earth—

It is the natural part of your earthly evolution.

Les: Yes—so it is incidental then that humanity should be allowed to develop upon an imperfect Earth?

That is the scheme—that is the plan. You cannot be upon a *perfect* Earth.

Les: I see—

Does that make sense?

Les: Yes—um—

The imperfections of humanity and the Earth as a whole, is the *scheme*. That is the scheme that is God's plan, if you wish to say that. It cannot be changed, it cannot be altered.

Les: So in that case then, when people say 'God is to blame for these things,' they are correct. They are not correct in saying, 'there cannot be a God, otherwise it would not happen.' Am I right?—If one is going to attribute blame anywhere—the plan is God's—I'm not being sacrilegious, I'm just trying to discover the answer to these things.

You cannot be sacrilegious. Let me answer this for you. I will try to simplify it. (Thank you.) You can only apportion blame, when the blame lies in a particular area. (Yes) You are looking upon a God—you are trying to personalise God—there *is* no such God. All laws are natural—they cannot be broken, they cannot be changed, they *are* and always will be. That is not to say they are *perfect*. By using the word 'perfect,' I don't mean it in your earthly term—am I being clear? (Yes—) What is 'perfect?' Your definition of 'perfect,' means, am I correct, that nothing can go wrong?

Les: Yes, that would be a correct definition. And of course, I have often said that perfection lies only in a person's thought.

That is true—again we get to explanations, which are difficult to put to you, because of your understanding. All these natural things happen. There is no 'blame.' You cannot apportion blame to God, to anyone else.

Les: Yes, because there's no existence to attribute them to—

Yes, you have said the words correctly. That is exactly so. You cannot apportion blame. There will always be natural disasters. You cannot have otherwise. (No) The Earth is not a perfect place, as you would wish to see it.

Les: But it is a melting pot. I have thought in the past and tried to explain, it is a melting pot for the development of the spiritual self, of the people inhabiting the Earth, at the time of those disasters. Like any disaster, and wars too, often, to use our expression, 'bring out the best in people.'

Let us talk of disasters. The soul 'comes into its own,' in troubled times. Thank not God, when all things are well, but when you have troubles, when you have woe, because spiritually, that is when the soul grows. We know you find it difficult to accept all these disasters; the earthquakes, the floods, the loss of life in wars—I can only say it is the Plan, it is the scheme of things. I cannot explain to you in earthly terms that would make you understand.

Les: No, I accept that.

But, it has to happen. It is something that will make all those people, ALL those people who are involved in these so-called 'disasters,' come into their own.

Les: Yes, so, one can assume that they might well have to be born for the sake of acknowledging of one's own spiritual being, because of the kindness that can be shown in such disasters to other people?

Yes, I have said the Earth is a learning point. Not only the people who are involved in disasters, but all of you left, you *all* learn from it. I know it is difficult to understand. We are questioned very often on these matters, yes—

Les: In your world?

On your Earth.

Les: On our Earth?—in other places, other times—yes, I follow.

Yes. I can only say to you, with more awareness will come more knowledge.

Les: Quite—this I do accept and this is partly behind my questioning now, so my colleagues here, can know the answers to things, to questions, which I'm sure they have put in their lives at various times. Your answers will be interesting to them, I know.

But you cannot apportion 'blame' to God.

Les: Of course not—I have tried to explain that, much as you have said, it is a necessary part of the 'scheme of things.' Not only when people have talked about the suffering of a particular person, I have said forget that particular person, child, or whatever it may be. Think of the reaction upon the parents when a child dies. They have to find other depths within themselves, to cope with it.

You will only find the answer, when you have a wider view of what is going on. I cannot answer more clearly than that for you. I only wish I could, but the limitation of your understanding, make that impossible.

Les: Yes I do accept that. We are so limited in our understanding.

But we understand the feelings and the distress that these things cause you.

Les: Yes—on a question entirely different, on a different track altogether. Our scientists, as you probably know, consider that the universe started as a Big Bang, as they call it, but we won't go into that—They've comparatively recently come to the conclusion, that it is an expanding universe. Now that I can accept quite easily, in view of what you have told us before, about the galaxies of which we have no knowledge. So, can one assume from the scientific evidence that they now have, or say they have, that it is going to be a constant expansion of the universe?

How can they know? How can they know the *whole* of the universe? They cannot. They are correct in part. What they are talking about, is a very small part of the whole. Let us take a few grains of sand within a circle. Let us take another group of circles with grains of sand. What happens when the wind blows? In the *one* section of the grain of sands, do they not blow and make the circle expand? Yes they do, and that is what the scientists are seeing now, within your own galaxy. But they cannot possibly know what is happening in the whole of the universe. Their knowledge, too, is *very, very* limited.

Les: I'm sure it is.

That analogy must explain it simply to you.

Les: Yes, it does explain it. So we can have no conception of the magnitude of the universe as a whole?

Of course not, no.

Les: But the only explanation that could be accepted, perhaps, is that it is constantly expanding, even beyond what our scientists can visualise.

Yes. Yes, movement, vibration, energy, yes, you have it my friend. It is always moving, it is never static.

Les: As you emphasised last time, energy and thought are the two dominating factors, if I can use that expression.

Yes, yes. That is the true expansion.

Les: Which of course is unlimited; **(Yes)** there can be no confines on it.

There can be none at all.

Les: Difficult to assimilate, but nevertheless true and it must be accepted.

Yes, I ask you only to accept within your own boundaries of understanding. Has that satisfied your question?

Les: Yes, thank you very much. I'd better let somebody else ask one, I think. I have others, but I mustn't be greedy of your time. Would anybody else like to ask a question?

George: Could I ask a question, which follows from your crucifixion question. There have been a number of visions recorded, concerning Mary, the mother of Jesus. And there would appear to be visionary and other evidence that she travelled after the crucifixion, to a place called Ephesus, and spent her last days there, where she lived on the top of a pine-clad mountain. Can you confirm that? Ephesus in Turkey—the country that is now Turkey.

(Long breath) **Let me say, as I have said, Jesus the Christ travelled far and wide, Turkey being one of those countries that was widely travelled, not only in his adult years, but in his younger years. Mary, his**

mother, would also have known of these places. And yes, I can tell you she did travel there, but she did not end her days there.

Les: Does that answer your question George? (Yes thank you.) Anybody else? Do you have another question George?

George: Perhaps continuing the question regarding the expanding universe—yes I see that we can only have knowledge of a very tiny part. It would appear from our examination of the light that travels to us from the distant galaxies that our part of the universe, the part that we may observe, is expanding. And a limiting factor in our knowledge would be the speed of light itself. Perhaps—well yes, is that a clear picture, that the speed of light is bound to limit our conception of the universe? Can you say any more on that?

Yes. Let me say you are indeed limited by what you know and understand. There are other galaxies. Let me say this to you, how do you suppose there were space travellers, or *are* space travellers, if they do not travel quicker than the speed of light, as you know it? That must answer your question simply and straightforwardly.

Les: I have had that opinion for many years, that there are unknown 'vibrations,' if we can call them that, far beyond our conception and the speed of light is not the ultimate speed.

The speed of light is only the Earth's conception of speed. There are many things, which the Earth is not aware of, as such, but you will become more and more knowledgeable in these matters, as time progresses.

George: And beings who are able to travel faster than the speed of light, would be concerned with a more 'rarefied' state of matter than atoms and molecules, with which we on Earth would be more familiar.

They indeed operate on a much higher vibration than you at present understand. Yes that is true.

Les: Thank you. Any others? Nothing from you Brent?

Brent: I have a certain amount of training, I suppose, in philosophy, but I'm not asking the questions to be 'tricky.' Everyone uses the term 'spiritual,' and you use it quite a lot. And surely if you know what is spiritual, then you must be able to contrast it, with things which are not spiritual. I just wonder if you could clarify the term 'spiritual.' We equate it, in a simple-minded way, with doing something that is 'good,' or perhaps doing something that is 'unselfish.' Could you say a few words about the meaning of spiritual?

Let us take one step backwards. Let us not say 'spiritual' but '*spirit*.' *What is Spirit?* It is the very essence of life. It is all that you can conceive. *Spirit* is the very breath of your being. Therefore spiritual, I would say to you, is indeed the *ultimate* goal that you search for in goodness. And, yes, you must always have the opposite. Spiritual is what each individual conceives to be good. Good, the very highest degree of goodness, for them. And here we get to difficulties, because each individual is different. Their idea of goodness varies. Am I making sense?

Brent: Yes, that's why you have the problem of ethical relativism. There are those who say, basically, that anything goes. But I don't believe that myself. So the question is, if it's not true that anything goes, how do people find what is the right path—what is the right thing to do?

The right path, the right thing to do, can be found in your very quiet meditative moods, when you will be 'inspired,' if you like, as to what is good and what is right and what, as you term, is 'spiritual'.

You *all* have an innate knowledge of what is good, and what is wrong. It is *all* within each of you, that knowledge. How you use that knowledge depends upon each one of you and your own judgement.

Les: Thank you. That confirms what I have frequently said—it is within us, for us to be aware of.

Brent: I have another question, of course. During 'rescues,' it's quite often said, the soul will probably be 'counselled' and helped to overcome the problems to do with the transition from physical death, and will then go on to learn in various ways. But you've also said that we're here to learn. So I'd be interested to know, what is the distinction between the things that we learn here and why do we have to come here to learn them, versus the things that we presumably will learn as the soul progresses later?

Yes—Let me place it back to you. Why would you place a five year old in a junior school? And why would you place a teenager in a higher grade? Because simply of *(for?)* their understanding, you must start somewhere. When the soul is here on the Earth plane, as we have said before, it comes for a particular purpose, to learn particular lessons, if you like. Only that soul knows what it needs to learn. But you are all endowed with free will. Let me take you back to the class of the five year olds—you have a group of children; you have a teacher. Some of those children will be eager to learn the lessons they are being taught. You may have another group, who are slow, whose understanding fails them. Therefore, already you have the differences. And then you may just have the naughty child, who refuses to accept any discipline at all. So, too, when you leave the Earth plane, there are these varying differences amongst the people. Some come to us with awareness, as you all will, when your time comes. You have 'knocked' on the door, if you like. There are others who, perhaps, want to believe, but won't allow themselves. And there again, you have the others who plainly refuse to believe in anything at all. Therefore, the last group are the ones who need to be 'rescued.' Are you following me? (Yes) They are the ones who have learned very little. They are the ones who need to be helped, who need to be shown the correct pathways. So, it is much more difficult for them to begin again, as it would be your teenager, being placed in a *higher* stream of education and expected to start from the very beginning. Do you see the difficulties there? (Yes) So, in the rescue work, it is sometimes necessary to return that soul through a physical being, to have an explanation, as you are all aware, as you already have done *this* work. The explanation needs to be done in physical terms. It may take a long, long time for them to be *encouraged* or 'counselled,' to use your words. As I have said, no one suddenly changes when they come to our world. They still retain their free will, they still retain *all* of their feelings, *all* of their prejudices; *all* remains the same. So, in our world, as in yours, some move on more quickly than others. It *all* depends on the soul.

Brent: So, are we correct in assuming in a simplified way, that this is the starting point for most of us, remembering you said that occasionally Souls will come back again. But, for most of us, this is the first step?

This is the beginning of your learning process, yes.

Brent: Thank you.

Les: May I ask a question? I know of your concern for your instrument's (*Eileen's*) voice.

Yes—we are concerned for her this time.

Les: Right, then I'll defer the question until next time.

You can ask one more before we close.

Les: There are beliefs, as you well know, held by people who will not knowingly kill an ant or other insect, lest they should have to return to this Earth in the guise of that insect. I can't believe for one minute, that it would be necessary for anybody to return in what we call a lower form of life, once they have begun here as a human.

I am sorry for a smile. Yes—no, that does not happen.

Les: I couldn't imagine it.

What would be the point of evolving if you would take a step backwards? No, no, *that* is not the case.

Les: I have always denied it emphatically, that it would be necessary, or even possible.

It is a belief of many, we know, but we are trying to put these things in their proper perspective. It is difficult to break the thoughts and ideas of many lifetimes.

Les: Quite. And again, it is mis-teaching by those responsible.

I would have to say, that if that was the case, you would be over-run by insects. (*Much laughter*)

Les: Well, we do appreciate your being with us, and the information you have given. Now I'll leave you if you'll be kind enough to finish up with prayer.

I have one more thing. I wish to speak to the young gentleman.

Les: Yes. Which one? Andy? Are you with us Andy?

It matters not. You can tell him. Here we have a great potential. I want you, if you will, and if he is willing, to help him to develop. There is much we can give through this one. But of course, as we have

spoken earlier, **free will** comes into this, but we don't intend to let him go. But, can I leave that with you?

Les: Thank you for telling me.

And now I want to close:

'Eternal Spirit, we thank you once more,

For this gathering, for this meeting of like Souls.

I thank you for using me as your vessel,

To speak amongst them.

I ask that a blessing be placed on each and every one

That they safely be returned to their homes this evening.

That your light and your love look over them

Until we meet again.

God bless you all.'

Amen

Note: For more information about 'Rescue work', please visit the website: www.salumetandfriends.org

~8th August 1994~

General greetings

We wish to apologise to the instrument, for any discomfort she may have felt. We try to join with her as gently as we can.

Les: I'm sure you do. I'm equally sure she quite understands it's not always possible to do precisely what you wish, it takes time.

We are happy with the way things are moving.

Les: Good, that's very nice to hear.

This evening because of the slight difficulties with the instrument, I ask that you take things a little more slowly.

Les: Certainly.

I am happy that you have all gathered here once again and now I think we can begin.

Les: I want to say first, I think it would be difficult to stop them gathering now, they look forward to your company.

I want to say first, forgive us if some of the questions sound trivial, they are not intended as such, but we have to get the message across to the man in the street. Therefore it has to be couched in terms that the man in the street can understand. We may already know some of the answers, but since we are beginning recording afresh, this is why I may repeat some questions if that's agreeable with you? **(Of course.)** Thank you. This is all done with the best intent for propagation of the knowledge and the wisdom that we know is coming, but it has to begin slowly as you'll appreciate.

I have been asked many times about sex and men and women in the next World. It is understood that they do retain their physical sex or semblance of sex—men and women. I don't know the precise reason for that but I assume that ultimately there would be a coalescing of the two and eventually the beings are sexless?

Yes, let me answer for you. Again we have touched on what happens when you leave your physical states. Of course you retain all that you have been, except for that *physical* part of your being. Why then would it seem that you should discard what has been an important part of your being?

Les: No I don't think it would be wise to do it, because it is a personality thing, is it not?

Yes, of course it is necessary for considerable time. In fact what you are speaking of, the *merging* of the sexes, to become '*sexless*' if you like, you are speaking of eons of time. It is not something that happens quickly.

Les: No, I ask because it's something that's been asked of me many times. People seem to think the '*Etherians*,' as I'm going to call those in the next World, for the sake of clarity, suddenly become puffs of

diaphanous material. It's quite amusing—

Yes I don't wish to minimise what you are saying, but yes that is an idea of many. You must remember, whether you are male or female, in your physical being, you are in fact the essence of both.

Les: Of course we are and the division is just for physical purposes.

Yes that is true. Yes you procreate while you are in the physical being that is a necessity. But you do not suddenly discard that element of yourselves when you come to our side of life.

Les: Thank you. Following on from that, we understand that procreation is not possible in the next world, but should a couple wish to nurture a child from birth, if I can put it that way, is it possible for them to acquire the spiritual child in order to satisfy that longing.

It would depend on the motive for the longing.

Les: The motive again comes into it.

Yes. It is possible, but the motive would be the utmost reasoning behind it but, yes, it is possible, if you can see that it would further your spirituality. (I see.) For no other reason!

Les: So, if the desire was solely for the benefit of spiritual progression and for the development of the child, also, **(Of course.)** then no doubt, it would be permitted.

It would be permitted *only* on those grounds. A *longing*, in itself, is not reason enough.

Les: I see. Thank you! Now, tell me if I am going too quickly, won't you?

We think that the instrument is comfortable now.

Les: Oh good—thank you. I believe we flatter ourselves, that we have in our museums and our galleries what are called originals, Old Masters and so on which are sold for fabulous, absurd prices. Am I right in thinking that they are only copies of the originals which are in your world—that the originals exist in your galleries and ours are only copies, even though they have been painted by a physical person?

Again, we touch on a subject we have discussed. We have discussed the power of thought, of inspiration. Yes you are partly correct when you say they are copies. What would happen—the inspiration comes from us, not necessarily that the original exists. I don't say in *all* cases—(No) I am trying to explain as simply as possible. The inspiration is given to one here—that is painted. Let us take a painting that is painted by the painter. (Yes)—Then perhaps a copy, a copy of the *inspired* one is in *our* world, but originally the inspiration comes from *us*.

Les: Yes—because the original physical one is here, but the original thought and inspired one is with you. (Yes) Thank you! That explains that. I had a strong feeling that you did retain what I regarded as originals, because it was an original thought.

Sometimes—not always!

Les: Not always.

Not always—again, there are many reasons which I will not enter into now, but, yes, mostly you are correct.

Les: Thank you. I believe too, that in your world, if an artist wishes to continue, he can do so—that is if he is provided with materials, always with the understanding that he will be working for others and not for his own personal satisfaction alone?

What would be the purpose of working here, of being inspired, if you cannot carry on? There would be no reason, no usefulness—there would be no growth. So of course, the desire and the motive come into play. And of course, they would be encouraged to continue and of course, with materials that they would not be familiar with.

Les: So, they are able, I should think, to produce much more magnificent work, than would ever have been possible on this Earth.

And they too, in turn, can inspire.

Les: Yes. I'm sure!

You see the follow on—the follow on effect!

Les: Quite—they can inspire others here. Good!

Yes. That is what we would expect them to do.

Les: I had the pleasure once of speaking via my lady (*Leslie's wife, Ruth, was a medium*) to somebody who

said he was Michael Angelo. I have no reason to doubt it, because of other factors. He said that since he has been with you, (*spirit world*) he finds his vision—he was blind or almost blind when he left here—isn't needed for his work. He can see by *thought*, even far distant vistas. I found that a most interesting comment.

Let me say, *all of you, close your eyes—see the beauty that is within you. What matter it that you do not have sight—*

Beauty is a *THOUGHT*. Again I come back—always I will teach you the power of thought.

There, there lies the beauty. Sight is not necessary to be able to visualise—that is what he was telling you, that beauty lies within.

Les: So he could imagine without even seeing it, and, presumably, correct any misinterpretation.

Do you know of anyone who is without sight?

Les: I know someone who is partially sighted, but not completely.

Speak to them, listen to them, listen to the beauty that comes from within them. (Yes) *They have a knowledge, perhaps that all you sighted people have lost.*

Les: That I can accept and agree with—

That they retain the beauty that they have lost with the loss of their vision!

Les: Thank you. Now we come to another factor—the marvellous things which happen in our physical world, such as the migration of birds from one country to another, without any visible means. There are many theories advanced as to how this is done. Are they following lines of energy in the Earth, as you have spoken of? Do they have the power to do that?

Let me first say, *all of the animal kingdom, like you, are following their own evolution. All life is energy. Our feathered friends have a sense that no other human, animal, living thing possesses. It is something original to them.* (I see.) **Yes—some *do* follow energy lines—others have an innate sense of distance of travel. It is difficult to find words to describe. Without being the bird, it would be too difficult for you to understand.**

Les: I do accept that. It is something beyond our comprehension again.

Yes. I am struggling for the words to explain to you. Yes, they have an innate knowledge of where they are going. They know exactly where they are going. It is part of their growth, if you like.

Les: Yes—it's interesting, thank you. I thought it must be something like that, because it is so incomprehensible to us and so repetitive, year after year.

I would say, it is almost like you would follow radar, except theirs is an innate knowledge, used only by them.

Les: Yes, so our inventions are commonplace compared with what they have in the natural world.

Yes, yes—I am afraid so. Much has been lost to humankind.

Les: Yes, I hope that our work here and others like us will be partly instrumental in getting it back to humanity one day.

It lies within your own hands.

Les: Of course. It is there to be nurtured, if we wish.

Exactly, exactly.

Les: Again staying with those for a moment if I may, am I right in saying they have telepathic powers also? I'm sure they must—the movements of a flock of birds performing movements without hitting one another—thousands of birds together who perform the same gyrations, instantaneously—I can only put it down to a telepathic sense.

Yes, I understand what you are saying. Perhaps, telepathy is not the correct phrase to use. They have an understanding—a '*community mind*,' if you like. That is the simplest way I can express it. It is not exactly telepathy as you would understand it to be.

Les: Right. They all work on the same common wavelength—

Yes, now we are getting a little closer—yes it is an *energy*—it is a *wave*.

Les: Energy again inherent in them all. **(Yes)** I thought it must be, because, even young fledglings follow the pattern.

It is an innate thing within them.

Les: Yes—it's a pity we don't have it.

You think you do not?

Les: No. I think we have, but we have neglected it.

That is true. If only humankind could realise their own potential. You would be so much better for it.

Les: I'm sure we would. I know that years ago, I used to go into my garden early in the morning, in the summer, and I could literally *feel* the new energy of the new day coming through the Earth, through my feet into me. It was a tangible thing, but I tuned into it. I never told anybody about it, because they would probably think I'm mad.

Let me—I don't like to, but I have to disagree. The energy is *not* tangible. (No) It is not tangible, but I understand what you are saying.

Les: Yes, I could feel it, in a way and I was aware of it.

Yes. The *awareness* was there, but energy is not a tangible thing.

Les: Yes, you are quite right about that. I just used the wrong word.

I am sorry to correct you. I just wanted things to be clear.

Les: No, no—thank you—so do I, and I appreciate you doing it. Another thing which I have often been asked is that in the next world is it possible for the inhabitants to suffer—I was going to say physical—but it's not physical, but bodily damage, as we do here. Can they hurt themselves as we do?

You mean physically?

Les: Physically, yes.

Of course not, physically—they do not possess a physical body. They can damage themselves, yes, but it is not a *physical* damage, it is a spiritual/emotional damage that they can create for themselves.

Les: I see. So, they wouldn't break a limb or anything, as we would here?

No, that is not possible.

Les: No—as I say, it may sound trivial. But it is not meant in a trivial way.

In their *minds* they can, but of course, if they don't have a physical body, they cannot have a physical brain, but the damage can be there mentally, emotionally, and that is why you do the 'rescues'. You are dealing with emotionally damaged spirit beings. Do you understand?

Les: Yes, I do, and I am told too that—I was going to say, insects (*in the spirit World*)—butterflies come under that I believe, are much more pronounced, much larger, much more beautiful, than in this world. Butterflies, for instance, I am told, have gorgeous colours, and become very friendly, if you wish them too.

It would depend. Yes, all things are, shall we say, larger than life, as you would know it. But when you are speaking of insect life—butterflies, bees, flies, whatever you wish to speak of—unless they have the contact here in a physical form, then what would happen is they return to a group soul. There are a few, and this I know, this is what you are speaking of—those would appear to be much larger, much brighter, than you would find here on your Earth, but the majority return to the group soul. Is that clear?

Les: Yes, thank you, it is.

In the same way, we are asked about pets, the animals, the dogs, the horses, the cats—the same applies.

Les: Yes, so they would not have souls as we would imagine them to have.

They do, if they have been in touch with humankind—if they have found the expression of love. That is what *singularises* them.

Les: I see. So if a former owner comes over to you and wishes to have his or her pet returned to them, then that can be achieved?

If the pet has gone before, then it will be waiting for that owner—always remember it is the *Love* tie—that cannot be extinguished.

Les: Right, so they are in suspense, as it were, until the one who loves them, calls for them again.

Not necessarily so. They will have the freedom of the fields. They will have the love of other people, if that is what they so wish, but yes, they will be there—they will wait for that love tie when the time is right.

Les: I am told that there are other areas where other animals as we know them, also exist.

Yes, let me say this to you:

When you leave your physical beings, *all*, all *THOUGHTS* become reality.

You can have whatever you want to. If you wish to see a field of horses, a field of sheep, whatever—the thought will make that materialise for you.

Can you understand?

Les: Yes I can, I can—I accept that.

So again, we come back to the power of your thoughts.

Les: Yes. I have thought about this a lot myself and I can fully appreciate that the power of thought can produce those phenomena, if you can put it that way, which would then disappear, once the thought disappeared, presumably.

That is quite right. It is the power of the thought that makes it the reality. When you no longer need, shall we say, that thought, then, of course, why should it exist?

Les: Quite, it has no reason to do so has it?

Yes, that is correct—your thinking along those lines is correct.

Les: Thank you. And now we come to rather deeper things—the question of eating meat on this Earth. Of course, there is a lot of controversy, as you no doubt know, between vegetarians and meat eaters. What are your feelings—what are the feelings in your world about that? Are animals put here for any reason other than a food supply and are we at liberty to use them as a food supply, provided we thank them for what they are giving us?

Yes, this indeed is a subject that is much discussed in your plane. Let me speak, as I know. Let me say this to all of you: You should have a regard for *all* life. Once again, let me say, you have all been endowed with your own freewill, *but* I say to you—respect *all* life forms whatever that may be. Examine your conscience. If you wish to *kill* an animal that is up to you but remember this: *(Long pause)*

All forms of existence were put onto this Earth for their own development, their own growth, their own evolution. Provided the reason for killing is a ‘*good*’ one, and I use that phrase reservedly, reservedly—provided it is a good one then your own spirituality will not suffer. But to kill, to kill an animal cannot be said to be good. I know this may go against the thinking of many of you, but it has to be said.

Les: Of course.

Let me speak of past people: They killed animals to exist, to feed themselves, but they had a respect for their life. They did it—how can I say, in a *loving* way. Again, I speak reservedly. They would kill one animal with *love* to feed their families. Can you see the difference?

Les: Yes, I can indeed.

Can you see the motive—the cause behind it? (Yes) In that way their own spirituality would not suffer.

Les: Again, it’s the motive, isn’t it?

But today there is too much killing and with a senseless hatred behind it. That can *never* be deemed to be right.

Les: And so-called sport?

Sport—sport does no good, for the one who calls it sport. I have to say again—the cause, the *cause and effect* are so important in your lives here. So, if you wish me to give you an answer, then I would say it is *wrong* to kill animals to feed yourselves.

Les: Yes. Thank you, I would like to follow that up with another question before I ask other people to take some time. Let us assume, to quote your analogy of a man killing for his family, and apologising for having to do so, you would regard that as a satisfactory motive. Would that have an effect on the animal’s development?

In what way?

Les: Well, if the animal is developing, one assumes they are part of a communal soul, would it affect the animal’s development in that communal soul.

I see. If the *animal* has been looked after with love, with respect, then although the ultimate is death to

the animal—*no*, the animal will not suffer, *no*.

Les: Thank you, because, I think, in the past, the North American Indians, and other tribes, of course, were aware of this, and always gave apologies to the animal before they killed it.

That is what I am saying, they had respect for life. And although, they killed—in a way, they redeemed themselves. I am saying, although it is not right, can you see that sometimes, there *is* a reason for doing these things.

Les: What we would call extenuating circumstances.

Well, partly, if you wish to put it that way.

Les: But I do understand, thank you.

Those people had a great respect for life—all forms of nature, not only the animals, but as you were saying earlier, the ground they walked upon, the rushing of the river, the sun in the sky, the moon at night—they respected many things, and so they did not affect their own soul's growth, because of the love that they extended. Does that make sense to you?

Les: Yes, it absolutely does, thank you. It confirms my own opinion on these things. As one American said, when he was asked to sell some land, many years ago, when asked how much it was worth, said who can set a price on the sparkle of the water, or the scent of the trees.

Yes Exactly.

Les: It has no physical price at all, only a spiritual value.

Who are we to judge what is of value? We do not have that right. We were endowed with *all* of these things for the good of *all* people therefore it has been entrusted to us, if you like. And so, you must show that *love* and *respect* to *all* things. But, again, as you know, people are at different stages of awareness, and so they cannot always be blamed, if you like, for their actions.

Les: No, they are becoming much more aware of the need to respect nature, fortunately. Various organisations are now springing up, to try to educate the populace into these things.

That can only be for the good.

Les: Of course. I think I must give some time to others now to ask questions. Thank you very much. Brent, George, does anybody have a question?

George: While we are on that topic, could we add to it the position of fish? Some people who are vegetarian, will eat fish, as well as vegetables, but would it be proper to see fish with the animal kingdom and avoid killing fish?

It applies to all—fish are not exceptions they are still the pattern of life. It should make no difference whether it be fish, a chicken, a cow or a sheep—it all applies in the same way.

George: Thank you.

George: This is something quite different. There is some evidence that there was an Atlantis, an Atlantean continent, where the Atlantic Ocean is now. There is evidence that it had a civilisation, that it submerged and that the last island submerged some 12,000 years ago. Would you be able to confirm any of this? If so, would those people in spirit realm influence us today?

Let me say I am aware of the story of Atlantis, and I must say to you, there have been many changes on your Earth, going back many, *many* thousands of years. More than one island has sunk in the time of the Earth's existence. Many people have come, lived on this Earth, and disappeared as, too, have the animals at different stages of evolution. Yes, there *was* an island, with a people with much knowledge. Yes, they *would* influence people, but no more than any other, once they have joined us in the spirit realms. You are speaking, only of *one* race of people—let me say to you, there have been many. They were not an exceptional, people. Does that answer your question?

George: Thank you, yes. My further thought was they may have excelled at working with stone, and possibly left wonderful stonework, in other parts of the world.

There are many areas in your world today, which are largely still undiscovered. I do not come here to tell you where these places are—that is up to mankind to discover. I am not here to interfere with the working of the world. But let me say this: There have been many races, who have trodden your Earth, who have had superior knowledge in many aspects, on different things, not only stonework, but on

precious gems—on *many* things. But one day, these places will be discovered. Is that useful to you?

George: Yes, thank you very much!

Les: Just to confirm what you have been saying to us—there were gold artefacts found, manufactured, or hand-worked gold artefacts, found in seams of coal, which were laid down thousands of years ago, buried in the coal. Have you read that George?

Remember I am speaking of a very early time on this Earth. Much is still to be discovered.

Les: Yes, I'm sure it is.

Those people were not as unusual, as you would like to believe. Do we have someone in distress in the room?

Les: Is somebody in distress within the room?

(No one spoke)

No matter. Let us continue.

Les: In your previous visit, when you were talking about reincarnation, you said that one would not come back, unless there was, quote, 'A 'wrong' to be redeemed.' Now, when we come back, we have no knowledge (*memory*) of that wrong. What is the reason that we are not given that knowledge, so we can begin to take steps to rectify whatever it is we have come back for.

What would be the purpose of having the knowledge?

Les: To know that if we had mistreated somebody, say—I appreciate that person may not be alive when the reincarnation happens.

You would be placed in the situation that would be apt for you to learn whatever it was you were to learn. It would be too simple for you to return with the knowledge of what you had to do. Do you not see that it would? It would make things too awkward. There would be no purpose to it, if you knew *why* you returned.

Les: I agree it would be defeating the object, probably, (**Yes**) but we would be placed in the position, even unknowingly—we would be placed in the position, where we could redeem that wrong, would we?

Not unknowingly—you would come into the situation that you need to have to redeem the wrong, but you come knowingly, not unknowingly.

Les: I see. So the knowledge, in effect, would be given us at the appropriate time?

The knowledge is there—where it is forgotten is when you return to the physical being, but the knowledge is there within that soul.

Les: And that will be triggered at the right opportunity?

At the correct moment, it *should* be triggered. Each and every one of you here, is given *more* than one opportunity, more than one opportunity to know, to accept what is going on, in this particular lifetime. It is entirely up to you whether you accept or reject.

Les: Yes, so that is where our freewill comes into it, then, (**Yes**) the opportunities are given us for redemption.

You are placed within the correct opportunities.

Les: Then it is up to us to use our freewill. (**Yes**) Thank you that answers that one. Good, any more questions?

George: Could I ask a question about the Christian religion? We've had several. I'm looking at the good parts of Christianity—the prayer, the love—and I'm particularly looking at the Laws of Moses, the Ten Commandments, which indicate that we should love God, that we should love our neighbour as ourselves, we should not kill. Can you advise that these laws are *still* a good set of laws for us to observe?

It is the Eternal law. You have used the ultimate word—*LOVE*. The word love is the *be-all and the end-all*, of your existence—there is nothing more important for you to learn.

That does not mean to say it is a love encircled in its own way of thinking. You can have a love, but *still* have the freewill to disagree. What is the brotherhood of man, if it is not an eternal love that you need to learn—but at the same time, you can learn to disagree, without any hatred, any malice. *Love, love* is the eternal law. It is what you should *all* strive for. I can say no more than that. It is the very highest thing that you can strive towards.

George: Yes. Thank you.

Les: Any more questions?

Brent: I've got a question about belief. When I first got involved in so-called spiritualism, what was appealing to me was that I wasn't required to believe anything in particular. I didn't have to believe in Jesus as the son of God for example, in order to be saved, with the threat of the punishment of hell. It was presented to me as a way of thinking, a way of life, that relied on a lot of open mindedness and that appealed to me very much. Now what I'm wondering is, you just said we are given opportunities to believe and to understand what is going on, as though that's a condition for progression and I just wondered if you could clarify this.

Yes, I have said you are placed here with freewill—true. Why do you suppose we were given freewill? Let me say, you can only grow. We ask that you don't believe—we ask that that you accept only that which is true to your own nature, your own conscience—whatever. I don't particularly like the word 'belief.' To me, it has many connotations. As I have said, 'love' is the essence of all being—it is what you must strive toward. The more open-minded you can be, the more *aware* you can become. I am saddened still when I know and hear how much religion has a hold on the people here. It is a string, if you like that needs to be severed, but that is difficult when it has had such a *strong* holding for so many, many years. (Pause)

All that we ask you to do—follow your heart, listen to your inner voice or conscience, if you prefer—follow that and you will not go far wrong.

Each and every one of you has a pathway to tread. We can try to influence you, we can try to guide you, but ultimately, the choice is yours. Follow your own heart, and you can ask no more. And, now I have to say we come to an end, this time.

Les: Thank you.

We don't want to distress the instrument.

Les: No, of course not—I was just about to ask you that, actually. I do thank you for what you have told us and we look forward to your next visit.

Next time, I wish to speak on the people within your group. And now I will leave it to you to close this time.

Les: Thank you.

Note: For more information about 'Rescue work', please visit the website: www.salumetandfriends.org

~15th August 1994~

General greetings

It is good to be here again.

Les: Thank you. It is good to have you. We really look forward to these meetings now. We always have done, but it's even more nowadays.

I feel the love from you all. For that I thank you.

Les: We know you bring a great deal with you, you and your colleagues who work with you. And we appreciate that too. There's so little of it in our physical world—real love.

This time I would like to speak to some of you individually.

Les: Yes, please do. You did tell us you would wish to.

Sometimes it is good to know a little more. I am happy to provide it for you. Is there anyone who wishes to speak to me personally?

Les: Other than questions?

Whatever—I would be happy, but I wish to be a little more personal this time.

Les: Thank you. I think I'll just go around the circle and ask each individually. Debbie?

Debbie: No, nothing Les—

Les: Nothing? You do remember that everything of course, is absolutely confidential in this room. Jackie? Sandra? Andy? Mark? Anything you would like to know about yourself?

Mark: I'm not quite sure what I'm supposed to be doing at the moment actually.

Les: In what way, spiritually or materialistically?

Mark: I don't know if this is the right thing to talk about, but—

Les: You'll soon be told if it isn't. (*Chuckles*)

Mark: About the direction of my life. I'm in a funny situation at the moment really.

Les: So basically, you would like to know if there's any information, which can be given about your future life?

Mark: Yes.

Here we have a young man who has trodden many pathways—Let me say that to you first of all—You, I know, are very confused at this time in your life, but I can say to you, you will move forward, away from the difficulties surrounding you at this present time. Your future life is taking another course. I am not making predictions, let me make that clear to you. I am giving you a little more foresight, so that the choices can be the correct ones, if you like. Put up with the conditions as they are at the moment. Go with the 'flow' of life, if you like, for the time being. You are moving into a new era of your time here on the Earth. You, my friend, have an inner knowledge of spiritual things, but as of this state (*stage?*), they have not been used to the very best that you could have used them. So, in a way, you are spiritually rather poor. Do you understand me?

Mark: Yes.

As you become greater in your age, so too, you become greater in your wisdom. Eventually, materially and spiritually, things will balance. Please do not make that spiritual side of you suffer, for the materialistic pleasures of life. That is not the way to go. Within the coming two years, you will have an offer made to you, which may surprise you, but if you are wise, you will accept that offer. And I think I don't wish—who, who do they know who is called Kate within their family? Going back—she has said Colin, 'He will be all right.'

Les: Do you know Kate at all?

It goes back some time.

Mark: Is it about 16 years?

Les: The name is familiar to you, though?

Mark: Yeah.

Les: If you recognise it, it helps with our friend, to continue with the work, rather than create a blockage, you see?—so you do know Kate, or did know Kate?

Mark: Yes.

We will leave that one now.

Mark: Thank you.

Les: Margaret? No question? George?

Excuse me please—the lady (*Margaret*) needs to be careful with her legs. Yes, we recommend you take good care of them.

Margaret: Thank you.

Les: All right George?

George: Yes please. I feel I have a mission here and it is to write a book, which I have started. It has taken me many years to become adequate for the writing of it, and to research it. I feel it is the kind of book that might help to make the world a better place. You may wish to comment on that—

You wish to know whether the book will be completed, I take (*it*)?—(*Smiles*) Let me say you have always been adequate. You doubt yourself, my friend, let me say that. I say only to you, be a little more discerning, in the reading matter, the knowledge, that you pick up. *All* that is written, *all* that is spoken, is not necessarily the *truth*. Be true to your own feelings. Continue with the book. I say to you, look a little deeper—re-read what you have written and I say to you, if you feel it is right, then I say, re-write in certain places. That is what we say to you—be a little more discerning in your research. Is that helpful to you?

George: Yes, thank you.

You, my friend, are rather like a sponge. You retain many facts, but *all* are not true. That is why I say, be a little more discerning. But yes, continue with that line and you *will* have success.

George: Thank you.

Also, please, before we go—this one, (*George*) needs to watch his eyes. You rather 'burn the candle at both ends.' That is true, is it not?

George: Yes.

Yes, please be careful.

Now, rather than ask someone, may I speak to the two ladies?

Les: Yes, I'd be pleased if you would. I feel they are in need of it. (Yes) Sandra, Jackie?

I rather hoped they would speak out for themselves, but, you know—sometimes we may seem a little 'pushy,' if that is the word. But we only give good advice, I think.

Les: Yes, you do.

Let me say to these ladies: Although they are twins, they are not as close as most twins would be normally. They are very close, but there is an individuality in each, which rather yearns to be a single unit at times. Is that not true?

Sandra: I don't know really—

You don't know? Yes, it is true.

Les: Don't be afraid to admit things please.

Don't worry, don't worry, we don't want to embarrass at all. We wish to help. The difficulties surrounding this lady, (*Jackie*)—don't be concerned, things will straighten themselves out. I don't need to go into detail, because you know. (Yes) Yes, don't be concerned. It will be all right. Sometimes you feel you are living under a cloud, yes? (Yes) Yes, we know and we are trying to help you. Let me say this:

Around you, around you, there lie many problems, but you my dear, are capable of rising above them.

(Pause/deep breath) Your future is bright and you *are* treading the path that you were meant to take.

Sometimes life is difficult, but it is difficult for a very good reason. Always you cannot see this, but we who have a wider vision, see that you are going in the right direction. There is a problem with some child around you, is there not? (Yes) Yes—I say be patient, be patient. This one will be all right. You know what I mean? (Yes) Don't worry but, of course,—I say these words, but of course you will carry on worrying (*Smiles*)—that is your nature. But rest assured we are helping you every step of the way. (Okay.)

The lady, the other lady—

Les: Sandra?

Sandra. This one has a talent that as yet has not been touched upon—are you aware? (No) You, my dear, are very artistic. It *should* be expressed. Take up the paint brush, please do—please try. You will find that all the emotions will come out onto the paper. In fact, if you were to use that artistic brush, you would find that your life would have *meaning*, great meaning. Please try it and see what I mean. Can you try it and see what we mean? (Okay.) Good—good.

Les: I suggest you really following the advice Sandra.

Sandra: It surprises me though.

Les: It may do, but our friend knows us better than we do ourselves. I say it because I've heard these comments to people so many years now, that they never give them, unless they are right. If they are not sure, they will say so.

Sandra: My daughter can draw. She's quite good.

Where do you suppose the talent comes from? Where does your daughter get it from?

Sandra: We didn't know.

Now you do. Of course, *all* that I give you comes down to advice, but you are entitled *not* to follow it. That is entirely *your* matter, but I try only to help. (Thank you.) I think this time we will leave the personal things and, if you wish, go onto more general subjects.

Les: Yes, as you wish, if you're happy to do that.

I don't wish to intrude on anyone's privacy, by being too personal, or too detailed, but we know, let me say, we are very much aware of all that goes on within your lives. I say to you, if you need my help, call out to me and I will always be with you. Do you all understand that? *(Agreement + thanks)*

Les: Thank you and that is a very great privilege, because normally we are not given names to contact and we very much appreciate your offer in that. And I'm sure it will be taken up.

I know it will not be abused. The offer would not be made if I felt that it would be abused in that way. We know, we know the people within this room very well and we hope to help you *all* for the dedication that you are giving.

(Thanks expressed)

Les: Right, we will perhaps continue with the personal things at the next meeting maybe and continue with a few questions now as you suggest.

I will let you know whenever anything personal can be given. As I said, I don't wish to embarrass anyone by giving too personal details. If they wish, I am happy to do it individually.

Les: Thank you. I'm sure they would like to take advantage of that at the next meeting; those to whom you have not yet spoken.

As I say, I will indicate on which evenings we will do that.

Les: Right, I'll be guided by you. Thank you. May I start questions now? **(You may, yes.)** Thank you. We did speak about unknown forces building the pyramids and other extraordinary buildings. It has often been discussed the methods of construction and building and the erection of those stupendous blocks of stone. And as I've said before, stupid ideas have been put forward. So far as I'm concerned, there could only be two answers, either de-materialisation of the fabric and re-materialisation in a new position, or actual levitation. Are you able to let us know which, or whether both of those methods were employed? I think of the Incan and Aztec nations particularly and their stupendous monuments.

Yes. Let me speak on that. Let me say firstly, materialisation, de-materialisation, they are possibilities. It continues today. But as I have spoken previously, there were races upon your Earth, much more knowledgeable. And yes, the simple answer is levitation.

Les: I thought it might be.

I needn't go further on this subject. Materialisation, de-materialisation, this basically is what happens with healing today when you speak of your 'psychic surgery,' but that is a different matter. These ancient peoples, as you call them—I call them 'very young,'—but let me say their knowledge far, far, outweighs anything that you have today. And yes, levitation was a way of constructing these huge, huge monuments.

Les: I thought it must be one of the two.

Is that satisfactory for you, or do you wish more?

Les: Well, if you can elaborate further, we're always very interested in the details, certainly.

At that time, there were people who, very much like today in your African societies, where you have the doctors who heal, the 'wise men,' if you wish to call them. There were people who had these powers, if you like. *They* were the architects of the time, *they* were the ones who would have, how do you say—the 'blueprints,' the 'blueprints?' they would have made the blueprint of the construction of the building, or the temple, or the pyramids, whatever we are talking about. You would have a group of people, as you have a group here tonight, to build up power. It is no different. They gathered together, they made the blueprint, and they instructed the people, on how they should go about their tasks. We are speaking, we are speaking of powers not known today. So, to go into the details of how it worked, would be rather confusing to your mind, but I will say this: One time I will bring someone, who will explain in detail *how* this happened. But we are talking of times to come.

Les: Yes, we look forward to that.

But, yes, levitation was the manner in which they were built. I don't say everything, every brick, every stone. But that in the majority of the building was how it was done.

Les: Thank you very much. Again we come back, as I say, to the power of thought.

Of course—what is levitation?

Les: Yes, just the power of thought.

I must stress to you all again, the *Power of Thought*. It really, it really is an *incredible* thing. I wish I could express to you in words, *just* how powerful it is. In fact, I think one time we might try something within this room.

Les: That would be wonderful.

I don't say we will be successful, but I am happy to try it with you.

Les: Well, we appreciate that very much indeed.

I can't tell you how powerful thought can be.

Les: Well we certainly look forward to that in the future.

Do you know of the men who can lift themselves, just by a thought?

Les: Yes, I've heard of them.

So why, when you think of the mass, the weight, of the human body, why would anything like a block or a stone be any different?

Les: Not a bit, because the mass ceases to exist as such.

Yes, yes—I have to say we have been impressed with the rate of your knowledge while in this lifetime.

(Les) **That, my friend, should make you feel honoured, because it is given to you in love.**

Les: Thank you—and that leads me into the next question which I was going to ask, again, on the power of thought. And I fully accept what you have told us about the power of thought in the next world, in the next dimension. But how is that thought controlled from being a destructive thought against another, if somebody was so inclined to issue that thought? There must be a curtailment of ability somehow—

Well, let me talk a little on this. No, no, if the thought is sent, it must reach its target. But what can happen is that it rebounds back to the sender. The sender—this is what you must realise—If you are sending out a thought-wave, it *has* to travel, it *has* to travel to the point to which it has been sent. But what the sender must be aware of, is the *rebound* action. It may not be immediate, but it will, if that thought pattern is destructive, it must come back. But I see what you mean. You're trying to say, something has to interfere, if the thought is destructive. I'm afraid, no, my friend, that does not happen. That would be classed as 'interference.' We are aware of what is happening, but no, we cannot—we can try to influence the thoughts of the sender, but we cannot intercept once the thought-wave has moved forward. Is that satisfactory to you?

Les: Oh yes. It does implement what I have told people here, to be very careful in their thinking. Because destructive thoughts are destructive to the issuer, not to the person to whom they are issued, or against whom they are issued.

Not quite correct. You *can* harm the other person, you can. But then that would be classed—that would be taken into what you term your 'Karma.' I don't like the word actually, but for recognisable means, we will use it this time. You cannot stop that thought-wave from travelling. Do you see?

Les: Yes I do. And would the recipient of the thought-wave be aware of it?

Not always. In that way, they are partly protected. But it can be destructive to them. But, as all things, it has to be evened out eventually. It may not be in this lifetime, but it *has* to be paid for.

Les: Yes of course. What prompted it was the realisation that the power of thought in many African tribes, for instance, does have a very positive effect, inasmuch as the one who is aware of the thought directed against him, lies down and dies.

Yes, of course. Let me say this: If you are aware, which some people are, of destructive thoughts against you, you can protect yourself against them. In that way it can change, does that make sense?

Les: Yes it does.

If the person on the receiving end becomes aware of the destructive thoughts, *he*, and he alone, can change it.

Les: Presumably, by having faith in the powers of good, he can call upon.

He can protect himself in whichever way he finds more suitable, whether it is thinking good thoughts—and good thoughts, my friends, for the sender of the evil thoughts. Do you see? It kind of is like a circle.

And always, let me say, 'good' always conquers the 'evil'—which has to be—that is the law of the universe. **Always good will conquer the evil.**

Les: In other words, Love will triumph, as is said.

If you wish to say it that way.

Les: It is just a confirmation of another expression, since we have talked quite often about love.

We are saddened sometimes when we see what is happening in your world and sometimes we feel helpless, if you like, that we cannot do more. But always, we will strive to encourage you, even those who you term 'evil.' They too, are being given help. We leave no one out.

Les: Of course. I have often thought how frustrating in some respects, it must be for you, who are aware of what goes on here, and are not permitted to interfere against the Law. It must be very disturbing and frustrating.

Well, there comes a time when frustrations die away. There comes a time in the development, awareness, call it what you may, when these things leave you and you become wiser to the laws—you recognise them. I don't say there is no one body who has full knowledge, but there comes a time when you are much more aware of the wider, the wider view of things and your acceptance comes with that.

Les: So it comes to a state where it doesn't impinge adversely on your own feelings?

Yes. That, I have to say, is where some of the guidance that is given, it sometimes contradicts itself. It depends on who is speaking, who is giving the advice. It depends on their own development, if you like, as to how they react.

Les: That answers a question before I ask it, because we have been told by members of the other world, that they are not infallible. So therefore, one would accept that all that they say, if they are close to this Earth, and are not developed sufficiently, they could be fallible in what they say.

I will say this to you: I say it again, there is no one group, one person, who has full knowledge. How can we, how can we have full knowledge? We are all growing, we are all learning, we are all developing. Let me say there are many, many stages of guidance. Listen—I don't say 'doubt,' but what I do say to you, 'listen.' If there is something within the advice you cannot accept, don't dismiss it out of hand. Reject that part you find unacceptable, but keep an open mind on the whole thing that is said. No, we are not infallible. We cannot be.

Les: Otherwise you would be the 'God head.'

Yes, my friend, you take the words from my mouth.

Les: I'm sorry if I interrupted.

No, please, please, no—bare this in mind, it is where some of your awareness groups fall down. They accept every word that is given. It is difficult to understand, because the guidance is given to the very best of their own knowledge—and as I said, there are many, many stages, many stages of differing guidance.

Les: Yes. Do I have time for another question, or are you concerned for your instrument?

Yes, we always are concerned, but we will allow one more.

Les: On the question of guidance, how often it is said here, that I have a guide so and so and so and so—and I always to *dispel* that, because I can't see that one person from your side, would be given the ability to guide someone here, through the whole of their existence here. I feel that if there are guides, or 'helpers,' as I think they prefer to be called, they change according to the requirements of the person and the development of the person.

Let me answer that for you: It matters not what you call them—guides, helpers, 'inspiration,' some people call it—those who do not accept that they have an outer helper, guide or whatever. Let me say, it matters not what we are called. But there are very few individuals, yes there are a few who have one guidance throughout their lives, but, but let me stress, they are few and far between. You are correct, in differing stages throughout your earthly lives, you need different help at different stages. So it would seem of course one person cannot supply all of that.

Les: No, I would never accept that theory anyway.

But, there are individuals who come into your earthly world, with the knowledge, with the knowledge and with a mission. They and they alone, are attached to one individual from *our* world. But they *are* few and far between. All of you, *all* of you, have many, many people who surround you, who come to teach you different things—are all on different levels. It cannot be that you just have one, apart from those few I have just spoken of.

Les: They are the exception rather than the rule.

They may be aware of only one helper of guide, whatever you call them. But let me say, there are, how can I say, 'background workers?' (Yes) Forgive me, I sometimes find it difficult to express myself in your earthly tongue. But I am trying very hard in fact sometimes, but I am trying to make myself clear.

Les: You do indeed and I complement you on your language, which you said you've been learning for a long time.

(Tape fades/unclear—Eons?) ...of time let me tell you, but let us not talk of that, that is not why I'm here.

So yes, you are mostly correct, but there are individuals who only have one guidance—

Les: I see, well I won't ask further questions now. On behalf of everyone here I do thank you most sincerely for what you've taught us tonight. It makes us look forward even more to the next meeting and I'm going to ask you please to close for us.

I am always happy to do it. (Thank you.)

Good and gracious Spirit,

Once more we thank you for this gathering.

I thank you for this opportunity,

To speak with all here once again.

Good, gracious Spirit, father of all,

Keep us safe this today,

And all the days of our existence here on Earth.

Help us in our development,

Help us to come to know you in our hearts.

Father, we ask for your help and your wisdom.

Let us come before you in honesty and in grace.

May a blessing be placed on all within this room,

Until we meet again, God's blessings be with us.

Amen

~22nd August 1994~

Good evening. *(Welcomes)*

I would like to begin with prayer:

Les: Thank you. *(Tape faint/unclear at first)*

We stand before you once again,

We thank you once more as we gather together,

Let us feel your power and your light,

Let us feel it within this temple of light.

That each and every one of us make use of it,

For the furtherment and the betterment of our fellow man,

That as we leave this room we will have a better knowledge, a better wisdom of all that you stand for.'

Amen

General thanks

This evening I would like to say a few words on **prayer** please. (Yes) So often we hear your pleas, your cries for help, your distress, your sorrow. But that is not true prayer. Could I ask you what do you think prayer should be? Can you tell me anyone?

Les: May I answer first? (Of course) I've always considered prayer primarily to be one's actions for good, towards one's fellow man. Not necessarily spoken words, but when the words have to be spoken, then I think one should ask for knowledge and wisdom, in how to better one's own life, for the benefit of others. And that others should also be guided to do the same so the line is complete.

Yes. Firstly, let me say prayer should be a very individual thing. You cannot, *you cannot* encompass it into a sentence or whatever—it needs to be individualised. Prayer should be—I don't want to say honour, but it should be the asking of the knowledge, for the love of that light, that power that you call God. In searching for that love, then you have *all* other things—Love, wisdom, knowledge; all these things will come. Therefore prayer should be an offering, if you like, of yourself to that higher power, to be used for the good and the betterment of others. You have expressed it well, my friend. I wish the others to know that words, although I have said your thoughts are powerful, words can also be meaningless, when we speak of prayer, I mean. Prayer, therefore, is ultimately the offering of yourselves to that higher power, to be used for the good of mankind. Use it for the betterment of others, ask for help if you like, but firstly, *firstly offer yourselves for good—that is prayer*. Please bare it in mind always, when you speak to that higher power. I don't mean by that, that there should be any reverence, like there has been in the past to idols, to false Gods or other people. That is not what I am speaking about. Please keep in mind what I have said, and try to cultivate that way of prayer. In that way you will have in the fullness of time, a much better knowledge of *all* that surrounds you.

Les: Thank you. And I imagine that if we follow what you suggest, as of course we should, then it will help you to bring that knowledge and wisdom to us, because of the power generated here.

Once you have offered yourselves to be used, then of course we can come closer to you. Yes—(Thank you.) (*Coughing is heard*) Is the lady all right?

Les: Yes, I'll just deal with that if I may.

Thank you. Are there any questions you would like answered tonight?

Les: Yes, I was going to ask whether you would take questions, or whether you wished to speak to the other people here. But if it's questions, yes, if I might begin. It's going to be a very difficult one, I'm afraid and you might well say, there is no adequate answer that I can understand. We have heard quite often and you have told us, that past, present and future, are all one; there's no difference actually. We have heard and it is stated in the Bible, 'World without end.' We have been told that the universe has always existed. Now, if it has always existed, was there ever a beginning, because I have also heard statements to the effect that there was no beginning. And this of course, is quite incomprehensible to our physical minds. **I can only speak my friend, from my own small knowledge and indeed it is small, let me tell you, in comparison to what can be achieved and known. If you universe is, how you term, the 'World without end,' that I should say, is only words. As far as I am aware, I don't know of a beginning, I don't know of a beginning. I am only aware that it has *always* been and *always* will be. That is the state of the teaching as I know it. I cannot say that is the *ultimate truth*, because I can only say of what I know. But as far as I am aware, there has been no beginning as such. There *always* has *been*.**

Les: Thank you for that answer.

I am aware of what you are speaking of. I am aware of the talk of 'Big Bangs,' and all of the other things, but I can only state to you as far as I am aware, there cannot have been a beginning. How can you say it always has been, and then say well, there was a beginning?

Les: This is what has always confused my thinking, because the two are contradictory to our physical thought.

And I can only say that all life is progressive. Perhaps one day my knowledge will be greater, but as of now, I state to you, it always *has* been. I cannot say more.

Les: Well, thank you for the answer. This is why I said when I posed the question, that you may say it is really not answerable. But I do accept what you say. Thank you.

It rather indicates that there is a higher being, who suddenly says, 'Let us make a big bang.' It does not make sense to me and so, I have to say I too would reject that way of thinking.

Les: Thank you. The next question is that you have told us that there are those upon this Earth, who have one 'guide' or 'helper,' whatever we like to call them, for the duration of their stay upon this Earth. Does that mean that currently there are 'Masters' walking the Earth, unknown to us?

Of course!

Les: Yes, I thought there were.

Of course—many Masters walk your Earth. There is not one, there is not two, there are many.

Les: And if we were sufficiently developed spiritually, I presume that we would be aware of them much more than we are now.

There are many people, who *are* aware of them.

Les: Yes I'm sure.

They are drawn towards them. Their *'Light'* if you like, draws people to them—that is part of the plan. But, yes, many Masters walk your Earth at this time. In fact, we have been gathering for a long, long time—there is a plan. I would say to you, if you looked into *all* of your continents, you would find many.

Les: Yes, and it's all part of the overall plan, that they should be here now?

Yes. We have been gathering, as I have said, for a long time. And the part of the plan is there should be many at this particular time.

Les: Well then we should consider ourselves fortunate that we are living in this time then, when the changes are due to occur.

Let me say this to you. Let me speak a little more, on what has been happening.

Les: I'd be very pleased to hear it.

In this last century of your earthly lives, much knowledge has been imparted to you. That is why we have to gather, we have to make ourselves known. Many masters have walked your Earth, throughout the earthly time, as you know it. But always, always the knowledge has been rejected. We have had few groups, if you like, who have listened and tried to spread the word and the knowledge. Throughout your history, these people have been trodden under. So the time came when something *more* had to be done. We have gathered at this particular time, partly because of the knowledge that you have gained in this last century. You have been on a destructive path. We *cannot* let that happen. It will *not* happen. Therefore, our plan is to come closer. We are happy that people are now beginning to listen. Gradually, *gradually*, but still they are listening. We are trying to influence *all* men of power, as I have previously said. It has to be done in a subtle matter, if you like; we cannot rush in. We have to influence, we have to guide. So we decided that we had to come in greater numbers at this particular time, *to prevent*, to prevent the destruction that man has been doing towards himself. I can say to you, it is going forward and we are happy with how things are taking place.

Les: That certainly is good news—thank you. I had suspected it, but I wanted to ask the question so my companions here could have the answer. Now, is it part of your plan that other—I'm going to say other 'people,' entities if you like, from other galaxies or planets, are going to be able to make themselves known physically, to those upon this Earth, as part of the plan? **(Yes)** In other words, to give a 'jerk' to the people here and really make them sit up and take notice.

Well, we have discussed in part what I have said before, when we discussed entities. Let me say again, your Earth is a very, very young planet, as far as spiritual growth goes. There are those entities from other planets who have far, far superior knowledge. Of course, they will be involved in the plan. But to say they will actually manifest themselves amongst you is not quite true. I would rather refrain from saying what their part in the plan is—

Les: Yes I understand.

Do you? Thank you for that. But of course, they are involved.

Les: Yes, I have often wondered what could be done from your side, and obviously you have thought about this with your colleagues, what could be done really, to put a 'jerk' into humanity here; to give them a good shaking mentally and to make them realise the existence of other factors and powers. *(Chuckles)*

I understand your impatience, yes—But, no, we cannot shake and jerk like that. It has to be done more slowly.

Les: I'm sure you're right.

But I understand your human frailties. But, now, we are gathering momentum. We are happy with how things are progressing, slowly but surely.

Les: Well, that is the main thing, to be sure—Thank you.

But yes, can you see us all descend upon you, thoroughly shaking you? No, that will not happen.

Les: (*Laughing*) I'm sure some people could do with it. That's why I'm very grateful for my young colleagues here, because obviously I am not going to be here all that number of years and the younger people do have to take over and continue what is being taught.

Yes, of course, that is our aim, that all people should listen, listen with their hearts, not with their thoughts, their rational thoughts. Let that inner voice come forth.

Les: Thank you very much for what you've said, any questions from anybody else? George?

George: Yes, thank you. I have heard that Glastonbury in Somerset is developing as a very nice spiritual centre. And I have been there this weekend and it does seem to have a lovely feel. I wondered if you could say anything about that—Glastonbury as a spiritual centre?

Why do you need to choose and pick particular places, as being spiritual centres? *You ARE a spiritual centre—SHE is a spiritual centre.* What you are talking about my friend, are places within the Earth—we know of. You speak of your ley-lines—you speak of your holy places. People-power have made the place you call Glastonbury, a mystical spiritual place. It is the presence of the *people* that have created this. I would say one thing to you. A spiritual place—what do you suppose a spiritual place should be? Is it just a feeling, is it a gathering of the people? *What* is it?

George: A gathering of people of good spirit, I guess.

I am saddened sometimes to see these places, as you call them, that once were *spiritual* places, have now become commercialised—yes, that's the word, commercialised—that cannot be good. I'm sorry but that cannot be good. This *room*, this *gathering*, is more of a spiritual temple, than the place you call Glastonbury. It once was so, but I cannot say that is so now.

George: Thank you, I do understand, yes.

***I'm afraid*, I'm afraid commercialism is taking away that element of spiritualism, spirituality, call it what you like. It is not good—**

Les: No it isn't. I was there about 10 years ago I suppose, with my wife. And I was very strongly aware of the spiritual nature, not of the place itself, but the energy of which you spoke to us recently. There is a tremendous spiritual energy there still, if one can tune into it.

The energies lie within the Earth, if you like, of the places. There are many spots within your country alone, that you could call spiritual places. It is a build-up of the energies of the Earth, which create these places. But once man gathers for the wrong reasons then you disperse that *pure* energy. Do you understand what I am trying to say to you?

Les: Yes, and I agree with you completely, and the word we would use is 'sinful,' that these places have been so commercialised.

Imagine *pure clear water* being tarnished by dirt. That is what is happening to some of these places.

Les: And to the stone circles, about which you were going to talk to us another time?

Yes, I have promised to do that for you. Yes. The energies lie within your Earth. The build-up of the energies, by the gathering of the people, *can* enhance, but it also *can* destroy.

Les: Again, it's just like everything it should be put to the right use.

Unfortunately, there are too many people who go for pure interest and not for the *real true* reason that they should. (Yes) Is that sufficient for you?

George: Thank you. That's very nice, thank you.

Les: And of course, the expression of energy is often demonstrated, by what we call diviners and dowsers here, who use various implements—there are a number of different sorts, and are able to locate water, oil, metal and so on and so on. That, I imagine, is all part of the energy trapped within the Earth. And these

people have a particular affinity with that energy, because there are only a few people who can do accurate divining; only a few that we know of, anyway.

Not necessarily, not necessarily so. You *all* have the ability, the ability is *there*—it has been lost. It has been lost over the centuries. You *all* have the abilities you *all* have spiritual 'gifts,' as you like to call them. There is no reason, none at all that *all* of you in this room, could not divine or dowse. But, let me say this, there is no need for the instruments that they use. To cultivate the spiritual gifts, is something within you. *Everything* is *within you*, if only you could see it. That is what I am trying to teach you all. There is *so much* within you that has suffered, that you have lost. Man has lost *so much* that has been given to him. That is why you are here; you should all be using these gifts. They should be used—what would be better than in the lands where you have the droughts? You do have men who know, *who know* where to find the water, who can do these things without the use of the rod, and the other articles that are being used. They have that inner knowledge, that gift that they allow to come to the surface.

Les: So, we can all develop it if we give it time—

I say to you all, you *all* are capable of it.

Les: Well that's very interesting to know, but it would mean development and awareness and acceptance of what we have within us, and time given to the development of the factor.

You need to redevelop all of your senses—your eyes, your hearing, your smell, your taste, your touch. There is so much you need to relearn and it would take such a short time of your day to do that.

Les: Right. Could I ask you what you would recommend? You'll probably say meditation and quiet, which I understand. Is there anything else you could recommend to guide us into the best way to develop these lost things within us?

You, of course, could not regain *all* so quickly. You need to do it a stage at a time. Let me take the eyes for looking. How often do you really look, stop and look? Let me take for example, a *flower*. Can you really describe a flower to me? Can you close your eyes, can you smell it, can you *feel* it? If I was going to bring a flower into this room, were you blindfolded, if you had gloves on your fingers, if your nostrils were blocked, that would be the state of your senses. You could not tell me what the flower was like. That flower is a living energy, as you too are. Take a flower from the garden. Sit, *hold* it, there goes the development of the touch. Look at it with your eyes, study it. Look at its shape, its form, its colour. *Feel* that living energy from it. *Then* you begin to develop. Can you see what I'm getting at?

Les: I'm fascinated that you should take that particular example, 'cause that's precisely what I've been doing for the last week.

Then you begin—you sense by the feel, by the touch. You begin to have the knowledge from the vision of your eyes. The nostrils, the smell begins to develop. You can do it with many things. Take a piece of rock from the ground, hold it within your hand, feel the living energy. Study it with your eyes. Smell it, smell it, because let me tell you, even something as dull as you may think a rock may be, has its own smell. *That* is the way to develop your senses. Use *all* that is around you, simple, God-given things. I suggest that if you want to develop these senses, you spend some time each day with this exercise. Take even a *candle*. I suggest you try a candle. Look at the flame, smell the wax, feel it. It is so simple, so simple—I leave it to you all to decide whether you wish to follow what I say.

Les: Thank you. Yes, I began doing it about a week ago, because I was cutting some flowers to bring into this room, and I thought what a miracle a flower is. Then I began to think of other miracles which we take for granted mainly; that made me begin to examine flowers and foliage much more closely.

Have you learned anything from that?

Les: I've learned how much I didn't know.

I leave it with you.

Les: Thank you—and how much there is we still can learn—Yes, I astonished myself.

Don't be astonished. There may be many things in the coming weeks that may astonish you. But please try, each and every one of you, to develop your senses a little more. I will try to influence you in your times when I feel you are open to that influence.

Les: Thank you. You have just said something which gives me, and possibly my friends here, another avenue of thought altogether. You have said about all being one and one being all. You just used an expression, I will be with you, when I am with you—logically, one would say, well, you can't be with all of us at the same time, but from what you have said, I imagine it is a possibility.

Not a possibility, it can happen.

Les: A fact.

It is a fact.

Les: Yes, which we can't understand, but which you are able to do.

Yes, I can be with you *all* at the same time. I know this would be too difficult for you to comprehend, but yes, I would be *able* to come to you, whenever you call me. It matters not, but yes, the possibility—not even the possibility—it is a *fact* as you say, it can be done.

Les: That is most interesting.

Remember what I have said to you previously; I am not a whole unit. Perhaps that has given you some food for thought.

Les: Yes, I can see it a little more clearly...Dimly, because we can't understand it, but we can begin to see and accept that it does happen, which is the important thing.

I cannot think at the moment, how to explain it further to you. I can only say, I am available to you *all*. (Yes)

Sara: Can I ask a question? Would you advise me to develop my singing further?

You wish to know? (Yes) Yes, it is an important part of your life, we know. It is something that you have come as part of your chosen life. But, of course, with your free will, it is up to you. But I would say to you, yes, develop it. I would not say that it will be the 'main stay,' if you like, of your whole life. But please, yes, go ahead and develop it as much as you wish, because as I have said, it is *one* of the chosen things that you plan to do. Does that answer your question? (Yes)

Dawn: May I ask a question? **(Of course)** This is about mercury. We've heard a lot about mercury fillings in the teeth, aren't good for us. And if we have them taken out, it would still be there. Is there anything we can do to counteract the fact that mercury is not supposed to be very good for us?

Do you mean, is there anything to replace it?

Dawn: Something we can just take, to counteract the reaction.

I see. You want to know whether the reaction can be counteracted—is that what you are saying? (Yes) I see. I would say to you, if there is a problem with a mercury filling, I would say these things are not good to be used within the mouth. And that knowledge is now becoming available to most who deal, your dentists, your orthodontists, as you call them. That knowledge is being made—we have many problems when you speak of such things. I would say to you, to cleanse the mouth, cleanse the mouth with something that is natural, something like elderberry juices—that would be very good. Is that helpful to you? (Yes, thank you.) Rinse continually daily and that should counteract the problem from the mercury.

Les: Any other questions?

May I speak before we carry on—there *has* been a turning towards *all* things natural. Again, it is something that man has turned away from. Is it not natural that all things should be supplied to you, on your Earth, for *all* things that man has to have?

Les: Yes, everything is here, if only we accepted the fact.

Now, with our influence, man is beginning to realise. Yes, I'm sorry, I interrupted you.

Les: No I hope I haven't disturbed what you were going to say. May I ask now, if there are any more questions?

George: Yes, a less attractive question. There is a disease which we call Aids, which affects the immune system. And it seems to be spreading at an alarming rate. Is there any special significance can you say to this disease, or is it just another disease we have to combat—or does it have a special significance?

There is no *special* significance. There always have been diseases while man has roamed the Earth. Firstly, let me say, man is the creator of many diseases. They are not things to suddenly appear from the sky. We hear so often the pleas and the cries, 'Why does God allow this?' I say to you, *why* does *Man* allow this? Disease is exactly the word that it says, *dis-ease*. There is an imbalance when it comes to disease. It means that somewhere along the life of man, something has gone wrong. Again, we get to cause and effect, or 'karma,' as most of you wish to say. I know these things are difficult for you to understand. You say, why is this allowed to happen, why is that allowed to happen? *We* don't allow it to happen, *Man* does. We often hear for prayers saying why does she suffer, why are there disasters? *Man* must look to himself, for the answers to his problems. The responsibility lies with him. We don't say there are too many people on the Earth, we must get rid of some. Would that not make our work all the more harder, when they come to spirit? We do not say that. Man and the Earth must take responsibility for its own problems. Man has interfered with nature; that is the basis of *most* epidemics. It is simple, it is clear, but to you, you find it a problem. *Man*, man has interfered too much with nature. There *will* be a cure for this disease. (*Aids*) Not yet, but it will come, as it has come for many diseases, that have been around on your Earth. But until man allows that inner knowledge, wisdom and love, there will always be disease. Does that answer your question?

George: Yes, that's very good to hear. And yes, I think many of us are feeling in our hearts, that that is the status quo. Thank you.

Les: Would you wish to close now?

I would like to say one last thing, before I leave you.

Les: Thank you. We're quite happy to continue, but I felt you were thinking it should be brought to a close. I don't wish to go longer this time. I wish to say next time we want the young gentleman (*Andy*) to be used. I will indicate it to you, when to speak with him. But I say it is still, still difficult times, but we wish to try. (Certainly.)

And for this time: (*Voice very faint on tape*)

May you feel the love, which is being brought to you all. Feel it in your hearts, spread it all around, give of yourselves as much as you can.

Les: Thank you. Please accept our love and gratitude for all that you are doing.

Please, no gratitude—

~29th August 1994~

Good evening. (*Welcomes*)

Always happy to come.

Les: It's very nice of you to say so.

As we begin this evening, is there one of you who would like to open with prayer?

Les: Anyone like to open with prayer? If not I will do it for you:

'Heavenly father, we thank you once again for the opportunity we have, of being in your presence and in the company of each other, united as we are in the work we are privileged to do and which we wish to continue, to the best of our ability. We thank you for the help you give us; for those who come from the other side, to give us their knowledge and wisdom. And we ask that we may always treat it as it is given, with humility and sincerity.'
Amen

Thank you. Can I say before we begin this evening, the work would not be given to you, if we were not sure of that humility. So we thank you for those words, but they are unnecessary. (Thank you.) I wish to say once again, how important it is to **pray**. That is the common word, but I would rather, as I have said before, say to you, to *offer yourselves*, to be of use to mankind. It may be a good exercise if each one of you, at the beginning of each session, could manage to offer a prayer to the almighty and gracious God.

Les: Thank you. I'll ask my colleagues if they will do that. We used to do that always, but there is always a great diffidence amongst people, when they are asked to do that. But we will try.

If they don't want to, or feel uncomfortable, I understand. But I feel the exercise would be good for *all* of you, but of course, they can decline if they so wish.

Les: I had been hoping that they'd been praying in their own way silently before the meetings.

Shall I say yes, for them?

Les: Thank you—you know more than I do—

Now, let us begin. I am happy to answer any questions, but I want to devote some time this evening, to trying something a little different; I will say a little later. Firstly, let us have your questions, if there are any.

Les: Yes, I have one which springs from what you told us last week, about the need to learn how to recognise energy and beauty, and so on. And you did mention having no sight, that being unnecessary to appreciate beauty. Of course we can understand that somebody who has had sight and lost it, still has thoughts to draw on and memories. But in the case of a person who is blind from birth, are they given any particular sense, to enable them to appreciate the beauty that they cannot see? I know they develop all sorts of wonderful powers—

Yes, let me speak on this. Of course, their other senses are more developed if they are without their sight. And, if you can imagine, closing your eyes in your dream state, are not things as vivid as they are in your awakened state? Something similar occurs to those who have been without vision from birth. As the sight is denied them, so too, is that sense within their mind developed. So, in effect, they can see pictures, if you like. They are almost 'inspired,' perhaps that is a better word, with vision, *vision* without sight. It is almost another thought process; something you would find difficult to understand in your everyday terms. But they *do* see colours, they *do* see visions, they *do* see pictures. So the development of their touch, their smell, their hearing, is enhanced, and so too comes the inspiration for the pictures within their minds. Is that sufficient for you?

Les: Yes thank you. I thought there must be something like that, because there would *have* to be some compensation for what they're losing in having no sight. And when you spoke of being blind but still appreciating beauty, that's the only way I could imagine that it would be done, by impressions from your world.

It is what I was speaking of last week. When your senses are enhanced to their highest degree, you are *feeling* the energies that are around you. Do you understand? (Yes) So, if the one who is without sight is to touch, let me say, a newspaper, that person is picking up those vibrations of energy, within that paper; something that most of you have lost. But that is *why* those senses are developed, to such a great degree. They develop—it's a natural development; it should be a natural development for all of you, but of course it is lost, as we have spoken of.

Les: Yes, thank you. That's answered that one. Next question before I offer to anybody else. We are, or many people here, are becoming very concerned with the approaching over-population of the Earth. Not only because of the lack of room there will be for people, but because of the lack of facilities, such as water. There's a limited amount of water from which we can draw from the natural processes. Also, there's a limited amount of Earth, to provide us with food. And the more we develop the population, the more we have to give ground to houses and roads, and so on. Do you see an answer to the over-population problem?

Can I say to you, there is a decrease *now* in population; do you not see it? No, you do not.

Les: No, so far as the figures—I was listening to a discussion of this only yesterday and the general consensus of opinion, is that the Earth is becoming much more over-populated than it should be.

Let me say this to you. *Peoples* that you call 'Third World' people are already receiving instructions on how to keep down their numbers. Is that not true?

Les: Yes, that is true.

If that is true, then *why* do you fear an explosion in numbers? The education, the knowledge is already being given to them, for the very reasons you state. So, if the education, the knowledge is being given

and it is being heeded, there will be no explosion of population. I also say to you, resources on your Earth are *not* limited. They are 'unbound,' but not limited. I *have* to say this to you.

Les: That's extremely interesting, but is there not a limitation on the availability of water?

My friend, as I have said, much in your world has yet to be discovered. There will be ways and means for *all* of these things to come to you, when the time is right. I have to say this to you: Resources are not limited—the only thing which is limited at the moment, are your minds, as to what is available. That is the only limitation placed upon you.

Les: I can accept that. (*Chuckle*)

Yes, I don't wish to seem to, how do you say, 'put you down,' but yes, there are more resources to be discovered on your world.

Les: That's most interesting.

Again, it is the *time* factor. But the inspiration, the knowledge, will be given at the correct time. (Good.) But let me reassure you, there will be no explosion of population.

Les: Thank you. And you can see further ahead than we can, so I accept that happily. It doesn't really affect me, but of course, it does, inasmuch as one is concerned about the generations to come.

Of course—and that can only be a good thought.

Les: Thank you for the answer. It's certainly very encouraging.

There is much on your Earth, still not inhabited, is there not? There is much *land* that is not lived upon. So, let me say as far as the *area* of land is concerned, you cannot be over-populated within many hundreds of years. But, as I say, the resources will come to light, when the time is right.

Les: And could I ask a supplementary question to that? Do you see our deserts being made cultivable areas? There has been much talk about it. But the cost is said to be so astronomical, that it can't even be considered. I'm wondering if, in fact, the deserts can be made to produce food?

It is one of those areas that can be developed, yes. You are touching on one of the things I am speaking of. When the knowledge is available, all of these things can happen. Yes, that is true, much has yet to take place upon your Earth. You sometimes send up these thoughts of despair, of destruction. If only you could be a little more outward-looking, a little more forward in your thinking, then more could be given. Sometimes we see a whole area of pessimism—is that the correct word to use? (Yes) It is almost like a shadow that covers your World. It is something that you should guard against. But, I speak not only of the individual man, but of *all* the powers of *all* the countries of your world. There is this pessimism, that seems to continue and which we must dispel.

Les: Well, I'm glad you're helping to do that, because the average well-thinking person, does despair because of the greed, which is so prevalent, in the destruction of the rainforests, the denuding of the oceans of fish, and so on and so on—(**Of course.**)—destruction all the time.

You must do an 'about turn,' if you like, in your thinking on these matters. But, again, these things are beginning to happen. (Good.) We see a light there. It is a struggle, it always has been, but we can see a '*Light*' of *hope* and encouragement. (Splendid.) And of course, remember the whole geology, the whole structure of your Earth, is one moving mass. There will be times when new lands appear, and some will disappear. It is all part of the evolution of course. But these things will *be* for the better.

Les: What you say is certainly comforting and my questions are partly because I'm hoping to get the benefit of your knowledge to our fellow man. By publicising it, publishing it, to those who are willing to read and to learn.

Of course, we can only hope that this time man will listen. So many times down the centuries, has man listened and then put to one side. It *has* been a great struggle for us, to maintain that **TRUTH, that **SPIRITUAL TRUTH**.**

Les: I'm sure it must have been and it's all because of greed and the desire for money and material objects. **That is why at this time, there is a concerted effort among us, to walk, to talk, to do all we can to instruct you upon your Earth at this time.**

Les: That's very comforting and encouraging, thank you. There's one other question, if I might put it—not of any material significance, but many people here are still discussing the reason for the disappearance,

apparently in a short space of time, of the dinosaurs. Are you able to give an explanation as to what calamity caused that?

Yes, I think I can—

Les: If it's not encroaching on your time. It's not a trivial question, though it hasn't any great significance.

At the time the dinosaurs roamed your Earth, they were magnificent creatures—powerful, strong, with everything there to sustain them. Their food, the Earth all around them, made them strong. At that time there was, how shall we say—an explosion from space, which hit your Earth at that time, destroying mostly the food that these animals survived on. It in fact changed the structure of the whole Earth, which meant, because they could not survive without their foodstuff, and of course they lived in lush, lush green lands—with the explosion of your Earth, so too came climatic changes. From hot, it became much, much colder. So gradually, these great animals could not exist. It was a natural happening that was meant to be. And so, too, down the ages, each species has reigned supreme. I may say too, at the moment it is mankind, but he too, is on a destructive course. (Yes) But the reason behind the destruction of all the animals, was a geological one, an atmospheric one, a loss of food and other animals, which helped to sustain these great, great dinosaurs. They roamed the Earth for a great, great time.

Les: Yes they did. Well thank you very much for that answer. It's most interesting, because our scientists had developed a theory that it was a climatic change, an Ice Age, as they call it, which destroyed them. But you've given further information. Thank you.

It was climatic, but also a little more than that.

Les: Yes, you've made that quite clear now thank you. And on that same subject, and that will be my last question, because I know you want to do something else.

Are we still having to find what we call a 'missing link,' between the animal and human kingdom? We keep discovering bones, which are given pride of place for a time, as a missing link, but I feel that there is still something missing, before the whole picture can be painted?

As much as your scientists *think* they know, let me tell you, they've only scratched the surface. Even on their timing, which today they are very proud of, I can say to you, their timing is very much wrong—they need to go further, further back. I will discuss this another time, because time is short this evening. But when they go back, thousands, millions of years, they date such a bone, they date such a rock—I'm afraid most of the knowledge that they have, is not quite correct. You are true when you say there *is* a missing link, but it will not be discovered just yet. We need to go further and further back in time. I, as I have said, will speak more on this subject.

Les: That will be most interesting. We look forward to it.

It is something that will interest you all, I am sure. But there *is* a 'missing link.'

Les: I thought there was. Thank you very much.

But let me say, the scientists really are 'out,' on their dates.

Les: I'm not surprised, thank you.

Right, I'm going to leave it to you, because you wish to do something else and I must let you get on with that, I'm taking up too much time. I'm sorry, it becomes so interesting when you're here, that I forget time.

What is time?

Les: Only something on loan.

Yes, it is such a short time I am here—But I am sure we can give much—This evening I want to try something with all of you. I want you all to be quiet and still. I want you to see, as if you are looking into a mirror. And if you will after say, ten, fifteen minutes of your time, if you would go around each one. If they are able to speak, and there may be one or two who cannot, I would like them quietly please, to say what they are seeing. What I am trying to achieve, is to show them their true selves. Do you understand?

Les: Yes, I do indeed. I will do that now. Thank you.

Les then checked that all the group understood. We then sat in silence for about 5 minutes before one came through Andy. NB: Andy seemed to have the ability to be used in the rescue of people, who were deeply lost in the 'mists' of darkness/negativity.

Les encouraged this one to speak, giving reassurances, that there would be no criticism/judgement/blame and that they were being helped—

After several minutes, Salumet joined in:

You are forgiven my son. You are forgiven—

Les: Thank you. I knew he was wanting forgiveness—God bless you. Now you can be happy. Now you can face the world. You heard what was said, you are forgiven.

(loud) I heard.

Les: You heard, that's fine—

(Spoken with great compassion) **Speak to us, my son. Let it come from the heart. Let yourself be free. We love you, we want to help you. Speak to us.**

Les: Please do—

I didn't mean to do it.

We know. All we want is to embrace you in our *love* and *light*. But first you need to learn to *forgive yourself*, forgive yourself—it is the hardest thing that you must do. But we *love* you my son. You are surrounded by much, much love, but don't you see, you cannot go forward until that forgiveness is given to *yourself*—

Les: You can make amends if that's what you wish, by helping many, many others.

I wish to go with the others.

Les: You can go with the others, once you have done as you were asked, forgive yourself. Then you can go with them; they'll accept you. But *they* can't make *you* forgive yourself. That is something you have to do.

It is very hard.

Les: Of course it is. That's why you've been brought here tonight, for us to offer help, to assist you to do it. But we can't do it for you.

There is something he wishes to ask, but he is afraid—Don't be afraid of me my son. Ask what you will. I will endeavor to help all that I can. What is it you wish to ask me? *Don't* be afraid.

It is difficult.

Les: Of course it is. We understand that, but we can't ask it for you. Give yourself the pleasure of asking, will you? Then you can go with the others, when these things are dealt with. Isn't it worth it, if you want to follow them and go with them?

You want to help, don't you?

Yes.

Yes. Are those words too difficult to say to me? It is what we have waited to hear from you. The desire, the wish to help others. *That* is what you want, is it not?

That is correct.

But first, my son, we need to show you a little more of yourself, before you can do that. By speaking *with us*, to us, by asking to be forgiven, you have taken that *first step*. Now I say to you, go with those who have brought you. And I can say this to you with an open heart, you *will* be guided by those who *love* you, who want to *help* you. And you can take it *one* step at a time from there.

Les: You understand?

I do.

Les: Good.

May God's blessings be with you, encourage you, help you and give you the love you need to sustain you. God bless you my son. Now *go, go* with those who brought you.

Les: You walk backwards to go forwards.

(Les then checked that Andy was back with us, before continuing with the evening.)

Before you go, let me say, there are so many of these souls, who find it so difficult to forgive themselves. They think their transgressions are worse than anything that could be known. Of course, they are wrong. We only want to help and to love them. But sometimes, they imprison themselves in their own prison.

Les: Again, the power of thought.

Again, the power of thought—

Les: And of course at any time you wish for one to be brought here like that, we're only too happy to help. **There will be many times, I have to say to you. There will be many times when the unusual will happen. It is not 'unplanned,' let me say—I don't want you to think that. But this gentleman (*Andy*) has much to give. Tonight we wanted to show that element of the soul, who needed to ask for *forgiveness*. Forgiveness is within themselves, but it is when they see someone like me, they *feel* they need to ask for forgiveness. And sometimes we need to give it to them, before they can continue onwards.**

Les: I can understand that.

It has been a long time for that gentleman, let me say. He has been a *lost soul* for a considerable time. I thank you *all* for the help he has been given.

Les: We're privileged to have been able to and we thank *you* for giving us the opportunity, as part of what we have to learn.

Again, no thanks, please. No thanks—Now, let us see if anyone can recognise themselves.

Les: Did you get any reflections Debbie?

Debbie: No, just myself.

Les: Just yourself and no alterations?

The lady's mind is too active. Don't worry, we will sort that for you.

Les: George?

George: My mind is too active as well.

Les: Paul?

Paul: It's difficult to get a mirror, but maybe a few animals, like cats, a bird or something.

Les: Getting clairvoyance rather than a reflection of yourself.

Paul: I suppose it was, yes.

Margaret?

Margaret: My concentration went.

Les: Don't worry. Mark?

Mark: I think I was too active as well.

Les: Busy lot of individuals, aren't you? Jackie?

Jackie: I wasn't sure. There's someone in a blue and white striped t-shirt. I couldn't see myself, then I saw Sandra come into it.

Les: Probably getting clairvoyance, rather than a reflection of yourself. Sandra?

Sandra: I'm sorry Les, I don't know what you're on about.

Les: Were you dozing?

Sandra: Must have been.

Les: Never mind, doesn't matter, don't worry.

We will try it again sometime. But the gentleman who you said was having clairvoyance (*Paul*)—In actual fact, he was seeing a true reflection of what he is. I don't mean physically, I mean *what he is*.

Les: Do you mean the one who saw animals?

Do you not see, it's the goodness that flows from his *soul*—that is what he is seeing. I am not asking that they see a mirror image of themselves—that is what I was trying to get to and that is what the young gentleman was seeing. He has an affinity with animals, although he is unaware of it, at this particular time in his life. But in his years to come, he may even have more to do with them. And I say at some stage in his life, will care for them.

Les: You heard that Paul?

Paul: Yes, thank you very much.

Les: I misinterpreted what he had seen.

No matter. I did not want to say too much, because then it would influence the minds of those who are in the room.

Les: Of course. I can only thank you once more, for what you have done for us and what you have given us. I would ask you if you would kindly close for us.

I will:

'Great and gracious Spirit, as we have gathered here this evening, we give thanks for all that has been done. We ask that we be enfolded in your love and light again, as we depart our separate ways; that each and every one of us offer ourselves to you, to be used as a vessel. Until such time as we gather here in this earthly temple, may your blessings be placed on each and every one of them, that when we come together once again, as we surely will, great and gracious Spirit, grant us that wisdom and knowledge, which only you can impart to us.'

Amen

Note: For more information about 'Rescue work', please visit the website: www.salumetandfriends.org

~5th September 1994~

This evening was devoted to working with the 'instrument' (Eileen). We have not included the brief communication to that effect. It was necessary on this occasion for those in spirit realm to work quietly with the sitters, particularly Eileen, in order to facilitate future communications.

~12th September 1994~

Good evening. (Welcomes)

It is good to be back with you, thank you. (Thank you.) **It is good to see so many here once again.**

Les: Yes, our meetings are certainly growing in numbers, aren't they?

I thank you for your attendance here. It is most warming. And I feel the love from each of you. For that I am grateful. And of course, it helps as you know, with that that needs to be done.

Les: I am sure.

It is good to see so many, who are becoming interested in this line of work.

Les: Yes, it is certainly spreading, not only in this country, but in other countries also. As you well know—and we have yet another newcomer tonight.

The lady is quite comfortable within the group.

Les: Good. She has had some experience.

Yes, I know. We are pleased that she has attended. There is no reason why she should not be here.

Les: Fine. She'll be pleased to know that.

In fact, I think she would like to ask me something, is that not true?

Les: Would you like to ask a question Sheila? Don't be nervous, just ask it.

Sheila: I just hope I can be some help in this group.

Les: The lady hopes that she can be of help within the group.

Provided her intentions are true, there is no reason why she should not. I would tell you if the link was weak within the group. But it is not so. I am happy that she is here.

Les: That's your answer Sheila.

Sheila: I'm very happy to be here.

I would like to speak a little on what it takes to have a good 'link' with us.

Les: I'd be pleased if you would.

You don't mind if I speak on that?

Les: On the contrary, I'd be very happy to hear you.

We listen often and we hear you speak of personalities, of how he, she, blends with one another. We do not look at it like that. We look not at the personalities, but we look at the *true* nature of the being. That is what makes people 'gel' together to form groups that can work well together. It is the true inner self that is accountable to the light of the work. Does that make sense to you?

Les: Yes, I quite understand.

Each one of you radiates your own light, your own energy. It is the energies that blend, not the personalities; that is a human thing. The personality of the person comes from the human entity and is not of the spirit, as such. Do you understand?

Les: Yes, I do. And in fact, I have frequently said that in this group, personalities are, if I can say it without disrespect, of no importance. It is the work which is important. All have heard me say that more than once. **Yes. You *all* retain your individuality of course. But that is not the most important point for a group of this calibre. We look beyond that, we see the energies bonding, although I'm afraid many of you in this group, are not aware of it at this present time. But I can tell you now the energies are blended and blended very well. That is why I have been able to come at this time, because the setting and the timing is right.**

Les: That's very good news, thank you.

Sometimes people say, 'I'm not comfortable sitting next to that one.' It is not because of any disagreeable thing with the person, it is that the energies do not blend, and so it is felt in the physical. Do you see?

Les: Yes, and each one would interpret it as a physical discomfort.

Yes, that is what I am trying to say to you. But you have to look inwards and that is what we do. That is what we try to do, to influence the correct people, to come together at the proper time, so that we can be used, and use them correctly, to the very best of their abilities, because after all, each one is individual and on a different pathway. (Yes) Now then, would you like to ask anything on this subject?

Les: Yes. What you have just said, reminds me of something, which came through my lady many years ago now, that individuality is important, only when it ceases to be of importance to the individual.

Those words are very true. Individuality, as I have said, belongs to each and every one of you. But it is not important. It is the *whole* that is important, *not* the individual. Yes, you are correct when you say those words.

Les: Thank you. Yes, there may be other questions, but I would like to start off, with something for the benefit of all my colleagues here, which is bound to be of interest to them. I was speaking last night to a person (communicating through a medium) who was responsible for many, many people, during his stay on this Earth, and he still now is responsible for them. They continue to look upon him as their leader. I was chatting generally to him and he did surprise me rather, by saying that in his land, as he put it, they still are able to have seasons like on Earth. When I questioned him about winter, he said they are able to have snow and frost if they wish, but of course they do not suffer from the cold, as they did on Earth.

Yes, I think we have touched on this subject before, have we not?

Les: Just vaguely, yes.

Yes, let us go back to what I am always going to refer to, the importance of *THOUGHT*. If you wish the seasons, that is what you get. (*In spirit realms*) If you wish the winter, the summer, the spring, if that is your desire, then it *can* be achieved. But yes, you are quite correct. You don't have the intensity of the cold or the heat. You have the changes, you have the colours, but not the intense feeling, if you like, that the human physical being can express and feel. But yes, of course, *all* things are possible, with the *THOUGHT*. If it is desired, then it is there. It is as simple as that.

Les: Yes, I was particularly interested, because nowhere in all my reading, have I ever come across it as specifically mentioned as that. So I was very intrigued at what he said. I can quite understand it, but I wonder why it has never been written before. If it has been written, then I haven't come across it.

I think you would find the words written, if you were to search long enough. It is written, yes, yes.

Les: Yes, I've probably not read that particular book or books.

The information has been given to others, but yes, it is written down.

Les: And he said that they liked the winter, because of the beauty and the snow, which to them, in the season, was as beautiful as the summer landscapes. That, too, I can understand. But would it require, as I imagine, a communal thought, to produce the season they like?

Not at all.

Les: Not at all?

Not at all. A single thought can create that vision.

Les: A single thought from a normal person?

I cannot stress to you too much, how important thought is—I always will teach you that. Thought, *THOUGHT* is the most powerful thing that you possess.

Les: So, if one person were to think that there should be winter scenes, he or she would be able to see them, and others would also be able to see them?

If they so desired.

Les: Ah, they have to desire also.

You cannot intrude on other people's thinking patterns. I know it's difficult for you to understand that a single thought can create what you want to create and yet not intrude on another person's thinking.

Les: Yes, it is rather difficult for us to understand.

Yes, yes, it is too difficult for your mind to understand.

Les: But it's nice to know it can be done. (Yes) I look forward to it.

In fact, I would suggest you cultivate the habit, while you are still in the physical body. It can be done.

You can create many things with your thoughts. It would be a good exercise for you.

Les: Yes, true, it certainly would. Right, I'll ask if there are other questions now. George? Brent?

George: Last time we talked about our very distant ancestors. About two million years ago, there were people we now refer to as 'Homo erectus.' Perhaps longer ago—our timing isn't always accurate. The fossils indicate that their voice boxes, were not as developed as ours, but would there have been a similar type of spirit communication between them, and spirit realm in those days?

Let me answer that for you. Spirit has always been—and of course, even with man in his younger days, if you prefer to say it that way. Spirit communication has always existed, because Man *is* Spirit. I wish you could all understand that. You are spirit *first* you are a human being *second*, if you like. So of course, spirit communication has always been. How could it not exist?

George: That is put beautifully clearly, thank you.

Les: If I might follow that George. Apparently you've not read, or if you have, it may have escaped your memory, that the back of the craniums of those people, were much more developed than ours are, because that was the seat of psychic expression and communication. That is why it was so developed. I'll let Salumet correct that, if it's not so.

I was going to say, it is the one area of your evolution, which has gone backwards in man, rather than forwards, as you think you have. The psyche has always been there and in earlier man, it was much more advanced. Yes, you are correct.

Les: Brent, any questions?

Brent: Well I don't have a question, as much as a comment. I'll tell you a little story.

I'm always happy to hear stories, thank you.

Brent: I mentioned to a friend, that we'd been having communications and I said, it might well be that if you (*He*) had a question we could put it for you. And he said: '*My question is what is the weight of the moon?*' And the reason I'm asking that question, is that I could check on it, if it's true, or if it's false. He's enough of a sceptic, to want to do that. But it brings into focus really for me, the whole problem of being able to 'check on' the information you give to us, and scientific validation. But I just thought it was amusing that he wanted to know the weight of the moon. So I'm not really asking you to tell me the weight of the moon—

I can tell you the weight of the moon—(Pause)

It is weightless! (Smiles!) Shall I go further?

Brent: Well I know that! The *mass* of the moon, is what I think he meant to say, but in any case—

Yes, I understand, I understand that we have many sceptics and you are always seeking for *proof*. I am not here to always give you proof. That is not what I have come for. But of course, I understand that many of you seek that element of communication. I will try, I will endeavour to give you proof, as we go along on these meetings. I think I can promise you that you can look, judge and see for yourself, that what I tell and give to you, is *true* and can be judged. Is that fair enough?

Les: Yes, thank you. We look forward to that.

I think I have said we must go slowly. But the time will come and you will have your evidence.

Remember that I am not quite in control of the instrument I am using. (*Eileen*) But I am very happy at the way we are progressing along.

Brent: If I could just say one more thing on that. You've said we will have our evidence. Now, there's personal evidence and then there is public evidence. And of course, the only evidence that the scientists admit, is evidence which is public and repeatable and all of that. I don't expect to have that sort of evidence; I only expect to have personal evidence. But what do you mean by evidence, I wonder?

By evidence, I mean whatever the individual finds acceptable to themselves. That is the only evidence that is acceptable. You are *all* individuals, you are *all* endowed, endowed—I'm sorry, my words are being rather mixed tonight. Forgive me if I seem a little hesitant with my words. You are *all* individuals, endowed with individual mind and thought. Of course, what would be evidence for one person, would not be acceptable to another. You see that, don't you? So it is much more important to me, that I give you individual evidence that satisfies each and every one of you. We are not too concerned with your scientific world. As I have said before, many of their facts and figures are wrong in any case.

Les: Yes, I was going to say that Brent's friend would have to prove that the instruments with which he was measuring the weight of the moon, would have to be proved correct, and he can't do that!

Yes, of course. It works two ways—evidence. You prove and can you disprove? What is the balance? You prove it to me, you disprove it. What do you do? You have to meet in the middle, do you not? You have to be acceptable to both sides; for the evidence to be good, both sides have to agree. Is that not true?

Les: That's right. And I have said to Brent before when we have discussed this that so many people, scientists in particular, are looking always for physical evidence. They will not go into your field to discover what is to be discovered.

Brent: Well yes, but in fairness to the scientists, they have decided that public evidence is the only evidence that can be allowed.

Les: I disagree completely.

Brent: Under those rules of the game, it's not surprising that they might be quite limited in what they discover.

Les: Well yes, they're postulating the wrong rules. But if they wish to do that, it's their misfortune.

Can I say, that the scientists here on your Earth, have many times been given what you would term, 'good evidence'. They have rejected that evidence. That is not good. How many times can you try to prove to somebody that they are speaking the truth? The quality of the evidence that they have received, especially in recent years, has been great and yet they still reject it. We cannot make people accept evidence, if they do not wish to. But, yes, again it is their mind, which is rather closed to what they are seeing and feeling; they lack the feeling. Do you understand? They have the understanding, but they don't have that inner feeling, which is necessary, to understand your own selves, your own spirit. It is something which is within you and I'm afraid that is what the scientists lack. They are too concerned with the world of figures and facts and that cannot be good.

George: Yes. Could I ask—a particular stumbling block with science, has been the great reluctance to regard space as anything at all. Because space is non-material, it has been regarded as nothing, for many, many years. This is something which I found I could not accept.

You see, we go into deep matters once again. The problem with the human species, is they can only understand what they *see* and what they *feel*. And I'm afraid that they have to go much deeper into themselves, into that inner knowledge and feeling that exists within each of you. That is why they cannot accept what is in front of them. They are too involved in material ways, facts and figures. Let me say to you, reach out your hand. What do you feel? What do you feel when you put your hand out? Nothing—but if I tell you, you are touching energy, what would you say to me?

Les: I personally would agree.

But your scientists would not. He would say there is nothing there, because he cannot see, he cannot feel. And so, as far as his intellectual mind goes, there is nothing more.

George: Yes, that is what we call the 'establishment' scientist. There are a few who would say otherwise; a very few.

Of course, and it is the scientists of your world, that we are trying to influence at the moment.

Brent: I'm not here to disagree, but surely scientists would say there is energy all over the place. And what's required is either the sense to detect it, or instrumentation to detect it. They wouldn't say there is nothing. They would say there's plenty of energy there. Astronomers look at all sorts of energy emanating from all sorts of places. I'm not trying to contradict you—

No, I agree with you—

Brent: I think what you mean by energy is something different to what we mean by electromagnetic energy.

Yes, I think that is the problem. With electro-magnetic energy, it is something your scientists have discovered, that they can test. I am speaking of something, which is not within their knowledge, within their grasp, at this particular time, and so they deny it. Until they can prove to themselves that it exists, then everything else does not exist in their minds. And that is the problem, I agree with you, yes. They know that energy exists. Your quantum physicists have done much work in the field. Of course they have much knowledge, but what I say to you, their knowledge is still very, very limited, as to what really exists in this universe—

Les: And since you like stories, may I tell you one, which is utterly true. There's a scientist living next door to me; a very clever man no doubt and I was talking to him one day. I forget how the subject arose, but I said about Australians, are they upside down, or are we upside down, or what. He said, they're not really upside down and I said, no, the Earth's proven to be a sphere, beyond any doubt. They must be upside down in our estimation. Oh no, he said, that position is only relative to an angle to the centre of the Earth. That's a typical science answer.

Let me tell you a little story, shall I?

Les: Yes please.

We are often amused by the stories that circulate here on your Earth. Sometimes we too, laugh at what is said. So we too, like a good story.

Dawn: Changing the conversation, I do hypnotherapy. Can you give me some tip for reinforcing the hypnotherapy I give to people, to stop smoking?

Yes, I know what you are speaking of. Let me say this to you. Individuals—let me speak of individuality again—and I understand your hypnotherapy and the work that you do. But everything you do, you may be successful, you may not; if the individual mind is not ready to accept—let me say their 'Higher Selves,' that is a better way of putting it—if they are not ready to accept whatever the problem is, be it smoking, be it weight, be it whatever it may—you will not have success with that person. There is nothing more you can do, if the Higher Selves do not accept the reasoning, the talking that you do with your hypnotherapy, then it cannot be successful. Do you think there is a fault with what you do? Do you feel that there is something more that you should do?

Dawn: I think sometimes some people need extra help. I had someone today, who's come back again for various reasons.

Yes, of course, and that is how it would be. But let me speak of those persons. They sometimes are not even aware of what is held within their own subconscious minds. And sometimes with some individuals, you will never reach that point. I know that is difficult for you to accept, but ultimately each individual holds the key to their own way of living and if they are not ready to accept that, then whatever is done in the form of hypnotherapy, hypnosis, whatever—it will not be achieved. So, too, we can speak of the healing energies and rays. If subconsciously, that person is not ready to accept it, then there will be no healing. If the spirit is not touched, how can there be a healing? And that is what we are speaking of. What you are doing basically with your hypnotherapy, is a form of healing.

Dawn: Thank you.

Les: The same thing applies to evidence of course. If people are not ready to accept, then no manner of evidence is going to make them sit up and listen.

Of course. It is the same in all areas of your life. It matters not, you *all* have what you term a 'Higher Self'—that spiritual aspect of each one of you. If the *Spirit* is not *touched*, in healing, in the hypnotherapy, in the work that the doctors do—because sometimes they too are healers, without actually being aware of it—then there cannot be 'cures,' as you like to call them. Is that satisfactory for you? It applies to all, *all* aspects of your lives.

Les: Thank you—any more questions from anybody?

Debbie: Each of us is born under a different star sign. And supposedly each day we get little articles in the paper, written about what sort of mood we should be in, due to the positions of the moon and the stars. Could you explain a little more on this please?

You wish to know if it is correct? Yes, I know. There has been much talk about Astrology and all aspects of work in that field. I can say to you, to a degree it is quite true. Your Earth is governed by the rest of the galaxy, the moon, the stars. Yes, each aspect of the universe is intermingled with each other. You can see that, can't you? (Yeah.) But of course, when we speak of the human being, what you are speaking of, is a 'grain,' that exists within the Earth. I don't want to call you a grain, I don't wish to be derogatory, but I am trying to explain it simply to you. If you considered yourself a grain of the Earth, which is what you are, then imagine how the moon, the other planets, have an effect on the Earth. So, too, you are affected. But of course, when you speak of your newspapers, you cannot *all* be doing the same things, feeling the same things, at the same time. That is rather trivial and I would say to you that cannot *be*. But on a wider aspect, then Astrology is a science. It is indeed a science, although many people rather say, it cannot be. I can say to you, it *is* a science, but on the wider aspect of things. The *Earth* is just one small globe within the *universe*. How, how could it not work together, if you are not affected by each other? Are you not as individuals, affected by everyone that is around you? Can you see that, that each one you come into contact with, leaves its mark upon you? And that is what happens with the planets, the sun, the moon, the *Earth*. We have to go to deeper matters to discuss this, really, and I hope that will come as time goes on. But, yes, the Earth and all upon it, including your plant life, your seas, everything upon your Earth, is in fact affected by the stars, the Moon and the Sun. So, in the wider aspect, your answer is 'yes,' but as far as your newspaper goes, 'no,' that is trivia.

Debbie: Does that mean that people born under similar signs, have similar personalities?

I would say that has to *be*. I would say 'similarities,' but not exactly the same. How can you be? You are all individual, you are spirit, you are *all* individual. Is that helpful to you? (Thank you.) But you cannot take it as a daily newspaper reading. You cannot look at everyone grouped together under one sign and say you are all the same. That is not true.

Les: It's quite impossible, isn't it?

But I will say, 'yes,' the stars, the sun, the moon, do affect the Earth. And the times—it is the *time* of the birth, that has the effect upon you. I hope that is a little helpful to you.

Les: You can stop buying newspapers now. (*Laughter*) Any more questions?

Paul: In everyday life, we quite often get coincidences happen and I always get quite excited when two things occur, apparently unrelated and yet there is some kind of connection. And I think they're like pointers, or beacons, that maybe you're on the right track sometimes. What can you say about coincidences?

Coincidences—what do I think?

Paul: Yeah, are they often pointers?

I would say to you, listen to that inner self. If you feel guided towards what these coincidences are pointing towards, then go forward and take heed. I know what you are speaking of. Many of you say life is fated, it was meant to be, meant to happen, such and such. It was a great coincidence, yes.

Coincidences—many things in your life that happen have a mirror image. That is a coincidence. It is like if you look in the mirror, you see an image of yourself. And sometimes within your time, these coincidences, as you call them, happen. It is like a mirror happening. Can you understand that? Am I making sense?

Paul: Mmm, I think so, yeah.

Les: Say if you're not satisfied Paul. Salumet would rather that you were—

George: Some of these coincidences may relate to your power of thought—you think of a friend and that friend appears the next day.

That, my friend, is exactly what I say when I speak of thought. Your power of thought can create so much, it can. It also can create what you *want* to happen. And sometimes with coincidences, it is because the thought has travelled. Can you see? It is not an easy thing to explain to you.

George: One of our scientists, Carl Jung, called it '*synchronicity*,' that rather special coincidence, through power of thought.

It is another name for it, yes. If you are happy to use that name, then so be it; that is fine by me.

Les: What is difficult to establish, is whether your thought is producing your friend, or your friend's thought has targeted you, to let you know he's coming.

George: Yes, I've had some lovely coincidences in my life like that.

And do not forget that your thoughts rebound. That too, can be a reason for coincidences. It is the thought that rebounds and creates the mirror image. That is what I am trying to say.

Les: And I have personally never been able to decide, whether a coincidence is such, or whether it is spiritual impression.

It is *both*, actually. It can be both.

Les: Thank you—any other questions?

Brent: I've always wondered, and I was speaking to other people about this and I think everyone wonders—why is it that some of us, not me, not myself, but some of us, are very deeply sensitive and can act as mediums? Others of us, just don't seem to be at all. Is it something to do with the original soul, or is it something to do with the person's course in life? What accounts for that difference?

We have rather touched on this subject before too. I have spoken of when you come to the physical being, when you come to this earthly life the choice is the soul's. Everything is 'spoken of,' before you actually arrive. That may be difficult for you to understand, but you do not come here, without the knowledge of *why* you have come. Many people retain the memory of the 'gifts of the spirit', as you like to call them sometimes—many people retain them, others do not. In fact, your memory is blocked when you are born, but some still have the ability to remember. And some in fact come with the memory full intact, but that is usually for a very good reason. And so you have your mediums, as you call them, from birth. It also, too, depends on the evolution of the soul. Always, we must go back to the soul. You are all 'mediums,' each and every one of you are mediums. How can you not be? You are spirit. What is a medium, if it is not someone who is able to have communication, with the spirit side of life? So, you are all mediums. But the difference lies in the ability to use the knowledge that is inherent within you *all*. That is where the evolution of the soul comes into play. Some of you, *some* of you I will say, have trodden this pathway before. The knowledge that you have attained, stays with you. And so you see, some are more advanced than others. And of course, too, you have to *want* to develop the gifts that you *all* have, once you are here. And development lies, as I have said before, in the power of your *prayer* and in your *quiet moments* and in your gatherings as a group, as you are here. (*Long pause + deep breath*) You, my friend, find it difficult to accept that you are more, *more* than just a human form. Let me say, you are one within this room, who has trodden this way many, many, many times. (*More emphasis*) You have this time been endowed with much intellect, (*Pause*)—for a very good reason. You must in this lifetime, use your intellect for the good of spirit. That is why you are here, my son. Use that intellect, but develop your inner feelings. In time to come, you will work with us and you will do much to enlighten those of intellect, who have many doubts. You, my son, have much work to do and I say to you, stay on the pathway that you now tread, because in *this* time, you can do much good.

Brent: Thank you.

I wish you to know we know of your worries. We are helping you all that we can. You will have your evidence this time.

Les: On behalf of everyone here, we thank you most sincerely and our love goes with you.

Until we meet again.

Les: We look forward to it. God be with you.

~19th September 1994~

Good evening. (*Welcomes*)

I thank you for your welcome.

Les: We're delighted to have you again.

It is good to be here again. (Thank you.) **I am happy that so many have attended once more.**

Les: It is nice to see them all, isn't it?

I have been aware of the thoughts that many have been sending me since the last meeting.

Les: Have you? Good.

Let me say, it is not always necessary to keep your questions for me on this evening. I will endeavour to help each one of you, as I have already said to you, if you need me, I will try to help.

Les: That's extremely kind of you. We do appreciate it.

But I have been aware of the thoughts being sent up to me. So if there is one who wishes to speak to me now, please let them do so.

Les: Somebody who would like to speak to Salumet? Any special query or problem you have been hoping to be answered?

As I have said, it does not always need to be asked in this room. I will help them, even if it does not happen quickly, I will always *tend* to the *thought* that is sent to me.

Les: Thank you very much. I'm sure they'll begin to recognise that in the future and deal with it more easily, than they can at the moment.

It may take some of them a little time to recognise my presence with them, but no matter, I will be there if I am needed.

Les: Thank you, I'm sure everyone does appreciate that and will look forward to becoming aware of your presence with them.

I would like to say to you, before we continue further, next time, next time within the room, I would like to try something different. It will involve the young man who we have asked you to help. (*Andy*) If he is so willing, I will ask that he be seated in the centre of the room.

Les: Certainly. I'm sure he will be, because his progress is much greater than I had anticipated. I've been pleased—

Did I not tell you so?

Les: You did—

But of course, it is imperative that we have his acceptance to do (*it*).

Les: Yes of course. Do you wish to ask him now?

It matters not. You can inform me at the beginning of the next meeting.

Les: Right, I'll do that, but I'm quite sure he'll be agreeable.

I hope we can achieve what we want to, but let me reiterate my words: Things must go *slowly*.

Les: Yes we quite understand.

But we will not be disappointed, will we, if it does not happen as we think it should?

Les: No, we know something else will be done instead.

I, too, am limited in what I am allowed to do, unfortunately.

Les: (*Chuckle*) Yes, we'd all like to have a lot more power, wouldn't we? But we shall certainly try as you suggest.

Now, are there any questions for me?

Les: Are there any questions tonight for Salumet?

(*Pause*)

It would seem they have lost their tongues. Let me say then, if you wish, we shall sit quietly and see what we can do.

Les: Certainly, unless you would like to talk to us, on any particular topic. There is much we all have to learn.

Of course, would you like me to speak on any particular thing?

Les: Would someone like to suggest a subject?

Brent: I would, yes. I'd like to ask what your advice is, to someone who would say, I'm a spirit being, I'm never going to die. I realise there's a law of cause and effect that applies, but suppose I decide I'll be the adulterer, the thief, the ne'er-do-well in this life, and that things will simply work themselves out over time. What would be your message to someone who chose to do that sort of thing? What would happen to them in general? Does that make sense?

Of course, we come again to free will, do we not? If they wish to continue throughout their lifetime here, doing as they wish, neglecting that spiritual side, that aspect of themselves, then of course, cause and effect come into play. They can, of course, when they leave the physical body, continue with that train of thought. I believe I have said, you will not instantly change. You are still spirit, you do retain your memories and thought patterns. If the spirit being wishes to continue in that manner, then what we would do is try to influence him for the better—but, of course, with the free will, that still remains with him. When he passes to our side of life, there is not so much we can do. Only time, only *time*, will change his way of *thinking*. He can remain what he is now, do you see? You do not suddenly become spiritual beings, as such, and in that sense, I mean you do not become 'goody goodies,' I believe you say.

(Chuckles) **So do you see, we can help, we can try to influence, but ultimately, the decision remains with that being. We have groups who still, still, after many, many years of your time, retain the same thought patterns, that they had whilst they were in an earthly body. Does that answer your question?**

Brent: Yes. The reason I'm asking that question, is that most traditional religions that we're aware of in the West, have sought to induce good behaviour through the threat of punishment, through the threat of eternal damnation. Now, as I understand your teachings, there is a form of punishment in a sense, even if it is in the form of an individual awareness of the consequences of those acts. It is still, really—in a sense, there is an element of doing good to avoid punishment. But there is also presumably, something positive, doing good for a positive reason, as well.

Yes, I understand. Of course you can do good. But what is important, is the reason behind the doing good. You can do a good act, but *(if)* the reason behind it is self-aggrandisement—that cannot be good. When you come to our side of life, of course the self-awareness is much magnified. You are your own punishment. You have to face the *true self*. You have to look into that eternal mirror and see the soul as it really is. You cannot escape it; no one can. The punishment you speak of, is something that comes from within. You see your whole life-span before you. *You see the true Spirit being*. Not the one that you have shown to the earthly people, the one that says, 'I am a good person, because I give this, I do that.' If the reasoning behind that goodness is not for the good of the other people, then it is not good. Do you see?

Brent: Yes.

Les: Again, we come back to motives, don't we?

It is always the reason, yes. It is *why you* do something, *not* the act itself. Can you not put a smile on your face, can it not be a trick? The smile is not always genuine. So, too, are your acts and your deeds. That is what I am trying to say to you. But when you leave your earthly body, then of course there is no way you can hide from your true natures. Each and every one of you has to stand and be counted, not by any body of men, not by someone in a high chair, but by your own selves. It is the hardest, *hardest* thing you will *ever* have to face. We see many, many who weep—many who weep at what they have done and what they have failed to achieve on this Earth; the opportunities that have been wasted. They see it *all* and for that, they can weep. That is the punishment that is the punishment that is spoken of in most religions.

Les: So there is no external application of punishment to say soul. The punishment, in effect, is self-inflicted?

You create your own punishment, yes. I don't particularly like the word 'punishment.' It is a judgement upon yourself. I would like to refrain from the word punishment.

Les: Yes, I quite agree. It isn't such—it is a judgement, a self-inflicted judgement.

But, of course, we must use the words that you are familiar with. Is that useful to you?

Brent: Yes, that's very, very useful. Thank you.

Les: If I can follow that through a bit. Am I right in saying that those who continue to try to live a useless life, a life of ne'er-do-wells, as they did on Earth—they can't satisfy their physical desires in the next world, but they are able, under the right conditions, to latch onto people here and try to satisfy them in a vicarious manner?

You are correct in that way of thinking. Unfortunately this does happen. These people are the ones who tend to stay closer to your Earth plane. They do indeed latch onto weak and vulnerable people here. We do our utmost to try to avoid that happening, but we are not always successful. We cannot always bring ourselves down to a level that they are able to achieve, to interfere. It is difficult for us, and that is why we need you people, who have been doing help, help, help for these beings. ('Rescues') That is why we need your help.

Les: Yes, one of the first things I do, is advise any person who wishes to go in for development of the spirit self, is advise them never under any circumstances, to sit on their own and try to develop in their own time, in their own company. Because they must realise they are opening a channel for communication, which can be misused.

It can, indeed. I would say to you, though, it does depend on the individual. There is nothing wrong with opening yourself, but of course, if you are new to such things, then I would advise you sit within the group, where there is someone who knows exactly what is happening, because as you say, there are always beings who are willing to latch on. I'm afraid it is not always even (*Adults*)—it happens too with the purity of young children. They are attracted to their '*white light*.' Do you understand?

Les: Yes I do, indeed. That's why we would never entertain any work in the company of young children.

And also, too, as the being becomes older, so too do the energies deplete and oft times will they be attracted to them, for the very reason that energies are depleted, and they find it easier to 'latch on.' Yes, we have all kinds—we have many sorry, sorry beings, who need to be helped. But don't scorn them, feel pity for them. They have to be pitied.

Les: Yes they do, indeed. That's why we try to continue with the work we do here.

And we are grateful; you will never know how grateful we are to *all* you people, who involve yourselves in these 'rescues.' It is a job of work that needs to be done, and *not all* can undertake it. So, it is important that those of you who wish to do this work, be strong within yourselves. Link yourselves daily, to those who can help you, guide you, train you. But, of course, some individuals can develop on their own. I would not say it is always necessary to be within a group. If they are strong enough, and the reason, again, is good, then they will not attract those who wish to latch on for the wrong reasons.

Les: If their goodness is of sufficient calibre, they will in fact reject them, won't they, automatically? **They will rebound from their light.**

Les: Just as they always rebound on Earth.

That is true; it is the same thing. The energy, the love, the light they send out, will protect them.

Les: I think perhaps you could answer another question for me, for the benefit of everybody here. I'm sure some don't realise it. There is sometimes a mistaken impression, that the next world is 'all roses,' and milk and lovely things—I have said repeatedly, that that has to be earned. That their arrival into that particular sphere of life has to be earned, by actions on this Earth. Equally, they would not be expected to mix with people of a much 'baser' intellect or spiritual development. They are segregated automatically, by their lack of development. I think this worries people sometimes, when they hear of the bad influences, which exist in your world; that they might be in contact with them—

Why should they be afraid? Would they be in contact in their earthly body, with those who are wicked or cruel, as you would say? Would they be in that same place as them?

Les: No, I have pointed this out.

Well, it happens too, when you come to *our* side of life. These people are attached to each other and sometimes it can create quite a strong bond, let me say. But how you live your lives here, once again, let me say to you, you can only do your very best. After all, you are human, with failings. We don't expect you to be perfect, and neither have I met one who has trodden this Earth plane, who has been so. But if you endeavour to do the best that you can, then you will go to the place that is suited to you. There are many spheres within our world and of course, you will go to the one most suited to you. Let me say, all of you in this room, may not necessarily go to the same place, because of course, it depends too, on your own spiritual development. I don't mean to say some of you are 'higher' or 'lower.' I don't really like those words either. But you will be in differing degrees of development. Therefore where you go in our world can be different. Those of a wicked nature as you speak of, are together and they cannot, *cannot* interfere with those in a higher state of life. (Thank you.) But of course, once they are gathered together in our world, and they are away from the earthly vibration, there is more we can do to help. Do you understand?

Les: Yes, and I believe I'm right in saying that those in what we call the 'lower' spheres, the really diabolical people, as would be called here, have constantly the ability to progress if they wish. And those in your world have a duty to be close to them all the time, waiting for that wish to be seen.

There are those amongst us, who do the work for helping these 'lost souls.' It is not an easy task, but it is part of their own soul growth, that they do the work. It is difficult. We keep close by, but often they need to remove themselves, to regenerate, if you like, that 'pure light,' that they need to survive. It is difficult, and something I will speak on at a later stage. When you 'lower' your vibrations, into a lower one, it is always difficult; it cannot be easy. But there are those of us, who are willing to do it, to help those lost souls. Do you understand?

Les: Yes, thank you. I had heard that.

It is the same as I would not be able to stay with you for too long; too much of your time at once. I have to return to where I am from—I will use the word 'regenerated;' it is the only one I can think of, that is apt.

Les: Yes. I personally am aware of that and it's what makes me so appreciative of you coming. I know it is difficult for you.

We are always happy to come and so too, it is difficult, even in our world, when those of them, (*sic*) who are prepared to work and help those lost souls, go to those darker realms. And let me say, it is indeed a sad and sorry state to be in.

Les: I'm sure it must be.

It would make you weep.

Les: Yes. Well, on a more cheerful topic—Conversely, I believe there are those in the immediate next plane of life, if I can put it that way—I think you will understand me. They, after a period of duty, they can be taken a step higher, as it were, for regeneration in turn, and then come back for continuation of the work they are doing.

Yes, I understand. Very often when people leave your earthly existence, they need a time of recuperation. They are cared for and of course, we have our hospitals in the spirit world. Do you know of them? I suppose you do—

Les: Yes, yes we do indeed.

They are places of *Love* and *Light*. They are helped to recuperate and then they are taken to the places, where they are meant to be, where they can live. But then they are helped to decide what is best for them. They are guided, if you like. Then of course, they can return to a lower sphere, if that is what they wish to do, but only if it is to help others. But, of course, the same applies; they have to return to the state that is intended for them. They cannot stay permanently in any lower state. I know it is difficult for you all to understand these things. It is like asking you to say, do you know what it is like on the moon—of course you cannot. But I am here to dissolve any doubts that you may have. And of course, it is difficult to find the correct words, but I am doing my best.

Les: Yes, you are certainly succeeding, anyway. And I think too, that those who, in the next plane, who have a desire to travel a little, are quite unable to reach a higher degree of existence, if they are not developed for it. There is a barrier, I believe, which prevents them entering another 'realm,' if I can use that expression, of higher spirituality, and a greater light, until they have developed sufficiently to do it. **Let me put it simply to you. You can go up and down a ladder, so far, but you can't continue upwards. There is a barrier. Only on occasions will you be allowed to go further. You may have an insight of a higher realm, but you cannot be allowed to stay there. It happens to a few; they are shown what is there, but they cannot stay.**

Les: No, quite. They can only enter in company with a guardian.

And only if there is a very good reason for doing so. Yes, you are correct. You can be in one state and go down to another lower, do you see? But you could not possibly go—you could not stand that vibration, because it is so much *purser*, you see? You could not stay there, but in the company of those of a higher vibration, a purer light if you like, then that is permitted at times. But always there is a reason for this.

Les: Thank you. And we hear frequently that there are seven planes of existence. I find this difficult to believe. I can't imagine that there is a limitation to the planes of existence, merely our own mental application of that limitation.

Forgive me if I smile—I hear this so often. I would like to know who first said there are seven planes of existence.

Les: It's one of those statements, which are constantly repeated, without any checking whether it is so.

I believe I have said there are many, many spheres, spheres within spheres, within spheres—it is *never-ending*. How can it be? How can you have seven stages? Who could know that, unless they had reached the highest peak? I'm sorry, but I have to dismiss that.

Les: I have never been able to agree with it, or accept the statement.

I think what has happened, that someone, or perhaps you would like to say a 'communicator,' who has been that far, has come and said yes, that is what exists. Always *reason* with what you are given. I have told you this before, and I wish to repeat it to you now. No, there are not seven planes of existence.

Les: Yes, it's a statement, which I could never accept. And I was amused to hear on the radio this morning, that some scientist—somebody has now discovered—I forget what it was quite, but they're talking about ten vibrations of the Earth now.

Have I not said they will discover more?

Les: Yes. I thought of you actually, when they were talking about this. And I had to smile to myself and I remembered what you had said about there being much undiscovered. And the excitement they are generating in their discoveries—

I will say a little on this. Vibrations—you too can have *vibrations within vibrations*. Does that not amuse your intellect? Does that not make you think a little bit?

Les: It does indeed.

But I leave it there. There are vibrations within vibrations, but that is too complicated now, to go into.

Les: But that has to be discovered.

I have said I am not here to tell you what must be discovered naturally; I would be interfering too much. But perhaps I can give you a little more later.

Les: Since you have been speaking, I have had several amusing moments, listening to scientists on media channels, now discovering things, which you said have been known for a long, long time.

Let me say, there are some scientists on your Earth, who know a little more than they have actually spoken of. They are a little afraid of ridicule at the moment. But they will be encouraged to speak out, to speak forth to the media, and they will be proud that they have done so. That is to come. We are doing our utmost to influence many people, those in power, those in the scientific world, many, many people.

Les: Good. Right, are there any more questions?

George: Well, something that was touched on earlier. Sometimes, when we feel we have to do something to help a cause on Earth, we may get a little confused as to what best to do. Going back a few years, when we had far too many, we still have—but we had far too many nuclear weapons on our soil—The Campaign

for Nuclear Disarmament (CND) was active and many of us marched and held banners and openly objected to what was going on. Now you may say, it would have been better to use entirely the 'power of thought,' to try to improve the situation. Have you any comment to make, on openly going against what one feels is wrong in that way, as against power of thought? But then again, power of thought would also have been there—

Was it not the power of thought, that instigated the marching, the banners?

George: Yes, I'm sure it was.

If the thought was good, then it cannot be wrong. If the thought behind the movement was good, then it cannot be wrong. What I find wrong, are movements whose reasoning behind them are not good. They do it for their own reasons. And let me say, there have been many. Let me speak of the movement you have in your world at the moment. Ultimately, it should be good, but it is wrong. I speak of the animals—the groups who have gathered, who speak out against your scientists, who are torturing the animals in your laboratories. That cannot be good. But what they are doing sometimes is wrong. How can they risk the lives of another human being, and say they are wanting 'good' for the animals? Do you see what I am getting at?

George: Yes, and I must say—

Of course, they should stand up and save these animals. It is not good for any reason. But the way they are dealing with it, is wrong. If for the march in respect of nuclear weapons, if people did it to follow the crowd, and not because they truly felt that they were doing good, then that too is wrong. Always, I say, listen to your heart. Follow always what is good. And, of course, the power of thought can indeed change much in your world, but we understand that you have lost these things. But, of course, the marches against (?) the power of the people will always do good. But it comes down to each and every individual's own thought pattern. I cannot say more. If it achieves something for good, that cannot be wrong, can it? But then you have to each answer individually, for those things that you have done. Do you see? Do I make sense to you?

George: Yes, you've covered a number of aspects. Thank you very much for that. And some of us have had the same thoughts I'm sure, that—

If the thought is for good, then it is good. And once again we come to thought, do we not? Always I will tell you of your power of thought—I feel you now all *thinking about Thought*. (Smiles)

?: Can I ask a question? Have we all lived before, walked this Earth before, in this room?

Within this room? I can answer that simply. Yes you have. And may I say, that is why you are here. But I will say to you, not everyone does. I have spoken on this subject too, previously. But, yes, each and every one of you, have indeed been here before.

Les: Any more questions?

?: If when we pass over, we go into different stages, according to our development, does that mean that all our loved ones that have passed on, would be in different stages as well, so we wouldn't actually meet them?

It would depend on the loved ones. It would depend if they wish to go further, if that is their desired state. But of course, the love bond is a strong one and it is usual that they remain behind to wait for those loved ones. So if, for instance, a loved one was going first and should be in a higher vibration, it is his choice to remain behind, perhaps to greet you, then that is his right. It all depends on the strength of the love bond. If there is no love, then there is no bond to be united with. That is another subject I think perhaps we can talk of—Are you afraid that you may not meet up with those that you have loved? (Yes) Do not fear. If the love bond is true and deep, that cannot be. They will remain with you in your earthly life and of course, you will not be abandoned. You will be greeted by those, not only those you have known, but those you are not aware of, you will be greeted by them. Never fear that you will be on your own. That will not happen. (Okay.) I would like to speak on that a little more. (Deeper, more forceful voice) All of you, even those in the deeper states, have someone whom they love, or are loved by. So many of you on this Earth, fear that when the loved ones go, and a span of years divide you, that all is lost.

LOVE, like *THOUGHT*, is such a strong bond, it cannot be broken. What is your life all about, if it is not to encounter and to give *LOVE*?

Let me speak some of the words in your Christian Bible. What is God? God is love. Fear not. You will never be alone. You will be comforted. You will be uplifted. You will be picked up when you fall down. Never fear about your earthly lives. I want you *all* to know, you are *all* surrounded by much love—I think that I must withdraw this time, communication a little difficult now. I leave you with much love, and many blessings.

Les: Our love goes with you too and we are all grateful for what you have told us this time. God bless you. **Until we meet again, God be with you all.**

~26th September 1994~

Good evening my friend.

Les: Good evening again and thank you for joining us. Does the lady's coughing disturb you at all? (*One of the sitters was coughing*)

Would someone like to give aid to her?

Les: Yes, we have done what we can, but she said she would go out, if you find it disturbing.

No bother.

Les: No bother?

Don't be concerned for me.

Les: Thank you very much.

We will help her. (Thank you.) **Thank you for doing as I suggested last time.** (*Andy was sitting in the middle of the room*) **For that I am grateful.**

Les: It's our pleasure.

I would like to suggest that the group as a whole focus their attention to the centre of the room. I would like them all to focus the thought of love—that is all. Try not to imagine what may or could happen. I have said to you, we are trying something different, but of course, we must go slowly, slowly. I would suggest no sudden noises, whilst this is taking place. By that I mean certain bangs, loud speech—you know what I mean. We must take care of the instrument, which is being used. I, of course, will encompass him in protection, but outward noises can be very distracting.

Les: Thank you for your protection for him.

Once again, I say to you all, focus your minds *in* love. That is all I ask of you. Let us see what can be achieved. I will tell you towards the end if it has not been achieved this time. But try to keep your minds focused, giving love to the instrument in the centre.

Les: Everyone heard that, I imagine?—

There was a long silence for perhaps 5 minutes, before a communication came through Andy. This turned out to be a difficult rescue and it was agreed that it would not be published, in order to protect the family connected to it. Salumet then returned to talk about what had been achieved:

Before we continue, may I speak?

Les: Certainly, yes, please do. I'll just bring this instrument (*Andy*) back properly.

He, (*Andy*) will be fine. Do not be concerned. I wish to say to you all, this has been no ordinary 'rescue.' It takes much, to bring someone who has been enveloped in a cloak of darkness, for such a short period of time. It is difficult for the instrument being used, and that is why I have cloaked him in protection. I thank you all for the love extended to him. It has been felt. To bring someone from the depths of darkness, in which he has been entombed, is no mean feat. We are pleased it has happened and I hope you all can understand what has been involved this time. I shall endeavour to bring you many more people, not of a 'rescue' nature, but of an informative one. But I wished you all to see what can be done, by the power of your thoughts, by that love that encompasses *all*, and for that, I truly thank you.

Les: We thank you for your trust in us.

The instrument will be well cared for. Do not have any concerns on that matter. (Thank you.) I feel some of you asking, 'why is there not more information given?' let me say to you this: It is difficult enough for them to return, without giving too much information. I know you sometimes find this hard to understand, but if only you could see the effort involved, that would not be a query. But I can say to you, there will be those who come, who will bring you all the information that you seek. It is difficult for those of a 'lower nature,' shall I say, to express themselves, because of course, they are held back by their own emotions. Surely this is understandable to you?

Les: Yes, I'm sure it is.

I want to thank the instrument, who has been used. (Andy) We are grateful for letting us use him, because that was not an easy one to bring. He will be looked after and will be used so much more.

Les: Thank you. Salumet is asking whether he is ready for me.

Andy?: Yes.

Les: You are? Thank you.

Let us then continue. I ask again, no sudden noises, bangs or loud noises of any kind.

(5 minutes later)

Les: Hello—Hello to you.

Hello.

Les: Would you like to tell us why you've come to see us?

I don't know why I've come. They brought me here.

Les: You've no idea why they've brought you?

No, I just followed the light and now I'm here.

Les: Where have you come from, can you tell us that?

I don't know.

Les: You don't know?

No.

Les then addresses Salumet:

Les: Do you wish me to continue as a usual rescue?

Allow him to continue please. As he speaks, so should the knowledge come to him.

Les: Thank you. Right—now, let's see if we can find out where you've come from and why you've come, shall we? Is that agreeable? **(Yes)** What do you last remember?

I remember swimming.

Les: You remember swimming? And where was that?

It was out in the sea.

Les: It was out in the sea? And that's the last thing you remember? Except that you remembered you had gone too far out. You hadn't allowed for the tide, had you? Is that right?

That's why I couldn't swim back.

Les: You'd made a miscalculation in your timing.

I remember getting weaker and weaker.

Les: That's it—and then?

And then I remember waking up here now.

Les: You remember nothing in between? **(No)** Well, you can guess what happened to you, can't you? You drowned. And had you ever thought what happened after death, in whatever way it might occur?

Not really, no.

Les: You'd never thought about it to that extent? **(No)** Did you go to church? **(No)** Well, that's not a bad idea, to keep away from it anyway—well, what happens, my friend, is that when the physical body dies, as yours did, the essential being, which is the spirit, is released. And that takes on itself another body, living in the next plane of life, because the spirit is indestructible. And the spirit is the essential 'you,' or 'I.' The body is only a physical shell that the spirit occupies, whilst it is living in the physical world. So you have to keep on living. And that is why you have been brought here, to make you realise this, that you are very much alive. You're talking to me, aren't you? **(Yes)** Shake hands, will you? You can feel that, it's not a

dream. I'm going to press your hand a bit. That wouldn't happen in a dream, would it? **(No)** Right, so you know you're alive. What sort of living did you make on this Earth? What did you do for a living?

I was unemployed.

Les: You were unemployed. Did you enjoy it? **(No)** You'd rather work? What would you like to do, if you had a decent job to go for? Ever thought about it? How would you like to occupy yourself?

I'd like to teach people to swim.

Les: Would you? Well, how would you like to be able to do that? To do it actually, without it being just a thought—would that appeal to you? **(Yes)** You wouldn't require any payment, because you don't need money in the next world.

Why? Why don't you need money?

Les: Because you just don't need it. What you need for your existence there is provided in rather different ways from what you have in this world. But do take my word for it, that you will be provided for. You won't have hunger or thirst, and if you do, you can satisfy that without any need for money. It's all provided free, whatever you need, just as the lessons you'll give in swimming, will be given free; you won't be given any payment for them. You will have the pleasure of seeing others learn to swim. Is that going to satisfy you?

Yes, it is.

Les: All right. Then, any questions you'd like to ask?

Yes, how I find this place?

Les: Well, you don't remember being brought here, do you? **(No)** You'll be taken away in the same way. You won't remember the journey, but you'll wake up in a few minutes, in the next plane of life, where you'll now have to live. You'll be shown where the pupils are, you'll be shown where the water is, for teaching them. And when you get tired of teaching them, there are plenty of other occupations you can take up.

I shall have to watch the turning of the tide.

Les: There won't be tides as there were here. **(No?)** No—so you don't have to worry about that. In any case, you would know when they were going to turn, and you could get back to shore, quite safely. You will have a great deal more ability in your mind, than you have, than you had, when you were on Earth. You will be aware of much more, of things around you, and what is happening around you. Also, your pupils won't be able to drown. The water is quite different. That's another surprise for you, isn't it?

Yes it is.

Les: So you should be able to teach many of them, very quickly. **(Thank you.)** You're welcome. Are you ready to go back now, to start lessons?

I hear someone calling me.

Les: That's right. Time is up. Well, we all wish you a lot of joy in your swimming and teaching of others.

(Thank you.) Goodbye to you.

Salumet then returned to say that this had NOT been the intended communication:

That, my friend, is a lesson in how easy it is for someone to slip in, even under very controlled conditions.

Les: Yes—

He was not meant to be here.

Les: Really?

I apologise, but no matter, he came and has been dealt with. But you see how easily and even we who have strict control, cannot always stop those people who are eager to come.

Les: Quite. And possibly because of the great power you provide, when you come here.

It is an attraction to them. But he should have been prevented. But when the will and the thought is strong, so they can, how do you say, 'slip through?' It is a good lesson for us all to have learned.

Les: It emphasises what I have always said about the need for protection and care.

It has not harmed the instrument, but it is not what had been intended. But, no matter, I am grateful to you, for your help.

Les: Well, we would never refuse anybody who comes here, whether they should be here or not; we would always try to help them.

We know, your light attracts many. But that is not the purpose why I am here. That work can continue other times.

Les: It goes through my mind that he might be a good 'guardian.'—

(There was a change of guardians/gate keepers recently, to a more powerful group. It seems they are in the process of taking on their new responsibilities.)

No doubt, no doubt. I will speak with him. (Good.) But let me say, it is not my intention this evening. But, you see, does it not prove that even with my long experience, I too am not infallible?

Les: A very interesting lesson.

What I wished to achieve has really not taken place this time. But I hope the first communicator was interesting to you.

Les: It certainly was, very.

And I will say, is there anything you wish to say, before I draw this meeting to an end?

Les: Anybody like to say anything to Salumet?

Margaret: Just to thank him very much for a lovely evening.

I thank the lady. Let me say to her, she has a big and a generous heart. Sometimes, too much for her own good. But let me say to her, take care around your solar plexus area. Will you listen to me? Be careful, especially over the coming months. You are rather prone to chills, are you not?

Margaret: I do sometimes get an awful cough.

No, don't worry about the throat area. Be concerned here. *(Indicating solar plexus)* But you are a good and generous spirit. (Thank you.)

Les: Anybody else?—It only remains for me to thank you once more, on behalf of everybody, for a very instructive and enjoyable evening.

There is much we can do together. For that I am eternally grateful to you, for allowing me into your room, into your hearts, into your thoughts. I leave you this time, as usual, with my blessing and ask you to *LOVE one another*.

Les: Thank you. And our love goes with you, of course. We look forward to our next meeting. Thank you.

~10th October 1994~

Good evening to you.

Les: Good evening again.

Thank you all for your warm thoughts and welcome. I thank you *all*.

Les: Yes, I must admit we missed you last week. It couldn't be helped, but nevertheless, we missed you.

I thank you for those words. It was necessary, but of course, it has not been too long in your time.

Les: That's true.

I would like to begin this night, with a few words to you all. May I begin? *(Yes please.)* I want to say to you *all*, I cannot change your life patterns for you. I am aware of your thoughts and your wishes, but I cannot change *what* is to *be*. I hope you all can understand this. What I can do, is try to influence each and every one of you, towards the right pathway, but I cannot alter things for you. That is part of your life plan here and it is not for me to interfere. So when you send your thoughts to me, please understand these few words. Do I make myself clear?

Les: I think it's clear for everybody, isn't it, that you will be given what help is possible, but not to influence the final course of events?

I am aware sometimes you find your lives difficult. But be assured, it is all for a *good* cause, for the cause of your own *soul growth*. Therefore, do not be despondent when times are hard, but look upon it, look to the light, be strong, give yourself to that everlasting power of love, and you cannot go wrong. I would like to say a few words to the young lady across the room.

Les: Yes, it's you Sara.

You sometimes are very confused about which direction your life is taking. (Yes) Yes—*be still*. Listen to that voice which will come to you. We know your disappointments, we know your hopes and wishes. **But you must make the choices.** You are rather like a tender flower, which is easily bruised. Pick yourself up, be strong, follow that inner voice and your life pattern will follow that way which it was meant to take. We will try to uplift you, because at the moment you are feeling a little down. Would you like to ask me questions this time?

Sara: I can't think of any at the moment, thank you.

Is there anyone who would wish to ask me something? I cannot believe your tongues are so still!

Les: I was just about to say, if you have been getting all those thoughts, it's surprising that there are no questions to follow them.

Dawn: Could I ask, is there anywhere in the world, which is doing an artificial limb, for a hind-quarter amputation successfully?

Let me say, there is always new technology being developed. But at this particular time, I would say to you, no, there is not one available that is of any use. But all of these things are being looked into and I would say to you, look to the West of your Earth, as you are here now. So I would say, look to the country of America.

Dawn: Thank you very much.

Les: The lady who just spoke and myself, were talking earlier about crystal healing. I think I'm right in saying that the various human ailments respond differently to different crystals. Is that so?

We go back again to the term '*ENERGIES*.' Of course the *crystals* are natural parts of the Earth. We have spoken a little of how your Earth is affected by the moon and the stars; so too is the Earth affected in many ways. The crystals that are taken from the Earth, have their own energy, which interacts with different complaints, different problems. So, yes, you would be correct in your assumptions.

Les: So if the lady wishes to practice crystal healing, she should make herself aware of the different affinities between the ailments and the crystals.

Let me say the crystals are only the 'middle man,' can I say. They are not necessary, but they can be of help if the person involved is not suitably attuned.

Les: Yes—so we come back to spiritual healing, basically then?

Of course, it is a development of the energies used. The crystal is—how can I say—I am at a loss for the words to use. The crystal is a *tool* that can be used, but the *better part*, would be to develop the person, their own capabilities—the interaction between the two. Healing comes from spirit, through spirit, to spirit—so the use of crystals is really not a necessity, but there is no harm to be done by their use.

Les: Thank you. I've always considered that to be so, that the basic spiritual healing, is really all that is necessary. But I've also thought that perhaps the application of a crystal, may have a psychological effect on the patient and make them accept more readily, the power which can be given to them.

No, it is not only that. There is a transference of energy from the crystals. But what I say to you, it is *better* that the person develop their own powers of healing, of opening as a channel, rather than to use the energies of the crystals. Do you understand?

Les: Yes I do. Thank you very much.

It is a transference of energies—that is all.

Les: George, you were going to ask a question?

George: Yes, thank you, I have several questions about past events. The Noah's Ark story may have a truthful source. And there does seem to be some evidence for a boat-shaped structure on Mount Judah in the Ararat range, which has had some investigation. Are you able to comment as to whether that actually is Noah's Ark, in that position?

At the time you are speaking of, there was indeed a—how can I say, a 'vessel' made. But if you are speaking of the story as a whole, then no, it is rather a figment of someone's imagination. The story comes from an older—how can I say, story, if you like, although there is an element of truth. There was indeed a vessel at that time, which for all intent and purposes, was called Noah's Ark. There has been found this vessel, I believe, the one you are speaking of, which has been dated back to those times.

When Jesus the Christ was alive, many stories circulated. When these things were re-written, many centuries afterward, how will I say—they were elaborated. Much was added and much was left out. So if you want to believe the story as a whole, then I say to you, that vessel is the one that it is intended to be. But the *whole* story of Noah's Ark, gathering the animals two by two, is rather a fairy tale.

George: Yes, thank you. That's a lovely explanation.

Les: Very useful for the toy-makers, that one—

But yes, there was a vessel around at the time, but it comes from an older, older version of another story.

George: Yes, I think there was another account of that story written in the epic of Gilgamesh?

Yes, it goes back much—Let me say to you, your Christian Bible holds many things, which have been put together; sections from here, there and everywhere. It made very good reading, I think. But as far as truth goes, you cannot accept it all. But, indeed, the vessel you speak of, is a genuine one.

George: Thank you.

Les: So that would mean then—that story does appear, I know, in a number of religious beliefs. (Yes) So it does indicate that there was at some time, a calamitous flood on the Earth. Is that so?

There have always been floods on your Earth. There have always been calamities. These stories have been taken to make one book, if you like. Not all are particularly true. You must be discerning in your reading. But yes, there was a flood at that time. Let me say this to you, when you read your Christian Bibles, look at the stories with a discerning eye, look beyond the written word, look for the *'TRUTH'*. I will try to help you in these things, if you so wish. I will try to tell you what is an absolute truth and what has been fiction.

Les: Thank you. That leads me to another question, if I might ask it. If a vessel was built, that would indicate that a certain number of people wished to survive that particular flood. Would that have any bearing on the fact that some believers are still convinced that they are the chosen few, to be salvaged as it were, when the end of the world occurs? We know it's absurd, but would that be the origin of the beliefs that such and such are the chosen few?

I am afraid to say that in many religions, all believe they are the chosen ones. Let me tell you here and now, there are *no such people*.

Les: No—

I must be firm on this point. (Long breath)

Les: No, I couldn't imagine it from what we have learned through our association with you and your colleagues, it was impossible that there would be 'chosen people,' as such.

That is the message behind the Noah's Ark story. What could be simpler? Save all the animals and individual people make their own choosing to be saved. It cannot be; it is nonsense.

Les: Yes, it is nonsense.

Unfortunately there are many who tread your Earth, who have this viewpoint, that *they* are the chosen ones. I have to say they will be rudely awakened when they come to our side of life.

Les: They do call at our doors still and try to convert us. And we find it very difficult to exercise for them, the love which you say we must exercise them, because they are so dogmatic—

Yes, yes, you must feel pity for them. They know no better.

Les: No, we do feel sorry for them actually, because, as you say, they are in for a rude awakening unfortunately.

It is coming to pass now, that people who read the Bible, and many other sources of different religions, are today absolutely more discerning in the way they think. That can only be good.

Les: Quite, yes it is. It's beginning to become apparent in our clergy. Another question George?

George: Yes. In the year 1908, there was a large explosion in the atmosphere over Tunguska, in Siberia.

There have been many theories about this. But I think the most plausible theory is that a comet approached the Earth and exploded in the atmosphere. Can you tell us anything about that?

Let me say to you this: It was an atmospheric explosion. It was not a comet, it was merely nature taking her natural course. (Pause)

George: Hmm—Thank you, that's surprising.

Is that enough for you?

George: I'm always interested, because this particular explosion, which flattened hundreds of acres of trees, has been a puzzle to those who like to think about problems of this kind.

They need to look to the Earth, to find the answer, not the skies. It was a combination of atmosphere and Earth together, which created that particular disaster.

George: I would imagine a build-up of energy of some kind.

Yes, a 'clash,' I think you would call it, in that particular area. You have to look down underneath the Earth and you have to look to the atmospherics in the sky, in the air. Together, they can create, how would you say, a 'bang.' A bang? Am I faltering in my words?

Les: Yes, you're quite right—

Yes, but they would need to investigate more, deep under the Earth, to find the answer. It was not from the skies.

Les: Another avenue for you to explore George?

Mark: Could I ask a question about marriage, about contractual marriage, and you know, making a life plan with someone? The idea is often—well, it worries me really.

In what respect?

Mark: I suppose fixing the future. I'm not very happy about fixing the future.

Let me say, then follow your heart. If you are not happy to do something, then I say 'do not do it.' If it does not feel right for you, it is not right for you. Once again, I say listen to your inner voice and you will be guided correctly.

Mark: Thank you.

Les: That I think, is what Salumet meant earlier too, about trying to influence you to take the right path. So if you call on him, as he has suggested, he can't alter the predetermined plan, but he can influence you to the extent of listening to your 'inner man.' Do you follow me?

Sandra: I mean, do they know who the right person for someone is then, the right partner?

Les: Well, I've just answered that before you asked it. You would get help in making your decision, if you feel it is the right decision.

Sandra: Yeah, but have they got someone planned out for you already, as such?

I think we have spoken on soul-mates before. *They do exist, but mostly your life plan does not include your soul-mate. So, it is up to you, to make the very best of what life has given to you. There are situations placed before you. I can say to all of you, there have been times and places—I don't like to use the word 'planned,' but if it is suitable to the explanation, then let us use it. Situations, people and places come together, usually for a good reason. Then your free will comes into play. It is then up to you, what you do about the situations in which you are placed. Listen always to your hearts and your inner voice. Then you cannot go wrong.*

Les: Would I be correct Salumet, in suggesting that the meeting of two parties would necessarily be for the benefit of the one who hopes to make a success of that marriage? But it may be required of that particular one, to give help to the potential mate. Perhaps that is why they have to meet?

Let me go back a little, to what I have previously said. You have all come here for a good reason. You *all* know beforehand, before you are born into these physical bodies, what that life plan is. You have been shown beforehand, what you have to achieve. But again, we come to your free will. There is a goal to reach, but whether you take the straight path, or whether you meander off in other directions, is entirely up to you. We cannot live your lives for you. You are *here* to learn and learn the lessons, which are necessary for your soul's growth. Remember if you are returning in another body, which some do, as I have previously spoken of, then there is a reason behind it. Yes, you are correct, your journeys this time, may be to help someone else. It may be that your soul growth, needs some lesson to make it grow. Do you understand? So, always your life is not mapped out *just* for you. There are many people involved, many who you will meet, that you are *meant* to meet and *all* for very good reasons. I wish you could *all* move away from the idea that you are all 'single units,' travelling one way only for yourselves. Try to

open your eyes to the wider view of life, and *why* you are here. I know it is difficult, but remember you are just—how can I say, a *small star* in all of the galaxies. Each one intermingles with the other, each one shines as much as the other. *All* are important, but you need all of them. Is that satisfactory for you?

Sandra: Yes, thank you.

Dawn: Could I ask a question? How do you feel about second marriages?

How do I feel? What is wrong with second marriages?

Dawn: Is there anything wrong?

No, of course not, provided it is a love bond, it matters not, how many times there are marriages. I sometimes smile when I see the heartaches and the troubles that these thoughts create. Marriages were not meant to last for a lifetime, if they were not meant to be. It is possible to love many people in *one* lifetime and how can that be wrong? You are *all* rather afraid and influenced by the teachings again, of your Christian Bibles. Are there not peoples who roam this Earth, who have many wives and many husbands and who are quite happy in their lifestyles? Providing each loves the other, there is nothing wrong with that.

Andy: Can I ask a question? Is it true, will the world end in fire?

I think we have discussed this. There will be no holocaust. There is much for this Earth still to do. And I have said we have gathered at this time, to prevent the pathway, which you on the Earth have created, for such a long time. Eventually the Earth will be extinguished, but that is a physical thing. It will not end in fire, but in time to come, in the natural course of life, then the Earth will be extinguished. But fear not, that is a *very long way off*. You all live with so much fear. Let me say, lighten your hearts, lighten your outlook. It will not happen. There always has been good and bad upon this Earth, but you are not coming to a close just yet.

Les: Brent, anything from you?

Brent: No, thanks.

George: Could I ask about the Nazca plateau in South America, which is a large, flat region, where there are huge lines running across it, and huge pictures, which can only really be seen from high in the atmosphere. We feel that may relate to a previous, older civilisation, or to extra-terrestrial beings. Can you tell us anything about that region?

Let me speak on that:

I have said before, there have been civilisations upon this Earth, who have had superior knowledge, far superior to that which you have now.

The lines on the plateau that you speak of, were in fact *directional lines* for those people who travelled in space. I think I have spoken before that there were travellers *from* this Earth, because of their extended knowledge. This also applies—it did not happen in just one area of your Earth, but in many. Particularly, we have spoken of the Egyptians, the South Americans, all over. And I too can say, around your North Pole area, there was a civilisation with much, much knowledge. And *still* there is yet to be discovered the ruins of that civilisation. It was a directional point, if you like, for space travellers to home onto. Is that helpful?

George: Thank you. Can you say if the space travellers were from Earth, or from elsewhere, or both?

I have said, they were of this Earth.

George: Thank you.

Mark: Was there civilisation on Mars?

I don't believe there has been—(Pause)

I'm sorry—it's gone very quiet again. (Chuckles)

Les: I was just thinking about the travellers and how to put the question to you, actually. You say the travellers who used those directional signs were from this Earth?

Some, yes.

Les: Some? Those who were, then, have they been integrated into civilisations here, or have they migrated to other planets?

I have said before, there has been no intermingling of people on the Earth and of space travellers—that has not happened. People who travelled—you have to remember, we speak of a long time ago, when knowledge was so great. I have to say, you people on the Earth now, have really gone back to, how will I say, times of 'babyhood,' in your growth. You have gone backwards, instead of forwards. It *has* been such that these peoples have been 'wiped out,' I think you say, because of many things—because of Earth tragedies, because of nature herself, because of what you call 'progress,' which many thought was the way forward and was, in fact, the way down.

Les: So in part, they were destroyed by persecution?

They destroyed themselves, partly, partly by nature, partly because they became too egotistical in their outlooks. I would say mainly they destroyed themselves.

Les: Thank you. So you are now gathering to try and prevent a similar happening, then?

You are heading towards a similar disaster. That is why we have gathered, so that this cannot and will not happen. It will not happen. It cannot be allowed to happen this time.

Les: Thank you for that. We can never thank you enough for what you are doing, of course.

Many times throughout your history, we have gathered, we have tried to impart our knowledge to you, which mainly has been rejected. This time, it has been decided that the force of the gathering, must be so, that you cannot turn backwards.

Les: And you have the advantage that many people on Earth nowadays, are much more willing to listen to outside influences, and be controlled to some extent, by their knowledge of outside influences, though they will not often admit it tacitly, yet they are aware of it, through their own 'inner men.'

That is true. We see that people now are prepared to listen, *listen* to that influence that is imparted to them, although they are loath rather to speak about it. But slowly, slowly we are gaining momentum.

Les: That's certainly very encouraging for us to know. Any other questions for Salumet?

Brent: Yes. You seem constantly to be repeating to us, that we are in a long, steady state of decline. Most of us feel that in many senses, society is improving. I find it very difficult to understand how, for example, there is this original knowledge, which was lost, and where that knowledge must have come from. And why it is that we lack this original knowledge. I would be willing to say, I think all of us find it very difficult to understand where the source of this original knowledge arose. Why we ought to be in such a state of depravity, from the point of view of knowledge?

Yes. When man came, when man originated, he started off with very little knowledge. But always on your Earth plane, there have been, I would like to say, 'Masters of knowledge.' *They* are people who have come to this Earth plane, not as simple people, but as people with already extended knowledge, if you like. Originally, some of the people (that) settled here, came from another time. We are beginning to go into difficult subjects, but I will try to say as plainly as possible, how this occurred. In earlier times, there have been people on this Earth plane, who have travelled through space. Let me say your Earth is very young, as far as the planets go. I think you would agree on that, would you not?

Brent: Yes, I'm sure.

I have said there are other places who hold, I don't want to say 'superior' beings, but beings with knowledge who far outshine your own. (*Voice more forceful*)

They were placed upon your Earth, to guide, to impart the knowledge they had already obtained. So, you see, although you had man, who knew very little, you had Masters of knowledge too.

These are the people who inhabited those places that you find difficult now to recognise. It was nothing for them to travel in space. The object of their lives here, was to teach, was to encourage, was to help mankind gain the knowledge that they already had.

So, you see, that was the beginning, but what happened was that these settlements became greedy, became egotistical, and wanted to outshine each other. So in the end what had to happen, was that they actually destroyed themselves with their own superior knowledge. In the same way that man *now* has gained sufficient knowledge, that he too, can destroy himself. I speak of your nuclear energy. They have

the knowledge, they have been guided to use and they have *misused*. So, although you think you have gained in knowledge, you have in fact done the very same that those previous settlements of people had done also. The knowledge they had, became too great for them. They misused it and it was *taken* and they *lost* all that they had gained. That is why we have gathered, to prevent the same thing happening. You have been reaching a peak of knowledge. You had already started to travel in space. You were beginning to reach the point of extended knowledge, and I am sure if you spoke with your astronauts who have travelled in space, they could tell you much, much more than they have already divulged to the ordinary people on your Earth. So, you see, it is almost like something that is repeating itself and we cannot allow it to happen.

Brent: So, it's a question of having the spiritual maturity to be able to control what we have invented and learned.

Yes. The knowledge that is given to you, must be used for the well-being of *all* of the peoples of the Earth. Not for segregated communities, not for the people with the knowledge. Knowledge that is given to you is meant to be used for the *good* of the Earth. Man has increased his intellectual power, but that does *not* mean he has grown in his soul growth. In fact, very often it can mean the very opposite. Life should have progressed, when these people of knowledge lived on your Earth. It *should* have been the beginning, it should have been a paradise on Earth as you like to call it sometimes. But unfortunately that did not happen, and I have to say once again, their own egos, power and greed, lost all of their knowledge, until they extinguished themselves. Is that helpful to you?

Brent: Yes, thank you.

Sara: Can I ask a question?

Les: It would have to be quick, the power is going.

Sara: Can I ask what you think of David Icke, who gives lectures on spiritual matters and economic matters.

What I think?

Sara: Of his message—David Icke.

Mainly it is all right, but he has rather diverged a little. *He* is rather lost in his way, I would say. But there is nothing wrong if he feels it is the right thing for *him*. What he must not do, is be adamant in his teachings. By all means, he can speak of what he feels, there is nothing wrong with that. You *all* have been endowed with free thinking, you are all entitled to think and feel as you will. But you cannot force your views onto another person. I would say of this one, he basically is a good person, but rather confused—or shall I say, being influenced along the wrong path sometimes. But he is good at heart and that is what matters. I would say to you *all* again, listen, *listen* to what your hearts and your inner voices tell you, and you will not go wrong. And now I must close for the instrument's sake. (*Thanks expressed*)

Les: God be with you and our love goes with you as well.

Before I depart, I want to say, look after your eyes please.

Les: Me?

Yes you. Don't be surprised. I look after you too.

Les: Thank you very much. Yes, I'll do that.

~17th October 1994~

General greetings

Good evening my friends. Again I am happy to be here with you. We need to begin just a little slowly this time. As time goes on, I am beginning to have more control over this instrument. I am instructing her, as to what she needs to do to help.

Les: Thank you. I know she'll be very pleased, when you are able to take full control of her and so shall we all be.

Let us continue this time, with some questions if you like, but advise you go slowly.

Les: Certainly. The first question I'd like to ask, on behalf of one of the sitters, is if you can elaborate on what you term, soul-mates.' You have spoken about soul-mates at a previous meeting, and the lady wasn't sure what is meant by the term.

Of course. It is unfortunate that we need to use these words, but let me try to explain to you. Soul mate is an element of your own spirit, if you like. I need to go a little deeper than we have so far. I have said to you before, that you are not single units. Can you understand that, firstly? Do you understand what I mean, when I tell you that?

Les: Yes I think so, we don't say that we can understand fully, but it has become clearer, as the meetings progress.

As your soul develops, so you gain in knowledge and love, throughout the many ages and developments of your many lifetimes. Your soul-mate is in actual fact, a part of the original spark. Can you understand that? It is like the pea that is split in two. It cannot ever be divided, in a sense. When the two come together, they form as a whole. Remember, I am trying to explain in simple terms. You separate the two parts of a pea, they can go in their separate ways, but when they reach the point they can be joined together, they become as one. Soul mates are intimately one whole. It matters not what their sex is, male or female, that is not important, but the meeting, the joining of the two 'Sparks', I would prefer to say, when the joining comes, nothing or no one can separate them. They can in actual fact, meet down through many lifetimes, not always as soul-mates, but in other degrees of relationships, can you follow me?

Les: Yes, so the two individual sparks, have to exist as such, for their own development, do they?

Soul mates will develop at the same pace, otherwise they could not be joined as one.

Les: Yes, that was what I was going to ask. They develop separately, but both within a predetermined plan. Exactly. When they meet in a lifetime, which I have said is not usual, it is not the norm for you to meet always with your soul-mate, but when it happens, nothing, *nothing* or no one can keep them from coming together.

Les: I see and are they then indivisible, in the lifetime during which they've come together?

Of course, if they come together, then they will not be parted. But that does not mean there will be a continuation, as the souls move forward. We are on to deep matters again, but I hope I have explained it more this time. You could have mother, with a child, who are actually soul-mates, it is not necessarily always true, that it is female and male together. You have this idea that it is man and it is woman that is not quite true.

Les: That's something new for us, yes. Thank you for that explanation, it's certainly cleared it.

Is it sufficient for you this time?

Les: I'm sure it is thank you. Which brings me to the next question I was going to ask anyway—we have discussed planes of life and they are unlimited, as you've told us, but let us for simplicity's sake say, when a person goes into the next plane of life, immediately following this, is there any stipulation as to how long they stay there? Does there come a time when they have to leave it, just as on Earth, there comes a time, when we have to leave, owing to death?

There are many deaths and many births. It is the continuation of your soul's growth, as I have said. But no, there is no time limit. Until the soul is ready to move forwards, by all accounts, with its own knowledge and foresight, it will not be moved onwards. It matters not, time is irrelevant to these matters.

Les: So there is no external influence to make that soul move on, until it itself is ready?

There is influence, but ultimately the soul makes his own decisions. Always, *always* there is influence help and advice, but we cannot interfere, as we cannot with you. We can try to help, to help them to see what they must do, but time is another subject that we must speak on.

Les: Yes thank you, that certainly clarifies it for all of us I'm sure, because in all I've read over the years, I've never come across a positive statement, such as you've just given, it has always been inference and ambiguous remarks, as to the length of time a person or being spends in the next plane and the inference has often been, that there comes a time when it has to go on and I couldn't accept that.

Why—it does not make sense, if you use your logical mind, why should it be so? And time is not of your making, as it is here. We must speak on that another time.

Les: Thank you. Now we had a very interesting happening last evening. Just as you asked me to ask you to assist in the development of a gentleman, who's not with us tonight, there's another lady who comes on Sunday evenings and she's having individual development. Last night she was being used for individual rescues and then a gentleman spoke through her, saying that he had been asked to come to me for advice. Well, I knew almost instinctively what the advice had to be, because two ladies here, are very interested in horses; it is their business, their means of living—but they also love the animals and have both expressed a wish, to heal them. They've both been told of course that they can do so and have started, in fact. This gentleman who came through as a rescue wanted advice and I suggested that he might help these ladies in the healing of animals, because he'd been a vet on Earth and was disappointed he couldn't follow his calling, because the horses were virtually perfect, when he sees them in the next world and he was quite frustrated. So I've asked him to help these two ladies—I presume he'll be given special powers to help them, since this is his desire?

If the desire is a genuine one, then it will be looked at. I cannot say now, it will happen, it will depend on the gentleman's own development. If the desire is genuine, it will be taken further; he will be advised and it will be seen to be done, if all things are suitable. You cannot just give things to people who desire them, if they are not entitled to them. Can you see that?

Les: Yes, we were told long ago that the desire in itself, is not sufficient in this work.

Exactly, but if his desire is genuinely to help not only the animals, but the ladies of whom you speak, then there is no reason I can see, that it should not happen. I would suggest they do not call on him just yet, the situation will arise, when they will become aware of him, if that is to be. But I would say refrain from calling his name, for the time being.

Les: Right, thank you very much for that advice.

I must say, although we have spoken of the power of your thoughts, when you desire something, it depends also, on how much and how *genuine* that desire is. Of course you can desire, but for the wrong reasons and we must be concerned, for the growth of the soul of the being.

Les: Yes, I have no doubt myself, from the way he spoke, and his obvious pleasure of the fact that he'd be able to do the work, if permitted, that he's genuine, just as the ladies are genuine, in their love of the animals.

The fact that he was brought to you, is a good indication that he was being—how can I say—not tested, but helped in his desires. But it does not necessarily mean that it is clear cut and he will be able to do such a thing. It will be discussed with his, how can I say, I don't like the word mentor, but it is the only one I can think of at this time. He will be helped, I am sure.

Les: Thank you very much indeed, the ladies will be very grateful for that answer.

But please do not call on him, you could be doing the wrong thing, at this particular time.

Les: I see, thank you. There's a lady here, who wishes to ask a question about her daughter, may she ask? **(Yes)**

Margaret: It's my daughter in law. She lives in Hong Kong, she phoned me today about my grandson. He's sort of hyperactive and intolerant to certain foods. I've been trying to convince her about the power of thought and that, but she's wondering if there's anything else she can do to help him?

Let me have a moment. Yes, yes this child you speak of is rather frustrated. He needs to have more outlets for his intellect. He is an intelligent child, is he not?

Margaret: Yes, he's not 5 yet, but he is at school and he is intelligent, yes.

No matter what the age, we are speaking of an individual. I see sometimes, that children are not given full scope, when it comes to matters of their intellects here, their feelings and their desires. Children rather have a hard time of things, I think. This one needs to be guided a little. He has a deep thinking mind, although so young. Your daughter in law, you say would be advised to sit and speak to the child, more often, on matters that concern him, rather than the parents. He has foresight this child. It needs to be encouraged. I can tell you now, he is someone who will development along the road of life, with many problems, but he will indeed be very lucky in his lifetime here. But he needs the encouragement now, as well as looking at what he is, in the way of his eating, but this you already know, do you not?

(Yes) **Look to that aspect, but look too to the inner child, look to that intelligent force within him. He needs to be spoken to, not spoken at, do you understand?**

Margaret: Yes I do yes.

He needs more outlets, for his active mind. I cannot say what that should be, that is up to the parents. But I am sure if they look at the child closely, then it will come to them. He has some problems with his sleep patterns too, does he not?

Margaret: I don't know, he doesn't when he's at my house.

It is his mind, which is over-active. The foodstuffs contribute, but that is not the whole problem. They need to know what he is about.

Les: Would it be as well, if his parents spoke to him, as if he were older than he actually is?

I think that would help yes. They see him only as a child; he is in fact a very intelligent soul. He needs an outlet for that intelligence. Children are so often put down, as being only children and in fact they are so much more.

Margaret/Les: Thank you.

Jackie: That's typical, because they want to do much more, they want to go places and do their own thing, but it's not entirely safe for them, I'm talking now about an older child.

Of course you need to stay within the boundaries that you set, I don't mean that, I mean the intellectual side needs to be expressed and I would say with the child in question, let him express himself on paper, if he can. It matters not, whether you think it is intelligent or not, it is what *he* is feeling. The praise and the guidance he gets now, will stand him in good stead, in future years. I hope that will be helpful to you.

Margaret: Yes, thank you very, very much.

Les: Your comments will go actually to the lady in question, on our recordings.

Are there any more questions?

Les: Yes, if I might, before I ask further questions, I wonder if you have yet been able to contact anybody whom you've proposed bringing here, to give us information on other subjects, or is it a little early? Am I being impatient?

I quite understand your impatience to speak to others. Let us wait a little longer, so I can be sure that conditions are perfectly right. I know it probably seems long to you, but again, it is only a very short time. I will tell you in advance, when I intend to bring others. But I said I would bring them and indeed I will.

Les: Oh I'm sure you will, I wasn't doubting that for a minute—right I'll cancel my impatience and thank you very much.

I thank you for that service.

Les: Now, anybody else has questions for Salumet?

Brent: Yes, I always come back to this problem in life of how much is determined and how much is up to our free will. It almost seems impossible to resolve the two things, because it seems to me if someone goes for—has an illness and goes for healing, and is healed, that's a huge change in the person's physical life; it would seem to be a form of interference and yet you say you are not allowed to interfere. So I suppose you'd have to say that his going for the healing is predetermined. So I just wish you could say some more about that?

I see, always the questioner, yes? When someone goes for spiritual healing, do you not see that it is his own free will that drives him there? That is not interference—that is the spirit's own free will.

Healing will only occur when the spirit part of you is '*touched*'.

I believe I have touched on this matter before, but obviously you need to have it clarified once more. Why do you suppose there are cures, as you say, and some are not cured? The problem lies within. If the spirit part of you is touched and that is what spiritual healing is all about, then there is a cure. But to receive spiritual healing, you must first use your own free will, to go to a healer. Can you understand that? (Yes) But you feel healing is interfering? How can it be interfering, when the spirit itself has asked

to receive help? Are we to say you have come to us for help, you cannot receive it? Would that not seem wrong to you?

Brent: No, that would seem to be wrong to me, but it often seems to me that you can see and predict the future and at the point of which the individual exercises his free will, it would seem to me it would be impossible to predict the future. I totally agree that if someone asks for help, they should be given help, I only chose healing as one rather large change that appears in the physical world. I don't know if there are other changes that can be made in the physical world, but if you take the case of free will, it does seem that it is really indeterminate, what the soul will decide.

I think we need to discuss what you human beings are about. You are more than physical matter, you know and understand this, yes? (Yes) You know as you come, what you need to achieve, this I have said also, you see that? (Yes) With your free will, you determine which pathway to take. You can keep on the pathway that you should take, or you can meander in all directions, you understand that? (Yes) Let me speak then of illness. What is illness within the human form? It is a disease of spirit, which manifests itself through the physical body. How can the physical be cured, if the spirit is not touched? We agree on that do we?

Brent: Yes I accept that.

Your physical being is a covering for the spirit—that is all. So when something goes wrong, you leave the straight and narrow, as you call it, you take the meandering pathways. You in the human form create your own illnesses. It is not the pattern of your life usually, I don't say in all cases, because sometimes that is the path that you choose. Some choose to have some form of disability, some choose to have some illness. When that is the pathway of the spirit, then no spiritual healing can change that. Do you understand that?

Brent: Yes, that's consistent with other things that I've read.

But on the main I would say, all illnesses are manmade. Therefore how can you say, it is foreseen, it is caused by the free will of man, in his human form. Does that make sense to you?

Brent: Well, it's a bit difficult to understand all of this, I'm sure everyone else has the same problem, but yes, I follow you I think.

I'm trying to keep it simple, as always these matters are not straight forward. Man comes in many forms. Spiritual healing comes from us, to help you along life's pathway, but it is mainly to touch that spirit, to spark that side of you that needs to be expressed, can you see that? (Yes) Man is responsible for his own life. Although it is known what the ultimate end will be, we cannot hold him—you cannot hold us responsible, for how you live your lives, whilst on Earth. I know it is a difficult subject for you, but you are endowed with the free will, to do with your life, to make the best of it and go forward and unfortunately, we see so many, who reject what they know and take the wrong pathways. Have I been helpful to you?

Brent: Yes, but I don't think I'll ever understand how the ultimate end can be understood, if free will is allowed to operate, I don't think it's possible for us to understand that, because we think that either things are determined, or they're not.

They are only determined within a structure. Your free will allows you to do much that is not within that structure. If we have—let me try to simplify it, if you have a playing field, with how many players shall we say—let us take the number ten for now. We have a playing field with ten players; the ultimate goal is to reach the other end of the field. Three or four of those people will go directly to the other end of the field; they are the people who are following their true destiny, if you like. Let us take another three, who may meander all over the field to the left, but ultimately they too, will reach the other end of the field. They may have more obstacles to go over, but ultimately they too, reach the end of the field. Let us take the other four. Perhaps they think they know a shortcut. They leave the field entirely and for some reason, they find it difficult to find their way back, but they do eventually. You see, all of those players within the field, have their own free will, but at the end of the day, there is a destination, which they must reach and within the structure of the field, it is up to them, to decide which way they go, towards their end. Can you understand that?

Brent: Yes.

Does it make a little more sense? I know it is very difficult for all of you to understand these things, but somehow you seem to think, you are all placed within this Earth—that the knowledge is known, everything is known, which of course it is, but there have to be some guidelines, you must agree on that, otherwise there would be chaos and there cannot be chaos, within a perfect structure. Does it make sense to you?

Brent: No, but I think it's a little bit clearer, thank you.

Les: I had this problem Brent, just as you have, many, many years ago. I found this helped: I was looking at a point-to-point race at the time, and drifting away in these thoughts, it occurred to me that you could compare it to the rider being the soul and the horse, our physical self. The rider knows that after a gruelling race, there is a stable and adequate feed for the horse, so he tries to direct him, through the various motions of the point to point, and the various places. The horse is wilful and keeps deviating and going off track and has to be pulled back each time. Now that to me was fairly symptomatic of what happens, that the soul is trying to direct the body, the physical being. The physical being is exercising free will, by careering off course quite frequently. So, how does that sound? It helped me—you're welcome to it.

I think the fear lies within this one that he really does not like to feel controlled. I am sure you would agree with me there.

Les: I can imagine that too.

I don't hear the gentleman's voice.

Les: Is that so Brent?

Brent: No, I think it would be very comforting to know that everything is going to be under control and that though I might make errors, I'll ultimately end up in the right place.

I don't think the words speak as his heart does. But I hope it is a little clearer. It is a difficult thing for all of you to understand, but yes of course free will is a powerful thing; the thought again, is such a powerful thing.

Sandra: You say that we've all lived in this room before. Why have we come back, is it that we didn't fulfil what we were supposed to do?

Let me speak a little on that subject. I have said it is not obligatory to come back to the physical being, but of course there are times when the soul feels, it is the only course open to him, for his own growth. It can be for many reasons. It may well be that he did not learn a lesson, that he was meant to, and he wishes to return.

Sandra: So it's the same soul?

Not necessarily, we must deviate a little from this. Let me say, you are body and spirit, the spirit part of you moves on, the soul I prefer to call it. Your soul will never change, it needs to grow. But an element of your soul has the need to return, I believe I have spoken on this also. Again, we are into deep waters.

Sandra: Will we have travelled near enough the same path, or will it be a totally different life?

I'm not clear what you mean?

Sandra: If we'd lived before and come back again, would we be learning by our mistakes now, would it be a similar time again?

You would know what you had to achieve, let me repeat that to you. But when you return to a physical body, that memory is wiped out, if you like. You would not learn, if you knew exactly what you had to do now, would you? What would be the exercise in that?

Sandra: But would we be totally different personalities, or the same personalities, the same characters?

You would choose that for yourselves, it would depend on what needed to be learned. You may return in another gender. If you had been female, you possibly could return as male. You may return as a baby, who has to be returned quickly, to our side of life. There are many possibilities.

Sandra: So it's not just failure as such, why you come back?

I don't like to use that word failure. It is not considered failure.

Sandra: Well—that you have to learn more then, learn by your mistakes perhaps.

Not necessarily, you have to learn—you may return to help another. There are many reasons why you may wish to return to a physical body. Not always that you need a lesson for yourself, it may be that you have agreed with another soul, to return with them, if you like, to help them in their soul's growth.

Sandra: So because I'm a twin, were we twins before?

Not necessarily. It is a decision that was taken. Once again I must say, you need to move away from the idea that you are always a single unit. I think always you are going to find this difficult to understand.

Sandra: I would love to know what I did before though.

Brent: Could I just ask, you speak of the lessons, a soul might want to learn. What would be an example of that? Would it be to learn compassion, or something of that sort?

I will try to give you an example. Let's say you had lived a life of cruelty, depravity and a life full of non-love for your fellow man. It may be, that when you have faced yourself and let me say, you are your own judges—it may be that you feel you need to learn love, to give love to someone else. So you may decide that you would like to return again, to be able to express yourself in a much better way. It may be that you would decide, to return as someone who cares for another person, let's say for example, someone who is unable to care for themselves. You would then redeem the life you had led previously, by looking after and giving love to someone who badly needed it. In that way, you would help your own growth and also another soul. Do you see, it is not always what is just for the betterment of yourselves, but always, *always* you must be thinking of others. There are many reasons for returning.

Brent: Thank you.

Sandra: One of them must be for us coming here, there's a reason for us all ending up coming here? It sometimes takes many, many years to bring together, people who should be meeting. Yes you are correct in your assumptions there. You, at a particular time in all your lives, are meant to be together, that is quite true.

Les: If I might amplify that, it was you Jackie was it?

Sandra: No it's me.

Les: If you knew how many people had been through this house, sitting in circles, but not staying the route—there have been dozens who've started and fallen by the wayside, as I say. But at last there's a cohesive whole. Of course you haven't known the past and how many have been through here and believe me there have been dozens. Some have started on their own, but many just gave up, not having the patience to stay the course.

Sandra: But we haven't come back just to do this have we? I mean they say to do healing with animals, have we come back just to do that?

Les: I don't know, I can't answer that for you. You have to make your own decision on that?

Sandra: Well yeah we will, but I wondered if it was planned that we come back and do this?

Les: Well as I say it's your decision, you may have wished to come back to do it, as part of your own growth of the soul.

Sandra: I'm sure there're lots of people who wish to come back that can't.

Les: What makes you say that?

Sandra: I would have thought, because not everyone has—

Please let me speak. It is not always necessary to return to a physical body. I have said previously, that is not a happening that always occurs. It is possible, that you can go forward in our side of life, without actually returning to a physical body. If the decision is used to return, then all, *all* of us would help that to take place, provided as I have said earlier, the desire is genuine. Always you must keep in mind the motive behind all things.

Sandra: I found it difficult that I made the decision to return, when it sounds so nice over there anyway. You are speaking as

Sandra: A person, not as a soul.

Yes, this is the problem, you must try to see yourselves, *all* of you, as *spirit first*. The human form that you are now, is only a covering for that spirit, which is eternal, the real you, that part of you which will

continue. So that is why you find it so difficult. Always you must try to see the wider scope of things. I will have to tell you this many times I think.

See yourselves not as just a physical being, but that *spirit*, that *eternal spirit*, which will go on and keep growing.

It is the spirit part of you that makes the decisions, which helps you along life's pathway, which eases your trials and tribulations, whilst you inhabit this physical being. That's why I say to you all, listen for that inner voice that is the part of you that will *guide*, *guide* you whilst you are here.

Sandra: Did you say that it didn't have to be the same spirit, when you come back?

How can you be the same? The spirit remains the same, but you will not be the same in the physical. You may return as a gentleman, you may return as a young child, who may remain for only a few months of your years, on this Earth. It depends on the reason behind why you needed to come. It is another subject which is difficult to understand. We hear so often, 'They were only babies, why did they need to be taken?' those babies you must remember in the wider sense, are spirit beings, who made a decision to do just that. I know it's difficult for you all, but you must look on a wider scale.

Sara: This is how we would explain the Third World poverty and the children who die very young.

Always we have to speak of cause and effect. Sometimes it depends—we have to look back, before we can look forward, we have to see what has happened within that area as a whole, of how the people have used and abused the land. There are many factors which govern these things, it is not one solitary thing, which decides, it is a multitude of things and that is why it is so difficult for you to comprehend. Cause and effect are important words. Do not grieve, do not grieve for children who go on. I know how your hearts burst when this happens, but you should rejoice, because in fact they are returning home. Too often we see you grieve. If only you could look on the wider views of things, your lives would be much more simple, you would have less problems, you would be able to cope with life's trials. I hope that has explained it a little more to you all. (*Agreement + thanks*)

Les: Are you able to take more questions?

I think just one more this time.

George: It might be fitting, can I ask a question about our limited understanding—take an example, 'Time.' I like to visualise a model and I think it helps me a little to understand things. I see time as a circle and we on Earth plane are travelling this circle. We can see a little ahead of us, and we can see a little way behind us, but if we are in spirit realm, I guess it's a little more like being at the centre of the circle and being able to see it all, being able to see the whole circumference. And as it is a circle, it goes on forever and time becomes eternity. Does that seem a sensible sort of model that might help us to grasp the meaning?

I understand your words, but I would say, within a circle would be a limitation. I would rather say to you, be outside the circle. That is your eternal growth. Do not enclose yourself within the circle. Although you could see the circumference, would you not see much, *much* more, if you were outside, looking around?

George: Yes indeed.

And don't you have the expanse?

George: Yes, could I add to that, that in trying to understand light and the way light travels, it seems to have some of the properties of sound in air, so I'm using sound as a model, for trying to understand light, so that light seems a little bit like a compression wave, travelling at a very much faster speed than sound. Does that model strike you as being at all reasonable?

Light is in fact of a very much higher vibration than your sound. Yes, when you speak of sound, you are speaking of a vibration which is denser.

George: Yes, yes but I was wondering—I realise there is an enormous difference between the two, but there seems to be a slight similarity of principal, between the two.

There are similarities within each and every vibration that exists. You cannot separate them, as single units, like you cannot separate yourselves, as single units. All things counterbalance each other. So of course there are bound to be similarities, although they are separate. Can you see this? (Yes) Everything that exists must be in balance with each other and if you have vibrations which are higher, vibrations

which are lower, ultimately they have their line—lines, if you like, of structure. You have the lower to the highest, but each has its own individual reason behind it, if you like.

Les: You did explain to us a little while ago, that there are vibrations within vibrations.

Yes, this again we must speak on, on a more deeper level. The word vibration in itself is not an adequate explanation. We need to go into much deeper matters. But all I say to you, there are many levels of vibration, but each interacts with the other, although you see them as separate things. We will discuss this too, on another occasion.

Les/George: Thank you.

Les: Well, from everybody I wish to give you our thanks once more; a very interesting and enjoyable meeting with you.

Thank you all for your warm welcome, until we meet again, I wish you love, happiness and more knowledge.

(Thanks expressed)

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

~31st October 1994~

Good evening.

Les: Good evening and welcome to you once more.

I thank you for your warm welcome once again.

Les: Yes, we missed you last week, but your colleagues gave us a very interesting and educational evening.

There will be times when I need to depart from this plane.

Les: I see.

But of course, there will always be contact with us. I am happy that your evening went well.

Les: Yes, it was quite instructive actually. A very interesting talk on the auras, and the effect it has in your world—which pleased us, I must say.

These times are unavoidable, but in future, to save you concern, I will forewarn you.

Les: Thank you, it's very kind of you. I do understand that you must have many more important things to do, which will take you away.

I would not necessarily say, 'more important,' but of course, important. It is necessary sometimes for those of us who come down so low, to travel back to whence we *belong*, for our own rejuvenation, if you see what I mean—

Les: I do quite understand it.

It is rather 'heavy,' sometimes, and we need to return for our own sakes. But, this time it was for a meeting of importance, as you say—*(Pause)* It is necessary sometimes that we gather as a group.

Les: Yes I can understand that too.

And that was the reason this time, but I will forewarn you next time.

Les: Right. And what would you like to do this evening? Do you wish to give us a talk on any subject? Or would you prefer questions?

Let us have a little of both. *(Right—)* I would like to talk a little more on the senses that you possess, while in these bodies. *(Pause)* I suggested before that each of you try to develop the senses that you have been endowed with. Can you remember? *(See session: 10/10/1994)*

Les: Yes I do. And I expect everybody else will.

I don't think you have been trying too hard. *(Smiles)*, but for that, I will say no more. But I think it is imperative to your group that you all endeavour to do so. *(Right—)* Let me talk about your sense of taste. *(Yes)* This is a sense that *all* of you have very poor knowledge of. If only when you are young children, you could be allowed to develop your taste buds naturally, your sense of taste, it would be much more helpful, in how you develop along your life's pattern. So often, children instinctively know what is good for them, when it comes to nourishing the physical body. But so often they are forced to eat what the parent has decided is good for them. You must all be aware of the child, who spits forth the food that is offered to them.

Les: Yes, we are indeed.

Not only are they using their sense of taste, but of smell too.

Les: Is that so?

All of you instinctively know what is good for you. And unfortunately, it is abused to such a degree, that you sometimes become gluttonous in your appetites. That is why the more primitive forms of people on your Earth, and they still exist, have much better ideas of what is good for them. It is how it was developed, the sense of plant life that became your medicines, because of the people, who were highly developed in their sense of taste and smell. In primitive times, there was one person within your groups, who actually tasted new foodstuffs.

Les: I've often wondered about that, how they discovered the various differences.

He, and I say 'he' reservedly, because mostly, it was a male—his job was to find out whether new plant life was suitable, either for food, or for use as medicine within the group of people. It became necessary for this one to taste on a very gradual basis, each new food. Otherwise, how could they have known what was poisonous, and what was not? What I am trying to say to you is this: These senses have gradually become *lost* down the ages. But that does not mean they cannot be *found* again. It is a matter of discipline, in trying to develop those taste buds, which also includes that sense of smell. I will stay with these two senses for this time, because they are so closely connected. If only the parents of your children would look and see, and see for themselves what the child is trying to say to them, things would be so much better. The child has an instinctive knowledge that he brings with him, in these matters.

Les: That's very interesting.

Of course, we realise the worry of the parents. They are concerned only for the well-being of their offspring. We understand this, but these senses are retained and they should not be dismissed so easily. What I would like you all to do, is to take one of your senses; I will leave it entirely to each individual. And I wish you would try to develop that one sense. I know in your busy lifestyles, you find it not always convenient to give time to such matters. But I say to you, these *are* matters of importance, matters of importance for your own growth. And of course, I cannot make you do these things, but I would advise that you *all* try.

Les: We certainly do value your advice and opinion. And perhaps at this stage, I could mention that the gentleman who has questioned you quite a bit, is adopting what I would call a natural way with his children. I believe they don't have salt, I believe they don't have much sweet stuff. Is that right Brent?

Brent: We try yes.

I say only, follow what the *children* are telling you. Do not make plans. Do not lay down hard and fast rules. They know instinctively what is good for them, what is good for their bodies. Do not be concerned about the child who will not eat. He will eat when he needs to and he will eat what is necessary for *him*. Remember always, each of you are individual, individual in your personalities, and in your spiritual growth. I have told you this before, and I say it to you again. Treat the child as the individual soul that he is. He brings with him the knowledge from within. And although he may not be able to speak in words, to say what he feels, he *can* tell you from his gestures and his actions. But, of course, I am speaking of small, *small* children and I know as age progresses onwards, it becomes more difficult for you, because of the habits that you have acquired over a lifetime. But that is not to say you cannot change. And in fact it is good for *all* of you, that you do not allow your minds full reign over what you do. I again would stress the word '*discipline*' in all matters.

Les: Well, I have frequently spoken about diets, with various people. I have always suggested they do not adhere to a specific diet, if they feel it's not suitable for them. But let their own body dictate what it needs. I follow this principal myself.

Of course. You must always follow that inner voice. It will see you much better off, than all of your *diets* as you call them.

Les: I do vary my own eating quite a bit. I go by what I feel I need at that particular mealtime.

By following all of your senses, what you in fact are doing, is quickening *all* of your vibrations. Of course, it cannot be achieved fully, whilst in your physical bodies, but a great deal of it can be and no reason

why it cannot be. I will leave it there for now. Perhaps the group will think upon it. And I trust perhaps act upon it.

Les: I'm sure they will begin to give it a lot of thought and probably will begin to act upon it as you suggest. It is sensible advice, I know from my own eating experience.

If you are taking in, what is instinctively right for you, then you are going a long way towards keeping good health within that teaching physical instrument. Now, shall we continue with your questions?

Les: Yes certainly. Well continuing along the same line, if we might for a start, I think you have a question on diet, George, haven't you?

George: Yes, I believe Jesus taught something about diet. He advocated the importance of raw food in the diet. Now this teaching does not appear in the Bible, but is something that was recovered from the Dead Sea Scrolls. Would you care to comment on that, the importance of raw food?

Yes, I will comment for you. Let us go back to Jesus the Christ and his teaching. We know he was a Master who walked your Earth. We know too, much was written that was untrue. That we have discussed also. Yes, you must remember at the time that he trod this Earth, much of the food that was eaten, was consumed raw in any case. They did not have your utensils and your ovens and whatever else you may use nowadays. So food was consumed raw very often. But I will say to you this: The reasoning behind that, is that when food is eaten raw, it contains its natural elements, its natural energies. We have spoken a little of this, too. Although you think when things die, they lose a certain amount, for a little time, they retain that essential energy, that essential vibration. That is why it is always good to eat food while it is **fresh and while it is raw. Once it is cooked, it loses all of those elements. And that is why it is written, like most things. All of your foodstuffs which are not cooked, would you not agree, are very much better for you? I think within your diets, most of the foods that are 'good for you,' that they say are good for you, are natural foods, your fruits, your pulses, your nuts—all of those things, they are natural foods and of course, need no cooking. But essentially, that is why it has been written thus, that it retains that vibrational energy, which is good for the physical being.**

George: Yes, thank you. I thought it might relate to the energy—

But of course, if it is left too long, then that energy would disappear in any case. It would only remain for a short period of time.

George: Yes, I felt it was more than just the vitamins and the enzymes. It is the *energy*—**Remember *always* that you are spirit and you are speaking of spiritual matters. Also, all things have their own energy, as I have said before, also your foodstuffs, always remember. So, of course, it is better for you, if your foodstuffs remain uncooked. But, as we have spoken of a little while ago, your pallets have become used to food that has been 'tampered' with, that has been—how shall I say, 'molested,' in a way. And so your pallets have become used to food that is essentially dead. It is also a reason why you sustain so much disease within your physical bodies.**

Jackie: Can I ask a question? You get some people that are terribly overweight and yet they eat hardly anything. Is it the metabolism? Do some people burn up food more than others? I mean, people have their jaws wired, and go to great lengths, but just can't seem to lose weight—

I would say to those people, if it is not a physical problem—by that I mean, if there is not a complaint of the physical body, which prevents them from losing that weight, then I say, '*look within.*' Look within to find what the true problem is. What disease there is within that being that is creating the quite unnatural forces of making fat within the body.

Jackie: You don't think some people burn food quicker than others?

Of course, people's metabolisms differ. That is a physical fact. I am speaking more on a spiritual level. And of course, that applies to all of you. Here we come back again to **thought. Your physical being is just a covering. It should be in fact, a perfect specimen. You have been provided with *all* that is necessary for your physical well-being. You need to look to nature for it. She provides all that you need. Of course, each of you are different in your make-up, but that is a physical thing. Of course, some of you do have physical problems. For example, if the thyroid gland is not working efficiently, then of course there is a problem. Eliminate the physical problems first. If they do not work for you, then I say, *look within* and**

use that *'mind force.'* Remember the power of your **'THOUGHTS'**. What you see, is what you *express* through your physical being.

Jackie: Do you believe that people should be vegetarians?

I think we have spoken on this subject and yes, if you want my simple answer, then I would say 'yes.'

Les: It would follow your previous remarks about food being eaten raw. One would have to be vegetarian to do that.

Yes, I don't wish to intrude upon your innate sense of what is right, but the question has been asked of me, and I have to say 'yes,' it would be better for all of you, if you could refrain from your meat-eating, for the reasons that I have given to you before. But I know, like everything else, your life patterns are all different, your viewpoints are all different and you must follow your hearts. But I would say your physical bodies would be much healthier, if you would follow what I have said. (Thank you.)

Les: To confirm what you have said Salumet, there was some years ago now, a case widely reported in our press, of a building labourer, who of necessity, had to do very hard work every day of his life, living solely and completely on milk and honey.

Yes, of course, you will say, some of you, some people are allergic to these things. Always I must say to you, you *are* individuals. Follow those instincts, which are innate in all of you. You will not go wrong if you do this, because your own inner voice will only tell you of those foodstuffs, which will help and which will nourish and keep healthy, that physical being that all of you carry.

Les: And to achieve that awareness, we come back to your previous suggestion, that we all make the effort to devote a little time each day to meditation.

I don't think I need to even put that into words. It should be part of your lives. How else can you reach that which is *DIVINE*, if you are not prepared to give the time to it? It will not come to you. Nothing is easy. You must work and strive for that which is so good. I do not say the pathway of anyone is easy. You can only strive and achieve what is good, ultimately, by hardship and by dedication.

Les: Yes, that's true. As we say, nothing worth having is come by easily.

If it is, it is not fully appreciated.

Jackie: No, but you can work hard and you can be so dedicated, but at the end of the day, it's really left to your children. Then they work hard and it's left to their children, isn't it?

You are speaking of material things. Yes, of course you can work hard in that sense. I am speaking on a spiritual level. To achieve that spiritual growth, you must devote your *time* as we have said. Time in quietness, in stillness, in 'meditation,' as that is the word you tend to use—reserve that quiet time each day. It matters not when it is, but allow yourselves that quiet time—offer yourselves to that greater consciousness and you will be surprised how quiet, how tranquil and how peaceful your lives can become. I do not speak those words lightly, but it is something that you *all* can achieve, but it *must* be worked for. It will not come to you over night, it is an ongoing process.

Les: And if we attempt to do that and succeed in doing that, I think I'm right in saying that it makes your 'control,' of us, in such instances as this tonight, much easier?

Of course, because what happens is, your own vibrations are raised. And as you probably know, 'we,' of us who come to you, need to lower ours to a very great degree. That is why sometimes, it is rather uncomfortable for some who come, especially if it is a new experience for them. So, of course, if your vibration is raised, it makes it so much simpler for us to 'blend' with you. But that should not be the reason why you sit in quietness—it should be to blend with that higher consciousness, that all of you can attain—all of you can develop, and all of you should do. After all, it is the reason why you are here on this Earth. It is not to see what you can gain materially, what interaction you have with other people, although that is important, *but* it is to raise that vibration ever onwards to a higher plane. That is the true reason for your lives here. Is that helpful?

Les: Thank you. Any more questions please?

Brent: Yes, I have a question. Two weeks ago, I tried to get to this point, but didn't quite explain it very well. We were talking about healing and whether healing is interference. You said that if the person's free will requests healing, then it's not interference and I agree with that. But my point was that when the

healing takes place, it's a change in the physical body, somehow. And so I'm coming to the point of view that the physical is really a rather secondary thing, and that the physical can change—there can be discontinuities in physical 'law.' Is that correct?

You are becoming wider in your knowledge. Your physical being is indeed secondary. You are spirit first and the physical being is nothing more than a covering. Your physical being is nothing more or less than an expression of your spirit. And I believe I said that only when the spirit is touched will a physical healing take place. So you need to forget, really, the *physical* being in any case. You have to think of it on a higher level, a different level. Do you see what I'm getting to?

Brent: Yes, I think so, gradually.

Illness is really an expression of what is going on within. We know it takes many forms and probably it is most difficult for you to understand, but it *is* a 'dis-ease' within the spirit, which shows itself in the physical being. So, when the physical being asks for help, indeed it is the spirit which is being helped, which then manifests the result in the physical body.

Brent: Could we take a specific example. Say, someone who has cancer, who is diagnosed as suffering from a progressive terminal illness. But if that is not essential to the person's life (*plan*) here, and the person asks for healing and receives healing, then there is a fairly radical change in the body. The cancer cells are changed, moved, de-materialised or something of the sort, so that it disappears. Is that correct?

The change, my friend, is within the spirit body. What is cancer? Shall we speak a little on what that disease is all about? I have spoken before, that each one of you is individual, but part of a whole. Do we agree on that? I think so. What is a cell within your physical body? It is one part of a group within an organ. One organ is a part of other organs within a body. The body is an individual that is attached to other individuals. So let us go back to the one cell. (*Stronger voice*) As you as human beings have free will, a mind of your own, what happens when a cell within the body, within the organ, begins to change? Let us make a comparison here. The cell is in fact saying, 'I want to do my *own* thing.' I am keeping this simple, because again we get to difficulties, in trying to explain—when we start to speak of structures as cells, it is difficult. But *one* cell decides it wants to do its *own* thing. Who can stop it? So it progresses onwards, onwards, onwards. When it reaches the stage that it invades other organs, then we have the disease called cancer. And you all know that it is a disease, which spreads throughout the body. When it has invaded the body, then the physical being dies. So, in fact, your cancer disease has won. You have the power within your spirit body, to *change* these things. That is why you have the cases, especially through your spiritual healing, when these things can be changed. It is not so much that the cells are de-materialised, and made whole again, it is the fact that the spirit body accepts, *accepts* that there is something wrong within. (*Spoken slowly and with great clarity*)

The individual cell is reacting in the way that the person himself is reacting.

Can you see the comparison there? It is almost like the cell is that individual person, within the body structure. (*Pause/breath + strong voice change*)

Cancer is a disease of human kind that should not exist. It has been the scourge of mankind, for many, many years now. I say to you, it is a disease which is unnecessary, like so many of your diseases have been, but unlike many, cancer is a disease of the mind—the *mind*. The spirit body can alter the way it reacts and the way that it feels. I can make comparisons with many illnesses that exist now. For example, let us take the person who suffers from back problems. What would you say the comparison would be for that? It shows that the person is rigid, is unbending in his way of thinking. I could continue with so many comparisons, but let us say this: Cancer is a scourge of the times, which only when mankind realises what he is truly about, will the disease be eliminated. I know you will tell me it has many *physical*, physical beginnings, but I say to you, '*no, it is not.*' For the cells to become rogue cells, then the problem begins within the spirit body. Is that helpful to you?

Les: Yes it is, thank you.

Try to compare the cell, to you as an individual. I know these matters are probably new thoughts to you, but if you can think along these lines, you will see that it begins to make some sense.

Les: Yes indeed it would.

You see, you beings only see yourselves as flesh and blood, with feelings, emotions and so you are so much more. You *have* to see yourselves on a wider, deeper scale.

Les: What you have been telling us, would imply that those who spend a great part of their life in meditation, often in solitary conditions, ought not to suffer from any physical illness at all. Is that so? **If the meditation is pure, it should result in a perfect physical body.** (Thank you.) **Of course, there are, how can I say, 'outer' influences. But basically I say to you, those of you who raise yourself to that greater consciousness, should not suffer from physical illnesses. You were all meant to live your lives, where the body becomes older and goes naturally—that when the time comes, your spirit should leave that physical body easily, without trauma and without disease.**

Les: And does that mean, too, that in the next plane of life, the one to which we go immediately following this existence, unless those living there learn to control their thoughts and their spirit aspirations, as you have said—would they too be liable to suffer from illnesses? Because before, when we spoke of this, you said the power of thought would prevent it. Is that what you were meaning?

The power of thought is all-invading. When you leave these bodies, if you leave with disease and a sick mind, shall we say, then of course you take it with you for some time. You must of course, know of our 'spirit hospitals,' where people go to recuperate. They do not possess a physical body, so of course it is a sickness of spirit that is being treated. I do not always think that you understand these things fully. I sometimes see thoughts of people who think: 'All right, you have a counter-part of your physical being and so within our hospitals it is still that physical being.' That is not so. It is the **SPIRIT that is being helped. Can you see that?**

Les: Yes, I do indeed. And once they have been helped to the point of recovery, then it is unlikely that they would bring upon themselves any further illness?

Of course, once they are helped and it is accepted, then there would be no more illness of that kind.

Jackie: But would they look the same? I mean, if someone's been in a horrific road accident and you say that they go to your spirit hospitals—

It depends on what they have known whilst in their physical being. If they have the knowledge, then of course they leave behind that tortured body.

Jackie: Yes, but if they get a new body, would it be—what I'm saying is like when you read books, they say that when they come over to your plane of life, they see familiar faces, don't they? **(Yes)** So, say, like my dad's over there. Would he look the same to me?

How else would you recognise him?

Jackie: Yes, so if they were in a horrific accident, then, and then went to your side—

No, let me explain to you. If they had a physical problem whilst in the physical body, of course they do not retain that. The etheric body is not physical, so it cannot have your physical problems. But what *is* the restriction, is within the mind. Of course, I thought you would know of this with your rescue group. Are you not aware that that is what is happening? It is the limitations of the mind, that keeps them trapped, not the actual physical problems. It *remains* within their mind—that does not change. Once the spirit is released from the body, then it leaves behind all those problems. But, for example, if we have someone who has no knowledge of spirit, then they will retain the pain of their last moments probably, of their physical problems. And they hold onto that. Can you see?

Jackie: Yeah, until they are released, or—

Until they become aware of what is happening to them.

Jackie: When they become aware, like there was one girl in a fire—So when they are rescued and they become aware of what's happened to them—say like she wanted to meet her mum there, would she be the same girl to her mum? Look the same? That's what I'm trying to say. It's difficult to explain.

Let me speak a little on this. Perhaps we could have another time on this subject. (Stronger voice) For recognition sake, you would meet the person who you loved, you would meet them as you recognised them last. They may show themselves to be a little younger, they may show themselves to be as you last saw them. That would be their choice. But always you will recognise those loved ones. They will not

have the physical ailments that they had whilst here on your Earth plane. You will see them 'whole' if you like. But you would certainly recognise them, because of course, you have a counterpart of the physical being, which is the etheric body.

Les: And apart from that, the recognition of the etheric and the physical, it would also be, I imagine, an awareness of spirit to spirit?

Yes, that is a subject—I must come back to that one time, to explain a little more fully. Of course it is the spirit that is recognising spirit. But for purposes that we will discuss at a later time, it is necessary to have a physical being, to be recognised. But in fact, it is of course, yes, you are correct, spirit to spirit. After all, when you have passed on through this veil called death, you are of course spirit, even if they are not aware of it at that time. They are spirit, whether they want to be, or whether they do not. That cannot be changed.

Debbie: Can I ask a question? In this book I read, and I think a few other people have read it, she said that apparently, spirit actually leaves the body before—like when the physical body dies, before it actually dies, like in a road accident. Sometimes the spirit actually leaves just before the accident would happen, if it was going to be a tragic accident.

You leave your bodies all of the time! Your spirit comes to our side of life to be, how did I say, 'rejuvenated,' before, did I not?—Rejuvenated. You are not always aware of this process, but it happens in your sleep states. So, of course, it happens. And when you become able enough, in touch enough with that higher consciousness, you can in fact do it with your own will. It is something you could all achieve, if you so desired. It is nothing unusual.

Debbie: When sometimes, like when you do a certain journey, and are driving, a lot of the time, you don't remember doing parts of the journey. I do it frequently, I drive to work and I don't remember going down certain places. I come back and I'm in a certain road, but I don't remember doing the rest of the distance.

Please, do not put everything down to spirit. I must say this to you. That is just a lapse in your brain pattern. It is nothing to do with that spiritual aspect of yourself. So many people want to say that everything that occurs is down to spirit intervention. I tell you here and now, that is not so. I think you would all agree that at certain times you have *all* done these things. It is just a lapse in your brain pattern, if you like, in your thinking. But certainly, it is not spirit-controlled.

Jackie: No, I think we've all—Also, I think things that happen now, and I think a few people do, we tend to think it's what's '*meant to be*.' If something happened you think, '*Oh! It's meant to have happened.*'—It's here to try us, it's there to try us, or we learn from it, yeah—

It may well be that it is, but always look for another reason behind it. Do not put everything down to being fatalistic, or spirit-involved, as so often we see you do. But try first always to find a physical explanation first. Very few incidents, I can tell you, are spirit-influenced, and if they are, I am sure you would be much more aware of it being so. There would have to be a very good reason for it being so. We are not here to interfere in your lives. This I have told you before too, and I say it again. We cannot interfere in your lives. We can influence, but of course, we have our lives to live also and we cannot be here with you every second of your days. Do you not see that? It would not be feasible. So often we have this vision of you all, thinking we are hovering about over you, every second of your lives. That is not true, that is not true. We are busy people, who are leading lives of our own. Some, very busy, some do not even wish to return to your earthly planes. So you see, try always to keep your minds open.

Les: Thank you.

Now, for this time, I think I will withdraw.

Les: Thank you and from all of us, thank you once again, for what you have told us and for your presence here tonight.

May God's blessings be with each and every one of you,

May you go about your lives in love and peace until we meet again.

Les: And we give you our love and ask God's blessing be upon you and all those helping you.

~7th November 1994~

Good evening.

(Welcomes)

I ask please may you lower the light a fraction this time?

Les: Is that satisfactory?

Thank you. My purpose for that is that I am trying to use instrument (*Eileen*) on a deeper level this time and I think for comfort, better to have lower light.

Les: Yes, of course.

I am so happy that you have all gathered once more, to meet again, to listen to me.

Les: We're very, very happy to have you, and I have quite a number of questions, mainly arising from what you have previously told us.

I will be pleased to answer for you.

Les: You have spoken to us in the past about UFO's and we were very interested in what you said. Recently, in the last few days as a matter of fact, there has been a marked increase in UFO's, in the North of the country, in Scotland, to be precise. So much so that a community has organised a gathering to discuss it further and ask the government for further information, which they believe is being withheld. Can you give us any further information on that?

I will try—I think what you speak of is nothing new in that area of your country. But of course, what is different is that awareness has become much more profound. It is not that suddenly there are more craft. It is just that people's awareness, as I have said, (*has*) become more profound—they have become aware. It is not unknown to your government here, or in other countries. It is not something new, but something they have been aware of for quite some time. I would say to you, even from the beginning of your century.

Les: Is that so? So long as that?

I think if you were to face your governments, and I say that is now happening, because of the interest shown by the ordinary person, your governments can no longer deny what is happening.

Les: I'm very pleased to hear that, because I and many others like me, have been of the opinion for a long time, that there has been what we call a 'cover up,' in these matters.

It is understandable, only in the way that your governments have been afraid of the fear it would cause amongst your communities. But, of course, they deny the intelligence of the common person. But no longer can they deny what is known, because as you have said, the 'people power,' will insist upon the truth. As I say, not only in this country, but in all of your world, these sightings have taken place. It is not uncommon and it is not new.

Les: So there has been a general consensus of opinion throughout the World, by the government leaders, that nothing should be published?

I say they have been afraid.

Les: Yes, this is what I thought. They're afraid of 'panic stations,' to use our expression.

I believe I have said to you, if you were to speak to the people who have travelled into space, they could tell you much, much more than has already been spoken of.

Les: You've certainly said that. And the inference was that they have seen a great deal more than they have been allowed to tell.

They have been instructed not to speak, but I can tell you, amongst some, it has caused some major problems.

Les: Has it?

It is an awareness that cannot be denied.

Les: Quite. And can't be covered up for very much longer, I would imagine.

Because of the increased awareness, then it will *all* become much more open and people at last must make their own judgements and they must stop and think.

Les: Good, we're very pleased to hear that.

But, it is nothing new.

Les: No. It's just that it's coming much more into the purview of the population as a whole.

It is what we have been striving towards, that this time, the knowledge that is known, will never be denied. It cannot be allowed as it has in past ages, to be put down. It will come out (*Louder*) and so it will remain. The time has come *for people*, for people to know what life is all about.

Les: Splendid. Yes, you did comment on that before. And another piece of media news, made me think of you this week, too. The French government is now apparently being much more concerned about a 'religious attitude,' towards their politicians. In other words, they have to be much more answerable to the people than they have been. And that also made me think about what you had told us about 'people power.'

Yes, you have seen a great increase in this, have you not, over the past few years in particular?

Les: That is quite true. Yes, we have.

It is something that must happen. For too long have your peoples been kept down, have been denied the right to serve and speak as they wish. It could not continue. That, as I have said previously, is one of the reasons we have gathered, and that we must now spread the word, so that it cannot be denied. It is happening all over your world. Of course, there will always be those leaders, who will try to keep down their peoples, but that will only happen for a very short time. I speak in particular of those rulers, those men of greed and want. But eventually, the people must speak, and follow their hearts.

Les: Good. That's most interesting, thank you.

I cannot say to you, 'All will be rosy,' in your near future. That is not true. But we are working intently on the changes that are afoot. At this time, as you can see from your televisions and your radio communications, these things are happening.

Les: Yes, they are indeed. And we feel very privileged to be part of this group, in at the beginning of the 'explosion,' if I can put it that way. As I'm sure it will be an explosion when it really begins—an explosion of opinion.

Yes, perhaps the word is a little unfortunate. It has been a gradual build-up towards knowledge. It has been happening mainly throughout this century of your time. Too often, as I have said, it has been denied, but this time we work towards the truth. The truth can never, never be extinguished.

Les: Yes, perhaps the word 'momentum,' would have been a better one for me to use.

I would agree with that one, thank you.

Les: We are certainly delighted to hear this, because once it does begin, I am sure it will open up many, many more avenues of knowledge, learning and interest. And I have said many times in the past, a moral revival. I'm not going to say a religious revival, but a moral revival.

I am unhappy sometimes to hear that this word 'religion,' is still so important in your world. It would be much better to use the, 'love of mankind,' that he could bond together from every area of society, to make a unified 'religion,' I say reservedly; the religion of love and of brotherhood. I know that your world religions have served the people well. If it has caused them to have comfort, so be it. But now is the time to place it all to one side and everyone to join together, to seek for that God-consciousness, which is within you all. But it is coming—

Les: Good. We look forward to it. Now, my next question touches on other things you have told us before, deviating from this subject. But I know some people in this group are still concerned about some 'rescues' we have, because they consider that those who come back for help, have been in their traumatic state and aware of it for many, many years sometimes. I believe I am right in saying that somehow, they are 'cocooned' from that, and they do not suffer the pain or the mental torment, which caused their death.

Let us speak a little on this again. (Thank you.) You know you all are clothed in a physical body. You have an etheric body, which is closest to the physical. We all understand that, do we not? That is the part, which 'departs,' if I may use the word, when the physical being dies. It retains that part of the personality that showed itself in the physical being—goes with the mind, which belongs to the spirit part. The brain part of the physical being dies, but the mind is retained. Within that mind, lies all the experiences of your earthly lives. Is that clear to you all?

Les: I believe so. Has anybody any questions on that, before we go further?

I would like to explain as we go along, if there are any problems.

Les: Anybody any question on that? You understand that the mind activates the physical brain and is free on the death of the physical brain. That is quite clear to you all, is it?

So, the spirit takes with it the experiences of the earthly lives. If the knowledge of that being is limited, then of course when the spirit is freed, then he is in 'shackles,' if you like, by his own mental knowledge. Can you understand that? (*Affirmed*) How can it be so, you do not suddenly become 'Angels.' You carry with you all that has been *felt*, all that has been *learned*, all that is '*you*.' Some unfortunately, are not well-equipped in the ways of spirit, they are spiritually 'poor.' So, this is where the problems arise. If you have knowledge of spirit, of what you are about, there should be no problems. You will leave that physical being behind and you will go to that place that you are meant to be. You will be greeted and helped on your way. That is the normal pattern of things. You understand that?

Les: Yes we do, thank you.

Now we come to the group of people who have problems. Let me firstly say to you, there are many views on what you expect to find, when the spirit leaves the body. Let me take an example. If you are deeply religious, in any of those religions of your world, you will expect to find, what those teachings have taught you. So, in actual fact, what you expect is what you find. That sometimes is difficult for people to comprehend. But it should not be so, because again we come back to that very powerful thing called '*THOUGHT*'. What you *think*, is what you *are*. We come to the people, of course, who have a traumatic passing, where they are almost 'shot,' from their physical bodies, perhaps rather too quickly and they are lost. Or you have the people who have suffered from illnesses, and they too retain their pain. But all are met by someone. But whether they accept that person's greeting, is entirely up to them, because, you see, you still retain that free will. It is something you carry with you. You do not lose it on your physical death. That free will is still active. Do you understand that? (*Affirmed*) So, of course, if the free will remains, you are in fact still 'individualised.' The problem lies then, when people cannot or will not accept help. They are lost and sometimes we cannot reach them to bring them forward and that is where your rescue circles help. I believe we have spoken a little on that.

Les: Yes, we have in the past.

But, let me say to you here and now: *No one* suffers. It is where the word in your teachings comes from, the word of '*limbo*.' It is a grey area, if you like, where people come. They neither can come back, nor can they move forward, because their own mind is blocking it. Does that make sense?

Les: Yes, we have used the word (*Limbo*) frequently in rescues.

But let me say—try to explain a little simply for you. You may be in pain, you may have worries, but when you are in your sleep state, does not all the knowledge and the pain disappear from you?

Les: True.

Try to imagine a state of sleep, where you are cushioned from all those troubles, those daily troubles that you suffer from. This is a simplified way of explaining what happens to those souls in distress. They are 'buffeted,' from their pain and their anguish, until such time as they are ready to accept that they need help. I do not mean they are forgotten or neglected. We have souls in our world, whose 'job,' if you like, it is to help and protect these souls. They do *not* suffer for years and centuries sometimes. They are 'cocooned' from all that. But they are being influenced, if you like, in that time, until such time that the realisation comes to them, that they must be helped. They are either brought back to your 'rescue circles,' or they move forward with those souls in our side of life, who are there to help them.

Les: Thank you very much indeed. That is going to give a great deal of comfort to many of our members, I know, who could not quite grasp that they are not suffering. Not so much in this group, but in others, where we still deal largely with rescues.

I think perhaps the problem lies in the fact that when they return to your rescue circles, their last memories come back with them. That is for identification purposes and so that you too can help them. How otherwise can you know what you are dealing with? You do not have the mental fortitude to cope with it, unless you know the physical problems and what ails that soul.

Les: That's right. Good. I'm very happy to hear that, because it does confirm what I have told people. But coming from you, it is going to give them even more assurance that these poor people do not suffer for many, many years.

No, we could not have that.

Les: I couldn't imagine it for a moment, but neither could I explain fully, how they were protected. But you have now done that. Thank you very much indeed.

It is the simplest way. It is almost like a sleep state that they are put in. That is the closest I could come to tell you.

Les: That's adequate, thank you.

Are there any more questions on that?

Les: No, I can tell rescue circle members that—they'll be very pleased to hear it. No, I think that wraps that one up quite nicely. The next one I was going to ask, is we are having a great deal of anxiety in this world at the moment, about what we call 'global warming.' And now and then, the subject of the melting ice caps raises its head and there are 'panic stations,' about borderline cities and towns on the coast, being flooded by a rise in water etc. Then we have further anxieties, because of man's use of chemicals and so on. You know it as well as I do, I'm sure, causing a hole in the ozone layer, which gives us this global warming. Are we in fact responsible for global warming, and is global warming occurring?

Let me answer that for you. First of all, let me say man is an instrument of fear. So much fear within your souls, within your hearts. That is why we have gathered. That is the reason behind this interest, this awareness that is taking place. Yes, global warming is happening and yes, man is responsible. But in saying that, let me tell you, that the world is *not* static, it will not stand still. There will always be the natural occurrences within your world, which will create problems. That is nature—that cannot change. Speak to your astronomers and they will tell you that also, The world as you know it, your Earth, will not stay the same—it has not stayed the same, since it began. You agree? Your continents have split, islands have sunk, islands have raised from the sea—it is all part of nature. So, to a great degree, it is a natural occurrence. But what is more worrying, as you have said, is the chemical aspect of your Earth, the misuse of these chemicals in your world, the severance of the forests, the abuse of the land, the killing of your animals on land and within the seas, the pollution. I can name so many things—and yes, I have to say, mankind has much to answer for. But I say to you also, be optimistic, because we see the change of attitude, which is coming. It has already started and it will continue. At last, in *all* of your earthly countries, man is beginning to see what he has done and is now beginning to redeem himself. So, you see, be optimistic—fear not, it is not too late to change the attitudes of your governments, of your peoples—and I say to you, it is coming about.

Les: Well, that's certainly very good news, because the majority of information we get about these matters, is very worrying in the way that it is put over. There never seems to be any hope in it. But from what you say, and from what we know ourselves, of the emergence of factions interested in preservation of the world, does give us hope. And we must try and exercise positive thought, I imagine, in all these things.

I was about to say to you, rather than your world all fearing what is happening, why not try your positive thoughts and see what can occur? It should be a worldwide thing, if only you could see what you could do, with your own powerful thought patterns, you would see such a difference in the whole of your world.

Les: Well, we can certainly begin it here, and hope to pass it on to others.

But the fear is understandable. It is one of the reasons for our space travellers coming here, to try to help you. There is nothing to fear from them. They mean only good, and that will become apparent.

Les: I'd love to be able to see one. I'd be happy to welcome them, I'm sure we all would.

Continue with your thoughts—(Smiling?)

Les: Thank you, now, one other thing, which is rather nearer home. A few evenings ago, you told us to give special opportunities for development, to a certain gentleman. (*Andy*) We did this, and he did attend for some time. It was said that he would work closely with two ladies. But he's recently had various problems,

which have caused him not to continue coming. We're hoping that he will resolve these problems and return once more, because we are all sure that he had great potential. Can you confirm he'll be back?

I think you will see him return. I think there will be no doubt upon that. He will return, but give him time. You cannot force these things, but he does need time at this particular time. Uh—whatever the problems may be, and I don't wish to elaborate, they will subside and he will return, if only by the influence which we are about to help him with.

Les: Good. Well, that's encouraging and I'm sure the ladies will be very pleased of what you've said.

But you know we cannot interfere with his free will. We can only influence, but you will see him return.

Les: Thank you. Let's just exercise patience—I think I've had my quota of time and questioning. Has anybody else questions?

George: Yes. I wonder if you could tell us something about war and peace. Out of love must come peace, not war. And yet, war is a condition which may bring the best out of people sometimes. So, it's slightly confusing, but some of us feel that peace is the only way in the world. Can you say something on war and peace?

I will try. Of course the perfect world should have perfect peace. That is why, when I speak of religion, it has caused more problems, than it should have done. Wars are caused by man's inhumanity to his fellow man. They are caused by greed and many other things. There can sometimes be good from these wars, but I would say to you, ultimately they are bad and not much good comes from them. Perhaps the fellowship of man, together on one side, is an area of good, which results from wars. But of course, that is something that should be taking place in any case. Man, as I have said, has much to answer for. So often we hear the cries of the people, 'Why does God allow such things to happen?' I put it back to you, why does man allow these things to happen? They have moved away from all that is good and noble. Their lives have become one of greed, of hatred and anger. Too often through your ages, have we seen the results of your wars all over your Earth, not only in your times, but in times gone by, men killing men. What do these actions show? It shows how *poor* in spirit you have all become. It causes great sadness in our side of life, when we see how much hatred abounds. You were not placed upon this Earth, to hurt another human being. But you will say to me, I know, what of these people who wish to steal another's lands? What of those tyrants? They cannot be allowed to roam free. *(Voice becomes more forceful)*

I say to you once again: *PEOPLE POWER - THOUGHT POWER*. You have within yourselves, the power to change your whole existence upon this Earth. Wars are damaging not only to people, to the countries, to your world as a whole, but the repercussions rebound within the space that surrounds your world.

You cannot see these 'waves of hatred,' as they travel through your space. This is perhaps another subject we can go into—but wars are damaging. They can never be good, and even the peace that follows, is one of false hope. If only you could see those people, who come to our side of life, those who have suffered because of wars, each and every one of you, would strive, would do your utmost to be peaceful. Peace, really should be your heritage, whilst upon this Earth. And that is what we, too, are striving towards—*Peace for all of mankind*.

George: Thank you—a wonderful answer.

Les: Any other questions?

George: Yes, if I may. There is someone I know who lives in the village of Hook, who about a year ago, fell out of a tree and broke his neck. He has been to hospital and his condition has stabilised. He now lives in a wheelchair. He has no use of hands or legs. Umm—given that his higher self agrees, can he in principal be helped by a spirit surgeon?

It depends. I think we have spoken too, on this matter. If it is a part of what he has to endure, whilst here in the physical, then it is something he must endure whilst here on Earth. But of course, if he is in touch with his higher self, as you say—if the higher self, I prefer to say that *soul aspect* of himself,

agrees, then he can be helped. It is a case of cause and effect again. There is no reason why he should not be helped, if it is meant to be. What has he tried to do?

George: I know that he has had healing, but apart from that, only conventional surgery, only the material approach.

Les: Has he had any spiritual healing?

George: He has had channelled healing, but—

Let me say this to you. This one can be helped to a certain degree, but he will never be fully mobile. This I can tell you. But if he wishes to *reach* within, reach within himself, link to that higher aspect of himself, then he could achieve a greater improvement than he now has. But I would have to say, it will not be a full recovery. I think you could yourself offer him words of encouragement—help him. I will come again to say, sit in those quiet times, to meditate and reach that higher aspect within himself. He may be astounded as to what *can* be achieved. I will say to you, I will see what I can do to help him.

George: Thank you so much and I shall certainly speak with him and encourage him.

Les: Thank you Salumet. Any other questions? I think we are probably running out of time now—any other quick questions?

Sara: Can I ask a question? The little girl that I see at the weekends, Ashlea—I think she's quite frustrated at the moment. Can you give me advice on how to help her?

(Pause) **Let me see—the child, does she complain of her legs at times?**

Sara: I don't think she has, but I have wondered about her legs, yes.

This child is gifted with animals. Has she shown that aspect of her nature yet?

Sara: Definitely, yes. She wants to pretend to be them, yes.

She is very gifted with them. I would say, try to help her, by listening to her and encouraging her to speak with the animals, because I tell you, she does have that ability. It is an outlet that may help in the frustration that she feels. It may be that she does not fully understand the feelings that she is experiencing at this time. But her gifts with animals are very much to the fore. So I say to you, encourage her, all she may. If she speaks to you sometimes, in language that seems nonsensical, do not laugh at her, take her seriously and you will find that you will help her, in the way that she most needs.

Sara: Good. Thank you.

The more animals that she can be surrounded with, or be in contact with, will only be to her benefit.

Sara: Thank you.

And ah—now I say to all of you, thank you for gathering, for listening to me. Thank you all. I say one thing please, before I leave you, that the instrument needs a little longer quietness this time.

Les: Thank you.

Until we meet again, God bless you all.

(General thanks + fond farewells)

~14th November 1994~

Good evening.

Les: Good evening to you, and welcome from us all.

It is good to be amongst you again.

Les: Thank you for that. It does please us to know, you find it agreeable to be here.

There is a mission and a purpose, as you know, and so it must be that I continue to come to you.

Les: Thank you. But you could do it for duty. We hope that you do it also for pleasure, or that it gives you pleasure to do your duty here.

I feel love shine from all of you—for that I am truly grateful. It makes my short stay with you, a little more comfortable, each time I come to you.

Les: That's good to know. Thank you for telling us.

The spirit of each one of you shines forth in a different pattern. Together it makes me much more comfortable, in the mission I have to achieve. Each time the bond is becoming much stronger. (Good.)

For this I am eternally grateful to you all.

Les: And we are very grateful for what it is doing to us, even though we are not aware of it perhaps.

Yes, of course, in return, you are endowed a little, with what is left behind. This you are not aware of, but I assure you it is so.

Les: Yes, we believe you absolutely. And as we hopefully develop as we should spiritually, we shall become aware of it.

Of course—each step is a tender one, but it is being taken, step by step by step, until the link is so strong, that it cannot and will not be broken. It is a link which will be strengthened and strengthened, until such time as all that you hope for can be achieved.

Les: That's splendid information.

But it is a tender thing and it must be worked towards—

Les: And cannot be rushed—

And, of course, cannot be rushed, as you say. There is too much at stake.

Les: Thank you. And I'm sure we shall all exercise the utmost patience in this, because we do realise how important it is.

This evening, I wish to bring a little upliftment to the young lady, not next to me, but the one next to her. She is in need of a little upliftment and so it is given.

Les: Thank you. Hear that Debbie?

Debbie: Yes, thank you.

I say to all of you, be strong in your search for light. Do not despair from your everyday pitfalls, but lift up your hearts and smile, even to those things that you feel must bring you down. Look to your hearts, let it shine forth from *all* of you. Know that you are loved, each and every individual one of you, that you are being supported in your daily lives. I can assure each of you that although I cannot say your life will not have any problems, what I do say to you, 'You are not alone at any time.' Become aware of those around you, and as I have said to you previously, call upon me, when you are in much need. I can only offer myself to you, when the call is given.

Les: I thank you very much for that, because it is very opportune as it happens. I know there are people here tonight, I'm not mentioning names, who are a little puzzled as to the receipt of help, because they are aware of a person who feels warmth, when help has been asked for. But they themselves do not have any awareness of it being given to them.

It matters not. The help is there, that is what is important. The awareness may not be there for them to see. It may not be a tangible thing to them, but it is there.

Les: So they can rely upon that then, all the time, when they call for it.

And let me say, it may not always be the results that they so desire, but it is ultimately what the soul needs at that time.

Les: Quite. Thank you very much for that Salumet.

Now, shall we have your question this time?

Les asked a question on behalf of Brent and Soisy, who were moving to America. The answer involved personal information, which has been edited here and we start with a question from George:

George: Could I come back to a further question about corn circles. Looking at a field of corn, we know that each flower, or each ear of corn, has its energy field, or aura. So a field of corn is really a sheet of energy—perhaps one could see it in this way—a little above the ground. And if one is writing in it with energy, it's a very nice writing tablet. And the formation of crop circles is an indication that there is another intelligence beyond Earth plane. It is also an indication that there is another energy, which mankind does not know of. Would you care to comment on that?

I think I have already commented on that.

Les: Yes you have actually. You've had the answer to that, in the past—

Yes. It is not a new question. There are many energies as such, which have not been tapped into, if you like. There are many unknown energies, which have yet to be discovered. I believe I have told you this previously. (Yes) Is there something specific you want me to talk about? You wish me to name the energy that is being used?

George: Well, you may say there is a more subtle message in the corn circles, than simply indicating another energy and indicating a 'beyond Earth' intelligence. Or would those factors be the main message in the crop circles?

The message you seek within these circles, as I have said, are left by those space travellers, who come to your Earth plane. I have told you, that is why we have gathered at this particular time. (*Voice getting stronger*)

Of course, these space travellers have knowledge, which far exceeds your own. The energies used within your corn circles, is one that is not known at this present time. But of course, there also lies the energies of your *Earth*, the energies of your Earth, plus the corn, plus the energy used to flatten it. It is a combination of each energy—it is not one single energy being used. If all that exists is energy, does it not make sense, that each energy is an *individual* energy in its own right, as each of you are individual? Can you see that?

George: Yes, thank you.

So, I say it is a combination, but the energies used by the space travellers, is an energy as yet unknown to you Earth peoples. I have said to you, I will not say what it is at this present time, because I intend to bring someone to you, who will give you much, much more detail.

But I wish you all to see that all of life is indeed *ENERGY*.

Do you understand that?

George: Yes, that does make it clearer, thank you.

Les: I'm hoping that when you are able to bring these other messengers that it may be possible the physical experiments may be carried out here.

We shall see. Of course experiments within your scientific groups are already taking place. They have already shown that the effect on your corn is that of something they have not experienced in the past.

Les: Quite and they still deny it.

The corn is indeed imbued with a new energy. That is something which they will discover for themselves. It cannot be denied.

Les: And this energy will be apparent in the usage of the corn?

It already is.

Les: It already is?

They have the knowledge. It is being denied at this time. But the experiments have shown that the energy within the corn, is that of one which is, until now, unknown. And indeed, if the seed of the corn is re-planted, it should be, and will be, a much stronger strain.

Les: Is that so? Thank you—sounds as though you better get in touch with some of your chemist friends

George. And get them to find out what *is* going on, because the government won't admit it. Nice little side-line job for you?

It is a simple thing, for someone who is in touch with one of your corn circles, to take for themselves, to test for themselves, if they have the knowledge.

Les: This gentleman *is* a retired chemist. (*George*)

There we have the one who can test what I say to you—

Les: Good, I thought I'd drag him into it. He's been sitting there very quietly saying nothing. (*Laughter*)

I will be interested to hear what he has to tell me.

Les: George, you have a mission.

George: Thank you for that.

Les: I think he has the knowledge and the correct contacts probably, to follow this right through to the end now.

There then followed further personal information and the names have been edited for privacy:

Sitter: Could I ask something? Can I ask what X should do about Y's 'hyper-mania,' and how you see it going?

Yes. Yes, we have many problems with this one. But I have to say to you, she cannot be responsible for another's life. She can offer support, she can try as she may, but indeed this one needs help. (*Stronger*) I

would say to you, here we have a troubled soul. Indeed it is something which goes deeply within him. She should not in any way feel responsible, should feel guilt, because she cannot do more to help him. Let me try to explain it simply to you—Any type of neurosis, any type of craving, no matter what it be, whether it is his problem,(hyper-mania) whether it be alcoholism, whether it be drugs, no matter what the problem. This one needs to be in touch with that aspect of himself that can help. By that I mean he needs to see one who can help him spiritually, because until that part of him is fully expressed, and he can admit to himself what the underlying problem is, then physically he will be barren. He needs to speak to someone like our good friend who stands before me. *(Les)* He can help and I too am willing to try to help. Even I cannot interfere, if he does not wish it to be. I would say, tell your child to encourage him to come to one who can bring forth that understanding of spirit. He is like an animal, who is trapped on a 'merry-go-round.' He wants to stop, but he does not have the means or the knowledge. Can you understand that? *(Yes, thank you.)* He could be helped, if he so desires, but the desire must come from him. We cannot interfere in anyone's life, I have told you all this before. He has to come to that inner knowledge. He has to expose his soul, if you like, before the help will be available to him. I say to you, I say to your child, to think long and hard. Again, her free will is uppermost in what she decides, but I would say to her, he really is at a loss to be helped, until he comes forward and realises what life is truly about. He will continue on this merry-go-round, until such time as that can happen. Your child is having her own energies depleted by this man.

Sitter: May I ask a further question? Is it a good thing to stay with him?

This is what I say, when I said her free will comes into play. I would say to her, think long and hard. Think of the child, who is the creation of this bond. Do what is best for the child, because sometimes in your lives, what you see as being cruel, is in fact being kind. You have to know the balance, you have to decide for yourselves, what is best for you. I would say to you, continue to allow her to speak to you, let her make her own choices. She has to have that choice. But she must not allow herself to become overwhelmed by guilt. If she should decide that he is, I don't like the word, a 'lost cause,' then she must move forward with her own life. But he can be helped. He needs a little guidance towards the correct help. Please see if you can do anything for them, Please. And I will see what can be done. She has shed too many tears already. *(Thank you very much.)* I would say to you, much more than healing is needed this time. He needs to become aware of that inner soul. He needs to lay bare that side of him, that aspect of him that is causing the problem.

Les: Well the lady knows that if she can persuade him to come here, that it will be treated with absolute confidence—

The lady, too, can help, by keeping the situation quiet, by not allowing any situation to become explosive, because then you see, spiritually, damage is being done. Try always to maintain that composure, that quietness, that gentle healing voice, because you see, all these things have a 'boomerang' effect. But I say feel pity for this one. It is not as bad as you all feel. Too often do I hear criticism, when instead what is needed is understanding and love. I hope that has been helpful to you.

Sitter: Yes, thank you very much.

The child is suffering too at this time. But don't be concerned. It will right itself. Don't worry about the child too much. *(Thank you.)*

Sitter: Can I say something Les? Seeing that it's becoming a personal evening tonight—I feel that at the beginning of the year, I made a big decision in my life. I feel that it was the right decision, but since then, it seems everything is going wrong. It's as if I'm being punished for making that decision. Whether I'm just feeling sorry for myself, I don't know. It just seems like everything—my sister and her husband, it all comes down onto them as well. They feel slightly responsible—

Let me say this to you, my child. Who do you think is punishing you?

Sitter: Well, me probably.

Yes, let me say you are your own worst enemy. There is no being who stands to one side and says, 'They are too happy, they must be punished.' No, no, no. *(Chuckles)*

Sitter: Well it just seems like everything is going wrong.

Let me say to you, there cannot be good, there cannot be the good times, unless you too experience bad times. Always you will have positive and negative. It is all to do with the pattern of your lives. I can say to you, all right, you have suffered problems, it may not be what you want to experience, but because of them, you are becoming a much stronger person. I know that is not what you wish me to say to you, but I must...Each and every one of you, go through these hurtful experiences within your lives, cry out, 'Why me?! What have I done to deserve this?' I say to you, thank that God consciousness, that you have had the opportunity to learn, because you see, it is a lesson of life. Instead of saying, 'Why am I being punished?' Thank God. Say, 'Thank you for the experience. I have come through it, and now I am a stronger person.' It does not make the hurt in the heart go, and that is what we are speaking of; it is the heart within your heart that we are speaking of. Let me say to you, put yourself a little to one side, stand back from all that has happened, put things into perspective. *(Stronger voice)* What has happened to you, is just a 'hiccup.' I think I can say to you, within the next six months of your life, instead of the unhappiness, you will be smiling. Note my words to you. *(Okay.)* Fear not. Ask for help and guidance. It will come to you. Your family should not take on the responsibility, the pain, of another. Because of the bond between you, I can understand why it happens, but they should not feel responsible. The person concerned will return. You do not believe this at this time, do you?

Sitter: Sometimes, sometimes not.

But I say, the person will return. You can begin on a new footing and I say six months from now, I will see your face aglow. (Thank you.) Try not to be so negative. Sometimes you cause your own problems.

Sitter: I was wondering whether it was because I was feeling sorry for myself lately that everything seemed to happen to me.

It is a natural feeling in your world. But the very fact that you have recognised it, is very good. Once the recognition comes, of course then you can deal with it. All of you go through bad times. That is natural. But do not blame yourself, and do not blame who everyone blames. 'Why am I being punished?' No, no, no. No one punishes you, but yourself. Send out your thoughts of love. Use that very powerful thing, thought. Again, we come back to it. All of you could transform your lives if you so wished. Remember your thought waves rebound. In the same way too, do those negative thoughts rebound. So which would you rather have, the thoughts of goodness and love, or those negative ones, which are so destructive? Listen to your heart, my child. Be guided, be still. All will be well. *(Okay.)*

Lilian: Can I say thank you too? Your words have helped me as well.

My child, I am aware of all that goes on within your lives. Sometimes my heart is heavy when I see you so despondent. And all of you, each and every one of you, have times when your hearts are heavy. You would not be human, if that was not so. All of you have days of loneliness, of sorrow, of heartache, and I say to you all, the same as I have said to the dear child I have spoken to. Thank God for the very act of the despondency, because in those very dark moments, that is when your soul comes into its own. That is when the soul's growth is at its very best. That may be a difficult thing for you to understand, but believe me when I say you are never, never alone. (Thank you.) Your family, my child, will sort themselves out. (Thank you.) No more tears please. *(Right.)* No more tears—

Lilian: Thank you, I'll pass the message along.

Now I say, enough this time.

Les: Yes.

My blessing to you all.

Les: Our words are quite inadequate to thank you for these meetings. We just hope you can feel it from our hearts. God be with you.

~21st November 1994~

Good evening. I feel the warmth of your greeting once more. *(Thanks expressed)*

Les: Yes, we love having you with us.

I bring with me tonight, these rays of unbounding love, which tie you all together. (Thank you.) We need to begin just a little slowly this time.

Les: Thank you. From what you have just said about the unbounding love, is of particular interest, because I've felt as soon as I sat down this evening, that there was a great deal more power than usual.

Yes. I am still working with this one, in many ways. She is being instructed in what she needs to do, from her side. But tonight I am trying to usher forth, more of myself. But I have said to you, it takes a little time.

Les: Yes you have said that. It's very interesting to feel the differences which are occurring.

You should *all* be aware, that within the room, there is differing energy. I hope that the sitters are becoming more aware, as the weeks go by.

Les: I feel I can say, I'm sure they will be much more aware of it. Perhaps they might even experience what I have tonight. I quite thought I was being elevated physically.

If you are unaware of these energies within your physical beings, worry not. Your *spirit* selves are aware of it. I want to say this time, about the instrument here, (*Eileen*) how pleased we are, with the way that *she* too, is making progress.

Les: Good, she'll be very pleased to know that.

At one time, we rather thought that her own will, created too many blockages. But I can say, *that* has cleared and we owe her our gratitude for what she is doing now.

Les: We would certainly second that. We appreciate it too.

I don't wish to say the others are not progressing, but this one has spent many years of your time—perhaps to begin with, a little doubtful, a little confused—but now her mind is open to all that can be given.

Les: Good. As you've said before, patience, patience.

I will say, because of the development that is beginning with her, she also will find that her life *here*, begins to fall into place.

Les: That's splendid. Thank you.

If there are moments of quietness this time, forgive me, but it is that the instrument is being used, rather differently this time and it will become necessary for speech to cease momentarily.

Les: I understand.

So do not worry if it goes quiet. I will continue, when it is right, you understand me?

Les: I do indeed and we shall not break the silence, we shall leave that to you.

Now, I am sure there must be some questions.

Les: Yes I think there will be, but I would like to ask something, in which I think everybody will be particularly interested—this is the power of thought, about which you have often spoken. In the next plane of life, how does thought govern creativity? Are there special groups of people, who undertake training, to use their thoughts for particular purposes, such as building specialised places for learning, for hospitals, for learning, for instruction, for libraries and so on? And are there others, who specialise in the production of literature, or painting, or similar matters?

Let me speak on this. As you are here in your earthly bodies, people who need other people, thereby following your groups, your doctors, your architects, your scientists—many thoughts created by each group, so nothing changes. When you come to our side of life, what is different? There are of course groups, who because of their awareness, their development, naturally will graduate together. Of course, we have groups who use their thoughts for *good*. But let me say, each soul is their own powerhouse of thought; that is not unusual, it is normal, *normal*. But as you have here your groups who gather, so too must we. The collective power of thought is stronger—you can understand that, rather than one single *THOUGHT wave*?

Les: Yes, indeed we can.

Thought is used as you have said, to create our spirit hospitals, for use of all knowledge that is useful to mankind. I don't like to use the word 'superior beings,' but I cannot find another suitable word, therefore I will use it. We have beings who together create much, much goodness. They are the teachers if you like, within the spirit world. They use the power of their thought, for many, many things. And so it comes to be, that when an individual shows he is ready to be taught, in the way of creative thought,

then we have, how you would term, schools of teaching and learning. It matters not what the learning is for, but if the desire is genuine, then they can be helped. These beings are also used much for the work of influence. You have heard me speak of the people upon your Earth planes being influenced, have you not? (Yes we have.) We have people who work solely for that purpose. They would work through another. This may be difficult for you to understand. They would use another soul, who then in turn would influence the person here, because of course it is difficult to come from whence they belong.

Les: We quite understand. An intermediary would be necessary.

Yes, sometimes it is rather like a ladder, taking step by step downwards.

Les: Yes. That to me is quite logical.

But we have many halls of learning, we have many groups, yes, and I say, the power of *all* thought, is so powerful, so creative and also so destructive. It is an energy that needs to be harnessed correctly. And those in our world too, need to learn just that. Is that helpful to you?

Les: Yes, it answers the question fully, thank you very much. I can see there is unlimited power to the thought, and what it can create within your world.

You see that the thought, can of course, I think you would say, 'run haywire?' So sometimes it needs to be channelled correctly. I am afraid that whilst in these bodies, the power of your thoughts, are not fully appreciated. Therefore, therefore you lack the *control* of it. How often do each of you, try to exercise your thought processes? Do you have full control? I would say to you, you do not.

Les: I would agree with you entirely. I can only speak from my own thinking, but I know, much as I try to control my own thinking, it does become a random affair. Very seldom can I concentrate for any appreciable period of time.

That is why it is important to learn to exercise control. That is why it is necessary for us to have these teachers in our world, who can teach when it is necessary. Do we have more questions?

Les: Yes, has anybody questions?

Sara: Yes, I've got a question. Can you tell us if there is any truth in palmistry and numerology?

As each of you are unique beings, you come to this life as *such*. I would say to you, your palms are your blueprint, if you like. You will not find any two hands the same. They too, are unique. It shows what is meant to be, but the other hand, shows what you have made of life. *All* is marked upon, not only your hands, but the whole of your casing. Your feet, your head, your eyes; each part of you, is unique to each person. That is why it is possible for people, I think you say, to *read*, to read. (*Affirmed*) It is only because they have made study of these things. You know of course, all of you, that in your time, your finger prints can be used, because they too are unique. Let me say, you have two hands, one left, one right. The whole of your body, is positive and negative. You all are polarised to a certain degree. I can say to you, if you wish to study these things, do not dismiss it as trivia—it is not, it is your own unique blueprint, of what your life is about. I can say, your *left hand* denotes *all* those aspects of your life that *can* happen. But then look to the other one for the balance and there you will see what you have actually achieved. And like many things, it does not stay the same, it changes throughout your lives. The lines you have one day, may alter in the future.

Les: This is the lines on the right hand?

The *right hand* will change, as your life progresses. (Thank you.)

Sara: Thank you, that's what I thought actually, it confirms what I thought.

Les: I would like to add one question if I may to that please, does that apply equally to everybody, whether they are right or left-handed? Would it always be the left hand that is the indicative one?

Yes, it matters not, how they use them, we are talking once again—I always have to go back, that basically, you are energy. You see? (Yes) These physical 'clothings' create some problems, but the *left hand* shows all you are capable of, the *right one* will tell you how you have used, or even abused—

Les: What a mess we've been making of things! (*Chuckle*)

I leave that to you.

Les: Thank you very much for that explanation. That's a great help to everybody, because there has been a lot of controversy about these things.

I would not say—I will continue with the lady's questions. Numerology is partly superstitions. Of course if you think again, we come to thought, if you think your number is lucky, what in fact are you doing? You have created the thought of luck. Can you see? (Yes) You can I tell you, create your own disasters, create your own luck, create all that is around you. But basically, how you look at the numbers, I would say, is mere superstition.

Sara: Thank you.

Let us continue.

Les: Thank you. Are there any other questions for Salumet?

Dawn: Could I ask one. I'd like to ask a question about eyesight. One has eye tests for glasses—do you believe that regardless of age, that you can get good eyesight by doing exercises? Or should one have a stronger pair of glasses?

Those are true words. There is no reason why anybody should need support in any of their senses—any function, should until the last breath of your physical being, be sharp and acute. There, you can see by those words, that you can in fact help yourselves greatly and I know what you speak of, when you say 'exercise the eyes.' Like everything, your eyes can become used to being used, with glass upon them. Because the body becomes older, I believe I have said previously, the ideal is, that the physical being, should remain healthy, provided it is taken care of, not only by means of being fed, but by your mental attitudes. There is no reason why you should not depart this life, fully equipped with *all* that you were born with. So you see, it is unnecessary for your eyesight, to deteriorate. I know you will say, but we all become older, it is natural. I say to you, it is *NOT* natural. What is natural is that you should leave your physical being in a good state, that the soul should discard that physical being, quickly, quietly and easily. *All* of your physical malfunctions are indeed created by your own doing. I feel you all saying, 'We find this hard to accept.' Is that not so?

Dawn: Yes—

Les: It is difficult to accept, yes.

Yes, I feel it from you. But there—if you look around, you will find the people who never need to use spectacles, who never have deficient hearing—all of their senses are intact. I have said to you, and I will say to you again, *find* those senses once again, it is never too late. Because you have allowed all of your senses to be depleted, what happens is, that gradually they become more and more useless. You would agree with me? (Yes) That is why I have said to you, develop those senses; taste, smell, hearing, eyes. All that you have been endowed with and there would be no reason, for these things, these glasses, your hearing aids, your loss of smell and taste—all these things need not be.

Les: I must say that though many in our animal kingdom live to extended ages, I've never seen one with glasses. (*Chuckles*)

You speak true words. I would not say that all animals retain everything perfectly, that is not true, but in general they are much, much better off, than you human beings.

Les: Yes, there's bound to be a little deterioration, I agree.

Not bound, but there is.

Les: I mean with the animals.

Yes. You could do much to help yourselves. Develop those senses that have been lost. The lady is correct, your eyes can be strengthened and you should all adopt the practice. (*Salumet mentions ways to develop our senses in sessions 10th and 31st October 1994*)

Mark: Do we carry our physical defects from other lives into this life—from being 'lazy' and not using the senses properly, in another life, do we carry that defect into this life?

It would depend on how deeply imbued it was, on that part of the personality. It can be, but usually, you do not carry forward these things. It would be an exception, rather than a rule. But it can happen.

Les: If it can happen, would that be, by the will of the person concerned, or because of other influences or factors?

It becomes like a split part of the personality that breaks away and is imbued upon the consciousness. It is so strongly imbued there, that when the soul returns, if they do, it can go forward with them.

Les: Thank you. But that would only apply to a physical rebirth and not to an etheric body, living in the next world?

It is part of what is past, to put it simply. Of course it cannot stay within the etheric body, but it is retained within the mind. It is split from the personality, because of the strength of the conviction, whatever the problem may be. Can you see?

Les: Yes I do, thank you.

It's rather difficult I know, for you to understand when I say, 'split away,' but remember I have told you, you are not one unit. This is where the difficulties arise when we speak of spirit. Most of you know only of an etheric body, which travels onwards. You are in fact much, much more; much, much more.

Les: Yes we obviously have a great deal still to learn.

I think this time, just one more question please.

Les: Thank you—anyone with a final question?

Dawn: I have another, if nobody else has—I'm afraid this is about an animal actually, a dog I have. It keeps coughing and the vet said it's the heart. Would you know if this is so, because I think in a way it may not be?

You say your animal (Pause)—your vet, you call them, is partly correct. There is strain being put upon the heart, but that is not the problem. I would say, look to the kidney area, that is putting strain on the heart. But the problem lies in the kidney area of the dog. The dog also is a little unsteady, is that true?

(Yes) Yes—don't be too concerned about that. The problem you find, is that you don't know what to say to the vet, is that not so? (Yes) Yes, I say to you, you, you can help this animal if you so wish. Would you be prepared to do what you have to, to help? (Yes)

Les: To give healing you mean?

Dawn: Not to have the operation—

Les: No, well try the healing, Dawn? (Yes)

This animal has a very great rapport with the man in your life. Although he is a little loathe to understand this work, he too could be of much help. I would like you in times of quietness, to place your hand between the two front paws, two front legs I mean, of the dog. (Yes) The other hand upon his head. (Yes) You may find your hands being guided. Do not be afraid to let this be. This animal will recover. (Thank you.) Please use your hands to help the dog. (Thank you.) I wish to say one last thing about the animal. Will you gently sing to it? (Yes) It will respond much to that. (Thank you.) I leave you all, with my blessing. (Thanks expressed)

To you (Les) I say, don't be surprised if within this room, there is some phenomenon. It may come suddenly.

Les: We look forward to it. Thank you for telling us.

Don't be alarmed or concerned.

Les: No. We know it will only be for good, and for our help. God bless you.

~28th November 1994~

Warm welcomes

Good evening my friends. I listened with much interest, on your talk about your *MEDITATION*.

Les: I hope I was right in what I said. If you can amplify it, we'd appreciate it.

Yes, you must begin somewhere, yes. It is an exercise which must be done, if you wish to raise that consciousness, to that which is your very *selves*. I would say to you, it is a very *individual* thing. You cannot be guided by another, only in the elementary stages. But I say to you *all*, find that element, which you find is *LOVE*, and focus upon that area. It may be, as you have spoken upon, beautiful singing, if that is your heart's desire. Many have found the peace and stillness, within the background of beautiful music. (For) others, this would be too intrusive, so I say to you all, find that quietness and stillness, which suits you best. Sometimes it is better to, say, focus your attentions upon the flame of a candle. This

serves more than one purpose. With this exercise, I can say to you, so too would the use and development of your '*auric vision*' be expanded.

Les: Thank you, that's interesting.

For another, it may just be that they focus upon something as simple as one of your beautiful earthly flowers. I say, find your own *thing*. Do not be concerned, if at first you find, not very much happens, this is *not* to be worried about. Take it slowly, *slowly* and you will find that that consciousness *will* be raised. There are many around you, who wait only for such opportunities to occur. But this is not new to you, but to some within the group, it is an exercise that should be followed. You see, once you begin to meditate, then you have *control* over your everyday thoughts; your thoughts are used at your will. I have spoken on this before, have I not?

Les: You have indeed.

How can you exercise full control, if you do not know how? It must be done and I say to you, please endeavour and stick to it.

Les: Yes, I wish I could make everybody here experience what I have experienced by doing that and I can only agree with you absolutely, in what you say and I hope that each person here, will experience the upliftment, which I have had.

It is better that they do not go into their meditations, with such thoughts of expectancy. It is much better, that they develop in their own individual ways. You are after all, unique, therefore so should your experiences be such. That is why I say, you cannot be guided by someone else's experience. Of course you can listen, you can listen and you can take it in, but that does not mean, that is the way forward for yourself. Do you see what I mean?

Les: Yes I think everybody does and I have frequently said at these meetings and to newcomers, that we would never presume to say that we could 'train' a medium, we can only offer the 'opportunities,' for their own development.

There is much spoken of training. I would rather that you *all*, each and every one who treads this Earth plane, remain as individualised as you all are. We have people who wish to use them. How can they come close, if they are using exercises to be *trained*? It creates blockages, it cannot be right. So I say, *listen* and *look* always to that individual part of yourselves and thereby will come your individual guidance's.

Les: Am I right in thinking that you said just now, 'there are people wishing to use them,' meaning everybody in this group?

I mean not only in this group, I speak generally of your world. Each one of you, comes here not alone, not to be left to fend for yourselves. How could that be? Each one, when the time is right, has helpers, has guidance at hand. It is only when you become aware of it that it can become sufficient help to you. If you do not open the door, you cannot go forward, can you? (No) And that is what in fact you are doing, with your meditation.

Les: So you would agree no doubt, if I said to everybody here, that though they are individuals, they should *always* keep in mind that there *is* always somebody close to them, willing to help?

I say to you all, there will be throughout your lives here upon the Earth, many who'll stand close by, many who will come and go. But to each and every one of you, there is someone who remains with you, throughout your lives. But although you may not be aware of them, *they* are your inner helpers and guidance. Can you understand?

Les: Thank you. Everybody clear on that? (*Affirmed*) Everybody can accept it, without difficulty? (*Affirmed*) Good.

So much could be given to help you all, if only you will open those doors.

Les: Thank you. May I ask the first question?

Of course.

Les: Thank you. You did tell a lady here, a couple of meetings ago, a lady who was going to take a trip on holiday, you suggested that she should not go. She took your advice, but nothing happened to the vessel,

so she was wondering whether the warning was given, to avoid anything untoward, happening to her individually.

Of course, it was given personally to the lady. It was not meant as an action to be prevented for the vessel. No, no, that was not why it was given.

Les: So it would have been unwise for the lady herself to have gone? By not going, she avoided something unpleasant, did she? She has asked me these things, that's why I am asking.

Here we speak again of the fear in your lives. Why must it always be assumed that tragedies and disasters will occur, when any warning is given to you? It does not necessarily mean there would have been a dreadful disaster in her life. But it could have been a preventative measure, that not just keeps her safe, but happy. We have to go into something rather deeper here, so let me try to explain. (Thank you.) You know you all are endowed with your free wills. It is an important part of your make up. If I say to you, do not use something, because it may break, you naturally would assume something more dramatic, would you not?

Les: Yes, I suppose we have conditioned ourselves into that way of thinking.

Always your minds are fearful. (Yes) Let me return to the lady. We do not speak lightly when we give advice. I don't to put thoughts into her mind that I do not want to do. But shall we say, if the lady had embarked upon that journey, there could have been an accident. By that I don't mean her life, but an accident, say of slipping—I will tell her what would have happened, because obviously she needs to know. If she had travelled on that particular day, she would have slipped and she would have broken her leg.

Les: Thank you very much indeed. Does that satisfy you Sheila?

Sheila: Thank you, yes.

It did not mean there would be a dreadful loss of life. That is what (why) I say to you, you people live with so much fear.

Sheila: I did worry about my friends.

Yes, perhaps I should have made it clear to you. But you see, when you gather together, when we come to give advice and guidance, we look out for those who are 'special,' shall I say, to us; who are helpers in our work. We try to help them along life's road. I have said before, I will always try to influence you all.

Les: You have and we do appreciate it and what you have told us—when you did let the lady have the warning before, I suggested to her that she would be wise to seriously consider it, because I have never known any such warning to be given lightly. And fortunately she did heed it.

I hear some of you say, why is that? Is it not interfering? Again we come to that question. No, sometimes these things are allowed, for the very reasons I have given. For the work to continue, we need to love, cherish and try to protect you when we can.

Les: Well it is really lovely news for us all to hear and to be aware of.

In an instance as this was, it is not interfering with her life pattern as such.

Les: No, I quite understand.

So therefore, we can influence and guide.

Les: Well I repeat, we do all feel very grateful, that we are guarded to that extent.

If you would exercise with your meditation, there would be no need for me to say it in words. You would instantaneously have that knowledge. Do you see? It would have come naturally to the lady that she should not go on that particular day. Or you should not do that, because it comes from within.

Les: Well that's certainly an incentive for us all to learn meditation.

I hope it will be.

Les: I'm sure it will be. You're quite satisfied with that Sheila, are you?

Sheila: Yes, thank you very much.

Les: Good. The other question I've been asked to put to you tonight, concerns the two ladies who give power to you, and to your colleagues of course, on each of these meetings. The one who is usually on your left, who unfortunately is sick and not with us tonight, sits very quietly and often goes far away I believe. The one on your right, is always I think I could say, 'pressurised,' is the word perhaps, to make all sorts of

motions with her arms hands and body generally, which she believes is transferring power from somewhere, to you. Is that so?

It is not—I know exactly what she means, but no, it is not a transference of power to me. (Smiles)

Les: It isn't?

No. Let me explain a little. Each of you are used of course within the group—this you know, I am sure.

(Yes) **The lady who we are speaking of, is being used rather like a battery, as you all are. Because she sits so closely to me using this instrument, she feels it a little more than perhaps the others. What she is doing, is raising the vibrations with the hand and the body movements. It is not a transference of power to me, it is helping things in general, if you like. All of you, shall we say, are keeping the battery charged. The instrument I am using, being the battery, do you see? (Yes) And each and every one of you, are a lead towards the battery. The fact that she feels her arms, her body being used, is good. It shows that her awareness is certainly increasing, as time goes by. This lady has much to give and it is only in recent years, that she feels the full potential, of what she has to give. But it is nothing unusual, I have to say. But certainly, it is not a transference of power. If anything, the transference of power, would come from me. Do you see? Does that make sense?**

Les: Yes of course. Yes, I should have realised that, of course. I put it rather clumsily.

Not at all. I hope that satisfies the lady.

Lilian: Yes thank you.

Les: Are there any other questions for Salumet? Yes, well I will ask one of yours Brent. Our American friend has been trying to arrange for a camera, hopefully to collect any, to us unseen manifestations around you, during your visits here; in other words, psychic photography. He has not continued with it tonight, because the light was considered to be too bright for you. If he wishes to do that, has it got to be in a dull light, like this?

Brent: Could I clarify the question. It's not clear to us why red light is used, but it's probably because it's the lowest of the frequencies that we can see. But what I was intending to use is infrared light and I was wondering whether that would be less intrusive?

Yes, I see. I think that would be acceptable. Conditions *could* be made right for it. I have had the question and I will say the answer is yes, it will be all right. The only stipulation I will make, is that it is not too close to me, but as far away as possible.

Brent: Could I just ask, is keeping the light low, like it is now, more of a protection for the medium or for you? Could you explain why that is?

It is a protection mainly for me, I must say. It is rather complicated, when we come to vibrations, we are speaking of vibrations that are not known to you on Earth, at this particular time. It takes much work for us, to use instruments in this way. That is why it is better to have the lights dull, if you like, because of course with full daylight, you know how much more energy there is, within the daylight vibration, do you not? Do you understand that? (Yes) That is why it is better that the lights remain dull. But I see no problem, if you wish to try.

Brent: But what concerns me, is if red light energy, is a possible interference, then infrared is just a bit lower and that also could interfere—

No, it has been used before, do not be concerned about that. It is perfectly acceptable to me at least. (Thank you.)

Les: We would of course, stop all action, if it did inconvenience you.

I would tell you of course, if there was any discomfort, or I was afraid for the instrument I am using.

(Thank you.) **Of course, I would expect you then to stop what you were doing.**

Les: We would do, instantly.

And I know, I know I can trust you to take my advice and listen to me.

Les: We would certainly not work, except under that stipulation.

Yes, I will let you know as soon as I come, whether things are comfortable, and if they are not, then I will ask you to abandon the idea.

Les: Certainly—

But I don't think there should be a problem.

Les: Thank you very much for your help.

Brent: I have another question, but it's on a completely different subject. Because George is not here, I'll ask the Historical question. (*Chuckles*) It just so happens that there was a feature on television last night, about the Sphinx in Egypt. The Sphinx lies in the middle of the pyramids and Egyptologists believe that the Sphinx was made at the same time as the pyramids; about 4500BC or something like that. But there was a claim, the Sphinx was possibly made 5000 years prior to the pyramids. I wonder if there's anything you could say, to verify that statement?

Yes, I think we have spoken a little on the subject before, what the pyramids were. Let me speak about the subject you have raised. Indeed the Sphinx was earlier in time. It was a development that was made, prior to the pyramids, as you call them. I believe I have said to you, they were actually *directional forces*, have I not? (*Affirmed*) Yes. They were. The Sphinx—let me go back to the civilisations that existed then and I remember that I too, will bring someone to speak to you on the subject, who has more knowledge and can give you dates and facts. (Thank you.) But I can tell you, it is much older in your time. It was built in the same way as the pyramids were, by a civilisation, with much greater and extended knowledge. The Sphinx was in fact erected, if you like, rather like you erect monuments today. It was in fact, 'built,' if you like, to celebrate the existence of that civilisation and the civilisations before. It is rather like a badge that you wear, if you like, to say, 'this is what I am, this is where we've been.' Are you following me? (*Affirmed*) So if you like, it was the beginning of much knowledge. It was something that was achieved, because they wanted to show how much knowledge they actually had. It was a monument to that civilisation. There is no great mystery to the Sphinx. That is all it was. It was meant to be a monument to a great civilisation, as I say, in the way you would erect monuments to people who have been brave, or something that is built, let me say, like the monument in your country America that was given by the French people. What is that?

Brent: The statue of Liberty.

Yes, what do you think people in 5000 years' time, will say about it? Will they not look and say, 'What a magnificent thing? What did they use this for?' do you see? (*Affirmed*) It is not used for anything, it is there, it exists, but it is nothing special. And I say, that is *why* the Sphinx originally was put there. I know much is spoken of it. Always you Earth people like your *mysteries*, do you not? (*Agreed*)

Les: Yes, the archaeologists particularly, are up-in-arms, now, about the new theory, aren't they Brent? (Yes)

Do not put them down, it gives them pleasure. (*Chuckles*) It gives them pleasure. But there are no mysteries. The pyramids now, are a different story. They were *used*, they were *directional forces*, and were used for space travellers, as I have already said.

Les: Yes, I suppose the Sphinx would be on a par with Cleopatra's needles. There's a few of those Brent, aren't there? (Yes) One in London and one in the USA I think.

Is that helpful to you?

(*Agreement + thanks*)

You must remember, the Egyptian civilisation, had a very deep-rooted feeling, for all forms of cats. Can you see the association?

Les: Yes they did. Ah! So the Sphinx was based on their feeling for cats being immortal?

It was yes—if you like, a religious thing for them. I don't like the word 'religion,' as you know, but that is as close as I can come to it.

Les: I was going to ask, why they chose that particular effigy. So it was based on their worship of cats, was it? That's interesting too.

It is no different than other civilisations. You had your American Indians with their buffaloes, you have your Indian race who worship the cattle. It is no different. It is a form of their religions.

Les: It is a form of worship, yes. And it is very interesting, thank you.

I hope that is helpful to you.

Les: Indeed it is. Because I was watching the documentary as well and I was trying to imagine the consternation, among all the archaeologists if they were proved wrong in their previous assumptions, as they will be no doubt.

I believe they are used to having their ideas and their dates changed. I don't think that is unusual for them.

Les: No, they still don't like it.

No, but it must be so. It is good that these people look into your 'past,' if you like. What is your future, without the past? You are on a never-ending cycle. If there is no beginning and no end, then you see, *all* must join together.

Les: Thank you for that—any more questions for Salumet?

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

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

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

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

Sara: It's the question I was going to ask too!

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

Debbie: Right—

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

Debbie: No, I can understand—

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

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

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

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

Debbie: Yes thanks.

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

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

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

Sara: Repressed energies, possibly—

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

Sara: Can I ask another question? Is there something within the human being, which attracts a poltergeist, to his or her home, or is it something external?

I would say to you, mainly, it is the attraction from another human being. It is attracted by negative forces, within the home, or wherever. Poltergeists are negative forces at work—thought. Another reason for your meditations, to help that higher aspect of yourselves to come forward, to reach towards that purity, that each soul should be, and if you try, can be attained. This time, we must leave it there. I am overwhelmed by the love and the welcome that you have shown to me again. I leave you all with my love and those blessings from all who surround you. (Thanks + farewells)

~5th December 1994~

General greetings

All of your lights shine brightly this time. For that I am grateful. Again, I am happy to be with you.

Les: That's very nice to hear, because we're always extremely happy to have you.

Before we begin, I would like to say to you all, there will be a time when I must withdraw from you, but only for a short spell. I promised I would do this, so I tell you now, this time, will be the last, until you reach your year, your new earthly year.

Les: That's disappointing, but we quite understand and thank you for telling us.

Please do not be disappointed. It is a short withdrawal.

Les: It is short, but it's still a disappointment. You've become a very valued friend.

I thank you for those words. But in my place will come one who promised to return, to speak to you about colours.

Les: Thank you. That should be very interesting. I didn't think your place would be left vacant, with so much needing to be done and so much to learn.

As you draw close to your holiday times, so too do we gather at such times. Not of course for the same reasons, but we take the opportunity as do you, to gather together for important issues.

Les: That's interesting to know. I have been told that in your world, you do in some measure celebrate as we do, but not to the same extent and not for the same reasons and certainly not in the commercial way that we do. It's unfortunate that it's becoming such a commercial celebration these days, on Earth.

As you have an etheric counterpart to your bodies, so I believe I have said, does each and every thing—that includes of momentum. They create their own counterpart.

Les: Is that so? (Yes, so—) Even the events do that?

Why not? Is it not a gathering of love and people and energy, coming together?

Les: Yes—oh, I see what you mean. Yes, I understand, thank you.

Thank you. But of course, there are no physical celebrations, as you say. And it gives us the opportunity to return to whence we belong.

Les: I see. It must be a pleasant time for you then?

It is how I would say, a 'COMING HOME**'. We too, who return to this plane, need to 'rejuvenate,' if you like, at certain times. This is a necessary part of what we do. Therefore one of the reasons why it is necessary to withdraw sometimes—**

Les: I follow and I quite understand the reason. I would imagine it is an essential thing for you, after having been in contact with the greyness of this Earth—the greyness that surrounds the Earth.

Of course, there comes a time, when it is a little easier for those of us, who come a little further from you. Do you understand? (Yes) But even so, we do still need to return to that place for which we belong, not only for the energy, but for the 'contact,' not physical, but the contact of those of like-mind. As you who are here gather together at such times, so too is it necessary for us. I can tell you, I will not be idle, there is much to do and I can assure you, we do not think of it as a holiday. (Smiles)

Les: No, I can believe that, because with the unusual prevalence of love and kindness on the Earth, at this time of the year particularly, it must be easier for you to influence people on this Earth?

There is much to do, I can tell you. Not only does it come forth here on your Earth, but it rebounds in waves, to the people on this side. It is like a boomerang effect, if you like. The love and the thoughts that are travelling forth, reach those who are loved. At these times on your Earth, those who have gone before, are remembered, are they not?

Les: Yes, they are indeed.

So too are the thoughts reached by them. And so you see, it carries forth, throughout many, many planes. (Yes) It does not stay still.

Les: Yes, I'm very pleased to hear that—I'm sure we all are, knowing that our thoughts at this time, are received in this way. It's a great pity our thoughts produced, just because it's a Christmas period, are not prevalent throughout the year. Maybe one day they will be.

I wish you all could see how those THOUGHTS of Love and goodwill of course, how they should be harnessed, should be used in your everyday lives. It should not be something that happens only at specific times of your lives.

Les: No, I would agree absolutely and I'm sure everybody here would agree also. It ought to be a constant ongoing thing. We can only hope that one day it will be so.

As we speak of love and goodwill, so too must you remember the great divide, for those who are alone at such times. Their pain, their loneliness is ever-increased. As the love-bond for many of you grows stronger, so too does their pain and their agony, grow stronger. They are the ones who need our help the most. (Yes) If only you all could give your thoughts to those who are destitute, who are lonely, who are ill, those who feel forgotten at such happy times of your year, the world could be a much, much better place.

Les: I think we must all at this particular Christmas, having told us that, we must all make an effort to project our thoughts in the way you have suggested, to some of those lonely ones.

Again I return to the power of your thoughts. It is not always necessary to offer shelter or food to these individuals, but as you have said, the thought is the best thing you can give, because along with power of your thought, carries the love energy. Can you see?

Les: Yes, and I shall certainly be doing it and I hope that everybody else here will and I shall mention it to our other group on Wednesdays, and ask them to do the same thing.

If only you would, I feel I could withdraw, so much full of hope and joy, with the feeling that I have at least reached the hearts of some of you. It indeed would be a great blessing to me and for that I thank you.

Les: I'm saying on behalf of everybody, to avoid them all answering individually, that we shall definitely be doing that.

I am most humbled at those words. Now shall we have your questions?

Les: Yes certainly. I would like to begin on behalf of the two ladies, who as you know, have started healing on their animals and they are currently working on a very large dog, which has a bad heart. They are concerned that they don't feel any physical power coming through them. I have told them they won't feel it, because that is not the purpose of it, it is the object of the healing that may feel the power. But they are wondering if the animal that they are healing, will be able to recover, or if it is beyond healing?

Let me speak on this. I am pleased they are using that ability which is within them. Firstly let me say, when there is a love-bond, it is a little more difficult to give healing. Let me explain to you. I have said to you, healing comes from spirit, through spirit to spirit, have I not? (Yes—) When the bond, whether it be a physical bond of a human to human, or a bond between human and animal, there comes into play emotions; emotions of love, sometimes duty, many, many aspects of love. Sometimes this can create barriers, because the longing in the heart of the one who is giving the healing, creates blockages for that healing energy. Am I making sense? (Yes) Please stop me if you do not understand.

Les: No, it might be difficult for some, with all respect to them, to understand—

They are very new, so I am trying to make it simple for them. You really need to cut the emotional ties. Perhaps that is a simpler way of saying it.

Les: I have frequently said that one must be compassionate, but not emotionally involved.

Sandra: To the animals? They're not our animals—

It makes no difference.

Sandra: We're not emotionally tied—

I am trying to say, although you are giving the healing, your emotions, whether you be aware of them or not, are involved. This is something that will come with *time*. You as you have been told by our friend here, you will not always feel a physical, a physical bond of healing—some who heal for many years, are not aware of how the healing energy works, but they are prepared just to place their hands upon whoever, or whatever animal. You have to put to one side, all your own thoughts and emotions. You are after all being used, merely as a channel. You understand this I know. Now let me come to the animal, in this particular instance. I say to you, although you are not aware of the healing energy, it is being used through you. Continue—it matters not, whether the animal will recover fully, or whether the time has come for that animal to go onwards—that should not be your main concern. You cannot see the full extent of what is being given. The animal may respond, but you will not have what you term a cure. I think that answers your question simply, but let me say, you cannot see the good that you have achieved by the healing energy. That will only become known when the animal has passed to our side of life. I hope this is not upsetting to you. It is something all of you who are used as healing instruments, need to go through and question. I'm sure our friend would agree, would you not?

Les: Absolutely, because we've had it frequently with human patients.

It is after all quite natural, because you are human, that these feelings come into play. I say to the ladies, continue, continue with the healing. Eventually, you will begin to feel those energies flow through you. Don't make judgements about healing and how it works. That really it not up to you to do that. *(Pause)* These ladies in time to come will be much sort-after for their animal healing.

Les: Is that so? Good. That's nice for you to keep in mind ladies. I know it won't happen tomorrow, but be patient.

Do not try to make judgements on what you are trying to achieve. You must always remember, you are only the channel. Try to keep that spiritual aspect of yourselves, in the very best order that you can. By that I mean, try to live your lives well and truthfully. Unfortunately there are those amongst you, who use healing and are given the opportunity of being channels, who do not use it, for its very best purpose.

Jackie: What do you mean 'truthfully'—try to do it truthfully?

Not the healing, to live your life truthfully. Do you see? If you live your lives to the very best of your abilities, so you become a clearer channel to be used.

Jackie: I hope we're doing that.

Les: The word 'truthfully,' in this context, is used as an abstract, not as a factual. You see the difference? We're not suggesting you're liars or anything like that.

Of course I—it is a failure of my words I think.

Les: No you're quite right, it's just our different connotations of the same word

Yes I beg your pardon, if I have failed to express myself fully.

Les: No, many other people would have not known quite what it meant. You couldn't have expressed it any other way, actually. **(Thank you.)** It is our interpretation of the word. Normally 'truthfully' is applied, because by using that it's implying that the other person is in the habit of telling falsehoods.

I see, no, no didn't—I don't wish to, of course I don't of course—

Les: Of course you wouldn't no. This is why I wanted to clear it. I hope I'm not interrupting—

Of course not, I am very pleased for your help.

Les: Thank you. No more questions on the healing?

Jackie: I suppose the more we try with the healing, practice makes perfect?

I am sorry I am smiling, I don't think you will ever be perfect while you remain in these bodies. No, no, forgive me, no, no, but I know what you mean.

Jackie: It's just that we are working with a few animals and it would be quite nice to see a result, for our own confidence.

Yes, I understand. It will come. Continue to use the healing. Don't worry if you don't see results immediately. As I have said, the results are not always seen within the physical aspect of the work. Can you understand? (Yes) It may be that you feel healing has not been successful. You cannot know just how much you have done. So that is why I say to you, do not judge, because you do not know. As you continue along life's road, you will become aware, greatly I might add, of all that is around you, all those who wish to work with you.

Les: Spirits, do you mean?

Of course.

Les: Is it permissible for them yet, to call on that vet Alan, who wished to help them?

I would say for the time being, to refrain from calling on any one particular personality. I say to you offer yourselves only as open channels for the time being. The time will come, when these people will make themselves known to you more fully. When your understanding is greater, when you feel the power and the energy of the healing lights, then and only then—I would not advise anyone to call upon one person in particular. I do not think that is good practice. They will make themselves aware, when the time is right—you will be aware of them. But please do not call to them (Okay.)

Les: What I would suggest ladies, as the power gets stronger, you will certainly find the animals will go to sleep, the horses heads will droop and they will literally go to sleep. I had that with Shetland ponies—

Jackie: Sometimes their stomachs rumble—

Les: I would think that's just normal digestive noises. But they do, you will find their heads drupe and they go to sleep and you will come to know then that your power is in fact working on them.

The healing power has many ways of working. Of course the lady is quite correct when she speaks of the stomach noises. What is happening, is that the animal is relaxing under the healing influence. Which creates—do you see, the stomach becomes relaxed also?

Les: Thank you. There you are you've got your answer. It's working.

Jackie/Sandra: We get that a lot/We hope so/Just keep trying—

Les: Not 'hope so,' it *IS*.

Margaret: Think positively.

Les: Well, thank you very much for all that information. There's one other assurance, I don't know whether he'll thank me for it, but our American friend is going back to his homeland within the next few days and he might like to have an assurance, that you are still available to him, if he should wish to call on you.

I will say, I will travel with him.

Les: Thank you very much. You don't mind me giving you a passenger, do you Brent?

Brent: No. Thank you.

Let me say to you all, your world is not as big as you like to think. Although you find the difficulties and the time in your travelling, for me shall I say, it is a little simpler. (Yes!) You could not imagine that to cross the ocean, I could be there now. So don't be concerned, we will not let him fade from sight. I have already spoken to him and there is much to come his way. He will not be let loose.

Les: That's nice, because he's done so much for the work, since he's been here. Thank you for that. Anybody any more questions for Salumet?

Dawn: Could I ask one? Which type of massage do you think is the best, the normal sort of English massage or the Shiatsu—either Japanese or Chinese, please?

Well, let me speak a little on this. It really matters not. Whatever your body feels is most suitable, then that of course, is the best thing for it. I would not distinguish between any of these things. You are as I have said, all individual and I believe you have a saying, what is good for one, isn't necessarily good for another. (Agreed) So you see, whatever suits one, may not suit another. I think that is as simple as I can be with that question.

Dawn: Thank you.

Les: How are you progressing with your dog by the way?

Dawn: Umm—slowly. I haven't done as much as I should be doing—but she's a little bit better—

Let me speak a little bit about your human body. I would say to you, whatever each one of you *feels* is good for yourselves then it can only be good. You all have an innate knowledge of what is good for you. I have said it before I believe, you know instinctively, what is *good* for you to eat, what is *good* for you to use. So always just follow your *inner voice*. You will *not* go wrong, you *cannot* go wrong, if you do this. These things you speak of, your health problems, how you look after your physical bodies, they are all very *material* things.

It would be much better, shall I say, if you would 'MASSAGE your MINDS'.

That would be a much more useful exercise. Now I hear you say, 'How can you do that?' Not so easily I say to you. But again we come to the word '**THOUGHT.**'

Do you follow me?

Les: Would I be right in saying Salumet that the massage really is immaterial and it is again back to spiritual healing? If the thought is strong enough, the power of thought directed into the patient is strong enough, then the massage itself is irrelevant?

It is a comfort for the physical body, in the same way that people find comfort in their eating, or in their drinking, or in their sports leisure's. All these things are material comforts, for that covering you call your body. That's why I say it is an individual choice. Do you see? (Yes) But when we speak of massage, massage the mind. Keep it active, keep it supple; all the things you do to the physical body—that would be much, much better. Always try to look, to endeavour to keep that spiritual side of yourself in tip-top condition. *That* is what is important, *that* is what I would say to all of you:

If you wish to give yourself a gift for this Christmas time, that is what I would say, give to yourself a massage of your mind.

Les: Thank you.

Sara: Can I ask a question? Is there a kind of healing that you would recommend I should do, if I got the opportunity?

There my dear, is only one kind of healing. You can give it many names, but when it comes to it, *all* healing comes from the *one* source. I believe you are asking me to name one particular aspect of healing? I would say to you, that choice is entirely yours. But remember there is only one source of healing.

Jackie: If there's only one source, why were we told to work on animals only and not humans?

It matters not what the subject is, what I say is the *healing* comes from one source. It matters not who it is given to, whether human or animal.

Jackie: But we were chosen just to give it to animals?

I would say, *no* you are not chosen—each and every one of you has the ability. Whether you have the inclination towards animals or human, is an entirely immaterial point. You have to look at these things on a wider scale. Each of you are capable of healing. You are not chosen, when you use those words you imply that somehow you are special. I have to say, if you like, all of you are 'special,' in that respect, in as much as the very fact that you all can heal. There is nothing unusual in healing. It is an aspect of your spirit being, if you like. Always you are trying to equate spirit, with your human form. (*Spoken slowly/carefully*)

All healing comes from the universal consciousness that you call God. There is no mystery about that, no mystery at all.

Les: I have actually told quite a few of our patients, when they have thought that we are special people, I have told them that they too could do healing, if they would like to give themselves to it.

All of you, all of you, the only reason some of you are healing, others are not, is that their awareness has been touched—that is the only difference. It is not because they have been chosen, not because they are special, but because their awareness has reached a point, where it must be expressed.

Les: Yes, it's possible ladies that you prefer animals to humans—(*Chuckles/general agreement*)

So you see what draws you, is the love-bond—always we will come back to that. That is why you wish to heal the animals. It does not mean you cannot use the healing source on humans; that would be

nonsensical, if I may use that word. If healing comes from the one source, then it must be used for all people, all animals, all of *nature*. Let us not forget your *plant* life. Healing is an energy that can be used for many, many purposes.

Les: Yes, you mentioned plant life. It has been proved many times on Earth that plants which are spoken to in a certain way, are much better able to survive and become stronger, than plants which are left to their own devices.

Of course.

Les: So again, it's the talk of energy being transferred to them, by the physical human voice. And that is well authenticated.

Try it yourself! Try your healing energy against the Earth of your garden. Feel the interaction that is there, with those two energies. Then I say to you, try to plant a seed. Watch what will happen. Try it for yourself!

Les: Yes, that's interesting—I will do that in the planting season. Well I do, do it now actually, but I shall take more note of it. I always tell them what I expect them to achieve.

A little more than that please—that is instilling your thoughts on what *they* should do. (That's right.)

Remember too, that all things, plants included, have an energy of their own. So do not impose your will on any *one* or any *thing*. Does that make sense?

Les: Yes, I'll do it in the way you suggest at our next planting.

Speak gently, wisely and kindly.

Les: I'll follow that.

I will watch closely. (*Laughter*)

Les: I shall be glad if you would—(*Laughter*)

Don't worry, I will not make myself aware to you—don't be concerned about that.

Les: Pity—I wouldn't be concerned, I'd be delighted.

I promise no interference.

Les: Any more questions for Salumet?

Paul: Yes. Talking about animals, why is it that sometimes large groups of whales seem to get washed up? They beach themselves. Quite often it happens in Australia, and they can't swim back out to sea. Sometimes it's 30 or 40 whales.

Let us speak on this. In the animal kingdom, as in the human species, there are those, shall we say, who do not always follow what they should. As you have in the human species, those men and women who do not follow how you would term the 'norm,' so too do you have these whales, who decide, if you like—they have their own means of communication—who decide they will be different from the norm. Again I am using simple words. Animals have their instincts as do you humans. They do not always use them for their very best use. So you see, it is rather like the human form who uses their own free will, to decide on what they must or must not do. Do you follow?

Paul: So, they're consciously—

It is a conscious thing, within their way of communication with each other. You would presume that they would have the intelligence to go outwards to the sea, rather than to be washed ashore. The ability is there, the communication exists, but as in you human beings, to a certain degree they have free will. I use that word lightly, but can you see the comparison? As you have human beings who inwardly know what is right and what is wrong, so too do these animals. It is their own 'wrong' judgement if you like. (Yes)

Les: So the group or the school, could have as it were, a 'dictator' leading them astray?

Yes, to put it simply, that could be.

Les: I had wondered whether in those cases, the animals were following dimly-remembered routes, when the whole of the seas were free to them, before the continents had emerged and they were still following the memory of those routes through the sea.

You would be speaking then of past memories. (Yes) **I do not see that, no. Because remember of course as each generation develops, their knowledge, their update of knowledge is therefore passed down, in**

the same way as a mother would teach a child now, not to play with sticks and matches, because you have learned over the time, that that is a dangerous practice. At one time, it would have been 'normal,' yes to light your fires, but today that is unnecessary. So that knowledge has been passed down to youngsters, in the same way it happens with your animals.

Les: I follow, thank you.

Sandra then asked a personal question, which has been edited.

Now, as I leave you, I leave with my love and my blessings to you all. I hope that your holiday times will be filled with love. Try to remember the words I have spoken to you tonight, about giving yourselves a **present**. Please think seriously on those words. Although I will not be with you for a few weeks, I eagerly await my return, in your new year.

Les: And so do we. And in the meantime we wish you a very happy return and very pleasant company. God be with you.

~9th January 1995—first meeting of New Year~

Good evening my friends. How pleased I am, to join you once again.

Les: That's very kind of you, we're delighted to have you back. It's been very interesting speaking with your colleague, during your absence.

I told you last time, you would not be idle.

Les: Yes you did.

I am pleased that that is so. I hope since our last meeting, that you all now, are beginning to feel my influence upon your lives.

Les: I am. I can't speak for the others, of course, but I imagine they are in some degree or another, as you did tell them to call on you if they needed help.

I know when I spoke those words to you all, that they would not be taken lightly. For this, I am grateful and of course, I have listened to your thoughts that come to me.

Les: So you have been aware of the thoughts from my friends?

Of course.

Les: Good. I ask that, not that you would not have been aware, but the fact that they have been speaking with you. So it would seem that they have taken advantage of your offer of help.

As I have said previously, the answers may not always be what you expected to be, but I would never disregard any request, from any one of you.

Les: I'm sure you wouldn't. And of course, you know what is ultimately best, for our development. As you say, it is not what you think we should hear.

Of course. This time I want to go slowly again, only to re-establish ties with this one. So tonight, I ask you please, only a couple of questions, then I will remain with you, working with each one of you and let us see what develops from that. So, while we are able, do you have any questions?

Les: I have a comment, rather than a question. It was stated a few days ago, on one of our media channels, that the scientists who have been dealing with the beginning of the universe, so called, are now rather perplexed, because they are realising that what they thought was the beginning, was not in fact the beginning and they seem to be, from their statements, to be very confused about it all.

Yes. I agree with you. I have said to you, that the missing link of knowledge that man searches for, will be discovered. But I have to tell you that time is not now. So of course, all new information that your scientists come upon, of course confuses them. That is natural. They will discover always new and differing evidence. That is part of their lifelong work.

Les: Apparently contradictory evidence, it would seem, sometimes.

It is not unusual, within scientific fields, for this to be so. So they should not be too concerned.

Eventually the time will come, when Truth, full Truth, and knowledge, will there. Of course, there will always be those who doubt that even evidence before them, cannot be. For them, that is their problem.

Les: That is their loss too. Yes, there always will be the doubters. And another very interesting departure, is that during this present week of our time, there will be a commentary, on one of our television channels,

about UFO's. Pressure is beginning to be put on the government, to release information, which they have and not to keep the population in doubt any more. This also, you have said will happen.

Of course. It is why we are gathering. I believe I have said to you, there is a purpose behind all that we do. And as I have said before, 'people power' speaks volumes. People, in the end, will force your governments to be *truthful*. It will teach your leaders, to speak out the '*TRUTH*' that they know. I have said to you in the past, your space travellers, who have left this Earth behind, have far more knowledge, than has as yet been divulged. It will come to be. It will come to light and the people must judge for themselves.

Les: Quite. Because I think the average person is intelligent enough nowadays, in these days of higher education, to judge for themselves, not to be overawed by the unknown.

Unfortunately, your world leaders still see themselves as superior people. Of course, they are not. They are leaders, we must give them that. They have the education and the knowledge that has taken them thus far. But it does not mean they are superior in their intelligence.

Les: Not in the least. And the general population is beginning to understand and accept that fact.

Wait, my friends. Give your earthly time, of between two to five years and you will see such an influx of knowledge on this subject, as will stagger you.

Les: Good. We'll look forward to that.

It is coming. It cannot be kept quiet, for any longer.

Les: One very interesting thing that has happened to me, since you were last here—at our other meeting, we had a communicator, who I knew to be one of the abbots, also gathering probably, in continuity with what you're doing—also gathering for the benefit of mankind. And this, I was told, many, many years ago would happen. I did query whether he was in fact, one of the abbots and he agreed that he was for the group, also dealing with the same matters.

Let me speak a little on this. We have many groups, who have formed, who have gathered together. Of course, the ultimate aim, is the same. We *all* have our work to do—that is why we have gathered. I say to you only this: Do not accept any communicator, without first judging him fairly. You know only too well and we have had one instance within this very room, while I have been here, where it has been possible for one to come through, without permission. So I say only this to you, accept what comes, if it feels right to you, then please listen to it. But remember, you are endowed with your own free wills, your own judgement. Use your hearts and your judgements well. I say no more to you than that.

Les: Thank you—yes, I have felt, on various occasions, that I have been given the requisite information, to enable me to make a judgement, on a communicator. And I have found that very helpful and comforting.

Whilst you have such strong energies surrounding you, it is most unlikely that the information you would be given, would be of a negative nature. So happily accept what has been given to you. Take my assurance that there are many, *many*, who are gathering at this particular time. Many who are still as yet unknown, that too, you can take from me.

Les: Thank you, that's interesting. And one other thing, finally, then I will leave you to do what you wish to do. The gentleman (*Andy*) whom you said would be back with us, is back with us tonight, as you probably have noticed.

I have no doubt. I have said he would return did I not?

Les: You did indeed. And it's very nice to see him with us again.

I must say, that I am most fortunate, that I do not have your earthly doubts. (*Gentle laughter*)

Forgive be, I don't mean to put you down.

Les: Of course you don't, I know that. We enjoy your humour.

Thank you—it helps, do you not think? It is good that you *all* sometimes should laugh. Do you know, each time you laugh, you smile, it actually raises your *vibrational energies*. Did you know that?

Les: Yes, I could imagine that.

Yes, so please all of you, '*laugh*,' especially in your times of troubles. That is when it will be of more benefit to you.

Les: We do have a lot of laughter at our other meeting, quite often.

I'm sorry I interrupted.

Les: No not at all. Now, you wish us to be quiet, whilst you work with everybody, do you?

I would appreciate it this time. It helps me also, because I need to re-establish myself, with the instrument and also for the instrument's self too.

Les: Would it interrupt your work, if I speak to the gentleman who is back with us, I think there is somebody with him.

No, you continue and with your permission, I will remain here, but I will withdraw somewhat, so there will be no interference from me. I say to you all, God bless you, love be within your hearts and until we meet again, I say love one another.

Les: We shall certainly try to do that and thank you very, very much and bless you too.

There then followed a rescue through Andy. This appeared to be a man with excellent oral skills, who had been highly sceptical of certain spiritual truths. Les encouraged him to now accept these truths and begin to use those excellent oral skills to help others.

~16th January 1995~

Good evening.

Les: Good evening to you. We do thank you for being here once more.

I am always pleased to come.

Les: Thank you.

This time as last, perhaps we can begin with your questions and end the time on other things.

Les: Certainly.

Then let us begin please.

Les: Right. Well, the first question I would like to ask you is about so called 'ghosts'. There are various theories existing on this Earth about ghosts. Some are said to be the residue of thought imprints upon matter, which recur from time to time, sometimes at regular intervals. Another theory has it that they actually are a physical manifestation of people from your world. Of course, the two are entirely opposed—references. I wondered if you could give us some information about these so called 'ghosts'?

Yes. Let me begin with that please. These two theories are not as opposed as you may think.

Les: They're not?

Not at all—there are of course, events which happen, that leave their stamp upon your *etheric world*. I believe this category, would be your first answer. You have such instances, not only of ghostly figures, but of ghostly 'things,' shall I say?

Les: Yes, you're quite right, we do.

For example animals, solid objects such as trains, as aeroplanes and such like. These things are 'residue', as you call it, that have been left behind, caused by a surge of energy at the time, whenever the occurrence took place. Can you see?

Les: Yes, I understand.

It has such an impact on the energy levels of your etheric world, that it is almost 'stamped', if you, on it.

Les: I see.

When you speak of ghostly figures as beings from our side, let me talk a little on this. Of course, you will be aware that people from *our* side of life, can be seen as whole, can be touched, can be spoken to, are seen as they *should* be, as they *were* if you like.

Les: Yes, I personally have had that experience.

But also, you can have almost a shadow of that self. It comes down to the usage of the energies, once again—that the person trying does not have the knowledge or the help available to them. So, instead of the solid form, you have almost an image, mirror image of that solidified form.

Les: I follow.

Again, we come to the energies, the higher and the lower energies. Do you follow me? (Yes) Also, when we talk of ghostly images, then again we talk of the thought patterns, stamped upon the etheric. Always

these thoughts are in the etheric energies, not in the physical. But of course, they transform themselves through to the physical. Are you following me?

Les: Yes I am—thank you.

So perhaps you can see, that the two thoughts are not actually opposing, they are two separate ways of using energies.

Les: Yes I suppose a parallel would be a better description.

That is a much better word.

Les: Now going back to the images imposed upon our etheric, of 'non-persons', do they ultimately disappear, does their energy pattern lessen over a period of time, as we know it?

It can do. It would depend on thought that keeps it alive. This can be—how can I put this to you? I am lost for the word. If the thought patterns are built enough, to encourage this image to remain, then it shall, but eventually of course, the energies must subside. It may take a little or a longer time. As I say, you people on the Earth, can in fact hold onto these things, by your own thought patterns. So you see, in a way you are instigators of the energies that are showing themselves to you.

Les: I was going to ask that actually. If somebody does experience one of these 'sightings,' let's say, would his or her own thought patterns, enable that apparition, whatever it might be, to build energy from the thoughts of that person seeing it?

The energy will feed from the thought pattern, yes that does happen.

Les: So that would enhance it and therefore enable it to stay longer.

It enables it to remain longer.

Les: I see, that's interesting.

If the thought, if the person who sees the images upon your Earth, were to see and let go, then there would be nothing for the energies to feed upon. Thus the time that it would remain, would be much lessened.

Les: I see. And I suppose also it depends upon the impact, upon the viewer, as to how much the image is able to replenish itself, from that thought and sighting.

Exactly, you have almost a boomerang effect.

Les: That would explain then why some images, many hundreds of years old, are seen very, very clearly, quite frequently.

Yes, of course.

Les: Thank you. Well that clears some of the controversy there has been about these images and so called 'physical' ghosts.

It applies also to the phenomenon you call 'poltergeist.' What is that but thought patterns? The energy feeds upon it, the pure energies and of course is able to use and create these things.

Les: I believe you did mention, in an earlier meeting, that poltergeists use the lower forms of energy.

Of course, they use lower, but also they can use the very pure. Always remember positive and negative.

That is an important aspect in your world.

Les: Yes. But I think poltergeists are often associated with the appearance close by, of young children.

Would they therefore be using pure energy patterns from those children?

In the case of very young children, then the energy patterns would, of course be pure.

Les: Yes. I thought they would be.

As we get to the older children, then the energies are changing. They are almost coming to a peak—perhaps that would be the way to describe it to you. And so they can be used and misused.

Les: And misused, yes. And whilst we are on this subject of poltergeists, would that be ascribed to the rare occasions, when a physical body is actually consumed by fire, for no apparent reason?

No, no, it is an inner energy. I have told you, the energy that creates that, is an *inner* energy. It is an energy that has, to put in simple terms, gone wrong.

Les: I see. And would the person so consumed, have been responsible for that burning?

They are totally yes, they may not be aware of that, but yes. Let us take the word 'consumed,' that is exactly what has happened. The body has been consumed by the overpowering energies.

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

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

Les: Yes. What would be the result to the etheric body of the person so consumed?

The etheric body would of course, be shocked. But ultimately would face up to the fact that they are responsible. So therefore would go from there, to counteract, if you like.

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

Would have to, yes, yes.

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

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

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

The word is very apt, to be 'consumed.' That is exactly what has happened. We are talking of difficult things again, when we talk of energy, because your knowledge of energy is very limited. I would feel you would find it difficult to even imagine what energy feels or looks like. But it is something that can be felt, as you realise it can be felt in many ways. So it is something that has to be spoken of later in your time.

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

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

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

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

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

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

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

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

Les: Yes, to follow on what you said

and for the sake of all our sitters here tonight, the other evening we had a communicator, who said quite emphatically, that he still enjoyed meals, (**Yes**) such as he had on Earth, and he knew he had to think of them and they were there. (**Yes**) Now that would to many people, seem strange and impossible. But it does illustrate what you were just saying. That he thought of the dishes he liked and would still like to have, and was therefore able to have them.

Remember always, that our side of life is a life of '*THOUGHT*'. All of life works upon thought and mental communication. So it would seem only natural that these should be developed. It would be best for all of you, as I have said before, to try to develop these things, whilst still in your physical overcoats. It would make your emergence into our side of life, so much easier for you.

Les: It will indeed, I agree. It is very difficult for people to understand that thought can operate in that way.

How often do you '*sensitives*' feel the thoughts, the feelings, that come from those you love, or others who are close to you? It would seem natural to you, yes? (Yes) So you have to think of it on a wider scale, that instead of those you love, or who are close and near to you, that with all peoples, this is possible. And we have said that thought travels much, much more quickly than the speed of light. It is instantaneous.

Les: Absolutely instantaneous—

So if you wish to have something to eat, to drink, to see someone, to do something, provided these things are within, shall I say, your '*allowances*,' then they will be yours.

Les: Yes, until such time as we realise the so called, 'physical' requirements are no longer necessary.

Sometimes we have the thoughts from people still in their physical being saying, 'What will happen if I cannot do it?' Don't be concerned, you can still use the physical words, which will be understood, by those who are there to help you, until such time that they are not necessary, then you can discard them.

Les: Of course. Thank you very much for all that—very enlightening. Now, to an entirely different subject, you did tell me last week, when I was speaking about somebody—one of the abbots, I'll reiterate—and you suggested that it should always be checked in case there is a mistake, or somebody has got *in* when they shouldn't. Well, we had during the week, a request that a certain person should be asked to sit on the floor, if that person was agreeable at the next meeting. Is it all right to accept that as a factual request, which will have benefits? It has happened before, several times in the past and I know communicators have preferred to sit on the floor, rather than a chair as we know it and I understand the reason. But I thought I would like clarification in this case.

There is no reason why that should not be so.

Les: Thank you. I accept that, thanks very much. Now, I've occupied a lot of time, has anybody else a question?

Dawn: Could I ask a question please? I did understand that if I did healing on my dog, I thought it would get better. But he didn't. Could I have your comments on that please?

Yes, of course. Let me say this to you: Everything that is said is spoken as we see it. I have said we have more foresight, which is of course very true. But let me say this to you: As you physical beings have your own free will, let us go to the animal kingdom, which is next in line to you human beings. They too have a life force, a spirit being, as you are well aware. At the time I spoke to you of this animal, he should have recovered, is this not what I said to you? (Yes) The animal was ill, but the information I gave to you said he would be well. Now we come to the equivalent of your own wills. It is not quite the same thing, within the animal kingdom, but they too are aware of the thoughts and feelings of others, you understand? (Yes) When the life force is depleted, as it was with this animal, the healing that you gave should have brought the animal back to full health. As you are aware, this did not happen. What in actual fact happened was that the spirit aspect of the dog, actually gave up, gave up on his own life force. The dog was picking up negativity from others who surrounded it. I am not saying you, but there were others who were around the animal, who were giving off negative thoughts and feelings. Can you accept this? (Yes) You can. So you see, the animal, especially in the state of a lowered life force, did not in fact have the *will* to struggle onwards, in the same way that you human beings sometimes, I believe you say, 'Give up the ghost?'

(Yes) Yes, so too this can happen within your animal kingdom. I did not speak untruth to you, but of course the animals too, have the right to make their own choices. The animal *should* have recovered but did not. I know these things are painful for you all to accept, but it should be a major part of your spiritual instruction, to know that each and every one of you, that all animal, all plant life, have their own choice, can create their own structures, whilst a part of your physical Earth. So you see, the animal actually made the decision. (Yes) I hope that has been comforting to you. I know it is always painful when you lose loved ones, but remember that they have *really* gone to a better way of life.

Dawn: Thank you.

Les: If I might add, you of course, can be reunited when you go on Dawn.

The love bond cannot be broken. Many people believe the animals do not have a soul. That is entirely wrong. Those animals upon your Earth plane, who have united themselves with a physical being, create a love bond, an energy that will not be separated. So rest assured, in the knowledge that you shall meet again.

Dawn: Thank you.

Les: Thank you very much—any more questions for Salumet?

George: Yes, You've answered many of our questions lovingly and patiently—many different types of question. Do you enjoy answering some more than others? Do you have a preference for a certain type of question?

Forgive me if I smile. Of course not, I have come to try to inform you of many aspects of many questions and answers that you seek. I do not have any preferences as you put it. I am only happy to do what I can. I am grateful that you have allowed me into this place, wherein you all sit patiently, devotedly, searching and seeking.

George: Thank you. It is we who are most grateful.

I am always humbled by such kind words and I accept them graciously. (Thank you.)

Can I say, this time to continue to see what else can be done within this room and I must say that always I am happy with the way each unity is progressing.

Les: Thank you, that's very comforting for us to know.

I only wish you were aware of all the background work. But for this time, my friends I say thank you.

Les: Oh we thank you and all our love goes with you and we look forward to our next meeting. God bless you.

There then followed a quiet period, followed by a communication through Sue:

I have been waiting for this opportunity. I present to this room, the ball of life. It means little to you now, but is to be of enormous importance in the coming time. Much power will evolve from its centre. Power which will enable more highly evolved work and communication. We intend this place to be of importance, not just for these people here, but for others unknown to you at the present time. Do you understand what I am trying to express?

Les: Yes I do indeed and we're privileged—we shall do our best to ensure it is used wisely and for the benefit of others—

More information regarding the use of this project will be told to you, when you next converse with our friend. For now, accept it into this room and await its purpose.

Les: Yes we do accept the honour—

Now, may God and the light be with you.

General goodbyes/blessings

~23rd January 1995~

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

I thank you for your greeting on the musical vibration—it helps a little when returning to this dense matter.

Les: Good, I'm glad it's of assistance.

This time I would like to speak to the young lady across the room.

Les: Sara? (Yes) Would you like to come across please?

Let her be before me please.

Place your hand in mine. Now child, why do you allow earthly matters to cause you such despair? You cannot let it be. You need to become stronger. Do not let worldly problems trouble and upset your spiritual self, because in allowing these problems to cause you despair, you are affecting that spiritual aspect of yourself, almost like, I think you call them *circuit boards*, (Yes) that are running haywire. Those very fine threads of your spiritual being become tangled, your light becomes dimmer, so I tell you child, become stronger.

Sara: In what respect?

You tend to allow the whole World to weigh heavily upon your shoulders, you cannot do this.

Sara: So be less concerned about other people's problems.

Firstly you must be strong in yourself, before you can help others. You rather allow trivial matters to take too much hold upon you. Listen to the guidance around you and you will be stronger. At this time in your life, you seem to be thrown from one extreme to the other. Be quiet, be still and listen to what we tell you.

Sara: Yes, right. Do you think my work is appropriate at the moment?

You see what I mean when I say you allow too much to concern you? I would say to you, go with the flow of life.

Sara: Mm, yes, all right.

Do you understand me?

Sara: I think so yes, don't worry so much.

I know it is difficult because you see, you are *so* artistic, your whole being is sometimes *overly sensitive* to others. I don't say that is a fault, but it is something you need to guard against. *You*, you are surrounded at all times by many who *care* for you.

Sara: Thank you, yes that gives me strength to know that. Thank you.

Les: Thank you. (*Les then whispers to Sara about knowing the difference between compassion and emotion.*)

This time, as last time, I will answer anything you need to know, but I would like us to devote some time at the end to see what else can be developed. I think we should do this for some time, with your permission.

Les: Yes certainly. Whatever you think is most desirable for the development of everybody.

That is what we want for you *all*. Now can I help you with your questions?

George: I would like to ask one question about the last book in the Bible, the '*Book of revelations*,' which I believe Saint John wrote, while he was on the Island of Patmos. Chapter 10, verse 10, describes him being given a small roll, which he ate and it was sweet to the taste and bitter to the stomach. He then had visions and he prophesied. I think he was taking a potion/drug to raise his consciousness. Would you be able to comment on that?

Let me speak on that. We have said before, much that has been written within your Christian Bibles, a lot of it was *made up*, a lot of it in actual fact, comes from *older religions*, in fact I think you would say, '*Paganism*.' There is a lot within your Bible, which has been exaggerated. But let me say this to you: Indeed there was the man you know as John. At the time that we speak of, there were indeed many substances, which today you would find unacceptable. The substance you are speaking about, in those days, was taken from a bush, not here in your country, but a bush that produced berries. This was not an unusual thing to do. Many berries, many powders, many foodstuffs were used, that were considered normal, but which within your age, would be called a drug and would be banned from people using it. Are you following me?

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

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

George: So his true psychic abilities could be enhanced?

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

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

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

George: That's been very helpful. It's nice to have that confirmed, because I had wondered about it.

There's also the idea that it can be a good thing in certain circumstances, to enhance one's own ability in that way.

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

ability to use it to unfold, so I would say to you to refrain from all these methods, that thrust your spirit forward—but of course we come again to your free will.

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

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

George: Thank you very much.

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

Even within the realms of your musical vibration, depends (*on*) the state of development of the being.

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

Les: Yes I can indeed Salumet.

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

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

Each and every one had that ability, that he knew could be used, used for the betterment of men. *They* were ordinary men as you probably know. There was nothing particularly educated about them, but you see, that is *not* necessary.

Les: No, I had wondered why he chose such a mixed bag as we would say. That's the only thing I could think of—there must have been a common purpose amongst all of them.

Remember always, Jesus the Christ was looking at the *soul* and not at the physical covering of these men.

Les: Good, thank you, that does confirm what I have suspected.

Now, I think we should see what can be done.

Les: Yes certainly. Before you go I would like to thank you for allowing your colleague here at our last meeting, the one who has promised information about space travel.

I said I would bring them and I will, but of course as I also have told you, we need to go *slowly*, but I can tell you, *he* was overjoyed to have made the connection with you and rest assured *he* will return.

Les: That's very nice to know thank you, we did appreciate it.

Andy: Is it too late for me to ask a question? Last night I experienced something I haven't experienced for a long time and that is seeing colours, specifically a bright green colour. Can you tell me what that means and why me?

Why you my son? Why *not* you? Do you feel it was special for you? Let me say this to you: We have spoken a little of unfoldment, that is what is happening to you now. We have waited for you to place yourself in the position of being used; that you have done—you have accepted what has been given. Now let me tell you the colour of green that you are seeing, is a colour of healing. Most green is healing. You must be a little careful at this time, because in your development, you can begin to unfold, to open a little too quickly and what you must do is completely close yourself down. I hope this has been explained has it?

Andy: Yes it has, thank you.

What the green colour was in fact doing was almost cocooning you against yourself. You must take control at *all* times. But the green colour is a healing colour. It is *not* special to you, but as you become more and more aware, then more colours you will begin to see. I suggest when you have these colours that you allow it to flow completely through every atom of your being. (Okay.) Does that help you?

Andy: Yes, thank you.

You have explained to the young man about opening himself?

Les: Yes and the need to go slowly and to ask for protection.

Thank you—that is all that is needed.

Les: I have also warned him I'm quite a bully. (*Laughter*) We shan't let him run away! (*Chuckles*)

I would not call it that, but of course you are allowed your free words.

Les: Yes I feel I am sometimes, but it's for everyone's benefit when I do that.

Yes, and I am sure they—

Andy: I just thought it was someone trying to get through to me for the two ladies sitting to the side of me, because they do healing on animals, so I thought it was power for me to give to them.

No, it is for you. What you must *not* do is make assumptions. What I would say to you, accept what comes, try not to put an explanation to it, but to accept it for what it is. Can you see that?

Andy: Yes I can, thank you.

I would say that you felt a great quietness and peace afterwards did you not? (Yes) Yes, that was the healing phase. (Thank you.)

Les: Right, if you'd like to relax and see if anybody is going to be used.

It would be beneficial if each could tell you what they are experiencing. Quietly speak amongst yourselves if you wish, but please be open on what is coming to you.

The rest of the meeting was dedicated to personal development.

~30th January 1995~

Good evening.

Les: Good evening. Thank you again for joining us.

I'm happy to be with you once more.

Les: Thank you very much.

Are you aware of how busy you have been since last I came?

Les: Yes it has been very busy. You are aware if it, you say?

Are *you* aware?

Les: Yes I have been very—

I speak of you personally.

Les: Yes. I have been very busy and I am aware of it.

I do not speak of the work you do on this earthly plane. I am speaking of your trips to us, in your sleep state. Have you not been aware?

Les: No, I must be honest I can't say that I have.

My friend, you should be endeavouring to keep that knowledge with you, when you return here.

Les: I shall make a further effort to do so.

Your communication skills are well known on our side of life. There are many who offer you their thanks. If only you could feel their love *surround* you, it would *uplift* you in all your daily tasks, whilst remaining in your physical body.

Les: Yes. I do feel that sometimes, I must agree. I must make more effort to try and remember what happens during my sleep state though.

Perhaps you would feel more tired. (*Gentle laughter*) No, I only joke a little with you—of course you would not.

Les: No, no I will try and do that and concentrate more. I'm sure it will be most interesting.

You have *all* within these last months, come to me in your spirit bodies.

Les: So everybody here then should make an effort to remember what has happened during their sleep?

The exercise would be very worthwhile to you all, to your development and I am here to help you with that aspect of yourselves, as you well know.

Les: Yes, true. Can you suggest any particular mental exercise that would be beneficial, for the remembering of our visits to you?

Yes, if you wish—I would suggest before you go into your sleep state, and here once more, we come to what I will *always* tell you, the power of your '*THOUGHTS*'. If you would mentally say to yourselves, in the state between being awake and being asleep—you know of the state I speak of—(Yes)—when you are, how can I say, half here, half with us—mentally make the thought, *TO REMEMBER ALL THAT OCCURS IN YOUR SLEEP STATE*. Do this each night and eventually you will come to the state of remembrance. It must be thorough, it must be done continuously, if you wish to achieve results. Also on your awakening, perhaps you would write down what you remember.

Les: Yes, that's certainly a good idea.

Gradually you will see a '*FORMATION of THOUGHT*'. To begin with, it may seem rather jumbled up. But no matter, it will all eventually come together. You will realise what is natural *dream state* and what is an occurrence in the *Spirit realm*.

Les: They can become confused, can they?

They will be to begin with.

Les: Then perhaps I have been remembering some things, because I've been puzzled at some of the peculiar dreams I have had. Not unpleasant dreams. So maybe I have been remembering, but putting them down to physical dreaming.

Yes, this is what happens. Your physical brain tries to interpret what is a spiritual happening, which sometimes causes confusion. But if you endeavour to continue each evening, each morning, you will find a pattern emerge. I hope that will be helpful to you and I say to you all: Please do these things, for your own unfoldment.

Les: Yes. I have been trying to be aware of coming over to you, but perhaps as I say, I've been accepting it as physical dreaming, rather than an awareness of what has happened over there. So I must pay more attention to that.

Yes. Write it down. Then you will see the pattern emerge. It is much easier to look back, when it is written down, than to try to use your memories, which can fail you.

Les: True. It often does. I know in the past I have had very pleasant experiences on awakening, recalling what has happened and I can only assume that I have been over to you, but lately, I don't appear to have done that. But as you have said, it might have been confused with physical dreaming.

I can assure you that you do come to us, as you all do. It is not an unusual event. You all leave your physical bodies, while in your sleep state, all of you.

Les: So it might be helpful also then, to concentrate on coming over to you, would it?

You need not concentrate, it will happen in any case. What you need to concentrate on, is the remembrance of the visit, do you see? Because then you can remember what has been taught to you, to the spiritual aspect of yourselves. That is what you need to remember. Do not try to force yourself—that will not work.

Les: No, I have for some time now, before I've gone to sleep, tried to get interested in meditation, because that's the best time of day for me. So I have been semi-prepared to come over, I suppose, without concentrating on it.

It is slightly different when you speak on meditation. When you sit for your meditations, what you are doing is of course, raising your consciousness, yes we know. When you are in your sleep state that spirit aspect of yourself returns home, to be rejuvenated. Although you can sit in meditation and raise your consciousness, the spirit remains within the physical being. Can you see the difference? (Yes) So you don't necessarily leave your physical body, when in your state of meditation, unless you are in a *very deep* state of raised consciousness. There is a slight difference, but people assume it is the same, it is not.

Les: Right, that leads me to a question. Perhaps you can give me an answer to something that happened many years ago. It may seem a bit humorous, but it's quite serious. A communicator through one of our ladies, was astonished and I quote her words, 'To see me here in the group.' Because she thought I belonged in your world. So I said, 'Well what makes you think that?' Her reply was, 'Well I've seen you here in your pyjamas.'

And that confused you—

Les: It did yes.

Yes, it was the mirror image of you as you slept. Mainly, what would be seen would be your colour, your light in the spirit world. But for recognition purposes, your own higher self, decided that you needed to be clothed. And so it was you were seen in your pyjamas.

Les: I see. I've puzzled over that a number of times, but that certainly gives a comprehensive answer now—makes it much more acceptable.

It was that part of you, that was a little unsure and needed—not protection, but assurance that you would return. You see, things are not always so clear cut as people would expect. But that was the reason why.

Les: Oh good, thank you. I'm glad to have that resolved, because it did seem rather confusing. Now, might I ask my sitters if anyone else has questions on what you have just been telling me?

Of course.

Les: Does anyone have a question they would like to ask on this subject?

I am always amused because in the times leading up to my being here, many questions are posed. I try to give help to answer them. But here we are, with the opportunity and we are at a loss.

Mark: I've got a question actually.

Sometimes when I meditate, I feel a noise in my ears, almost a ringing, but very high (Yes) and I wonder what that is about. And I get the same noise when I'm on a ley-line.

Let me speak on this. When you meditate, there are many degrees of meditation, you would agree?

(Yes) **One of the first things you will notice, when you become used to meditation, is I believe, some of you call it the 'audible sound.'** I believe you may know what I am speaking of sir? (Yes) It can take many forms. It can sound like a hum, sometimes a ringing as you have described it. All it means is that you have reached a particular level of meditation. What happens next is that the consciousness becomes raised even higher and all these sounds, which are within you, not without, will *stop* and from the '**AUDIBLE SOUND**' you go to the '**DARKNESS WITHIN.**' I'm sure you can explain this to him a little fuller, if he so wishes. It is just a different level of meditation. You are reaching along that power line, if you like, of sound—you are tapping into it. The sound is within your head area, is it not? (Yes) Yes. Don't be concerned, it is, I would say, the **SECOND STEP** of meditation. Most people would not even be aware of it. The very fact that you are, shows your own sensitivity to that audible life force. I say to you continue, allow these noises to happen—be happy about it, and eventually you will be taking that one step further.

Mark: Thank you.

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

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

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

Mark: Which is the first stage?

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

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

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

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

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

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

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

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

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

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

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

Les: Certainly. Which lady would you like?

I wish the one who is known as Debbie please.

Les: Debbie, could you come in front please.

My child, I feel discord and disharmony with you. I will not go into detail here, but you know of what I speak? (Yes) Yes you do. Take heart child. Things *will* change for you. I know at this particular time, you feel that the tide is turning against you, but no one says that life was meant to be easy. I will help you all I can and I say to you, *think* positively, use that power of thought that I have told you all about. Use it wisely. I will be with you and you will see the clouds disperse. Now all that is love go with you.

Debbie: Thank you.

I leave you all with my love and my blessing.

Les: Our love goes with you Salumet and we thank you most sincerely, for what you have told us. God bless you.

~6TH February 1995~

Les: A very warm welcome to you once again.

Good evening my friends.

Les: Hello once more. And as usual we are delighted that you could be here.

Your words do me great service. This time, may I request the light just a little lower please.

Les: would that be sufficient for you?

If it is comfortable to you all, then I am happy.

Les: Yes, I think it will be comfortable for everybody, thank you.

This time, before we go on to our discussions, I wish to say just a few words to this one.

Les: Which one is that? On your left here, Dawn?

Yes. I want to say to you, whatever discord, whatever injustices you feel are directed towards you, in your day to day living, you must rise above them, you understand me? (Yes) You cannot allow those fine threads to be entangled with thoughts of resentment. You must *rise* above it all. You *can* do it, you know *how* to do it and for your very existence, I would suggest that you do so.

Les: Do you understand Dawn?

Dawn: Yes. Is there anything else I can do?

You sometimes feel almost like a spider caught in a web. But that spider knows how to disentangle himself quite successfully. So too do you have that knowledge.

Dawn: Maybe.

***Not* maybe, you do.**

Dawn: To disentangle oneself?

Rise above it all. Let your thoughts flow freely to those who you feel are against you. Use the power of that thought to help them and in return you are helping yourself. You understand? (Yes) I am trying to help in that direction.

Dawn: Could I ask you a question, should I change my surroundings? You know what I mean by that?

I would say to you at this time, I would say stay and be still and the answer will come to you—but for the moment, stay where you are. Do not despair my child, I will do what I can. There will be a time coming shortly, when you will be in contact with an old lady, who you can do much to help. You will be aware of her need for companionship and an ear to *listen*. I ask you please, help her. (Yes) Thank you.

Les: Thank you very much Salumet

Dawn: Thank you.

It pains me so, to see you all with your life's difficulties. But I can only say to you, I cannot remove all your trials and tribulations. I have told you this before, but that does not mean that it does not affect us so. I wish I could comfort you all, in times of troubles and I will do my best, but of course you know that the difficulties in your lives are what make you grow.

Les: Of course.

So, I say all of you, do not despair. Be positive, give out '*Love*' and in return, you will receive it threefold.

Les: Thank you very much for all you do, in the way of helping us.

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

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

Of course.

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

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

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

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

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

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

Les: Yes, I do.

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

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

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

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

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

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

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

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

Les: Many adjustments to be learned and made.

Yes, that is natural and it is expected.

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

Let me speak a little on this thought. When you leave these physical bodies behind, when you come to our side of life, then it is thought that you find sustains you through that stage of your life, shall we say. It is the next stage of your life. Thought is all that is needed, but of course, you cannot change instantly.

As you 'think' now, so you will 'think,' when you pass to the next stage of life. Then the adjustments are made, when individuals realise that 'words' that 'food,' that 'drink,' that *all* the things you have become used to on your earthly plane, are no longer necessary. Then they will be instructed in the use of their thoughts.

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

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

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

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

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

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

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

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

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

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

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

Yes, you have it.

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

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

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

Yes, if you wish to call it that.

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

Sara: Is it possible to cancel a thought?

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

I would be happy to answer for them.

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

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

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

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

I would suggest that would be a very good exercise for *all* of you. Self-control in all aspects of your lives.

Les: We have a phrase in our language, don't we: '*The spoken word is like the arrow sped.*' It can't be brought back. So it behoves us all not to issue these thoughts, I know I've had problems for many years, I'm still trying not to.

Of course they can be transmuted, if you use your thoughts wisely, to alter the thought that has been sent—your 'cause and effect' again.

Sara: Yes, if you send love after, yes?

Yes, it can be transmuted then.

Les: And to send a sincere mental apology, for having issued the original thought.

Yes, but the actual thought cannot be changed.

Les: No, because they are living things, Sara and nothing that lives can be destroyed. It can be altered/transmuted, but it cannot be destroyed. So that's why we have to be so careful.

I am sure you must all be aware of going to places where thoughts have been harsh, or bad or evil and at once you would sense these things. Have you not all been aware of this?

(Affirmed)

So you see, these are vibrant things that stay in the atmosphere. That is why I say to you, your thoughts can easily rebound back to you. It may not be instantaneously, but it will come to be.

Dawn: Can I ask, can you read our thoughts?

Can I read your thoughts? (Yes) Yes, if thoughts are living energies, then of course they can be seen. Yes of course we can. Those of us who have extended vision, if you like, of course can see your thoughts.

Dawn: Can you see my thoughts at the moment?

Yes. (Gentle laughter) If thoughts are living energies, when your awareness becomes heightened, then of course they can be seen. What is telepathy, what is all the things you already know of on your earthly plane, where people can pick each other's thoughts? It is nothing unusual, and it can happen here, whilst in your physical bodies. Have you not oft-times, been able to almost see what someone close to you is thinking? As do those beloved animals that you have. They sense and what they sense are your thought patterns. So can you see how important your thoughts become?

(Agreed)

Sara: Can I ask a question? If we can feel negative thoughts being directed towards us, what do you think is the best way to deal with it, is it to simply try to think a loving thought?

Yes, you must surround the sender of those thoughts, much love—you must. By doing that, the thoughts they receive back, will be good, not only for you, but for them. You will indeed be helping them.

Mark: So there isn't a place for angry thoughts then? They shouldn't really be there?

I would say, sometimes your anger can be justified. But what I will say to you: Do not direct anger towards another human being. Allow the anger to be expressed, but not towards someone. You understand?

(Affirmed)

Sometimes the expression of your anger is good for your own soul, but definitely not, if it is directed towards another. Do you understand that?

Mark: Yes, I do. But I've had to learn it very slowly, I think.

Les: We all have to.

It is human. I would not expect you all to be, how would you say, 'Angels?' I believe that is your expression. We do not expect that from you. But what you should do, is try to exercise *control*, in all aspects of your daily living.

George: Yes, could I suggest that wartime propaganda, is a really terrible thing, because it encourages people to think hateful thoughts.

Of course, what happens there, is that the peoples become *brainwashed*, brainwashed. (Yes) It becomes almost like mass hysteria. It happens wherever you have large groups, large crowds of people. It happens too, even at musical gatherings, where your young people are almost entranced by the beat from the music. So too, that is how thought works in the mass of the people. If every one of those people, who are caught within the terrors of *war*, would retain their own individual thinking, then that could not happen. But people are human, are gullible and so these things do happen.

Margaret: Can I ask a question? (Yes) I have a problem with a neighbour who is very ill at the moment.

They don't expect her to live very long, but she seems to be taking over my life. I've tried very hard *not* to be unkind, but I find it very tiring when I get six to eight phone calls a day, to go round and see her. Can you give me some advice please?

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

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

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

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

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

Margaret: I'll do my best.

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

Margaret: Thank you very, very much.

Les: Any more questions for Salumet?

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

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

George: Yes, thank you.

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

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

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

George: Yes, I do see that.

What is happening sometimes is this: These channels are aware of being used, but because of their own religious backgrounds, very often they see what they desire and what they desire is not always the fact. So I have to say, I would say to you, this channel, I would not say is deceiving, but is a little deluded as to who is using him. Too often we see people almost wanting a particular being to use them, when instead they should be open to any energy, which is compatible with them and there are many, many ready to do good work. Always go by your reason.

George: Thank you very much.

Les: Are you able to take any more questions, or is that sufficient for this evening?

I will answer one short one this time and I say to you before I leave, that next time I hope to bring with me someone you may find of great interest to the group.

Les: We look forward to that. Thank you very, very much. One short question for Salumet from anybody?

Debbie: Can I ask one please? This is a personal question: A friend of mine's baby has been diagnosed as having cerebral palsy. This friend has asked me if healing would help this baby. Is this a particular baby who could be helped by healing, or is this just meant to be?

Let me say this to you: Healing is always beneficial, there can be no doubts on that. But I think what you are asking me, is whether healing will benefit on a physical level. (Yes) It can help to a degree, but I would say to you, this child came to this time, with the problems it has and no healer can change those circumstances. But healing can help, but not to the degree that you are wishing for. I know these things seem harsh to many of you. But of course we have spoken about the soul's decision before it takes the physical body. So I hope you understand fully, why this must be.

Debbie: Yes I do, thank you.

Les: Well thank you very, very much for all you've told us tonight. It's been a wonderful evening for me again and I'm sure for the others.

(Strong agreement)

My blessings go with you all, until next time.

Les: Thank you—God bless you—our love goes with you.

~13th February 1995~

Good evening friends.

Les: good evening once more.

I will stay just a short time this evening, because as I said to you before, I would try to bring another.

Les: Yes, we are looking forward to it.

There will have to be slight adjustments, but I do not see a problem. When I leave you, continue as you would do normally, until such time as your visitor arrives. I want you to say to this lady, the one I am using, that we would like to make adjustment to her way of eating. I am trying to help her, but perhaps you will mention to her afterwards?

Les: Thank you.

If she sits quietly, like we know she does, she will know what to do. But please do say afterwards to her, it is nothing drastic, just a little thing to help her.

Les: Right, thank you, yes I will see that she has that information. Are you able to take one question, it's something I have been asked to put to you?

Quickly, this time please.

Les: There was a documentary as we call it, on our television last night, I am told, saying that what is now considered positively to be the Ark, has been found in Turkey. I wondered if you'd know if this is so?

I believe I have said *before* to you, that such a vessel did exist.

Les: Yes you have.

Yes, I think no more need be said on that matter.

Les: Right. Thank you. We shall wait and see what develops. Thank you very much.

I would say just one last thing: When you speak to the one who is to come, will you please speak very softly to begin with.

Les: Certainly.

My blessings go with you all.

Les: Thank you and our love with you.

Now let us continue.

Les: Thank you.

After a few minutes the expected quest arrived, channelled through Eileen:

Can you hear me? Can you hear me?

Les: Yes, we can hear you. Thank you, quite clearly.

I can wait if you like.

Les: No, please speak now, we look forward to hearing you.

Please be patient with me, until I make adjustments please.

Les: Yes of course.

I am very happy to join you.

Les: That's very nice to hear and we are very happy to have you with us.

I am happy that the one you know as Salumet, has allowed me to speak.

Les: Yes, indeed, he is a very good friend of ours now.

Although I knew what I had to do, it is not easy.

Les: No, it must be very difficult I imagine. That's why we do appreciate it so much, you taking the trouble to visit us like this, because it cannot be easy for you.

Salumet is helping me, because you see, I have not done this before—never before.

Les: Is that so? Well we do feel very honoured that you should be doing it for the first time with us.

Salumet is telling me to get on with it. (Laughter)

I must say, it is easy for him to speak. I hope I leave the lady comfortable.

Les: Yes, I'm sure you will do. You're always very considerate of the instrument. That is why they are very pleased to be used by you.

All right, let me tell you why I have come. For a long, long time—forgive me it is not easy to speak word—be patient please. I have been aware that this is possible of course, but until this time, I have not even considered doing such a thing. I am not of your Earth life. I never have been, but I am still aware of it.

Les: That makes your visit extremely interesting to us, when you say you are not of our Earth life.

Like Salumet, I too go forward teaching, but I teach in spirit.

Les: I understand.

I am what you call a 'keeper.' I am a keeper of records. I am aware that you know it by other names.

Les: Yes we do have other names for it, but we know what you mean.

I help, forgive me, be patient—a little uncomfortable—we are making adjustments—communication is becoming simpler, as your earthly time passes by, but still we have problems. I am a keeper of records, as I said. I think you humans are under some misapprehensions about these things.

Les: Yes, that's quite possible that we are. We have certain knowledge, but we have no means of saying that that knowledge is correct and accurate.

You are aware that there are different levels of existence in our side of life.

Les: Yes, we are aware of that.

Salumet has told you this much?

Les: Yes, he has.

I believe that you think there is one hall of records, do you not?

Les: No, my own opinion is that there are many such halls.

Exactly, and I am one keeper of one such hall.

Les: It must be a very exacting job?

It is work that instructs and pleases me. It is not given lightly to anyone. As you have many libraries in your world, so too we have halls of records.

Les: I believe your records go from the beginning of known time, do they not?

They always have been and always will be. I will explain to you a little.

Les: Thank you. We are all very, very anxious to learn all that we can, of the lives to come.

I believe Salumet has told you all that you come to our world in your sleep states. Therefore to all of you, this hall of records is available.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

You can.

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

All is available to you.

Les: That's most interesting.

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

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

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

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

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

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

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

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

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

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

Yes, the whole pattern of your existence already exists.

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

Past, present, future, all are one.

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

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

Les: Back at the same point, of course.

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

Les: Not very far at all.

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

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

Of course not.

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

Let me tell you this:

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

Why do you think you would be an exception?

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

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

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

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

Les: So all extraneous matter is disposed of.

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

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

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

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

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

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

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

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

Of course—these beings radiate great love, great love.

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

You didn't know. Well, perhaps someone can come and tell you more.

Les: We would be most grateful for any other information we can get. And tonight really has been beyond our thanks, for what you have told us.

Salumet is saying to me, you have not told them about the structure of the records. (Gentle/kindly laughter)

I apologise, but perhaps he will allow me another visit.

Les: Well I certainly hope so. We shall certainly look forward to it. It's been immensely interesting—and has taught us a great deal also. We all thank you most sincerely.

I hope the visit has been as worthwhile for you, as it has been for me.

Les: It's very nice of you to say so, and I'm sure it has been even more so for us. We do thank you again for making the effort to be with us.

And I want to thank the instrument sincerely, for all my difficulties in using her, if you would be kind enough to say this for me.

Les: I certainly will do. It will be my pleasure to do it. And I'm sure it will be hers to know that she has been such help. God bless you and our love goes with you.

Salumet then returned briefly:

My friends, I hope you found that interesting.

Les: We can't tell you how interesting.

I will of course, bring him another time.

Les: We just can't, I think I'm right in saying we are overwhelmed Salumet. I think my colleagues would agree with me. Overwhelmed by what we have been told tonight. It is so much to think about.

The effort made on his part was indeed a great one.

Les: We do appreciate it so much, we can't say fully.

I would not have brought him, if it had not been so. Now for this time, I leave you. May love surround you all as you go about your daily duties.

Les: And you Salumet and our friend the keeper. We look on him as a friend now.

I'm sure he does too.

Les: God bless you.

~20th February 1995~

Good evening.

Les: Good evening to you again.

As always, I am happy to be with you once again.

Les: We're very pleased to know that. We are certainly very happy to have you with us. And I would like to thank you for bringing your colleague last week, before we start any questions this time. It was greatly appreciated and most interesting—the keeper of the records.

I will bring him again, as I will many others.

Les: Thank you, that is lovely to know. It is certainly becoming more and more interesting at each session now.

As time goes by, so too will be our ability to use you all, to a much greater degree.

Les: Good. That's very nice to know also.

As I told you at the beginning of our union, slowly, slowly and that is the way we must approach each meeting.

Les: I do quite understand.

But there is much promise.

Les: Good. And I would like to thank you too, personally, for the information and guidance you have given us all, on concentrating on remembering what we do, when we come over to you. And I have had two very delightful experiences. I won't waste time by going into all the details, because they won't be of interest to others much. But, I do appreciate the information you gave, that enabled that to happen.

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

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

Of course.

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

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

Les: I thought it would be actually.

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

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

I hope that will be clear for her.

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

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

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

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

Les: You hear that Mark?

Mark: Yes, thank you.

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

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

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

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

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

Les: Yes, I'm sure he will.

But let those thoughts and those feelings flow freely, because there is much this one can do. You see, I think you would say, he is a poet at heart. It needs to be expressed, for the benefit of all. After all, your life's work, for all of you, is to express that aspect of yourself, to help others. That applies to *all* of you, you see?

Les: Yes. So whatever abilities we have, in whatever way they may begin to show themselves, they must be used for the benefit of others.

You all have these gifts. I have said to you before, you are capable of so much, but you must allow yourselves those quiet moments. You *must*, otherwise how can we reach you?

If you have more questions this time, I will be happy to answer them, but I would like to say to you, for part of this time, I would like you all to be still and allow what comes to you, to be expressed. Would you permit this please?

Les: We should be pleased to do it, yes. Does anybody have any questions before we begin? Any questions you'd like to ask from what you've been told Mark?

Mark: No I don't think I've got anything actually.

Les: It's clear enough is it?

Mark: Yeah, there's no point in me asking about it. It's supposed to come, isn't it—I've got to meditate really.

Les: Yes, just start the quiet periods and if you begin speaking, you'll soon know whether you are being used for that speech or not. Anybody else with a question? (*No comments*) Right then we'll do as Salumet suggests. Sit quietly and please give out whatever comes to you, whatever you receive.

There then followed some clairvoyance from different people. Eileen 'sees' a leper receiving treatment involving the venom of a particular type of snake—yellow and black and quite large. Others picked up various images.

~27th February 1995~

Good evening friends.

Les: Good evening to you.

Again I am happy to join with you.

Les: Thank you—very pleased to hear it.

This time, we would wish to devote some of your time, to the use of other vessels. For those who are open to us, we can bring much. So this time, that is what we intend to do. So I will begin, as usual, with your questions, if you so wish.

Les: Yes, I have one I would like to ask. It relates to what we were told a couple of meetings ago, by the 'Keeper of the Records.' We found him a most interesting person and I've been thinking over what he said and I'm quite puzzled of course, as I expect my colleagues are. I can understand and accept that we have to have various lives planned for us, but are they *all* planned? He said that we are able to see the lives which we shall have to live in the future, as well as those which have passed. And I wonder how those lives are planned, who or what plans them? Because he said that we cannot opt out of them, though we have free will to use, during the progress of that life, on this Earth. **(Yes)** I hope I've made myself clear.

I understand that you find this difficult. It is a difficult subject for all of you. Let me try to explain further for you. (Thank you—) When I speak of your future life, what is there is the outline structure. I have said to you before, you *choose*, the soul chooses its life, but within that free will there lies an outlined plan, can you see?

Les: Yes I can and this is what puzzles me. How does that outlined plan, which I fully accept and understand, how does that begin in the first place? Who or what decides what the plan should be?

We are speaking here on deep matters. I have said, *all has existed, all is, will be and is already past*. You cannot look upon these matters, with your physical thinking. It is not a judgement placed upon each soul. When I say it is set out for you, it is something that has always existed. I know not the beginning of these matters, I can only tell you it has always been. If you are looking for me to tell you that there is a beginning and an end, then this I cannot do.

Les: Yes, you have told us this before, that you are not aware of a beginning.

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

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

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

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

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

Les: Is that so—because he doesn’t understand the full complexity of it either then?

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

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

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

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

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

Les: Yes, that is the free will—

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

Les: It certainly is a complicated procedure.

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

Les: I can quite see that now.

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

Les: Yes, I would agree with you absolutely—

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

George: Thank you.

Les: We have talked about it—

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

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

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

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

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

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

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

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

There then followed a communication through Sue:

May I speak with you please?

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

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

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

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

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

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

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

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

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

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

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

May I ask each one here, to take into their mind's eye, the image of their favourite flower?

THINK OF IT. BECOME PART OF IT. FEEL THE STRENGTH OF EACH PETAL. HEAR/LISTEN TO WHAT IT HAS TO SAY. THIS IS A LESSON TO BE LEARNED.

Les: Did everybody hear that? (Affirmed)

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

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

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

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

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

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

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

Les: Thank you and our love goes with you.

Remember the flowers.

Les: Yes we certainly shall.

Feel the power of the flower.

God bless you all.

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

Some time for individual development followed.

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

General welcomes

Thank you for your welcome.

Les: We are glad to have you.

I have never done this before.

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

Words used to be the purpose of my life.

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

I wrote.

Les: An author, were you?

My name is familiar to you.

Les: Would you care to tell it to us? You don't have to, but we would be interested to know, if you are allowed to tell.

My name, the name you would recognise, is 'Dickens.'

Les: Really! Oh this is very, very nice indeed! And how do you like now, being able to write after mental communication and not having to bother with the verbal speech? You must find it a great advantage?

Charles: *I have used that communication and find it so very beneficial.*

Les: I'm sure you would.

Charles: *When I was alive, I used to read my work out loud. To now read, no not read—to allow myself—no I am sorry, the words do not come.*

Les: No, I think I know what you are trying to say. That though the mental communication is beneficial in many ways, you are able to form plots for the plays you still write, which you do I know, you still are aware for the need of the physical impact of the words. Is that right?

Charles: *Yes. My life was spent speaking and writing. Now the thought process means I have a wider audience. But the work that comes from me now, has a greater purpose, which is why the audience is so much greater, than on this plane.*

Les: Of course it would be, because your thoughts can reach so many, many more, than the written word could, or the spoken word on the stage.

Charles: *My works here, I believed contained a message for people that were able to read between the lines.*

Les: Yes, it had to be didn't it, otherwise you would have been in serious trouble, quite often.

Charles: *Part of my work provided a balance—(?—tape very faint) I understand that now.*

Les: Yes, and do you still write on the same subjects?

Charles: *No. My works, I believe are still widely read, on this plane. Therefore the work I try to do in spirit, has a different meaning.*

Les: Yes of course. And you were aware largely, of the continuity of life you now enjoy, when you were upon this Earth, weren't you? It was a very real thing to you.

Charles: *In part yes. But even now the learning process is very slow.*

Les: Yes of course. We all find that. And have you met any of the major characters about whom you wrote?

Charles: *My writings contained many characters which existed only in my head.*

Les: I see. Not based on any physical person?

Charles: *Some. But if I have met them in spirit, then they have not been able to tell me.*

Les: You must be grateful now, with your new knowledge, of what you did do when you were on this Earth and the information and pleasure you gave to all those who could read and relay your words. I know there were many still illiterate in your day, but those who could benefit, did benefit I'm sure.

Charles: *I am humbled in the knowledge that my writings are still read and understood.*

Les: Oh they are still read. They will never die.

Charles: *They are just mere scratches, compared to the works I am privileged to see now.*

Les: Good. It must be very gratifying for you?

Charles: *And in the mental processes which enable me to influence in a small way, in part of this work. I am truly grateful for it.*

Les: As are we, in all we learn. Do you try to influence potential writers here?

Charles: *A part of me is with someone, who is writing on your plane, at this time. I find it difficult to explain. I am no longer one whole person. Do you understand?*

Les: Yes I do. We have had some speech on that very matter, from our friend Salumet.

Charles: *Yes, it is through the one you know, that I have been summoned here with you. If I say to you that on your Earth, when someone shows rare abilities in writing, music, artistry, then part of their spirit is guided by part of another. And so it will continue as time goes on.*

Les: Good. And I'm very pleased to hear, because the influence from your plane, on the writers on this one, can only do good. And the world certainly needs a lot of better treatment. Well, thank you very much for having come here and telling us who you are, we do appreciate it.

Charles: *I am more privileged to be here and you all to receive me. Thank you for your time.*

Les: Thank you for having taken the trouble to come to us. It is a rare pleasure to have you.

Charles: *I am privileged to have spoken—I leave now, thank you—*

Les: Thank you. Perhaps you'd like to come again and talk to us. We'd always be interested, if you did wish to.

Charles: *I believe I am to return to read to you, some of the works I am involved in—*

Les: Yes, well thank you very much. Our love goes with you. God bless you.

Salumet then returned briefly, after a short pause:

Is it not good that so many wish to use others, for the betterment of all?

Les: It certainly is good. It's been really remarkable this evening. And we do appreciate it and thank them, all of them.

I want to say it warms me greatly, that the last speaker should feel so comfortable with you. Because I tell you, he came to our side of life, full of resentment and a little anger, because he felt cheated. He needed more time, he felt he was the mouthpiece at that time, for the common people.

Les: Yes, I can understand his feeling that.

Although he had an awareness of life, he felt cheated that he was taken at the time he was. But now, he can see the wider plan, and that his work continues in a different manner. But for some considerable time, his anger and his anguish did much to hurt himself.

Les: That's a pity. I'm glad he's overcome it now.

You have seen a completely different character, to the one who first came to our side of life.

Les: It must be satisfying for you to see the change too. You and those who work with you I mean, of course—all of you.

There has been a purpose for his return this time. I have spoken to the gentleman about the use of the pen. (Yes) I wish him to think carefully on what has been said this night. I want him to find the connection in the words spoken.

Les: Right. I think that applies to you George, doesn't it?

No, the other gentleman. (Mark) If he will pick up the pen, the connection is there. Before I leave you this time, I want to speak to the people I have been speaking to. There is within their circle, a young child. Salumet then gave a message regarding Ashlea, Sara's daughter:

—this child has an awareness and she needs to be nurtured carefully and you, my child, are the one who can help her. She seems a difficult child. At times very quiet and how you would say, a little sulky? This child is sometimes put down rather harshly, for her sensibilities, you agree with me? (Yes I do.) You my child, must help her. Just listen to the child. She is not physically abused, but her sensibilities are.

Sara: Yes, because she is very imaginative.

Yes. Her awareness is great. Please listen to her, she will confide in you. You will find the right words, the right action. But please nurture that child.

Sara: Yes I will. She's very special.

You have said the right word. In that child there is a great deal that can be brought forth. You know she can see and she can hear.

Sara: Yes, I know she's very bright, very aware.

Les: I think Salumet means spiritually, clairvoyantly/clairaudience. That is right I believe, isn't it?

Yes. Listen to her—she needs someone who will *listen* to her.

Now I say to you all *thank you, thank you.*

Les: Thank you very much for allowing us to work with you all.

I hope this evening has been instructive to those who have been used. And to those who have not voiced any words, don't be concerned, because your contribution is just as great. My love goes with all of you.

Les: And our love with you and all your colleagues. 'Thank you' is such a simple thing, but it does mean so much from us.

To the young people, the future will get '*BRIGHTER*'. (Thanks + fond farewells)

~6th March 1995~

Good evening my friends.

Les: Good evening again. Thank you for joining us. I'm sorry we're a small group again tonight, but two of our sitters have become married and are having a little break. Another one is in Hong Kong and a third one is looking after some children, a fourth one I should say. Still, I'm sure this won't affect things very much.

It is good when the numbers are full, but it matters not what number is here, provided the love and the genuineness is here with those who come.

Les: That is the important thing, isn't it.

How many of you within the room, are aware that you have been with me, since our last meeting.

George: Yes, I think at fleeting times—

There lies within you many doubts, when you feel that perhaps something special is happening to you.

Firstly, let me say to you, that is good, that is good that you should have these doubts to begin with. But I would say, look deeply to the matter I hand and when you are sure within your own hearts, then please accept it. All of you have been with me this past week.

Les: Good, that's very pleasing to know.

I want to know from the gentleman, what he has retained please. What do you remember?

George: I have very limited recall, where my dreams are concerned at the moment, but I seem to have a half-awareness. I awakened one morning, knowing that I had had a dream concerning my father, but I couldn't remember what the dream was.

Have none of you awoken to find yourselves feeling a little 'down' this week? (Affirmed) Yes, you know why, don't you? Because coming back to this existence, is rather like a shock to your system. And so the feeling of being a little down, is natural. I am happy that you have felt this, because it indicates that what you have experienced is good, can you see? (Affirmed)

Les: That would account for my feeling very down about a fortnight ago and I just couldn't understand why, there was no obvious reason, but I awoke in the morning feeling really down.

It is because you *all* have been elevated to a higher plane. You see, if your awareness had been greater, you would have retained a memory. But I am happy for you, because there is continuity and you all have felt it.

Les: Good. Is there anybody else who is aware of having been with Salumet? Any unusual/pleasant dream?

It matters not. The fact that *all* have felt this feeling of being 'down,' as you say, is good. It shows that you all have experienced the same feeling.

Debbie: Can I ask a question? You said for us to remember our experiences when we are asleep. Should we be putting it into our heads when we go to sleep, that we must remember what we dream? Because I try to think before I go to sleep, subconsciously to remember what I've been dreaming. And I tend to find now that although I'm asleep, I feel like I'm awake.

That is good. It is your awareness coming to the surface. I believe I have said to you, before you enter your sleep state, then reaffirm to yourself what you wish. It is the power of your thought once more.

Debbie: That's what I've been trying to do, because if you put in your head, before go to sleep, a certain time you want to wake up, you will automatically wake up at that time.

Continue as you are and you will be granted *that* that you wish. You see, the power of your thought will create, that is how it exists in the spirit side of life. The thought is projected forward, therefore it becomes an actuality, do you see? (Yes) Good, *good*. I am so pleased for you all. Please continue to open up all of your senses.

Les: If no one else wants to make a comment, I have been doing as you suggested Salumet, and jotting down my dreams or visits, to see if I could sort out which was which and I did have two quite interesting experiences. I was standing on a beach and someone was giving me some very large fish and I had an awareness that this was symbolic of spiritual feeling, which would be given. The other occasion was that I was at the front door of what would appear to be a normal house, but it was all white. The front door was opened without my knocking, by a lady in white and I just went in and that was the end of that.

Good, good, let me explain for you, shall I? Let us take the second part of your question. The white house, of course, is symbolic of a house, as you would know it, because here on your Earth plane, that is where you feel secure and comfortable. (Yes) Yes. You entered freely, because you knew within yourself that you would be welcome, you would be safe, you would be secure. The lady within, with the white robes, is one of your own teachers. The fact that you do not remember or recognise her should not be a concern for you—as your visits become more frequent so too will you gain more knowledge, more teaching, to bring back. Your visits there are of an instructive nature; this I have told you before, but the very fact that you remember entering and seeing the lady is good. Continue as you are. Do not have any doubts that what is happening to you is all in your mind, as you say. These things are taking place.

Les: Good. I must admit, I awoke each morning after those two incidents, feeling very, very happy, for no apparent reason.

It of course brings me to the first part, which will explain why you felt so. The fish was symbolic, as you say. It was a gift given to you. But what is more important is the location. To stand by the sea, denotes strength. You were being given help and strength. It was a simple gift, to be accepted simply. And you did so in that manner. So you see, that spiritual strength sustains you. That is why on awakening, you could feel and sense that spiritual strength.

Les: That's very, very interesting. Thank you for the explanations.

Please *all* of you continue, we can give you so much more, on our side of life.

Les: Yes I certainly look forward to my visits now.

But remember, if you awaken and you feel a little down, rejoice in the very fact of that feeling, because know within your hearts, you have been elevated to those higher realms. If the feeling remains with you throughout your daily tasks, then please by all means, ask for it to be removed. Would anyone like to ask me anything this time?

Lilian: Could I ask one? It's on behalf of the instrument that you are using. (Yes) She wonders where she goes when you are using her.

Of course—I will say, you know of course that the physical shell is still within your room. But to be able to use an instrument as we do, we have to put them to one side. I don't mean physically, or even spiritually. What happens is, the energy from the etheric body, is elevated, raised if you like, far above the physical being. We then are able to use the instruments without harm. It is a very technical thing for me to explain to you. But simplistically, it is the energies of the etheric body, which is placed to one side. The physical being remains intact. I hope that satisfies you.

Lilian: Yes. I'll tell her.

Sara: Can I ask a question? The artist who was known as Claude Monet, is he continuing to inspire with his paintings in spirit world?

I will speak a little. On the whole when people, no matter what their professions or their inclinations were, whilst they were in the physical bodies; if that love, that gift that they have is strong enough, then that very love will be carried forward into spirit. Those beings will then, if they so wish, continue on with what they have started with. We have spoken briefly on these matters. But I can tell you that this particular artist, is now involved in other things. He had expressed fully whilst on the Earth all that he wished. He has now moved forward to other things that involve people and helping others. (Thank you.)

Les: Any other questions for Salumet.

Debbie: Yes, can I ask one? Over the centuries there have been loads and loads of superstitions. Is there anything actually in these, or is it just like a myth?

I'm sorry can you elaborate a little.

Debbie: Well people say its bad luck to walk under ladders and that if you break a mirror its seven years bad luck, that type of thing, where do they come from?

Oh, who am I to say, how your minds work—

(Laughter) **Forgive me—yes, yes, yes, yes. Please—people are so buried in their thinking, you see. I'm sorry if I seem amused, but so often we see these failings. And you see, basically superstition stems from fear. It is a fear of something, of the 'unknown' usually. But eventually these superstitions are dispelled. But I would say to you, FEAR NOT, fear *nothing* whilst in your physical bodies. After all, what is there to fear? You know life is eternal. Let go of all of your fear and you will find that your life plan *falls into place*. I hope that has satisfied you.**

Debbie: Yes.

Yes, I beg your pardon if I should seem so amused.

Les: We could have a chat about it afterwards if you like Debbie, because there are some physical reasons for all of them, if you want to know afterwards.

Debbie: Yes, it seems strange doesn't it?

I have to say to you, the human brain conjures up many, *many* of its own devils, if you like to call them that. I know it is a term that is thrown around lightly and that is what it is, fear.

Les: For instance Debbie, to us black cats are lovely, aren't they—whereas in other countries they're unlucky? So you see as Salumet says, it's purely our *minds*.

The power of the thought—always we will return to that statement. You have the power for good, you have the power for bad. It is all the same energy, but used in a different way, you see?

Les: We use black for morning. The Chinese use white for morning. So you pay your money and take your choice.

Debbie: It seems funny, where do they come from—

Les: Just as Salumet says, from fear of the unknown really.

Debbie: But I mean, walking under a ladder, it seems so—

Les: Well that's logical because supposing a chap's on it and drops a paint pot—that's why you don't walk under a ladder. It doesn't mean it's going to be unlucky. It might be unlucky for somebody, but not as a general rule. Why do you throw salt over your shoulder? Because the Devil was supposed to be looking over your shoulder and he was after the most expensive thing: salt. Do you see how they derive? **(Yes)** It's all physical. Sorry Salumet, I got carried away a bit.

Not at all. I am always pleased to listen. I come here, I speak many words, so it is good sometimes I listen. I wish to say to you this time, how grateful, how delighted were those who came last time. If only you could be aware of the joy that you have given to those who came. Indeed, you would be beaming.

Les: Very pleased to hear that, thank you. We're always very happy to welcome anybody as you know.

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

Les: We look forward to that.

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

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

The love be with you all, until next time.

Les: Thank you, God bless you.

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

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

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

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

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

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

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

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

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

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

Les: Yes I think so.

But remove the physical and everything multiplies.

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

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

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

Now let everyone here ponder upon my words.

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

It may be possible. I am constantly with you.

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

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

~13th March 1995~

Good evening. (Welcomes)

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

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

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

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

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

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

Salumet's guest then arrived:

Do you hear me! (Very loudly)

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

I am trying to temper voice.

Les: Yes it must be difficult for you.

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

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

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

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

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

Les: Certainly—as long as you wish.

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

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

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

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

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

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

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

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

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

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

He not only teaches here, but in cosmos.

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

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

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

I do not teach, but I visit.

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

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

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

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

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

Your time, your energies are nothing to us.

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

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

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

You are in matter so dense, so heavy.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

You are tiny dot.

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

You are indeed that.

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

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

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

You my friend, have many realities to journey through.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*'Oh great and divine saviour of love,
Let us go forward with our daily tasks.
Keep us protected in your love and your light.
Let us feel your presence as we go about our daily duties.
May each and every person within this room,
Be blessed with your love.
God bless you all.'*

~20th March 1995~

Good evening my friends.

Les: Good evening.

Much has been going on since we last met.

Les: Yes it has. I know it has on our side, but did you mean on your side?

Remember always it is a joint effort. (Yes—)

Let me begin with just a few words this time please.

(Yes—) I have been aware of your many thoughts, your many questions, all of you. I want to say to you all, as I have done previously: I cannot live your lives for you; I cannot change your lives for you; I can only influence and try to guide you. That does not mean your thoughts and your desires are thrown to one side. I know there are among you some who have doubts—and I don't mean that unkindly, you understand?

Les: No, we accept it as a statement of fact.

I will do all I can to help you all, you realise this?

Les: Yes I'm sure we do.

And I know you will understand that the reply to your questions and your thoughts, will not always be what you want.

Les: No, we understand that too.

Therefore, let me say to you: I gather all of you within my thoughts, within the help and the boundary, with which I am able to give to you. I hear your cries for guidance, your cry for wisdom, your cry for many things—and let me say, all of those thoughts are here.

Les: Thank you. You take them to your heart—

I want to speak to the lady at the end.

Les: Right—Dawn? (Yes)

Within her group of acquaintances, she is in contact with an elderly lady.

Les: Is that so Dawn? Answer please, keep the voice contact going.

Dawn: Yes it is.

I want you to be a little more attentive to this lady. She is not forthcoming with her speech, but she is in need of some comfort and you my dear, can supply it. Just listen to her. Look behind the words that she speaks to you, because you see, there is a lonely soul, you understand who I am speaking about?

Les: Yes I think so

Yes you do. Send forth your thoughts of love to this one, she is in much need. Although the front that she presents to the world is an entirely different one, you would agree? (Yes) Yes. That is all I have to say this time.

Dawn: Thank you.

I want to say this time that there are many who would like to use your instruments; and so I am prepared to devote some time to this, because the more aware each instrument becomes, the more we can bring you.

Les: Thank you.

So I would say, is there any questions before I leave you for this time?

Les: I will ask in just a moment, but before I do, I would like to thank you on behalf of all of us, for your colleague who came to speak at our last meeting. It was most interesting and we are grateful to you for having brought him to us.

I am pleased that you found it to be so.

Les: We did indeed and we hope that he will be able to return one day, to speak again.

I wish you could see the many who wish to come and perhaps you would realise the difficulties therein. There are many to come my friend; many, many, many interesting peoples. But knowing him, I do not doubt that he will return to you.

Les: Good. We are glad to know that, but of course we also do accept that whoever you bring, will be of benefit to us and so whoever it is, we shall welcome them and be glad to hear them speak.

I can say to you, I will bring only those of an informative nature. I trust you will find it so, indeed I know you will.

Les: Oh I'm sure we shall, thank you very, very much again. Now, any questions for Salumet?

Always I am surprised! So many questions when I am not here and when the opportunity comes, silence.

(Smiles)

George: Well, I do have one. I'm continuing to write my book and I'm about half way now and I quite often feel I'm having some help with it and I feel there are perhaps spirits not far away. Ideas come and go and I don't think it's all me. Would you like to say something about whether there are spirits not far away during our consciousness, as opposed to in our dreams?

I believe we have touched upon this subject a few times. Let me say you are all guided by many—there is no ONE guidance around you—all of you have more than one helper. We have spoken before on many things, about your scientists, about your writers, about your musicians. All are inspired from our side of life. I said to you previously, continue with your writing and you would be helped. Of course by that I meant you would be inspired, at the correct time. I am not saying *all* your thoughts are inspirational ones, but at certain times, when your awareness is heightened, then of course we come close to you. So your assumptions are correct.

George: It's very reassuring and I'd like to say thank you.

I do urge you to continue with your task.

George: Thank you.

Les: Thank you. Any more questions? *(Pause)* I have just one short one. You asked us some time ago, to give time to one of our sitters, a gentleman. I'm sure you are aware we have been doing that with very good results and we were asked that he should be sitting next to you at this meeting. This has been arranged.

Let me say to you, you may find that this evening will tell you why that was to be.

Les: Thank you very much again. God bless you, our love goes with you.

Please to lower your light for those to come.

Les: Yes certainly.

We then sat in silence for a time, before one came through who needed some assistance from Les, in realising that they no longer needed to hold on to the pain, now that they were no longer on the physical Earth plane.

One then began through Sue:

—I come to say that while instrument is being used, then instrument is experiencing some extraordinary feelings. This is to show the difference between the physical and the spiritual being. The instrument is of course human form, yes. I have to tell you that I am not of the human form, as you know it.

Les: You are not of the human form as we know it?

No, can you understand?

Les: Yes I can. Does that mean that you normally inhabit another planet?

If that is an easy explanation.

Les: And have you ever lived upon this planet?

Not this time, no—not this time, but in what you would call the future, I will walk your lands. But that is not for some time yet.

Les: I see. You will walk upon this Earth at a distant time in the future.

That is the future plan, yes. But it will depend on whether your planet improves and becomes less hostile place.

Les: Yes I understand. So am I right in saying that you're what is known on this primitive Earth, as an alien being, from another planet?

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

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

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

Les: I do understand.

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

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

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

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

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

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

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

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

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

I leave you now.

Les: Thank you very, very much. Goodbye.

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

~28th March 1995~

Good evening my friends.

Les: Good evening once more.

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

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

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

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

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

Les: Yes, you have touched on this earlier.

Yes, you *all* possess these many energies within you. It is nothing to do with your gender. You see, these people are fooling themselves about these matters.

Les: Yes, unfortunately there are many who do that and still adhere to those misconceptions.

Yes. I know that you do not, but I think you should know that it is wrong, in any case.

Les: Yes, it adds weight to our arguments, if ever they do develop into arguments, about procedures at groups.

Yes, it is good that *all* of you, who will one day go in their own direction, should remember these things.

Les: Of course, it is very important, to avoid falling into the same trap of misconception.

Of course. Are there questions upon matters of his subject that anyone would wish to discuss with me? Or shall I continue?

Les: Please continue, unless there are questions, are there?

Mark: Could I ask about what the *real* difference is between male and female energy?

You are speaking as human beings?

Mark: Yes.

There is no difference. I have just said, each person possesses male and female energy within them.

Mark: So it's in the same balance?

It should be. But in certain persons, this is not so. But that is another subject that perhaps we could go into another time.

Les: Yes, I have questions branching off onto that, but not this time.

We can devote more time to the subject.

Les: Yes, please continue then, if you will.

Of course. Let me speak on another matter, where there lies many misconceptions. Let me take the groups that feel they must hold their hands together. Of course, it is the same thing—they feel that their energies are linked. In very few cases, this does help, but on the whole, it is unnecessary, because you see, we do not draw the energy from your hands.

Les: I have never wanted that to happen, because I've always been of the opinion that it could be a distraction.

Yes, it is. You see, we draw the energies from the spiritual aspect of each sitter. So whether they be holding hands or not, really does not make the difference—I say this to you. Of course I would say to those groups who do this, if they feel better for it, if it helps them in their quietness and their meditation, then do it. But do not become obsessive about it. Do not bar anyone who feels it is not right, because then you see, they start to build negative energies themselves.

Les: Yes, I can understand that.

I wish you could all be more open in your pursuit of spiritual matters.

Les: Another peculiar thing I have come across in the past, in groups, is the placing of a glass of water, under each sitter's chair, on the rather to me, peculiar assumption, that it will condense power into that water and it can then be consumed afterwards.

I have to say there are a multitude of happenings, which are so unnecessary. Look to those people who have trodden your Earth planes. You do not see them practice these things, because it is so unnecessary. Take them as your examples, if you please. Try to approach these matters, only with an open heart and an open mind. That is all I would ask of you.

Les: So basically, we are following the correct requirements in the way we approach these meetings?

I have been happy with the way you have conducted yourself, over these many years. I have said to you, when I first approached you, that I have waited a long time to come and I would not have said those words, had they not been true.

Les: Thank you. I am pleased to know that we are following the right principals.

Let me say, too many of these groups, are too urgent in their needs, too urgent in their ego, too urgent in what they desire, rather than what should be the needs of the whole. You my friend, have stood back on many occasions and for this you will be rewarded. I don't wish the word 'reward,' to seem a huge thing in your eyes, but it is the only word I can find this time. And I want to say before I go, because this time must be short, because of the explanation given to you, I want to welcome back the young gentleman to the fold, shall I say.

Paul: Thank you.

Let me say this to him: This one is a seeker of Truth. He is a seeker of what is life all about. He will find in his own time, his own answer. He is not so easily convinced, are you my friend? But let me say, there is much more travel ahead of you; not only in your physical person, but in your consciousness. There are many, many roads for you to travel, you understand what I am telling you?

Paul: Yes—umm.

You will never find *all* of the truth, *all* of the reasons for life as you would wish to know it. But along your life's journey, you will discover much. And that, my young friend, is no mean matter. There are many within many lifetimes, who discover very little.

Paul: So I'm not going to be like a tree and put down roots, I'm going to be on the move—

I did not say that. I said you would travel far and wide. But yes, you will one day find your roots, you will be stable in your life, but you will travel many, many roads.

Paul: Right. I'll have to find what the next road is.

Your future my young friend, is '*rosy*.' I don't often say that to many people, but to you, I can say these words.

Les: That's nice for you Paul.

Paul: Yeah, Thanks. That's a nice word to use!

Now my friend, before I depart, I want you to take a little more care of yourself please. You must because there is much work still for you to do.

Les: Right. I thought I was taking reasonable care, not over-working.

Yes, but you must remember, you are not always the best judge of what is best for you.

Les: Quite. I accept your recommendation. And I shall do something about it.

Do what I have told you all previously. Listen to your bodies, listen to that quiet voice within you and you will not go far wrong.

Les: Thank you. I shall take heed of your comments. Thank you for them.

Now I will leave you this time, to continue. My love goes with you all, until we meet again next time.

Les: Thank you very much indeed. And our love goes with you. God Bless you.

There then followed one known as Moon Feather, through Sue; one of several Native American Indian speakers/friends, who had been before:

Come to say 'Moon Feather' come to look after brother.

Les: Thank you very much Moon Feather, I appreciate it. It's a long time since you visited us.

Will take care of my friend.

Les: Thank you. Yes, I do try to take care of myself, but I'm always grateful for any extra help.

Cannot stay here now—too difficult for Moon Feather, but brother know Moon Feather here to help him.

Les: Yes, I shall keep that in mind, thank you. And I'm sure I shall feel you nearer me. And I very much appreciate you coming to give me strength.

Then another followed through Sue:

Was that a happy reunion for you?

Les: It was a very happy reunion. It's a long time since I spoke with him and I'm very happy to know he's still with me.

These links always have a purpose. Now this time, we will not prolong speech. Our teacher is requiring energy for his instrument. I was to speak on subject, but have been advised that we will concentrate power as a healing time. I ask all friends here, to give love into the room, do you understand?

Les: Yes I do indeed and I'm sure we will.

Thank you—you will know when the evening will come to a close.

Les: Thank you. We shall sit quietly, while the healing goes on.

Please to lower the light.

Les: Yes, I will.

If we could all concentrate on Salumet's name please, it will assist him to help Eileen.

~3rd April 1995~

General greetings

My friends, I am happy to see so many of you gathered here once again.

Les: Yes unfortunately there are absentees which couldn't be helped.

I would ask you please, to lower light a little.

Les: Certainly.

Thank you. It is comfortable for you all this way? Because we lack some energies this time, it is more beneficial for communication.

Les: I follow thank you. Yes, any alteration you require at any time, please say. Of course our concern is that you should and all those from your world, be comfortable when you come here.

We are indeed grateful for all that you do to make us so welcome in your world.

Les: We can't know what an effort it must be, but we do appreciate your taking to trouble to visit us. So the least we can do is make conditions as favourable for you as possible.

Yes thank you. Before we continue this time, I want to tell you that next time, I will bring you another visitor.

Les: Good. Thank you, we look forward to that, because we know it will be very interesting again.

I hope it will be informative for you.

Les: I'm sure it will be, because everything has been so far.

I wish to say to you this time, that a few of you in the time since we last met, are a little depleted in their energies. I am sure some have felt this in their physical being.

Les: Has somebody felt depleted?

George: Yes I think I've probably been lacking in energy this last week.

Sara: I've had a throat problem, but that was two weeks ago really, I didn't come last week.

Mark: Yes I've been very tired, but I think that's been from work really.

Les: Yes you are quite right of course Salumet, you've heard the answers.

Yes I am grateful to them for the acknowledgement, but of course, whether they wish to say or not, I am aware. Let me say to you, at times in your physical lives, these happenings occur. It is not so much that it is a physical tiredness, but more of a spiritual tiredness.

Les: Is that so? And that is reflecting itself on the physical awareness, is it?

I have told you that the spiritual aspect of yourselves will reflect onto your physical beings. So I will reiterate to you, that those who are feeling depleted, *must* devote more of their time, to that quietness please. They will then feel that upliftment that is necessary for good health and growth.

Les: Thank you again for the advice.

Now I would like to speak on something common to you all. I speak upon judgement of others. You have many feelings, many thoughts on this matter. All of you are individuals in your thoughts. Let me speak to you on a wider scale. *'Judge not lest ye be judged.'* Those are words, I believe you are familiar with.

Les: Yes we are.

Why do you think that you judge others? Can you answer me?

Les: I think possibly it is because of the domination of our physical reactions, rather than us looking into our spiritual reactions to any given circumstance.

Yes my friend, you are right. You judge mainly on your emotional feelings. The emotions are so strong within you humans, that sometimes it clouds your true spiritual judgement.

Les: Yes I would agree and I expect everybody would agree with that, because I'm sure it has happened with me in the past and I'm sure it has happened with everybody else, that having formed a judgement against somebody, for whatever reason, we almost invariably wish we had not done so and regret having done so. I think most people would agree with that, would you not? *(Agreed)*

There is no need to feel shame that you feel these things, but all I would say to you is, next time you wish to judge another, place yourself within their shoes. See if your judgement would be the same.

What you must do is look *deeper*, look *deeper* into each soul—look behind the veneer.

Les: I think it would be as well if we reintroduce the old saying which we all know: 'Count ten before you act.'

I think that would be very wise indeed. Look to your small children. Look to the forgiveness in those young hearts, watch them in play. They do not judge each other, they are much more accepting.

Les: That's true.

So I say to you all my friends, look first to your own failings, because in judging another, shows that within you, there lies that same failing. Can you understand that?

Les: Yes I think we all do. Does anybody have any query on that, or do you understand all that Salumet has said?

Paul: It's like the saying: *'The finger that points has three pointing back.'*

George: Yes and observing the error in others, may help us to observe the same error in ourselves.

Those are wise words, yes I do not expect any of you to become like saints, as you would say. That would not be possible, whilst you inhabit these bodies. But to have the realisation, that is what is important, you understand?

Les: Yes. I think too that many people do not recognise the importance of the various phrases in the Lord's Prayer, with which we finish each meeting. That is: *'Forgive us our trespasses as we forgive those who trespass against us.'* Many people I am sure, say the prayer in a rhetorical way without thinking of the importance of the phrase, *'As we forgive those who trespass against us.'* If we don't offer forgiveness, how can we expect forgiveness?

Of course—and what is forgiveness, if it is not love offered to your fellow man. It is simply put. I beg you all to think upon these words this time. And next time a situation arises, when you are aroused to judge others, step back, take a good look at yourself and then make your judgements.

Les: Yes, I'm sure we shall all do that, having heard what you have said on this occasion. Unfortunately we do succumb to the human emotions far too often. That is why I and I expect all my colleagues here, are grateful for the teaching we are receiving.

None of you are infallible, that is not expected. What I have come to try to make you aware of, is your own higher self, to look to that aspect of yourselves. Because in doing so, you become better people. I want you to express the *'innate love'* that all of you possess, it is as simple as that.

Les: Can we acknowledge Salumet's talking to us, by all agreeing to that, everybody?

(Affirmed)

Paul: Yes, that's the way I want to go.

You will my son, don't be concerned upon that matter. You, as I have said previously, have far to go. There is a kindness about you that few possess.

Paul: Thank you. Sometimes I don't know what to do though, or where to go. It's difficult to make decisions.

I cannot make them for you, you must choose your own path. But we have said before, take those quiet times and you will be guided.

Paul: Yes, thank you.

Les: That does mean quiet Paul, away from all other *distractions*.

Paul: Yes.

Too much noise in your world today—too many people rushing through their lives, without ever becoming aware of that *'inner voice'*. It saddens me so, that such a thing should be. But it has to be accepted and that is why we are gathering at this time, so that these conditions can be changed.

Les: Yes. I have found Paul, continuing that—I relax completely lying on my back in bed and arms straight down—I find I completely relax and that is the time, when I do feel upliftment, there is no question about it. Because there is no extraneous noise, no phone call, no likelihood of anybody coming, so the mind is clear of expectation of interruption. And that is an important thing to remember. Often the mind, the brain, is anticipating interruption, you follow me? (Yes) Will the phone ring, will so and so call, will this that and the other happen; well late at night it's unlikely that any of it is going to occur. So the mind is clear of expectation.

Paul: Right, yeah.

Les: As I say, I find that work's for me, you may find it too for you.

Paul: Up until now I've found that last thing at night, or first thing in the morning is the best time. Definitely I'll have to find more time for it, I keep putting it off.

Les: I know the feeling.

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

Les: It is unfortunate, isn't it.

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

Les: Yes I do.

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

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

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

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

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

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

I will not be so easily rid of.

(*Laughter*)

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

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

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

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

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

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

Les: Is that so?

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

Les: In a previous existence?

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

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

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

Les: To me?

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

Les: I really don't know.

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

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

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

Les: Yes you have.

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

Les: I do understand yes.

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

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

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

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

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

Les: Yes I do.

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

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

Let me speak to you on this matter. I would say to you that no one could survive within the pressure, your scientists are correct in that respect. But perhaps there has been a misunderstanding on the statements made. Of course, there would be a taking, a leaving of a physical body, on anything or

anyone who should enter these black holes, as you call them. I prefer to say, it is an abundance of energy, in a particular spot. It is not a gateway to other planets or universes. I have said before, you do not travel between, there is a Cosmic energy which is within the whole of the cosmos. So you see, you are speaking of these energy fields as though it were a physical tunnel. That *cannot be, it cannot be*. I think what was meant by the words spoken, was that of course, the physical being would be left behind and the spirit would travel to its rightful home. You understand?

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

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

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

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

Les: I can imagine that.

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

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

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

Les: They are honest within their own limitations?

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

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

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

Les: Well we have always through the years, tried to run our groups on that basis, of questioning if in doubt and honesty in all things, when possible.

It is necessary that when you are making contact, that there must be the highest integrity. I could not stay here otherwise.

Les: I was about to say, I doubt if you would be here, if we hadn't followed those paths.

But perhaps it explains to you, why sometimes there would seem to be apparent contradictions, from other sources, when in fact they are not contradictions at all. There is much knowledge to be learned, to be gained by all communication.

Les: Thank you very, very much for that. I'm sure everybody has been most interested in hearing it. Are there any other questions for Salumet at this meeting?

George: Can I just add one more thing to the black hole question? The other thing that our scientists tell us, is that light does not escape from a black hole. This has always suggested to me that space itself is drawn into a black hole, at the speed of light and this would sort of explain that.

When you speak of light, you are speaking of a different energy, than that which is contained within what you term your black holes. It is a different energy completely. We have spoken a little previously about the speed of light and what happens, have we not?

George: Yes.

Yes. All of space surrounding your Earth, you could probably term a black hole, on the immediate rim of your Earth. But it is not, for the simple reason that within those energies, there lies the energy of light, which makes a difference, can you see? Can you understand?

George: I see yes.

It changes the whole form of the energies. We have to speak sometime I think, on this matter of differing energy. It is a very complicated subject for you to understand, but I will attempt to do it for you.

George/Les: Thank you very much.

That is why I have said to you in the past, that your space travellers have much knowledge that has been kept under *wraps*. Their knowledge is much more extended, fuller, than has been permitted to the ordinary people.

Les: It's annoying to think that it has been kept under wraps.

I will come back one time, to speak on energies I think.

Les: Thank you, because at the moment our minds stop positively, at the speed of light. We cannot imagine anything beyond that.

Yes. That is why it is difficult to explain. What you cannot comprehend, is that there is so much more that is not available to you, but of course is there—it is there. And although your scientists work hard, to try to explain many of these things, their knowledge is *too limited*, too limited.

Les: Yes, because they have limitations also, don't they? So they cannot explain beyond.

Their perspective is limited. They can only look so far. I wish I could take you *all* with me, on a '*Cosmic TRAVEL!*'

(Reactions of awe + delight)

Les: You wouldn't have to ask us twice, I can tell you that! *(Laughter)*

Perhaps one day yes, but now I fear that is not so.

Les: It's a wonderful thought.

Perhaps it could be an exercise for you all: Try to picture the universe, the cosmos. And I'm sure if I asked you individually, each one would have a different perspective of it. But nevertheless, you are children of that very *cosmos*. You are children of light and love.

Les: Yes we must all try and recognise it more. I think that's one of our difficulties.

I think this time, it is becoming a little difficult to stay. So I say to you all my friends: Love be with you all, in all that you do.

Les: Thank you. Our love be with you too.

I will not speak to you next time, but I will be with your visitor, with help and encouragement.

Les: Thank you very much for that. We hope the week goes quickly. We already look forward to it.

My friend, you cannot wish your life away so easily.

Les: No, we mustn't do things like that I know. Each week has many things to be done within it. God bless you and thank you from us all.

Until we meet again, I will say goodbye.

All: Goodbye.

A cheerful one then came through Eileen, for just a short while to lighten the atmosphere before closing the meeting.

~10th April 1995~

Salumet mentioned last week, that he would not be speaking this time, but arranged for a guest to speak: Good evening. I am instructed to tell you, adjustments are being made. So can you for a little time speak quietly and then we will make ourselves known to you. We hope it will not be too long to wait.

Les: That doesn't matter, we are quite happy to wait for you. We are sorry that we are not the usual number of people here tonight. Unfortunate circumstances have prevented them coming.

These things happen, but we need to make adjustments necessary for this happening.

Les: Thank you. I thought perhaps that this was why you need the time. So we will wait until you call us.

It will be made known to you when we are ready.

Les: Thank you very much.

There was quiet conversation for about 10 minutes, before our guest arrived. Unfortunately, conditions were not comfortable for her and it was decided that she would withdraw and return another time. She gave a few instructions about seating preferences to help her feel more comfortable next time. There then followed a cheerful soul with a sweet voice, through Eileen, who described herself as 'filling in,' while another speaker was being prepared. Another then followed also through Eileen, who talked about the trees and his work with them in spirit realm:

Les: How do you tend the trees?

I love them, first and foremost, can you imagine what that is?

Les: I can and I can imagine them responding to it and flourishing because of it.

Yes, it's a living thing you see and sometimes I bring the water to the trees, even though it's not needed like the trees here, they don't need water to sustain them, but like the people, sometimes we dip ourselves in the water of life and so the trees respond as well. You should see them once they've had the water, it's a joy to behold.

Les: How do they react to the water?

Oh, it's like a light bulb lighting up. The trees are much brighter anyway, but when they are touched by this, 'Water of life,' as I call it, it's just the difference from a dark light bulb to a bright one. It's beautiful.

Les: And the water is actually absorbed into the soil around them, is it?

Well it kind of just disappears, that's the only way I can describe it to you. I'm not a technical chap, I can't explain it to you, I can only tell you how it appears. What you have to understand son, is the water and the tree become one. They are not separate things. It's not an easy thing to explain.

Les: So you pour the water onto the earth around it, do you?

No, no, it's not like treating trees in your land, it's different. The tree just seems to absorb what I bring to it.

Les: Yes, it absorbs it through the air.

Yes, it's not 'air,' as you know, but that's as near as you'll get I think.

Les: And the tree is aware of you bringing that energy to it?

Of course yes, it knows, yes.

Les: And do you ever find that the tree is in need of that energy? Is that why you bring the water?

I have to say I've never come across one that NEEDS it; this is something a little special for the tree, just sometimes I bring this 'water of life,' to it. It's not because it needs it, because you see, they don't DIE. This is something that is done in love.

Les: Yes and it's an expression of your love for the tree.

Yes, it's like me giving you a gift I suppose. It's the only comparison I can make I think.

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

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

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

Yes

Les: And others?

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

Les: And they are dry when they come out?

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

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

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

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

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

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

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

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

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

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

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

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

That is why I was entitled to do it.

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

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

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

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

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

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

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

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

Two words which will mean much to you: First word 'LOVE', second word 'SALUMET'. Now, please close with prayer.

~17th April 1995~

Good evening.

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

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

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

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

Les: Yes, I quite understand.

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

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

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

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

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

Les: We love having you anyway.

Paul: You couldn't keep us away.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Les: I'm sure I am, yes.

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

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

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

Les: Yes I absolutely agree.

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

Les: I have yes.

Sara: I have I think. At times I've looked and wondered if there is someone in my room.

Yes, I will come to you in a moment. I wish to speak here firstly. (*Referring to Les*) You have felt the presence of someone around?

Les: Yes I have indeed.

I speak of recent times. You are a little hesitant I would suggest, in accepting fully what they are trying to communicate to you.

Les: Yes I must say I haven't actually been aware of any actual communication, I've just been aware of a presence.

Can I say to you then, when the presence is felt, if at all possible, and I am aware that it is not always suitable, will you please enter this room and allow that presence to communicate with you?

Les: Yes certainly, I shall be pleased to.

If need be, I would suggest that you turn on your machine, your speaking machine, yes?

Les: Yes I understand.

And sit quietly, so the communication can take place.

Les: Yes, and will that communication come out on the machine?

It should do. We will work upon it for you.

Les: Thank you very much, I shall certainly do that.

It will be *good* evidence for you.

Les: It will be for all of us. Yes I promise to do that. I felt it twice and it was so strong that I spoke to my lady Ruth, thinking it was she who was with me.

No, I can say no—no it is not she, but I understand why you would feel it to be so.

Les: Yes, it was so strong.

This will be communication concerning the work you are doing here. If it is not suitable, of course we understand and adjustments will be made.

Les: Thank you, but I will leave the machine ready at all times.

I thank you. It is good to be amongst those who are willing and loving, in support of the work and communication we are trying to achieve.

Les: Good, I look forward to doing that.

God bless you, in all you do.

Les: Thank you.

Now let me come to this little lady. This gentle soul, let me speak to you. You also have been aware, yes?

Sara: Yes. A few times I have looked to my right and to my left, thinking there is someone in the room.

Yes you are right, your sensitivity is increasing. You are a *very* sensitive, feeling young lady, let me say that to you. Do not look for whoever is with you—just be still, send out your thoughts of love and greetings and you will find it becomes so much stronger. But do not turn, do not suddenly try to find—send out your loving thoughts, in love and welcome and you will become aware, I don't say soon, because these things take time.

Sara: Thank you.

There is one with you, who is indeed a beautiful soul. She will make herself known to you, do not doubt it, but we come back to that word again called PATIENCE. There is so much happening, so much going on, that at times, you must be wondering where is it all leading to. These thoughts I am aware of. I have said to you all, there is much to be done, much to come, much for you to be aware of. Which one of you has thought that the sound of the birds singing and yet there are no birds? Yes, the gentleman across from me, Mark.

Mark: In the night I did, when it was dark.

You see, I know what all of you are experiencing.

Les: You have heard them have you Mark?

Mark: I have yes very fleetingly, that it was dark, but the birds were singing and I was surprised.

Do not be surprised, any of you. I said I would be close to you all. Remember this, that all of these happenings—and I am aware that it does create doubts within your minds—remember it is my way of showing you all, of how close I am to you. I hope you will accept it in the way it is given, in loving help.

Les: I'm sure we all do thank you.

Sara: Yes thank you, we are very grateful.

Paul: I wish we could do something for you.

(Gentle laughter)

Well my dear friend, perhaps I will remember your words. You DO give me so much, if only you knew, if only you could see how much is being given to me, by the very fact of my being here with you all and the love and support that I feel from each and every one of you. It makes my task so much easier. For this I am indebted to you all. Without your love, this task for me would not be possible. So you see, although

you are happy for me to be here amongst you, let me tell you that it is *you* who give so much to me. For that I am eternally grateful.

I think this time, if you would like to ask some questions, I will be happy to answer you.

Les: Yes I have one I wish to ask please. You may be well aware that at our other meetings during the week, we have been asked if we would allow the particular medium or instrument to be used, in the way you are used, for further information from those higher beings and those from other planets. I have said yes, because we would be delighted to assist the work in that way. We were also asked not to refer to such beings as 'aliens,' because they objected to the term. I can understand this and I fully appreciate their feelings. We at the moment, suggest that we should call them our, 'alternative friends,' so as to distinguish them from such as your good self. I would like to know if they would prefer to be known in any other way, or by any other name?

I see. This would indeed be correct to address them by their name. After all, you would not call a stranger from another country an alien. So to some I would say, it is offensive, but to the majority of our *'Cosmic friends'* I would prefer to call them, because after all, it is such a vast expanse. Your universe is one of many. To the majority it offers no offence, because they understand that your earthly understanding is much below their own. It is rather like seeing a small child and the wrong words that they use. You have compassion and understanding, do you not?

Les: We do and I'm grateful for our cosmic friends for feeling that.

Yes, but I must say to some, it does cause offence.

Les: And we apologise for that now please. We do not wish in any way to cause offence and in future they will be known to us, as our cosmic friends.

I would suggest may I?

Les: Please.

I would suggest that at the beginning of any communication you may have with our friends that you indeed ask them what they would be prepared to accept, in the way of names. Because I have said that to the majority, it matters not. So it would be up to you, to discover which peoples are finding it offensive.

Les: It is a very good idea Salumet and I will do that at the next opportunity.

Let me say a little bit about these friends. Most are loving beings, who far outweigh in intelligence and in love and self-awareness. I have said before that you here on this Earth, are rather dense in matter and knowledge. So you see, they show you only understanding. They do not wish to come to you, full of misunderstanding and aggravation. They want to show themselves as the beings of love and light that they are.

Les: That is why we want only to offer then courtesy for their attention here.

What you must always remember, each and every one of you, we all developed from that divine spark. We may differ in our outer garments, but inwardly we *all* are the same. This is what you must remember, all of you. Why do you have so many prejudices within your world? It is FEAR—it is fear which causes these things, I have spoken to you before on that subject.

Les: Yes you have.

It is why you have such things as your racism, because peoples look different to you, which creates the fear within. It is a lack of love and knowledge and understanding, that the spirit that all of you are, comes from the one source. Remember your Earth, is just one tiny planet within the universe, within the Galaxies and within the whole of the cosmos. So accept those who come to you in love. Allow them to give you the communication they wish to offer. Accept it and accept their friendship. So I say to you my friend, speak with them, get to know how they feel and then decide upon your name.

Les: Thank you. Yes I appreciate your advice and I will do that. One of them at our last Wednesday meeting, when he said he worked on various planets, I say 'he,' I don't know the term, I asked how many and he said 32. When I said, how did he appear to them and did he take on the semblance of those he was visiting, he smiled and said he was amused at our constant desire to put everything in human terms. He said you will not understand this, but I am energy, I have no body.

Let me say, you move away from gender, when you reach a particular state, you become one mass of energy. We have spoken slightly on the male and female energy, within the one unit, yes?

Les: We have indeed.

When you reach the state, the form of being without gender, it becomes easy to *form* yourself within either gender, when it becomes necessary. These are matters which you may find a little odd or strange, but my friend, this happens. So probably what I will say, 'him,' because that is the term you have used — when 'he' visits other planets, you say he takes the form that they possess, yes?

Les: I follow.

This is possible, but *only* when that state has been reached.

Les: So 'he' must have reached the stage of extremely high development then?

You speak of development as you know it. Let me say to you, this is a difficult subject, for you human beings to understand, because in the state of the cosmos, you my friends, are very low down on the scale. So you see, there are beings who always have been formless, if you like, who have not possessed these human forms. It means not necessarily that they have risen greatly, but shall we say their starting point is different.

Les: I see, their starting point is different and much higher spiritually than ours?

Yes, yes you understand.

Les: Well I feel even more privileged that he should have returned to us.

Yes, when first I came to you, I said many, *many* were gathering. This means not only within your Earth, but in many planets. Do not think that yours is the only planet which is in need of help, because I can tell you, that is not so.

Les: Presumably many of these planets have not been visible to our astronomers and will not be, because of their distance.

They will never be known, because even with extended knowledge, even when you leave these physical overcoats behind, you will not be aware of much that is there.

Les: No, I can accept that too, because it's merely another small step in our learning.

Yes, it is too vast to explain to you, for your understanding, for your general understanding, it is too great.

Les: Yes, our scientists use the term nowadays of an expanding universe, but it is quite obvious from what you say, that even they have no conception at all, of the extent of the universe.

The expanding universe, it is an expression which brings a smile to my so called 'face.' It is energy expanding. Yes, they see so much, but know so little.

Les: Yes, I was hearing on our radio news this morning, that scientists have now discovered, in space or the ether, the amino acids which create life. And they are getting all excited about it.

Are they indeed. *(Laughter)* I say no more. *(More laughter)*

Les: I think that is the most stunning expression you could have used.

George: They seem to be ignoring the most vital part of life.

Les: Quite, again, the amino acids are the physical life and they are missing the spiritual interpretation

George: They have found a thread of an overcoat.

I think this gentleman has said, they have touched upon a thread. How many treads are within a tapestry? The tapestry of life is deeply woven.

Les: Yes I have used that simile quite often, saying that we have are merely making one thread of it, or part of one thread, in the work we do here.

Can I say to you, your Earth would be one thread within one piece of twine.

Les: Is that so. Really insignificant aren't we? But we are not in the overall plan.

Please I don't like the term, you are *ALL* insignificant. We are *ALL* part of the divine plan and each particle belongs together. *ALL* of you are necessary.

Les: I remember us being told long ago, I quote part of it: 'Individuality is important, only when it ceases to be important to the individual, which is a paradox, but very true.

It is not important when you reach that stage of knowledge. You leave behind much when you reach that state of awareness, of *awareness* of who and what you belong to.

Les: Yes, so therefore the individuality would cease to have any importance—

The individuality is important, whilst you wear these overcoat, but once you free yourself from it, then you have the wider scope of knowledge before you, where much can be achieved and much can be learned.

Voice fades to a whisper, spoken with great feeling:

I feel all as beacons of light, within very, very dark clouds. All of you are units of Love, which attract to you all the negativity of earthly life, which can be broken up to create even greater light.

Les: Thank you for that.

Mark: Do you have any advice on breaking up the negativity when it comes?

I say to you, use your expressions of love—that is all that is necessary.

Les: Thank you.

I leave you all this time, with love which will sustain you, until we meet again.

Les: And our love goes with you and ask God's blessing on you and thank you again for all you have told us tonight.

Paul: Another beautiful evening.

Until next time, may you go in *peace*.

Les: Thank you Salumet.

There then followed a delightful happy lady called Hester, who filled the room with wonderful laughter, helping to lighten things before we closed. Les had at first thought this one might be a 'rescue.' Here is the link if you want to listen. (6 minutes long)

http://www.salumetandfriends.org/resources/hester+17_4_95+lightening_not+a+rescue.mp3

~1st May 1995~

This evening Leslie's daughter Madeleine was visiting from Canada:

Good evening.

Les: Good evening again.

I thank you for your welcome.

Les: We missed you when the lady was away last time.

You know that no matter whether she be present or not, I always am around you.

Les: Yes we knew that last time actually and as I have said before, we are very grateful for the knowledge. I have no doubt you are aware of what happened at the last meeting.

All happenings are for a purpose, (of) this you are aware. There is much to be done and we will endeavour to use what energies are available to us.

Les: Yes we understand. It's unfortunate that the instrument that last week was being prepared, is herself ill this time and so can't be here, to her great disappointment.

We will do what we can for her. I have to say her energies are much depleted, but we hope to rectify this in time to come.

Les: That's very kind of you, thank you.

The very fact of her returning shows you that always we are at work.

Les: Quite, I never doubt that for a minute, it never ceases your work, I know—we've had too many examples of that over the years ever to doubt it.

I want to say to you this time, there is disharmony around and I ask all of you to focus your thoughts on those energies. Do you know of what I speak?

(Yes—) **I ask that all of you now, just for a few seconds of your time, to focus your love energies, can you do this please?**

Les: Yes we certainly will.

You see my friends, how these energies which we have spoken on before, travel so much further than those within this room. (Yes) So now I say to you, please to send those loving thoughts. (Pause for about 20 seconds)

I hope you feel the love surrounding you all.

Les: I'm sure we do.

Some find it difficult to focus.

Les: Yes, because of our awful human minds—brains I should say.

I want to say to you this time, if there are any amongst you who need my council privately, I will do my best to help.

Les: Thank you. So they may call upon you?

Yes.

Les: Thank you.

There is someone who awaits a letter, is there not?

Sara: Yes.

Yes, you have been anxiously waiting. (Yes) Yes, let me tell you it is coming and what you are wishing for will happen.

Sara: Oh thank you.

So many anxieties. I wish I could still your minds. But you need to learn for yourselves. I only wish I could comfort you all in times of need, in times of distress. But let me say to you, these are times of learning; they are the times to make you strong, to bring you closer to that true reality of self. So often I hear you say, 'Why me, why me!' I say to you my friends, do not place yourself upon a pedestal, because all of you are as important as each other. There is no one individual who walks upon your Earth, who is of more importance than another.

Les: No it is sometimes difficult for some of us to understand that. In my many years I have come to accept it, without any question.

Yes, it is a matter of time. It is a learning process. Now I feel, do you need to speak with me?

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

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

Madeleine: Yes.

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

Madeleine: Just a little.

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

Madeleine: I'm not sure I understand?

You have that ability, please to use it.

Madeleine: I'll try.

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

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

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

Madeleine: Yes I do.

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

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

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

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

Madeleine: Thank you.

I have to say to you all, I feel your disappointments sometimes, when you feel that there is a path that you wish to tread and it is not always available to you. I have to say to you, all of you have jobs of work to do. It may not be what you desire, but it is the pathway that is the wisest for you. I ask only that you accept it with loving hearts, with open minds, with a generosity of spirit.

Les: Following up on what you have said, we would ask for your help, to accept those conditions, if they are not what we wanted.

I come only to help you, I come to comfort, to love you, to instruct you and I hope to be a friend to you all.

Les: You certainly are that, without question.

There is one with you, whose psychic awareness has been opening gently. They are afraid it is their imagination.

Les: This is often so unfortunately.

Let me say, it is not imagination. I have been working with you all and I hope that our time here continues, that each and every one of you are aware of this.

Les: Well I certainly have been and I hope everybody else has. Would you like to answer individually so that Salumet knows what is going on in our minds? Dawn how about you, have you been aware?

Dawn: No—

Les: You haven't, Lilian?

Lilian: I've certainly thought about you sometimes.

This dear lady denies much, let me say. She is much more aware than she knows.

Les: Yes I feel that too.

Lilian: It's my doubts that—

It is her mind yes which creates these doubts. I—

Les: So get yourself another mind. *(Laughter)*

Lilian: I'll try—

Les: Sorry I interrupted, my apologies.

Let me speak now, please forgive me. The lady Dawn has the capabilities but does not devote enough time to those quiet moments.

Les: She is a very busy person, yes.

But unless you give the time, we cannot come close, you understand?

Dawn: Yes.

But you are capable if you wish.

Dawn: Yes, thank you.

Les: Sue?

I will speak for this one. We are pleased with how she is coming along. We are happy to see her awareness is reaching higher and higher.

Les: Yes she certainly has been hasn't she? Nice to have you confirm it.

Let us continue.

Les: Debbie?

Debbie: Sometimes I feel an awareness, but I'm not sure if it's my imagination or not.

Les: Here we go! *(Laughter)*

Yes you see we have doubts again.

Les: Why do you think it should be your imagination Debbie, I'm sure Salumet would be interested in that?

Debbie: I think if you want it to happen, you can almost *will* yourself to—

Les: I wouldn't agree with that, the mind's not strong enough at the moment, otherwise you would *will* your back better. *(Debbie suffers from back pain)*

Debbie: Well maybe I should say I'm looking for things.

Les: Of course you're looking, we're all looking, but when they are presented to you on a platter, you want to scrape them off.

Debbie: Oh I don't do that—

She has little doubt, but don't be too concerned, as time continues, she will see the evidence of her own eyes and feelings. Don't be too concerned my child, it is happening.

Les: You have told her she has got the potential.

All of you have the potential, all of you are spirit clothed within these bodies, of course you have what we call *potential*. It is rather a negative phrase I think, because the awareness is there, it is—how can we say, '*stifled*'?

Les: Yes it is, it is there.

It needs to come to the surface that is all.

Les: Paul.

Paul: Yes, you've come into my mind once or twice this week and I've felt uplifted from it.

Let me say, I have said before, this young man has much to give. It is not your imagination that I have been with you, because I have BEEN with you, you need to recognise it and accept it.

Paul: Yes, at the moment I just get a vague feeling of everything's all right and I feel on a higher level when you come, but—

Yes, I say to you, just acknowledge it and that is all we need. We need to have for acknowledgement to go a step further, can you understand that?

Paul: Yes, would it help if I wrote it down, what I feel at the time?

If you so wish yes, it may reaffirm what you are feeling. But certainly if it helps you, then do so.

Les: I have repeatedly to tell people Paul, not only you but many others as the work goes on, that they must acknowledge what they feel, so that those that are presenting it, know in fact that it is getting through to the person.

Paul: How do you acknowledge?

Les: Just say thanks very much I know you're here—quite simple. You don't have to go down on your knees and make a long speech, just say yes thank you, I know you're here; that's all that's needed—then they know they are getting through to you.

Also you see, we cannot force upon you, we cannot force ourselves upon you. Until you accept each step, if you like, we would be interfering, and this we cannot and will not do.

Les: Ok Paul?

Paul: Yes Thanks.

Les: Don't forget just acknowledge it, that's all you have to do, mentally will do.

Paul: I'll give you a good hello and a wave! *(Laughter)*

I will listen closely.

Les: Margaret?

Margaret: Well I have been away for two months.

Les: That's no excuse. *(Laughter)*

Margaret: I have missed the comfort I get from here and I'm so pleased to be back.

Les: But don't forget that you can use this not just here.

Margaret: Well I did ask Salumet to help me once when I was in Hong Kong and I'm sure he did, because I was able to tell my daughter-in-law, in a nice way, what the problem was.

Les: Good, so you were aware of him—good.

That is all I need you see, the contact with you and I will be there. But don't be concerned, I know you have lives to lead and busy lives they are too. But do not forget that not only do you need to feed your physical being, but you need to feed your spirit as well.

Les: All right Margaret?

Margaret: Yes thank you.

Les: Sara.

Sara: Yes, I've had a difficult time last week, but I did feel at one stage, a cool draft of air behind my back which I couldn't account for and I felt someone was with me.

Les: Did you acknowledge it?

Sara: I can't remember, I think I probably did.

I have to say, the lady was a little surprised and taken aback. You are not afraid of these things, but a little doubtful sometimes too. This young lady is a very sensitive soul as I have said before and much is available to you, if you so desire. You did indeed feel an awareness was with you and indeed it was someone who comes close to you at all times and you will have the awareness even stronger, because they are determined to make their presence known to you. But it will be slowly, slowly.

Sara: Yes thank you.

Les: And don't forget please Sara to always acknowledge it, it is important.

Sara: Yes I'm sorry if I didn't, I will next time.

Les: George.

George: There are moments when I feel guided, I sometimes seek ideas and an idea seems to come and I don't think it's my own intelligence and I do sometimes find I slap my head and look up and say 'Thank you!'

Yes we know and we are thankful for what you do. I don't feel I have any more advice to give to you — we are happy with the way you are progressing.

George: Thank you. Can I also say, through my life I have experienced some beautiful coincidences, which are way beyond ordinary chance, and they just give be a nice reassuring feeling.

Yes, well let me say to you all, each and every one of you, have your own helpers, those who love you and those you would not instantly recognise, who have been with you, since you first entered this earthly (realm?) So you are all well looked after, you are all given divine love, which you would find hard to express yourselves, but let me say it surrounds each and every one of you. It is just your own awareness that is lacking and that is one of the reasons why you need a little help. Not only will it help with your soul growth, it will help with the work that is to come, you understand? *(Affirmed)*

Les: Well thank you very much for that Salumet, it's very helpful to everybody.

And also you my good friend, you have found within the last few months, a great expansion of your own awareness.

Les: You are absolutely right.

Yes, and that is as it should be.

Les: Yes I have been very pleasantly surprised.

You should not be, you have the knowledge so you know what is available and there is so much more to come.

Les: Good. Yes I must say it's a wonderful feeling when I am positive that you are with me, as you have been—not necessarily you personally, but the energy from your planes.

I am happy for you, it is good to hear it put into words and for that I thank you all. Now, can I say I will leave you this time, with my love and my blessings and I am going to leave you this time and I want to bring someone through this lady here, *(Sue)* who will speak to you for a little time, just to end this evening.

Les: Right, we look forward to it and thank you once again from us all. Our love goes with you as usual and we look forward to our next meeting.

Before I go I want to say to the gentleman, the older gentleman, there is a window which he must attend to in his home.

Les: Thank you. Did you hear that George? There is a window in your home you must attend to.

George: Oh right, yes thank you. (*Probably an old bathroom window, which was a little dangerous for children*)

The one through Sue then followed:

Good evening.

Les: Good evening to you and a very warm welcome from us all.

Let me say each one here needs to concentrate upon the colour blue, do you understand?

Les: Yes.

If at any time the physical body feels weary, if that body is suffering as bodies do from distress, you comprehend me?

Les: Yes we do indeed.

The colour blue can only be of great benefit.

Les: It's what we call the healing colour.

There are more than one.

Les: Yes quite. That is the one we usually think about when we are distressed and are as you say, in need of physical help.

Yes—you may think I am repeating only knowledge already given to you—

Les: No not in the least.

But it can slip the human mind, in times of distress. Mental distress also requires gentle envelopment with love and blue, you understand me?

Les: Yes we do understand you and thank you for your information. I expect all of us neglect the concentration we should make upon colour and colours in times of physical need, but your reminder is very opportune and we do thank you for it.

Sara: Is there any particular shade of blue?

Les: No just blue, it encompasses all shades.

Of course. The blue that you would concentrate on in the physical, would vary a great deal, compared to the spiritual colours of blue. This is only because none of you here, have yet to see spirit colour in all glory, you understand me?

Les: Yes, we can't imagine it, we can only think of our own dull colours.

Therefore it is immaterial what shade you concentrate on, we would supply the colour in spirit.

(*Tape ends here unfortunately*)

~8th May 1995~

Good evening.

Les: Good evening to you.

It is good to be amongst you once again.

Les: It's very good to have you once again. I'm sorry we're not all present as usual, but as you probably know, there is a holiday period here, celebrating the end of the ghastly war and some people are helping with those festivities.

Numbers matter not, but it is good to come to you upon the vibration of love, which surrounds many of your countries at this particular time.

Les: Yes it must be very noticeable to you I would think. Such a change from the normal vibrations you would receive from this Earth.

If only you all could keep hold of the love that is felt at these times, then your world would be so much better.

Les: It certainly would.

I would like to speak a few words upon the love for your brothers. (Yes please.) What do we mean by love? So often the word is used without the true meaning being searched for. I say to you, what is love? Do we speak of the all-consuming passion for each other? I think not; that is not what we try to teach you. So what is this thing called love? It is being shown to you at this very moment in time. It is a

tolerance, a great tolerance of other people's minds, of their words, of their conditions. It is non-judgemental, that is what we mean when we speak of love for your brother man.

Les: Yes we understand.

It does not mean that you carry on blindly, that you look only with partial vision at what surrounds you. Otherwise how can you deal with the evil within your world, if you were to do so?

Les: It would be impossible, just as a love based on overwhelming passion would be impossible to sustain. It would die a certain death.

Les: Indeed it would.

So I would say to you all, firstly before you utter any words, to stop and think, because I have told you so many times now, that your thoughts are energy which go forward to create their own patterns. So I say when you come to place judgement upon another, stop and think, send out those love vibrations as best you can, because you see you can only do so much whilst in this physical overcoat.

Les: Yes and unfortunately this sending out the thoughts of love sometimes is an extremely difficult thing for us to do, as you well know, though we may try to do it and wish to do it.

You should not look upon love in the same way as a mother to a child, to a husband and a wife—that is not the love we speak of. These are emotional passions—you must search further, deep within your hearts, within that thinking part of you, which is your spirit—to recognise what is *true love*.

Les: I think it is difficult to put it into words, as indeed it has to be an awareness of our spiritual self-reacting through the physical self of course. But to me it can only ever be an awareness, rather than a word experience.

Yes you are right, but being human as you all are, you rather like to place these thoughts these feelings, into little boxes.

Les: Unfortunately we do.

I want to teach you to widen these areas of your thinking, to open up each of these boxes that you place so much into, to look for the wider scope on all issues, not (*only?*) love, but on many subjects. It will not be easy for you, but I am going to help you all, to try to achieve this. Open up your *hearts* and your *minds to all things please*.

Les: Thank you for your help in this.

If only you could see the emanations from your world at this time, you would be so surprised, it is something to be held onto—it shows it can be achieved, if you so desire.

Les: But unfortunately in our present state of living, those emanations don't seem able to survive for long from us—the mundane things intervene again, the selfishness, the greed, the thoughtlessness.

Take it one step at a time, it has to come. What do you say, you have a saying in your earthly life do you not, 'From little acorns grow big **trees**.'

Les: Certainly we have that yes.

So you see, you have to begin somewhere.

Les: Yes true and I hope we are making the right beginning in what we are doing now. At least we think we are. (*Pause*)

Tonight this time, I want to say to you: Are you, and I ask this most sincerely, are you prepared to sit, is there someone who will take over for you?

Les: Am I prepared to sit? (**Yes**) Yes certainly

For this time, we have someone who would like to speak through you. I am happy to give them the time, provided I have your agreement.

Les: Yes certainly, of course, I shall be only too pleased.

I do apologise for this, because I have said to you, when there is someone about to come, I would forewarn you.

Les: Please don't apologise, you can't know everything intimately ALL the time and there was somebody with me earlier I know.

That is why we would like you to sit.

Les: Most certainly.

And then for the rest of the time, we shall see what comes. Are you all happy with this?

(Affirmed) Please do tell me if you are not content with anything I say or suggest to you, because you see without you my friends, I would not be here.

Les: Yes we are perfectly happy with what you suggest, aren't we? *(Affirmed)*

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

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

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

(Thanks expressed)

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

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

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

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

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

Lilian: Good evening to you.

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

(Affirmed)

It is important for your development, that from this time, you think of how 'True love' begins, how it is nurtured, how it can relive in others. Do you understand this? (Some uncertainty expressed) Love is not easily attained, nor can it easily be given, it must be born from the lowest things, in order to become the GREATEST thing. If it were born from happiness, from ease of mind, from ease of heart, then its structure would be that much less. A diamond in your physical Earth, is formed from incalculable heat and pressure. It does not become a diamond in any other way and as that diamond is treasured and can give happiness in various ways, so can love born from adversity, become its own scintillating diamond for all mankind, do you understand? (Affirmed) Now, I say to you my long-time friends, think on what I have said. It is not easy to give True Love—'TRUE LOVE'. It is easy to give what you now consider to be love, but we require of you all a greater understanding of real love, a greater desire to achieve that giving of perfect love, so that we can assist YOU in your forward path, is this clear? (Whispered agreement) Are

you prepared to continue in your endeavours to achieve this? (Affirmed) That is good; then my years unseen by you, unaware by you, have not been wasted, I am pleased to know. And to our visitor here tonight, I say that you too will become aware of true love in the years to come. We shall now take you under our wing. You have learned enough since this person has taught, to understand that it can be done, is this clear?

Madeleine: Yes it is.

I shall not be able to speak with you again for many years, but that does not matter. In times of great joy and celebration, recall this time and remember your promise to try to understand the meaning and the origin of love.

God be with you all, my love to each and every one of you and my gratitude for your patience in listening.

(General thanks + fond farewells)

~29th May 1995~

Les: Good evening, we are very pleased to welcome you again.

Good evening my friends.

All: Good evening.

I am happy to be with you again. My absence has not been too long I hope.

Les: No not really, though it had seemed so. We are so used to you speaking to us now, that even a short absence seems a long one. Never mind that's behind us and we are particularly glad that your instrument is well again.

I am pleased to be with her again, but if there should be any problem with her, then I will withdraw, but I do not see that at this present time.

Les: Good, I understand thank you.

Spiritually there is no problem, but I would not be happy to leave her with any physical problems, you understand?

Les: Oh yes I do, I know your first consideration is for her welfare.

I need to say to you, that this one I am using, is not always happy to ask for help. It is one of her life lessons that still she struggles with. But she is beginning to see the wider issues involved and so I hope as time continues, she will find it within herself to ask me more for help.

Les: Yes I hope so. It's interesting that you should say that, because last night I was talking to another lady, who expressed the same doubts about asking for help and I had to tell her very forcibly that there is always power available to ask for; they won't drain it, they won't use it all, so they must ask.

Let me say a few words on this please. To be able to give freely that love and help that is within you, you must know what it is to receive. There must be the unity of both, can you understand this?

Les: Yes, there is in another expression, the positive and negative again operating.

Let me say it is this: To *give* in a way, is to receive, I think most of you understand this. But also, in *receiving*, you too *give*. It is a complex subject and one which I will elaborate on in another evening, but you must do both in your everyday lives. To *give truly*, you must learn to *receive graciously*.

Les: Yes that applies in the normal domestic daily affairs as well as in spiritual affairs, I have frequently said that to people, they must learn how to receive as well as give.

There seems to be a school of thought amongst you humans—if I don't sound too unkind—you think always to be good people you need to give, give, give. I do not say this is not good, please do understand me, of course it is good. When the 'I'—when the ego is forgotten, to give to another can only be good. But as you say, to receive is also good for you spiritually, because in receiving, what are you doing, but *giving* to the other person the opportunity to *give*. Can you see the correlations of what I am saying to you?

Les: Absolutely, that is precisely what I have told people, you deny them the pleasure of giving, if you don't receive.

This is the problem with this one I use. She is only too happy to help, but feels sometimes within herself, some guilt at receiving. I will help her with this. It is a problem which has been carried forward with her from times before. It is a life lesson, which will be resolved this time.

Les: Good, I'm very glad to hear that, I personally have no hesitation in asking for help, which brings me to something I was going to tell you anyway. My daughter in Canada many years ago injured her foot rather badly and she was contemplating having an operation, it had become so painful. She listened to all of the tapes I sent her, a tape containing your voice and thoughts and comments on the power of thought and healing, to the person. She began using those words and she phoned me full of joy, to say that the foot had completely recovered and she couldn't express her pleasure at being able to walk without pain.

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

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

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

Thought is all-powerful. Always, always remember.

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

Let us have your questions this time.

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

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

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

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

Les: Yes we do indeed.

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

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

There are worlds within the cosmos that are much in advance of yourselves, also in time. So you see, it exists, but to you little is known of it. I would say to you, I think what you experienced through your medium, was an aspect of what is to come. It was not a physical presence, can you understand me?

(Yes—) It is an aspect that has been drawn from time to come. Imagine—let me try to simplify it. If you have a child's ball, which is rolling forward, all things are mapped upon the ball. So, what is ahead is already known, you agree? (Yes) If the ball were to come backwards, roll backwards, then what has been ahead of you, suddenly becomes the present, can you follow?

Les: It certainly makes it much clearer.

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

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

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

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

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

Les: Quite, we just have to accept it, that it is beyond our comprehension, because through the same medium, at another meeting, a rather parallel statement was made. I asked this particular person, who said he worked on 32 different planets, whether he took on the form and appearance of the people there and whether he was able to speak their languages. And he said—I say 'he,' for want of an appellation—he said that he was amused at our always putting these remarks in human form, because he had no form, he was energy.

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

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

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

Les: No I quite understand what you mean.

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

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

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

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

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

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

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

Les: Yes I can.

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

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

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

Les: Thank you, we look forward to that.

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

Les: Thank you very much for telling us.

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

May the stillness and the peace that is now,

May you all be enfolded within it.

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

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

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

~5th June 1995~

Good evening my friends.

Les: Good evening, we all welcome you.

May I ask you please to lower your light? (Certainly.) Are you all quite comfortable with the dim light?

Les: Everybody happy? (*Affirmed*)

Good. Before we embark upon the work this time, I want to say to you about the information you asked upon last time. I say to you, the communicator was indeed a traveller, but the information given to you, was a visionary aspect of what *is* likely to come. You see, by your earthly clock that time is not here now. Therefore, there are likelihood of changes. So please accept it as such.

Les: Yes certainly. It certainly clears it in my mind. And I thank you for having taken the trouble to verify it for me.

I have clarified it for you enough I hope.

Les: Yes you have indeed thank you.

Now I want to say thank you to our friend who has welcomed another into this room. An area of her work has begun, I am pleased to say. It probably is an aspect of her work she has not considered.

Les: Is that so Sarah, you hadn’t considered it?

Sarah: No I hadn’t.

I speak of the young lady. (*Sara*) You see you have communication skills, skills which should be put to use, for the work of spirit. I know your thoughts have travelled along many other lines, but keep it open please.

Sara: Yes, I will.

Now before we continue, does anyone wish to ask me any questions?

Les: Any questions from anybody?

Mark: I have a question about an old chap. I think he’s had a heart attack recently, his name is Don. I wondered if anything could be done for him, or if some advice could be given to help him?

Let me say about this. There is nothing you can do, except to give your loving thoughts. You cannot do more than that for this one. While we speak of these matters, let me speak of the one known to you. Do not look upon passing, as something undesirable, because you know it is not. I would say only to you all, it is an extension of life. Do not be concerned, all will be well with that one.

Les: I'm sure he will soon be establishing himself in his new life. I have not told all our friends yet, but Graham passed on today at 11 o'clock.
Thank you Salumet. *(Graham was a long-standing member of another circle which Les ran on Wednesdays)*
It will take time. I would just say, there are recriminations, but we do not look further at this time. I will leave it with you and let us continue. (Thank you.) I promised you last time, someone you would find of interest.

Les: You did so yes.

Yes, let me ask you please, are you prepared to be used, or would you rather the instrument I am using be used?

Les: I think on this occasion it might be better, if you use the instrument you are already using please.

Fine, let us bring forward the one who is waiting. In the meantime, I think we have communication with the lady, for a short time. Then we will continue with our visitor.

A communicator came through Sue, who was called Albert and talked about his work as a 'gate keeper'—one who protects groups such as ours:

Hello.

Les: Hello, thanks for coming.

I'm what is known as the one in between.

Les: We have a long word, an 'intermediary.' How does that sound?

That sounds a little bit too official for the likes of me. You know, in the days on your Earth, you know the variety acts? Well I'm like the one between, before you get to the top of the bill.

(Laughter)

Les: That's right. You are the one filling in the space that's left.

That's right—I'm filling in.

Les: And you are making a nice job of it, thank you.

You don't mean—I haven't said anything yet.

Les: But what you are saying is quite clear.

I know, I've been practising a long time.

Les: Have you? Good. Well we all welcome you and are pleased to have you with us. Now, I'll let you do the talking.

Well, it's not much really, but I thought when they asked me to come along for a little while, I thought, 'What can I talk about that they don't already know?'

Les: I'm sure there's a lot you can talk about that we don't already know.

Well, I've got quite an interesting task.

Les: What do you do?

I really enjoy what I do and it's quite important really. You've heard of the 'gate keepers,' haven't you?

(Affirmed) **Well after lots and lots of training, I have been privileged enough to be made a gate keeper.**

Les: Congratulations.

Quite recently in fact.

Les: Because that is a very important task, I know.

Yes because sometimes you have to keep the likes of me out. (Laughter)

Les: Yes, we had one of your colleagues some time ago, come to see us and he was so enthusiastic about his job, that he often kept out people who had permission to come!

I can believe that I can, yes I can believe that! Yes and my goodness me, sometimes you do get into a bit of trouble for doing that, because it upsets all the plans. But at the moment, I haven't been doing it long and I can say I haven't made a mistake.

Les: No, well it's much better to be over-careful than not—

Of course, because, being serious for a moment, you do appreciate there are some times when the gate keepers have to be very careful.

Les: Of course they do.

This work that everybody does, it doesn't need the likes of someone coming in and upsetting things.

Les: No, particularly with the amount of energy that you produce in this room.

No—I feel it all around me. I haven't actually been here before, but I have been to other people in my time, but it's not something I will be doing often, because of my job, being serious for a moment, is too important.

Les: Yes, I quite agree, it is very important.

It is not an easy thing to learn. But I was proud when they offered me the position. It sounds as if I've got a job here on your Earth—'offered a position—' yes very posh! (Laughter) Well, I think they are ready now for someone who is rather more important than I am.

Les: Well thank you very, very much for what you have told us. And take our love with you.

Just remember if somebody comes through, not now, but another time, you can ask them whether their gate keeper was your friend Albert.

Les: Albert, thank you very much. Yes, I hope you will be allowed to come back again, we shall enjoy talking with you.

I hope so, but now a very important part of the meeting, God bless you all.

There then followed our expected guest arranged by Salumet.; one known as, 'The Light Escort' channelled through Eileen:

Les: Good evening to you. We do give you a most loving welcome.

Am I audible? Can you hear me?

Les: We can hear you thank you. And we are very happy that you have come to visit us.

I am trying to find a level which is most comfortable for me.

Les: Yes, there is no hurry. Please take the time you want.

Yes. That is better, thank you for your patience.

Les: Thank you for taking the trouble to come to us.

I feel your warmth so much. I have not done this before. So please bear with me, I find using voice difficult at the moment.

Les: Yes, you'll find it will become easier for you, as you continue speaking.

Yes, I will speak if you will forgive fluctuations in the voice.

Les: Yes of course. That doesn't matter in the least.

Firstly, I am glad to join you all. I have been aware of this moment for some time, for which much preparation has taken place.

Les: Yes, I'm sure it is not easy for you to do these things. And we do appreciate the trouble you go to.

Salumet thought you would be interested in hearing what I do within our world.

Les: I'm sure we shall all be most interested.

In fact I do more than one job, I think you would say. But mainly, I am an 'Escort of Light.' Do you understand what that is? (Not completely.) I'm being told, no they do not, that is why you were sent. (Laughter) Right—I'm finding myself now. Yes, what I do and what I mean by an escort of light, perhaps you will recognise if when I say I am the unseen beam of light, when people travel the tunnel of light. I am the vision of light that awaits the passing.

Les: Oh that's lovely and we do thank you for the effort you put into this. We've heard about it so many times.

I think we are the unknown entities of the spirit world. (Yes—) So many times when these things are recalled, we are referred to as, 'I think I felt and could feel someone there, but we were not sure.' Yes and people feel and think they see something, but are never sure.

Les: Yes that's quite right, you're absolutely correct in all that, we've heard it so many times.

Well I have to tell you I am not unknown, I am real.

Les: Yes, we quite believe that. And so that is your main task, is it?

That is my main mission, yes.

Les: Yes, mission is a better word. You don't consider it a task.

It is no task, it is work, it is growth, it is unending love.

Les: Now I'm going to ask on behalf of all my colleagues here, I'm sure they would wish to ask the question, why is it necessary to have a tunnel? Is that to direct and conduct energies in the two planes of life?

Yes, it is to buffet the soul. It would be too much of a shock, too much of an energy shock for the spirit. It needs to be buffeted and that is the reason why most, I would not say all, but most people feel that love energy surround them.

Les: Yes, I see and it is concentrated by what we call a tunnel.

You see, within this so-called tunnel, it is energy of love, I prefer to call it. It is seen as a tunnel, because of state of the soul, at a particular transition stage. That is all—we remain mainly unseen, because the soul at that time, needs to be protected.

Les: I follow. I understand that that it would be a shock. So you appear to them just as a light, to the newly passing soul?

To those of a little more awareness, I sometimes appear as a very, very dull image, of what they assume is a person, but they are never sure. It very much depends on the awareness of the passing spirit.

Les: I Follow. So you can appear in a varying degree of light or dimness, according to the ability of the soul to accept what it is experiencing at that time?

Yes, as you know while in your physical being that all of you vary in your degrees of awareness. Then that is how you perceive the tunnel of light and us escort beings of love. It is all to do with spiritual awareness.

Les: I see. I think I would be right in saying that it is not necessary for every soul to pass through that tunnel?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Les: It must be difficult for you.

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

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

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

Les: Yes, I think I can.

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

Les: That must have been shattering.

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

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

Not at all, not at all.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Les: I wouldn't have thought so, no.

(Voice becomes fainter)

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

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

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

Les: Yes, so other visions which people have then, would be classified as clairvoyance would they, rather than spiritual visions?

Yes, yes, that's true, yes that is what I am trying to express to you. There would be no doubt, no doubt. Yes it is not quite as easy as I'd presumed it would be, but nevertheless I hope I am giving you information not known to you.

Les: You certainly are doing that and we are extremely grateful to you.

When the tunnel of light is seen, it almost radiates down to the forehead of the being who is seeing the tunnel, and they are drawn—you know the spirit leaves that way—I'm being told you have the knowledge of that. It travels up the tunnel which, if you can visualise, the energies are much heavier at the bottom. As the being travels closer to us, then the energies become much, much lighter.

Les: That would account for the fact that we have been told from a number of rescues, that their journey through the tunnel, suddenly becomes faster and faster.

Yes and their experience as they come closer to spirit side of life, there is more they feel and think they see, because of course on the lighter energies, much more work can be done. The closer we go to the denser energies, the more difficult it is, to help that spirit being.

Les: As you are experiencing by talking to us tonight.

Yes, that is why I found it so difficult, but I must say the longer I stay, the easier it becomes.

Les: Good, I'm pleased to hear that.

Yes, now would you like to ask me anything?

Les: Yes there is one question I'd like to ask you. You have said that all is known in your world and this we can accept. In what way are you given the information that a soul is approaching the time to go through the tunnel, or to reach your plane?

How do we know?—because we see their light. We do not see you as human beings clothed within these bodies, heavy, heavy, heavy. No, we are attracted by the light energy, which become depleted.

Les: I see, so you know then that the time has come for that soul to take its journey to you.

Let us say it is not an instantaneous thing. If the knowledge is known, there are many preparations made. But of course there are occasions on your earthly plane, where life ends as you would say, sooner than it should. In those instances, we are instructed by those higher beings of light, who have much more knowledge than we do.

Les: I see. I ask the question, because last night, 24 hours ago, I was asked by a communicator from one of the spheres nearer Earth, that if I wished to see a gentleman friend of long standing, whom I knew would not recover his health, I was asked to go and see him as quickly as possible. It occurred to me when that statement was made, that you must have the knowledge that they would soon be passing.

Yes, of course we do. That knowledge exists beforehand, as I have said, preparations are made, because let me explain a little to you—I'm being told to explain this a little more. When you are on the Earth as you are, when you are in full health, your energies shine out to us like beacons, pure light energy, because you are spirit you see, we see the spiritual aspects of you, not the human heavy dense matter, you follow? (Yes) ***As those energies deplete, as illness comes upon you, so your colours, your energy, your light changes—subtly, slowly, slowly. So there comes a certain stage within your living, when we are aware that the time is near for you to join us; your colours and your lights inform us. It's rather like a magnet that attracts many to it, can you understand?***

Les: Yes I understand what you say, thank you.

That is how we are aware and I believe if you ask Salumet, he will explain that there are many whose task it is to do this work.

Les: To advise you of the imminent passing of somebody from this Earth?

Yes, but of course remember too, that those loved ones on the lower levels, who are closer to those they have left behind, are in constant touch and they also know when their time is near.

Les: So they will have the knowledge to interpret the fading of the energy?

They will be aware, that is how the preparations can take place.

Les: And that is how relatives who have passed on, are able to appear to the one who is due to pass?

Yes, because you see the very fact of the energy depleting, is enough to draw those loved ones to that soul.

Les: Thank you, that's very clear.

Have I helped you in understand?

Les: I think undoubtedly you have.

Because after all, that is what we are trying to impart to you.

Les: Yes, you have given us wonderful information tonight. There is one final question, I feel the power is going. (Yes) In the case of a person suffering an unexpected accident, we've always assumed their time on Earth has been cut short, because of that accident, it may or may not be so, it's difficult to say, perhaps their time had come—but in the case of somebody's life being cut short prematurely, am I right in saying they are 'cocooned' in some way until their time arises?

Yes I understand your question. Not always, not always, it would depend on the period of time that lapsed between the passing and the intended natural passing, you follow?

Les: Yes, it would depend upon the amount of time still left?

Yes, let me give you an example:—Yes, Salumet is telling me this subject has been discussed, but he's telling me continue—Let me say to you, if you have a child, who really was destined to live much longer, if the period of the earthly years was one of long duration, then of course the child would be cocooned until such time, because you see, we have said it is a shock, you understand? (Yes) ***So you must not try to visualise your earthly years, you should not try to imagine time as you know it, because that does not work for you. If for instance, someone's passing takes place, shall we say, just a few years of your earthly time, then there is no reason why they should not go forward. They will be instructed, told of why that passing was sooner than it should have been.***

Les: I see. Thank you that does clarify some points that had been in my mind, since we did discuss it with Salumet. I apologise to him, for bringing it up again, it wasn't that he didn't explain it fully, I'm sure he did, but it was simply a question in my own mind, and probably in the minds of my colleagues.

He is saying, that is why he comes, he wants you all to fully understand.

Les: Yes, well now we do. I'm sure it must have occurred to some of my friends here too, the same questions.

There are many, many difficult things for you to understand we know, but we try to help you.

Les: You are certainly unravelling an awful lot for us.

Yes well, I hope it has been instructive and you can give forth the information given to you, for those who feel they have travelled the tunnel and returned, who say they felt sure there was someone there, but they could not see them—(Chuckles) Perhaps you will remember me and say, well we know who it could have been.

Les: Yes, we shall certainly remember you and we all thank you don't we? *(Affirmed)*

May the love of the Creator be with you all and I know I won't be seeing you just yet!

(Gentle laughter)

Les: We shall think of you doing your job anyway.

Peace and love be yours.

Les: And our love to you and to our friend Salumet.

Sara: Can I ask a question? Have you got a name?

Les: He won't give it, sorry.

I could give you a name, but it would be useless, there is no need to. It is what we do that is important.

Now—

Les: Our love to you and our deepest thanks to both of you for a most instructive meeting.

I think he will come in a moment, thank you.

Salumet then returned briefly:

Well my friends, I hope you were pleased with what we could bring to you.

Les: I think that's an understatement, if I might say so. We were delighted with what you brought for us.

For that one, it was a good experience and now I will say to you, the lady will end this time, with just a few words and I will say to you, until we meet again.

Les: We will look forward to that impatiently. Thank you so much, God bless you.

There was finally one through Sue, who closed with a prayer, a little of which was too faint to hear on tape:

—May the light of the lord surround you,

May the love and the light be with you,

May the love that you feel be given to others,

My love encompass you all.

God bless you.

~12th June 1995~

Good evening. I have been aware of many thoughts coming to me since last we met.

Les: Have you? That's good.

Many send their thoughts of confusion, of hopelessness, of despair.

Les: Not from us I hope?

I don't speak generally, but there are individuals who are seeking answers—a craving for their own spiritual unfoldment. Let me say to you all: I hear your cries of help, I hear your search for knowledge, and I hear your confusion. Let me say this to you: As I have said before, spiritually you are all on a pathway of unfoldment, but you must go slowly. You cannot achieve the very top, before you step from the bottom. Do you understand me?

(Affirmed)

Therefore between those two areas, much in your life will seem confused. I say to you all, accept these many, how you would term, 'backward steps,' because in the long run, you will go forward. Again, I return to your own thoughts and how powerful they are. I will help you all as I have said, but I do not wish you to look upon me as one who can alter your lifestyle. I cannot do this for you.

Les: No of course not—

I can support you in times of trouble, I can help to uplift you, to guide you, to do much for you. But all of you are indeed in charge of your own lives.

Les: Yes we do accept that we must be.

Try to transmute all of daily negativity into love. In this way you will find your own development growing. Each step becomes lighter. I know for some of you, it seems too heavy a task at times. I want to say to this one, (*Lilian*) she has gained much in spiritual knowledge in quite a short time, but still she has moments of despair, where life indeed seems heavy.

Lilian: Yes.

Yes my child, we know. I will say this to you: There are many good times to come in your lifetime here. You will be uplifted in those stormy times, you will feel the love that is around and about you, because you see my dear, you are surrounded by many known and unknown beings, who want you offer you their support.

Lilian: Yes I know I get strength from somewhere sometimes.

You will be given the chance of a journey, much further than you would imagine. I say to you child, when this opportunity comes, it will be most beneficial to you, to accept. Please keep these words in your heart and in your mind. There is much to come for you. (Thank you.)

I would say to you this time, it has always been my intention that each one within this room, should grow, their gifts of spirit should be expanded. And so for this time, I will quietly withdraw and say to you, please accept what we are trying to do with you. All will be given something, so please open yourselves to those energies. I would say to those who are unsure of themselves, please to speak of what you are given.

(Before the silence began, Les thanked Salumet for bringing the most interesting guest at the last meeting, known as the 'Light Escort'.)

I am happy to take your thanks and of course I will bring forth many more. Each stage should be of interest to you. But before I go, I will say just a few words on the state of your Earth at this particular time. There is much that is going on within your world. Much sorrow, much havoc and much worldly confusion, which gives us cause for concern at this particular time. We are aware of troubles in the countries to the east of you. I believe you term it, the continent of Asia. (Yes—) There is trouble brewing, but let me reassure you all, that whatever troubles come forth, nothing will destroy what we have come to do.

Les: Good, that's certainly comforting to know. Always you will have these troubles stirred up in many areas, but let me say to you, there is now more light within your world, than there is darkness.

Les: Good, that is comforting.

I tell you this in advance of time, so that your minds can be still, be at peace, be at one with love. Now I thank you all for this gathering. I ask that the Creator bless each one of you, for the time you give, for the knowledge you seek, for the love you extend to others and for your very being. Now I leave you quietly, to continue with the other. *(Thanks expressed)*

After a short pause, Eileen began to get clairvoyance: The name Alistair, a stone animal next to huge gates and a country. (Thailand) The gates opened revealing many steps going up. Someone stood at the very top, dressed all in white, wearing a pointed head-dress encrusted with gold. She was allowed to enter, though she couldn't move her feet at first beyond the threshold. There was an incredible feeling of coming home and she wanted to weep. She described it as being like music inside, though it wasn't and Les said she was hearing the energy. The man smiled, welcoming her in. It sounded like it was difficult to describe the beauty of this place. A bird alighted on her shoulder—Eileen began to weep, as she said she had to return, overwhelmed by it all.

Les then added his own clairvoyant impressions:

I'm being shown an enormous cross. It appeared to be of gold, jewel-encrusted, of the utmost craftsmanship. Voice changes as Les starts channelling: Around the base of it are a number of similar crosses. And each one of you here is being given one for your strength and encouragement, for the work

you wish to do. Accept this, keep this symbol with you, remember it is always there for you. Use it for strength, use it to give love, use it to protect you from harm and accept that it comes from places far beyond your conception at this time. Your colleague has been given just a glimpse of an anti-room to one of our temples, which is based upon a temple, which existed here, long before your time. And what your colleague has seen, is but a dim reflection of what exists beyond that anti-room. Now can you begin to imagine what beauty there is waiting for you all, when you have travelled the paths you must walk, in order to reach such sublime, such sublime results for your efforts. We give you these crosses of beauty and energy and strength, in the hope that you will in your lifetime here, each and every one, recall this gift and use it in the correct way, for which it is given. May the great sun shine upon you at all times, may the Earth be good to your feet, may the waters cleanse you of your troubles and may the moon above give you peace and serenity in your life. I bid you farewell.

A bright jovial one followed through Eileen briefly, encouraging us to report on whatever we'd been given. Some of the sitters had been aware of different things, but we'd been reluctant to speak.

Another briefly followed through Sue, bringing another gift for everyone:

—I wish also to give a gift to each here. It is the pure white lily of love. Please to ask each one before they retire to their beds this night, to open their minds, trying to see the white lily. Please hold the image, keep that image close to your hearts and minds. Recall that white lily of love—if ever your thoughts stray into dark places, come back to the white lily. It will bring much joy to all here. Now we will close with a prayer of love:

'Oh most heavenly Spirit,

Let the love shine around and within these special people here.

Let them feel the presence of your love and light, in times of darkness and despair,

And let the light return to their inner selves,

And the Spirit within.

God bless each one here, until we meet again.'

Amen.

(Thanks expressed)

~19th June 1995~

Good evening.

Les: Good evening once more.

How good it is to join with you once more.

Les: It's very nice to hear that, it's certainly very good for us and before you begin tonight I want to thank you for the wonderful experience given to your instrument at our last meeting. It was very beautiful.

Let me say this to you: That *still* she ponders upon this happening.

Les: I'm not surprised.

But now, let us continue the time. I would like to say to our friend, the lady with the knee problem, yes.

Les: Is that you Margaret? Do you have a knee problem?

Let me continue please. It is not known at this particular time, but I would say to her please to think to have some healing, before it shows itself upon your physical being.

Margaret: Thank you.

That is the advantage of having sight a little further ahead. I wish to speak to you too my friend. (Les)

There is news coming for you, news that will cause a little concern, but let me tell you, do not worry on it, I will help. It is nothing tragic you understand, but news which will tend to worry you a little.

Les: Right, thank you very much.

So listen to these words and know that I will be standing behind you.

Les: Thank you very much indeed.

Now one more thing before I leave you. Have you been more aware of the person I spoke of recently, who is trying to make themselves known to you? You said you were aware, but I said we would help more in this matter.

Les: Are you speaking to me personally?

I am my friend I am.

Les: Yes I have been more aware.

Good, you should have been, but always I like to hear the affirmative from you.

Les: Yes I understand that, thank you.

You are going to say, 'why do you ask when already you know?' But let me assure you it is good to hear the spoken word. Now let me say, do you wish to ask me questions before I continue.

Les: Any questions for Salumet?

Sara: Yes I have two questions concerning others: A girl called Debbie whom I was working with recently, lost her mother some years ago and wonders if it's possible to have a message, or if you could say whether her mother is happy or whether you could tell her anything about her mother? I think she died suddenly of cancer, and Debbie was unsure about the death, about why it happened so quickly.

Let me say to you, will she be open to speaking with me?

Sara: It's possible, I can ask her.

Would you find it acceptable to allow another within this room?

Les: Yes, for that purpose—or she could come on another evening, to meet another lady, who is doing excellent work in this particular field.

I will leave the decision to you, but in any case, she is needing help.

Sara: Yes I think she feels a sadness about the loss of contact.

Yes there is also a fear within her, there is a fear to be dispelled, so it would be good to have the contact with her.

Sara: OK, I will suggest it.

Les: I'll talk to you about it afterwards Sara.

Can I leave it with you?

Les: Yes please do.

Sara: I have another query from a lady called Gill from London, who is going through a painful divorce. I think she fears for the future and I don't exactly—she doesn't tell me very much about the problem—

Les: Might I butt in here, we are wasting time unfortunately, I'll talk to you about that later on Sara, thank you.

Thank you. I will say just one thing on these matters: I cannot live your lives for you, I believe I have said this many times. I don't wish to seem ungracious, but these earthly problems really must be resolved by each and every one of you. Are you happy with that response?

Sara: Yes, thank you—yes.

I would like to say a few words too, to the lady who has come this night, just for this time.

Les: Yes, I will ask her to come forward, 'Doreen?'

There is no need if she can hear me.

Doreen: Yes I can hear you.

You can hear me. You my child, have travelled troubled waters through this lifetime, but let me say to you, that much is behind you. You are now going forward, but you have a concern for the one who is close to you. (Yes) I do not wish to go into details, but your heart sometimes wishes that there was more involvement. (Yes) Yes you know. Let me say a few words to you: You cannot make someone tread the same pathway as you take—each and every one of you, have your own pathways to tread, you understand this I know. So your thought energy patterns are being wasted in this direction. Better to give out thoughts of love and guidance from the Creator of all things. A few simple words and much can be achieved, but only in *his* time.

Doreen: Right, I shall remember that, thank you very much.

We would like to thank you too, for much good work you have done, in the name of spirit.

Doreen: It's my pleasure.

I wish you could see your light which surrounds you, but you cannot at this present time. But you shine—you shine with goodness and with light.

Doreen: Thank you very much indeed for your advice, it's greatly appreciated.

My heart is full sometimes, with the love you extend to others, but as I have said to that lady, sometimes it is fruitless. You would indeed be better to concentrate your energies where they are most needed, do you understand what I am trying to say to you?

Les: Yes we do.

You cannot cure the ills of this world, send out those thoughts I speak so often of. Send them with love—let them reach out to be heard. I would like you to speak with this one, there should be communicator.

Les: Thank you very much.

There then followed one through Sue, who talked about writing ancient scripts in halls of learning and how Les would someday work in this area:

Good evening to you—love to each here.

Les: Thank you, and we return our love to you.

It is received, thank you. What can I say to you that may be of some interest?

Les: May I suggest that you tell us of your activities and work, that you currently do in your sphere?

If that is what you wish then I am happy to say a few words. (Thank you.) Forgive the slow speech, I am somewhat—

Les: Yes, it will improve as you speak of course. We can never get enough information about life in the other world. It's always of interest to know what you are doing.

My work involves the writing and storing of the ancient scripts. Are you familiar with the term? Have you heard of these scripts before?

Les: Yes we have. You are concerned with the writing and the storing of the ancient scripts, are you?

Not alone you understand, there is a large body of people who spend much time in this work.

Les: I imagine there would be. And you collect them all for your halls of learning and your libraries, is that right?

In the simplified form yes, that is the easiest way for you to understand it. I do not wish to imply what you are unable to understand, but it is more complicated than you would perhaps understand.

Les: Yes I quite accept that, it's best for us just to have a simple description.

Yes, but when the time comes for you to join our realms, you will see the glory of the writings and I am permitted to tell you Mr Bone, that you will in no small part, be a piece of that work. Would that interest you?

Les: Yes I would be most interested in that type of work.

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

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

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

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

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

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

It is a difficult subject, but yes—

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

Let me explain in simple terms—you understand your spirit is endless? (I do.) Imagine your spirit as a fine white diamond—you follow a line with your eyes and there is your—branching off from the one—

(Recording faint/unclear) At some point in the life of the spirit, it needs to be noted down, we need to collate the happenings of each spirit. The branching off of that spirit, the returning to the fold, it is a reference library of the spirit's travels. They sometimes collide and merge together and we collate the work the spirit has done, because it could be of use to spirits to come, I don't know if you can understand?

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

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

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

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

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

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

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

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

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

Les: I can well believe you.

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

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

Yes, but not—

Les: Not to the same degree of beauty.

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

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

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

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

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

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

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

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

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

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

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

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

That is not our purpose.

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

Have you any other questions please?

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

I apologise that I cannot be a little more explicit.

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

No, no, no.

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

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

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

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

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

George: Yes thank you.

Les: All right for you George?

George: Yes lovely thank you.

If that is all I will leave you now.

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

I apologise once more.

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

If you feel you would like to join our realms.

Les: I certainly do.

It is written that you shall.

Les: Thank you very much for that.

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

Les: I would like that very much.

May I offer you a name?

Les: Yes please.

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

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

Salumet then returned briefly:

Is the instrument OK?

Les: Yes she's OK thank you very much indeed.

I hope you found it informative.

Les: I think as I've said before, that's an understatement. It's really extraordinarily informative for all of us, am I right? *(Agreed)*

It was an extension of the talk by one who spoke of keeping the books, you remember? *(Affirmed)* Let me tell you, any communicator I bring, cannot offer you the whole picture. So there must be limitations, but let me speak a little: I hear the thoughts: 'Why is it necessary to rewrite what are ancient scripts?' Let me say this to you all: We on our side of life 'hold', if you like, the blueprint of all that occurs. But what happens when the events take place upon your earthly plane? Because of man's freewill, there has to be changes, can you see? *(Affirmed)* Therefore when the life is finished, my colleague has told you, all

is seen and noted. I hear you say 'Why, why does that happen?' So we come to the talk we had previously, on keeping the books of life. When each soul comes to look within those books of life, they learn, they learn from the history within, as you do when you look in your history books on Earth, to see what has happened previously, can you understand? (*Affirmed*) So therefore that is why these records are kept, and in seeing the lights to come, amendments and adjustments can therefore take place. I also wish to say just a few words on our halls of learning: My colleague has described them very well to you; what I think perhaps you do not know, or I have not spoken upon, is there are many halls of learning on different, you know I do not like the word 'Spheres,' but I will use it, because you know the word. So each sphere have their own comprehension of a hall of learning, you understand?

Les: We do yes, that comprehension obviously must vary.

It varies greatly, so even with communicators, you will find varying descriptions. It is not that either or is wrong, it is their comprehension of it.

Les: And their comprehension is passed onto us from *their* degree of spiritual development.

Again we come to *their* awareness, *their* growth, their awareness, their sight of what is about and around them. So when you have descriptions which seem to contradict one another, do not be judgemental. I know this is a difficult fact for you to take aboard, but it is truth.

Les: Yes, it clears up a lot of queries about apparent contradictions one finds in writings on this Earth.

There are many, and you will find such a scale of different viewpoints, of different writings, as I say we hold the blueprint, the absolute truth. (Yes) And then you can see the difference when you come to our side of life. It is something which staggers many, because they feel that what they learn upon your Earth plane, must be absolute. Let me tell you: no, it is not—there are so many misconceptions in your lives. I want to say a few words before I leave you. Next time, I will bring to you someone who was promised to you some time ago, who wishes to speak to you upon the colours, you remember?

Les: I do.

Well, that is who will come.

Les: We shall certainly look forward to that.

May I ask one thing of you?

Les: Please.

I will not speak to you next time, but I ask that a little quiet talk before the speech begins. I do not say who will be used, but you will know. I know I can tell you, you will enjoy/be impressed by what is said. You will learn much about the colours and you may find that it does not 'tally' is that the correct word? (Yes) With what is already written here now. There is so much said, so much written, but now you will hear it from someone who has much knowledge. (*Thanks expressed*)

May the love, the light, the healing of the Creator go with you all.

Les: And may you receive his blessing also, for what you do for us. (*Agreed*)

~26th June 1995~

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

I have been asked to join you to speak about colour.

Les: That is so. Our mutual friend Salumet said that you would be speaking to us at this meeting about colour.

I am not the one you would have expected, but I have been asked to join you, because this time I blend best with you all.

Les: Thank you very much indeed for taking the trouble to do so.

Thank you—then let me continue with the work I have come to do. I have been told that you have been given some information on colour already.

Les: Just very brief information.

Let me tell you this area is indeed a great one. I will try to enlighten you all a little more.

Let us begin with what is colour as you would define it. Let me tell you colour is no more than the interaction of light with darkness. It is indeed an energy. This you are aware of I know.

Les: Yes we are.

Yes, you speak much on your Earth plane of colours as if they were solidified items, which they are not. They are not static, how can energy be so? It is ever-moving, ever-changing. So, let us begin with the information I believe all of you could acknowledge. You speak of 'chakras,' you speak of 'auras,' all within this colour range, from the densest vibration of red to the very purest of light. Let me say this to you please:

I hear so often people speak on your colours. 'What are these so-called 'chakras,' within you?' You all I feel, know that they are energy points within your human form.

Les: Yes that's all we do understand of them.

I believe you have been informed that there are many, many within your body. Perhaps I can tell you that these main chakra points that you speak of, let us make an analogy if we may. They would be in the universe, in a galaxy, they would be the main planets, while all the other points of energy and colour, would be the smaller stars. For instance in the galaxy of the Milky Way, shall we say. Can you understand?

Les: Yes that's a very good analogy—

So when you have people who make 'readings,' I believe you call them, of the colours of your aura, who predict the state of being of bodies, they are being a little inaccurate. Because you see, there are so many influences, which create colour. Let us take one colour, which is familiar to you, the colour of red, which you all know to be a baser colour, one of the denser energies. These colours within you, are influenced by many factors. Not only the state of your health, your emotions, your circumstances, your surroundings, but also what you take in from the cosmos—this is the part little understood by most. So let us continue. When you wake as beings in the morning, subconsciously you know what colour you are. Instinctively you know which colour within your being, is the most forthright. And let me say, your auras extend one colour more strongly than the others, each and every day of your lives. When people read your auras, your colours, they are mistaken in their understanding of the colours meaning one thing or another. Can you see?

Les: Yes I do understand that. I've always suspected they're inaccurate, because am I right in believing as I do, that the aura is constantly changing in the density of its colours?

Yes, it cannot be static, it is ever-changing. It changes from minute to minute.

Les: So even as they are reading—

It is changing. And what they fail to understand, is the interaction between their own aura and the person who sits in front of them. You must understand, you can be influenced by a person in front, a person behind you. In fact, each and every one of you now, is being changed to a degree, by every other single person within the room.

Les: That we understand too.

You understand—good.

Les: That is the reason I believe, for us physically feeling repulsed by some people and not understanding why. I've always said it's because the two auras are incompatible and they are figuratively turning away from each other—they cannot combine.

It is—you cannot combine—it would depend I think on the awareness of the person; this very much comes into play. The baser the less knowledge a person has, the denser their colours. Let me say to you, each colour has such a range of degree of different hues and densities. Shall we take the colour blue? If you take the blue spectrum, there are dozens, dozens, dozens of different hues and colours, within that one basic colour. So you see, the readers of your colours upon the Earth, cannot have it right. They are not accurate in their descriptions.

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

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

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

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

Sara: Yes I do too.

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

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

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

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

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

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

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

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

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

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

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

Les: I can quite believe you on that.

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

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

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

Les: Please do.

I work within areas of colour, where we take those who are spiritually unwell. The colours within these rooms, these temples I prefer to call them, change each moment. As a person enters, then the whole vibration and colour changes. My task is to keep the balance, to change those ever-changing colours, to be balanced and to be loving and to be useful for the work in hand. Can you understand me?

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

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

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

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

Les: I certainly didn't know that.

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

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

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

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

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

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

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

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

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

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

Of course—would you like to question me on anything I have said?

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

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

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

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

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

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

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

Les: Grey?

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

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

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

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

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

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

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

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

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

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

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

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

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

Sara: Ah—(Giggles)

You understand?

Sara: Yes I do. The lilac, is that—

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

Sara: The lighter.

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

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

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

Sara: Yes I understand. Thank you.

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

Sara: Colds, yes.

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

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

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

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

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

(Enthusiastic agreement)

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

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

(Emphatic agreement)

Les: I thought you must see us as colours.

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

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

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

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

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

(Thanks expressed)

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

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

(Thanks expressed)

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

~3rd July 1995~

Good evening.

Les: Good evening.

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

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

I am pleased that you feel it. I will speak to you for a short time this evening, before we go on with other things. But first I wish to say a little to you all.

I hear from you many times, ‘Will I be happy—will my wishes be fulfilled?’—so many questions. I want to say to you all, you do find it difficult to go within for those answers. I can tell you ALL, but I don’t want to do this.

Les: No, I understand that.

I would like you all to find your inner peace, your inner knowledge, that innate sense of love and Divine knowledge, which is within each and every one of you. So when you send your thoughts to me, may I ask you please, to consider that thing that you are asking for, because if only you would develop that inner awareness, then all answers will come to you.

Some of you do find this difficult to accept, but I have to say, be a little more patient. I cannot promise you that your lives will travel smooth pathways; that is not why you are here. So when you come to these obstacles, stop and thank your Creator. Does this make sense to you?

Les: Does it make sense to everybody? (*Affirmed*) Any questions you would like to ask, before Salumet goes on further? All quite happy with what has been explained so far? (*Affirmed*) Right, thank you.

I smile a little, because so often these ones leave this room and so many questions come to them—but let me continue please. Do you wish to ask me anything?

Les: Yes, first I would like to thank you for your colleague’s appearance here last week. It was a delightful evening and most instructive and informative.

There is much that can be given to you and of course one visit is obviously not enough, but we have much time to develop these discussions.

Les: Good. And the other thing I would like to ask, I believe I’m right in saying, at the end of most sessions now, we have a communicator who’s quite light-hearted and often causes us a lot of laughter. That is I believe to clear away any heavier influences that might be left?

It is mainly for the instrument’s sake that this is done, because although I am not fully in control yet and I do say ‘yet,’ she needs to be protected because she is taken some considerable way from her physical being, you understand?

Les: Yes I do. I thought this was the reason for the appearance of the light-hearted people and we much enjoy their being here too.

It is for you all to laugh. You know you beings do not laugh enough. So many times you are laden with everyday worries, which most of the time, is unnecessary fear. But that is part of your development and must be endured.

Les: Yes, you have explained that to us in the past. I think we now all accept it, even if we don’t understand it.

I will say again: *Thought is the most powerful thing—your fears are the most destructive.* Now, I will answer any questions, after which I will leave you to continue with work to be done with others, you understand?

Les: Yes I do. Thank you.

So, are there questions please?

Les: Anybody like to question?

George: I did have one question: We have talked already about flower energies, and this is a delightful area. I’d like to ask a question about the Bach Flower Remedies: Dr Bach describes one method of preparation which involves collecting flowers, floating them in a bowl of water in sunlight, and the energy of the flower is said to transfer to the water, and then the water is used as the remedy for helping people with fears and anxieties. (Yes) Are you able to confirm that the energy will transfer in that way?

Yes, let me say this to you: You have been told of the energies which each and every one of you take from the Sun, through your auras, you remember?

Les: Yes we do, that was confirmed again last week.

In a similar way the flower is attracting the rays from the Sun, the energies, so you see, it is energised, so too is the water, that is how it works. Everything, you humans, flowers, animals, your Earth—all are surrounded by these energies. I will say of this Dr. Bach, he was a man of much awareness. He struggled in his lifetime to produce these remedies and although many people scoffed at his ideas, in actual fact, he was unaware of the true energies he was involved with. But nevertheless, they were successful, for the very reasons I have stated. Is that acceptable to you?

George: Yes that's most helpful, thank you very much.

The flower whatever, whether it be in the ground, or placed in water, is reaching out for the living energies surrounding it, as you humans also are, even those you are as yet unaware of, yes?

George: Yes—lovely, thank you very much.

Les: So there would be many ways in which the flowers could be used, directly without being floated on water, I would think?

It is nature's way—his method was 'his' method and of course there would be other ways. But his awareness instructed him in this direction.

Les: I understand. Thank you, any other questions for Salumet? Paul? *(This was another Paul who was a guest this evening.)*

Paul: It's not actually a question, but I've found recently, that when I'm in the presence of an elderly person, I can almost feel the youth in that person, I can almost scan them and see them as a younger person and equally with a young baby I can almost imagine them older. Is this particularly strange? It could be my imagination.

It—no, no my son, it is not imagination, you have the gift of SIGHT, let me say this to you. What is happening, is an inner knowledge again, something you are not fully understanding, but let me explain a little further. Each individual, whether a young child or an older being, have energy patterns, which remain within your atmosphere, in your ether, you follow? What you are doing my son, is tuning into these energies, past and present, you understand me?

Paul: Yes I'm very happy with that, thank you very much.

This is something you could develop upon.

Paul: Thank you, I'm very pleased.

Les: Thank you—any other question for Salumet before we go onto the other work? *(Pause/silence)* Right well thank you very much Salumet, once more. We are in your dept.

No, no my friend, please—you are not. I am honoured and happy to join you each time.

May the blessing of your Creator fill you with love, with peace, with all that you need to sustain you. May you go on your way this time, showing that knowledge and that love to all that you meet in your daily lives.

Now I will say this to you before I leave: Tonight we are trying to do new work. Please give us silence and let us see what can be done. You will have the knowing of who to approach.

Les: Thank you. God bless you and our love goes with you once more.

A few minutes passed, and then a guide came through Sue:

Les: Good evening to you.

I great you all—may the love that I feel, you feel in return from our side. (Short pause while Les adjusted microphone)—I know of your equipment, which of course is unnecessary in our world, but without sounding offensive, your life has much to learn now.

Les: Yes we unfortunately are still in a state of primitive requirements.

Yes, but regardless of that, much good work comes from such equipment, yes.

Les: Yes it does, many people are able to hear your voices and are pleased to be able to do so.

Now, we wish each one here that is able, in turn, to leave their chairs and stand in the centre of your room, for a few seconds. In the centre we are attempting to send energy force for each one, energy force to uplift the spirit of each and to offer enlightenment and healing, where necessary. Do you understand?

Les: We do and we thank you for it. You would like everyone to stand now, just for a few minutes?

Just for a few seconds, perhaps they will silently count slowly to ten.

Les: Thank you, we will do that now. *(Thank you.)*

Les: Would everybody like to stand please.

Please, one at a time, in the centre of the room.

Les: Right, start with you Jo. Just count ten slowly and then go back.

Les: Next: Debbie—Paul—Margaret etc.

And yourself please. (Les) You may wonder why it was done so quickly, but please remember that 10 seconds in your world is not the same as the energy we sent from ours.

Les: We understand that thank you. It was highly concentrated coming from you and we know too that we would not be able to accept too much of it at one time.

Now, I leave. Please ask each one whether there was any change during the giving of energies.

Les: Yes I will do that before you leave. Jo did you experience any change?

Jo: No I didn't.

Les: Debbie:

Debbie: No not really.

Paul (Guest): I felt that as I closed my eyes it was darkness, but as I was standing there, there was an illuminated feeling, as though I was being sprinkled with light.

Les: Thank you. Margaret

Margaret: I felt a lot of energy, felt quite dizzy when I sat down.

Paul: Just a sort of upliftment.

George: I felt a warmth. I think 'bathing' is a good description.

Mark: I felt a lightness and when I sat down I almost lost my balance.

Les: Thank you. Dawn?

Dawn: No I didn't.

Lilian: Energy, which I'm still feeling.

Les: Thank you—I felt a great peace.

Those who say they experienced nothing, let me assure them that the energy is within and in their own time, they too will experience the feelings inside. Some require the concentration in their spirit body, over a longer period of time, do you understand? (Yes—) We are pleased we could bring such power to this room and will endeavour each time you meet here to do similar work, not necessarily from the centre of the room, but if the power permits, it will be directed to each sitter in turn.

Les: That's wonderful.

Please imagine the rays of the sun coming down from the top of your room and each ray laying on the head of each of your sitters.

Les: Yes we will do that.

Please if any one of you has the vision to see the rays, no matter how briefly, please to say so. We do appreciate knowing when our work is visible to you. Now, I send you God's blessing and the love and the light of the spirit within you all. God bless and keep you.

Les: God bless you and thank you to all your colleagues, who work so much for us.

~10th July 1995~

No Salumet this time, as Eileen was away. The first communicator came through Sue, who suggested we spend time developing clairvoyance. After a time, a communicator came through Les, taking us on a meditative walk through a spirit realm garden—audio version freely available from website:

www.salumetandfriends.org

I invite you all if you wish, to join me now for a walk through one of our gardens. Would you care to follow me? Please beware that you'll be barefooted. For this walk, you will not need shoes, or other coverings for your feet. That would destroy in part, your enjoyment of the walk. Please take off all footwear and leave at the gate. Are you ready now? Now you see a pair of gates, which are apparently golden, but are so-coloured only because this would be expected in conformity with the beauty, which

they separate from the normal vista outside. Now we go through the open gates and you will see that the path upon which we now walk, is what you would call grass, but is no way similar to the grass of which you are aware upon your Earth. Feel the grass with your feet. This is the reason for discarding your footwear. You should feel the energy coming through the Earth and the grass as you walk and you should also become aware that as you walk, your bodies are becoming lighter and lighter and that it requires no effort from your muscles, to transport yourself along this path. Are you beginning to feel that? Do not worry if you cannot feel it exactly as I have described. It may be more apparent to you as we progress. We have only just started this walk. Now we come to an archway in the hedge and the hedge as you would see, is not green as upon your Earth, but is multi-coloured, in all shades that you can imagine and those colours change as you approach. The hedge is a living thing and the doorway is reacting to your own auras as you approach. As you enter through the archway into the garden of roses, you will feel a warmth descending on you, which disappears again, as you go through the archway. Are you able to feel that warmth? Do not be concerned if you do not. Remember you are taking a physical body through a spiritual garden, therefore you may not feel all that we would wish you to feel. But it should be registered in your mind, so that later you can retrace your steps, if you wish. And now let us go through the garden of roses. Imagine every rose, which you have seen in the course of your lifetime, all spread before you, in a sea of colour, blossoming as you have never seen flowers blossom. And the perfume, which arises from them all, is individual to each bush, but is an amalgam such as you have never experienced here. Try to inhale that marvellous mixture of perfume. It will cleanse your lungs, it will cleanse your spirit, and give you energy for the continuation of the walk. Look around you at the roses, enjoy the scent they give you. Then I will take you through the aisle, which you would call a passage. Look down at the path beneath your feet now. What do you see? Golden sand of a texture so fine that you could not imagine it. And yet it does not swirl up in dust clouds as such a texture would upon the Earth. That path is energy, energy, energy, which can be transformed, transposed through your feet, into your very being. That is why it is so fine, so that it can be taken into your very body, through the soles of your feet. You should now be able to begin to feel a surging of energy up through your feet. Now come with me through the walk through the roses on either side of you, and see how they turn towards you, as your thoughts turn to them. They are aware of your appreciation of their beauty, of their colour, of their perfume. And as they collect your thoughts, so they in turn glow and radiate back to you, their love, their happiness at being able to give you the beauty, which they have to offer. This will continue throughout this path. Let us walk slowly and enjoy every moment of these roses, giving more life than you have ever seen in flowers. And now feel the stems as you pass. There are no thorns, there's nothing to prevent your fingers touching the wood and again, feeling the energy coming from these blooms. Now let us continue through yet another archway, this time, with many hues of green. Imagine your country and the many shades of green, which appear to you in the spring. All those shades of green are encompassed in this one archway. And we go through there now, to the sound of falling water. Not falling water as you know it, but water singing the praise of the Creator, singing its happiness to give you the love, the colour, the sound, the music, which that water is emitting constantly. And now, a surprise my friends, we shall walk through that waterfall, not behind it, not around it, through it. Come with me, step into the stream of water, which falls from above and walk through, through, through, not water, but a field of energy, which to you appears as water. Feel the energy surrounding you, permeating your bodies, blessing you, giving you happiness, giving you peace. And now through the water and there is no rock formation behind, as you would expect upon your planet, but a vista of green fields, such as you have never seen. Those fields are amassed with what you would call 'wild' flowers, of every conceivable shape, hue, size, colour, perfume. Again, as you would describe upon this Earth, as a flowering meadow, but all those blooms, every blossom, is an individual point of energy. Again you see the reason for discarding your footwear. Let us walk through these plants. Do not worry you will not crush them. You will tread them down momentarily, but they will spring up, renewed as you pass. So have no fear of destroying any of them. And now in such a field upon your Earth, would you not expect to find, the nests of some types of your birds, who seek to live upon your Earth, amongst the flowers and your vegetation.

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

(Thanks + farewells)

God bless you, thank you for your company.

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

~17th July 1995~

Good evening my friends.

(Warm welcomes)

It is always good to join you here.

Les: We are pleased to hear that.

Let us thank that Divine Creator, for this gathering here. Let me speak please this time, on something that you all wonder upon.

Les: Yes please, we look forward to that.

So often I hear, 'What is the meaning of our lives here? What are we meant to do? Why are we here upon this earthly plane?' I have spoken briefly before and told you all, why you are here is *LOVE*. But too often I hear doubts, as to your abilities. You wonder if you should be involved in this *Spiritualism*, as you call it. It is one name for many ways of living. I would say to you all these few words my friends:

'Service' is the reason for your being here.

I hear you now say, 'Tell me what is service?' I feel you are a little confused upon this matter.

Les: I think I could ask for everybody, I believe we *all* are confused to a certain extent, from what we have been told previously, that we *choose* our lives when we come back. And I and I think my friends here will also have wondered why we should choose an existence on this Earth, which often is full of pain suffering and misery. You would say no doubt that it helps with our development, but to me the two don't always seem to coincide.

In what way my friend?

Les: Because, what is the reason for us deciding to choose a life which is uncomfortable, unhappy perhaps, and in the main full of disappointments and misery? Are we always responsible for choosing that sort of life?

Let me speak a little—let me deviate a little from what I was saying. (Thank you.)

Of course in your physical way of thinking, you would not accept discomfort, pain, unhappiness—whatever. Let me say, that is your *physical* brain thinking. When it comes to the *spiritual* aspect of yourself, it sees the *much greater picture*. So suffering, pain, discomfort, is not seen as anything to be pushed to one side, but it is seen as a way of your soul's *growth*. So although these aspects of your living are painful, you have to see the beauty within the soul. I know this is difficult for you to understand fully, because no one on your Earth plane wants to suffer, but your **Higher Self, your *Higher Self* knows that sometimes this is necessary. Can you see?**

Les: Yes, we have to try and think more of our spiritual selves, rather than the physical self, I think this is what you are saying to us.

You have to raise that part of yourselves, to find a fuller explanation. You are not one unit my friends, I have explained this to you before. Try to see yourselves on a much wider scale. Think not only of this one lifetime, you see?

Les: Yes, I follow you. Of course, being physical, we do tend to look only at that particular part of our existence, forgetting the many facets of life, which we have had and will have.

When you return *HOME*, you can on 'hindsight,' you say, see for yourself what has been achieved through many sufferings. Do not look upon unhappiness, suffering, disappointments, as something to be sad about. That higher being knows so much more. It is difficult I know, but please accept my words as being *TRUTH*.

Les: We will of course, we wouldn't dream of querying it, but it answers the question which has been in my mind and I'm sure has been in my colleagues' minds also, the difficulty in understanding why we should voluntarily submit ourselves to a life of unpleasantness.

Let me say also, I have been speaking about service. Can you not see that by some suffering, you have given someone else the opportunity to serve? (Yes—) **You must not look upon it as an isolated thing.**

Les: No, I was talking to someone only this morning, about a similarity there. They were saying that people wish to give as well as receive—it gives them happiness to be able to give.

Yes, you must look so much further than just the one person. You are not single units. When you come to this life, you have chosen that pathway that is best for your growth. It may include suffering, it may not, it depends on what you have returned for.

Les: So when we choose our lifetime on this Earth, it is our spiritual self which is choosing it? (Of course.) Yes thank you. That does clarify for me, which leads me to another item: We often read of people in the East, wise men, gurus and so on, who do peculiar things in our estimation, such as keeping an arm raised aloft, until it withers. I could never understand it and this, I imagine would be the spiritual awareness in them, taking suffering further in the physical body, for the benefit of their spiritual development?

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

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

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

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

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

Mark: Yes thank you.

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

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

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

It—you can manifest yourself upon this Earth, within hours, days, years, centuries. Let me say this to you: *The decision on these matters lies solely with your Higher Selves—that part of you which knows all, when you return 'home'.* You yourself, with council, will decide the most opportune moment to return, when conditions are right for you, when the people you have chosen to return with, when all are ready. It is again, not an individual thing. Always you look upon yourselves as one item.

Les: Yes, it's difficult not to.

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

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

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

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

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

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

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

Les: We could make a lot of mistakes—

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

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

Do not underestimate your free will.

Les: No, so our return to the Earth, could be a comparatively short time, or it may be many, many years, according to the requirements of our spiritual selves?

Of course, sometimes the spirit sees within hours, that which has been left undone and seeks to rectify those problems. Or the soul may consider after council, that it would be best to wait. It is a matter for *many*.

Les: Thank you, one other thing which has puzzled me, accepting as I do and I imagine my friends do also, what you have told us, would we always return to this particular planet?

I would say you do. I know there are disparages of opinion, but yes you do return, you are earthlings, you do not learn from other planets. Until your time on Earth has been finished properly, then you cannot go elsewhere.

Les: So from that then, I would imagine that we are in some way part and parcel, of the very Earth upon which we live?

Yes, you are its very structure.

Les: Yes, thank you. That certainly clears several queries I've had.

Mark: Could I ask a question? **(Yes)** It just occurred to me, I wondered how the Earth learning differed from other kinds of learning?

I have to say and I have said previously, you beings on this earthly plane, are so young in the stepladder of knowledge, and I would reiterate it for you: *Although you think your knowledge has expanded, you do not see the much wider growth. Like a ladder, you are aware of what is below, what is on top, but you can see no further. It is never-ending.*

Les: So would I be right in presuming that part of our destiny, is to remain on this Earth, time and again, until we reach a certain spiritual development, which will free us from the confines of this planet?

Until such time as those lessons you need to know, then you will remain upon this earthly planet. Yes you are correct, there comes a stage when you throw *off* those bonds and move forward; then and only then would you be permitted to travel to other places—but we are speaking many aeons of your time.

Les: Yes, of course, yes I do appreciate that and that's of course something we cannot imagine, we have no conception of the time factors involved.

My mission coming here is to teach you what you must know.

Les: Yes, well we're very happy to be learning from you and that of course raises another question: We don't know how long the Earth is going to remain as a habitable planet. Is there any likelihood of the earthly planet finishing its specified time in the universe, before we have finished our learning?

Of course this Earth planet *has* to have a time of learning. Let me say, your planet is a very tiny spec within one universe. Of course there is a time limit, it is a natural progression of law. But that will not happen while there are people who need to learn. There *will* come a time when it will be a natural progression of the planet, to disintegrate, but we are talking of *many* complex matters here.

Les: Yes of course we are, but it had occurred to me, that if we are effectively confined to this planet, until we had finished our required learning and that planet had its own destiny mapped out for it—

Yes, which it has—

—were the two going to conflict? And if the planet disintegrated say, or finished its allotted span within the universe and became a cold lifeless hulk, would there have been any people who had not finished their learning before that happened?

I understand your question. Let me reassure you: All life is ‘energy’, whether it is in the form of human flesh or whatever, all life exists and will remain so—please do not concern yourself. You my friend are thinking again in human terms. Try to see it as an advancement, as a growth of energy and then perhaps it will become acceptable to you.

Les: Yes, it is confusing to us with our limited human minds.

Always limited knowledge makes this concourse difficult.

Les: Though over-riding all that, I do accept the necessary growth of the spiritual being and that over-rides everything else, even if I can’t understand the other. It is a peculiar feeling in myself.

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

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

We come back again to what I was speaking of, ‘Service.’ What is service? And so many times I hear you say, ‘I must do healing, perhaps I should develop this, develop that.’ Let me say to you, my friends:

Service is a smile, it is creating happiness where there is unhappiness, turning sorrow to joy for another—so many small things; that is what your very existence is about.

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

That, that my friend, is service.

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

I say to you, ‘Do unto others even when they do not do unto you.’

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

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

Les: Yes I follow you.

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

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

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

Les: Yes, anything you’d like to ask?

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

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

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

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

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

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

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

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

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

Let me say something to you:

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

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

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

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

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

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

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

Les: Yes we accept that.

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

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

Les: We thank you for what you have told us and for your patience and your explanations. God bless you. *There then followed a jolly soul through Eileen who had a message for Mark.*

~24th July 1995~

Good evening my friends.

All: Good evening.

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

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

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

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

The ways of being used, are as diverse as the races upon your Earth, so the very fact that you gather here, indicates you are being used. I want to say to the one here tonight, (*she*) is a perfect example of devotion to being used. The genuineness of that soul, is indeed so true to her spirit. But I wish to say to

you please, that as time continues, there are some who will wish to come within this room, who may not be quite suitable. I will tell you of the time, when perhaps you will mention beforehand, so I can indicate to you, whether their presence is acceptable.

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

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

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

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

Les: Yes I do.

But it is a little time off just yet.

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

I do not intend speaking too long this time, because as has been said before, it is important that many channels be used for the work needed. So we must allow those who wish to use others, their time to come. This is acceptable to you?

Les: Absolutely, thank you.

So now, if you have questions this time, I am happy to answer for you.

Les: Thank you. Does anybody have a question?

Mark: Could I ask a question. Mum's a bit worried about Emma our dog. She's not sure whether she should be put down. She's worried about her being in stress and wondered if you could give some advice.

Let me speak please. I understand your love of your animals, we know the feelings are good, when love is shown to those creatures of the Earth. But let me say, like you earthly people, so too do your animals reach a stage of their earthly lives, when it is time to go. We know the heartache it brings, but you would be kinder sometimes, to lovingly let them go. I will not say to you, do this/do that—that is part of your life decisions, you understand? But I say to you, look within your heart and you will know, what is done in love, what is the right thing to do. The animal is *suffering*, so I say *think deeply*.

Mark: Thank you.

Les: Any other question for Salumet?

Paul: Yes, I've heard of a place called Findhorn in Scotland grow lots of vegetables, they say they work with the Devas, the spirits of nature and it helps the vegetables to grow stronger.

Yes we have spoken upon nature spirits have we not before? (Yes) Yes it is not only in certain places, the whole of your natural world is helped along by these nature spirits as you call them. We have spoken extensively I think upon this subject.

Les: Yes, I don't know whether you were here at that meeting, but Salumet told us that all of creation has a governing body, as it were, whose responsibility is to look after it, take care of it, nurture it in every way. This applies to water, to plants, to animals, the whole of nature.

Paul: So a good gardener or farmer can tune into this?

Les: They can do it anywhere, not only in Findhorn, if the acceptance of the power is there, in the person.

It matters not whether you accept or not, the very fact of nature being there, is enough for these creatures to be doing their work. You within this room are not sufficiently knowledgeable yet, to see. Those with the eye, can actually see these creatures at work.

Les: Is that so.

Of course, of course.

Les: I had wondered if they were visible to some people.

Can I say something to you, you may think it is a *fairy-tale*, I think you call them. Where do you think the stories originally came from? The small creatures which are seen with the eye of knowledge that is where your stories come from, from people who have vision, who can see. They are only shown to those with great vision. That is why I say, you within this room, are not yet knowledgeable enough. Can you understand?

Les: Yes we can—that would probably then be the origin of the stories of the fairies and the leprechauns in Ireland and so on?

Yes, this is what I am saying to you.

Les: So they are in fact visible to some, in spite of what others say.

It is true, indeed it is.

Les: Well that's something you can practise Paul.

Paul: Yes, I'll try. Thank you.

Les: Thank you very much for that explanation Salumet.

Sara: I did see some Fairies once, a few years ago, when I was very stressed and I actually asked for help and I saw some fairies.

Here we come back to what I have always taught you, the power of your *THOUGHT*. Here we have an example of it. The depth of feeling of wanting help, creates not always what you wish, but help in some way.

Sara: It did help.

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

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

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

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

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

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

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

Les: We do understand that.

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

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

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

Les: Absolutely correct, yes.

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

Les: Yes you have often told us that.

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

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

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

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

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

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

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

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

So many people think they have invented these things.

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

Everything you see, everything you do, everything you know, has been known before. Let me say to you, that as you say, climatic conditions can be reversed. Therefore what I say to you now regarding the heat, can be reversed in your winter season. So remember, when you are standing in the cold, start at your feet and think of the warmth of the fire, slowly moving to the top of your head. You do not need this advice at the moment, I appreciate you do not wish to think of fires just yet, but remember for the future.

Les: I'm certain we shall all remember it.

Please, in jest I say to you, we cannot teach you to stop the rain from falling on your head, but you can feel less discomfort, when you think of these things. We cannot prevent the snow, or the wind, but with careful THOUGHT, the problems surrounding you, in these climatic conditions, can be lessened to a great degree.

Les: Well we all look forward to beginning our experiments with thought on this.

Now I do hope it has been of some interest to you and please at your next meeting, I would be interested to hear any comments you may have on the matter. I may not speak, but I will be here.

Les: Good, so you will hear our reports anyway.

You would be quite amazed at what we do hear.

(Laughter)

Les: Yes, I think our amazement is being tempered by the constant surprises we get.

Now I leave you. Enjoy your summer months. They can bring much joy, if you know how to use them.

God bless you all.

Les: Thank you. God bless you and thank you again.

Goodbye.

There were several further communications this evening, which though do not contain further teachings, have been included in order to show the range of communications that can take place at these séance meetings:

The next one was a Chinese gentleman through Jo:

Mr Bone?

Les: Welcome to you again.

Do you know me?

Les: Yes I do, yes I know you. You have been here many times I am glad to say.

Yes, and I come tonight, with your permission and the agreement of the instrument, it is our wish to further develop instrument for important work, we have been with her for some time now.

Les: Yes of course we agree.

Yes, and if that is permissible.

Les: Yes I'm sure it is, I'm sure she would agree.

We our very happy that you say this. Over the next few weeks, we will be using her more, with hopefully very successful results.

Les: We look forward to it.

Thank you so much.

Les: We have always enjoyed the visits of you and your colleagues, in fact one of your colleagues used another instrument at our other meeting a short time ago, you know of that?

Yes, we know all that go on here. My last purpose Mr Bone, please hold out your hands. Please accept this power on behalf of all who come to this house from our side.

Les: Thank you very much indeed. I willingly accept and I am very grateful for it.

It is our pleasure. Thank you for allowing me here this evening, thank you all.

Les: It's been lovely to have you. God bless you, and we look forward to speaking with you again. Goodbye. The next communicator was through Heather, a regular Wednesday group medium, who was a visitor at this meeting:

Les: Hello, sorry to have kept you waiting. Welcome to you.

Good evening Mr Bone. (Voice strong/powerful)

Les: Thank you for joining us, a different meeting, but you are still welcome.

Sorry to interrupt. We would like to take this opportunity to thank you all for the work you do with us and although you have many sessions Mr Bone, they are all linked in our minds.

Les: Yes they are indeed. I'm sure my colleagues are very grateful for you to be speaking to them like this. They have heard of you, of your instrument rather.

There is much work to be done and although some of your friends do not appreciate the part that they all take in these matters, they are each and every one of them important to us.

Les: I do tell them this, but they don't always believe me.

There are some who do not listen.

Les: They each have their part to play.

Yes, they are all important to us.

Les: Quite, otherwise they wouldn't be here.

That is so. We thank you for the love that you bring to us and we thank you for allowing us to visit you on this occasion.

Les: It's a pleasure to have you.

We did not wish to intrude.

Les: There's no intrusion, but I knew you were going to use your instrument on this occasion.

It is more than she knew. (Laughter) She came here for a rest I think. She should know! You are all very dear to us in your continued efforts.

Les: It's very nice to hear that and we are pleased that we are able to contribute to the work.

We thank you all for continuing to request help for those that are in need in your world. There are some very sorry souls around, on your planet. And at your Christmas time, you were asked to spare thoughts for them and this has continued to return.

Les: Good, there is one lady here I would like you to give some assurance to, if you would please. She is wondering why she is not more easily used, why she is not developing in this particular way. I am talking about this young lady of my right. Salumet has spoken to her several times, but I'm taking advantage of your visit now.

One moment please. (Pause + deep breathing) One of you has their way of bringing joy to others, some have the healing in them to help others. Others bring information and guidance.

Les: Yes, the young lady knows that she is being given help in various ways and she knows that her busy life does preclude the calm and peace necessary for development sometimes, but she does wonder if ever she will develop in the future.

Her voice is her gift. It will bring joy to many—and her musical fingers. It may not be the way in which she anticipated. She must not belittle these gifts, they are not given to everyone.

Les: No, quite, just as her gifts are not given to everyone.

(Laughter) Very wise Mr Bone. We will say to her please persevere. Give as much time and attention to these gifts as you can in your busy life. You will be rewarded by the joy that you bring to others. It is for the moment very small, not for everyone to be aware of these skills, but in time, there will be wider people for you to bring your talents to. Is there anything you wish to ask?

Sara: No I think that's fine thank you. Just to know that these are my gifts, these are the things I should work at.

Did you ever doubt it? (Laughter)

Sara: I'm never sure sometimes, which things to work at most.

You have been told before have you not, that your self-doubt is your downfall my dear. One day you will learn the true purpose and the true joy that your gifts can bring. If you were really, one moment please, (Pause/deep breathing), the time is not for me to tell you this. I can say to you that if you do not wish these gifts, if you strongly desire development in other ways, this can be possible, but it is not what was intended for you.

Sara: No, no, I love my gifts very much and I do want to pursue them.

Then please do make the most of them.

Sara: Yes I will—thank you.

Les: Put the other problems out of your mind, don't think about them. Thank you very much for that.

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

Les: And ours love with you.

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

Les: Thank you, God bless you, goodbye.

There then followed a communicator through Eileen:

My dear friend.

Les: Hello, welcome to you.

I am overwhelmed to make this very, very brief return for one last time. You do not recognise me? I moved on, so to return this last time is very emotional for me.

Les: I'm sorry to hear it's the last time

You do not remember me, Sister Anna?

Les: Yes I do Sister Anna, now you say your name, certainly I do, and your colleagues, Sister Roberta, Sister Margarita, yes I remember you all.

(Spoken with much emotion—almost crying) We have all moved on, but my desire to return one more time, was overwhelming and I have been given permission, just this last time and I am so happy to see you, I am so happy so happy, I have seen your most beautiful wife, who I used many, many times and I was grateful to this one also, that my request was granted.

Les: Yes and I can't tell you how grateful we are, that you should have considered us worth coming back to like this. We can't thank you enough Sister Anna.

I wanted to say farewell to you personally. Now I can go on with peace in my heart, to those many friends who wait for me.

Les: Thank you very much indeed—you certainly are an old friend. I'm sure you have a great deal of work to do on your next plane.

It is truly beautiful. It has been such a great joy for me.

Les: It has for us too, the many times you've been here and for the wonderful work you have done. We can only wish you every happiness in the future. We all join in doing that—much love and a great happiness for you.

It is a word that is beyond expression.

Les: It is yes. You can feel our love for you, I'm sure.

I will go now. (Voice becomes faint)

Les: God bless you and take care of you all, yes. Think of us sometimes as we shall think of you.

Eileen then had someone who wanted to give a message. They gave the name of Margaret and John and also Stephanie and mentioned bandages. It became clear that she wanted to speak to Sara about her forthcoming Wedding.

You do not always agree at times do you? She is telling me.

Sara: As a family? (Yes) No we don't always.

No, but you are quite close nevertheless.

Sara: Yes we are.

There is a family occasion to come, not too far away, yes, it will be a good time, much laughter, much joy, much love and there is to be celebration next year also, quite unexpected, but she is telling me, she is looking out for you all and she wishes she had said more when she was on the Earth, but she was not one of many words. This is all she wants to tell you. She sends all of you her love and she is giving you Lilies of the Valley. So will you please accept and take them?

Sara: Yes of course I think it's my Grandma. ('Lily of the Valley' was her favourite flower)

So I say thank you and I do beg your pardon if I have held you up, but she was insistent and I will now take my leave of you.

Sara: Thank you.

Les: We are grateful to you for what you have told. (Thanks + farewells)

~7th August 1995~

Good evening.

All: Good evening.

Many things have been happening since last we met. Much has gone on within your world, but we will not concern ourselves this time on worldly happenings. I wish to concentrate my energy and time to those of you within this group.

Les: Thank you very much indeed.

There are those with me, who will wish to speech to you for some short time, but firstly I want to say to the gentleman at the end of your room, just a few words please. You have been reading some matter, on subject you do not fully understand yes? Please to speak with me.

Mark: Is it a book?

A book—you do not fully understand its contents, but let me tell you, lay it down, place it to one side, leave it for some while and then return to it. Then all will become clear to you.

Mark: Yes, right, thank you very much.

Yes, we have with this one, some indecision also at this particular time in his life, is this not so? (Yes.)

Yes, let me say to you, be still, be quiet and you will find your answer. (Thank you.) Your future my friend, is a good and happy one. Do not concern yourself on trivialities. You rather worry about things, which are unimportant. Yes we know, we will support you along life's journey. (Thank you.)

Les: Thank you.

There has been unhappiness with some of you since last we met. I have endeavoured to uplift and to carry you forward.

Les: Thank you very much for that.

Now, before we let those who wish, join us, have you questions for me?

Les: Yes I do have one question Salumet. I must preface it with a remark: We have been told that we shall have 'Direct Voice' communication here. That leads me to the question which is, I am of the opinion that Direct Voice communication is not something new or rare, that it has in the past been a common phenomenon between many nations, who were aware of the possibility. Is that right?

My good friend, it has always existed in many forms, not always recognisable, as you call it, 'Direct Voice,' but the energy power has been there to be used by those capable of it. It is not new, it has existed in your world, since your time began.

Les: Yes I was thinking on the subject a few days ago and I was convinced it had been such, since the beginning of time or civilisation, as we call it, or mankind perhaps is better.

Go back to your Biblical times that you are all familiar with. Was not the voices heard in the wilderness?

Was not the voice of those great spirits heard upon the mountains? What is new about it? Nothing.

Les: The so-called voice of God, is nothing more than what we would call Direct Voice, what we would call Direct Voice communication.

It was said to be the voice of God. Let me tell you my friends, you will never ever hear the voice of God! (Amused expression)

Les: Of course not—no, I have never accepted that phrase.

I too wish I could hear such a voice, but I would not be truthful, if I told you such a thing was possible.

Les: No, but that was the only description that they could think of giving in those days.

It was their desire, so it became their reality.

Les: That's right. Well thank you for answering it, I thought my feeling was correct on that.

I will say one thing about this subject: We know you have waited many of your Earth years. But let me tell you my friend, when the time is right, *many* things are possible, *many* things. Try not to focus upon one thing, which you see as *great*. The possibilities are building for *much*, *much* more.

Les: That's most interesting. I do try not to concentrate on one particular thing, because I know we can't possibly imagine what you are able to do.

We need to work with you all. We need to refine these subtle energies used by all of you, because you see, as I have told you all, what are you but pure energy. There has to be much refinement.

Les: That I can understand too.

You do—that is good. So I say to you, hold on to your desire and you will see it come to fruition. But I say, take heed of your time—do not become too *anxious*.

Les: No, as you have said many times, 'patience.'

It is really one of your very true sayings. Patience is indeed a *virtue*. I know you humans are not endowed with great patience, but it is something you *all* can try to remedy.

Les: Yes. Thank you very much for what you've told us.

I will let those speak now, but I would ask you to return to me at the end of this gathering.

Les: Certainly, we shall look forward to that.

I thank you my dear friend. Now let those who wish to work, begin.

Les: Thank you.

A communicator soon came through Sue:

Les: Good evening to you, welcome to you.

You are well, my friend?

Les: I think so thank you and we enjoy having you with us.

I will stay just a small amount of time. I come with a blessing for you all. Might I ask please, that those who are capable, please to hold out their hands to the centre of your room, like this.

Les: Palms upwards.

Please if you are not capable, if you are being used for other things, it is not important, just to put your hands into the middle of your room, feel please the power in your hands, feel it and remember, for if at any time you are feeling distressed, confused, worried about the day-to-day events in your lives, sit quietly in a dimly lit room, ask for help, put your hands to the centre, feel the power go through you and if we can, we will assist in your problems.

All: Thank you.

Now, lower them slowly back into the position most comfortable to you, breathe slowly, and deeply, feel the power seep through your limbs, hold the feeling, remember the feeling, say a silent prayer now please to the spirits, as I give you a blessing of the Creator of us all.

May the light and the love be within you and remain with you, through your earthly lives and into the spirit realms, which will follow. God bless and keep you all.

All: Thank you.

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

There then followed a communicator through Heather:

Les: Welcome to you, thank you for being with us.

Good evening Mr Bone.

Les: Good evening to you, thank you for joining us.

*I have gifts for your friends. It will not be as elaborate as the last gift session we had. I would like to give a **rainbow** to each of your friends.*

Les: I would be very grateful to you for doing that. I know the rainbow is symbolic of peace and serenity. Would you like to walk around to give each of them a gift?

Is this to be permitted?

Les: Yes of course, do you wish me to help your instrument?

One moment please Mr Bone. It is allowed Mr Bone.

(Breathing became deeper)

Mark: Thank you.

Your rainbow does have stars at each end.

George: Thank you.

Your rainbow is sitting upon clouds.

Sara: Thank you. *Your rainbow is surrounded by Great Love—and coloured ribbons I see.*

Margaret: Thank you very much.

This rainbow does have waterfalls from the centre, down each side.

Paul: Thank you.

This rainbow does come as a bridge, with a parapet on each side and a walkway through the middle. It is a pretty journey if you wish to make it.

Lilian: *Your rainbow is made with satin ribbons and is floating on drops of dew.*

Dawn: Thank you.

This rainbow does have yellow roses, a bush at each end for you.

And to my other friends, your rainbows are in the stars.

Les: Thank you.

I thank you for allowing this to be done.

Les: Thank you for bringing such pleasure to us all

Bless you all.

All: Thank you.

Salumet then returned:

Thank you my friends.

I hope you have found it to be instructive.

Les: I'm sure everybody has, is that not so? *(Enthusiastic agreement)* Particularly the receipt of the rainbows.

Let me speak to you about your rainbows: You understand the symbolisms that accompany it, but let me say to you, my friends, you are the rainbow, you are the very being, the gradation of colours within that rainbow. Do you understand what I mean?

Les: Yes thank you.

As you are all individual, so are the symbols which accompany it. They are the things to which you should refer.

Les: We follow, thank you.

You are as the colours of your rainbow, each one of you, at a different stage of being, from the very lightest, to the very deepest shades. Do you understand?

Les: Yes I think we do.

I am happy that you have been given so much this time. I do intend to bring more people who wish to instruct you in exercises, which will develop you spiritually. As I have watched you all from the beginning of this evening, I have watched you become brighter and brighter in your colours.

Les: That's splendid news for us. I was going to ask you not for flattery, I know you wouldn't do that, but if you were satisfied with the progress you have seen in us all?

I have come, I have told you, that each and every one of you, should be developed to their fullest capabilities. I do not wish to come, merely for words, but for your development and as such, I intend to bring those people most able to help you.

Les: That's splendid news. We hope we have not been disappointing to you, in our development so far.

You could never disappoint me. Just to see that flickering light develop, to grow brighter each time I see you, makes my heart grow. It brings me—if I were human like you, I think I would shed some tears. But not being human like you, then I have to tell you, my heart is full.

Les: I'm sure I speak for all of us when I say I think our hearts are full too, for what you bring for us and what you teach us.

There is much to learn, but you will, and you will grow and you will develop together, until the time when you will be so *amazed* by what we can bring to you.

Les: Good. (*Thanks expressed*) We thoroughly enjoy our meetings here, all of us.

Do not doubt what comes, it may seem odd to you sometimes, but I say to you all, accept with love and much can be done.

Les: Well we do indeed accept.

Before I leave you this time I wish to say there are many who are so proud of this lady, small in stature, but growing so big in spirit. (*Sue*) There are many who look after her and are proud to be associated with her.

Les: I'm delighted for her to hear that. Thank you for telling us.

Now, let me say:

May that Great Creator, who binds us all together,

May we be enfolded within that love—that peace.

May you all search your hearts and live your daily lives, by those thoughts and deeds, which you know to be of love.

I say one more thing my friend, take care of yourself, you are prone to chills if you are not careful, but don't be overly concerned, because I am with you.

Les: I'm sure you are and I appreciate that. Thank you very, very much again and may the *Divine Creator* be with you at all times also. Goodbye and our love goes with you.

(*Farewells*)

An amusing jolly communicator then came through Eileen, to help 'bring her back'.

~14th August 1995~

Good evening

All: Good evening.

As always, I am happy to join with you.

Les: That's very nice to know.

It is important this time that I work with instrument. So with your permission, may I suggest that any questions you have for me be short and I will then tell you what we will be doing this time.

Les: Thank you very much. Yes I would like to put one question: We are collecting as you know, all the information that you give us, and that which comes from your colleagues. I'm hoping that it's not going to remain tucked away somewhere, but that it will eventually be able to be published for the benefit of others. Whether I do the publishing or not is immaterial. I can't see myself getting time to do it, but I'm hoping that all that you've told us will be made public. Are you able to confirm that for me?

Let me speak upon this matter: It is not so important that my words are put upon the paper, but let me say, I do understand the desire that the words spoken here should travel further afield. When first I came to you, I told you that information given by me, would be received by many others throughout your earthly world—that all that would be given would be clarified by others. But we know that it is important for others to see and hear the words spoken within these selected groups. Therefore the time will come, the opportunity will be placed, whereby the information will be put down, will be gathered and will be distributed.

Les: Thank you, that's all I wanted to know. Thank you very much indeed I should hate to have thought it just remaining stagnant.

All truth is never stagnant, it must go forward, it must travel from person to person to person, in order that what we say—and this time it cannot be dismissed as in times gone by. We have come to an age, when the **'TRUTH'** is here to stay.

Les: Good. Thank you very much for that answer—now the floor is yours my friend.

I have said many times, that it is our plan that all of you be developed to the fullest capacity possible. So while I work with this instrument, I will ask with your permission of course, to try a little something different.

Les: Yes certainly.

If possible, I ask that each one if possible place their hands upon mine for no longer than 10 seconds, to return to their seat, to feel the energy given and to express what they feel to you my friend. Do not despair if you feel nothing, but please try to open your minds.

Les: Yes we shall.

We then did as instructed, except for Sue and Jo, who were being used and were deeply in trance.

Les: Thank you that is everybody except the two instruments you are using.

You may find that they will speak to you in any case. I will leave you now and will work quietly with this one, but please do speak, and feel and give what you get from those who are trying to work with you.

Les: Thank you.

There then followed a communicator through Sue:

We are trying to (effect) a change, you understand me?

Les: Yes.

We will be working here. Please to say if any change occurs.

Les: Yes, she will feel it I know, if you do.

George: I have a feeling of energy about my head. A sort of pleasant pressure almost, about the back and sides.

Margaret: I feel a lot of power in my hands and my arms. When I held my hands up, it felt like a shock.

Les: Yes, it's a tingling isn't it, too?

Dawn: Yes I can feel tingling in my hands too.

Les: He said to feel the energy, that's right. As I sat down, I had a magnificent picture, of a tall ship fully rigged, gorgeous white sails and a wonderfully blue sea. I don't know the significance of the symbol, but I can only assume that it means that everything is sailing along splendidly. Incidentally, if any of you ever get a vision like that, which you can relate to something, if it is heading towards your right, it indicates the future, if it is heading towards the left, it indicates the past. My ship was heading towards the right.

More time than usual was taken bringing the instruments back, especially Eileen, who Les noted had been taken deeper than ever before.

~21st August 1995~

No Salumet this time. It was an extremely hot evening and the windows and curtains were opened, to allow air in, which meant the room was lighter than usual. The first communication came through Eileen; a sweet, warm character, explaining that they were attracted by the sound of church bells, which happened to be ringing this evening and were clearly audible through the opened windows:

—I could not resist when I could hear the bells.

Les: Of course not. Really, do you like them then?

I was a novice and I rather left the Earth quickly and so I did not take the full vows and so I am rather attracted back to the sound of church bells.

Les: Yes, there are bells in the village and this is the evening when they have their bell practice.

I do understand, but I still find difficulty in not being attracted back to them.

Les: I quite understand it, yes.

The sound of them always brought great pleasure to me. It was the highlight of my day, when the evening bell rang. It was my most sacred thing.

Les: Mm. So you say you didn't finish taking your vows? Do you still wish to do that?

Not now. (Gentle smile)

Les: Because you can if you wish, but it's not necessary.

I do realise it's not necessary, but sometimes we are drawn back to earthly things. It helps us to go forward. People sometimes do not realise this. They feel that we are being held back, but that is not always true.

Les: No, because it gives you a comparison, doesn't it?

Exactly—so you see, it is not only the personal satisfaction, it is a growth. And so, I have taken this opportunity to come back.

Les: We're pleased you have—

So, I'm very pleased and I will not take up any more of your time.

Les: You're not taking up time at all. We'd love to have a chat with you. What do you do now, if you are not going to take up your vows? How do you occupy yourself, because I feel that you are still very deeply involved in what would be called religious instruction?

I am indeed, I do help those other novices who come to our world and do not know what has happened to them.

Les: Yes, that's what we call 'rescue.' We do that here, so you meet them when they come over and you put them at ease do you?

Yes, because you see, to be greeted by one dressed in the same garb, is of course a comfort to them. They need to have some reassurance that all that they believed in, has not gone by the board, as you would say.

Les: So you still wear the same garb?

Only to meet them on introduction—then I can show myself as I am now.

Les: What do you wear now, pretty clothes?

No, no, no, it changes, it changes with me—I will say moods, but that is not quite correct. But of course colours change, materials can change and so I would be adorned in the garment best suited for me at a particular time.

Les: I see, this isn't idle curiosity, it's a wish to know and of course we record all this information to pass on to other people.

Do you?

Les: Oh yes, those who are interested, that's why I ask the questions. And my 10 colleagues here tonight are also very interested in what you are saying, so you change your dress frequently, in the course of the day?

Yes of course, you see some groups would not be able to accept me, in some of my garments, it would be a little too much for them. So the hue, the colour is toned down. I am fortunate that I am one of the people who are able to do this.

Les: So it's not everybody who can do that then?

No of course not.

Les: So you have been up there some time have you, in the new world?

Well yes of course, I would not be instructing if I hadn't.

Les: No, I wanted to confirm that. So it has taken you time to do that, to learn and have the ability to do these rapid changes as we would call them?

I have to say to you that really it hasn't taken me too long. I believe from what I know now, that I have been very fortunate, that my knowledge was an innate one, which came to the surface quite quickly.

Les: Of course it would, I was going to say, you had preliminary training here, which made you ready to accept what was ready, when you went over.

But it doesn't happen in all cases you see. The instruction on your Earth doesn't always make you ready for what you meet when you come to our world.

Les: So would I be right in saying, without wishing you to criticise anybody or method of instruction, that much of the instruction given here, is still inaccurate and incomplete?

Oh, of course, of course, no ONE religion knows everything. There is elements of truth in all religions and of course, when you come to this side of life, everything becomes so much clearer and all I would say to you good people, is the best asset you could display and have, is love for one another. If you work upon that, you will not stray far.

Les: Quite, this is what we try to cultivate, and we have tried in our learning to absorb all which is good in each religious belief and discarding all that is rhetorical and apparently hypocritical in many cases.

What I would say about many religious orders, that the confinement amongst themselves cannot be good. I would say although they grow as they would think spiritually, in fact they are closing themselves away from all the love that surrounds them.

Les: Do you know, I am extremely interested that you say that, because I have felt that for many years now that it is selfish of them, in one way.

Well, I would not say selfish, it is because they do not understand anything more, but of course by closing themselves away, they are closing in that love which should be expressed to others and this is something I try to teach our new novices when they come over.

Les: Good, because we accept and believe implicitly, they the giving of oneself is the right way, is the basic principal of love anyway and if these people have confined themselves to a closed order, then they cannot give of themselves as they should.

Yes, what is love but giving unconditionally? That is the key word, unconditionally.

Les: Absolutely, though I know we can't presume to succeed in doing this, we do try in our group here.

Yes, we know we are much aware of many groups like this, who gather together in love and it is such a joy to see.

Les: Do you visit other groups like this?

I in fact do not return very often, but on this occasion it was rather too much and so I was granted my wish to return this time and here I hear them again and that is my queue that I must now return. I have enjoyed this visit most—oh I don't know the word to use, I am overwhelmed to have met you all. I leave my love with you and perhaps in some distant day I might return and speak with you again.

Les: That would be very nice, we'd always welcome you and we do appreciate you being here tonight.

I hope you have not been too disappointed, because I have been told you were expecting another, but oh well, I won't say I'm second best, but—

Les: No don't say that, we weren't really expecting it fully, because of the different conditions. The gentleman we had expected always works in a very dim red light, and we didn't anticipate that he would be able to come.

Oh I see, well I wasn't aware of all these things, but of course I'm always quick to grab an opportunity and so I thank you, it has been most interesting for me.

Les: And for us, it's been delightful having you. Can I ask if others are coming tonight to speak with us?

I think so yes, the one who came first will come and perhaps tell you a little more.

Les: Thank you very much, and if we hear church bells again another night, we'll open the door ready for you.

(Laughter) I thank you, goodbye.

Les: Thank you, God bless you.

Several others followed through Eileen, with messages for various sitters, before the meeting drew to a close.

~28th August 1995~

Salumet discusses 'transfiguration,' which Les had witnessed the day before, via the medium Heather. The communicator through Heather was an Egyptian priest called Harrak, of the God Isis:

Good evening.

Les: Good evening to you, nice to have you with us once more. I'm sorry we're low in numbers once more. To me, it's one of our annoying holiday frustrations.

My friend, I have said before, it matters not. But before I continue, I will ask something from you. Would you please remove the lady's timepiece?

Les: Remove the lady's watch, yes certainly.

It may seem a trivial matter, but I am aware of her comfort, in using this body.

Les: Thank you for letting me know—I'm sure in future, she'll remove it, before waiting for you.

Yes, now let us continue. It seems a while since last I came to you, and always my heart is quickened, by these visits to you.

Les: It's very kind of you to say so. Our sensibilities certainly are, I'm sure I speak for everybody here.

(Agreed)

I was aware of your speaking, before I spoke to you. Let me say this to you please: So long have you been told, 'be patient, be patient,' have you not?

Les: We have indeed.

When first I came to you, I said much would happen and yet you are surprised when something good does happen. *(Smiles)*

Les: Yes, I must admit, I didn't associate your telling us, and the happening. It was so remarkable and I was going to say, how much I appreciated what I was allowed to see.

Don't be overwhelmed, there is much to come. You have a lady within this group, who has over the past few weeks, been used for the very thing, you saw with your own eyes. I speak of the lady small in stature, but big in spirit. *(Sue)* There will be happenings too, with this one.

Les: Thank you very much. I'm anxious that my colleagues should see, if possible, what I saw, because it was so marvellous.

I will say the words, continue to be patient. Much is going to be given to you all, but when first I came to you, did I not tell you, slowly, slowly?

Les: Yes you're absolutely right, you did.

But do not doubt these words. Much will happen within these walls, much that you have waited for. I will not give you times, because that is not important. What is important, is what occurs and what it brings to you all—the knowledge, the knowledge of *TRUTH*.

Les: Yes. As I was saying to my friends, I don't use superlatives, but it needed one, to describe what I witnessed last night.

I understand my friend, but let me tell you, it is a minor thing, compared to what is to come. So do not doubt it, thank the Great Creator for all that comes to you.

Les: I did do so actually, last evening, afterwards. It was really so astounding and I felt very humbled, that I should have been allowed to have that gentleman here.

Yes, and please to nurture the instrument being used. She has much to give, much within, but she needs your help.

Les: Certainly, of course, she'll get that at any time.

When we make contact, like we have so quickly with her, it's best that she be helped by someone of knowledge, like yourself. I don't say this to you, I do not give you fine words so that you may have pride, but I tell you for *all* your sakes, it is better to have someone *strong*. That is why we have chosen you. I do not use *my* words lightly also.

Les: No, I understand and I'm sure you can sense my feeling about this.

I do my friend and I say to you, you are being rewarded for all your efforts.

Now then, let us continue. Let us speak of what is in your hearts this time. Does anyone wish to question me?

Lilian: Yes I did wonder if you could tell us anything about previous lives? If it's not important, I'll understand.

Always there is interest in this subject. But I will say to you, it is not important what has gone. But I say to you, yes, you have had previous existence. I have told you before, all of you came together in another time.

Lilian: Yes, I think this is what interests me.

Les: Yes, I think the lady is asking whether it is possible to know in what capacity she was there.

I know what is in your mind. Let me tell you just a little, shall I? I know you have wondered on the connection between you all, because your lifestyles in this lifetime, are quite different. But you see, again we come to the spirit side of yourselves and how you have grown through the times—let me say that firstly to you. You all existed and I think you will be amused knowing your human sense of humour, when I tell you that all of you were within a closed order of monks. *(Surprise expressed, with some chuckles)*

Yes, I thought you would be amused. Do I sense the shock, the horror?

Les: You do sense the shock! *(More chuckles)*

All of you were closely put together and I may say there were times when some of you were unkind to another.

Les: Is that so?

Yes it was not a time of great harmony then, therefore comes the time again, when all of you needed to be reunited.

Les: Well I think I better start by apologising to everybody if I was unkind.

(Laughter)

But that is not the important part. This time around, instead of being enclosed with your own thoughts and feelings, this time you are here to spread the truth of what you know. But let me tell you, all of you were of the male gender. I have to tell you, you do not have mixed, mixed monks. *(More laughter)* **I'm sorry it amuses me. So you see, you came together again, but in different genders, to make those unsociable problems much lighter, much healthier for you all.**

Les: And following on what you have told us previously then, we would have chosen our sex this time would we?

I have told you, you do not come without your full consent of the life that is to be.

Les: Thank you, that confirms it for us, because I know the lady would have asked that question next probably.

I am always amused that you humans find it important whether you be male or female. I see you not as any gender.

Your spirit is neither male nor female, it is both. So if you can look upon yourselves in that manner, your lives would be so much simpler. You would have the understanding of each other, you would be kinder. We see so much disagreement between your sexes; try to feel, try to understand and see yourself as someone without gender, then you will really feel that spirit self, which after all, is the most important part of you.

Les: And of course to follow on that, we ought to have a greater understanding of both sexes and their personal problems in this life.

But my friend you do. You have had previous existence of different sexes, so you do retain the knowledge, but I am afraid when you come to this incarnation, all is forgotten. And so you seem to take a step backward, rather than going forward.

Les: You are quite right, because that is a very interesting comment, because I have always, since I've been on this Earth, had a great objection to Closed Orders. *(Of monks etc.)* Now that may have been—*(Laughter)* **My friend, you speak against yourself.**

Les: Yes quite. Whether it was something I was remembering from my previous life, but I have always objected to them since I've been here and thought they couldn't possibly serve any real purpose and those of the Closed Orders should have been giving of themselves externally of that order.

Yes, I would not say it was fruitless or thankless, but I understand what you are saying and yes, it does seem to be that within the Closed Orders, this happens. But what does happen to some within, is that they find their true selves, which can never be termed as a fruitless task.

Les: No of course not, I used the wrong descriptions probably.

But I understand what you say and I would say that to fill your lives, you must have contact. After all, that is why you are here. We have spoken of love, what *is* love, and how you must use it. If you are secluded, you do not have those opportunities to give. But within the Closed Orders, they do have their brethren, they do have the opportunity to give love, if only in a restricted way.

Les: Certainly. I found this interesting with the gentleman who came last night, because one thing he did accept, was that within his apparent hard teaching and it was hard I know and I told him I knew he had a very soft spot and he doubted his own teaching on occasions, many occasions and is why he had been brought now and he agreed that this was so.

Yes, but let me add a little something to that: He also would have been afraid to speak, because within the era of his time, there was much power amongst women. So you see although he knew and probably understood more than ever was said, he would have been afraid to voice, because the women kind at that time, were much revered. Men in a way, were rather subservient. This is something you must keep in mind, when you make judgement of any kind, that it was not just a matter of speaking out, but he would have been placing himself above those in power and this he could not have done.

Les: Quite, I felt that I had to be very gentle with him whilst I was talking and he accepted that and when I said finally that because he had now come here to learn what he had to do, he had to teach his former teachers, he said you know in my time, you could have been beheaded for saying that.

I have to say yes, but in those times there were much harsher ways of dying.

Les: I'm sure there were.

So there would have been fear beside the knowledge and the fear was the greater of the two. So do not judge him too harshly.

Les: Oh I didn't.

I know you don't, but I speak generally—let me speak generally of judging others. You must not, because you do not fully understand the situations, the feelings that go on around all of these things, especially so long ago in your earthly history. There were so many factors unknown to you today. So I would say to you all, 'Judge not.' I know that is a hard thing to do for you, but find it in your heart always to offer help, but not to judge.

Les: Yes I did feel this with him, you are absolutely right of course, and I felt this with him, that he would after being here, be allowed to re-join his people, that was his concern, that he should find them.

Always there is reason for returning, as you very well know, and his opportunity came. It *will* be changed, and the 'Thank you' you had, was in seeing the face. That to you, my very good friend, was a 'Thank you.'

Les: That's nice to know. I did wonder why it suddenly changed, it was so absolutely emphatic.

It was a 'Thank you,' and please do accept it as such.

Les: Thank you, now you've told me I certainly will do. I'm very grateful to him for that and I'm pleased that evidently I was able to be of assistance to him.

I will say to you, that he will return to you at a future time and he will tell you so much more of the style of his life at that time. You will find it most interesting.

Les: Thank you, we look forward to that time.

But do not be surprised my friend, of what is coming.

Les: Thank you. If that's a sample, it's going to be marvellous, as you have said it will be.

You see, you cannot fully understand what there is to give, what we can bring to you, but we do need conditions to be right. So I want to say to you this time:

Before you enter this room, place to one side all daily concerns, all problems, offer yourselves as open channels and then we can do so much more.

Les: Good. I will tell our friends who are absent tonight of that.

If it means sitting quietly before you come, please, please endeavour to do so, because there is so much work to do.

Les: Thank you, we will all try to do that.

I am seeing subtle changes within you all, as time continues. It is our desire that all of you be used in unity and in love. You are brought together to provide those circumstances, that peace, that love that is so necessary. Now I want to say, before I leave you, may you find in your hearts, each one of you, an expression of love for each other, to offer it, where you can. I ask you to continue this time, in whichever way you feel best, whilst I continue to work with this instrument. Are you happy to do this?

Les: Of course we are yes.

I am happy to have joined you, but do need time to work with this one.

Les: Yes we understand and we're perfectly happy and content to sit quietly whilst you do so.

You need not be silent, but I do ask that there be no sudden loud noise. Until we meet again my good friends.

Les: We certainly thank you for what you have told us tonight and our love of course goes with you more than ever.

After a time, a sweet young girl came through Eileen, for a general chat before closing as usual.

~4th September 1995~

Before Salumet came through this time, we were discussing a postcard showing the photo of a face materialised in the presence of Sai Baba. Salumet refers to this during our communications:

Good evening my friends.

All: Good evening.

I bring with me this time, much love from many who know you.

Les: Thank you—very nice to know that.

It is good to know that you have thought upon my words spoken last time. I have been amused to have your thoughts reach me.

(Laughter)

Les: Yes I expect you have. It's lovely for us to know that you can share our humour you know.

I will watch over you all.

All: Thank you.

Also I was aware of your discussion before I came, so may I say a little about what you call materialisation?

Les: It would be lovely if you would, because there are many conflicting views about it.

Yes, let me say firstly, you know that materialisations are formed by what you term 'ectoplasm,' yes that is the word you use. But what is this ectoplasm? Let me say to you, it is matter refined, it is matter refined to a much greater degree than you would know it to be, but it is the matter to which *you* return, when you come to our world, but on a much finer level, can you see this?

Les: Yes it must be acutely refined for our bodies here to be receptacles for the massive ectoplasm that is used.

It is available within you all, but of course some people are capable of producing it in mass, you understand this? This is why you have people who can be used specifically for this purpose.

Les: Yes, it's not generally available to everybody, is that so? Not in the quantities required?

Not in the quantities required. It has to do with the spirit part of the human, who produces it, but it is only matter refined. There is much spoken about it and I have to say many wrong words are used to describe it.

Les: I'm sure that is so, which is your comments now are very, very interesting to us.

Also, what I really do wish to discuss with you, is not what the content of this is, but how it is produced.

Les: Yes please, it's another form of energy, is it?

All life is energy, I think we have spoken many times. It is just energy refined to a degree that can be produced in the way shown. Let me say this to you my friend, I listen to you speak of the one upon your Earth known as Sai Baba, Yes? (Yes) How is it possible for him to have the materialisations so often? I hear these thoughts so many times. Let me explain a little to you all; I return again to my favoured word,

‘THOUGHT’. Thought—you understand that don’t you, the power of the **Thought?** (Yes) When you are in the presence of one capable of producing this energy, what is happening is this: He uses the energy from the masses, people who are unaware of their own capabilities, people who seek help, people who seek knowledge. *These people* utilise that energy and they can use it, to use the thought forms, which would be expected, of a materialisation.

Les: Yes, so what we would call a materialisation then, is not in fact a physical thing,—that’s the only word I can use—but an expression of thought?

It is the gathering of the thought energy, used by those persons capable of producing it, in the form as you see it, you understand?

Les: So would that form be solid to a physical touch?

Once the energy touches your physical Earth, it interacts with that more solid matter, which makes it solid to touch.

Les: I see, thank you.

Remember this always, there is never one energy, one energy, one energy—all combine together, to produce many things. It is the way of our communication with you. In the way that I use this instrument, is to be using not only the physical form, but the energies which I can utilise from her. Is this helpful to you?

Les: It certainly is.

Do you have questions for me?

Les: Yes, so many people say, as was said tonight here, that the materialisation was in fact that of the man known as Jesus. But from what you say—

Because—excuse me I don’t wish to interrupt—because in their mind, the power of their thought—that is what they expected to see. So the energy, the power of the thought was utilised to produce the materialisation seen.

Les: But the materialisation would be only that person’s thought?

Not one person, it would be a group energy.

Les: A group energy, but it could therefore not be the man who it is claimed to be materialising?

It may not be—let us clarify something whilst we speak upon this. When you have group thought, you can produce materialisation, *provided* you have the right person there to produce it for you. He will utilise the thoughts of many. But when you have materialisation from a single entity, I speak of a medium who is within a room, where thoughts are subdued, in groups such as these, then the entities produced are of a different calibre.

Les: I see.

It is produced in the same way, but not by group thought. Can you see the difference?

Les: Yes and the group thought would be triggered in what way? Because presumably if it’s a group thought, each member of that group would have to be aware of the need for a particular aspect of the thought.

As—let me try and simplify it for you: If you have many things put upon your graph paper, what do you have but an average. So too the thought energy can be gathered together to produce, do you see?

Les: But they would have to be concentrating would they, on the possibility of materialisation? That’s what I was meaning.

Yes, yes, I’m sorry, yes of course their thoughts are gauged towards what they would expect to see.

Les: So the leading the exponent, who is the one capable of producing the materialisation, would previously have had to somehow direct the group thought towards that same target?

He would use their thought energy. He would not necessarily have previously something in mind. It is a difficult thing for you to understand, but he is using energy, he is interacting group energy, with that ectoplasm that he too produces, to create materialisation in the form you see.

Les: And the ectoplasm would come from that one person capable of producing the materialisation? Or would it be drawn from others? Because it’s visible when it’s drawn from the body, isn’t it?

Of course, he would produce the mass, he would be the yeast in the bread—that is perhaps a simple way of putting it. Although you have all the ingredients, you need something to interact with it and that is where his capabilities, his knowledge, his energy comes into play.

Les: So he is what we would call the catalyst (Yes.) for all these products, (Of course.) of which we are unaware?

He will be drawing the ectoplasm and the thought energies from each and every one, because you see, you all have it to a certain degree. (Yes.) You have to you see, because you are after all spirit first and foremost.

Les: So it must be within us, I quite follow.

It is within you.

Les: So we all possess it, to a greater or lesser degree and just to clarify what you've said, the amount of ectoplasm possible for any of us to produce, is dependent upon our spiritual development?

Of course it can be developed, yes of course, it is all—I have said this to you many times, there is nothing you cannot do, if you apply yourselves to it.

Les: I'm going to ask you a leading question now, which you may have anticipated. Are teaching conditions within this group sufficient to produce materialisation here?

I have waited months for that question. Let me tell you my dear friend, we have much to do and there is much to be done, so I will say to you, be just a little more patient, but there are the possibilities here.

Les: Thank you, that's all I'm asking at this stage. It's nice to know there are the possibilities, because that does give us an impetus to concentrate more upon our own spiritual development.

We wish to take it slowly, one step one step one step. But within this room, without the knowledge, each one of you do not have—and I don't say this lightly, you are unaware at this time, of what you are capable of producing. So do not doubt yourselves, any of you. There is much within you to give as a group and individually. You all will find your lives taking different directions as life continues, but remember always you will be used as a joint effort.

Les: You may be aware since you know our thoughts, that I frequently have wished that as a group, it would be possible for us to produce some phenomena that would make an absolute impact upon people outside this room, to teaching extent that they could not doubt the validity of what we are trying to prove to them.

This my friend, we know and understand. It takes some time, to gather together people of the qualities you now have within this house. It has taken many of your years to come to this point in time. Before I came, when first I came, I told you I had waited a long, long time.

Les: You did indeed.

We need to have the conditions, we need to have the people, we need the dedication. That is not to say that those that have gone before were not *right*, but it was not the correct *combination*, you understand?

Les: Yes and what prompted that question from me tonight, was something you said last time, that we are here together now this life, to further the knowledge which we have and are continuing to gain from you. That is why my thoughts revolve around the possibility of there being something which as I said, would give an unforgettable impact to those outside this room.

It is what each one of you would wish for, it is what *all* of you humans desire is it not?

(Agreed)

Les: Yes it is—not for personal gratification, but to prove what we are trying to prove.

George: To help to make the world a better place.

It would not be given on those conditions, but once we know there is dedication to the work, we *will* provide. Rest assured my friend, what is to come, will be proof to all who come within the confines of this room. But be patient, remember, the word to remember is '*Infinity*.' So your earthly lives, although they seem long sometimes to you all, they are but a '*tinkling of water*'. So please, please be patient and trust that we *will* bring to you many things, much phenomenon for you, that you cannot doubt.

Les: Thank you. Well you've had enough patience to wait for us to be gathered together again.

I have to say to you, it has brought me much pleasure to be with you, it has amused me, it has brought me comfort to realise the intensity within you all for this work, although I know you do not remember your past lives, but let me say, I will endeavour to help you to recall, not only the lifetime I have told you about, *(The Monks)* but others.

Les: That would be very, very interesting to us all. *(Agreed)* I must say we haven't dared to ask the question.

I—you want me to tell you more, let me say this to you: When you leave this room tonight, before you meet again, *some* of you will have recalled details. Small they may be, but they will grow, they will grow and perhaps you could discuss before our meetings and see what you can remember. I will happily fill in any doubts or queries that you have. But firstly let us see what can be brought to the forefront of your minds.

Les: It would be wonderful if we could remember yet another life.

Let us concentrate on this one first! *(Laughter)*

Les: Yes, that's why we didn't dare ask earlier.

Don't be too eager. After all this life is the important one.

Les: oh this one and the future is important.

I say do not look to the future, look to what you have to do now.

Les: Yes

I can tell you, you will be amused. I promise you will be amused. Right, have you more questions for me?

George: Could I just ask a little question about your term, 'refined matter?' **(Yes)** We have some degree of understanding of chemical atoms. **(Yes)** Would I be right in thinking the refined matter is also atoms, but of a finer frequency?

Let me say to you my friend, your word 'atom' is quite an apt one, for the knowledge that you possess, but it is in a much higher degree, than your atoms, your sub-atoms and the knowledge that you have on this Earth at this particular time. The energy I speak of as refined matter, is not known to you chemically. It has been studied as you know, when materialisation has taken place, that it is able to be touched, to be felt, to be classed as energy, but it is not, let me say, an energy known to you, at this particular time. It is refined to a much higher degree, it has to be, you see? How can it be known to you, when it belongs in *our* world?

Les: Quite, I imagine it would be on a par, to the energy used to propel what we call UFO's?

No, it is entirely different.

Les: Is it?

Yes, we speak—let me say this to you about energy: You will never fully understand the extent, the range of energies that there are, because you see, some belong to your Earth planet, others belong to the cosmos. And although there may be interaction between some, you will never fully know them all, until you become *spirit*.

Les: And I can imagine that we wouldn't be allowed to have that knowledge anyway, because we have a remarkable ability to make a mess of any information we do get.

It would be most destructive to your physical being. You could not possibly touch these energy fields, you would be destroyed as human beings as you know it.

Les: Is that so?

Yes, yes, we speak here on complicated matters. You will never fully understand the topic of energy. There is much that is yet to be discovered and will be. Let me tell you, it will be found too beneath your oceans, some knew energies, but that is to come, that is in time to come.

Les: And shall we—I don't know if you'll be able or prepared to ask this next question, but shall we as human beings be permitted to discover antidotes, if I could put it that way, to the force of gravity, so we can overcome gravity?

That will not happen, that will not happen.

Les: Because again we could prostitute it for warlike purposes. So we wouldn't be allowed to discover it—

There may come the time, when the information is available, but it will never be put to practical use, it will not happen, let me tell you, it will not happen.

Les: Well I personally am pleased to hear it, because I can imagine the disastrous results which would occur. Any other questions for Salumet?

Mark: Could I just check my understanding. What I understood was that it would be possible for someone to recall the picture of Christ, but this isn't actually the picture here, this is actually a group composite of what people think he should look like?

I can tell you that is what it is yes. It was materialisation in the sense that you understand it, but you need to understand that these thought energy patterns, can be utilised and that is what you have there my friend.

Mark: Thank you.

But do not doubt it was materialisation, in a form.

Les: And I believe that materialised persons such as that are able under the right conditions, to speak to us, are they not?

Materialisations of people from our side of life, can communicate. The interaction of your earthly matter, with refined matter, makes this possible, as I have said. So the form can be felt, they can speak, they can be seen—yes of course.

Les: Yes and I think that is the clearest most concise explanation of materialisation, I have ever heard or read and I do thank you for it, well we all do.

I wanted you to understand just a little more. Too often it is said, 'Oh it is ectoplasm—' It could mean anything to you. I want you here within this group, to understand fully what is right. And this I hope, simply, is what I am trying to do. *(Thanks expressed)*

Les: And that is our wish of course, to learn what is right and I repeat, we are extremely grateful to you for the explanation, it's the clearest one I have ever had and I think anyone else has ever had. *(Agreed)*

Too much is spoken—too many words in explanations, which to me, is wasted energy, because it means *nothing*. If you cannot use words to help, then best to leave them alone.

Les: Quite, and in all we read and hear, there are so many conflicting theories and ideas put forward that many people have said to me, it's nothing but a mass of contradictions.

Yes, this saddens me, because it is giving false hope sometimes to peoples, it is giving false information and this is what we now—those of us who come to your Earth planes, and there are many, around your world—we have gathered this time to make sure that the TRUTH is known. It is time in your Earth's history, that *all* must be exposed that is incorrect.

Les: Good I'm very pleased to hear that because many have been disappointed when I have told them that your world is not an instant world of milk and honey and happiness. They have thought that they are going to Utopia, as soon as they die. This is because of what they have read in books, not realising that they are judging themselves each day, and fitting themselves for the place they will occupy when they come over, by their attitude in this life.

Of course, tomorrow you become what you were yesterday, simply that. How can you change? All you will do is leave your physical bodies behind, to expose to *all* what you truly are. It is simple, so remember you do not change. As you are, so you will be, when you come to our world—and not to be placed in judgement, but to see yourselves as you truly have been, in all your many lives. You will see the full picture, when once again you return home.

Les: When we return home, you say we shall see all our many lives. I take it, it would be a composite of all those lives, would it?

Firstly you will see what you have achieved, what you have left undone in this life. But of course this life is only one part of the rest of your lives. So you will see it in comparison to all, you see? You will have the full picture, you will know what you have not done, or what you have achieved.

Les: So each life is effectively a brushstroke on the canvas and we can see what is undone?

You cannot separate them my friend, you are more than one unit, I have told you this before and when you return home, you will see how you shine or how you have become dulled, by those—how can I say, experiences of this life.

Les: Yes we are inclined to forget what you have told us, that we must think of ourselves as spiritual entities and not physical.

Yes I want you to come to know to know yourselves as a *whole* being, who is working towards that *greater* self, that *higher* self, which knows all things and to whom you will answer. You will not be placed to be judged as many think, but you will judge yourself. So keep this in mind always.

Les: I, and I think everybody else, really love to hear you say/use the expression, '*when you come home.*' It's a delightful phrase.

Of course. What other way is there to say it, because that is what you will do. After all, your death is another path. That is why it saddens us to see you grieve when one of your brothers or sisters return home.

Les: It's lovely to hear it coming from somebody who lives there.

I don't say where I live.

(Laughter)

Les: No, but within those realms.

I know, I am having just a little amusement, but of course I understand your meaning—yes. Now I think for this time I will take my leave. Remember what I have said, I will help you to remember your life together, which we have spoken upon.

Les: Would we have had all the previous lives together as a group?

No, no, not at all, not at all.

Les: No, I don't know whether we could bare that! *(Raucous laughter)*

Let us first help you with the memory of this one that amuses you all so much. So when next we meet, I am sure I will join you too, with much laughter.

Les: Good, that's lovely. I do have one question, which is not relevant to what you have been saying, but it keeps—I'm constantly being given it to ask you, so if you'll forgive me I must: One of our ladies here suffers continually from a bad back. Are you able to give her any advice as to how she can deal with that?

She wants advice—yes let me tell you, this lady needs to be gently stretched. Her spine is a little 'out of sync,' you would say and I know she has seen many people, but the degree it is out is very minute, but enough to cause problems. It would do her well to find someone who works upon the feet. I do not know if you have someone here who does it?

Les: Within this room?

No, within your circle of friends.

Dawn: I do Reflexology.

Well this is what I say can help. It is a slight, I would not say twist, it is slightly out of sync in the middle area of the back, not where she feels the pain, you understand?

Les: Yes thank you.

Can we leave it with the lady?

Les: Yes I'm very grateful to you and I do apologise for bringing in such a question, after a wonderful evening, but it was so insistent that I should ask.

Not at all, I am here to help you all.

Les: Thank you very much indeed. Well we give you our love again, God be with you and we look forward to our next meeting.

There then followed a light-hearted communication through Eileen to finish the meeting.

~18th September 1995~

This week Salumet did not speak, but arranged for a guest speaker through Eileen—one who protects during **Astral Travel**:

I ask your name.

Les: Leslie Bone.

Thank you that is what I need to know.

Les: And you are the colleague our friend Salumet said would be speaking to us tonight I believe.

That is so.

Les: Well may we all welcome you sincerely and with love.

Thank you, I have taken some time for readjustments. I do not find it so easy as the one who comes to you.

Les: No of course you wouldn't. He has had much practise now.

I have to tell you, I was reluctant to come at first, but now I have seen that herein lies an opportunity to instruct.

Les: Yes please, that is our wish that we shall learn and be instructed.

I want to say to you, it is good to be within a lighter vibration than normally I work in.

Les: Is that so? You do this work frequently?

I do not, I have chosen to come this once, because I think you might find it instructive and because I have been asked to do so.

Les: Well we do appreciate you making the effort and I hope you feel our love and sincerity around you. I think you would not have come anyway, had you not been sure that you would have found such here.

I have been told by the one who comes to you, that this would be a lesson for you all, if I would agree to come this once.

Les: Thank you.

So now you are wondering what it is I do.

Les: Yes we are.

I can feel, 'Why should he be in lower vibrations?' Because it is the pathway of help which I have chosen to do.

Les: I follow and I'm happy to know that this is somewhat of a lighter experience for you.

I have been instructed that talk has been given on those who travel from their bodies when the soul departs yes?

Les: Yes.

I am one of those helpers who try to protect such people, because they do not fully appreciate what dangers are around them.

Les: I can understand that and I do thank you for the protection you offer.

Now you begin to realise my work is within those lower realms.

Les: I do understand now yes thank you. I don't know whether my colleagues have been trying to induce Astral Travel during their sleep. Have you been trying anybody?

George: Not with any success.

Les: No but you have been trying.

George: Yes.

Yes, but within the love of groups such as this, there will always be protection.

Les: Thank you.

And I am one member of such groups.

Les: So we could all make efforts to cultivate Astral Travel during our sleep, knowing that we shall be protected, am I right in saying that?

Provided it is for your spiritual that is to be understood by you all.

Les: Yes indeed it is.

Let me tell you, there are those who are anxious to influence those souls who are travelling and know not where they are. They will latch ON to any opportunity, which comes before them.

Les: I see, so we could be instrumental in them latching onto us, unless we do the work properly.

Unless you have your protection and that is where my work begins. Not only do I protect those stray souls, who wouldn't normally be there, but I am there to try to influence those souls for 'good,' instead of negativity which surrounds them.

Les: So you have a dual responsibility in that case then? ***(I do.)*** Now I wonder if you can give us any suggestions as to the best way in which we could induce astral travelling, for the right purposes of course. ***I have to say, there is no one set way, only remember you are all individuals on differing stages of development you know. But when you want to travel, I can offer you some suggestions, yes?***

Les: Yes please.

I suggest you try, just before your sleep state, when your consciousness is raised in any way; because as you know, you do leave your bodies in sleep state, under protection. But to do this willingly, firstly you must retain good thoughts, you must retain what you are trying to achieve and why you wish to do so. Once this has been ascertained, then I say, you need to lay prostrate, you need to have your limbs relaxed, you need to focus your energy on love.

Les: Yes I see.

I would suggest that you try to elevate that aspect of yourself, by firstly visualising yourselves looking upon your shells—that is your first step. You will not achieve it quickly, like all things, you need practice. But once you have achieved this, then I say go a little further, go a little further, take each step carefully and slowly.

Les: And always ask for protection, before beginning any way at all.

You must focus on that light of love. Please, I ask you most sincerely, do not attempt to force that from your body, unless your thoughts are right.

Les: Yes we understand.

But I am not here to teach you the mechanics of travel, I am here to tell you of my work.

Les: Thank you very much. I'm sorry if I asked you to digress from what you wanted to say, but we are all sincerely interested in doing this work, in absolutely the right way.

I ask for a moment just to balance energies with this one please.

Les: Yes of course, we shall wait quietly for you.

That is better, thank you. You say sometimes it is difficult to keep, how you say, an even keel?

Les: Yes, is there anything I can do to help you? Is the light too bright, or would you like it lowered?

No, conditions are fine, it is up to me to keep the balance, but I do thank you for the offer of help. Now, let me continue. I know you have a fear when you hear of our 'lower regions;' it is natural that this should be so, but let me tell you all, that the majority of you people upon this Earth plane, will not even see any such beings, because you do not belong there. We have a situation of souls who have gone terribly astray, within their assigned lifetime. Sometimes these souls become worse in each lifetime. Can you believe it? So many opportunities given and each one destroyed.

Les: It is difficult to believe.

But it is so. Let me tell you, once the soul strays, it is difficult for them to come back to that goodness and love, which is their right. So when we have these 'distressed souls,' I like to call them, because they are lost within their earthly lives, but when saying that, I don't mean lost forever—never, never. That is where my work comes into play. There are many of us who willingly go down to these lower realms to help such peoples. You already understand that like attracts like, do you not?

Les: Yes we do.

I have been told you do.

Les: Yes, we have had many examples of it.

In this way, they are attracted to their own kind. It is a pitiful sight, but yet we do not abandon them. Sometimes it is difficult to get close to them, but always we will continue to try. I wish I could express to you all, what these regions look like. If you can imagine a bottomless dark pit, with neither light, nor love or happiness, then you begin to have some inkling, of what these distressed souls are about. (Voice becomes louder/almost booming) And because of the intensity of this work, it calls upon souls who have much strength and knowledge. I do not mean that to sound how it must to you.

Les: No we don't think so for a minute. We appreciate that you must have had tremendous strength in the other direction, in order to be able to do it.

We travel some way to help these souls, because you see, we need that knowledge and that strength, to be able to help them.

Les: I can quite understand that you would not be able to, unless you had been occupants of what we would call, 'The Higher Plains,' where such knowledge and strength is obtainable.

I would like to think I come from a Higher Plain. I just say I have more experience and knowledge, but I wish I could say 'Higher Plain,' but of course I understand what you say to me. And yes, because it would be too easy to be drawn into these great depths of despair.

Les: That's what I was going to ask you, it would be possible for you to be drawn against your own will? ***That is why we need to go back from whence we came, to replenish that strength and that love, which is our own entitlements and we do so often. But there are many such as I, who find great strength in doing this work. But I would say to you all, this is my chance to try to help you. Whilst you inhabit these earthly overcoats, nurture that side of you that is good, that all-consuming love, you should share with each other, because it is too easy to turn your back on that love, which is your spiritual right. And so we see these fallen souls, who come in despair and I tell you, I can hear them now cry out. They want to leave such despair behind and yet they will not accept help. I know that might be difficult for you to understand, but it is so.***

Les: It is difficult to understand, because if they've been crying out as you said and I believe what you say of course, I should have thought they would jump at the chance of accepting your help.

No, they want to leave the conditions behind, but they do not want to change, that is the difference, can you see what I am saying to you? (Yes) They do not like the conditions, but they have not reached the state where they want to change for the better.

Les: Are you able to influence them in any way to do so? I know normally you are not allowed to interfere, because free will comes into it, if they want to stay they stay, but I wonder whether under these conditions you would be permitted to offer them help?

That is exactly what we do. It is a subtle thing; we surround them by the love energy, which penetrates their darkness. Very, very slowly, they come to the realisation that there is more to them, than at first they have accepted. It takes a long time. Normally, if someone has reached that stage of regeneration, then they will not come forth so quickly. I am not speaking of the realms where people have done minor misdeeds, you understand? (Yes) That is different. We are speaking of those realms, where many, many are reaping their rewards if you like. That is rather a sad way to say it to you, but that is what is happening.

Les: So they have been responsible for sin and evil, perpetually throughout their lifetimes.

They are the evil-doers, of probably more than one lifetime. You see, it becomes almost like a disease to them. The evil of one lifetime, carries forward to the next, until such a time, that—I will not say 'pure evil,' because there is a spark of love within all—there has to be, that is the Universal Law. But let me tell you, they are close to as much evil, as you could possibly imagine.

Les: It must be extremely rewarding to you, when one does decide to come out of the depths and be taken away.

Can you imagine the sunshine after the storm? (Yes) The smile that is placed upon your face, that is how we feel. There is much rejoicing for one soul to leave that behind them. Once that spark is there, once our influence enfolds them, then indeed we are overjoyed.

Les: I'm sure you must be. We know only a little of your feeling, from what we call the 'Rescue work,' we do here—assistance for those who are not in the greatest depths, but who are in what we call 'Limbo,' and then wish to come back and learn more. We know the feeling of joy, when they do accept their new conditions.

If you can feel that joy, then feel it, feel it one hundred fold that will give you some indication of the love that abounds. It is difficult work, it is sad work at times, but the joy compensates so much for it.

Les: I'm sure it must do.

That is what makes it so good.

Les: And it is work you volunteer for?

Of course, no one—(Pause, then more strongly)

No one would be made to do such work, it has to come from the heart, it has to come from the necessity to grow, it has to come from those of us with strength and with knowledge.

Les: Quite. Do you work as a group, or are you able to go individually, into these depths?

I have to say both. We have the ability and the knowledge to work individually, but I believe you would say, a back-up team, yes?

Les: Yes that's right.

Yes, that is how we work. Always there are others to hand.

Les: I should think it must be an essential part of the work, to have a back-up team?

But sometimes one individual spark of love, is all that is needed to help those, those so much in despair—but sometimes you can approach them individually. When I say individually, I don't speak as you imagine, in an individual form, but in the form of love energies and vibration—that which can be exuded and can be given to one individual.

Les: Would these people to whom you go, see you as an individual, or just as light and energy?

We would decide what would be best for them, but normally they are drawn by light and by a love energy, which is difficult to describe to you, if you are not aware of it. It is a brightness, it is almost like heavenly music to the ear who wishes to hear, to the one who seeks to leave behind all that he has done, that he is ready to make amends for those evil doings.

Les: And because of the essential spark which is always within him, then he would feel a reaction to what you are radiating to him.

Yes, that is what he does react to, it is the love energy. That is what draws him away from all the negativity, from all the evil doing that has occurred.

Les: I should imagine that sometimes he is not even always aware of why he is being attracted to the energy you are sending?

You are perfectly correct in that assumption. Once they are drawn into this energy of love, then work can be done, on a different scale. And of course they are not always aware of what is happening. But let me tell you, their awareness that they have left something behind them is great—that awareness is great and only then, when they have left it behind, can they begin to understand just a little, where they have been.

Les: I see, so it's slow step by step, according to the circumstances of each individual.

I cannot generalise for you, because each case is individual.

Les: You must have been doing in our terms, this work for a long, long time, in order to have achieved sufficient strength and knowledge to bring to it?

It is work that is not readily acceptable to many, but to those of us who do this work, there is much to be gained spiritually, not only for those lost souls, but for us. It is a big step, I have to tell you.

Les: I would imagine it is a tremendously big step, because you have to do the work, without it being primarily for your own spiritual development, don't you?

We would not grow if that was what was in our minds and you know by now, ALL is known, all is known—you cannot pretend in our world, because you are exposed.

Les: That's what I was saying, it must be extremely difficult for you, because you mustn't think along those lines and yet you have a job to do and it sounds almost condescending, I don't want it to, but I think you'll understand when I say from what you have told us, we all marvel at the work that you do, just for the sake of doing it.

There comes a point in development, when thoughts of that nature, barely exist. There comes a state of being, when your own individuality becomes less important, when what is truly important, is that each soul develops to that love which is truly theirs. So that becomes the ultimate objective.

Les: Yes, and though we can't fully understand it here, we do accept—it sounds paradoxical, but we do accept that by assisting others to find their spirituality, since we are all of necessity part of each other, then you are automatically developing your own spirituality, without having to think about it.

Of course, that is what I want you to understand, that has been my instructions for you to know and to understand.

Les: I think we do.

Now I have to say, how much it has given to me, to have joined you all. I thank the one who asked me to come. I thank you all for your love and your tolerance of me.

Les: It's no tolerance—we could listen to you all night.

I have indeed learned much. It is a joy to be with you, to experience your love in silence, because sometimes the work that I do, if you can believe, is full of noisy, noisy vibrations. They almost pierce you like an arrow. So to have spent this short time with you, has indeed empowered me more, with great joy. I thank you all and now I must take my leave.

Les: We all do most sincerely thank you, don't we? *(Affirmed)*

And forgive me if I leave you with this, I don't think we will meet again.

Les: I'm sorry about that.

It is meant as a complement, because you will not come where I work. (Laughter) I don't have good earthly humour! (More laughter) It is my little joke to you all. But now I really must depart.

Les: Well if it were ever possible and you had the wish to come back, please know that you would always be more than welcome.

I thank you, but I know I shall not return.

Les: No, we do understand and again we are grateful for the time you have spent with us and the information you have given us. We can only wish you great success in what you do and say *God bless you.*

~25th September 1995~

Good evening.

Les: Good evening. Would everybody acknowledge please?

All: Good evening.

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

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

That is much better, thank you.

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

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

Les: Yes I understand.

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

Les: You're right we have.

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

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

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

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

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

Les: Thank you very much.

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

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

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

Les: Is that so?

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

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

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

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

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

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

Les: Yes of course, who would like to start the questions? Anybody?

Dawn: I would like to say something. I have somebody for *Hypno-analysis*, who suffers from panic attacks. Can you give me any guidance on this, the trouble seems to be linked to his father, am I right in this?

Let me say, this young man you speak of, is indeed a sensitive soul. You my dear friend, let me speak a little on the therapies that you use. You are a good councillor when the opportunity comes, but you are rather hesitant when it comes to that inner knowledge you possess. You are correct in your assumption, that the problem goes deeper. Take him back to infancy—take him back those steps further, to find the real cause. Does that help you?

Dawn: Yes, thank you.

You, my dear child, must be more positive in the help that you give to those people who come to you. You have a knowledge within you, which must come more to the surface. You are a good councillor, do not forget this. (Thank you.) Also I will say before I leave you. In time to come there will be brought to you a child, a girl child, who will suffer many problems. Again I say to you, take her back to infancy. Please keep this in mind. She will be blond, blue-eyed child.

Dawn: Yes thank you.

Now, are there more questions?

Sara: I have a question: My stepdaughter Ashlea, at the moment she wants to behave like a baby. I don't know how much to indulge her in this and I'm not sure why she wants to do this.

This child we have spoken about before, she is highly sensitive, very exceptionally so, I would say. I will say this to you, as much as you feel you can, indulge this child in her fantasies, because that is what they are.

Sara: Right, Okay so it won't affect her.

It will not affect her, no. Please allow her scope to find herself.

Sara: I want to do this, a lot of people around me don't agree, but my intuition tells me that she wants it and it's harmless.

Yes, you follow that intuition because you are right. The others around I have to say, are incorrect in their feelings on this child. She is a most beautiful soul you know.

Sara: Yes I know she is—I've been struggling a little to find my way with her.

But she gels with you very nicely.

Sara: Yes, so it is good to play with her on a child level?

Yes, why not? After all, you should all be childlike sometimes, it brings you back to basics.

Sara: Yes that's what I think.

Les: I think we all are without realising it sometimes.

Of course, why not, there is nothing wrong in finding your own identity.

Sara: Yes, right, thank you.

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

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

Les: Does he?

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

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

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

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

He will come to the recognition that the help to give to others must be uppermost in his physical thinking. There are ways and there are means, but firstly you must open yourself up to those opportunities presented to you. It is no good being offered something if you push it to one side and then say, '*Why am I not given this?*' Can you see the comparison?

Les: Yes I can.

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

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

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

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

If only I could show you all the pathways you should travel, but of course I cannot. I can instruct, I can influence, but I cannot change it for you. *You as spirit* must recognise those things within your life, which need to be changed, which need to be worked upon. Therefore you become much better people for it. I know this is hard for you to take sometimes, when life is difficult and all seems darkness. But remember, darkness is temporary and soon the light follows.

Les: True. Well thank you very much for that Salumet, I do really appreciate it. Now if I could ask, unless anybody else has a question? I would like to go back to our friend of last week and his talk of work in the lower realms. Would there be—we quite understand that interference in another person's life here or there is not permitted as a rule, but would there be any circumstance where interference would be considered correct, in order to help a soul in those terrible conditions?

I am not sure what you mean—'exceptional circumstances'?

Les: Well, you would know better the reason for which a person is confined to the lower realms. I accept that it is his/her evil wrong-doing or actions that has caused him/her to be there, but would there be any circumstance which would enable you to help by interfering with his sojourn there and bring him out of it?

There is only one reason why we can help those in the regions below, as you think they are, but of course you are surrounded by it. But let me explain a little: Those who help those souls, are guided from those *higher beings*. When first they accept their role of help, it is *very* difficult for them to see such

tortured souls and they cannot step forward to help them. There *has* to be recognition by the soul in question, that they *need* and *want* to change. That is the only criteria for help. If you mean, that can they step forward and choose one soul from the others, then I would say to you, no.

Les: I see, well that answers my question. Thank you very much.

The soul himself needs and has to cry for help and as was explained to you last time, just crying for help is not enough. There has to be a change of *attitude*, there has to be a *want*, a *forgiveness* within that soul. Once that is recognised, then those who help can go forward, to separate them from the others.

Les: I see, it still comes back to the fact that any sort of interference is not allowed, unless asked for.

Not allowed. There is the temptation sometimes I am sure, when so much distress is seen, when souls cry out for help, it is only natural that you want to reach out to touch, to help, to cradle them. But the reason for help has to be a *genuine one*. I know this may sound harsh to you listening, but believe me when I tell you, they are surrounded with a love energy, but if it is denied and rejected, there is little that can be done for them. It is not that they are left unaided and unloved, that is not true. Indeed, the love energy flows around them, but remember it has to penetrate the very depths of their soul.

Les: Yes I do understand that.

I hope this has explained it further for you.

Les: Yes it has. I didn't think it would be allowed, but I don't presume to find answers for things of which I am uncertain, which is why I asked and I do thank you.

I welcome your questions, it shows that you need to expand your knowledge of spiritual matters. Now I will say to you:

My blessings go with you, in all that you do. May you pass that blessing on, to those you come into contact with.

I will leave you this time, with my love. And now let us see who wishes to speak.

(General thanks + fond farewells)

A communicator then came through Sue and explained that they were attempting to transfigure the face of the medium, so that everyone would be able to see who was actually speaking, rather than Sue's face. After sitting for 15 minutes in silence, they explained that it was not going to happen on this occasion.

~2nd October 1995~

Salumet did not come through this week, as Eileen was away. So we had a discussion amongst ourselves, about spiritual matters and the teachings so far. After a while, there was one through Les, triggered by a question from George:

George: Perhaps we could talk about the geography of the various realms in relation to Earth plane. I've got a mental picture, that we are all primarily spirit beings, we have a life on Earth plane as a small part of our spiritual development, and I've got a picture of ourselves here on Earth plane and if one could think of it as a diagram, perhaps wrongly, with a number of spirit realms, with a number of spirit realms, with the lower spirit realms being lower than the sort of lot we have here on Earth plane and the intermediate spirit realms, progressing to higher spirit realms and we believe that St. Paul wrote an Apocalypse, where he had a vision, it didn't get into the Bible, but it did turn up, but he described a passage through ten of those spirit realms, so yes, there are more than seven. Anyway perhaps we can't count them, perhaps it would be wrong to count them, but there are a number of spirit realm levels, shall we say, and then there is what some books refer to as the 'Oneness,' or the 'Beyond.' Now, I have the picture that it is not necessary to reincarnate from the Beyond, but Jesus did on a special mission and that is the only condition where one would reincarnate from there to Earth and when he says he is at one with God that is a reference to him being up there in the Oneness. Now, there are other masters who walk the Earth, like Sai Baba, Mother Meera, Mohammed. Now I suspect, and perhaps you can correct me if I'm wrong, but I suspect that they would not be from what one would term the Oneness, if that really is just one, without further strata, I don't know about that, they would be from somewhere advanced in spirit realms, but perhaps not quite

up to the Oneness where Jesus came from. What do we all think about that, or what do you think about that Les? Could I put that as a sort of question?

One then begins through Les:

My friend, I understand, but I do not understand your speech. I understand what it is you wish to know, but I cannot understand why you still wish to know. It has been said that you must consider yourselves as a whole, AS A WHOLE. Your Masters of which you speak, were no more and no less belonging to the 'Oneness' as you call it, than are you, who belong to the Oneness. You do not seem to understand that you are part of the whole, therefore the whole is part of you. You will try to separate the pieces into pieces of a puzzle, which you can never within this physical life, hope to place together correctly. Do you understand me?

George: Yes thank you, yes—

You place far too much importance upon the appearance of a Master on this Earth, or upon other places which exist, and of which you have no knowledge. Those Masters performed a duty which was required of them at the time, as each of you here are performing a duty required of you at this time. The duties of the Masters, were proclaimed to them, because of their spiritual awareness was higher much higher, than those whom they were sent to teach. You in your turn, you may not believe, but are of equal importance in the scheme of the universe, as were those Masters. It escapes your memories perhaps, it escapes your thinking, that those Masters at one time, were in the same stage of development as you now are. Do you understand? (Affirmed) So I beg of you please, do not try to think of the universe as a piece of confectionery, from which you can abstract one almond, from which you can take one piece of fruit, from which you can take one grain of flour. If you do so then you have no cake do you? (Agreed) You destroy the very thing you are trying to analyse, is that not so?

George: Yes, so we have tried to do too much analysis?

Concentrate on feeling, concentrate on thought and above all, far above all, concentrate on learning how to give and how to acquire love. Love binds the universe, as the oven binds the ingredients of your cake. Think only of developing love, love, love. You will not succeed, it is not possible for you to succeed fully, but the trying to do so, is in itself success. Do you understand?

(Affirmed + thanks)

I trust my visit has been of help to you.

(Affirmed with thanks)

I offer my blessing, I offer my love, which I also had to learn how to acquire and how to give and which I am still learning and shall learn for much time to come.

May the Great Creator guide you and guard you and let his love pour upon you.

(Thanks + farewells)

~9th October 1995~

Good evening

All: Good evening.

Les: We welcome you again.

I have no need of your welcome, for now I feel it much more strongly, than in previous times.

Les: We're pleased to know that.

I wish to say to you all, that there is a slight alteration of this evening's work. Whilst I speak to you, I ask if you please, that the instrument being used here is watched. We have spoken to you about transfiguration.

Les: Yes you have.

This will be attempted this time, throughout this meeting.

Les: Would it affect you at all if I increase the light a little?

I would not mind, provided it is not too much brighter, but if circumstances are difficult, then of course I will adjust to it.

Les: Thank you very much—then it will enable us to see what is happening much more clearly.

Of course.

Les: As you know our eyes are pitifully weak compared with yours.

Yes, I feel you have not been using those spiritual eyes too much. You should be developing them, all of you. But of course, that comes again within your free will.

Les: Yes, I'm just going to increase the light just a little. Is that too much for you?

I can readjust provided the instrument is comfortable, and she is. But please do watch because much is being attempted this time.

Les: Right, thank you. I'm going to ask someone else to watch also, whilst I am speaking to you. Who would like to volunteer? *(Mark)* Right can you bring your chair forward please?

Please interrupt me when this should occur.

Les: Yes I certainly will.

I wish all of you to see what can be achieved.

Les: Splendid. I'm right I believe in what I said that it will last rather more than fleetingly, it will be possible for everybody to see it?

If correctly done it will last, but of course you understand, many conditions make it possible to work, so therefore we have many problems to overcome.

Les: Of course yes, thank you very much.

Now may I continue?

Les: Yes please.

I wish to speak to you this time, about a subject that is close to you. I hear you so often, with the wish within your hearts, that you could tell ALL of this knowledge and truth, which you have come upon. But I want to say to you, a cautionary word, I think you would say:

You cannot impose your knowledge upon another.

Les: No, it has to be sort by them, I agree.

You cannot infringe upon their own spiritual knowledge you cannot make them be further along the path than what they are at this particular time in their own development.

Les: I see, I understand.

We see and know the love and the wish that you all have, to spread this truth. The desire is good, but be careful that you do not encroach upon another's free will.

Les: Quite.

I say also, do not be despondent if what knowledge and truth you give to another, is rejected. That is their pathway.

Les: Oh yes, that we understand also.

But that does not mean you should not try to spread the word. What I say to you is, use your spiritual knowledge, to know, to understand and to respect the view and the spiritual pathway of your brothers. You follow what I am telling you?

Les: Yes I do, but we must accept that we are free to give of our knowledge and information, if it is requested by another?

Yes, you will fully understand when another is ready to receive.

Les: Yes, because I am of the opinion that by giving what we know, it is often possible for us to learn in return.

Of course, but the danger lies that you would encroach upon another's free will and this you must not do.

Les: Quite, no—

I would, I'm sorry if I interrupted you.

Les: No, please continue.

This also applies within the healing that is given. You must be careful that you are not forcing healing thoughts upon another, if their desire is *not* to have this. I know this may sound contradictory, but I hope you can understand.

Les: No, that is what I have said many times myself, we can only offer, but cannot coerce.

Yes, sometimes your love for another is overwhelming and this I know, you will find to be a statement which puzzles you, but it can be so. Always ask that *Great Godhead* as you call it, for understanding, for direction and for guidance, before giving of yourself and your thoughts, to another.

Les: Thank you, yes we shall all remember that I'm sure.

Now, I think I have spoken, I hope you have understood my words. I tell you these things for your own growth, for your knowledge and for this '*GREAT TRUTH*' for which we must strive.

Les: Of course you do, we do understand that, and we appreciate you telling us.

Now, do we have questions this time?

Les: Yes I do, I'm going to ask you to bear with me because it's rather longer than usual. I shall have to read it: We know that any deity however named, is not a person as such. Now you have told us so much about different energies and about the intelligences within the universe that I wondered if there is such a thing as an intelligent energy, devoid of any form of life as we know it. Is there such a phenomenon and is that what we would call God?

My dear friend, perhaps I should have expressed this knowledge fuller from the beginning. Of course I have spoken many times of energies—many, many times. I have spoken of the many religions within your world, I have spoken on the differing names that each peoples call the one they so worship. All of these names matter not, because you see, the very life force which you call God, is an intelligent force. How could it not be, how could there not be a perfect energy, to have created all that we have?

Les: This is what prompted the question I thought there must be an intelligent energy.

We go on to deep matters my son, but let me say this to you:

No one, *no one* has ever attained such perfection, as to come before this '*Intelligent Force*,' as you have called it.

Let us use the term to supply these answers to your question. Within spiritual worlds, there has to be perfect laws, there has to be an intelligence behind them, for it to work, can you not see that?

Les: Of course yes.

I am pleased you can, because so many cannot. You all are very sparks of this *Intelligent Force*, all of us, whether of this world or not, all of the cosmos comes from the *Intelligent Force*, as you call it.

It cannot be otherwise, *it cannot be otherwise*. But rather like each drop in the ocean, each drop can never fully understand what part it has to play, within that greater thing, can you understand?

Les: Yes, I have used that analogy myself.

All of you are so important—it is that very spark within you, that reaches out for that *higher intelligence*, which you call Spirit, which is in fact only another word, for the truth of a search for that returning '*home*,' of which I have spoken.

Les: Quite and to follow through what you've said, it requires all the drops to make the ocean, otherwise the ocean couldn't exist.

There has to be perfection, there has to be that reaching out for attainment from you all, to create the perfection of you all, can you see?

Les: Yes I do.

I am trying to keep it simple, because we are speaking on matters beyond your comprehension.

Les: Yes I do understand that and I thank you for choosing the words.

But '*Intelligent Force*,' are good words to use. Too many upon your Earth plane see God, as you call him and many other names used throughout this world, as a figurehead personified, but this is basically

incorrect. But I say whatever brings comfort to each and every one of you, then so be it. The Truth can only come to the fore, and this is what is happening within your very world now.

Les: Good. But even as a young boy, I used to feel that if God were a person, as I was taught, then by definition, if he was a person, it was impossible for him to be perfect, because perfection is beyond personalities.

What is personality? It is something endowed upon you, within the human flesh. It exists only within the human species, it is not something that goes forward, except for a very short time.

Les: This is what always used to puzzle me, the apparent contradictions.

There are so many contradictions—I have spoken upon this, even from those in our world, who come, who give you advice. So often we hear, ‘Why does one contradict another?’ Already I have told you it depends on their spiritual attainments. They do not lie, they cannot lie to you, but they cannot give you truth and knowledge of which they do not have some sense, you understand?

Les: Quite, it’s quite impossible for them to do so.

Can you expect a child to give you information on details of an adult’s life? It would be impossible. So you have the comparison between those you call guides, those you call spiritual teachers—there are so many differences between them. So do not be discouraged, accept what each has to tell you and do as I have told you before, accept only which you feel you should.

Les: Yes, true.

How are we doing here? (Re attempted transfiguration)

Les: Any changes here Mark?

Mark: Well actually, I was going to say, maybe someone else should sit here, because I don’t know if my eyes are playing tricks but—

No my friend no.

Mark: Sometimes it looks like it’s changing, but maybe I’ve been looking for too long.

Les: Don’t strain too much, take your eyes away and then look back, you see, give them a rest and then go back, switch them to one side occasionally, so you’re not staring all the time, but you won’t have any doubt about the change, if it occurs.

Mark: Right.

Do not doubt my friend that it can happen.

Les: Well I certainly don’t after what I have seen.

No, but we have others within the room, who would wonder, ‘Is this possible?’ Not serious doubts, but doubts that you have because you are human.

Les: Yes quite, they’re our biggest stumbling block aren’t they, our doubts.

Do not be too harsh upon yourselves, you have much to learn and I hope much to learn from me as time continues.

Les: We look forward to it, we are already learning a tremendous amount. I would like to add one further question if I may, to what you’ve told us: On the acceptance of that Intelligent Force, am I right in thinking that it is an intelligence, which is far beyond our comprehension, that ours is merely a limited term, for something that is unlimited?

I cannot my son, give you a word. You would not understand even if I could begin to explain, which I cannot.

Les: No, that’s a good enough answer, thank you. I knew it was a very difficult question, but I felt that I had to ask it and for all my colleagues here also.

My knowledge does not extend to explanation of that all-powerful force.

Les: But it is perfectly permissible for us to think of it as an intelligent energy?

Yes, it has to be. It would not make sense would it, if there was not intelligence behind all of Creation.

Les: Quite, so if we think of it as an intelligent energy, rather than a figure of man, it’s another step in the right direction?

Can I add one thing?

Les: Please.

Please do not try to think of the intelligent energy as something separate from yourselves. You are part of it, you are the very being of that intelligent force. So I say seek not something separate, but to become part of it.

Les: Well you have confirmed what was said to us at another meeting, last Wednesday, when I was asked if I had a question and I posed a difficult one I know. I asked if I could be given the recipe for eternal happiness, which I knew was an impossible question, but I was told that we should first look within ourselves and this is precisely what you have been saying, in another way.

Yes, let me add to that a little further: You will never find eternal happiness, whilst you are in these human frames. You will not find eternal happiness, even when these overcoats are left behind. There is much we have to learn. Our paths are long, sometimes tedious some would say, sometimes with unhappiness—remember there are many pathways, even once you have left the human form behind. We are speaking of aeons of time here. So if you want eternal happiness, seek that intelligent force, as part of your own being. Let it come from within, you understand?

Les: I do yes, thank you for confirming it.

You can never be completely happy, whilst on this Earth plane. How can you be? You are here to learn. You have to have the negative and the positive energies to go forward. Call that happiness and unhappiness, if you will, I see it in a different form, but you need both to go forward to grow, to grow spiritually. So if you seek happiness, accept all that comes to you within your daily lives, thank God, or the Great Intelligent Force, as we call it this time—thank him for all that you have to endure. I know sometimes this too is difficult for you. Why must there be sadness, unhappiness, grief, why is there so much wrongdoing? But again we have spoken on these matters and I say to you, accept all that comes to you and you *will* be on the way to *happiness*.

Les: Quite. I suppose one's conception of ultimate and eternal happiness can only be when we merge completely and finally, on an incomprehensible time-scale, with that Great Intelligence?

My dear friends, the time *will* come, but again we are speaking aeons of time, when the self, the ego, the individuality ceases to exist. Then you become part of that perfect whole.

Les: Quite, and that's an awful long time away—

I have to say, yes.

Les: Well at least we can take some of the right steps on the way, particularly with the help that you are giving us.

Within this lifetime, one reason why I have come to you, is to reassure you, that this time, your footsteps will walk straight and true.

Les: Good, that's very encouraging and comforting, thank you.

If I bring love, happiness, truth to just one of you within these walls, then truly I have succeeded in my task.

Les: Yes I'm sure you have and I'm sure it's going to be more than one.

But yes, I know that will be so. Now let us pause for a little while and let us see what can happen.

Les: Yes, well thank you very, very much for all you've told us tonight.

My very good friends, it has been a joy for me to be with you once again.

Les: It's very kind of you to say so.

I will withdraw for this time and allow some others to speak.

Les: Thank you. It's our great joy always to have you here.

Paul: Yes, our love goes with you.

I thank you. Remember I am with you always. My blessings stay with you, until we meet once more.

All: Thank you.

Les: Goodbye to you.

There then followed one through Eileen, with a message for Madeleine (Leslie's daughter visiting from Canada) She also mentioned an old school friend connected with George.

~23rd October 1995~

Good evening my friends.

All: Good evening.

Let us begin with your questions, because there is much work we would like to do with each one of you.

Les: Thank you, yes I have a question which I have been asked to put to you and I couldn't do it last week, so I'll do it now. I have been asked by a lady, quite an experienced member of our Wednesday group, who lost her husband a few months ago and had a most peculiar experience. She said that recently, as she was approaching sleep, she felt herself drifting away and knew it was not sleep. She was acutely aware of her husband with her and he told her that he had another daughter in spirit, of which she was unaware. When she asked him how this was, he said he was not able to give all the answers. Whilst he was speaking about this, she said that she felt physical contractions, as though she was in labour. Her question is: Is it possible for two spirits to be born at the same time, one taking on the physical life and the other returning immediately to spirit?

You put the question aptly. Apart from those born together as you would term twins, which is indeed two souls who conjoin together to be born at the same time, apart from that, the answer is 'no.'

Les: Thank you, I didn't see how it would be possible.

We have spoken on what happens briefly, before you come to inhabit these bodies. It has to be agreed beforehand, the conditions into which you place yourselves. That being so, it would not be within the natural laws, for these occurrences to take place, you understand?

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

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

Les: Yes, well it was a marvellous experience.

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

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

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

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

I would like to say I do not wish to spend too much time this evening on questions, because there are many here within the room, who are anxious to help and to use. I have said to you, that it is my desire that each and every one of you develops to the best of their abilities and this evening we hope to devote to this very task, if that is acceptable to you?

Les: Thank you very much, yes of course, we're guided by you every time of these occasions.

Again I thank you for your graciousness.

Les: Right, any quick questions for Salumet?

I never cease to wonder why these tongues of yours cease to function, when you come into this room.

(Laughter)

George: Well, I have one question, which might be a short one and perhaps it would fit in: I've been reading what I understand to be some channelled writings, about the setting up of a monastery. It is at the time when St. Columba sailed to the island of Iona. I've sometimes wondered if that was a chance land fall,

but my readings have led me to believe that he would have been guided there and that was a place of old energies and the suggestion is that he re-awakened old energies there. Is there anything you can say about that?

I can my friend. Many of the people you have named and I have to say I am amused by the term 'Saint.' But let me continue upon this theme. The man you speak of, was indeed as you term, a Saint in your world, because indeed he was a man of spirit, who was guided by those beings who came to this earthly life with him. From a small child, this *being* was touched from our world. Therefore it makes sense does it not, that *all* that he did, while he trod upon your earthly world, should be guided? (Yes) Indeed he was. I cannot say that of all who are termed Saints, but in this instance, it is correct to say, I almost said, a Master of his time, but he would not have been seen as such. But his gifts became well known as you have probably read and as we have spoken upon briefly before, there are many areas within your world, which have energies which are special, if you like to term it that way. And yes, he was guided there, mainly to seek that guidance which followed him. That is why his footsteps trod that pathway, for the guidance he needed, for the rest of his earthly existence.

George: Yes that's very helpful, thank you.

Let me say to you, if he is willing, I will try to bring him to you.

Les: That would be marvellous.

George: That would be wonderful.

He then can explain to you, his feelings whilst upon this Earth.

Les: We certainly look forward to that one day.

I will let you know beforehand, as I always do, when someone is coming to speak to you.

Les: Thank you very much indeed.

George: Thank you.

Now my friend, I ask that each of you, sit within the silence for a few minutes. I would like you to go to each person, and *please do give what you are feeling, seeing or feel as touch*. Nothing should be classed as imagination, or too trivial. Do you understand?

Les: Is that clear everybody? I shall coming round to each of you individually and if you experience anything while I am with another person, please say so quietly and I'll come to you, to exist the power, in what you are getting when you call me, clear? (*Agreed*)

There will be someone to speak through this one, but let us see what can be achieved.

Les: Yes certainly, thank you very, very much.

This is a summary of what each sitter experienced:

George: Hazy vision of seascape with rocky shoreline and felt something like fingers tapping lightly on his right cheek.

Paul: Vision of a table and chair and also a pink cake with one candle on it—the cake being suspended in the air. Later he saw a lady holding the cake.

Sara: Experienced beginnings of physical control; head nodding, arms being raised and body being lightly shaken.

Margaret: Experienced feelings of power, happiness and peace—she became so immersed in feelings, she wasn't able to speak when Leslie spoke to her.

Debbie: Clairvoyance of her Guernsey home and saw elderly lady in long black dress and grey hair fastened in bun. She was former owner of house who loved feeding birds and had one perched on shoulder. It impressed Debbie with feeling that she didn't want cats in garden because of birds, would continue to occupy house, but wouldn't affect present owners.

Sue and Jo: Both in deep trance.

One then came through Eileen to give feedback on the evening's work:

It is a great honour for me to be here amongst you. I have been given the task of speaking to you all. I want you to know the joy, the happiness that has been brought to our world this night. I wish you could all see what you have achieved this night. You have allowed those of us on or side of life, to take one

step further. Not only does it help in your development, but it gives those of us the opportunity to work with and through you.

Les: Splendid. I'm sure everybody will be delighted with what has happened to them and with them tonight and we do thank you for all the help that is given.

It will not stop here, we will return, those of us who wish to demonstrate through these good people. And I can say to you, without doubt, that the one we know as a Great Teacher will allow this to be.

Les: Thank you very much. We are grateful to him also, for all his teaching.

I want to leave you with something to think about. Many suns and many moons have passed whilst you have been on this plane of existence.

Les: You're quite right.

Sometimes you feel—not too often, but sometimes you feel, too many.

Les: Yes—quite right too. *(Chuckles)*

Yes, I waited for your answer. I was ready to have a DISPUTE! *(More chuckles)* But you foiled me—well and truly beaten. But I want you to know that there are many here in our world who bow to you.

Les: Well I'm honoured that you should say that. I know I still have work to do here, in spite of what I have said sometimes.

We know you have much to do—of course we do. And if you look closely, you will perhaps recognise me. Ah ha! Now you know me.

Les: Yes indeed I do my friend.

I have come to you on a gentle wave this time. You have not always known me to be so quiet.

Les: No you have been quite forceful I agree, but it's always been delightful to welcome you, in whichever way you come.

It has been my privilege to end this time with you. I give you my peace my brother. *(Thank you.) Good, good, good. Now let all these children depart, with much to think upon.*

(General thanks/blessings/farewells)

~30th October 1995~

It is good to be with you again.

Les: It's lovely to have you and before anything else, I want to thank you for a wonderful evening last week.

I know it has helped to sustain some of you, until we have met again.

Les: Yes, everybody thoroughly enjoyed the evening.

It will occur many times, because it is important that you all become as one.

Les: We were certainly well on the way last week to that and we were very, very pleased to have your two colleagues to finish off the evening, it was lovely to welcome them again.

I know that whoever comes, will receive your warmth and your welcome.

Les: Yes of course, you do know what happens without me having to tell you.

Now, before we have your questions, I want to say just something please: There are times in your lives when all seems dark, when life seems troublesome and we hear your cries, 'Why, why, why?' I want to say I have been close by to one within this room, who has shed many tears. I will not indicate which one, they know, but I say to them, all things occur for a very, very good reason. If *only* you could accept those happenings within your lives and understand truly that you have been the instigator of those events, then life would seem so much simpler to you.

As doors close within your lives, let me reassure you that another opens for a much better reason. So do not hold on to your despair. By all means allow the tears to flow, but then release them, go forward, go onwards, because *all* is infinity.

I want you always to know this, I want you all to have the understanding of this greater being, who is part of your own being. Allow it to come to the fore and all of life's problems will become insignificant. You understand my words?

Les: Yes, it bares out what you have told us a number of times, that we must learn that we are basically spirit beings and the physical body here is of little importance to our development and it's interesting that yesterday evening we had some people here, a lady who does give a lot of information, I have mentioned her before and we had to advise him, on the need to recognise the spiritual aspect of ourselves rather than the physical, because the gentleman was involved in one of the eternal triangle problems and was hoping to be told what to do. He was told what to do, but not in the way he was anticipating.

This is the hardest thing for you all to grasp, that you cannot have interference within this lifetime, within human frames, otherwise what will you learn? Nothing—if each step is placed before you, would not your pathway be too simple?

Les: Yes it would.

You *have* to learn your life's lessons, you *have* to fully understand and accept them, not as the physical problems as you see them, but as that growth of the *real* you, of that *spirit* of which you all are. That is what is important and this is what is so hard for you all to grasp.

Les: It certainly is hard and I know the gentleman to whom we were speaking last night, will find it so, but I have to explain the difference between the physical and the spiritual and of course in these matters, then the argument is constant and always unresolved, unless we accept the emphasis of the spiritual necessity. **There never will be harmony within your human lives, without that inner knowledge and spiritual faith, which you all have. You cannot have it, unless you reconcile each part of your beings, can you not see and understand this?**

Les: Quite, I think we do understand it.

Even those of you within this room, whilst in the conditions of these meetings, of these spiritual happenings, all seems to be clear, but once you go your separate pathways, you go about your daily lives, sometimes these thoughts can go astray. It is natural, you are human, but you need to *train* yourselves within your daily lives, to know yourselves of who you truly are. Then and only then, will life become easier, happier and only then, when you know yourselves well, can you begin to go forward and give help to others.

Les: Yes unless we have learned fully, we shall never be in a position to help others, yes I can see that.

I have to say, I hear you say, we do try to help, but remember that spirit self knows more than the human brain. Whether your actions really are true, whether indeed they come from that spiritual aspect of yourselves. Remember always, you cannot fool yourselves.

Les: That's true and again as we have discussed previously, it is motive that is more important than the action.

It is the reason behind the action yes. I have spoken long on this, but I wish to say, especially to those of you, who are finding life so difficult at this particular time:

Remember it is as a dream, it will become daylight, it will not last forever.

Les: Quite, it would do well for us to retain that constantly, it is difficult as you know as well as we do it is, but it's got to be accepted.

I do not wish to seem harsh in my remarks to you all, but I wish only to guide and to help you.

Les: We do appreciate that and we thank you for it, we know you are dealing in facts—we do understand that.

I want you all to become what you truly are, to recognise that being that shines forth amongst men. I want these things for you, whilst you tread this earthly plane. This I am trying to help you with.

Les: You certainly are and we do hope we are not disappointing you in our reactions to what you tell us. But you know I believe that we *are* trying.

That is what is important, that is what counts, if you do of your very best, what more can we ask of you?

Les: No, we can't say that such and such is going to be the end result of our being here, we can only aim for it and hope that we shall succeed, particularly with your guidance.

You are kind with your words, but I will accept them, thank you.

Les: And you know they're spoken with truth.

Now, let us have your questions.

Les: Right, questions anybody?

Dawn: Can I ask something? A little while ago I asked you about a limb for hind-quarter amputations and you said there wasn't one at the time and to look towards America for it. Do you think there's any sign of this coming yet in America?

I think you have to wait a little, but there is much development happening, not only within that country, but they will come forth first. But it is a joint effort with many countries around your world. There is one country in 'Europe' you say, called Germany? (Yes) There are people there, who are making great efforts, who are being guided in all aspects of work, not only that of which you ask, but there is one particular gentleman who is receiving inspiration. But it will come from the country you call America first. But it will come from around this Earth, not one place. It will come.

Dawn: Thank you.

Les: Any other questions? Debbie you received some information last week, concerning an approach to your brother? I don't know whether you would like to ask a question on that? Whether it was so, or whether you should act on it?

Debbie: Yes okay: Last week I felt I was in contact with the lady who used to own the house that we live in, in Guernsey. I felt like she was trying to give me a warning about some land that she was afraid would be built on, after the farmer died and I felt quite strongly that I had to advise my brother about this. Was this the right sort of feeling, or not?

Was it not told to you last time, to accept what came to you? Always we fear do we not, what comes to us, yes? Let me speak about the one you call brother. He is most sensitive, he would not reject what you tell him, but give me one moment please. (Pause—15 seconds) I have to tell you this land will be sold. You can forward what you feel, but it will be sold. The efforts made to stop it, cannot take place, it will eventually go, I hope this will help you to make your decision.

Debbie: Yes. Do we know when it will actually be built on?

That will be the reason why it will be sold, but there will be many problems arising from the sale of this land. I can tell you, there will not be houses built on this land, for much time to come, but there will be a sale of the land. Is this enough for you?

Debbie: Yes that's fine thank you. (Good.)

Les: Thank you very much for that, I know it's not within your normal province of teaching, but I did want the lady to have verification, because that is the first time that she has been used to that extent.

I have to contradict you there my friend, it is not the first time, it is the first time that she has verbally spoken of it. She has tended to reject what has come to her.

Les: Thank you very much—well I hope this will give her some assurance that what she gets is so.

That is why we wanted to work with all of you last time.

Les: Thank you very much. Are you happy with that Debbie? (Yes thanks.) Any other questions? Margaret, you've been wondering about your grandson in Hong Kong again, haven't you?

Margaret: Yes well Heather told me that I'm not to worry about him. Jette, (A Kinesiologist friend) gave my daughter-in-law some tablets and he was without them for 4 days and his character changed again, so she wrote to Jette to send some more and he has progressed quite a lot since then.

Les: Thank you—good.

Give this child time, that is all that is needed here, do not be concerned.

Margaret: Thank you very much.

Les: Sarah, any comments on your activities of last week?

Sarah: No I haven't any comments.

Les: You're quite happy with what you experienced?

Sarah: Yes I feel very reassured and happy yes thank you.

Les: Good, I know you were almost bouncing when you went out. (Laughter)

Les: Sara anything you want to ask?

Sara: No I don't think I need to thank you.

Les: Mark?

Mark: No I think I'm okay thanks.

Les: George?

George: We have from time to time talked about humour and the value of humour. There are many types of humour on the Earth plane, some are quite nice and some are rather coarse—but there are many types of humour. Much of it is of no doubt great value and it's nice that humour continues in spirit realm—it's nice to think that it continues. I would imagine that as one progresses, the humour is refined to some degree, I imagine the coarse types go and the nicer humours probably persist. Is there anything further you would like to talk to us about in relation to humour?

Let me say this to you my friend: There is indeed much of what you call humour, on your Earth. It is part of your physical make up, it helps to make life easier for you, from what I can see, but I think I can tell you, that even as matter refines, then of course humour is retained and I would have to say, any matter which is heavy and includes coarseness of any kind, will eventually be gotten rid of. As you become finer, become more attuned to that part of your being which exists on a higher vibration, then all coarseness disappears. But how would you define humour? I suppose you would say to some extent, that I have on occasion, been humorous whilst with you. (Agreed) But I have to say, it is a memory of humour that I bring with me. It is not something that is natural within me. Firstly, you have to understand that there is no need of humour, as the energies become more and more refined.

George: Ah, yes, thank you, I wondered about that.

We have spoken about the time when all speech ceases to exist and only the power of your thought remains as communication. But I think you are asking me the question, is there a particular point in your development, when humour disappears? I would I think say to you, 'Yes,' but it would take much time for this to occur, because you see, it mainly belongs to those physical attributes which you possess.

George: Yes that's very interesting, thank you.

I suppose, in a sense, you could say, 'good' humour, was a form of love, and that my friend is how I would look upon your term, 'humour.' It is an interaction between two people.

Les: I would agree with that description absolutely. We have often been asked by those in the immediately succeeding plane of life, to make sure we bring our sense of humour with us when we go to them.

Of course, because we have spoken previously, when you leave your physical being, you do not suddenly become someone so different. You are still you and all that you have been, remains with you for some considerable time. That includes, what you term, 'humour.'

Les: The laughter which has been brought back from the next life and which has been recorded, has been of extremely good value to those who have come investigating this work. They have been astonished at the laughter and to know that it still exists in the next world.

You see, all that is good exists for longer on those energy vibrations—all that is love, that is good, will continue for so much longer. Can you see this?

Les: Yes and I see what you mean about humour being love, because it does unite two people in the sharing of something beyond the immediate physical problems.

And those of you who have that bond, can share what you call humour, without exchange of your words. You have a little of what humour would be, in the very best sense.

Les: Yes we enjoy our laughter together. (Yes)

Lilian, any question?

Lilian: If I could ask one about my youngest granddaughter, who's rather slow with her speech. She is having help, but is there anything you could suggest that would help her even more? I think she is beginning to be a little bit frustrated.

Yes, can I say to you, you worry too much about this child. It is the anxiousness which is affecting her most. I would suggest you hold back just a little. After all, children are individuals in their development, as you adults are in your spiritual growth. So it takes your children time to readapt to earthly life. I am speaking to you from spirit, so please try to understand what I am telling you.

Lilian: I do understand.

Please step back from this child, the anxiety, the comparisons, are too much for her to take. She will come forth when the time is right for her. The words will come, but the more she is forced to use words, the less success you will have with her. Do you understand?

Lilian: Yes, thank you.

I do not say give up completely, but I have to say the mother is rather anxious.

Lilian: Yes I know.

You fully understand this, don't you—she needs to just step back a little.

Les: And the child would be picking up that anxiety I would imagine?

Yes, she is feeling pressured. Do not doubt that children know what is within another human being. I have to say, most of you underestimate these children. You don't allow them their development time. There is too much within your world that is set by time and by rules. Please allow her a little more time.

Lilian: Yes, thank you very much.

But the mother must refrain from too much anxiety.

Lilian: I'll tell her.

Les: Any other questions for Salumet? Jo? Sue? *(They were in deep trance)*

Dawn: Could I ask one more? I have a granddaughter of 4, and she keeps complaining about a tummy ache—she's been to doctor and he says there could be a urinary infection, but I don't think it's that at all—*(Tape faint/unclear)*

No, no this child suffers too from problems outside her nature. Around her there is stress, which helps to create these upsets. Please be advised by the doctor giving advice, it is fine don't worry, don't worry about this. You see, children can suffer from conditions in which they are placed. But don't worry about this child.

Dawn: Thank you.

Les: Thank you very much. Any other questions for Salumet?

I want to say one thing about the child before I finish. That child is particularly musical and it would be good to direct her in that way, it would give her a release of emotions, which at this time in her life, she is not able to express.

Dawn: Thank you.

It is an avenue she should follow. I think for this time, I will withdraw from you and we will see what else can be achieved this time.

(Thanks expressed)

Can I say, next time all are together, we would attempt again to use this one. *(Indicating Sue)*

Les: Yes certainly, thank you.

I leave you my friends, in the knowledge that all of you have grown in spirit since first we came together. You cannot see how much, as beacons of light, how much greater you shine forth, but I can reassure you all, that this is so. And you my friend know and are becoming so much more aware of all that is happening around you.

Les: Yes that's true. We do thank you for having told us that, it gives us confidence.

I hope it provides you with more than confidence, I hope you feel that stirring within yourselves, of the knowledge and the love that you all have.

Les: Does everyone feel that? *(Affirmed)* We thank you once again. God bless you and we look forward to our next meeting.

There then followed one through Sue who talked about autumn:

—You are in the season where the *leaves* become changed.

Les: Yes you're quite right, we are, it is the season which we call autumn.

Many *colours* many *hues*.

Les: The trees look very beautiful at this time of the year.

I say to you all, look at the *leaves*, become part of those *leaves*, experience the *colours*, feel the *colours* and listen to what they tell you. Do you understand?

Les: Yes I think we do. In fact we should be aware every time we see them, bearing in mind that there is no such thing as death, it is merely a transition from one form of life to another.

The leaves fall, the leaves are pushed into the Earth, where they give life and warmth, for new growth.

Les: Yes continuity of life, we do understand that and we accept it. I think we don't always realise the beauty that lies within all these changes. We must not look upon it as something ceasing, it is something beginning. We tend to look upon autumn, as approaching the end of our year, instead of regarding it as the beginning of something new.

You speak wise words. When you look upon the trees, naked of their foliage, do not think of barren trees and cold nights.

Think only of the new growth, which is beneath the surface.

Les: I have always looked upon this as a physical lesson for us, if only we can assimilate it.

Use your psychic sight, to see into the new growth. Feel that spiritual growth, which surrounds you all. Let yourselves become part of the new growth and you will see what can be achieved. Do not think of barren twigs, think only of unique and vibrant existence.

Les: Yes we should always keep that in mind, I do agree with what you say.

Now I remind you all to look and feel and listen to the colours of your autumn and feel the peace and the love which surrounds you all.

Les: Thank you very much, we shall certainly try to do that.

May the Great Spirit be around and within each one here. My love to you all.

Les: Thank you and with you also.

There then followed one through Eileen who came through with a fun/light-hearted chat to finish.

~6TH November 1995~

Good evening.

All: Good evening.

I wish to thank you for your many thoughts, since last time.

Les: Thank you.

I think that you all are beginning to realise what your lives are about and as you go about those daily lives, I see how much better you all are coping with your difficulties. To you all, I say, be pleased with yourselves, because you have grown much, in a short time. *(Thanks expressed)* That does not mean that your life patterns will not be without difficulties, but you will begin to put things into perspective.

Les: Yes it's certainly helpful to be able to do that.

But I want to say to the lady, she still allows the troubles of others to weigh too heavily upon her shoulders.

Les: Is that the lady Sara or Margaret?

The younger of the two.

Les: Sara, that's information for you dear.

We have spoken about this before and she has improved, but still she allows too many problems to weigh her down. It is done, because of the innate love that she has for her fellow beings, but still it is something to be cautious about.

Sara: Right, thank you, so detach a little more, **(Yes)** if there isn't much purpose in the relationship.

Allow your love to flow, but allow other people to deal with their own problems.

Sara: Yes right—thank you.

Les: Any question you want to ask on that Sara?

Sara: Yes, it's obviously—I need to concentrate on my own development and perhaps not worry so much about other people's problems.

It is not a matter of concentrating upon oneself—that is not what I mean. You must try to allow others to go forward in their lives—show your love and consideration, but allow them to work through their

own problems. You cannot shoulder difficulties for others, you can offer help and love, but you must not try to solve *all* for other peoples. Do you understand?

Sara: Yes I do, yes, don't be so concerned, yes.

I hear you think, '*I make contradictions of what I have told you.*' But indeed I do not. There is a difference between '*help*' and '*interference.*' It is a subtle, but one that I would wish you all to acquire. You understand what I try to teach you?

Les: Yes I think we all do, thank you. We have to recognise a point at which we can no longer offer assistance.

You always can be available to others, but you cannot put upon yourselves *guilt* or *sorrow*, which does not belong to you.

Sara: Yes I see, thank you.

Les: We have said before Sara, it's the difference between *compassion* and *emotion*. It would seem that you still get too emotionally involved.

It is difficult for her—it is her nature. But we all have control of our lives. So you must recognise within yourself, that aspect which you must learn to let go. I am helping her.

Sara: Thank you.

I would like to say, before we continue, that I want you, if you will, to help the one who is absent here this night. We speak of the young lady. I think you know of whom I speak. She needs guidance, she needs someone to listen to her. I don't mean superficial talking, I mean to listen deeply, with the heart.

Les: If she is willing to talk, I am willing to listen and to help in whatever way I can.

She needs to be approached about it. Of course, it is her right to refuse, but she needs to have the approach made to her. Although I am with her, I am limited when it comes to making that communication physically, you understand what I mean?

Les: Yes I do. Well I shall see what I can do for her then, beginning with myself.

We are a little concerned with her. Now I will say, do you wish to ask me anything this time?

Les: Yes please. I have been giving a great deal of consideration, to what you have told us about the power of thought. (Yes) And I understand, of course, what you mean and what you are implying by that, but I think it would do us all good, to have a little clarity, as to the power of thought operating in the next world, when we go there. For instance, we know that because of the different style of living, we shall not need various physical organs, as they are used here. I have been wondering about breathing—whether it is possible in the next world, to dispense with lungs as we know them and to breathe by the power of thought. And this arose in my mind, because of the wonders that we have been shown, below the surfaces of our oceans on this world. The wonderful life that exists and the colours, which exist there also, we now know to be facts. In order to appreciate those, we have to use artificial means of course, to breathe underwater. Is it possible in the next world, to explore under the surface of the waters, without the need to breathe, as we know it here? Is the power of thought sufficient to keep us 'alive', I use that word in inverted commas, under the ocean's surface, so that we can enjoy the wonders which I'm sure are there?

Firstly, let me clarify some of your points. You know, of course, that your physical make up is entirely different from that of what we will term, spirit. (Yes) You know that the energies are much more refined. You also know, that when you pass from this existence, into those spiritual realms, that you leave behind your physical bodies. So, let us continue so far. It is not necessary that you take with you those organs, which you have become attuned to, whilst upon this Earth. But for many, they retain the '*need,*' if you like, to function as they always have done, you understand?

Les: Yes, I understand that.

So for many who come to our side of life, the functioning of the lungs, as you call them, still becomes a necessity for them. So the power of the thought is actually what maintains this reaction within the spirit body. You follow what I am saying? (Yes—) So although you have left the physical overcoats behind, you have a counterpart body, which functions in the ways you have been used to, for some considerable time. Sometimes it is less stressful for that soul, to continue to use the words, to use the functions of the body, although it is not as you would imagine. Although the lungs still function, the soul is breathing, it is

not necessary. It is the mind power, the *mind power* of the soul, which makes it react to that very thought. Can you understand?

Les: Yes, I understand, thank you.

So you see, when you ask about breathing underwater, you are speaking about a physical thing, not spiritual. It is possible for those souls, to enter into seas, rivers, pools, ponds in our world and to think—and here we come to the crux of the matter, they think they can breathe. You follow? (Yes) When in fact it is the refined energy of *thought* that is creating it for them.

Les: Yes, this is what I thought must be able to happen.

You do not have a physical lung, you do not have physical organs, when you come to our side of life. But depending on the state of the soul and their expectations of life, then it is the power of their *thought*, which creates all for them. You understand me?

Les: Yes, I thought it must be like this, otherwise the power of thought would be, from what you have said, contradictory. I considered that the power of thought should enable us to explore underwater, without any discomfort.

All is ‘THOUGHT’ in our world. It cannot be otherwise.

Les: Well you have confirmed what I suspected, but I have never read anything about it, in that regard. So that is why I wanted to ask the question.

It is difficult to explain to you, in physical terms, what thought is. It does not belong in your world, although you think you know what thought is. It is not something tangible, it cannot be. It belongs to that higher realm of existence, for which you all strive. But when first you come to our side of life, there is help by those who greet you. Although you would not know immediately, that their subtle thought energies are helping you along. It is only as the soul grows, that it recognises that it need not have these old patterns of living. You understand me?

Les: Yes. Thinking about it, as I said I have been, to me it would seem, that since we are energy, it is merely one form of energy, penetrating another form of energy, which we would consider to be the sea or the ocean.

You are in fact using energies of a much more subtle nature. All energies intermingle. I have spoken briefly on lighter and denser energies. This is what is taking place. Always the lighter energies will dissipate the denser, can you see? (Yes) It is a complicated matter, to try to instruct you upon, but

‘THOUGHT’ is YOU. Can you see?

Les: Yes I do. I appreciate that it’s difficult to explain it. It’s something that has to be experienced. (Yes) So it is up to us all to enhance our own development as much as we can, so that when we come ‘home,’ as you call it so beautifully, we are in a fit state to take full advantage, of all the differences, that we shall find awaiting us.

If only you would allow yourselves to develop these ‘gifts,’ as you call them, what I term is your ‘right,’ what is truly *you*. If you would only allow yourselves to develop them whilst on this Earth, you would see things so much more clearly. You would be ready, when the time came, for you *all* to return home. You would have no need to retain these counterpart bodies for recognition, because you see, your thought patterns would have become so refined, that instantly you would be at home. Can you see?

Les: Yes, thank you very, very much for that. I’m glad I brought the question up, because my thinking of course, doesn’t give the information to my colleagues here. But you have put it very succinctly now and I’m sure everybody understands. Is there any question anybody would like to ask, to follow that up?

I would like to say to you my friend, I have waited for your question, for a few weeks and have wondered why you have refrained from asking me.

Les: I like to try and get these things clear in my mind first.

I know you do, but sometimes you hesitate and think too deeply. If I can help, I will. So I am pleased that you have brought it forward.

Les: Thank you. Yes, I shall certainly take advantage of your help with other questions like that.

As I say, it is difficult to explain in your physical terms, but we are speaking about spiritual matters, which have to be gained in knowledge only.

Les: Quite, because I had wondered about this in the past, in one of the books I read, by a very eminent writer, who was very closely attuned to your world. He experimented with photography and on one occasion it was seen that an arm was seen, with what appeared to be a cut on it. And the inference from that was that, *physical* damage could be sustained, by the spirit body. And this I could not accept, because if the power of thought is so prevalent as you say, then it would have healed that wound immediately.

But you have to have that power of thought, it has to be used. It will not trigger-off by itself. I have spoken briefly upon the spirit body. I have told you briefly, that some of the illnesses upon your Earth plane are illnesses within the spirit body. It is a mistaken idea amongst many of you upon this earthly plane. You have to realise that when we speak of spirit, the energies are intermingled. You are not separate units in that respect. Can you see? (Yes) That is why we have our hospitals in our side of life. After all, you could say, 'Why do we need them?' You know the physical body has been disposed of, so why are you not immediately well and happy? Because the spirit suffers when your physical body is in pain—you cannot separate the two. I know this is something spoken upon much, upon your Earth plane and so many wrong words are used. If the spirit is in pain, then you have physical illness. There has to be the balance with all of you—your thoughts, your mind and the body. Can you not understand?

Les: Yes I think we do. The difficulty we find of course, is achieving that balance. This is what we have to work at.

Yes, and do not think of yourself as being separate from that spirit side of yourself—this is what I want you to fully understand

Sara: Can I ask a question?

Les: Yes surely.

Sara: There is a lady in America called Louise Hay, who has written about the relationship between the spirit and the body. (Yes) I wondered, do you think what she writes is true?

All people who are in contact with our world are being impressed to write. All of those people, who tread this Earth, are being inspired in many things. But what I will say and what I have said to you all, when first I came:

If there is anything which is said to you, which you find to insult your intelligence, or you cannot accept, then please do not accept it.

But I come here, to try to put right, many of the wrongs which have been spoken upon. And much in your world is contradictory, this we have spoken about too, have we not? (Agreed) Information given, can only be given by those who come and with the amount of knowledge which they too have gained. So I say to you this:

I ask you to heed my words, that body and spirit *are* one. Your physical being is only a house for the spirit, whilst you tread this Earth. But the spirit, whilst housed within this body, can be pained, can be affected by the illnesses caused by *physical thinking*.

Can you understand this? (Affirmed)

Can you see the connection?

Les: Yes, if the two are one, then each must be affected by the other, of course.

Yes, too much is spoken that when the physical body leaves, then the spirit is perfect. This is not quite true; the spirit body should be and I stress the word *SHOULD* be, but in most cases it is not, because of the very fact of being housed within the physical being.

Les: That is the reason we have so many 'rescues' to deal with, I imagine, because the spirit has been damaged and comes back in a damaged condition.

Of course, it has to make sense does it not, that if the physical body has been disposed of, what is causing the problems? Can you understand this? So again we come to how powerful is the thought. It is holding that spirit being to ransom if you like—I cannot think of another expression to give you. That is

why your work is so important, to help to free these souls in troubled times. But of course they have no bodies, so why are they still in pain?

Les: Merely the power of thought operating in the wrong way again.

Yes, that is how powerful the energy of thought is.

Les: This is all extremely interesting for us, thank you very much. *(Affirmed)*

I hope I have enlightened you a little, on this matter.

Les: More than a little I think, hasn't Salumet? *(Affirmed)* Anybody have any particular query on what has been said? Anything not understood, because now is the time to get it understood.

I know it seems sometimes difficult for your brain to accept and take all in, but that is why I wanted to go slowly, slowly, with you all. Because of your different states of development, there are among you, people who will find this information a little more difficult than others. I want you all to understand all that I try to teach you.

Sara: So could I summarise by saying our greatest protection is in our purification of our thoughts?

Yes, the power of your 'Thoughts', I have said, is the most powerful thing that you will ever possess. It is that part of you which is never-ending. As you continue, as the soul goes along its pathway, in aeons of time to come, when your energy is so refined that no longer are you aware of a *Spirit being*—and there will come that time—then and only then, will you be recognised as a *thought pattern* within the cosmos. Can you look a little forward and see that this is what will take place? When you have finished treading these *earthly pathways*, when you have progressed throughout the *spirit realms*, then you are just a *thought pattern*. That energy will become *purier and purer and more refined*.

Les: Yes, as you say, it's difficult to accept, but I think we are beginning to understand.

Mark: I imagine it's like when we become pure enough, we grow like a tree, sort of thing, in the right way—it takes on its own momentum.

There will come a time when all energy will flow together, so that none is recognisable as individual—but I am taking you too far, I must bring you back a little closer to your time. *(Pause)* Thank you for listening to me, because I know the words I speak are not easy. So I want to thank you, for giving me your listening time. Now I think I need to speak on other matters now.

Les: Please, thank you. *(Pause)*

I will say to you, that even as I speak about refined energy thoughts, it is drawing me towards it; that is why I want to talk upon other things. This is something too, you probably would not realise, but I could feel myself being drawn away from you.

Les: Yes, thank you, I can fully understand that.

Yes, so let us speak about other things.

Les: Thank you. *(Longer pause)*

I think for the rest of this time, we will give to each one of you, let us see what the power of your thoughts, can achieve, for the rest of this time. I want to say to you, that shortly I will be bringing—if not next time, then our meeting after that, someone who will be of interest to you.

All: Thank you.

Now, I will say to you:

*May that universal love, which you all belong to, may it enfold you,
May it keep you safe, until we come together once more.*

I leave you all this time, with my blessing. I ask that you allow yourselves to use that thought, in allowing yourselves to open UP, to that which can be given to you. My dear friend, I will leave you to finish with these dear people.

Les: Thank you and our love goes with you too. *(Affirmed)*

It helps to sustain me, whilst I remain within these conditions.

Les: We do appreciate the effort you must have to make sometimes, to descend to such a heavy atmosphere, we love you for it. (Agreed)

We are making good progress are we not? (Fondly agreed) And now, goodbye. (Fond farewells)

There then followed one through Les, who gave instructions for meditation:

Les: I have to ask you to do something which may seem stupid, but I want you please to do it.

Les then breathes deeply and begins channelling:

I wish you to imagine from the top of your heads a blossom appearing with petals opening outwards, to what you would call your sunshine. And I wish you to concentrate upon a beam of light which will be sent down into that blossom upon your head. Do not try to imagine with your own brain what may come to you, but that the power of your thoughts will—that whatever is sent from us shall be received by you, within that blossom. Do you understand this? (Affirmed) Now I will leave it to you to begin what you would call this exercise.

There was then silence for 10 – 15 minutes before Les went around the room, asking each sitter what they had experienced. Sitters described flowers/colours/sensations of warmth.

~20th November 1995~

Salumet arranged for a guest speaker through Eileen. This was someone known to us in history as **Mary Queen of Scots** (Mary Stuart). The audio version is also available here:

<https://www.youtube.com/watch?v=mt-8DqW1KV0>

I am here now. (Elegant/refined pronunciation)

Les: Thank you very much indeed and we all welcome you to our group. Our friend Salumet did say that you would be speaking to us tonight.

I would wish to speak in your language of today.

Les: Thank you.

I come to you, to show you all that the spirit of one long gone, can indeed return.

Les: Yes, we believe this implicitly.

I speak to you on the last memory of my time and perhaps I will become a little more accustomed to speaking with you.

Les: Thank you, we look forward to hearing what you have to say.

I would like to tell you that some points raised about my death, are not so accurate as they may seem.

Les: That doesn't surprise me.

Now,—as I return to these vibrations, the memory returns. I must tell you that I have attempted to return before to you, some while ago, when I mentioned about your seating and I would need more room, do you recall?

Les: Yes and you did ask for a hard seat, didn't you?

Since that time, I have discovered that it is unnecessary. So let me say how I feel to come back to speak to you.

Les: That would be wonderful if you can, because I remember you also asking me to stand back from you, because you were not used to people being so close.

I indeed did say this to you.

Les: We've been waiting for your return.

I am most grateful for those words. But of course you know, it is always for a very good reason.

Les: Yes and your instrument was very aware of the clothing you used to wear too.

She will be this time too, but I have tried to modify it for her, to make it is little more comfortable.

Les: Good. And you yourself are quite comfortable now with us?

I am indeed.

Les: Thank you very much. We shan't interrupt you again, we'll now wait for you to talk as you wish.

I want say to you, that my last day upon this Earth, is still very vivid in my memory, as I return to you. It was a beautiful bright February day. The sun shone and to all intent and purpose, you could feel that

spring was around the corner. Are you understanding my words? (Affirmed)—because it is difficult to gauge for me.

Les: We hear them very clearly indeed.

That is good. I awoke that morning, after a very sleepless night, because you see, there was much noise throughout the previous night. I was ready to meet, how I would have termed then, 'my maker.' I truly believed myself, that I was completely composed. I promised not to shed a tear that I had to be strong, for those who had cared for me, in those long, dark days. Dear Jane and Elizabeth, to them I owed so much, in those last dark days. I will have to ask you to be patient, because memory torments me even now.

Les: Of course, we do understand.

I truly believed that I left this plane of existence, with goodness in my heart. (Emotional/tearful) Even for Paulet! (Amias Paulet—appointed by Elizabeth as jailer of Mary, often described as a 'fanatical puritan'.) How wrong I was—how wrong I was, that when I met my maker, as I would have said in those days, did I discover how much I had loathed that gentleman. He was a jailer of hatred! I am sorry to display these emotions. I did not feel I would, but you have to realise that on returning, how painful these memories become.

Les: I can quite understand, they must be a great burden to you. (Spoken with rising emotion)

What I want to say is this: Much has been written about the words I uttered on my last breath. It is said that dear Jane and Elizabeth thought I uttered the words, 'Sweet Jesus.' I tell you now, that I had been praying as my head lowered to the cushion, I prayed earnestly to be taken quickly. (Spoken through tears)

As it struck my neck, I was saying the words 'Je suis!' 'Je suis!' 'I am!' 'I am!'

And so I left behind the earthly torment, which had me jailed for so long. No-one knew, no-one knew, that my sweet dear little dog, was gathered amongst my underskirts. How could they know, how could they know? And this is something else I want you to know, that only those close to me, would have known that my dear animal was known to me as 'Pierce,' yes, dear sweet animal. And I know it has been written, that when I was disrobed, by those sweet dear, Jane and Elizabeth, that those who watched—and can you, CAN YOU imagine, the humiliation to be disrobed in front of so many others?

Les: Of course.

I was dressed intentionally, I must say, in red undergarments, not, NOT to hide the blood, as it has been written, but being a devout Catholic, I wore the colours, of the blood of Christ

Les: Yes I understand.

So I was preparing myself to meet our saviour. But on going there, I was shocked at my stifled deep dislike and hatred for some of those who treated me so badly. I have to tell you also, that whatever has been written about Elizabeth, she really did not mean to sign my life away.

Les: No, so I understand.

This has to be made clear to you.

Les: Thank you.

She also was unaware of the treachery of Paulet. He was indeed an evil man.

Les: Yes, have you met him since you've been gone?

I have not. I would not wish to, but I have come to terms and forgive them all. But I did not meet him face-to-face, I think you would say, is that the words? I did not wish to. I have much in memories of those last hours and now they have been spoken, they must be forgotten.

Les: Now you can go at peace.

But now I have to tell you why I have come, because—thank you for your help, I am so appreciative of it, and I know you will be rewarded for it. I want to tell you now, why this has been important, not the words I have spoken to you, but to tell you that the person that I was then, has subsequently returned in another form, to your Earthly plane.

Les: Is that so?

Salumet has told me, that he wanted you to realise what he has taught you, that you are more than one. And whilst I retain the memories, of those painful times within that lifetime, that part of me returned for the betterment of others. And so he hopes we all can share this time, to know that we are not just ONE.

Les: Quite. We can only hope that this visit of yours, will now enable you to forget those memories completely, they can be removed from you.

Yes, for me this has been most welcome.

Les: You have been here during the day I believe today, haven't you?

Yes and I want you to tell the one I use, that she too has been aware today, that I have been around, preparing for these words.

Les: Thank you.

Now, I want to say just a few words more before I go, I feel much stronger now.

Les: Good, we're delighted to hear that and do hope that our combined love and presence has been of assistance to you.

It has indeed, and I want to let you know of the time difference from which I come. We are speaking, can I give the year? To let the others know how long ago I existed here?

Les: Yes please do.

I am speaking of the year 1587.

Les: 1587—and would you care to tell my colleagues your name?

It's unimportant but—

Les: Please if you would, for them.

I was known as Mary Stuart.

Les: Yes, Queen of Scots.

But I have to be honest and say that truly, my heart belonged in France.

Les: In France?

Yes. But they matter not now, these facts are well dispatched. I hope that all of you in this time, find your world religions much more humble, that people no longer suffer for their religious beliefs, because truly that is why I was put to death.

Les: Yes—intolerance.

And because although it grieves me to say, the fear of my son James—he loved me in his own way, but he was a weak man when it came to emotions.

Les: And are you together now?

We met when the time came, but soon departed.

Les: I see. I don't want to revive unhappy memories—I was just hoping that you might have been happy together.

No. There has been a combining of spirit, but it is not necessary to always be together.

Les: No, I understand.

He also has since returned. Part of his being has to return for greater strength, to overcome those weaknesses within his makeup. But this is not something for me to speak upon.

Les: No, we shall not mention it.

I would like to say, I hope I have achieved what I was meant to and I tell you now, that the love I feel from you, will help me on my return, and if possible, perhaps another time, perhaps I could return to you.

Les: We can't be strong enough in our wish that you would do that and to say that you would be more than extremely welcome. We hope it will be possible.

I must leave you now, but I think there will be others to say words to you.

Les: Thank you.

And perhaps we will meet another time.

Les: I do hope so.

But you must all realise what a great help you have been to me this time.

Les: We are delighted to hear it and we do thank you for having made the effort to be with us tonight, it has been a wonderful experience for us.

Thank you, God bless you.
(Fond farewells)

~27th November 1995~

Good evening.

Les: Good evening.

Again, I thank you for your welcome.

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

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

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

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

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

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

Les: Thank you. Yes.

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

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

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

(Affirmed)

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

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

Yes, we have spoken briefly:

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

There can be no separation. I know this is difficult for you all to take upon yourselves, but if you understand just a little of what I bring to you, then indeed my heart is full. (Agreement + thanks) I would wish to say to you something else before we continue: That so often I hear many, many of you upon this Earth plane, who suffer because of the state of your world. I would say to you my dear friends, I would say this to you:

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

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

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

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

Les: You’re quite right.

Yes, please always keep this within your minds. Now, I do not want to take up all of this meeting time, because we wish to use others this time. So if you have questions for me, I will be happy to speak.

Les: Thank you—yes, I have one I’ve been wanting to ask. It’s a controversial subject again of course: During the exodus out of Egypt, of the Israelites, the Bible has the story of the parting of the Red Sea. I can’t see how that could have been done as written in the Bible, by Moses ordaining it, as instructed. Would it in some way have been the power of thought again, which created the waters to part, if indeed they did part?

I will speak upon this matter. Of course the waters did not part physically. (No) No—it was written symbolically by those people who put pen to paper. It of course indicated that those peoples as you say, had the seas parted to save them. It meant only, that good always will come to the fore—that is the true meaning of this story. It is symbolic only, it has nothing to do with the power of the thought. Remember what I told you when we spoke before about many stories within your Christian Bible? All of them—I beg your pardon, *some* of them, are man-made to suit the times. Remember this always, when you are making judgements. Hold always within your minds, that all that you read has been written by others, that it has been interpreted for their benefit and not for the good of all. You understand? (*Agreed*)

Les: That clears that point.

It was a symbolic story only.

Les: Right, thank you.

Are you happy with that?

Les: Oh yes, I didn’t see the possibility of—well I knew it would be an impossibility for the waters to be parted as written, but I wondered what the other explanation was—as you say, it was purely symbolical. **But let me say this to you my dear friend: I am happy that you are beginning to realise that the power of thought, has played such a great part, within your earthly history. I am happy that you are recognising this and I thank you for your questions upon these matters. It helps you, as it helps us to clarify all of these things.**

Les: Yes and will I be right in presuming that the power of thought was operative when Jesus walked upon the waters?

Now we are speaking upon a different matter. We now are speaking about a Master who was capable of doing such a thing.

Les: Yes I thought perhaps that was so.

Yes, now we are onto different matters and I can tell you that this did indeed happen.

Les: Yes, I’ve always been able to accept that.

You must remember that this man, although he walked upon the Earth, he was indeed a Master, come to help, in those troubled times. Do not doubt that he did exist, do not doubt that what you call ‘miracles’ of those times, that most of it did take place, but not as it was written. A lot of it is symbolic, you have to interpret that book as such. You have to look at it from the viewpoint of spirit happenings and not earthly ones.

Les: Yes, it’s difficult to do that sometimes, but I quite see what you mean.

Yes, always look upon these books as spiritual happenings, against the earthly occurrences and then you may—and I say *may* reservedly, you may begin to see the full picture.

Les: Thank you very much for that explanation.

Now, before I leave you this time, I would like to say to you all that I will have to withdraw from you, until such time, as you have celebrated your holiday times on this Earth.

Les: Oh dear, that’s disappointing.

Do not be disappointed my friend, I intend to return, but I have to attend to many matters and so I do need to leave you for this short time.

Les: Yes I quite understand, but we look forward so much to your visits, that we tend to be greedy for your company.

I appreciate the kindness of your words, but I will be with you all, do not fear. (Good.) And although it may seem to you some time, remember what my opening words were, that *TIME* means little.

Les: Yes we mustn't be selfish.

So I do assure you I will return, but be assured all of you, that your meetings will not be without development.

Les: Good, thank you, I'm sure you'll be able to use some of the others.

Yes, but I want to say to this lady (Margaret) she has been feeling so tired this week, yes?

Margaret: That's right.

Yes, don't be concerned, don't be concerned, we are helping you.

Margaret: Thank you.

Now I leave you, with my blessings until the time comes for us to meet—

Les: Thank you very much and I appreciate the help you are giving me, I must say that before you go.

I do not need words of thanks, you know my dear friends, all of you, that when you need me most, I will try to help you.

Les: You certainly do.

May our Great Creator dwell within all of your hearts,

May he help you to see through those eyes,

May he help you to find goodness in your daily lives.

Les: Thank you, God bless you.

(Thanks expressed)

There then followed a communication through Sue:

No need to be downhearted, the great one will return to you. Let me say in your vernacular, 'He is a busy, busy bee!'

Les: Yes he must be and does our time of the year, our celebrations, have anything to do with his withdrawal? Or are there duties to perform, in that connection?

Not in the sense you may be thinking of. You have this time of year, to celebrate what you know to be the birth of the Christ. It does not always fall at the same time in our realms. It is difficult to explain to you, when you have no concept of the various time-planes which exist. But be assured that your celebrations here, are mirrored in our world, but at different times and for different purposes. We of course do not have the same celebrations.

Les: No, you don't have the same materialistic outlook, that we have now on it—it's purely a spiritual celebration, I imagine?

Indeed, we do not wish to sound as if we are interfering, but the greed of your people, at times, can leave us very sad.

Les: Yes, I agree I think it's far too commercialised, I would rather it was a purely spiritual celebration.

Nevertheless, it does bring pleasure to see the faces of the young children, when they see the lights and the colours.

Les: Yes I would agree with you absolutely.

Looking into one of your glass baubles, reflecting the lights, try next time you do this, to imagine all the shards of light, spreading around above, below, to the sides of yourselves. Imagine you are bathed in those lights—that is the true spiritual meaning of this time. Enjoy yourselves, but stop and think of the true meanings.

Les: Yes of course. Yes we should keep that in mind I'm sure.

You have been told before that colour and light are all important. Therefore let me say, that at this time of year, there are colours, there are light. So, you will grow and expand in spirit, regardless of whether you share in a spiritual belief, do you understand?

Les: Yes I do.

It is a colourful time, and colours can only improve on the spiritual growth of each one.

Les: I follow, so whether we are aware of it or not, it is happening.

That is right, but it is more—excuse me—beneficial if you can FEEL your growth, do you understand?

Les: Yes far better if we do feel it and become aware of it.

For yourselves, you can FEEL your spiritual growth, you can BATHE in its light and its warmth. So may I say to each here, enjoy your festival, enjoy your food and your drink and the giving of gifts. But as you give your gifts to others, give also of your spirit, and you will feel the growth of love within. May I ask that you do this, this time?

Les: Yes surely, I think everybody's heard that, haven't they? (Agreed)

It seems a lot to ask, but you will feel the benefit of expressing your spiritual love to all around you, at this time.

Les: Yes I'm sure we shall, thank you for reminding us.

The channel went on to mention someone called Joseph in spirit, who wanted to make themselves known to someone in the group and instructed us to speak out if we should get any clairvoyance before the meeting finished.

~4th December 1995~

One came through Eileen and told us to sit quietly and mention any clairvoyance we receive.

Paul had an impression of a Mongoloid lady in natural fabrics—possibly called Simion.

Eileen went on a journey through space, to a planet outside our galaxy, called 'Arias.' She didn't want to come back, it was so beautiful.

George had an impression of a rocky barren landscape, like part of Iceland.

A control then came through Eileen to finish. We thought at first that it was the same one as before, but it turned out to be her twin sister, who still liked to play tricks to confuse us, even from the spirit realm.

~11th December 1995~

Leslie dealt with a rescue in the form of a young girl who needed help with a speech impediment.

Later, there was a communicator of great strength, through Eileen:

—Can I say, why are we sitting here within these enclosed walls? Do you not like God's good air?

Les: We do, but it is our custom to live within walls now, that is how we live these days. I don't say it is right, but it is something we've done for many years now and we all live in our own confined spaces.

Yes I have been told, but I needed to know for myself.

Les: You used to live out in great open spaces, did you?

I think man asks too many questions sometimes.

Les: Really? It's a desire to learn, to add to our knowledge.

I do not speak of you as a man, I speak of all man.

Les: All mankind, I follow, but if we don't ask questions, then we don't learn. We haven't the spiritual awareness that perhaps you had in your lifetime on the Earth, when physical questions weren't necessary. We haven't reached that state of development spiritually. I regret having to admit it, but it is so.

I would agree with you, man has lost something in the passing of time.

Les: And this is what we are trying to recover now, in our small way.

I would say to ALL MAN, to sit outside in air and listen to the wind, listen to the Earth, listen to the rain.

But I suppose you cannot (Limit?) what you call progress.

Les: No, things have changed so greatly since you were on this Earth, that we no longer understand those 'voices,' which you could understand, but we are struggling to acquire that knowledge, and we appreciate the help that you in your world give us in this matter.

I know that many people come to you to help, I come to learn also about man now. So I want to ask you, tell me how you live now.

Les: We live within walls, such as you say and we have to have occupations, which bring us money. Money is a symbol of status and we use it to purchase food and clothing and other necessities for living. We also use that money to purchase what are not necessities, what we call 'luxuries,' which didn't appeal to you, in your live at all.

I don't recognise the word.

Les: No the word luxury is used for example, where an ordinary cloak would keep us warm enough, that is necessity. But we go in for fur-lined cloaks with big collars and long sleeves; those are luxuries, not necessities and we do, I'm afraid to say, give far too much thought and time, to acquiring luxuries, when necessities should be sufficient. We haven't fully learned the difference between wanting and needing — we want much more than we need. Is that clear?

I understand your words, but I do not understand what it is you seek.

Les: No, well frankly, until we began this work, we weren't sure what we were seeking. Now we are seeking the spiritual paths, rather than the materialistic paths. We know that ultimately when we leave this world, we shall join the world of spirit, of which you were very much aware when you lived here. We are trying to learn that awareness, to learn the feelings that we should have, to fit us for a much more spiritual existence than sometimes possible in our normal everyday life.

I can tell by your voice, you are strong, you are honest, you are truthful, I say to you, go forward, look ahead, join us when you can, and much will (?) for you.

Les: Thank you, we can feel your strength too.

I am pleased to be here, but I do not like the surroundings.

Les: No, I can understand that.

I want to return to feel the freedom to which I have become accustomed.

Les: I quite understand that and we do thank you for having made the effort to be with us and having accepted these poor conditions, in order to speak with us.

It is good that we should experience your world sometime, but now I leave you, I see that you are at peace in this moment of your time.

Let it continue, let peace be within all your hearts, let the birds fly, let the animals run, let the love flow and you will survive.

Now I leave you, I hope I have not been too abrupt with you, I have been told to modify my voice, because I am known for my loud speaking.

Les: No, we don't mind at all. If we wish to learn, we must accept lessons as they are given to us, not to try and alter them, to suit our convenience.

I take with me your presence my friend.

Les: Thank you. Our love goes with you.

~8th January 1996—first meeting of New Year~

Good evening

All: Good evening

Les: We're very pleased to have you back with us.

I am happy to be amongst you once again.

Les: Thank you very much. I expect you know that this is our first meeting in a new year and it's our custom to wish everybody a happy new year. It would be rather pointless to include you in that I think, I think we should say very happy new century, shouldn't we, from what you have told us?

I see you have not lost your wit, whilst I have been gone.

Les: We've thought of you a great deal.

I too would like to bring you blessings, for this your new earthly year.

Les: Thank you Salumet very much.

I know that amongst some of you, all in your lives has not been smooth, or happy, but let me say, let me say this to you my friends:

Each step which seems a burden to you, is a **growth of Spirit**. Accept things as they come to you. Try to see what I have taught you. Look upon the wider scope of life—look beyond the days, the weeks, the months, the years, of your earthly time and you *will* go forward.

Les: Yes, I think we have all grasped the need for that now, aren't I right everybody, in saying that we are aware of the need to look beyond time, as we consider it? (*Agreed*)

I know my friends that the lesson is being learned by you all—slowly, but it is beginning to shine forth from you, that my words to you are being ingested within. Forgive me, but I am feeling the love which comes from you all and for which I will be eternally grateful; my thanks to you all.

Les: And our thanks to you, for your love and teaching to us. We value it enormously.

There are those amongst you, who are not here within this room this time, but they are not excluded from this meeting of love.

Les: Thank you.

I have received some of the thoughts from you, feeling that my absence seemed long, yes?
(*Agreed*)

But of course dear friends, it is but a moment in time and I have to tell you, that these times are much needed for me to retreat from whence I come.

Les: Yes we quite understand the need for that.

It is not done solely for my benefit, but because there is much that is going on within the cosmos.

Les: Yes and you are involved in that too, I know.

If it only was your earthly world, my task would be so much the easier, but time needs to be given to other matters sometimes.

Les: Of course, yes we can't expect you to devote your time completely to us, we must accept that your experience, your knowledge, is very much in demand elsewhere, this we can understand.

I wish that I could enlighten you *all* upon these other matters, but you would not fully comprehend them, therefore we will not waste precious time, in my trying to do so.

Les: No, one day we may understand, if you are able to tell us, when we have more experience, but that's in the future, as you say, let us deal with the present.

Yes, that is what we need to look to.

Now my friends, I will answer any questions this time and I will leave you to allow another to speak. But next time, I wish to, if it is acceptable to you all, to devote the evening to my teaching you?

Les: We look forward to that yes, certainly.

Now, do we have your questions?

Les: Yes I have one, if I might as usual jump in first: You have told us, and we can understand to some degree, that everything that we know as physical, has in effect an etheric counterpart. I think you have also told us, that the world itself has an etheric counterpart. Does this mean therefore, that every individual upon this Earth, has an etheric counterpart, occupying his or her place upon that etheric Earth? In other words, are we duplicated?

I understand your question. I have to say your summary is not quite correct, but I know why you would assume this to be.

Les: Yes I had given it a lot of thought and I couldn't come to an answer myself.

I have told you that you are composite, you are many, many parts, you are not single units. Indeed, in a sense you may say that if *all* things have an etheric counterpart, then there must be an existence there in the next stage of life. *Not quite so*—let me try to explain: If you look into your mirrors, what do you see? You see the image of your being. Although it looks like you, would you say it was an etheric counterpart?

Les: No, it has no existence.

No, but it can be *seen*. So try to imagine yourselves upon this earthly plane, that you have the *physical* existence. Although I have explained to you, that there is a counterpart of the Earth itself, it does not mean that everything *physical* must exist within that earthly counterpart, it is like a *mirror image*. Can you follow me?

Les: Yes I believe I'm beginning to understand that. It answers the questions that were in my mind certainly.

As you see auras around people, so you see these things around your planets, these energies. But it does not mean that *all things* exist in that next existence. Do you follow?

Les: Yes and I also understand and I think my colleagues will agree, that we shall never understand it, because looking at myself in the mirror, I quite understand what you are saying to us—I would be inclined to say that that mirror image, that apparition that I can see, *MUST* exist by virtue of *MY* existence.

Yes, you have got what I am trying to explain. By all accounts, that mirror image is real, is as solid as you yourself would feel—but of course it is not.

Les: It has no existence in its own right.

No, although it can be seen with your physical eyes. We are speaking here on difficult topics.

Les: Yes, it is difficult to understand.

I don't think you will fully understand any explanation of energies, which you do not at this particular moment in time, understand upon your earthly plane. I can tell you that the knowledge *will* come, that your scientists will begin to understand more, on a cosmic level, but at this particular time in your existence, they know nothing of these things. So you see, I am trying to explain subject to you, which you could not fully understand. But I do understand your question and I do understand the reasoning behind it.

Les: To take it one step further, I said that the image in the mirror exists because I'm looking at it, but not in its own right, but on the other hand one could say it does exist, even though we can't see it, until a mirror is brought in, to give us the vision.

Let us take it a little further: If you had tunnel vision through many mirrors, how many images of yourself would you see?

Les: Quite, it is unlimited.

It is unlimited and that is how you must view your question. I hope that has been helpful to you.

Les: It has yes thank you, I shall just have to leave it there, knowing that none of us can fully understand it, at this period of our lives.

I have to say, you will not—it is too complicated for your *mind* to understand.

Les: Yes, because we haven't access to those energy fields yet.

Yes, it will come, it will come.

Les: Good, that's interesting to look forward to. Thank you for your answers. Has anybody else any questions for Salumet?

Dawn: We've made a decision to put in for planning permission. Can you give me any suggestions for going forward at all?

Yes, always these everyday decisions tire you, cause problems within your lives. I would say to you, to keep upon the desire which you have, to steadily pursue that which you so desire. It may not come about just as you would like it to, you may have to pursue it for some time to come. There will be obstacles, there will be obstructions, but finally you will succeed, if the desire is good and if the desire is great enough.

Dawn: Thank you.

I hope that is enough for you.

Dawn: Yes thank you very much.

But do pursue it, it will not be easy, there will be many obstacles to overcome.

Les: Any more questions?

George: I have been reading recently, a lovely book by Swami Rama, about the Swamis' of the Himalayas. I think they understand life and death extremely well and they refer to two paths towards bliss, a path of *renunciation* and a path of *conquest* in the material world. I think the Swami's usually follow the path of renunciation, but I think here in the material west, we tend to follow a path of conquest. Is there anything you would like to tell us or teach us about the two paths?

Yes I will speak upon this: Let me say you can put your lives upon this Earth, into many pathways, but I understand the peoples of whom you speak. They have indeed reached the top, I would say, of what living is all about. It is not beyond all of you, to reach these goals, whilst upon the Earth plane. There is nothing to stop you choosing your own pathways, whether it be conquest, whether it be renunciation, whether it be submittence to your own souls. You follow me thus?

George: Yes.

What I would say to you that each one of you as an individual, must make that decision, must accept responsibility, for his own chosen pathway. I will not say one way is right, one way is wrong—that I will *(not)* and cannot do. But this I will say to you: If you give yourself up to that *Great One*, that *Great Creative Force*, I would say to you, from my hearts, that I would not choose the pathway of conquest. I am not trying to tell you which way you should go, but that is my own feelings upon this matter. I say to you all: *Stop, think, judge not and follow your hearts* and always you will tread the right pathway for your own soul's growth. The peoples you have spoken about have devoted much time, in self-denial, in many aspects of daily living. They have developed those spiritual gifts, which are innate in you all. They have not attained anything which is outstanding, but they have given themselves time, to offer themselves, and that is why they have gone as far as they have done so. Is this helpful to you my friend?

George: Yes, thank you for your words and that is a very nice teaching, thank you.

Les: If I could add to that, I have given thought to this quite a bit—I don't know anything about the Swami's, but I have come to the opinion over the years, that self-renunciation to be possible, is often dependent upon conquest. Because take the Buddhists for example, who go around with their begging bowls—if it were not for the farmers and their conquest of the land, and their determination to produce seed from it, which is a conquest, then the Buddhists would be unable to follow their path, of self-denial. So, which is best? Again I think it comes back to a question of motive. Why are we doing these things, or why are they doing these things? But those who achieve the higher attainment spiritually, must of necessity, rely upon those who are dealing in conquest, even if it is only the conquest of medical matters. Those who are seeking higher salvation, must at some time no doubt, have need of a doctor's resources. I would like to say one thing: You know I am not in favour of names, of religions, of any titles being given to people?

Les: Quite, I appreciate that.

You are all *ONE*, and belong to that spark of life, which is that *Creative Force*. I would say about self-renunciation only this: To be careful that it is not the result of your own pride, which creates the renunciation within yourselves. This I would say be warned upon, because too many see themselves as being great people, when in fact, when they are stripped of all human aspects, they stand naked before that *Great Creative Force*, all of these things are laid bare. And only then can you see the truth, of why all of these earthly—*(Les begins to cough—Salumet pauses)* I am sorry, are you okay?

Les: Yes thank you I apologise for that I couldn't stop it—thank you.

You need to look within.

Les: Yes again as I said it's *motive*, isn't it?

Always it will be the motive behind any action.

Les: Quite, because the very thing those aspiring to higher levels of existence and *Thought*, could be basing it upon the wrong premise anyway.

I would say only this: That they would not attain spiritual growth, as much as they had, if the motives were not good and genuine ones. So keep this also in mind, when comments are made, because they would not achieve the results, if the motives were not good.

Les: I follow that, thank you. It's a constant examination isn't it? There is no *one* straightforward answer?

There will never be one answer to any question, never one answer. All of life on Earth, is a complex matter. You can only achieve that ultimately, which you deserve, because of course, you are not living just this one life. As I have told you, you must be responsible for what has gone and what is to come.

Les: Yes, that is the basic thing we have to learn, isn't it?

You must move away from this idea, of being just one single unit, within one lifetime. You will never, you will *never* reach the heights, if you try to stay with these fixed ideas. You must expand your minds, you must allow us to *help you*, to *broaden your horizons*, to allow the *mind*, not the brain but the *mind*, to go beyond these earthly chains and then and only then, will you find the **WIDER VIEW**, of what life is about.

Les: Yes, this has to be a fluid acceptance, of things we cannot understand.

My dear friends, I must take my leave now and allow another to speak.

But as I leave you to travel on your earthly ways, I leave you with my blessing, my love, and my guidance, within your daily lives.

(Thanks expressed)

Les: And our love and thanks go with you too, we're really delighted to have you back with us.

Always, when I leave you, my heart is full.

Les: Thank you.

Paul: Our's too.

There then followed one through Sue:

Another was to have come, but much more power was used than was expected with this one here, so it will now be left for another time. I have been here giving what help I could and so I will say to you all, that there has been much light here in this room. Each one has contributed to the love here, whether or not they have felt it, their contribution has been great.

Les: Thank you for telling us, it's very comforting for us to know.

Now, we will leave you until your next meeting here, when much will be told to you and hopefully it will bring you much enjoyment and discussion.

Les: Thank you very much, we look forward to the next meeting.

I leave you to end in your normal manner. I say to you all, look to a light, even if your days seem dark, there is light surrounding you and it should be visible to you, if you can only have faith. Even in dark days, you are never left alone.

Les: No I think we all understand and feel that now.

Now, please close as you would normally do.

Les: Certainly *(Thanks + farewells)*

~15th January 1996~

Good evening.

(Welcomes)

I am happy to be with you once more.

Les: We are very happy to have you back.

I do trust that you were not too disappointed last time?

(Re expected guest not speaking at previous meeting)

Les: Well we must be honest we were disappointed, but quite understand the reason for your not doing as you'd wished.

You fully understand that there is much work that goes on, on both sides of life, to achieve communication?

Les: Of course, it's a great deal of effort.

And it is not always possible for us to achieve what we would wish, if circumstances do not allow us, when energies are depleted on your side of life.

Les: Of course, it is the law, one has to accept that.

But do not despair my friends, I will bring the one I promised to you, but you realise that conditions must be right?

Les: Absolutely, yes. Unfortunately there are three ladies absent tonight, though there is one new one who is here as a visitor, but it's still not the same as having all of the others.

I have to say to you, that little lady (*Re Sue, who was absent*) is used as a power unit and of course, any energies missing, does create a few problems for us.

Les: Yes of course, I was under the impression that she did give a lot of power.

She indeed does so. I find it easier now, because I am more attuned to your conditions, but when I bring peoples, who have not returned for aeons of time, then conditions must be just so.

Les: Of course they must, and out of courtesy to them too.

It is always that we must take care of *all* of you, but also those souls who return. And I must tell you, that it is not always as simple as it is sometimes assumed to be.

Les: No, I don't think any of us assumed it would be simple. That is why we feel so privileged to have them come to us.

But as I say, they will return and I hope, be of interest to you.

Les: I'm sure they will.

I will speak with the new one a little later, but if you do not mind, I wish to speak a little about '*energy*', the energy of fear and anger.

Les: Yes please do.

So often we hear from you all: *Why is there so much fear on the Earth, in our daily lives, in the whole world in general?*

Anger also creates fear within—let us speak about these energies, because indeed that is what fear and anger is. Let us return for a moment, to the *soul* who is encompassed in that *Eternal Consciousness*.

Let us speak about the decision to incarnate into the physical being. We have spoken about the choices made by the soul, to reincarnate into the body, have we not?

Les: Yes you have.

As that soul's decision takes place and conception takes place within the physical being, then memory in most cases is obliterated. This then is when fear and anger first show themselves—it is a fear and the anger of being separated from that *Consciousness of Love*.

You understand?

Les: Yes, so that fear of being separated does exist then within the soul, (**Yes**) even though the physical isn't aware of the reason for the fear and anger?

Yes—you have it. Can you imagine being encompassed by love, by being within that consciousness to which you all belong? Although the soul has made the decision to return for whatever reason for its growth, because of the wipe-out of the memory, the energy of fear and anger is there, because the soul really does not want to be separated from that which is *all-encompassing Love*. You follow?

Les: Yes, it's difficult for us to follow, because you have told us that the soul makes its own decision to return and to choose the parents (**Yes**) and the life which it will live in the physical world—that is so isn't it? (**Yes**) But what we don't understand is why the memory is completely obliterated. Would it not be helpful to the soul and the physical to have some recollection?

But you see, my dear friend, to some the memory does remain, but the energy of fear and anger is still there and I would say, probably more so, because their awareness is greater of what they have left behind. You understand?

Les: I see, yes.

Your children are more in tune with their spiritual bodies, whilst of a tender age, but as the soul goes forward through life, so these fears become even greater. What I would say to you: *The energy of fear, destroys the vital forces*.

I would hear some of you say, that you would imagine *anger* to be more destructive. I say to you, this is not so. *Fear* is what keeps you jailed, whilst walking on this earthly plane—fear of so many things. It is *that* and *that* energy alone, which can destroy. That is why it is important to you *all*, and I will say it to you again:

THE POWER OF YOUR THOUGHT IS THE MOST POWERFUL ENERGY THAT YOU POSSESS.

Les: And that power can work in both ways then? **(Yes)** It can enhance the progress of our soul, at the same time by accepting fear, it can delay the progress of the soul, is that right?

It can be destructive, but used properly, it can transmute all fear, anger and let me tell you that most of your problems, most of your disease, stems from fear, in some form or another—fear of losing loved ones, fear of not having enough to eat, fear of life in general—so many fears we see amongst you.

Les: Yes I think we can accept that, but our natural reaction as human beings, would be to say that if we accepted that we need have no fear, that might develop into a complacency, which would prevent us from living this life properly, as it should be lived.

To live without fear, is not being complacent. To live without fear, is to acknowledge the self—the *true* self. Whilst you live with fear, it is the emotional energy that is having the power over you, can you see?

Les: Quite. Yes I think we all understand that, the difficulty for us of course, is to accept that we have to express within ourselves, a constant feeling that there should be no fear that the future is going to be satisfactory.

The only future you should be concentrating on, that your awareness should be reaching out to, is that of the **UNIVERSAL CONSCIOUSNESS. Look *beyond* your beings—again we return to the fact that you are more than one. Remember that you will return to that consciousness from which you came.**

Les: Yes, that of course, is another aspect that we all find extremely difficult and I'm not denigrating the intelligence of my colleagues, but we all find it extremely difficult to understand.

I fully accept that these concepts are difficult for you, but my wish and our desire, is that the more we discuss, the more your awareness will grow.

Les: Quite, I'm sure it will.

And please accept these words as truth, because you see, as you accept what I say, so the knowledge is being accepted by your higher beings—that soul within. And it is in that area, where the influence will begin to show itself in the physical, within the physical brain, within the physical everyday way of living. I know what I bring to you all is difficult, but I hope too, that these words bring you much to think upon—that these words bring to you, that the scope of your knowledge is unlimited.

Les: Yes, we are very grateful to you, for what you say and we don't doubt anything you say in the least. But so far as I can see, what you are suggesting we should do to live properly, is to accept within ourselves, the discipline of those that shut themselves away in monasteries and so on, go into retreat, for the benefit of developing their own souls. We have to try and do that, whilst still in the physical world and with all the physical difficulties around us.

There has to be a balance between your earthly life, and your spiritual knowledge—that innate knowledge that you bring with you. You *have* to be balanced, for your lives to be healthy.

Les: Yes and of course, so far as I have thought, the reason for the soul being in the physical body at this time is for its own development. So it must observe the requirements of the physical body.

Of course, you cannot neglect what houses the spirit, you must look after that vehicle, of course you must. Of course you must go about your daily duties in whatever manner this may be, it matters not. Sometimes we hear the thoughts: *'That person is so good, they do this they do that.'* Again I say to you my friends, do not judge so. Who are you to know who is better than another?

Les: No, of course not.

Is not the smile of a mother to children, is that not service? I say to you, it is. Is not the helping hand to an elderly person, from one who is young, is that not service? I say to you, it is.

Les: So from what you tell us Salumet, whilst we are in this physical body, if we adopt the correct thought processes and try and disregard fear, we could presumably develop spiritually, to an extent that those who incarcerate themselves in monasteries and convents, and other similar buildings, we could equal the progress, even though we are not so incarcerated?

I would say to you my good friend, that it is much better that you live your life to the full, to be amongst those brothers that can be helped and to be aware of that spiritual being also. Then indeed, you have reached that point, were you can say, *'I have done much'*.

Les: So on that basis, it's better for us to be outside the walls of these other orders and do what we can for our fellow man outside, when the occasion demands that we should?

I would say for most, this would be the case, but again do not judge, because some have come for solitude, they have their own reasons and you must not judge.

Les: Yes, you did explain this when we spoke of it before.

Yes, so I say to you, those of you who walk amongst others, go about your earthly duties, do what you must to the best of your abilities. But do not neglect that spiritual aspect of yourselves, because both are equally important. To have both sides of life on an even balance, can only be good for your development. You all are aware of these people who are seekers of material things in life, that they lose that spiritual aspect of themselves; they become seekers of material goods. This must not happen to you, you must find the balance between your earthly lives and your soul's growth.

Les: Yes, I have often said that there is nothing wrong in having money, it is the way in which it is acquired and what you *do* with it that can be wrong.

I would say, there is no wrong in having money, it is the *lust* of money that is *wrong*, it is not having it, it is when, I think you would term it, 'when it becomes your God.' That would apply to all things in your lives. Of course you must maintain your physical wellbeing, you *must* have these things and I say, there is nothing wrong in achieving such things, but always keep the *balance*.

Les: Yes, and that leads me to another point I think, which we all have to recognise, we all suffer from it at times and that is self-criticism, or the lack of doing something which we think we should have done. And I had to tell a person only a couple of days ago actually, to stop acting like God. I won't go into the details, but I have many times told beginners, that if they are using to the full, the abilities which exist here, that's all they can do.

There is no point in trying to achieve that which you have not earned, because although I have told you previously, there is nothing you cannot achieve spiritually, you have to work for it. You understand what I say?

Les: Yes, nothing is given freely, everything has to be earned. I think we all accept that.

But of course, the ability is within you all, this there can be no doubt of. But you will not achieve these things without much work, without much expression of your love, because this cannot be, you could not achieve such things, if your outlook was purely materialistic. You understand what I say to you?

Les: Yes, I think we do. Everybody understands that, don't they? (*Agreed*) And I think I'm probably right in saying, we all have felt a spiritual growth, since you began speaking to us. (*Agreed*)

My dear friends, when first I came to you, perhaps I could say, you were seeds within a desert. But as time continues, as we speak together, I have seen your colours, your knowledge grow. And now I would say to you, that none of those seeds have fallen by the wayside, that all of you have grown so much more, within your own realisation and awareness and knowledge of spirit.

Les: That's certainly very nice to know. We thank you for confirming what we feel.

It makes my work so much easier, when I see such progress and although some of you are not aware of it, I know that there are those amongst you, who have become much more aware—that is true I think.

Les: Yes, you would know that better than we do as individuals of course.

Yes, I see you grow and grow and that is part of my endeavour whilst I come to you. But of course there is more to come and I will say to you again, 'slowly, slowly.' I know I keep saying this to you, but it indeed is the best way forward.

Les: Yes, we were told many years ago when I first began this work really seriously, that every step had to be taken slowly and thoroughly, otherwise one would have to return to take the step which one missed.

Yes, is it not better to take *small, sure* steps, than to try to leap forward and to fall down, and return to whence you began?

Les: Absolutely better.

Now, I would wish to say a little something to this lady and then I will leave you for this time, unless you wish me to answer anything of importance.

Les: Yes there is one question I would like to ask afterwards please.

Perhaps we will do that first, because I don't think I will remain for the full time, this time.

Les: Right, the question arose, because on two occasions at our other meeting night, we've had communicators who have asked us to express thoughts for the safety of the world and there seemed to be anxiety as to the destruction of this planet. That raised the question as to whether—you have told us incidentally, that the planet will not be destroyed. But assuming it *was*, would that affect the overall universe?

I will say this to you and the reply is simple my good friend: What has been and always has *been*, cannot be destroyed. It may change form, as the universe does constantly, because *all things* are *energy* and energy is not static, it is ever-changing, ever-moving. So I say only this to you, that should any planet, anything within the universe be destroyed and I use your words, it will return only to another form of energy. Would you say, let me simplify it for you, when you die, are you destroyed?

Les: No, it is merely a transmuting of energy, isn't it?

It is indeed, that is all it is, what has been can never be destroyed. I hope that answers your question.

Les: It does indeed, thank you Salumet, I'm sorry but I wanted to clear that point, for the sake of our other meeting.

I know within these groups, there are many puzzling questions, but always I say to you, find the simple solution. Sometimes you try to find too complicated reasons.

Les: Yes, you are making things quite simple for us.

I try to make it simple for you. I use only simple words, because I feel there is no reason to elaborate with longer words of your earthly plane, because we are *simple peoples* and I mean that kindly, not in the way you would interpret it on your Earth.

Les: No, we quite understand.

Now, let me say this to this one: There is a child who is coming within the life of this one; I would say a special child. Because of the lady's growing awareness of spirit, the contact with this child, will indeed be a bond of love and strength. I here (*you*) say, '*No, I don't know of this.*' But I say, be patient and soon you will see my words are the truth.

Guest: Thank you.

My dear friends, I encompass you all within that great love of the cosmos,

I encompass you within the very being that is life itself,

I encompass you all within this great Love that I have to express to you.

May the Great Creator, be with you all. My blessings go with you.

Les: And our love goes with you. We have no words to thank you, we know you don't want thanks, but our hearts are full. (*Agreement + thanks*)

~22nd January 1996~

Good evening.

All: Good evening.

I am happy to see so many here.

Les: It is nice isn't it, to have them here once more.

To place their daily living to one side, to join together for this meeting, I am grateful to you all. I encompass you all within my love and my blessings. I would like to speak a little of your daily lives. All of you, *all of you* in your daily lives, are as diverse as the stars in your skies. And this must be so, because you tread your own pathways. So to be gathered as one, is indeed a blessing upon you all. I would like to say to you all, my dear friends, that no matter what problems life brings to you, I ask you to *rise* above them, to keep within your hearts, the knowledge that life continues, that you will grow, that you will expand in consciousness, that all of you will meet again in times to come and still you will be as individual as you are now. But that will not—(*Pause*) that will not prevent your coming together in another time. We have spoken a little upon this matter and I can tell you now that your future at some point, will be destined to be together to work for good. In saying these words, I don't necessarily mean,

that it will occur upon this earthly plane. So remember my dear friends, these words I have spoken to you now and when once again you are joined together, then we can gather and give praise to that **Almighty Power, who has all knowledge.**

Les: Does that mean that you again will be our tutor when we are together once more?

My friend, once the connection is made, there cannot be a severance. I will not teach you, but you will know me.

Les: Good, well that pleases us all. *(Affirmed)*

My teaching time is with you here, within this earthly realm. That is why it touches me so, that you all put your lives to one side, to allow us to gather together. I cannot express myself more fully, in telling you how much love you bring to me.

Les: We are happy that you say that because I don't think I would be contradicted if I said that you are so part of us, that we can't imagine continuing without you.

That is my endeavour in part, that all should feel that unity. We have indeed made many strides in that direction, whether you know it, or you do not, I can say to you, many steps have been gained.

Les: That's very good news. I only wish that the feelings we have, each for the other and one for all, could be recorded, but that of course is impossible. It'd be wonderful of course if it were possible.

It is recorded, as all things are, but not in the sense you mean. But these bonds can never be broken. Whether you leave and go separate directions, always there will be a bond that follows all of you, it cannot now be destroyed.

Les: So it's ordained that we shall meet again at some time in that future?

You will, and for the purpose of more work to come.

Les: Good, I think I'm also right in saying we're all pleased it won't be back on this Earth.

Well, I will take that to mean, you will all be happy to come home. But I will tell you, do not anticipate it too soon.

Les: No. *(Little chuckle)*

I know sometimes when days are dark, all of you wish for brighter/better futures. Can I tell you dear friends, your future will be bright. *(Thanks expressed)* Take these lives as it comes, give praise to that Almighty Power, for all that you have been given—not only those things you consider to be good, but for the days of darkness and struggle, because then your soul is coming to the fore, is being strengthened, is doing work, which is innate to its very being.

There is much coming to your earthly world. In time to come, you will see many changes, all around your world. There will be natural disasters, but there is coming a time of great love, within mankind. That is why we are gathering upon your Earth, at this time, to ensure that this time, Truth will come to many and that Truth will withstand all that is thrown within its space. So be reassured, much goodness is coming to your Earth.

Les: That's certainly very good news. It's what we are all hoping and working for.

It may not be that it happens within some of your life spans, some of you within this room, will not see it happen, but be reassured that it is coming, for future generations.

Les: That is the important thing.

Now I would say to you all this time, we have many here who would like to use others and I am sure that is acceptable to you. *(Agreed)* I say only, keep your hearts and your minds open to what is here, you truly could be surprised, if only you could leave yourselves open to us. *(Thanks expressed)* If you have question, I will answer quickly for you.

Les: Yes thank you, I do have one I was hoping to ask last time, but you gave us so much information, I hadn't the heart to ask you to stay longer. Two ladies who come here for special development, have each been given gifts of crystals—white, coloured green, blue and gold. One lady has been told that she will use them much more than the other, but both have been given them, to assist with their development. A communicator speaking a little about the crystals said that the North American Indians, many hundreds of years ago, used to use crystals in the same way, but they sought them in the natural Earth and didn't

bother to cut them or polish them, but they were still just as effective. What is the actual strength of the crystals and do they vary to any degree according to colour?

We have spoken before about crystal healing. I did say at that time, that all of these things are merely tools, towards what can be done by yourself. If it is felt necessary to use them, then by all means do. The crystal, as I told you previously, as all things upon your Earth have their own vibrations, so do these natural Earth crystals. What is happening in your time now, is that man is interfering with these natural elements of the Earth. He is digging them forth from your Earth, and in actual fact, is destroying some of the strength within the crystal, merely by excavating it from the Earth. Can you see?

Les: Yes, thank you.

But no matter, whether it be large, small or indifferent, each of these crystals, do retain part of the energy of the Earth, as do all things. I would say that the lady who has been advised to use them more, may do so safely. But I would advise that she allows her own guidance to do this with her naturally. You follow what I say?

Les: Yes I do indeed thank you.

It is much better that guidance is given, by her own helpers and guidance.

Les: Yes I follow, thank you very much. I'll give that information to them.

As far as colours within the crystals go, you will not find any stronger than the pure clear crystal of the Earth. You see, when colour shows itself within crystal, it is almost a pillage of the stone, it has been robbed of *pure* energy. Are you following me?

Les: Yes I am, it's most interesting.

Colours look very beautiful, but I would say the clarity and the clearness of pure crystal, has more energy within.

Les: So the colours really are unimportant and it is better to stick to the pure crystal?

That is why I say be guided by those who are doing the healing. Really the colours and the crystals are immaterial to the healing energies. After all, pure healing does not come from a small stone of the Earth.

Les: No of course not. I've always been of the opinion that it was merely an adjunct and not really necessary.

If it helps to focus upon the problem, if the one being used, the 'instrument,' and the person who desires the healing feels the benefit, feels the energy from it, then this can only be good. But I say to you, it is not necessary for good healing.

Les: Thank you very much, you've confirmed what I thought actually.

There is much on your Earth which is healing. I have told you before, to stand upon your ground with your feet bare and feel what is pure energy. You too can become a crystal. Can you see? The energy is from within the Earth, plus the energy you yourselves are. Nothing is a single unit, always I will teach you this. You cannot isolate one thing, you are *all* intermingled, whether it be with the Earth, whether it be without, within the regions of space. Can you see? You cannot be isolated.

Les: Yes, and am I right in thinking that standing on the Earth as you suggested, feeling that energy or being aware of it, there is also energy coming from around and above, feeding back into the Earth?

You are all *intermingled*, this *has* to be so, this *has* to be so. You cannot—what you take you must return. Can you see this? (Yes) You spoke earlier of those known as Indians, who lived close to nature, as have so many other cultures in your world. They had the knowledge and the understanding that what is taken, must be given back—that it is *on loan*, I believe you would say, these days.

Les: Yes, but it is absolute truth, it is the law.

Of course and this is why these peoples grew so in spirit, because their knowledge of the Earth, and all that sustained them in their daily living, they knew, *they knew* that this was TRUTH. That all around was that Divine Power, which they worshipped. You understand me?

Les: Yes we do—fully.

Now, I will say enough for this time.

Les: Well thank you very much for what you've told us, it's enlightened all of us I'm sure. (*Agreed*)

Now, let those who come, bring with them the love, give also yours to them and allow them to do and to use you as they will.

May the Great Creator of us all,

Travel with you on your journeys homeward.

May you be kept safe,

May you be happy in all your endeavours,

May you give love to your fellow man,

And may we all meet once more within the love of this room.

Les: Certainly hope so, and our love goes with you again, God bless you.

There then followed a communicator through Sue:

—Everyone here knows someone who needs some help, some healing process. There is always someone known to someone who requires some healing of the spirit, regardless of the fact that they may not even be aware of it. But I say again to you, each one here, knows of someone who needs some help.

Les: Yes I've no doubt you're absolutely right.

We know of your healing clinics here and others in your Earth planes, but it is not essential, as I'm sure you realise, for people to come to your clinics.

Les: No, we are quite aware of the power of absent healing, as we call it, spiritual thought being projected to those, even if they don't know it.

So I would ask each one here please, to assist in the healing process, for those who require it.

Les: Yes I'm sure everybody would be pleased to do that.

I ask please, that each person spends a little time at the end of their day, thinking of a particular person who needs help. I ask please, that they sit quietly, or lie quietly; they can do this as they retire for the night. Think of this person, bathed in the healing colour, you understand?

Les: Yes I do.

Ask that the person by name, is surrounded with the healing colour and someone will hear and will do what they can to assist.

Les: Thank you very much indeed.

Can I also say, that this does not necessarily mean the person is suffering, from physical ailments, they can be ailments of the mind, which have no outward sign.

Les: Quite, I understand what you mean and often him or herself doesn't know of it.

I ask please that this is not done for once, but for a period of time. We do not expect you to remember perhaps every night. You all have busy times—but if you could surround these people with loving thoughts throughout different times of the day, this also helps in the healing process.

Les: Thank you, I'm sure everyone here will be only too pleased to carry out those requests.

(Agreed)

And also, we are aware of the physical ailments of the sitters here, regardless of whether they are aware of them themselves.

Les: I think we do accept without question that you know more about us, than we know about ourselves.

We look after the people here, as they look after others.

Les: Thank you very much for that, I appreciate it.

(Affirmed)

And now, I leave you with my love and thank for the work you are doing on our behalf.

Les: We thank you for having come and told us all that you have and I'm sure you won't be disappointed in the reaction you see here.

(Faintly/very gently spoken)—I leave you—surround you and protect you all.

There then followed a brief communication through Jo, just to say that all instruments were back to normal now.

Then one came through Eileen, with a message for Sarah. She asked why the lady was not being used as a medium. Leslie then went over and helped Sarah to try to develop.

~29th January 1996~

Good evening.

All: Good evening.

Les: Nice full meeting once again.

Forgive my delay in joining you my friends, but I am here with you now.

Les: Good, thank you.

I know there are questions, so shall we begin with those?

Les: Yes certainly. It's more of a statement really, rather than a question, though there is a question at the end—rather lengthy I'm afraid. I have been reading recently about the various beliefs and cults and creeds, on the continent and the writers spoke of a Buddhist monk he'd met in a temple. The monk was emaciated, was filthy, dirt ingrained in his skin, his head was covered with sores, where he'd plucked out his hair. He had only a loin cloth. He slept where the writer found him, on the ground, without any cover, relying on begging completely for his food and he walked very slowly, brushing the Earth in front of him with a soft brush, so that he would not kill any insect inadvertently. When questioned on his extreme actions, he considered that it was gaining him merit when he goes over to the next world. But to me that is the direct opposite of what Buddhism teaches. It sounded awfully selfish and egocentric, if he was using this life, to build up credits for himself, instead of helping as he could have done and some of his brothers do, in helping humanity in some way. Would I be right in thinking that his actions are selfish, from a spiritual point of view?

Let me speak on this matter please. His actions if well motivated, would not be selfish, because the very actions do not matter, it is what lies within—that is what counts. It matters not what religions, what creeds, what actions are taken. What matters is that the love within your hearts, is a pure and unselfish action. So in that sense his actions are not selfish. He was doing the deeds from an unselfish viewpoint of his own. Can you see?

Les: Yes, but to me—I understand what you say, but it does seem to me to be selfish, if you are doing these things, to build up credit for yourself in the next world.

Yes, I come to that point. I say he *felt* he was doing good, so the motivation behind the actions was good, but the deeds themselves will not earn him anything, he would be mistaken about that. But—so I tell you are many of you, whose beliefs are those of '*gaining points*,' as you put it, because you see, to even think about these matters, *then* it becomes a selfish act. Can you see the difference? Can you see what I am trying to explain?

Les: Yes I do. It is a very difficult thing actually to sort out, isn't it?

His motive was pure, from the heart, but the actions would not gain him more, than the thought he had already provoked.

Les: No, so if he were doing good for others, and not denying himself so much, living what we would call a 'normal human life,' by doing his best to help others during the course of that life, then his 'credit rating' would be better than if he were doing it the other way?

I don't like the term, 'credits and debits.' We speak rather on a purely physical matter when you use these words.

Les: I don't quite know how else to put it.

I understand my friend, but it goes much more deeply. You cannot judge on action alone, I have spoken to you all, you *must not judge another*, because you do not know what is within that soul.

Les: No, it comes back to individual motivation again, doesn't it?

Yes, the purity of the thought and the motive, *not* the actions; there is a difference, subtle as it may be, there is a difference. It is a difficult point to get across to you, but I would say his intentions were good, although from your viewpoint, you cannot see this. But, if he did it purely to gain '*points*' as you say, then not so, that does not happen. Is that helpful to you?

Les: Yes thank you. There again, it opens up another vista, because if somebody was doing their utmost to help others during their life here, then he could say to himself, well if I do this—

Yes, you see what I try to tell you, it is not the *actions* that count, it is the '*purity*' behind the action.

Les: Yes, so that action would have to be done without any thought of reward (**Yes**) at all, (**Yes**) just as a blank-ended thing?

Could I not smile and be pleasant to you and inwardly be rather wicked and be thinking evil thoughts?

Les: Yes of course.

Yes, that is why you must not judge. Please do not judge your fellow man, because unless you see that spirit within, you cannot judge them.

Les: No we can't and we can never see the spirit within another, (**No**) but it behoves us to judge ourselves, I imagine?

I would say to you this: If you judge another, if you find discrepancies within another, look to yourself, to why you find it so. I would suggest the fault may lie within yourselves.

Les: Quite likely.

I think you would find that hard to accept, but—

Les: No, I quite agree.

Let me tell you, it is something for you *all* to think upon.

Les: Well this is why I wanted to raise it tonight, because it is a very deep problem, (**Yes**) that does need a lot of thought.

But it has to be said, the actions of some, the *action* may seem to be selfish, but you do not know what that soul is striving for.

Les: No, quite, so we come back to what you've told us in the past, 'don't be judgemental.'

I would say always, *try*, try your best, because I know you can do no more. Try not to judge your fellows.

Les: Thank you.

In this way too, you can see yourselves grow, because by accepting others and allowing others to follow their own pathways, whether it insults you or not, it is a means of your own spiritual growth. You see? You understand?

Les: Yes I do indeed. Another point which is not quite defamatory to me, but almost, we were asked last week by a colleague of yours, before we retired at night, to pray for those who were in need of help and think of them being in the blue healing rays. I must admit that I haven't done that for people whom I dislike and I thought I'd start doing it and to my astonishment I found it quite easy.

My friend you have indeed grown. Let me tell you, you *will* find as time continues, that some of your own concepts of what is right and what should be done, will be changed.

Les: Yes you are quite right they are changing.

Do you not see how easy it is, to open your hearts, to ask for help for those folk that you think to be kindly, to be good, but how much better, to open up your hearts to those who *really* need your help—those peoples within your world that once again you have prejudged and whom you find it difficult to draw towards yourselves. Truly your healing will be a wonderful thing, if you can do this, because my friend, in doing so, you are dispelling some of the darkness within your world, which to us mean so much more than helping *one* person who you *think*, and I stress that one word to you, to whom you *THINK* needs help, more than another. Do you see?

Les: Yes, thank you very much.

Please try to continue my friend, you will be repaid, many times more. By helping *one* person, one soul who you wish to draw back from, you are taking many steps forward. Can you see this?

Les: Yes thank you.

I hope you do not think that I am chiding you, because that is not my intention for any of you.

Les: No we wouldn't think that for a minute.

I bring only knowledge to you. I hope I bring to you, that greater bond of strength, of love, so that you may impart it to others.

Les: Thank you. We are very, very grateful for it. Now I've taken enough time. Any questions from anybody else please?

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

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

Les: We have indeed.

We have spoken about many things. I have to say to you, I do not think that to leave the physical body in this matter, in this *manner*, is very good or wise. I do understand the reason *why* they do it—they think they are sacrificing themselves, that they can leave the physical being more quickly and more neatly, by reducing it to ash, because you see, in ash they see purity. You understand?

Les: Yes, the purification of the fire.

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

George: Yes thank you very much.

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

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

Les: I see.

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

Les: Thank you. Any more questions?

How quiet you all are, shall we continue?

Les: Yes please, if there are no more questions.

George: Well could I just extend your question Leslie, about projected healing rays. Would a similar thing extend to political figures, who seem rather difficult in what they’re doing? I would name Saddam Hussein. Would he qualify for some good healing rays?

Les: Well one would hope that they would be powerful enough—I do ask that our leaders shall be impressed to do the right thing for the world.

Imagine if you had for instance, a room full of light bulbs and one light bulb was causing problems. In utilising the better ones, you can do without the one that is causing trouble. But would it not be much better that the whole circuit of lighting was remedied, so that the darkened bulb, could once again become light? Would not more light be given forth from it?

George: Yes indeed.

Yes, you see?

George: Yes, it does mean a certain element of judgement on our part, but—

I know my friends, it is difficult whilst you all remain within the physical being, to extend love to those peoples you know, have as you would term them, have been evil or hurt others, whatever you think they may have done. But remember, it is *not* the physical being you are trying to help, it is the *spirit self*, it is that eternal part that needs to be helped, so that in time, it may go forward. Can you not all see this?

George: Yes indeed. Yes thank you.

Those of us in our world do not abandon those spirits who you would term, evil. I have spoken to you before that each individual soul, has a spark of divinity within it, which can be helped along. It may take aeons of time, but it is not abandoned, it is showered with love, until such time as the recognition of its own actions become known to it. It would be so much easier, if that love was given and expanded to all those peoples, whether politicians, whether ordinary peoples, who *need* help, to lighten your world. It would be much better that they received help, whilst within the physical body. So my friends, open up your hearts to all those, who I know some of you would find difficult to accept them into your prayers, but you would be blessed indeed, if you were so to do this.

Les: Yes, I'm sure colleagues of yours and perhaps even yourself, work through us in our rescue circle. We have had some very—and I have to use the word—you'll know what I mean—some very 'evil' people, over the years—multiple murderers and so on. And yet there has never been, while I've been dealing with them and my colleagues who are now learning how to do it, there is never the slightest suggestion that they should not be helped. There seems to be always an overwhelming desire to be able to help them. And it's so strong, that I can only assume that we are being helped by those on your side, to bring that feeling to them.

Yes my dear friend, those who work within these spheres of work, with these poor souls, and you must try to see them in that way. Again we come back to judging your fellow man. However evil they have been, they still are sparks of that Great Creative Divinity. All eventually must return to the Light—I am moving now into deep, deep matters. All, all energies must return from whence they came, if it takes aeons of time, so be it. But never, never, never, will one soul be left alone; it will be helped, it will be surrounded by love, until such time as the soul can move forward.

Les: Yes, I have found that when I'm dealing with them, whatever they may have done, there's not the slightest feeling of judgement involved.

When those who bring them to you use you in your work, you are surrounded by an energy of light, which protects you. I don't think you are fully aware of exactly what happens within the rescues, but each one of you working, would be surrounded by 'pure energy,' which cannot be penetrated, by the darker elements, because let me tell you, that some of them would try to invade your light. I have spoken briefly too, about pure energies, we need to speak about energy, rather than individuals, to fully understand what is happening. It is why, let me give you an example, why there are those in your world, who would prey upon young children, in a negative way. Try to forget the personalities, the age of the people, think wholly on energy. And what is happening is this: That young children are mainly 'pure white energy' and they are preying upon it. Those who have become darkened throughout their lives, are seeking the purity of the white energy. Are you understanding me?

Les: But they don't realise that that's what they are seeking?

No, it is not, it is *not* purely a physical action, it is an innate feeling that energies must blend, must be whole. And so they are preying upon this pure energy, which is the child.

Les: So that would be the spark, which you refer to as being in everybody, no matter how evil they may be. It would be that spark, which is trying to find the pure energy, is that so?

Yes, all are striving towards being pure energy.

Les: But the physical being is not aware of that?

The physical being would not be aware.

Les: That raises quite a different aspect on some of these things then.

That is why it is wrong for you to judge others, without fully realising what lies behind it all.

Les: Yes I must admit, that had never occurred to me in that way.

We are all energy, but I am speaking about deep matters again, but I think that analogy, makes it a little clearer to you.

Les: Yes it does, does anybody have any questions on that, anything you're not sure about? Now's the time to ask.

Sarah: I just wondered, if we are all going back into this pure energy, why did we break away from it in the first place?

Now, we really do get to very deep matters here. I think that needs to be a whole session of time for explanation and if you will allow me, I will come back to that sometime. I do not believe that you will understand the explanation, but I will try to explain a little to you another time.

Sarah: Thank you very much.

Les: Any more questions?

George: Going on from the previous one, some criminals, or child offenders, would during the course of imprisonment, find ways to improve themselves and become better beings. Others do not improve themselves. We could probably do all kinds of things to improve the way we treat criminals, so that they stand a better chance of improving themselves, while they are imprisoned?

My friend, the best way of helping, is to do exactly that which has been spoken of—to send your healing thoughts, to allow those in our side of life to receive and to accept those genuine healing thoughts and to go about their work. If you can do this with a good and open heart, then not only do those in darkness, but also yourselves benefit so much from it. You may not fully recognise what good you have done, until you come to this side of life. Please continue to send those healing thoughts, to all in need.

Les: Yes we don't need specifically to mention names do we? If it's what we call a 'blanket thought,' to cover all those in need, irrespective of where they are, or why they are in need?

Much is spoken about healing thoughts and how it is received by those on our side of life. There are varying degrees of healing thoughts, and if you can imagine your night skies, which of the stars do you notice first? Is it not the brightest one within the sky?

Les: Yes we do, that's true.

Therefore the *strength* of thought, of healing, the more *love* you can put forth from yourselves, those thoughts are the strongest ones. If only you could see them reach us, you would understand that all thoughts are different in their intensity. I do not know how you think your thoughts work. Would you like to tell me? I would be pleased to know?

Les: Right well if I could answer for myself, I have never imagined them as tangible things. **(No)** To me they are an extension of my energy, **(Yes)** which is collected by your energies and transferred or transmitted to wherever it is required.

Yes, so imagine the more intense the power of the thought, the quicker it travels to us. And so can you imagine if for instance, you say, 'Please help,' or if you say '*Please help*,' deep from within the heart, which one do you suppose would travel furthest?

Les: I would say your second one, providing it is correctly motivated.

Yes, yes all thoughts are known to us, but some—it is why some of you would say, 'Why are my prayers not answered?' All thoughts come to us—not all is given to you as you wish, but it is not because we do not hear. But as in all things, the *motive* behind the thought, the *intensity* of the thought, has to be looked at.

Les: So it has to be a dedicated effort on each occasion and not a ritualistic thing?

Yes. Now I will say to, I would like you to watch this one, as I leave you, we are trying to work through this one.

Les: Thank you very much and thank you for all you have told us again.

And I would like to say to the gentleman, that we have the child and I want to say to him, my dear friend, you will hold your son in your arms, in time to come.

Mark: Thank you very much.

Do not be concerned about those who are around you, we are helping you.

Now my friends, I thank you all, I thank you all, for being here this time.

May that Great Creator who dwells within us all, may you feel his power and Light.

Les: Thank you very much again and God bless you. Our love of course goes with you once more.

There then followed one through Sue, but there didn't seem to be enough power left for this one:

*—I come far from your world. I am too far and not enough power I will return with Salumet next time.
Too far, too far from your world—I will wait and return—I bid you farewell for this time.*

Les: Thank you very, very much, God bless you.

There was then a communication through Eileen, a bubbly lady who was one of Mark's helpers:

Mark: Hello.

Annalise: *Hello, I'm so excited and so happy to know you at last, I hope you recognise me sometimes.*

Mark: Thanks for coming.

Annalise: *I hope you recognise me sometime, because I'm with you in your meditative moments.*

Mark: Ah right.

Annalise: *Yes and you see beautiful colours sometimes, don't you?*

Mark: Yes.

Annalise: *Yes you do, yes and you'll see me on the yellow colour.*

Mark: Ah right, yellow colour.

Annalise: *Yes, and I'm Annalise and I'm told I have a round smiling face, if that's any help.*

Mark: Ah—lovely.

Annalise: *Yes and I'm so happy I've made the connection.*

Mark: Thank you very much. Cor—you've made me happy. *(Laughter)*

Annalise: *Good and I tell you how happy you've made me too, thank you so much.*

Les: Well, now you both know each other—that's lovely.

Annalise: *Yes and now there's no excuse for him not to recognise me.*

Les: No excuse at all, is there.

Annalise: *Thank you so much for allowing me to come.*

Les: It's our pleasure to have you.

Annalise: *Yes, yes, I was going to tell you another helper, but I don't think I'm allowed, not just yet. No he's got to come to know him already—but*

Les: What, another helper for this gentleman?

Annalise: *Yes, yes. Oh he could do so much this one.*

Les: Could he?

Annalise: *Yes yes.*

Les: In what way? Healing or what?

Annalise: *No he's good with colours you know, yes he could do a lot with colours, he could express himself with colours. Have you tried painting?*

Mark: Yes a little bit.

Annalise: *Yes, why don't you? I would enjoy that too you know, yes I could be there.*

Les: You'd give him some inspiration would you Annalise?

Annalise: *I would yes I would, I'd be so happy to.*

Mark: Ah, thank you very much.

Annalise: *Yes*

Les: Did you used to do it when you were here?

Annalise: *Yes I love colours, yes.*

Les: Watercolours, you did, didn't you?

Annalise: *Yes I did you know.*

Les: Yes I thought you did, so if he starts trying/practicing on watercolours, he may be surprised at what he can produce?

Annalise: *Yes you may end up with a beautiful yellow and then you'll know I've been there.*

Mark: Yes.

Les: Or round faces.

Annalise: *Yes, could try to paint me, I could try to impress him, couldn't I?*

Les: Yes do that, it would be an interesting exercise, wouldn't it Annalise?

Annalise: *Yes, but he might not make me so pretty! (Laughter)*

Anyway, I'm told I must go. I'm so happy to have been here, made the connection.

Mark: Thank you very much.

Annalise: **You're welcome.**

Mark: Do you think water colours are best to use, or any other?

Annalise: **Just use whatever you feel. Just ordinary paints to begin and then I'll help you along.**

Mark: Thank you very much.

Annalise: **Let's take one step at a time, shall we?—yes but he's very good with the colours, he's got vivid colours in his mind, but they're not being expressed at the moment.**

Les: He has a sister who is quite talented in that direction too.

Annalise: **Yes but her talents lie in another direction really, I know all about her, but this one should be doing the beautiful colours too.**

Les: Right well you keep at him now, to do it.

Annalise: **Well I must go, I'm so sorry to have kept you.**

Les: Goodbye to you and thank you very much for having been here. God bless you Annalise.

Annalise: **Yes, please do use the colours dear friend.**

Mark: Yes, will do, thank you.

Annalise: **Goodbye to you all.**

(Thanks + farewells)

~5th February 1996~

Good evening.

All: Good evening.

How good it is that so many have gathered once more.

Les: Yes it is nice that so many are here, isn't it. It's the least we can do, to acknowledge what you do for us, apart from us liking to be here.

I will not speak long this time. We would wish that all of you be open to what we can bring to you. I ask only that you keep an open heart, an open mind, to those who come to you. It may be that there will be happenings that you have not come into contact with before.

Les: I see.

If so, I say to you, be calm, be true, be happy. So I say to you all, open up your minds and allow those here to work with you.

Les: Certainly we shall, thank you. (Affirmed)

I will work quietly with this one this time, but there will be no words from me. So I will answer one question this time and then I would say to you all, please to lower light just a little and let us see what can be achieved.

Les: Yes certainly, we look forward to doing that. Right, as to a question, it follows on what you have told us last week, my friend asked the question about Spontaneous Combustion, and I quite accept of course the answer you gave, about those who have been tutored in that way, to dispose of themselves at the right time, but that doesn't account for some of the occasions, when a normal person, a rank and file person, has been found partly consumed by fire. I can't imagine that those particular people would have had any knowledge as the esoteric people had?

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

Les: Is that so? (Yes) Well it certainly manifests itself then.

It is an overpowering of the energies within the human frame. It is caused by the soul itself.

Les: Is that so?

Yes, as all things must be accounted for, so too must the acceptance of this so called phenomenon, as you would say—it is *not*, when you understand the energy forces, that are your own make up.

Les: I see. So effectively, the person who has been so consumed by fire, has been responsible for it happening, **(Yes)** but without being aware of that?

The awareness is not within them, it is something they will face, when they come to our side of life.

Les: Is that so? **(Yes)** So would it be classified as something evil, which causes it?

I would not term it evil, I would call it 'misjudgement of the soul.'

Les: I see.

You understand?

Les: Yes I do, so the soul itself is responsible for the happening?

Yes, it is a misuse of energy.

Les: So to understand that fully, we would have to go back through several previous lives of that soul, I imagine?

Not always, but yes that could be part of the problem. We again touch upon the subject of energy, which is difficult to convey to you, in understandable terms.

Les: Yes I quite appreciate the difficulty.

But I assure you, it is caused, it is an all-consuming energy that needs to release itself.

Les: So though we don't understand it as human beings, it is understandable, with the right knowledge?

Yes, you will understand more, perhaps one time I will devote more time in explanation of it.

Les: Thank you very much indeed Salumet, I appreciate the answer. I quite thought that my friend might have thought the same thing as I did, what happens to those and now that answers it.

We have discussed it briefly, but I know we touch upon difficult subjects. But I hope that has explained it a little more clearly.

Les: Absolutely thank you, I'm perfectly happy with that.

And now we must allow those waiting, to come forward.

Les: Yes, I apologise if I've kept them. **(No)** It just clears up that point.

May the Great Creator, be with you all.

(Thanks expressed)

There was then a rescue, before another communicator came through Sue, asking that this message be remembered:

Do you know me?

Les: I don't know you no. That doesn't matter, you are a friend, quite welcome to be here. What can I do for you? Why have you come to see us?

To tell you of a new star that will be discovered shortly.

Les: A new star—has it any special significance?

Yes, but it is not easy for you to understand as yet.

Les: Oh well, we shall have to wait, shan't we.

Please make note that you have been told.

Les: Yes it is being recorded and we shall have a record of it.

That is most important that you remember this conversation.

Les: Right thank you—

Many people will benefit from its discovery.

Les: Well that's nice to know.

Especially the children born on the day it shows itself. It is too complicated for me to explain why at this time, but we will be influencing people in your world, who will have knowledge of it.

Les: I see.

They will be told of its importance and they in turn, will explain in greater detail, to the masses of you who will see it.

Les: Thank you. And those who do the explaining, will they receive their knowledge from your world?

They will not realise it, but yes, the knowledge will come from a higher plane.

Les: Thank you, so they will be impressed, without realising it?

Yes, it would not be possible any other way.

Les: No, well thank you very much for telling us that and we shall certainly remember it.

Yes that is most important, that this conversation is remembered and the little children born on the day, will be influenced all of their lives. I will say that there will be some that will go on to great things. Now power here is fading. May the light of the stars visible in your heavens, light and guide your pathways. Now please we close.

Les: Thank you, God bless you.

There then followed one through Jo, recommending that one of the ladies should try 'automatic writing.' Finally Eileen channelled another, spoken with great strength and feeling:

I come to speak for my brothers. Make me happy to be here with you. We say all you peoples, good peoples, come here, work with you.

Les: Yes they are good people aren't they—very good friends.

I bring you all people's peace and love from brothers here. I come see you, to say great thank you. Now we say goodbye (to) you all.

Les: And we say goodbye to you and we all thank you for what you bring us, the love and affection we feel when you come and the pleasure you give us, in being able to work with you. *(Agreed)*

I speak too many words this time, I only say goodbye to all peoples. (Farewells)

Les: And Great Spirit be with you at all times and thank you for the strength that you bring.

~12th February 1996~

Good evening.

All: Good evening.

This time as last, I will speak to you for a short time. I wish to say to you some words about your lives here. Firstly my dear friend, I say to you, you have grown close to us in these past days.

Les: Thank you, it's very nice to have verification of that.

You are aware, but still a little doubtful of what is happening to you. Let me recall for you, one restless, sleepless night, when you travelled much within our world, but the physical being was rather restless, because you see as the awareness grows stronger, so too is the sensitivity of the physical being much stronger, in connection with the spirit. You understand my friend?

Les: Yes I do thank you.

I have been aware of many of your thoughts coming to me, since last we met.

Les: Yes, I have deliberately giving time, more so these days.

Yes, all of you have. So let me reiterate for you, some words that I have given to you previously: Always you wonder why life is difficult for you at times. You wonder because of this knowledge you have attained, why your lives are not made more easy. But let me say this to you: As the awareness grows stronger within you all, life my friends will become even more difficult, because your sensitivities are so much more, that life's problems seem to you to be magnified. You understand?

Les: Yes it is paradoxical, I quite understand what you say and I think my colleagues would agree, that though the difficulties become magnified, the ability to cope with them, is much stronger.

You are good, you see my words before I speak them. Of course this is what happens. The awareness is such that all, all of your senses are heightened so, that sometimes life seems even more difficult, rather than easier for you. But my dear friends, these are steps that take you forward. I have told you, I will endeavour to hear your cries for help, I have told you, I will always be there for you and so indeed I will. But I cannot change your life's pattern, only you my dear friends, can do this. We can uplift you, we can sustain you through life's troubles, life's hard times, but we cannot interfere—I cannot tell you this often enough. Oh, how I wish that I could look upon you all and free you from your troubled times, but my dear friends, I would be doing you all a great disservice.

Les: Yes, I think we can all understand that.

Remember always there are those close to you, those loved ones who have gone before you, also those who are bonded with you, and who you probably are not aware of at this particular time—always you are surrounded by their love and their influence, as I also will give you that influential help, to keep you

upon your life's pathway. So my dear friends, if at times you feel I have not listened to your pleas, let me tell you, you would be incorrect in those assumptions, because always I will be there to help you, in the way that is best for you all.

Les: Right, it's not what we *think* should be done, it's what you *know* should be done.

Yes, because those of us with our wider vision, can see the fuller picture. I just wanted you all to hear these words again, because I know that sometimes you feel your words are not heard. I tell you now, always your thoughts are reaching us, at all times. So take heart dear friends and *know* that each and every one of you are being guided. *(Thanks expressed)* You all will succeed and I speak about you spiritually and you will see when the time comes for you, each and every one of you, to return home, just how much you have achieved and will achieve. So take heart dear friends and know, that the Great Creator surrounds you all, within that love, which is everything. I will answer one question this time, before we allow others to come.

Les: Thank you. Yes I have one I'd like to ask. It comes from a couple of meetings ago. It's one I quite understand you may prefer not to answer and that I fully accept: You have told us that we have all had many lives—Two or three meeting's ago, *(Les then slips into deep breathing and his voice changes, as he channels the question)—I have an overwhelming feeling that one of your lives was that of the Master upon whom Christianity is based?*

My dear friend, I will devote another time to tell you a little, because I know these thoughts come to me. I know all of you are curious as to my previous existences. I will say only this to you this time, that whatever form I have taken in previous times, always it has been one to teach. I have never trodden upon this Earth plane, as you all have done, always I have had and been granted a mission. May I say to you, your dear friend in the physical being and the one who wishes to speak through you, and I acknowledge him, I will reveal a little more, to give you a little more insight into that spirit being, that *now* is within this physical body. I will endeavour to tell you more and I will instruct you beforehand, when I am about to do this.

Les: That will be wonderful for us to hear.

But not this time. I leave you now dear friends.

Les: God bless you, all our love goes with you. *(Affirmed)*

There followed a communicator through Sue, explaining that there was a delay, because things on their side were not quite ready this time. She also mentioned one of the female sitters having much potential, but needed to be nurtured and gave us all her blessing.

Leslie then spent some time helping Sarah to channel one through and develop her ability.

~19th February 1996~

This evening was Leslie's birthday

Good evening.

All: Good evening.

How good it is to be welcomed, amidst the warmth, love and laughter this time.

Les: We're glad you feel it from us.

Many have come close, because of the energy being given out from you all.

Les: Good. We are very happy to know that we are so closely associated with those in your world. I'm sure it helps us all in our daily lives.

I would say to you my dear friend that you are often surprised that you still remain and walk upon this earthly plane. But you were told many years ago, that your time was not close by, because there was much more work for you to do.

Les: Yes you're absolutely right.

I will say this to you, on this occasion of warmth and happiness, that that message is still appropriate to you. (Thank you.) So, continue onwards, continue with those works that are so important to you all, and to those of us who draw close to you.

Les: I shall be very happy to be able to do it, and I'm sure all my colleagues will.

I would say that because of the happiness and the love that is drawing those peoples close to you, that it would be appropriate to allow them to come forward, to join with you, in an evening of love.

Les: That would be very nice—we would certainly welcome them to be with us.

I wish always to bring goodness to this place, to bring you all knowledge, but sometimes to have some light relief, not only knowledge, love, but happiness, which helps to expand your hearts.

Les: Yes it is of the utmost importance isn't it, happiness and laughter. There's so little of it in the world.

So with your permission, we will continue this time and allow those to come. There will only be joy and happiness from them.

Les: Good, we look forward to welcoming them and experiencing their happiness with them.

I wish to say also that next time I will bring to you someone of interest to you.

Les: That's very nice—we shall look forward to it.

So, next time be prepared for much talking please.

Les: Yes indeed we shall and I'd like to thank you on behalf of everybody, for your understanding of the need for a light evening now and again and for your co-operation in bringing this about.

Please do not give me credit, I do not bring it about, but those good and pure souls, also your own energies, bring these things about. All I do is step aside and allow them to come to you.

Les: That's very nice, but we do think of you as somebody of very much more consequence than that. But if you prefer to be known just as energy, we *all* love the energy which you—which is displayed.

I find it within myself, to feel that human element which brings me to you. I am joyful that you can find me to be that close to you. I would say to you only this: That the more we come together, the stronger the bond, the more the love and energy patterns grow.

Les: Yes I would agree with that absolutely. I do feel the bond very much stronger myself and I'm sure everybody here does also, isn't that so? (*Agreed*)

I know too, that you feel *much time* in your lives have passed since first I came to you, but it is only a breath in the wind, as far as time goes.

Les: Yes, we are beginning to learn that now.

So continue with your patience, allow me to come to you on the love energy and we will achieve much.

Les: Good, we look forward to it with you.

So now dear friends, I will leave you and I hope all of you will go about your separate lives this time, full of joy, full of love, full of upliftment, full of knowledge of those who wish to come. May the bonding of you all be a successful one, may it be a bonding that you hold within your hearts and minds, for many days to come.

Les: Thank you very much (*Farewells and thanks*)

A communication soon followed through Sue:

Moon feather come this special day, for his brother. Bring greetings and from the lady who I served.

Les: Yes, you did too, from Beatrice. You were very close when she was here, weren't you. And I know she loved you, just as I'm sure she loves you now.

Great happiness for you this day, from our side.

Les: Thank you very much indeed, I'm very happy that you tell me that. I always have great happiness in knowing you all and on a day like this, I think it's very, very nice of you to come so close to us all and share with everybody here.

Too difficult to stay long.

Les: Yes, thank you very, very much for making the effort. I know it must be very difficult in so small a frame and I do thank you.

Much love, much (?) for you.

Les: Thank you. May Great Spirit bless you and be with you at all times.

There then followed one through Sarah, who Les worked with gently, to help develop the medium.

Then one came through Sue and another through Eileen simultaneously, having a light-hearted conversation, with plenty of laughter. The one through Sue relayed a message and a gift of flowers to Les.

Other bright and bubbly guests followed, using the different mediums, in a constant flow of merriment, gentle leg-pulling and gifts for Les. Some had been before and were known to Les through his spiritual work over the many years.

~26th February 1996~

Salumet had said that he would bring someone of interest to us next time. However five of the sitters were away due to sickness/work, so the expected guest did not come. But we did get two communications through Eileen. We were instructed to open ourselves to what might be given to us individually this evening. We later began to describe the different impressions we were getting. Eileen had impressions of an Indian lady, who looked like her—she was dressed as a Native American Indian, but with Eileen's face. She had a delicate blue colour just above the fringes of the dress, almost like in triangular shapes. She also had the same colour blue, in beads. Her hair was in pig-tails—she was given the name 'Nahashiwah.' Then a communicator linking with these impressions came through Eileen:

I speak words with you this time. I come only to bring blessings.

Les: Thank you, it's very kind of you. You are the one this lady was seeing, are you?

We are ONE.

Les: I know. I'm sure she'll be very happy to know that. It's one of the things of course, we don't understand, and the view the lady saw, I believe I'm right in saying, was an indication of your rank, whilst on this Earth, which of course you still retain, is that so?

I will wait for her, when her time comes. I will be waiting.

Les: That's very nice for her to know.

I bring greetings from White Horse.

Les: White Horse, thank White Horse for us will you? I believe you are White Feather, are you not?

I have many pseudonyms.

Les: You have many names do you? One is White Feather, and another is the one the lady mentioned?

Not White Feather, I am Nahashiwah.

Les: Thank you that clears something in my mind. We do appreciate you coming to us tonight and the blessing you give.

I must (Return?—very faint)

Les: That's a pity. I thank you on behalf of your lady, for what you've told us. May the Great Spirit be with you at all times.

May you (?)—before I return, but I want to say to all of you, only this:

Be good to your Earth and you will be blessed many times.

Les: Thank you, we shall hope that people will be good to the Earth. Unfortunately many are not good to it. But we hope that they will change their minds and become good to it, just as you were. (Thanks + farewells)

Eileen then returned tearfully, saying it felt like she had lost someone.

~4th March 1996~

Good evening.

All: Good evening.

Les: We thank you again for being here.

Forgive my delay in speaking to you this time, it is not my intention to speak with you long this time.

Les: That's a pity, we enjoyed your talking to us last week so much, but of course we accept what you say and are guided by you.

It is important that *all of you* within this group be used to the very best of your capabilities, because the time will come, when each one will go forth as the branches of the trees, each taking with it the knowledge and the gifts, which they have attained here. It is important that in time to come, knowledge be spread to those who are awaiting it.

Les: Yes I quite understand and I'm very happy to know that those in due course, *will* be taking the knowledge to take to others. It's very encouraging for them.

There has to be *purpose* in the knowledge given. It is not given to be retained within *one* room, *one* person, *one* group. So what we bring to you, must go forward in time to come.

Les: Good. I'm very happy to know that and I'm sure everybody here will be.

So you understand that sometimes it is important that those from our side, come to work with you *all*. They must be given the opportunity to work with the instruments available.

Les: Yes we do understand that and we're very happy to agree to this being done.

I have been aware of your many questions to me, since last we met. I have tried to inspire those who need such help. But this time I will leave it and will return to some of the questions within your minds, which have been placed before us. I will answer one question this time, before I leave you, and allow the others to come, to use these instruments.

Les: Good. Thank you, we are all very happy to do that. I will ask the one question and if you prefer not to answer it on this occasion, I quite understand. It concerns the cloning which is being done by scientists nowadays and you will know what that is, I'm sure. It is said that *cloning* will result in absolutely identical animals or individuals and of course many people are concerned that cloning should not be applied to humans. But let us assume for a moment that it is applied in the future. How would that affect the spirituality of those persons, they can't be spiritually identical, I'm sure?

You are quite correct. They can never attain perfection, as far as identical people are concerned—it is impossible. They have achieved and it has been coming for some time, where your scientists and your doctors have knowledge, which has brought them to this point. But misuse of knowledge given, cannot be right. So I will say to you: This should not take place. But of course again, we come to *free will*. Whilst the knowledge exists, it is at risk of being used wrongly.

Les: Just as so many things have been in the course of mankind's history.

Sadly, yes. We are restrained from many things and I say it saddens us so to see this knowledge so misused. But let me say only this, and we will return to the subject if you so desire, on another occasion, when time will permit me to speak more broadly upon the subject.

Les: Yes, we would like that please.

But, I will say to you, the achievements cannot be fully guaranteed. It cannot, because all of you are individuals, you are sparks of the Great Divine and that individuality cannot be usurped in any way.

Les: Of course not. The scientists are obviously purely thinking in physical terms once more.

Of course and in that respect they can achieve what they will call *success*. But I tell you here and now, it is a success which will be short-lived.

Les: Thank you very much for that information.

But we will return, because I know upon your earthly plane, that it has created disturbance for many.

Les: Yes it has indeed Salumet.

I thank you for your question, I hope that you are happy to continue this time and allow these good and gentle people, to allow those who love and want to use them, to come to you.

Les: Yes, thank you very much for your courtesy in answering and now we would be very happy to do, what the others wish us to. God bless you, thank you for coming and our greetings to you also.

There then followed one through Sue, who needed to sit cross-legged on the floor before she was comfortable. Information was given concerning Joy, who was to receive much through 'automatic writing.' It was also mentioned that Salumet would go down in the realms of history, though it was stressed that 'Salumet' was not a single entity. A special reference was made to five of the sitters, Eileen, Sue, Jo, Joy and Les, who formed an important interconnection of some kind.

Next, one through Jo brought a gift of power. Later, one through Eileen, suggested that Les spend some time with Paul, who had not been used much before, as a medium. Les talked gently and someone came through, who had not lived on Earth, but had inhabited another planet, beyond our galaxy.

Les then returned to Eileen, who was still being used and who closed the meeting:

I will end this meeting this time. I say, isn't it encouraging, I hope I do not disturb this one too much. (Eileen coughed a few times)—to see the metamorphoses of communication taking place here this evening. Indeed one—(Cough) I apologise, I am sure she will not mind.

Les: No she won't. I'm just going to wet her voice and throat, with some of our water.

I had hoped that I had taken control properly, but it may be necessary for her to moisten her lips.

Les: Yes certainly. You certainly have a very strong control with her. (Voice was loud)

Yes, we have waited some time to speak.

Les: Thank you for the patience.

Can you now see, what can be achieved within this room?

Les: Yes, we can indeed.

I hope that the young gentleman will continue with the progress. (Paul)

Les: I hope so too.

As have all the other instruments within the room.

Les: It was very interesting that he should have come from another planet.

It is always strange to you Earth—(Cough) I apologise, I hope this one will be fine when I leave.

Les: I'm sure she will.

We bring you many things and much more to come. But it is good to see so much being accepted now.

Les: Yes it is and we are very happy with what is happening and we do appreciate the effort you make, in making us aware of the possibilities.

Your Earth planet has much to offer from all of us, within the universe—not only the spiritual world as you know, but even further ahead.

Les: Is that so, we are very pleased to hear that, and we hope that we shall be able to make further contributions to what it can offer.

I must withdraw this time, because I feel the instrument is becoming distressed. So I'll bid you all farewell this time and perhaps we can return.

Les: We shall all be pleased if you could do that and thank you very much for having been here tonight.

May the Universal Love be with you all.

Les: And our love with you.

~11TH March 1996~

Good evening.

All: Good evening.

Les: Thank you again for joining us.

I am happy to see so many gathered this time.

Les: Yes, it is a very nice full meeting, isn't it? Our holiday season's over now and we are almost back to normal.

I know that in your busy daily lives, sometimes you find it difficult to come, when you have worked physically hard, each are tired, but still you come; for this I am grateful to you all.

Les: We love being with you.

Before I speak to you all, I want to say to you please, your energies are depleted, therefore will you please before you retire, seek for me and I will be of help to you.

Les: Thank you that applies to all of us I take it?

No, I speak to you.

Les: Just to me? Oh thank you.

You will be aware.

Les: Thank you. Yes you are quite right, I have been feeling less energetic than usual.

I do not speak about your physical being, always when I speak to you, I am speaking on a spiritual level.

So please do as I ask, and you will feel better for it.

Les: I certainly will do, I appreciate your help. Can I ask, what has been the cause of the depletion?

You have been using your energies to excess, and like the physical being, so too can the spirit too become depleted. This is something not well known or discussed amongst you Earth beings.

Les: No I must say, I wasn't aware of it, I wasn't aware of having used so much; perhaps it's been while I was asleep, is it?

I have told you that you come to us in our world and you come to work, you understand?

Les: Yes, I remember that.

When you enter our world, you do not have the same capacity of recuperation as you would, if you were with us always. It is nothing to concern yourself about, it is—how can I say, a little over-eagerness on your part.

Les: I see, I must try and control that.

The intentions are good, we would not wish to change the, but as you know, when the spirit is a little depleted, it manifests itself upon the physical being.

Les: Yes you are quite right, that accounts for several things recently. Thank you for telling me.

Therefore we must slow you down just a little. I know it would probably, how would you say, 'go against your grain,' yes?

Les: (Laughter) Yes—I must be advised by those who know better than I do and I'll take the advice.

I hope so my dear friend, because we love you and we wish to take care of you all.

Now I wish to address a question that comes to us so many times. You understand why you are within your physical bodies, you know that beyond this clothing, life continues. But so often comes the question, 'What are we really striving for?' I have said to you all, in the time gone past, that what you are about is Love. We have spoken a little about the refinement of matter, have we not?

Les: Yes we have indeed.

When you join us in our world, in your spirit form, so often we hear, 'How do you know when we are ready for the next stage of existence?' Again I instruct you that there are many, many planes, this I have told you about also. So, how can you know when it is time to move forward? I have to say that awareness is innate within each soul. It is not something that happens in one particular stage of your growth. I have told you, *ALL of existence* belongs to yesterday, today and tomorrow. So can you see that the transition to go forward has to be so smooth, that you would not be aware of it. Do you understand what I am trying to say?

Les: Yes, I think we understand that.

I don't think you do.

Les: Not completely, but I was just going to suggest, it is rather akin to what we say here, 'What time is the Present? When does the Future become the Past?' That is impossible to define and I would imagine our progress, is rather in the same state—there is no definite division point.

There are no steps of progress, it is a smooth moving forward, that is what I am trying to express to you.

Les: Quite, I think we all understand that don't we? (Affirmed)

Ultimately what you are searching for and what each one of you knows and desires, is to return to the Light, to that refinement of energy, that unsullied energy, which you call God—that is what each of us strive towards. But let me continue—at each step of your progress, so the soul, the energy that is the soul, becomes more and more refined, until you come to the stage of *non-being*. We have not touched upon this matter before, but I wish to try to explain to you if you wish me to, to explain a little more deeply into this subject.

Les: I think we would all wish that, wouldn't we?

(Agreed)

You all fully understand that the soul's growth is an ever-developing one? (Agreed) That we all strive towards that pure energy, which you here on Earth call Light, but which is matter so refined, that is to you *invisible*. It is something that as far as I too am aware, always seems to be unattainable and I speak only from my heart upon this matter. We are speaking of aeons of your time, to reach the stage of *non-existence* and by this I mean where matter can be *defined*. You follow?

Les: Yes I think we do.

To reach this stage, I will tell you there would be no returning to earthly matter, under any circumstance, because the state you have reached is purity itself. Where you have shed your layers of learning, where you have attained the power to express pure Love, where you have reached the point of *non-existence* as you would know it. Now I will answer questions in your mind, 'Am I one of non-existence?' I would say to you, YES I AM. When this state is reached, much can be achieved in the workings of the cosmos, in the workings within the universe, in the workings of that *Pure Light*. Would you like to ask me any questions upon this?

Les: Yes I do have a question, not directly related, but before that I think I *(Les then began to channel briefly)* **I am compelled to say that we are even more privileged to have you here.**

I feel and understand what you say and ask not for thanks, because you see my dear friends, all of you are responsible for growth within my soul too. I have accepted many tasks. I have to say to you, this one has been quite difficult for me. I don't say this lightly, but to return to such dense matter, is indeed a task, which I have to say to you, was not one that I took readily.

Les: Well we can't tell you how much we appreciate it. We can never understand what it has cost you to do so.

It has cost me a little discomfort only, compared to *(Voice changes/becomes stronger)* **the love that abounds here within this room.** *(Pause—about 30 seconds)*

Do you know that I would consider all of you within this room, to be jewels in the night sky? That is how I see you my dear friends.

Les: That is certainly a lovely description, which we do appreciate. We must try and live up to that.

I would like to say also, that I hear questions of, 'Why is it possible for some upon your Earth plane, to be able to utilise those spiritual gifts, whilst some do not?' I would say only this to you, my friends:

Remember that it is a culmination of the soul's growth; always this is important, when it comes to displaying these gifts. I have told you, that you all possess many, *many* gifts of the spirit world. It is *awareness*, it is *dedication*, it is *help* from our world; there are so many aspects to it. I do not want anybody here, to doubt what you are capable of. I want you to become strong in the knowledge of the strength that you all possess. I want you to know, and again I do not say this lightly, that this one here, speaks many true words. *(Referring to Les)* You will not be misled, as so many have been, by words, by egotistical people, by those who choose pathways which they should not be treading. I say to you:

Thank that Diving Light that you have chosen this dear friend to guide your footsteps well. You will not know until the time has come when you join our side of life, you will not fully appreciate the guidance you have received.

I think each one of you should be feeling strength and the *Power of Love*, which encircles this meeting place. Those of you who can, should look to one another and feel the *Power of Love*. I would like you sometime if you will, to touch each other, to feel the energy from each one of you, to recognise the difference in the energies of each one. I know you have not tried this before, have you? *(No)* But if you are willing, please try it and you will be amazed at what you feel.

Les: We shall certainly try it. Is there any particular energy point on the body that we should touch?

I would suggest only to use the palms of your hands. You may find that some will not be able to even touch hands—there will be no need, because the exchange of energy will be greater amongst some than others. If I place my hand towards you, you should feel the energy from me.

Les: Yes I can.

Now slowly take it back, until you feel the energy no more. Focus on the light of the energy. You should eventually, if you practice this, be able to pick up the energy, from across the room. Would you like to try now? If you focus on the energy of the light coming from me, you should. You are capable of it my friend, but as in all matters, it is the practice of these gifts. You must focus. In fact, if each one of you focused, you may even see the energy within the room. *(Pause—about 30 seconds)*

Tell me what you feel my son?

Les: I feel that it's penetrating this one hand and I can feel it with the other too, through the hand.

Yes, that is good. Now allow it to travel throughout your being.

Les: its blue energy, surrounded with white.

If you focus it should become *Pure Energy*, without colour. You are doing well.

Les: Yes you're quite right, the colour's disappearing. It is just a thin shaft now.

You should feel the healing of it also. I hope that this small thing, has demonstrated to you, a little of what energy exists.

Les: It has indeed for me.

I would say to you, that you would find it difficult to come close to these hands now. Please do not touch; you can feel it, can you not?

Les: Yes I can—I wouldn't be able to come closer.

No you would not.

Les: There is quite a barrier there.

This is what I would like all of you to become aware of. To leave behind those physical limitations, to know yourself as you truly are, that you are *energy* striving towards that purity, which you term '*LOVE.*' Now I think I have spoken enough upon this, this time.

Les: It's a wonderful teaching—I can't tell you how grateful we are. I'm sure we all regard it as a great complement, that you've called us your friends.

I will leave you this time. But we must close slowly this time, to allow the one I use to return without any harm and I know she is protected well, but any withdrawal after the use of such energy, would not be good.

Les: No, we shall do it very slowly and carefully.

We may use someone to speak, to come back slowly.

May you all thank that Great Divine Spirit, for all that you have, for all that you wish, for all that you do. Give thanks for your very being and in time your lives will become enriched and (Full-blended?—recording very faint) My blessings go with you as always.

Les: Our love goes with you. Our words are not sufficient, so I am not going to attempt to say what we feel. There then followed a 10 minute pause, before another speaker came through Eileen. She chatted gently about her life, which helped Eileen return.

~18th March 1996~

Les: Good evening and we welcome you once more and once more thank you for joining us.

Good evening.

All: Good evening.

I am glad to see so many of you.

Les: Yes it's a nice full meeting tonight, isn't it? Only one absent due to illness unfortunately.

Each one brings with them, their own individual glow, which contributes to the light within this place.

Les: Good, that's nice to hear.

So it gladdens me, when I see so many of you together. Let me say to you, a few words to begin this time. I know that much of what I bring to you, sometimes confuses your minds.

Les: Yes, we have to agree with that, it does.

But when first I came, I said that we would be talking on many deep matters.

Les: You did and we are very, very glad that you have been doing that.

I ask you my good friends, to accept these confusing thoughts, because you see, it opens up your minds to many thoughts and provokes much discussion amongst you.

Les: Yes you are quite right, it does.

It is good that you analyse what I bring. It is good in the sense that it is opening you up, that it creates unfoldment within you, by the very fact of being confusing thoughts to you. You understand?

Les: Yes, it certainly makes us exercise our mental abilities.

And this is what we try to achieve with you. You must not allow your thoughts to become stagnant, you must allow these thoughts to **expand**. Although I say to you, accept what I give you, I fully understand that some of you find it a little difficult sometimes. And so I say to you, if you reject anything that I tell you, do not be disappointed with yourselves, because my dear friends, we in our side of life, are glad to see what you are achieving.

Les: It's comforting to know that we are progressing, even though sometimes we think we are stumbling about, without understanding.

That is why I say, do not be disappointed with yourselves. The realisation and the awareness will come to you all, when the time is right and proper for you all, because you know fully, that you are all at differing stages of your developments. So I know some within the room are a little disappointed that more does not happen with them. But do not concern yourselves about this matter, because as I have said, you belong together and each and every one, has their individual tasks to perform. Although you differ greatly in your stages of developments, each one of you is as important as the other. Please always bare this in mind, see yourselves as the whole unit working together, each one contributing, although you are not always aware of what it is you give. I tell you my dear friends, your energies are increasing, each and every time we come together.

Les: Splendid.

So, **know** and **accept** that your *Love energy* and *bond*, is issuing forth *great love* that provides us the energy needed for us to come to you. Without you *all*, I would not be speaking to you now. So with those words, I want to thank each and every one of you here. **Know** that you are looked after, **know** that we *cosset* you, we try to *support* you and we try to *influence* you *daily*.

Les: Thank you. So would I be right in assuming that the dissension that was present in the previous life, in which we were all of a '*Closed Order*,' that dissension has now been disposed of?

I would not say fully, because firstly, the life I have told you about, is only one part of your existence. It really is not necessary information, but I provided it for you, to give you the feeling of the unity amongst you. It matters not whether there is slight dissension amongst you, because after all, your lives are not so entwined, that you live each moment together. What is important, that whilst you are in this place that your thoughts be *pure*, that your thoughts to one another be *good*, so that the work that is necessary for us to bring, can take place. You understand?

Les: Yes we follow, thank you.

We are aware that your lifestyles are different—that matters not. It matters that you come here together, that you work and bring your pure energies for the work—that is what is important now. Your energies from times past, have become much finer, but each one of you has a long way to go, before I could say they were pure energies without problems. You understand?

Les: Yes, we quite accept we have an awful long way to go.

Yes, but it is the unity here amongst you, whilst you gather here each time, which must remain *pure*. That is why it is important that each one of you understand how important you are to each other, if the work that is to come is to be *good*. We want only what is *Truth*, we want only that mankind be told of what is happening within your world and to provide some *knowledge* which until now, has been unknown.

Les: Well we are quite happy to spread that knowledge of course, once we are in the position to make mankind accept it, or begin to accept what we give them. We can't make them accept it completely, we can only ask them to accept what we are able to give.

You can only extend yourselves and offer what you know, you cannot make them take it. But as you know, like I have begun this time, the more you listen to something, then the avenue of thought is opened, you understand? (Yes) The similarity is there, all you can do is stretch out and offer what you know. If it is rejected, then so be it, that is the pathway of each soul, for their free will to decide.

Les: So from what you say Salumet, we are going to be in a position to broadcast what we have been learning here, are we?

The time will come if you so desire, that this will take place. I have said to you from the beginning, that you have the possibilities of doing much good work. It is something that needs to be spoken about, it is something that needs to be accepted and the opportunities will be given, when the time is right.

Les: Fine, thank you, that's all I wanted to know, that it will be coming. I'm not impatient to do it.

No, I have always said, *'Please learn patience.'* After all, your earthly years are few, in comparison to all of existence.

Les: Quite, well it is nice to know that our efforts jointly, are going to be available to others. It gives us something to look forward to.

My dear friends, you are already spreading what you know. I see your words go far and wide, even now. It makes my heart full, to hear your words of encouragement, of wonderment, at the pleasure which you retain from our speaking together; I cannot ask more of you at this particular time. If you continue this way, you cannot do more.

Les: Good. As I say, it does give us something to look forward to and to aim at, to know that we are not retaining this information only for our own use.

I would desire for you all, that firstly we try to develop what is innate within you all, that you develop what you already know, but in this lifetime, most of you have suppressed, until the past few years. But we have waited long and we have gathered together. So do not be impatient my dear friends, but *know* that all is possible. Now I think, do you have questions this time?

Les: Yes I do, following on from what you've said and I'm not going to embarrass you with this I hope, but a communicator who gave quite a lengthy talk through the other lady, said your name would be going down in history. Well I could only see that happening, by virtue of what we are able to pass on, acknowledging your teaching, in the passing of that information, then it would be going down in history.

I will say only this: If the knowledge I bring is given to others, if that is what you would interpret as *'going down in history,'* then I will go along with you. But I would say this to you: That is not my purpose that is not why I come to you. If you so desire, in time to come, when more knowledge is given to you, if you so desire to use this name I have given to you, then I do not object, but it will not change or alter, what we need to give to mankind. What is in a name?

Les: Yes, I know it wouldn't bother you one way or the other, but I know that any information that we do pass on, must be acknowledged as coming from you.

If each one of you *gains* a little in knowledge, *grows* in spirit, *feels* that my time with you has been useful, then I am happy to go along with whatever you feel. There will come the day, I know, when the gentlemen who writes across the room, will wish to use the name.

Les: This is for you George.

George: Yes.

I do give you all of my blessing, provided that the words written are indeed what comes from us all. You understand?

George: Yes, that has been on my mind, thank you.

I know that is why I speak, but my dear friend, your patience will be rewarded. I know sometimes your mind has questioned what has been given. That is why I say, do not chastise yourself, for your negative thoughts, because of course you *all* are human and I know that sometimes it is difficult to be positive. You know that I teach you always, the power of your thoughts will become reality. Therefore, put them to good use. You understand what I tell you.

George/Les: Yes we do.

If you are so desiring to have more of what you call *'proofs that can be shown to others,'* make it a reality. Help us with what we are trying to achieve.

Les: Yes we are hoping for what you might call additional proof, at our other meeting.

Make it reality, use the power of your thoughts, you would be amazed, at what you could achieve. But unfortunately while doubts remain, you are turning those positive energies, into negative ones. Do you understand?

Les: Yes we quite understand, because the power is still there, but in the negative instead of the positive.

Yes, you can achieve much, but you have to accept the responsibilities that each one of you hold, you follow?

Les: Oh yes, we do accept that any further proof, does bring its own responsibility, for the proper usage of that proof.

That is why it is good that we devote some of these meetings to helping the others to bring forward, what they have within. They may not think they achieve much, but you all shine beautifully.

Les: Good, that's very pleasant news. Now if I might ask a positive question: A communicator last week through one of the other ladies here, gave a most interesting talk and it said that five of us were all one and there seemed to be an emphasis on the number five, because he said that the five here, and if I heard him correctly, he said that there are many other five's. Does that number five have any special significance?

No, none that I can speak to you of—I think what was meant, if you can understand when we speak of energies, it did not mean that five were more important. You have to understand how energy works, to fully understand the concept of the saying. Five of you together creates the positive energies.

Les: That's what was meant was it?

Yes. You must not accept it as five individual peoples as being one; that is *not* what was meant. You must return again to what life is about—that *all* is energy, that energy can change form, that energy can split, that energy can re-join to create. And when we spoke of five, it was referring to energy mass. *I know you are confused, it is a difficult subject, but we are limited by your earthly words.*

Les: Yes I understand.

So when you are told five peoples, you are again thinking of the *physicality's* of the words, not the *spiritual* sense, which you must try to do.

Les: Yes, I see where our thoughts, or *my* thoughts were going wrong on that.

Yes and once you allow your thoughts to be shortened/curtailed, then you have problems. You must always allow your awareness to stretch, to grow, to *accept* life as spirit. I am trying to teach you to see things *spiritually* and not *physically*. It is difficult when you are encased within these physical bodies, but you can **expand your minds, if you so wish. Has that helped you a little? Would you like further explanation?**

Les: I was just about to say, I begin to see why some people go into closed orders and the silence of monasteries now, in an effort to bring that spirituality nearer to their own physical mind.

It helps some, to close themselves from *the world*, as you call it, for that reason. That is why I have told you not to judge. For some, they need the opportunity, they need the silence to grow. Do you understand?

Les: Yes we do.

But do you not see, by your confusion and your thinking along another pathway, how your tolerance and understanding has grown? (Yes)

You see, one small step leads to another, one small thought leads to another, it can only be good for you. So being in your states of confusion, is not so bad after all.

Les: No, it's certainly one thing we do excel at, being confused.

You are all doing very well. I will use one of your earthly terms this time and say, '*I am proud of you all.*'

And I don't use that word to give you, how would you say, '*bigger heads?*' (Laughter)

Les: No, we do accept it as a genuine and sincere complement and we thank you for it.

And that is what I am trying to say. Your sincerity is indeed something to behold. Now, I think this time I will withdraw and allow some others to be worked with and let us see what can be achieved.

Les: Yes thank you very much indeed and God bless you once again, for your patience with us.

(Thanks expressed)

There then followed a control through Sue. She had advice for Paul about his aching neck and also for Les.

She then addressed the whole group:

—We are aware of what has happened in your world this time. We offer no explanations at this time, but say to you that those little ones will be well protected. Now perhaps you could all think of those little ones for just a moment, as I leave you with my love.

(This probably concerned the 'Dunblane massacre,' which occurred five days previously, resulting in the death of sixteen children and one adult.)

Les: Yes we will and thank you for your visit. God be with you.

One through Eileen then brought news of a little girl connected to Lilian. She described a man with an apron, (A baker) who was the grandfather of a child who died in the womb. The child was now about 3 years old and known as Jennifer. She said she was very happy. She said she is very fond of a blue toy and that she is very pleased to have a little brother:

She joins with this little one you know, this little one would be aware of this child. She's pointing to the older gentleman's shoes, she tells me she likes to stand on his feet, because his children used to do that. She's a beautiful child, she wants you to know her as Jennifer, she's very pleased with that name.

Lilian: She must have changed her name because I think she was given the name of Emily to begin with, so perhaps she prefers the name of Jennifer.

This is the name she likes, this is the name she has chosen for herself. Now let me see what else she says to you. She says sometimes your back itches—she's been to your house.

Lilian: Sometimes.

Yes. She tries to scratch it for you, but you don't feel it. She's speaking now about a dog. Not a little dog, she says you had a little dog, but this one's a big dog.

Lilian: She's got that one has she?

She's been with this animal yes.

Lilian: Lovely!

Yes, she likes the bigger one. Not so fond of the littler one. She is now taking hold of your husband's hand and saying she'll come again and she'll let granddaddy talk to you. So I am pleased we found you and they are going now, but please know that she is around you.

Lilian: Lovely, thank you very much.

And the old gentleman is saying—yes, he still makes good bread. I leave you with that and God bless you.

Lilian: Thank you very much.

Les: Thank you and God bless you too.

~25th March 1996~

Good evening.

All: Good evening.

(Longer than usual pause) **I thank you for your waiting, I too embrace you all.**

Les: Thank you.

I know that within your hearts and your thoughts, lies much confusion on earthly matters, which are occurring on your Earth plane.

Les: Yes you're quite right, there is a lot of confusion and concern.

I do not wish to enter into any one subject, but to speak to you generally about these thoughts that you all have. I know that you find it so difficult to look at your lives on a wider scale. I keep telling you these words, but I want you to understand that until you can *discard the emotional energy bonds* which tie you, then you cannot see the full picture.

Les: Yes, I think we understand that, that emotion created by our physical thoughts, does create a blockage, to our understanding of our spiritual needs.

(Some coughing) **Yes—forgive me, the instrument has trouble, but let me continue, we have spoken on previous occasions—the emotional body, is the one closest to your physical beings. I know you fully understand this. But I have to tell you, to allow that emotional energy to release itself into greater**

consciousness, in that way only then will you begin to understand what is happening within your world. You *almost* my good friends, are your own worst enemies, when it comes to emotions.

Les: Yes, I understand that.

I spoke briefly last time, about energy and the need that you have, to return to that *Divine Light*—you understood me then. What happens is this, that *separation* to you humans, you find to be unacceptable. Always you seek *companionship* in one way or another. Whether it be the joining of *man and wife*, whether it be the closeness of *brother and sister*, it does not matter what the union (*is*), but all of you seek for it, and the greater meaning of this is, that you *seek* to return to the *Divine Source of Consciousness*. So because of these emotional bonds, you are confining yourselves within knowledge that needs to be broken apart and freed. We have said that each one of you within this room is joined with each other. But my good friends, until you achieve that level of consciousness, which makes you *one unit*, which is capable of *love to all, without ties, without demands*, then and only then, can you go forward. Can you see what I am saying to you?

Les: Well, I don't think we do at the moment, because it would seem that whilst we're here, in order to fulfil our lives and enjoy them in any sense, companionship is necessary, in the physical sense.

Yes, it belongs to the *physical*. But what you need to achieve, is the spiritual understanding of why you *feel the need*. Do you see what I mean?

Les: Yes, we have to accept, that the physical companionship, is only second best to the spiritual requirements that we are seeking. Is that what you are saying?

It is the *spiritual seeking* that creates the *physical need*. Too often we see with peoples—let me perhaps give you an example: If you take a man and a woman and the man is dominant within the relationship, too often it would be said, '*He is wrong to be so.*' What I am trying to tell you is that because you come to this Earth plane with full knowledge of what you have to achieve, then the woman in the situation we are speaking of, would be *fully aware spiritually*, of what the man is trying to achieve. Sometimes, because of the energies, *powerful energies within you all*, it creates life's problems for you, only because you cannot open yourselves to the fuller knowledge. Now can you begin to understand what I say to you?

Les: Yes, I thank what you are saying, is we concentrate too much upon the physical desire for companionship and happiness, without looking inwardly, (Yes) and finding that happiness in silence if necessary and being one self only.

To be *one*, to be thankful to the one, who creates what you would term, '*problems*'. They may well have come to this Earth, to help you. Try not to see them as physical problems, because it is love which helps those peoples to help you. Do you follow?

Les: I think we do, but again it's confusing and difficult to understand, so long as we are in the physical envelope. I see what you mean and I fully accept it, but it doesn't make it any easier.

No, I know, but I have to tell you, because I want you all to open up to that greater knowledge within. I want you all to look at relationships you have with each person in this lifetime. I want you to *see*, to look deeply, for the *reason behind* the association. You can do it, you all can, if you so desire.

Les: We do suffer from problems currently, which are not necessarily between two companions, but are national problems. So what you are suggesting, if I am right, is that we've got to look beyond those problems, and to the reasons for which those problems were sent. Now are you further suggesting, that if we do that, we shall be better able to cope with the physical problems?

My dear friend that is precisely what I am trying to tell you. I know your hearts are full, whenever tragedies strike. Too often too, when you have your disasters do we hear, '*Why, why, why?*' When in fact, if you allowed yourself the time to look inwards, you would be aware of what is happening. I know because of your very make-ups, it is difficult for you to see the wider scheme of life, but we have spoken many times, about what you do, what you sow, have we not? (Yes) Let me say, there are reasons for *all things*. I know you will be dismayed to hear such things, but there will always be some distress caused, whilst you wear these earthly overcoats, because you do not fully understand what is happening.

Les: So would I be right in thinking then Salumet, that if we were able to look beyond the physical concepts and accept that these things, even with a national tragedy, that if we look beyond the physical, would your companions—those who wish to help us, would they be better able to impress us, in the way in which we should react, to solve the physical problems, if we are accepting that they are basically of a spiritual nature?

Yes, because whilst you doubt, whilst you say: ‘Why, why, why,’ you are creating *negative energies*, which will keep you *jailed* to the *thought forms* that you have.

Les: Yes, so it would seem that you are suggesting that if we said, ‘*Okay, this is a bad problem that’s got to be resolved, for the sake of the nation and the people, who’ll be penalised if it is not resolved—*’

They must pay for what has taken place. You must look, not to us for the knowledge to change, but *each one of you* who tread this Earth, must look inward to *himself*, to find the answers, to inspire each other.

Les: And I think I’m right in saying, the answers are *in* each of us—we have to dig them out, is that so?

Yes, I would wish to see all of you expand your own consciousness, to look at your lives as they are this time, to look to your *relationships firstly*, to see what each person brings to you, or you to them. Do not look on a *physical level*, but look *deeply within* and all of you would find, that problems would be transmuted, would dissipate into *true love and unity*, on whichever level it is needed. *Then* and only *then*, can you expand your thoughts, to all of your world, do you see?

Les: Yes, but how can our few thoughts here, affect our ministers and leaders, who are the ones who have to make the decisions and take the road to the physical solutions that are going to be needed? How does one influence them?

You must use the *Power of your Thoughts*. Again you use the spiritual energy of the thoughts, not the physical thoughts, you understand? (Yes)

In that way, can they be influenced, in that way by using positive thoughts, can we then reach out and use them.

Les: So you would take our thoughts, as an avenue towards altering the thoughts of the others, would you?

Yes, we need the *energy*. That is why I say to you, do not say, ‘*Why, why, why, why?*’

Les: Just say, well it’s here, let’s get on altering it. I have been doing that myself, I hope that all my colleagues now, will do it each night.

You must accept that the law will continue, it cannot be altered, it cannot be changed and mankind must reap what he sows.

Les: Yes, I fully agree and accept that we are responsible for all the problems that do affect us now upon this Earth, apart from natural disasters, but the others, we obviously have been responsible for, in the beginnings, such as the deforestation which is going on, the feeding of animal products to animals who are normally only grazing animals; it is foreign to their nature to eat such stuff.

I have told you man throughout his history, has been destructive in many ways. But always we look for the spark of Light, which will change things. And although we speak on dark matters, I want you to realise that there is Light, there will be no disaster of this Earth, of this we have spoken. Rather I am concerned with your individual avenues of **THOUGHT. That no matter what happens on your earthly plane, that no matter what happens in your daily lives, no matter what comes to you before you return home, I want you to look at all things from the spiritual viewpoint. I want you all, each day to look inwards, each day to thank that *Divine Consciousness*, to which you all belong and of which you have *all knowledge*, if only you would seek it. I want you to become the shining beings that you are.**

Les: I think you can be assured that we all of us shall be putting our thoughts in the direction that you have suggested, so that you can use them.

There must not be any negative thoughts, if you are to achieve that raised consciousness. You cannot, you must not allow those *negative emotional energies*, to keep you jailed forever. You have to be freed from them, and I hope my words will encourage you all, to do just that.

Les: I’m sure they will. So now it’s up to us to start things going in that direction.

But first, look to yourselves. That is what you must do first. You will not heal your world, in such a short span of your time. But much is happening and much has happened, to cause this transformation to

begin. And although you look upon them as 'disasters,' look inwards and find it within yourselves to say, *'If that is how it must be, for all of consciousness to grow, then I will accept and work towards this.'*

Les: And so if we began even more, looking within ourselves, to try and discover the faults and correct them, and use our thoughts that others may be guided, to work for *humanity*, instead of *profit and politics*, you would be able to use our thoughts, to assist *them*, to look within themselves, is that how it will all work?

There are many already working to influence your world leaders. (Good.) I have told you this, in times past. But when we have positive energies coming to us, they can be utilised in a much stronger manner. This is something you would not fully understand, but something that must be discussed, when we speak more about the energies. It may enlighten you a little more, when—and I have said we will speak one time, about the different energies that exist here amongst you.

Les: Yes, we look forward to that.

I know I bring you something each time which is difficult, but I see you beginning to accept, to provide those thoughts within yourselves, that begins to make sense of it. Now, I think if you have questions this time, I will be happy to speak about them.

Les: Thank you, yes we do. We have occasions here, when people have suffered head injuries perhaps, of various causes and go into very deep coma, so that they are in effect, in the state of a vegetable and unable to communicate in any way. What happens to the spirit during those years of coma? Does it remain within that physical body, or is it taken to your world, and *cocooned* in some way, because the original body is still alive physically?

Yes, much has been spoken about this subject too. I will say to you, that the spirit body cannot fully leave the physical being, but you are aware that the spirit and physical, are joined by what I know you term, as a *silver chord*. When the physical being is *shocked*, which it is when there is *head injuries*, which you speak of, of *accidents*, anything which shocks the spirit from the physical being, then what happens is that the spirit will remove itself from the body, but *still* attached by the chord. It will remain in '*limbo*,' I believe you would say, until such time as the soul decides whether it wishes to remain or to return home. Remember always, that the soul has made the decision before coming to the Earth, the pathway it has to tread. On occasions such as you speak, when memories are erased of the soul's desires, then the soul is in a state of confusion. That is why it remains in limbo, until such decisions are reached. You understand?

Les: And it would be in close proximity, to the physical body, would it stay there in limbo?

Not necessarily. The chord—if you can imagine a strong piece of elastic, which can stretch and stretch and stretch, the soul can move some distance from the physical being, but at the same time, is attached.

Les: But it cannot enter your world?

Of course not—only once the chord is severed, will the soul go forward. But as you know, when the soul departs the body, even then, if they have no knowledge, they remain for some considerable time, in confusion. We bring them back to you for help. (Yes) It is the same, except the soul is still attached to the physical being, and that soul must make the decision, when the time is right. It is the *soul's* decision, please always remember this. If the time had come for the soul to depart the physical body, the chord would have been severed. But as you know, sometimes when the soul leaves the physical being, it does not always want to return and when it is in the state of confusion, it is a problem to reach that soul, to help it. Remember always we cannot interfere; we can guide, we can influence, but we cannot make the decision for that soul.

Les: And that soul would have been responsible then, for the confusion in which it finds itself, **(Yes)** because it would have predetermined that, before it came back to Earth, is that so?

Yes, remember always the soul—each one of you has chosen your pathways, before you come.

Les: Yes and so the soul would have been aware of the accident that was going to cause that confusion, **(Yes)** before it inhabited a physical body? **(Yes)** This of course, we do find difficult to understand, why it should give itself that problem and that unhappiness and confusion.

I cannot tell you how to understand these things, I can only tell you to go *inwards*, to understand many things. You have the answers within yourselves, but unfortunately very few of you do so. I know you find it difficult and again, here we come to 'Why, why, why?' (Yes) 'Why should this young person suffer so?' You do not know it does not suffer. The soul is in full command of its own existence. It has pre-knowledge of what **HAS TO BE**.

Les: That answers another question that I have been asked. A lady here, had a daughter who in our terms had a *miscarriage* and we know that the child has been nurtured in your world and has returned to say she is quite happy now. She would have liked to have grown up a little on this Earth, but knew that she would not be able to. So the answer is then that that soul *knew*, that she would not be able to stay, in spite of the physical wanting to?

That child—you have to again look at the spiritual aspect, the wider knowledge. The child who came had reached the point of knowledge, of the child-parent relationship, there was no need for the child to be born. You *have* to understand, do not think of the soul as a child, try to see it as the *soul*, as that very aspect of *life itself*. It needed the experience only, of being within the *womb* of the mother, to *have* that union with the parents. And so, the experience was what was needed. In this case, it was for the soul of the *child*.

Les: So again, we come back to thinking of the spiritual, rather than the physical?

You have to remember the *contract* would have been made between *all three souls*, at one time. They may not remember it, but that is what would have happened.

Les: Between the child and the two parents?

Yes. It would have been a contract made between the three of them. Nothing in your world happens accidentally. The soul always knows the pathway which is ahead of it.

Les: Thank you, so that answers that one then. It may not be within the province of your teaching, but it is something which is of very great concern to this Earth now and that is what is called 'Mad Cow Disease', where the animal's brain is infected, and in turn results in the limbs being affected and the death of the animal. It is now thought that that virus, can be transmitted to humans and there is a lot of argument for and against. Are you able to say whether in fact it can be transmitted to humans?

I will say only this: When you speak of virus's you are speaking of something which belongs to your earthly plane. It is not something which stands apart from all other things. As you humans belong to the Earth, as do the trees, the flowers, the seas, the lands, *so too* do your viruses, so do all things belong as *ONE*. I will say to you only this: Mankind for too long, has interfered with the Laws of Nature—for too long has mankind presumed to be on a higher level of knowledge. Let me say to you, my good friends, that is not so. So I will say this to you: This virus you speak of within your country at this time, is capable of being—(Pause—voice alters, like another aspect of Salumet is taking over.) There are within all of you, within your physiological structures, many aspects that you do not fully understand. A virus is not something to be placed low within your list of what is important, it is part of your earthly *plan*, that it belongs to the structure of all life. It can be transmitted to you humans, but I will say this to you, we do not see that it will be as great a problem, as you seem to think it will be. In those peoples it has created illness, there has been a susceptibility to it. But of course, when mankind has interfered, there has to be reactions to it.

Les: Thank you very much for that answer. I apologise for having asked you, be I know it's not within your province of teaching, but it is of such great concern to so many people.

I will say, your scientists, *your scientists* are responsible for too much that is happening within your world. They must make the decisions to forgo whatever they find. (Pause/very faint) Mankind will not be allowed to destroy, he will not be allowed to continue in the pattern that he has created within your world. (Voice fading—deeper breathing) This disease is one of many which will afflict mankind, until such time, as mankind realises his folly.

Les: Thank you very much.

The Love of the universe stays with you.

Les: And our love to you.

A lovely cheeky one followed through Eileen, bringing a connection to Leslie, from someone called Agnes, to finish the evening on a light note.

~1st April 1996~

Les: Hello to you again, I'm very pleased to say we have a full complement of peoples for you tonight.

Good evening.

All: Good evening

I thank you for your words.

Les: Well we do look upon ourselves as pupils.

I am honoured that you should feel this.

Les: I think we all agree on that don't we? (*Enthusiastic agreement*)

But of course, although I come to you, to try to instruct you on many things, I firstly feel that we have become close, close enough for us to become friends. (*Enthusiastic agreements*)

Les: We are indeed friends and we're honoured to call you ours.

It is good that all have gathered this time. I know because of your lifestyles, that it is not always possible. So when we have all together, it brings so much more to these meetings.

Les: Yes, it's much more energy you're able to use, isn't it too?

The energies can be utilised more. I know this is something you do not fully understand, the usage of what we term *energy*.

Les: Know we don't fully understand it.

But if you can imagine yourselves as individual beacons of light, to come together produces such huge light; that is simplifying what happens, when you all gather together, you understand?

Les: Yes, it's a coalescence of all the lights, isn't it?

Yes, so as the light collects together, so it can be used and can shine forth further, within the universe. Because there is much gathering of energy here this time, it would seem sensible that we make use of it, do you not agree? (*Agreed*)

Les: Whatever you feel desirable.

Therefore I will speak for a short time only, thus enabling those others who stand close by, to come to use others and to see what they can achieve amongst you, because you know there is much more that has to be achieved within this group of people.

Les: Yes we are all very glad to know that and we look forward to helping in whichever way you advise.

I come only to help you all. Therefore we must take the opportunity when presented to us. But let me say this time only a few words to you: I know that there are amongst you, some who would desire to do more. I have spoken about it before, I tell you once more, that each and every one of you is so important to these meetings. All of you are producing your own energies, your own *Divine Sparks*, which create reality. Therefore in joining together, you make happen what we are trying to achieve. So my friends, I would like each of you, to find that importance within yourselves, to say I am contributing to the whole; in that way, truly you will become as *ONE*. You understand?

Les: Yes, yes it will be a unified effort, won't it?

It has to be so. We do not want separateness, because that would not achieve what is needed here; it would nullify the work that we have already done. So all of you must *feel*, I hope I use the correct term, '*Important*.' By that I do not mean that the ego must come forward.

Les: No, we quite understand.

But you are important to the work here.

Les: Yes I have said before that I consider myself to be extremely lucky, that I'm able to be in such a unified group, because ALL work for *each other*.

Of course, it is natural that there will be doubts sometimes amongst you. Here again we speak about your *Thoughts*, and how you must *train them*, to achieve all within your lives, because you see, by doing so you are achieving what you have come here for. I hear so often from you, '*What is it about?*'

‘What is it about?’ My dear friends, if still that question is within your mind then the time has come to change the thought patterns. You understand?

Les: Yes, I don’t think any of us ought to be wondering, only accepting now.

I have to say there are a few doubts, I will not individualise now, but there are a few amongst you, but it is of not too great a concern, it will alter, but I wanted to verbalise and bring it into the open.

Les: Yes, a very good idea.

So that they can understand how important they also are, to the whole scheme, the whole plan, of what is to come.

Les: So it behoves us all just to have complete and absolute acceptance, without wanting to know the reason for why these things are happening?

I would not say ‘absolute acceptance,’ I would differ with your words. What I would say is this: Question, question if you must, find what suits you, but when you have analysed those doubts, then put them where they belong and go forward, there is a slight difference.

Les: Oh I would agree absolutely; I quoted merely because that is where I have arrived now, after having gone through the period of doubting and questioning.

Yes, it is not something to be ashamed of, in fact I would encourage questions, but not serious self-doubt, that is the problem, self-doubt; that is what I speak of. So dear friends, know that we are close by, know that we uphold you, uplift you, that we are in your daily lives, to encourage and sustain you. (Thank you.) Now I would say to you, let us see what can be achieved.

Les: Yes certainly and before you withdraw, I’d like to thank you for your visit the other evening, if it was in fact you, using the other instrument?

I have to say no—please speak, please speak—

Les: The other evening, when I had two instruments here, it was thought by one of them, that you were speaking through her.

I have to say no.

Les: Yes I rather suspected that, which is why I questioned.

Ah—Let us talk a little, because this troubles me so. What was said please?

Les: I don’t think much was said at all, it was just thought that it was you—whether it was wishful thinking?

Let me say this to you dear friend: For long time I have waited to come to the correct peoples, to be within this group. I have told you from the beginning, that I was not one unit. But in saying this, only one aspect of me returns. I would say to you now, please take heed, that outside of these meetings, I will not speak. I may use instruments within this group, but not outside, not yet anyway.

Les: No, I was a bit concerned about it, that’s why I questioned, thank you for answering.

I hope it will not dismay instruments being used, but sometimes the subconscious mind can interfere.

Les: This is what I thought it might be.

I hope this has helped you?

Les: Yes it has, I shan’t mention it.

No, no need, but please be assured that I will not speak outside of this group.

Les: Thank you, now I shall know how to deal with it, if it should occur again. I don’t think it was any wish to deceive, but as you say the subconscious probably was operating on a wishful nature.

It is not something that you should be harsh about, because all instruments sometimes have doubts and allow the subconscious to raise to the surface unknowingly, unknowingly. They do not mean harm and of course it would be nothing sinister of course, because here within these walls, you may well know, all are protected. Do not be concerned about it, but accept that I was not here.

Les: Thank you—that is all I wanted to know really, I shall not raise the subject at all, thank you.

(Thanks + farewells)

The rest of the evening was devoted to the development of other mediums. An attempt was made via one through Sue, to help with Joy’s automatic writing. There was also a blacksmith from 1890, through Sarah, with a lengthy chat about life then and what they are doing now.

~8th April 1996~

Good evening.

All: Good evening.

This time, I will speak for a short time, because there are other things to do to this time.

Les: Yes thank you, we have been told, you wish a candle to be lit and all people to group around it.

As I leave you, there will be one who comes to tell you how this evening will be directed.

Les: Thank you very much. It will be interesting.

Now, if I may, I would like to address some of your thoughts and fears that have come to me. I hear sometimes, *'Why are there not more names, more times given, when peoples communicate with you?'* I know this is a question which is addressed throughout your world, to many instruments that we use. Let me say this to you, my dear friends: Dates and names, the significance of them, is usually *ephemeral*. Therefore they do not become well remembered within the personality, amongst the personal components of that personality. That is why so many cannot remember. It is insignificant to what they try to bring back to you, do you understand?

Les: Yes I agree the name is insignificant. I use it merely as a courtesy matter to address them, that's all, when I ask for it.

Of course, in some cases names and dates have some importance, only in as much that an impact has been made upon the personality, as they leave this Earth plane. *Then* you will be given dates and names, not because they are important, but because it is part of the memory that has been retained. You understand?

Les: I see, yes I do thank you.

Now I wish to say just a few words about some of your fears. I say to you dear friends:

Do not fear solitude, because you are never friendless. Do not fear becoming old, because each experience in age, brings wisdom. Do not fear death, because you see, yonder the great divide between this world and ours, because your love and your memory of home, becomes so much more vivid. Do not fear these things, because always you gain much from them. You understand?

Les: Yes I think everybody understands, don't they? (*Affirmed*)

I know these fears sometimes take hold, but you must use your thoughts to stop this happening and push them to one side. Do not allow your fears to become destructive, because you see my good friends, what is there to fear? After all, when you know that life continues—

Les: I agree there is nothing to fear, it is just the retarding of the *physical brain* all the time, which has to be got rid of.

Your own physical brain clings to in this lifetime, as in many others, to the very fears, to the thing that you fear most. You need, and I hope you will this time, break free of *all* of these fears, that when the time comes that you join us on this side of life, that you will let go with love in your hearts, that you accept that the time is right for you to return home. I will endeavour to help you all when your time comes, and you know that the time is far distant for you. But I feel that sometimes you allow negative these thoughts to creep into your consciousness.

Les: I think perhaps sometimes our thoughts might be not so much that we fear dying, possibly we fear a *painful* death.

Yes, I understand, but again I say to you, with the power of your thought, there should be no fear of pain. You can *dissipate* your own pain. I know you find this hard to believe, but we have spoken briefly about this.

Les: Yes we have.

How do you think the peoples in your world who tread upon the fires, can do so without pain? How do you imagine this to be achieved?

Les: By thought, I imagine.

So I say to you, *now* is the time for you all to concentrate on your physical being. Develop that power of thought. Next time you have small pain, try—try to see it, to allow it to go with love. Please try it my friends, you will be amazed what practice can do. I will not say you will achieve it instantly, but within

you all, you have the power of the spirit, which will in this lifetime, become more powerful from within.

You understand? *(Very faint recording)*

Les: Yes, thank you for that, I think we all shall be trying hard.

Mankind really should know—*(Of these things?—recording faint)*

Les: Yes, so you have said in the past.

It is not good to have fear, but because there has been much travelling down from your side throughout time, it seems that within your world, it almost has become the expected thing and it should *not* be so.

Les: It's encouraging anyway for us to work upon and we thank you for it.

Now I think, unless you have question, I will leave you, to allow those who wish to work with you this time, to come forward. Each one of you should experience something this time, if only you will open up your hearts and minds.

Les: Yes, I do have one question if I might? It is a question which was put to me. I answered it I think correctly, but I would like your information on it: On this Earth as you well know, there are many people with psychic ability, who use that ability to tell the future or '*tell fortunes*,' as it is said here and charge often quite a lot of money for it. My questioner couldn't understand why information from your world is allowed to be given to such people here? Why it is not stopped and prevented, because it appears that it is being used in the wrong way.

I understand the question, thank you. We know that you all have what you call in this world, '*psychic ability*.' You all are capable of it, but some to a greater degree. Let me say this to you: Because they use these abilities that is not wrong, it is an inherent part of their being. They cannot change it, any more than you can change the stage of development at which you are at. You understand?

Les: Yes we do.

We come again to your free will. All of you have been endowed with it. How you use these gifts, as you call them, how you deal with them and use them, *must* be accounted for when the time comes for them to come to our world. If they have been misused and abused, then of course, the consequences must follow here; it is as simple as that. You cannot say, '*Why is this allowed/why is that not allowed*'—you begin to personify that *Great Divine Creator*—you begin to personify that *Great Universal Love*, which after all is *not* a person. You do not have someone who says, '*You can do this, you cannot do this*.' That is not how the information is given. It is an *inherent ability*, within each of you, to be used as you so desire. You understand?

Les: Yes, and I thank you for the answer. It is the answer I gave to the questioner actually, that the misuse would have to be paid for or compensated for, in due course.

All of you understand within your *spiritual selves*, what is right and what is not. Whether you use it for right or for wrong, is entirely up to you.

Les: Yes, I did explain to the questioner, that if it was a case of having to drop something else, in order to do the work, then it is justifiable to charge a certain amount of money, just to support the physical being, but not to charge in excess. Again it is a case of using free will honestly.

It has to do with the motive behind the thought, that is what is important, *the motive*. I would not say that it matters too much, when it comes to monetary things, if the motive behind is good, provided they are not trying to cheat their fellow man, then there is nothing wrong with making a charge.

Les: No, thank you.

You must always look deeper into these matters. It saddens me so sometimes, when we hear people say, we know it comes from ignorance, when people say, '*Why does God allow this, why does God not do that?*' You must move away from these restrictive ways of thinking.

Les: Yes of course.

I know it is hard for you to grasp sometimes, but to work upon it, to allow your minds to expand—*(Recording inaudible)*

Les: Yes one has to look to motive all the time, as you have said before. Thank you very much.

Now I will leave you this time—

Salumet then gave a blessing, but the recording was faded/unclear.

One then came through Sue explaining that this evening was a sort of practice/experiment for next week, when conditions would be better. We started by lighting a candle and placed it in the middle of the room and two ladies and two gentlemen held hands (fingertips) around it, opening hearts and minds, to whatever came. One later came through Eileen and gave further instructions/guidance, as to what they should be feeling/experiencing. Much of the discussion focused on what was seen, regarding the flame.

~29th April 1996~

Salumet arranged a guest speaker to come through Eileen this time—a former monarch, known in the history books as **Catherine the Great**—audio link: <https://www.youtube.com/watch?v=RAeKbGzaudA>
Your silence and expectation is commendable. I am so pleased to be here with you.

Les: We're certainly very pleased to welcome you and we appreciate your coming to talk to us.

I have to admit to you that all at this particular moment in time does seem confusing. But hopefully it should clear and I will be able to give you the information that I intended to give. I was not prepared for this confusion of thought, on entering this life.

Les: No I understand that it is very confusing for the first few moments, when one returns to the physical. I'm also told that it does clear itself, as the voice continues to be used.

Yes, I am happy with the instrument, but it is like swimming through a sea of fog, at this moment.

Les: Yes, it must be very difficult for you—

But I will try to recall, if you will bear with me.

Les: Certainly. I was going to ask if there was anything in particular you would like each of us to concentrate on, to assist you, to clear the confusion?

I ask only for your love please.

Les: Right, well we can certainly give you that.

It is strange to be touching such rough material.

Les: Yes I suppose it must be rough to you now.

Yes, it is not unpleasant, but strange. I was not prepared for it, so please bear with me and we will begin our conversations shortly.

Les: Yes, we are quite happy to go along with whatever you wish.

I am also trying to adjust the voice, because I know it is not how I would wish it to be.

Les: No, it is quite clear, incidentally.

If you are happy with it, then we could continue.

Les: Yes we are quite happy, you're speaking very clearly.

Then do you know why I have been sent to you?

Les: No we don't. Salumet said that we would have somebody coming, who we would find to be very interesting. That's all he did say.

I am deeply touched that those words should have been used about me. But of course the reason behind my returning is the teaching that you have received—that I am in fact a 'cut of,' of the personality, of the whole, which is returning in different time and different body.

Les: Yes Salumet has explained something of that to us.

It is not that we wish to impress, but that we wish to give details. We do not need to give you evidence, of life after your so-called death. That is not why we return, because you have gone further than that. So the reason behind this return visit, is to show you that the personality can cut itself off from the whole, and make a return.

Les: Yes, thank you.

I will try to bring forward some facts, as you may bring to memory and help you to recognise who I am.

Les: Good. You probably are aware that we do record everything that is said?

I am not familiar with your recording machines, but I have been told of this.

Les: It means that we can listen to it as many times as we wish afterwards and this is why we so appreciate you and your colleagues, taking the trouble to talk to us, because it's of great interest to us and assists enormously in our learning.

Let me say to you all it is good to be amongst an audience once again. This happened many times, in the lifetime, which I have come to speak to you about. It was quite normal for me and I accepted it too easily, as being the norm. So once again to be amongst a group of people, does indeed seem strange, because of course, as I have gone on in this side of life, I know how unnecessary this was. But of course, it was my life's plane, at that particular time and I do accept it now.

Les: I understand.

Firstly, I would like to give you my name, although I do realise that you probably will not recognise it. I was known as Sophie Auguste Friederike.

Les: Really, thank you, I DO recognise it.

You do?

Les: Yes I've heard it.

But of course to others throughout the world, I would have been better known as Catherine. But I have to say here and now, I always objected to changing my name. And always I was known as Sophia, when I came to this side of life. I rather resented the intrusion on my birth name, but being a young woman, I had no say in these matters of state.

Les: No unfortunately in your time, that was so, wasn't it?

Indeed it was and of course I was a young snip-of-a-girl, and did not dare to speak out.

Les: No, I imagine you do very differently now, where you are now?

This is what I come to tell you. All of your life's troubles does not mean so much, when you come to the larger side of life. Everything comes into perspective; you see your life's plan, you see the pitfalls and you see the good points of it all and of course you learn from your many lives. You understand this of course.

Les: Yes we do.

I have been instructed that you have been told much. So an evening of this kind I believe, is light-hearted for you?

Les: I find it very interesting nevertheless, particularly when somebody such as yourself comes to speak to us.

I had much to regret when I left this life, or at least the life I am speaking of, because in your yearly terms, many years have gone by. But I speak only of this time, in order that you can make recognition, for yourselves and to understand that time is of the least importance, when it comes to the continuity of your lives.

Les: Yes, this we are beginning to understand. Incidentally, if I might say, your voice is now very much clearer, I hope the confusion has lessened?

It is clearing. We were hoping that the control would have been greater this time, but we must always work with what we have.

Les: Yes I understand, thank you.

It is strange how these things become misty. You would assume that all would be natural in memory, but it is not so. I am recalling just a few times, of this lifetime, which I can tell you about. They obviously made a great impact in my life, when I lived here. So may I tell you a little?

Les: Please do!—you undoubtedly are aware of the intense silence—everybody's anxious to hear you.

My childhood was mainly uneventful. I believe I was a loved child, but my mother had great promises made for me. Her ideal was to see me married well. So this is how my name came to be changed, much to my annoyance at the time. The decision in my life, was made firstly in 1744—this is the time we go back to, because this is my first strong memory. When I was taken from my homeland, small duchy from Germany, influenced I might say, by Frederic, who was a strong powerful man at the time—I was transported by my mother to Russia. I have to tell you, I was terrified at the prospect. I was a petite young woman, aged only 15 of her years. Can you imagine what it must have felt like, to be transported

from one's homeland and bosom of your family, to be confronted by a woman so strong, so powerful, that not one word was uttered in her presence?

Les: That was Irena?

The empress. I have to tell you, she was not unkind to me, but also she did not show affection either. To one so young, it was indeed disturbing, and distressing.

Les: I can imagine. Why did they take you there?

Because I was to become betrothed to the empress's nephew.

Les: I see, thank you. It must have been a ghastly experience for you.

I was instructed in Russian language, which I have to say at that time distressed me. I was instructed in the orthodox religion, I was instructed in the court ways—in so many things in such a short space of time. Also my name was changed to Catherine and I was betrothed to Peter. He was a thin gangly pock-marked young boy, only one year older than I, but I would happily have joined him with love, if only he could have shown me some affection, but that was never to be. The memory now distresses me, when I think back to the love I left behind, within my own family background.

Les: Were you never able to visit your family?

My mother stayed with me and frequently wrote back to my father all progress made, but I was so unhappy. But I could never show it, because of course I was constantly told how great an honour was being bestowed upon me, that one day I would become a great lady. I never wanted that, but fate and circumstances were due to bring me just that. I am speaking to you now, about the human element of this woman; I am speaking to you about the feelings within her heart that were never spoken aloud at the time, because she was a woman so young in age, she was TERRIFIED to say one word out of place. (Yes) The next memory that comes to me, is of the marriage ceremony. I was taken to the empress's home, where she took charge to dress me, to bejewel me, to instruct me. And so both Peter and I were transported to the great cathedral, to the 'Virgin of Kassam.' I remember thinking how appropriate that name was and how terrified I was to become the wife of this 17 year old boy.

Les: We can quite understand it must have been a terrible experience for you.

The cathedral was beautiful, and will always be imprinted on my memory. It took several hours, of course I don't know how much you know of the Russian courts in those days, but such a wedding, was indeed spectacular. We returned to banquet and feast. Can you imagine SO much food, but the worst part for me, was the obligation to dance with so many old noblemen.

Les: Really?

I was horrified. Even now I can feel myself quake from this old memory.

Les: Are you not able to clear these old memories and give yourself peace of mind?

Of course, they have been gone through, it is only the return to this physical world, which brings with it, not only the memories, but the pain of them.

Les: I see.

Of course they have gone, when I leave here they will be gone forever. (Voice faint)

Les: They'll be gone forever? Good.

I only bring them to you, to bring some authenticity to my memory.

Les: Thank you.

I am not in pain now, you understand?

Les: We're pleased to hear that.

But the memory is so strong.

Les: I asked the question, because we did have a communicator, from an earlier age than yours even, who told us that her visit enabled her to clear her mind completely, of the traumas she had suffered, and we were hoping that this might be the case with you as well?

No, I have none of those problems, I fully accepted when I came to this side of life, I knew what I had done, what I had done wrong and I knew what had to be done. There are many memories within a lifetime, which have to be faced up to.

Les: I see.

And I will tell you now, because it took me many, many of your years' time, to fully accept what I had done. Although I did not actually raise my own hand, I was responsible for Peter's death.

Les: Were you?

Of course, those in court circles saw me distressed when the news came, but I knew in my heart that is what his fate would be. You see by then, I had become a worshipped lady throughout the lands. The people wanted me to rule, because Peter was a weak and infantile man and I have to say his mind was not fully there. He was subject to many stormy outbursts and he did not please the people, because he was in favour of Frederick, who was a powerful—in Peter's mind, 'ally.' And all the Russian people, they could see that he could not be a good and strong ruler. Do you see, the power came to me, without even my soul wishing or desiring it to begin with? (Yes) But once, ONCE you have the adrenaline flowing through your veins, once you have the feel of the POWER and the adoration of your peoples, then your life can take a turn for the worse.

Les: Yes, I quite follow you.

This I had to face up to. I had MUCH to face up to.

Les: I'm sure you did.

But he was an unfeeling and unloving young man, but I was a warm-hearted, pretty young woman, who desired the love of a man. I do not deny this, neither do I feel grief about it, because circumstance you see, dictated always that I find love. I have to say and I must say to you, that it is not well known or understood, that Peter fully accepted our child as his own. In fact, my three children belonged to different men, this I am not sorry for, because I loved each and every one of them. But I have to say, if life could have been different, I would have chosen another pathway.

Les: Yes. You didn't wish for the power that was thrust on you.

I did not and when I looked back over that lifetime, I could see I had done much good. For the people close by, I had fond memories and not least my own son. And that was my parting memory and one which caused me continuous grief for a long time, because although my peoples called me, 'Catherine the Great,' to my own son I was neither a good mother, nor heroine. He despised me, because you see he always believed Peter to be his true father. So on my death, he instructed that Peter's remains be dug up and that both of us would go together. And he instructed (Spoken with tears/unclear/faint on recording) Alex's father to carry both of us also—if only he had known that Alexis was the father (of my loved one?) he would indeed have been shocked. You cannot imagine what it was like to watch this from this side of life and to be unable to comfort him?

Les: It must have been a terrible time for you.

It was, but it opened my eyes to what I had to accept.

Les: But I believe I am right in saying that though you didn't wish to have the power that you did have, in the main you used it for the benefit of your people?

My peoples were so glad, because as I have said, Peter would have sided with Frederick of Prussia and he (Frederick) would have eventually turned against us, but he could not see this. He was a simple man, with little strength, little true knowledge, and so I had to take control, not only for the peoples, but for the future of Russia. I have since spoken with Peter, who has told me he also was afraid and we were both so young. He also was like a little boy. All he wanted to do was to play with his soldiers, in his gardens, with his toys. He was not ready for manhood, to rule a great country, or to take a wife. These things also came to him—you have to understand that in those times, you had no say in what your fate was to be.

Les: No, but it would seem it was necessary for you to take the part you did in that life, because of Peter's short-comings.

I understand that now, it is the one thing I have accepted. I reigned for 34 years, of your time and I do say to you, most of them were good. I developed from a petite soft young woman, into a woman of strength, of knowledge, capable of great love. And to say I truly loved the first man, I had my first child with—there was no one to match him, but he was sent away, for diplomatic purposes, because of the rumours it caused.

Les: I see, so that happiness was taken from you also?

I know now, it was this that made me strong. I then looked to guiding my son and to trying to influence Peter, who ignored me and had no love for me at all. And he also could see that he too was at fault, but he was simple in his mind and at times very destructive with his words, though all was forgiven at the time. And I have to say that since that lifetime, my heart has been heavy, not only for what has happened in Russia, but in my homeland of Germany. But I think I would be right in telling you that the nations of your world, are becoming much more sensible, that they are beginning to recognise that love for all mankind.

Les: Yes they are beginning to realise that, it's a slow process, but it's beginning, and for that we must be grateful.

I do believe I must depart now. I think there will be someone else to speak to you, via another. I thank you for allowing this time, I thank you for the opportunity of memory, I thank you and I say to you all: Love one another as you would those closest to you. Know that all in your lives can be good, if you so desire.

Les: We all hope that you can attain happiness, or retain happiness now, isn't that possible for you?

I am happy, I am happy. I do this only because it is instructive for you. All my memories have disappeared in the life that I now lead. I am only a small fragment of that life which exists now.

Les: Well we do thank you for having come here tonight and for what you've told us. We can only say that our full love goes with you.

(Very faint—as she withdraws, she seems to refer to her first love once more)

I did love Sergey, I did. I loved him from the very first part of my being—he was a truly great man and he deserved the title 'great,' not Peter, not Peter, not Peter.

Les: Thank you very much, God bless you.

One then came through Eileen briefly, a humorous one, probably helping Eileen to return, before another came through Sue:

Forgive the delay here, but this one was connected with the one who has spoken here and the channel is not quite clear. I come just now to close for you and to ask whether this evening was a pleasure for you all. (Enthusiastic agreement)

Les: It was a wonderful experience!

I would suggest for those of an enquiring mind, that they read some of the books available to them and that they corroborate some of the information which was forthcoming this time.

Les: Yes I'm sure that will be done. I for one will do it.

Please, there may be small errors in time, but this you can imagine. The memory sometimes falters, but let me say to you, that you have been honoured to have part of the Great Spirit amongst you this evening.

Les: Thank you very much. Yes we do feel honoured every time someone like her comes to speak to us, because we can imagine how difficult it can be for them, which is why we appreciate it so much.

This one has been waiting for the opportunity to tell part of her life of that time.

Les: And does it hurt them, when they have told it like that?

Yes, it was said to you the memories were returned for you and not to cleanse the soul, that part had been achieved many, many of your years ago.

Les: I'm glad of that.

She came purely to speak and bring you information which you would have found of interest.

—Instructions were then given regarding another guest who wished to come next week, but who needed absolute darkness. Finally one through Eileen gave a brief message for Sarah, before the evening came to a close.

~6th May 1996~

Good evening.

All: Good evening.

It gladdens me to be amongst you once more.

Les: Thank you. I should say that last week we were asked if we would sit in the dark. I said yes we are quite prepared to do that, but since we are short in numbers tonight, because we have another annoying holiday period, I wondered whether you'd want that done or not? I can quite easily extinguish all the light, if you wish?

It would be much better, if you will wait until we have all of you together.

Les: I thought that might be so, thank you.

It always benefits the work to be done, if all are present.

Les: Yes, you have explained that to us several times. That's why I thought it might be so tonight.

Yes, you see the instrument who uses words, must be present for that occasion. It is unnecessary for me to go into details about this, but it would be better.

Les: Yes, we quite accept that, thank you.

I would like to begin this time, by speaking to the lady that we know as Margaret. I hope that she has been aware of my presence with her—

Margaret: Yes I have.

—because she has been in need of some help and upliftment. (Thank you.) I am happy that she has felt this to be so. Do not be concerned—happier days will be with you soon.

Margaret: Thank you very much.

Now, I know you all probably want some questions this time, but I wish to speak to you dear friend and say also, that there is one with us, who has the desire to use you for speaking. You should have been aware of him around you sometimes. But because he comes to you in your sleep state, you possibly do not remember.

Les: I must say I don't remember particularly.

It would be our desire, if you agree, that he try to use you for words this time. You will be fully protected and we will ask the lady who sits close by, to help with your return. Are you happy to do this?

Les: Certainly, yes of course, quite happy.

His desire and need is great, but he fully understands, if you do not wish to be used.

Les: No I wouldn't dream of refusing, I should be very pleased if he does wish to use me, I shall be very pleased to help in any way I can.

Can we then say that a little later, you retire to the chair and allow him to come to you? (Yes) We thank you for this.

Les: It's my pleasure to be able to help.

This one can bring you great knowledge also. (Thank you.) I want to say I little about the subject of energy, which I mentioned to you last time.

Les: Yes we shall be very pleased to hear about that.

I think that this subject is so important to you all, that it too would be beneficial if all of your members were present together. For that reason, we will leave it until then.

Les: Yes of course, we are always quite happy to be guided by you in these matters.

Now, do we have questions this time?

Les: Yes, if I might begin as usual: I have always been concerned about evolution in the animal kingdom—mainly the animal kingdom. You have told us that there are intelligences, who have the responsibility for overseeing all aspects of natural life. I've often been puzzled, when we consider the theory of evolution, how it is that species have evolved, because there must be a time, particularly when there is a considerable evolving, when the animal in question is neither one thing, nor another—I think that is fairly self-explanatory, if we think about it. An animal that took to the seas from land; there must have been a time, when it was neither sea animal nor land animal. Does that evolution extend over many centuries, or do those intelligences responsible for that particular animal, are they able to in effect, make an instant change in its characteristics? Or do they decide what is going to happen to it, in respect of its evolution? I'm sorry it's such a long question, I think you'll understand it.

I understand fully my friend. It is a complex issue, of that you know. But I have said there are intelligences, for all forms of life. *Nature 'provides,'* this has to be so. When you speak of 'intelligences,' and can they bring forward evolution as you put it, in a way this could be interference, so we cannot allow this to be so. Evolution takes place, within the *natural order* of life. So you talk of much time, *much time* of evolvement. The intelligence that we speak of, involved with all forms of life, are there for support, not to interfere in change or growth. I think you will know more, when we speak of *energy*, I think the explanation will become clearer to you, because of course, this subject is encased within the *world of energy*.

Les: Yes of course.

I have to say about evolution, as a mass subject, that much has been spoken, but not always quite correct; although your scientists have been moving in the right direction, within the last few hundred years—but not quite so. But hopefully all will be explained more clearly to you, when we speak about the subject of *energy*, because after all, *all life-form is energy*. You understand?

Les: Yes I can quite understand that.

So you see, each—how can we put it, each *stage of evolution*, is in fact a *change of energy*.

Les: So a change could be immediate, could it?

No, no, no.

Les: No, this is what puzzles me.

Yes, no, that would be a form, a form of interference—that cannot be so.

Les: Yes I can understand that.

It does not follow the natural laws to do so. But we will return to that when we speak about energy.

Les: Good, thank you I'd like to have clarification of it.

Yes, it is a complex issue, which can be clarified to you, in simplistic terms.

Les: Thank you very much. I've puzzled about it for a very long time.

That is why it has taken so long for the subject to come to the fore, because it is a puzzlement to mankind.

Les: Yes and as I say, some of the concepts which have been published, are far too glib, for me to accept them.

Remember always, that throughout your earthly history, mankind has changed what he finds to be—and changes his mind so often, to suit himself.

Les: Yes, you're right there. *(Chuckles)*

But that is not to say it is a fault of mankind. It is part of his seeking, part of his search for knowledge. So, there is nothing wrong with that, but we will return my friend and we will clarify this situation.

Les: Thank you that would be most interesting.

But it does fall within the *energy*, which we wish to speak about.

Les: But you have cleared one major point, which bothered me, that is the intelligences responsible for these particular aspects of life, *have to* be confined by the natural laws in any case, and can't interfere. So they can't make a decision, which would alter an animal, bird or fish.

It has to be within the *natural law*—that cannot be altered.

Les: That certainly clarifies that question in my mind, thank you very much. We all look forward to hearing about energy, when it's convenient for you to do so.

Yes, we will return, it is an important issue, an issue which we must to go, to try to clear some of the facts that have been placed before you.

Les: That would be very interesting—thank you Salumet.

All I will say about energy, it is the basic life-force, of all things.

Les: Yes I think we all accept that much more realistically now, than we could do, when you first began speaking to us.

Yes it will help you to understand, how this evolution has taken place, in your world, not only in your world, but in others.

Les: Yes, that's another subject which interests us all, the existence of other worlds. We hope to have more information about that in due course too. **(Yes)** We're very greedy for information. *(Chuckle)*

I fully understand and I thank you all dear friends, for your patience, in waiting for the knowledge that is coming to you. But don't you say upon your Earth, that all good things come to those who wait? *(Cheerful agreement)* I believe that is one of your earthly sayings?

Les: Yes you're perfectly right in that.

So, bare this in mind please and we will take many steps forward together.

Les: Good that's lovely to know and we do all thank you. Now, other questions anybody?

George: Can I add to that, one our modern philosophers David Bohm, he talks in relation to changes in animal species. He talks about what he calls an *'Implicit Order,'* as being a non-material realm, which is in resonance with the forms in our material world and he talks of the changes in species, as arising from that energy resonance. Would that line of thought, shed any light on our understanding?

Yes, that will be encompassed within the talk about energy. This one you speak about, is on the right tracks I must tell you, when he speaks about this subject and yes we will encompass is within our talk. But yes, I would say he is mostly correct, in what I would say is his theorising, at this particular time. But he certainly is taking the right steps forward in his thinking.

George: Thank you I'm pleased to hear that. I felt he might be on the right track. **(Yes)**

Les: Another question anybody?

George: I have one more: We have talked about stone circles and about energy to some extent, but I have been studying lately, the place 'Avebury,' which is rather more than a *stone circle*. I rather think it might be an ancient temple, built into the landscape and it seems to be surrounded by *white horses* cut into the hillside and many *tumuli*. It seems quite a remarkable place and it is almost at the centre of a large *ley-line*, which runs right across the country. You have said before that the *stone circles* connect with energy. I fancy that this is a rather special place—can you enlarge on that at all?

I will my friend. I would not term it a 'special place,' because throughout your world, there are many of these places—some as yet unknown, as I have previously told you. But of course, these *energy lines*, as you call them, '*ley-lines*' are part of the Earth's energy pattern. This is well known within your world now, so I do not wish to term any one particular place as '*special*,' because you see, it is part of your Earth's pattern. There is no one particular spot upon your Earth, which is so *special*. Can you understand?

George: Yes I follow.

Although I see your meaning in saying about it being on these ley-lines, as you call them. There was meaning within the minds of the people of the times, when these stones were erected and we have spoken of them before. (Yes) But again I will say your understanding will be a little fuller, when we discuss energy.

George: I see. That place was 'thought' to be special at the time—

I know many of these places are within your human minds, thought of as special, but I can tell you now, please do not think of them as special places, they are natural occurrences within your world. I hope that has helped you.

George: Thank you, yes it has.

Les: On the subject of resonance's and energies, I think I'd be right in saying that in the times when the Bible was written, approximately 2000 years ago, there were many wise people, who knew much more about fields of energy, that we do nowadays and it was that knowledge that enabled the walls of Jericho to be demolished. It wasn't just the blowing of trumpets I believe, it was a particular resonance produced by those trumpets that produced the collapse of the walls, would I be right?

I think here we speak of stories within your Christian Bible, which in fact you should not take literally. I would disagree slightly in what you deem to be *Truth*, in this particular aspect of your history. But we will come back to that. You cannot associate *all things* as being used by peoples of knowledge, and this is one of them. Are you happy with that answer?

Les: Oh yes quite happy thanks, again it was something which puzzled me and in trying to find a logical answer, that was the only one I could presume to be the case—

Many of your ancient civilisations had greater knowledge—this also we have touched upon I believe. And their knowledge was far superior to that which you retain today; it has been lost through the civilisation and it is something that could be regained if you wish, but I'm afraid mankind has lost so much, which should be natural to him. It is not something strange, it is not something you that should pray for—it is something, all of these energies are within each and every one of you; they are there if you so desire to use them. All they need is your time and your development of them, to be able to be used. You understand?

Les: Yes we begin to understand. I think we can understand more, once we accept that though we don't understand energy, or the forces of energy, if we accept energy as being *life*, or the *essence of life*, if you wish to put it that way, we might get nearer to an understanding of energy.

I will say this to you, before I leave you to continue with other things, that your physicists today have made the analogy of the perfect form of energy, which my dear friends, is the human body. They have made the analogy with the cosmos, the universe—because you see, your body continues (*To develop? tape inaudible*)—so also does the cosmos continue (?) the planets, all activated by energy. So you see how simple and yet so complex is this energy?

Les: Most certainly.

But we will come to more explanations for you, as I have said.

Les: Thank you we look forward to that.

Now, if you wish, we will see if anyone would like to speak and then I would ask you dear friend, to sit quietly and allow the one, who wishes to use you—(*To do so?*)

Les: Certainly, thank you once again and God be with you.

There then followed one through Sarah, who Lilian talked with, while Les sat in readiness to be used.

There was then a pause for several minutes, before Les felt that the person attempting to use him was not for some reason able to do so.

At the end of the meeting, while we were drinking tea and the recording equipment had been switched off, a powerful guide came through Leslie, who advised us to try to forget the difference between physical and spirit. We should think rather of the two apparent conditions, being only ONE—one cannot exist without the other—the other cannot exist without the one. We should try to think of ourselves as just energy and this should eventually lead to us having a better understanding of the energies which encompass us and which are a part of us, as we are a part of those energies. In answer to a question from Eileen, as to whether the Great Creator was energy, the answer was 'Yes,' the Great Creator is energy. The communicator then admitted that even he did not have a complete understanding of the complexities. Remember that the energy of the Great Creator, also was created by energy.

~13TH MAY 1996~

Good evening.

All: Good evening.

Les: Welcome once again and thank you for being with us.

It is good that I come when so many bring friendship and love. It helps my task no end.

Les: We are very pleased to know that. There always is love for you.

I hope that you have—all of you, felt in days gone by since last we met, an upliftment for you all.

Les: Yes I know I have. Have others felt it?

Margaret: Yes.

Les: Good, anybody else? Perhaps they don't recognise it, when they feel it.

George: I have felt it, yes.

The changes are subtle, so do not be concerned if it is not apparent to you. We know that we have given them and that you all have accepted.

Les: Yes, that's the important thing, thank you for telling us. It might make us more aware of the fact that we do receive it.

I wish to say to you, as your spring time turns to Summer time, then we can see the comparison with you all, that as new growth breaks forth, so too are each one of you, breaking new ground.

Les: Good, that's very pleasant news, thank you.

I came in on a vibration of love and I wish to say to you that the young lady who provided the music, which was playing and helped me on my arrival here, I wish to say just a few words about that one. *(Sara was not present on this occasion)*

Les: Yes please do.

There is much happening in her world at this present time and there is much to come, but she needs to slow down just a little. I would ask that those close to her, give her those words.

George: Yes I will, thank you.

Her energies, if she is not careful, can become depleted and we would not wish that, at this particular time in her life. So it is important that she take heed of my words.

Les: I'm sure she will, because she has, in addition to love for you, a great respect for what you tell us. I'm sure she will take heed of your words.

Let me say this: Although she does not join us here, she belongs with us here; she is one of you, whether she be here in body or not, I wish you to know this.

Les: Good, I'm sure she will be pleased to know it.

George: I'm sure she feels that.

Her life will be good, there is much coming to her, but she must take care of herself.

Les: Yes, we shall certainly make sure she has a copy of the words you've said, not by hearsay, but by listening to them.

That is good, because words do not always convey what I try to give. I also my friend, wish to say just a few words to you: We thank you for your continued work on our side of life, and since we met last, you have indeed been very busy.

Les: Yes I have been very busy here I know.

I do not speak of the earthly work, I speak of your work with us, on our side of life.

Les: Well I'm very pleased to know that.

Your awareness of this task will grow, I know you have felt it sometimes, but the knowledge will become stronger, the awareness will be greater and the opportunities become more.

Les: Thank you very much.

You do good work my friend, for the needy. You will not and cannot know how much, whilst you remain within these earthly clothes. But let me tell you, your work is admired by many in our world, your work is sought after by many in our world who are not allowed to do it, because they do not have the spirituality necessary. So my dear friend, you can justly feel proud of yourself.

Les: That's certainly very gratifying.

I do not say the words for the *(those)* reasons, but I have to tell you it is so, because I want you to understand that you belong in our side of life, as much as you belong here. You understand?

Les: I do, I've been telling people recently precisely that.

And as you gain earthly years, so the adjustment becomes much more—you spend a great deal of time on our side helping others, in a manner familiar to you on this side of life, but the capabilities are much more when you are with us.

Les: Yes I quite understand they would be and I'm very pleased that I'm able to be used like that in your world. I do look on it as a privilege.

Dear friend I say to you, remember you are an *old soul*. I cannot and would not say that to all or to many, but remember you have trodden many pathways, you have attained much and your achievements are *good*. And in this earthly frame now, we hope that your achievements will be rewarded, by work which should happen here and which you have waited long for.

Les: Thank you that really would be pleasant to have that.

Now because we have many, there is one with me who wishes to speak, who asked that you spend some time in darkness and they will explain to you why.

Les: Yes certainly.

Again, it is important that you all develop in your own individual styles. So we will take the opportunity presented to us.

Les: And one will be speaking through your instrument, in the darkness?

I wish to use this one quietly, there will be speech through another, who will instruct you as to why the darkness is needed.

Les: Thank you, right. There is just one thing I would like to speak to you about before you go. **(Yes)** I have had two ladies here, who both have had rather unpleasant childhoods and adolescence, and they have both in their own way, as they put it, been looking for 'The Truth.' Both I'm sure are very good people and have quite a lot of psychic ability. But one of them in particular has had her mind filled with nonsense, which has made her afraid of many things. I spent two hours talking with her a few evenings ago and I took the liberty to tell her to stop meditating as she has been, and to sit quietly and ask for your name to be of help to her. It was a liberty, because I hadn't asked you, but I hope it is permissible.

I am aware and I will do what I can and please do not feel as you do; I know that what you DO, is for good. When the intention is good, there can be nothing to say, you understand?

Les: Yes I do, I appreciate your agreement, because I was sure that if anyone could give her strength to overcome the fears that have been generated in her, you could do it.

There has to be a wiping clean of the slate with this one. We will help, but we ask that you continue with your words, because she also needs the physical contact, the physical reassurances, that all can be well.

Les: Yes they are both coming again, so I shall do whatever is necessary for them.

It may be that you need to be firm, your words need to be strong, but at the same time gentle, you understand?

Les: Yes I do understand.

We have here a child who is confused.

Les: She's very confused, you're quite right.

So although you must be strong, you must be gentle with her.

Les: Yes I'm sure we'll be that.

I will do what I can, but she has great potential that one.

Les: I thought she had, which was why I was anxious to give her the time, and clear her mind for her.

If she can purify the energies surrounding her, then she could be used for many things. But first we must take one step at a time.

Les: Absolutely. Well thank you very much for your help and I shall give her all the physical help possible and be gentle with her. Thank you very much again, may the Great Creator be with you, with our love too.

There then followed the expected guest through Sue:

I wish to speak to you.

Les: Yes thank you, we're all waiting for you to do just that. Our friend Salumet, told us to be in darkness.

Can you understand my words?

Les: Yes we can thank you.

I ask because this is not a tongue I am familiar with.

Les: No, you do use another channel regularly, do you?

Excuse me, I am referring to the language.

Les: I see, well thank you for using ours.

It is not possible to explain, but these words are being given to me, from another party on our side of life.

Les: Yes, we do understand this and we appreciate the great trouble you take, in order to speak to us. Am I right in thinking that the language that you used to use, or may still use, is not of our current usage, or even of our civilisation?

It is a tongue which has disappeared from your Earth, for many hundreds, even thousands of years. I will address you as 'Iyamedonga,' which means leader of men. You are indeed leader of men, indeed you

are—‘Avacanadiva.’ I requested the darkness, because I cannot use the energies available, when there is light.

Les: Yes we quite understand that the physical destroys those energies which you must use. So we are quite happy to be in the darkness, so that we may hear you speak.

Normally we can adapt and use your instruments quite well in your light. We can use different power, different channels, and there are no ill effects. But myself coming from the realms that I do, it would be a problem to use this one.

Les: Yes we do understand.

I am led to believe that you are conversant with energy, you are aware of its importance, yes?

Les: Yes that is so. We don’t know enough about it of course, but we do know that there are many forms of energy, of which we have no knowledge yet; many forms which are used by you in your world beyond ours, which one day we shall be able to understand we hope. In the meantime, we accept that you are using these energies for our benefit and for our learning and we do thank you for that.

I am not going to speak of energy this time, but I was just making certain, you were aware of what surrounds you at this time.

Les: Yes we have learned a great deal about energy and that it encompasses *all*, day and night, every moment of living.

Living—Living is what I wish to speak to you briefly about this time; living, BREATHING the air that surrounds you, FEELING the air, FEELING the POWER. It is vital, VITAL for your existence in the coming life, that you can appreciate what is surrounding you. When you BREATHE, you are taking in the ESSENCE of LIFE. Can you understand?

Les: Yes we can, I think we are all quite aware of that, that though we don’t usually think of our breathing, if we do consider it, then it is in that respect, that the very air we breathe, contains the essence of all life.

And you must learn to BREATHE.

Les: We must learn to breathe?

You must learn to breathe; you hear me now, you hear the way I breathe? This is because I have come back into the physical realm, the physical air. But any one of us that returns, you can hear the breath they take, am I right? You understand?

Les: Yes you’re right, we do understand you.

In your healing, you can hear the LIFE being taken in by the healer, yes?

Les: Yes, you’re quite right.

I want you all to learn to BREATHE MORE, MORE than you do now. You are not going to take in as much as someone from my world does; I do not expect that and I neither expect to hear the breathing. But I want you all now to BREATHE IN MUCH MORE DEEPLY than you normally do, and at the same time, those that are able, that are not being controlled, I would like you to place your hands against your chest. Please do not question why, I just ask that you do this.

Les: Can everybody do that please, place a hand or hands against your chest, all right everybody?

(Affirmed)

And in your own time, breathe out—make sure that every piece of the air is expelled from your lungs. Place your feet firmly on the ground and press down, down into the Earth. Please to take another breath and feel the life force coming up through your feet, through into the top of your legs and up through your torsos. Feel the energy coming, straighten up the back, lift the head, feel the energy surrounding your face; please concentrate on the energy around your faces, feel it—feel it, as it gently caresses your skin. You need this energy, it is your LIFE FORCE. Can you understand me?

Les: Yes we can.

Slowly, slowly relax and let the energy flow back from whence it came. This is the essence of your life. I would recommend that in your quiet times, in your busy lives, you find time to do this as often as you can.

Les: Yes I'm sure we shall all do that and what you say I find particularly interesting, because when I'm in my garden, I'm frequently being aware of the energy passing up through my feet, into my body, without consciously thinking of it—I'm aware of it happening.

I think you will find that if you ask the others here, those that are used as a channel, normally feel the energy coming through, from the ground. You should now feel at one, with the darkness here tonight.

Les: Thank you. That could be an answer to one of my colleagues' questions a little while ago, about *Divine Darkness*, because the darkness tonight, can be considered Divine.

Let me say to you, when there are discussions about our side of life, we always hear you talking about the light and we ourselves tell you about the light and the light of love—am I correct?

Les: You are correct.

Let me say to you now, that although you are sitting in BLACKNESS, you are sitting in the WHITEST, PUREST LIGHT that you could possibly imagine.

Les: Yes we are only physically aware of the darkness, it is a *spiritual light*.

Divine darkness, spiritual love and light, all are One, all are interwoven through all Eternity. You understand my words?

Les: Yes I do, I think we all do.

When you tread your final paths and come through the Light into our world, the Darkness which you have been accustomed to, your nights, your storm clouds, all will fade from memory. There will always surround you—a brightness, a luminous brightness, which as you know, is not harmful to your eyes, but will bathe and caress your spirit with Love.

Les: Yes we all look forward to those days, whenever it is our time to begin to enjoy them.

My purpose here this time, is to ask you to prepare yourselves for this Light. I do not wish to alarm you, it does not indicate that you are due to come to our side, but too few of you from this Earth are ready or able to appreciate the Love which this world is built from, do you understand?

Les: Yes, that's the purpose of our meeting here, to try and generate love, not only within ourselves, but to pass it onto others, who may be interested enough to listen to what we try to teach them.

I wonder if I could ask you all, to spare some time once more in your busy lives, to concentrate, concentrate please, on the WHITE, ROUND, SHINING LIGHT. It will not be physical to your naked eyes, but will be in your mind's eye. Let it start in your mind, as a small pinprick of light, keep it there, in your mind's eye; slowly, slowly let it built to another CIRCLE of LIGHT surrounding the pinprick. Let that radiate outwards slowly, so slowly, until it is a SHINING ORB in your mind's eye. Let there be RAYS of LIGHT from this orb and at the end of each ray, I ask you to place a figure of someone important in your lives, or known to you in your lives, or a loved one, who is loved in our realms. Do you understand me?

Les: Yes we do.

Concentrate on those people, send out thoughts to those people and in turn those people will have the sense of well-being, coming from the LIGHT. Can you understand?

Les: Yes, that's a most interesting thing for us to do and we shall all be trying it. Your words shall certainly not be wasted.

It is an exercise to prepare you for the time—the light will surround and the light is Love and the rays will touch those you are thinking of and sending love to—

Les: Yes we shall certainly follow your instructions in that.

Then spare a little time in your busy lives, just to concentrate on LIGHT and LOVE and not dark thoughts. This I know is not knew to you, it is something that has been told you for generations, am I right?

Les: Yes it has been told that we should not think dark thoughts.

I am not teaching you anything new in that.

Les: No you are merely confirming that it should be done.

Now, the energy which we discussed is not enough for me to stay.

Les: No I thought your voice was getting weaker. Well thank you very, very much from all of us, I'm sure you feel the love we have for you and the gratitude we have for you having come to visit us at this meeting. We are truly grateful for all you've said.

You could understand me?

Les: Very, very well indeed yes.

That in itself, is good. I also have learned a lesson this time. I say to you all, in my own tongue:

‘Suffano jakuthai, suffano cha ekoot suffana ja deeska.’ I send you in your tongue, love, health, and happiness.

Les: Thank you very much indeed. *(Affirmed)* What was your tongue known as, are you able to tell us?

I can only say in your tongue, it was the tongue of the Fire Bird.

Les: Right, thank you very, very much.

Please leave this one in darkness for a little longer.

Les: Yes certainly, we shall only introduce light very gradually.

I cannot say if more will come, the power is much depleted. I say to you all, ‘Suvakanawa.’

Les: Goodbye to you, God bless you.

Finally a control came through Eileen to help make sure Sue returned safely, before we closed.

~20th May 1996~

Good evening.

All: Good evening.

Thank you once more, for these meetings. I wish to say to you this time that I am well aware of your thoughts to me, but I want to say to you all once more, a little about the awareness you have gained, whilst we have met in this way, so many times previously. Let me say this to you my friends, there are so many of your helpers and your loved ones, who would wish to help you in so many ways. I want to say to you, that for many of you, the worst things that could happen to you, would be to have your prayers answered. We have spoken of the pathway of the soul—I have told you that life’s troubles and problems help you along this pathway.

Les: Yes you have.

And so it is. My dear friends, do not be dismayed when life’s troubles seem to burden you down.

Remember as your awareness and your knowledge grow, so too comes responsibility with it.

Les: Yes, we understand that.

I would say to you all, that since we have come together, your awareness has grown so much, that you should consider yourselves to be emissaries, to go forth and speak of the knowledge you have gained. Do not be fearful of the response that you may receive. Fear is a negative energy, this I have told you, but if you wish your soul’s growth to continue, accept the responsibility of your awareness and knowledge. So why do I speak these words to you? Because I wish you to realise that your thoughts reach me, but I *cannot* always provide what you desire. It would be so easy to give you what you wish, but it would be a negative action, it would not help you. After all, why have you come to this earthly plane, if it is not for your own soul’s growth? Now I think I will leave it there with you, to ponder upon my words.

Les: Thank you, yes we certainly shall, we do understand what you mean, but at the same time, I think we all understand that by you *not* giving what we wish, even though it might be easy, you are setting us an example by accepting *your own* responsibilities.

Yes, that also is a factor in this, but it is one of less importance. But it is important that you understand that your thoughts, your feelings do reach us, but it is not always possible to fulfil your desires—neither would it be good or acceptable to do so.

Les: I can quite see that. We understand the reason, even though we might not want those reasons. That is part of the growth we must experience.

Yes you all will understand more, as life progresses, because my dear friends, all of you will become *better, stronger* human beings, because of it. Life’s troubles will bring you *strength and growth*, even if you do not understand why. It is part of your life’s journeys. I know I am repeating words, but I feel it is essential to do so, to remind you all, that your life’s journey should not be expected to be easy, just

because of the knowledge you have attained. If anything, it may be that at times, life seems even more difficult and that is where your responsibility comes into play. You understand?

Les: Yes indeed, does everybody understand that? (*Affirmed*)

Now I know we have some questions this time, so let us continue.

Les: Yes thank you, if I may start again, there is something, which has puzzled me for a long time. We accept that the Great Creator created universe, not only this one but others, but we'll deal with this one—created the universe with Love and for Love and that Love exists throughout it. We've also been told that for every force, there is an opposite counter force. Now if the Great Creator was responsible for the universe, then he also—I say 'he' but I know it's just energy, it's a convenience term that's all—'he' must have been responsible also for the counter force of 'evil,' and that seems paradoxical, that he should create *love and evil*, unless the creation of evil, which must be so as a counter force to the force of love, was designed to test our free will, within the parameters of evil. Now, would the Creator have been responsible for evil, or is evil a function of man's attitude to life?

Yes my dear friend, I understand your question and we come again to explanations of your understanding. Let me say this to you: *Love and evil* are human terms. Of course the *Creative Power*, is responsible for all things, this world and many throughout the cosmos. When you speak of *Love and evil* as two separate things, in fact you are quite wrong in that assumption, because you see, *Love and evil*, are of the ONE energy. Again we come to this question of energies, upon which we will speak in deeper context of it, at a later stage. I know it is difficult for you to fully understand the meaning of energy, but let me continue: What is Love, if it is not Creation itself? What is evil? You would term evil to be the opposite of love.

Les: Yes that's right, we do.

It is in fact an *aberration* of what you term Love. Are you following me so far?

Les: Yes, everybody following? (*Affirmed*)

I will stop if you so desire me to do so.

Les: No please go on, we all understand so far.

Good. When you speak of Love, you are humanising the Creative Force, the Creative Energy, which is ALL of existence. When you speak of evil, you are *trying* to make the opposite of love. In the same way you do *despair* against happiness, *fear* against trust, so many things, you follow?

Les: Yes, we apply human terms to the intangibles and the indefinable.

Yes exactly and it is in a way mistaken identities, to give to these energies. But it is something you need to try to explain to yourselves.

Les: Yes I'm sure I'm not the only one who's queried this in the past.

I fully understand and accept your query, but you must try to understand, that it is one form of the *Creative Energy*.

Les: And we have merely named it, to suit our convenience, or inconvenience, in that case.

And for your own downfalls. *All* should be created with Love—it is you humanoids who have changed. It is your own *fears*, your own *anger*, your own *greed*, which has created this 'evil,' as you call it.

Les: Yes I couldn't imagine that the Creator (**No!**) would in fact have developed such a source of energy, as we imagine evil to be, as we *know* evil to be.

Evil is a creation of mankind.

Les: I thought it must be—thank you for that.

I find it difficult to put the words into your human language, but it is in fact Love, which has been malformed, if you like, by you peoples upon the Earth plane, you understand?

Les: Yes we do. I could not and I think my colleagues, had I spoken about it, could not understand that The Creator, would have been responsible for the two things; it was ludicrous to assume it to be so.

There is only—let me explain a little more to you this time: There is only one *Creative Energy*, but in many forms—it is streamlined. You understand me? (Yes) It takes many shapes, but it is energy refined in many ways. In all areas of the cosmos, you may say there are different energies, they are not, it all returns to *ONE ENERGY*.

Les: And all is Love.

ALL comes together to form the whole, in the same way as you as spirit, will return to the *ONE UNIT*. Can you see the diversity of you all? But you return to the one energy, you understand?

Les: Yes we do, thank you and thank you for answering us. I noticed your term, '*humanoids*.' That bears out what you've told us once before, that you have never lived upon our Earth.

I dear friends, am a *conglomerate of beings*, as I have told you when first I came. When the time is right, there will be more explanation.

Les: Yes, I wasn't asking for an explanation just now thank you, it merely confirmed what you had mentioned once before and we discussed after you had gone. And we thought it a privilege that you should be coming to teach us as you do and to put up with these earthly conditions.

I know there are many questions within your minds, but we must have patience. I know I tell you this often, but I will not say it is a fault with you, it is understandable, but your time-span upon this Earth plane, is so short, in eternity. So I understand, but again I say to you, be patient and much will come.

Les: Yes, we must ask your forgiveness, if we seem impatient.

No, I am always limited by many conditions, many factors, in what I am able to bring you. After all, there are those amongst you, who are quite new to this knowledge and it is better that we go slowly and be sure that all fully understand.

Les: I agree absolutely.

It would be simple to bring much and for you all to be confused and we do not wish this.

Les: No, we would rather not be more confused than we are. (*Chuckles*) We do understand what you say to us and we appreciate your consideration.

But I hope I have helped with your question, although for you it is a difficult one, so far as understanding goes.

Les: You certainly have clarified it in my mind. I must say I hadn't looked upon it in the way that you have put it to us and probably my colleagues here, would have been in the same thinking. They must have thought that the two were paradoxical and it's cleared a lot of doubts I'm sure.

I think confusion comes, when we use words like '*Creator*.' It seems to imply that something is *made*, and energy has *always been*, *always will be* and *cannot alter* to any great degree, in the way that you may imagine.

Les: No and that's another thing we can't quite understand, that it has always been, because our limited intelligences must apply a beginning to everything.

I have said it can be *transmuted*, it can be *formed* in many different ways, but not radically changed, as you may assume. So we are on difficult ground here. I do not think your understanding, even your scientists, your physicists, all of those peoples on your earthly plane who study such things, cannot clarify these energies. And let me say, their numbers which they have discovered, are *minute* compared to what exists.

Les: Is that so?

Of course, how else do you think we have our *space travellers*? They use energies unknown as yet, to your earthly sciences.

Les: Yes, we quite understand that.

So you see, their knowledge is limited as yet, but I will tell you that many discoveries even now, are being looked into upon this Earth. Knowledge is expanding and much more awareness will be made known to all of you on this Earth, as to what has been discovered.

Les: And is that knowledge—I know you're—how shall I say, *authorities* from your realms can *limit* our knowledge, according to our spiritual development. And is our understanding of other energies going to be limited, until such time as mankind's spiritual development is such that it can be allowed to use that other knowledge?

There are those who are influencing for the good. All around your world, people in power are being influenced of course. Too often in your Earth's history, has knowledge been abused. You know and fully understand this. We do not wish that these things continue to happen. Again we come to interference of

free will. We can influence, but we cannot stop the actions, once the knowledge has been accepted, you know and understand this. (Yes—) But there have been many of us who have gathered together, to prevent the disasters which have been happening upon your Earth. We cannot allow it to continue. So there are many from our side of life, who are working, who are instructing, who are influencing for the good, because as I have previously told you, there have been civilisations upon your Earth, who destroyed themselves; they had the knowledge, but they destroyed what they had.

Les: Yes, we come again to the difference between knowledge and wisdom. I have said to many people over the years that knowledge is one thing, but wisdom is the ability to use that knowledge properly. I would agree with those words. Knowledge does not always mean *good*. Knowledge, like energy, can be abused.

Les: It can and it has been unfortunately.

Unfortunately mankind has a long history, not only of abusing knowledge, energy, but even in these days of your so-called '*enlightenment*,' is man abusing himself. We cannot allow it to continue. I think you will even now have noticed that there is an '*upsurge*,' I believe that is the term, of spirituality throughout your world.

Les: Yes, you're right.

It is beginning to happen and it will continue.

Les: Good, well we're certainly very, very pleased to know that and we have been aware of it happening. Again, we have to exercise our patience, because all of us here and many others like us of similar thought, want it to happen and want it to happen quickly, which of course we know is not possible. But we can still hope for it to happen quickly.

Around your world, there are many groups like this one, who are being given the same information. All could clarify what has been said, if you could all get together, but I don't think that will happen, but many opportunities will arise, when what is being told, and taught throughout your world, will come to the fore and peoples will know, that what we bring is the **TRUTH** and is brought with that **GREAT CREATIVE LOVE**, of which we opened this discussion.

Les: Good, and in the meantime, if *all* those groups utilise the power of their thoughts from each group, that I am sure, will be a help in the scheme of things.

My dear friend, you speak of my favourite topic, '*power of your thought*.' Yes of course it is powerful and should be used by you all and I know that you *here* do not fully use the *power of your thought*. You try it when we speak about it, and then it seems to disappear from the forefront of your minds. So dear friends, always keep it in mind that you can achieve so much, with the *power of thought*.

Les: Yes, now perhaps you can help us in this Salumet. In order to achieve what you and your colleagues are attempting to achieve, what would be the best way for our thoughts to be directed? What mental words should we use and what direction should we try and spread them?

My dear friends, I would say you need no words. Go deep within, go to the *spiritual* aspect of yourself, to send out that **Universal Love. It is not necessary to use words to make connection, after all what is **THOUGHT**?**

Les: Energy again. **(Yes)** And of course it's our human failing to have to put everything into words.

If you so desire, then of course you can use your words, but it is not necessary. I could perhaps suggest to you, to make it a little easier for you: If you imagine the most powerful feeling of Love that you have ever felt—and I don't mean physical love in the way you would imagine, but deep Love that comes from within. If you can recall that feeling and send it travelling, then you would be achieving the contact that you desire.

That is all you need to do. But firstly recognise that feeling and you all have experienced it, at some point in your lives. Seek it out and remember how it felt, then utilise it and practice with it and you will find that you become more adept in its usage.

Les: Thank you, we'll certainly try and do that, because we're all anxious to give whatever help we can, in whatever direction is most desirable, for the overall good.

If you like, you could focus on your earthly world—you all have seen photographs of it, you all know what it looks like from a distance. If that would help, then focus upon it, envelope it with that love which I have spoken of.

Les: That's a very good suggestion, we thank you for it.

Imagine it being bombarded with this love and you can achieve much.

Les: Yes thank you, because that gives our human aspect, something to focus upon.

Yes, it—I almost said 'a failing' and I apologise for that word, it is not a failing, it is just a part of your human existence. But try it if you will, and you may be amazed at what can be achieved.

Les: We shall certainly try, it does give us some focal point, which as humans, we all seem to need. Thank you for that.

Now I will leave you this time.

I envelope you all within my Love; I thank you again, for your gathering, I thank you for your attention and until we meet once more, I know you will be comforted throughout your daily chores, and may that Great Creative Love, of which we speak, keep you (?) enfold you all.

Les: Thank you and our love goes with you again and God bless you.

There then followed a message from a Chinese guide through Jo, for the one about to make a journey (Paul was off to Thailand/Malaysia)

There is a man here whose name is John brother, he has with him a soul who is experienced in the sort of activity you are about to undertake. When on this Earth he was an Aborigine and walked many hundreds of miles alone and was entirely happy in his own company and this man will be with you for your entire journey.

Paul: That'll be wonderful!

When you have the opportunity, please sit quietly and think of this friend who is with you and hopefully you may feel his presence—

(Much thanks expressed)

There was then one through Sue to bring healing to a member of the group. (Joy)

Then one came through Eileen, who called herself Maggie, with a light-hearted chat, which rounded off the evening on a light note. She said she would try to help and heal Debbie's horse.

NB: Les states at the end that the Chinese guide through Jo, mentions John brother and that this is almost certainly meant as Brother John, who was a Glastonbury monk of long ago and who had visited before on a number of occasions. (In Chinese, fore and surnames are often reversed.)

~3rd June 1996~

Good evening.

All: Good evening.

Les: I apologise for us being short on numbers again.

Those of you who are not with us, are here in spirit—it will always be so.

Les: Good, that's nice to know. I'm sure they miss being here, but they do have their holidays and other circumstances prevent them coming sometimes, as you know—but it's not from choice.

It is important that your lives continue upon earthly matters sometimes and as I have said, they are *here with us in spirit*.

Les: Yes, that's the important thing I know.

So the absence of the physical being is not so important, although from my point of view, it is good to see you all together in the physical sense, because in coming together within the physical bodies, it produces the *Shining Light*, which helps me so to join you. (Good.) Before I continue, I would like to say just a few words to the lady you call Jo. I want to say to her, I am aware of the difficulty of some decisions that are in her life at the moment and I say to her, I will try to influence her along the right pathway. There is no need to say more about it, she should understand.

Jo: Thank you.

Les: Thank you very much for that.

We have to say to you also dear friend, there are problems surrounding you also, not personal problems, but problems around this area, which are being sorted out. It will be done, so be patient.

Les: Thank you yes, I didn't know of personal problems, but there are problems in the area.

Yes, we understand and we are working with it.

Les: Thank you, yes I must admit I have found very difficult to be charitable in my thoughts, because of those problems, which arise.

My dear friend, remember what I have told you, you must not judge, you cannot see the full picture and although life presents these problems to you, you cannot judge another.

Les: No, I do accept what you say.

I fully understand that within your daily lives, all of you find troubles of many kinds, troubles which you find difficult to be kindly about. But always towards people, you must give love. You can condemn conditions, but I say to you, do not condemn another being.

Les: No, I try to do that, I try to live by that precept and I condemn the *noise* I have to put up with sometimes.

Yes, that is fine, but never, *never* condemn another human being. I know all of you find these words difficult, but let me tell you, you can only grow from being charitable towards each other. After all, that is why you are here, to express your love for one another, to express that spiritual aspect of yourselves, which knows only love. You see?

Les: Yes. As you say, it's not easy, but we must try.

But it will be sorted for you.

Les: Oh thank you very much for that, it's comforting. Yes I had been wondering how long it was going to continue, particularly now as I try to envelope myself more in the silence and meditation.

Yes my dear friend, you are growing are you not? In the silence when you sit in your meditative state, you are growing so. And I believe you feel this to be so as time continues that your expansion of knowledge grows greater.

Les: Yes you're quite right Salumet.

You are now beginning to feel the expansion of your spirit, whilst within this physical being. It is the part of you which needs to grow, to expand, to stretch forward to newer and higher things. And dear friend, you are achieving this.

Les: Good, thank you.

Now I will take questions this time and then I will give time for others to speak to you.

Les: Thank you, yes I have a question, I don't know whether it is answerable even, but it all hinges again on energy. We have spoken about those who are responsible for the *flora and fauna* on this Earth and presumably other planets. You did tell us that they cannot alter what is decreed by the process of evolution. I have been thinking a lot about what you said, and of course it is quite incomprehensible to me and I expect my colleagues too, but am I right in thinking that the essence of life is in itself an intelligence and energy of some sort? It must be intelligent surely, to create the marvels on Earth here, in the animal and vegetable kingdoms—the incredible complexity that exists. I cannot think that it can be anything but intelligence, operating behind that. Is that an energy?

My dear friend, I know this is a subject of much difficulty for you in your understanding. Let us speak a little upon this: All life-forms are energy. I have said we will discuss it more fully and we will. When you speak of the essence of life as an intelligence, in a way you are correct. But I have to say all forms of life are one aspect of *The Creative Force*, if you wish to call it *intelligence*, then so be it, but we would need to define the word '*intelligence*.' It is a difficult word to describe to you. Of course all intelligence I would presume you would say, comes from the mind—the mind belongs to the spirit, the spirit belongs to *the Creative Force*, of all life's form, you follow? (Yes—) So in that respect, there is intelligence behind evolution of all kinds. But I would say to you only this: Energy itself, you cannot define as intelligence. There is a comparison there, but there is also contradiction. It is a difficult topic for me to discuss with you, because I cannot explain to you in earthly terms that which you need to know, to fully understand.

Les: No. I can accept that, because I suppose in some future state, we shall acquire what I can only put as an *awareness*, rather than a physical knowledge of these things. And that awareness, when it develops, will lead us to have a more comprehensive acceptance, of these things which now puzzle us.

Yes, the time will come, as it does whilst you walk upon this Earth, when awareness comes to you, so does wisdom and knowledge—this you can accept. (Yes—) It does not belong to the word intelligence. Wisdom and knowledge are innate things, within the spirit body, you follow? (Yes—) So when you speak of intelligence, you are using a word that belongs to the earthly body, so you see where the contradiction comes into play, you understand?

Les: Yes, I suppose it's right to say that one cannot quantify intelligence, any more than one can quantify love?

You are now beginning to understand dear friend, these words are only words. When awareness comes to you, when you leave these bodies behind, you see so much more, your understanding becomes greater and many things fall into place, where previously they were misunderstood. It is a difficult topic and one we can return to, as your awareness does grow, as your knowledge grows. But I don't truly believe that you will fully understand, whilst you tread this earthly plane.

Les: I can accept that.

There is so much you need to learn first, so much awareness within yourselves that will be exposed, when the spirit self of you comes to life, if I may use that expression. Even so, there are many in our world, who would not be able to fully understand the question that you have put to me. It is a difficult one to answer.

Les: Yes, I'm almost inclined to say, there is no, what we would call, '*rational answer.*' There is an answer somewhere—or does it need an answer?

It does not need an answer, it always has been, so it cannot be changed. The answer is always there, but you need the awareness, for the *acceptance* of the answer, you see? (Yes—) It is difficult to put an answer into physical words.

Les: And it's just as difficult to find words, to give the experience and understanding which is necessary, for the awareness.

We are speaking about ethereal matters, and in that sense you would need to be in a more raised state of consciousness, to even to tread the first step of the ladder towards understanding.

Les: Quite. I accept these things and I quite understand what you say and I agree that there must be an awareness and ultimately we shall get it, but my physical brain, not my mind, my physical brain still ponders these things sometimes.

Of course, and there is no reason why you should not. It shows that you are seeking *Truth*, it shows that you are seeking that part of you, that spiritual aspect of you that belongs to another time.

Les: Yes and it was a silly little thing which prompted me to think this actually. I feed blackbirds each day, I love the song and I feed them regularly and I was watching one as it was looking at me and I was feeding it, and I put myself in its position. Quite unable as it is to say thank you, or show any appreciation of what is being given to it, not even an understanding of why I do it, but an acceptance of what is coming it's way. And I thought to myself then, how like living here that is—we can't understand why these things are being given, but we must *accept* then, as coming to us.

If you can do that, then I say dear friend, you tread the right pathway. When you come to the point of acceptance and I mean *true acceptance*, in the knowledge that all that lies before you, is not an accident, but is your life's pathway, then you truly are beginning to be aware of the greatness in front of you. You should not dispute it, you should accept it with love, you should *know*, that all that comes before you in the form of what you term '*Nature*,' is that *Creative Force*, helping you to develop your own spirituality.

Les: Yes, I see your point.

In the same way, you speak of the birds of the air, they too have what you might term '*intelligence*,' but not in the form that you would term intelligence, in your human beings. But let me say this to you all, that intelligence belongs to the one energy, whether it be you human beings, whether it be the birds of

the air, the animals in the field, it stems from the *One Creative Force*. So now can you see that you cannot distinguish intelligence, as just one energy? It is impossible.

Les: I agree, once again one comes to the difficulty in accessing intelligence or instinct.

Yes, you cannot. You can try, you can try, you can put words to it, but it is too much for your physical brains to fully understand. But it is good that you think upon these matters, because as I have said, it shows your awareness is growing and that can only be good.

Les: It's very interesting to think along these things.

Creative Force belongs not only to this planet, but to *all* of the universe, to the cosmos—it is much bigger than you could possibly know or possibly imagine.

Les: I think we have no conception of it at all.

I think we all seek and search towards it, that it is like a *magnet* to us all, that we continue to *seek* and in doing so, we find the *expansion of love* grows and as it grows, it produces more and more energy. And we come to that point of Creation, where no longer is it necessary to search, to seek, or to question. There is a time in development, when you are as *One* with the *energies*, with the *Creative Force* of all the cosmos, and when that time comes, then all will fall into place.

Les: Yes, yes I'm sure it will.

But dear friends, for you all here, that is aeons of time away, but the time will come, I can assure you, when all will be gathered as one—one in *energy*, one in *knowledge*, one in *Love*, one in *understanding*.

Les: That certainly is something to look forward to, even though it may be aeons of time away. We shall still keep it in our sights and doing that serves to offset the difficulties, disappointments and unpleasantness of this physical life—not that it's all unpleasant of course, but it helps us to tolerate the unpleasant aspects that we come up against.

If you look upon your lives here, as a stepping stone to knowledge and wisdom, then your tread would be lighter.

Now dear friend, I think I must allow others to speak this time.

Les: Thank you, I hope I haven't taken too much time, or interrupted what you wanted to do, thank you for your answer.

I know it is not perhaps what you expected, but I will say my answers to you, will not always be what you want to hear.

Les: No, I can quite understand that; it is the purpose of our learning, isn't it, after all?

I hope that what I teach you, is with love.

Les: Thank you again and God bless you.

There then followed one through Sue, called Francesca, who gave further information of interest:

—I am here to speak about one of those paths that we tread. It sounds as if I'm going to lecture, but please, please do not think—

Les: We don't think that for a minute Francesca, or do you prefer to be called Sister?

No, no. Francesca is perfectly acceptable.

Les: Thank you. No, no we don't think you're lecturing at all, we're always interested to hear from those on your side, who take the trouble to come to talk to us.

It was said earlier by the great one here, that you must not condemn your fellow man, and I know how difficult a task that must be.

Les: Yes I have to agree, it is difficult.

We are all human, even those who have passed into spirit, were human once, and have the human frailties, yes. But let me try to tell you this: When you feel a thought coming into your mind, which is less than charitable, and believe me I have had many of those myself—Stop and take control, calm down thoughts inside your mind, and think how you would feel, if those thoughts were turned against you. Does that make sense to you?

Les: Yes it does.

It is a hard and difficult road to tread, and there are many, many times, when you are likely to stumble.

Les: I'm sure there are.

But stop, take control, think of how they would feel and then see if you cannot turn that thought into kindness. Think of something that is favourite to you, perhaps a colour, perhaps a favourite scent, a Spring day, a cold day—something that is pleasurable to yourself—and try to imagine the thing that you have got a problem with, in the centre of this, in the centre of a colour, in the centre of a scent, the centre of a bright sunny day. Turn your thoughts towards your favourite things and try to dispel the anger. I know you pause then and you think to yourself, 'No, we cannot do this,' but—

Les: No, no I didn't, excuse me for interrupting, I was just thinking of the various things that you said and it seems a very feasible thing to do, if we can remember to do it.

Yes, it takes time, it takes time not to say the hasty word and I'm sure in the fullness of your years, many hasty words have been spoken by you all. Many times you have stubbed your toe and thought more or less uncharitable things, have you not?

Les: Yes I'm sure we have. If we haven't said them, then I'm sure we've thought them.

Not that I'm expecting you to, if you stub your toe, to think of a pretty colour, no I'm not, no, unless of course it is purple. (Laughter)

Les: No, we do understand what you say and appreciate it.

I am trying to make light of the subject, because I know how difficult it is to be charitable all the time. It can only come with love, and the more love you give out, the more love you will bring back in, is that not so?

Les: That's absolutely—we agree with that yes, it feeds upon itself, does love.

And it grows, and it is nurtured and it spreads. If just once you can turn a bad thought to good, it makes it so much easier for the next time. I know you have heard all this before, I am not telling you anything you do not already know.

Les: Oh yes, you're giving us a different *angle* on it, as we say.

That is what I have come to do—no lectures, just a different idea.

Les: That's right, a very good idea, we appreciate it and I'm going to ask you a very personal question: Do you find it difficult in your new life, to always have thoughts which are charitable? Do you find it any easier to do that in the spirit world, than it was on Earth?

My friend, it is not—

Les: I'm not probing—

Not at all, I didn't think you were. There is no magic formula in the spirit world. You tread a path there, as you would have done on this Earth. You make mistakes, you are told of these mistakes and you try to correct them, just as you did here.

Les: You do have teachers telling you of your mistakes?

Of course!

Les: Yes I thought you did.

Of course.

Les: I thought you DO, rather.

Oh, we have all sinned in spirit, do you understand?

Les: Yes, but you still find you have to work at it, to do the right thing.

Of course, we do not get our little halos, the moment we pass through the door. (Laughter)

Les: No, you still have to earn them.

We are not on fluffy clouds, no.

Les: No, I didn't know whether there was any mystique, in the atmosphere there, which enabled you to be more charitable more easily.

I understand what you are saying and yes, the environment is so different, of course it is. There are no black clouds of doubt and uncertainty pressing down, as there are on this Earth, you understand? (Yes) There are problems, but those problems are inside and have to be brought out, and broken down. Do you understand what I am saying? (Yes—) and so YES, there ARE problems in our realms, but YES we ARE surrounded by a much brighter light than you and there IS more love surrounding us, so the path is not as rocky. You understand me?

Les: I do, this answers a question that was in my mind, I thought it must be easier, to some degree, when you get over there.

But problems ARE still there, they do not just dissolve. We all have to learn and we all go on learning, every step of the way. Even the great one who speaks with you, is still learning. He is just one facet of the being and needs to learn from the other facets. I cannot say more than that, because unfortunately I know no more than that about it. He—I say ‘He,’ you understand? (Yes) He and I are many planes apart, you understand me? I’m on the very bottom rung of the ladder.

Les: Like us?

Yes, we are on different ladders, but on a similar level—whereas the great one there has gone up and beyond the top.

Les: Yes. What do you do mostly now, in your work?

When I am not being taught, I teach.

Les: And what do you teach, what you’ve been teaching to us?

No, I do take classes for the younger ones. We do much reading, there are certain books that we are allowed to use and I spend a lot of my time reading these texts, with the younger ones. It is learning about love, and forgiveness and the paths of good.

Les: Yes, but without any particular orthodox religious bias.

No, religion as you know it, does not exist in our realms.

Les: Good, I’m glad to hear that.

We have more separate creeds, all paths although different from Earth, all reach the same end. We are now at that end and join together in bringing Love from the Creator.

Les: Yes, but there those who still try to adhere to their earthly religions, I believe?

That my friend is human nature. When you have spent a lifetime following one path, and then you are told that path has been leading you in entirely the wrong direction, are you not tired, when you have to turn around and start again?

Les: Quite.

It takes time, with many rests and much teaching, to get back on the right road. So we must not condemn those that still hanker after the old paths.

Les: No we don’t condemn, we have many through for ‘rescues,’ and we have to explain to them that they cannot follow the orthodox religions that they used to follow when they were here.

Of course—others come back to you for teaching, others are able to be taught, without the need to return. Some obviously find it more difficult than others, especially those who when they were teaching on this Earth, were at the top of their ladder. How hard it is when they find they have fallen to the bottom.

Les: They must find it very difficult and I sympathise with them—that’s not patronising.

No I didn’t think—some of course realise they had taken many with them, on that wrong path, and have to try to undo the wrong that they feel they have done others. But they must not condemn themselves, each one has free will and not all are forced onto the wrong road—some took the step, of their own volition.

Les: True. Well thank you for what you’ve told us Francesca.

I hope it has been of interest.

Les: I’m sure it has, it has to me and I’m sure it has to everyone else here.

As I say, I haven’t told you anything very new, I have just put I different perspective to some of it.

Les: You certainly have done that.

And now, I leave you with my love and the love of the Sisters that are in this room with me now. Each one sat with you tonight, has had a Sister by their side, whilst I have been speaking. They have been sending out love and healing thoughts, for those that require it.

Les: That’s nice, we do appreciate their kindness.

If you do not mind, they will stay quietly until the end of your meeting.

Les: Yes of course they may.

There will be no speech from any, they will just send out their love to you all. (Farewells)

There then followed a rescue through Sarah, whilst another came through Sue, talking about making preparations for someone to come on a future visit.

~10th June 1996~

Salumet did not come through this week, so the evening began with discussion about one of the rescues which happened at the Wednesday circle. It had been a difficult one, involving a Chernobyl victim. The man had gone into the area with a team, knowing they would never come out. Suddenly/unexpectedly one came through Les:

I say to you my friends, though you did not witness what this one has just spoken of, you can be assured that it all stems from the work you and your colleagues do, in this Temple of Love. It was a tremendous experience for the lady concerned. (Heather) We cannot express sufficiently, our gratitude, and even our admiration for her, taking on such a task. We know that it left her somewhat depleted, but that was taken care of. But I wish to tell you, as I shall tell the others at the next meeting, that the group whose representative came here and was dealt with as usual, are now well on their way, to accepting the new conditions, in which they find themselves. (Thanks expressed) I thought it was only fair that I should come to tell you this, to confirm once again, that you cannot possibly ever know, whilst you are in this physical plane, the tremendous work that you all do, to help those just to cross the border. We can only ask that you continue to give your time, your energy and your love, in these matters. For this we thank you in advance, for all that still remains to be done.

George: We thank you, God bless you.

We ask God's blessing upon you all. Never fear that you will be left with any definite reaction after such a rescue, as you call it; all will be resolved. God be with you all my friends and thank you. (Thanks expressed) Thank you.

There then followed one through Sue, giving instructions to improve conditions within the room. We were instructed to bring our palms upwards and breathe long/deep breaths as instructed at a previous meeting. There then followed a period of silence for about 15 minutes, before both Sue and Jo were used simultaneously. (Jo's communicator only spoke for a very short time and the words are shown in CAPITALS) Are you prepared to speak? Is there power here for you?

POWER HERE.

Yes, yes thank you, you are here for short time to speak to gentleman, as was discussed earlier. I am here for you, but please to speak to this one here. Please to take seat.

Les: Good evening to you and welcome. Our love is with you.

VERY SORRY—POWER IS NOT ENOUGH FOR ME TO SPEAK TO YOU THIS TIME, BUT PLEASE TO ASK INSTRUMENT FOR FEELINGS. IT GIVE YOU SOME INDICATION OF WHAT MY WORK IS.

The communicator through Sue stayed a little longer, explaining a little about what the one through Jo hoped to be bringing to the group. The conversation then moved on to talk about COLOUR:

—You have had many discussions in the past, about colour I know, and I say to you, when it is your turn to pass into our realms, the very first thing that will surprise, astound, and make you feel at one with the spirit, will be the colours that your new eyes can see. It will be magnificent for you all.

Les: We shall certainly look forward to that time coming, when it is due. We've heard that there are beautiful happenings in your world and that gives us more of an indication of what there can be, to look forward to.

I say to you also, that you could all see greater colour than you do, if only you would open your spiritual eyes.

Les: Yes I think we all try to do that, but of course we are sadly limited by the physical requirements every day. That's not an excuse, it's just a fact; they are difficult to overcome.

I am aware of the problems on this plane.

Les: But we can still try nevertheless.

If you can just appreciate one colour every day and concentrate on it, you will be amazed at how vibrant it would become. I suggest you attempt this exercise, if you have the time.

Les: It would be a very interesting exercise for us to do. Thank you for the information.

The communicator then mentioned that much power had been used and the evening was brought to a close after the usual thanks and farewells.

~17th June 1996~

Good evening.

(Welcomes)

Les: And a very warm welcome once again. I hope your instrument's voice, has recovered sufficiently for you to use her this time.

I intend that we speak only part of the time, this time, because although the instrument thinks all is well, it would be wiser for us to shorten speech time.

Les: I understand, thank you.

Although I did not use words last time, it was not wasted. Every opportunity is used, as you well know.

Les: I do indeed.

So we always allow others to come and I know that you were most interested last time.

Les: We certainly were and it was very useful information which was given to us.

I would like to begin this time, by saying a little about the evolvement of this planet Earth.

Les: That's interesting, yes please.

We have spoken much—have answered questions about what will happen to this planet. I would like to go just a little further this time with you, because I think your understanding, is fuller. So many of you within this planet are concerned about its destruction.

Les: Yes, that is so.

When first I came to you, I told you that man would not be allowed to destroy it and so this still stands; man will not be the cause of the Earth's demise. But we go further in time, to when this Earth will come to a natural end, not an end of destruction, you understand?

Les: No, but a gradual ceasing of the life within it?

An evolutionary plan will take place, this is natural and nothing to do with destructive forces.

Les: Quite, we do understand that, thank you.

So you will say within your own minds, what will happen to human beings?

Les: Yes we have questioned that, quite often.

As you know, everything *has been, is, will be*. There is no beginning and there is no end.

Les: Yes we accept that too, you have told us several times and it has been quoted in other places. So we can't do anything but accept it, even though we still of course, don't understand it.

As human beings have evolved, so too will they come to an end and we have spoken briefly that although the physical form will no longer remain, of course you exist in another form of energy. So do you begin to see and understand what the evolvement of this planet will be? It is too far ahead, but I feel at this time, that it is something I would wish you to know and understand.

Les: Yes we would like to hear more about it please.

As this planet Earth was formed, what you term as '*low-life*,' first began. But I say to you, that form of *low-life*, and again I do not like the term, but it is one I use for your understanding—it all evolves from the one energy; again we return to the subject of energy. So humans evolved and so the time must come, when human beings have played their part within the cosmos. So they must move on, to higher and better things, you understand? (Yes) Do you have questions?

Les: Yes, when you say they must move on, when the time comes for the Earth to cease as it is now, presumably that will take many, many years in our time to happen; it won't be a sudden catastrophe. **(No!)** It will gradually cool, I imagine.

It will be a natural process, yes.

Les: And so humanity will cease to exist, because of the lack of facilities, to enable then to continue living, is that so?

Mankind as you know it now, will have ceased to exist before such time.

Les: Is that so? **(Yes)** So evolution in another form will have taken place *on* the planet, before the planet ceases to exist?

Yes, I want you to understand this.

Les: Yes, that's certainly a very new outlook, a new concept altogether I'm sure. I'd certainly never considered that.

No, because mankind is set upon the idea that you have the power to destroy. I say, although you can destroy much upon your Earth, you do not have such power. You are one group of energy, which has evolved and will finish too, you understand?

Les: Yes, so whatever we do, we cannot destroy evolution, as planned?

No, you cannot, man does not have that power.

Les: No, well that's a very interesting concept, that humanity as we know it now, will *cease* and become another form of life upon this planet, is that what you're telling us?

No, mankind will never be another species, mankind will filter out naturally, as you have your dinosaurs and other species, you understand?

Les: Yes, but the spiritual aspect of man, will live elsewhere?

It will—there are other areas of existence, which belong to a higher energy and mankind will upgrade to such places.

Les: So it's going to be the dissolution of mankind as we know it, **(Yes)** will be a gradual thing?

It will be, but understand I speak of much time to come.

Les: Oh I do understand that, it's far beyond our ability to understand.

But it should give you thoughts of what is happening upon your Earth.

Les: Yes, it certainly does that.

Man has an unreasonable expectation of his own power, and he must not.

Les: So to sum it up then, mankind as we know it, will evolve into something different, over aeons of time, and when the Earth finally ceases to exist as it is now, it will no longer be a calamity for mankind, because mankind will not exist, but will have progressed to another form of energy, unknown to us upon this Earth, at this time.

When the time comes, mankind's raised consciousness will move him forward. Yes, there will be no *big bang* as we have spoken, it will not happen that way.

Les: So it's going to be another form of evolution, to a higher degree of perception and living?

Yes, as you see in nature, you have strains of whatever flower, vegetable, mankind himself, where they become stronger, more aware of their surroundings—their consciousness is raised in many different ways and that must happen, before the things I tell you of can happen, and they will.

Les: So would I be right in saying then, that by the time the Earth begins to disappear, there will be no such animal as man, upon the Earth, but spiritually they will have progressed, into another plane of existence?

Yes, I told you when first I came, that many of us have gathered and that is our task, that man's consciousness should be raised, that the innate knowledge that you all have, should come to the surface, that eventually mankind return to spirituality, to that knowledge that is within, to that part of their being which is the real them—it must come forward.

Les: So that confirms what you told us a little time ago, that we should cease to think in physical terms and try to control our lives more, in a spiritual way and think of spiritual development, rather than physical futures?

My dear friends, always I will teach you that, always I want you to know the power of your *Thoughts*—always I will return to that. I want you to know yourselves as you truly are. Look not at each with those physical eyes, look upon each other, as *spiritual brothers*, look within the physical body and see that *Light shine forth*, from each one of you. And then and only then, will you begin to have an inkling of what each and every one of you is about.

Les: And I thin knowledge I would be right in saying, that you've opened a very wide doorway for us all tonight, giving us much to think about in future.

I know what I bring to you is a difficult subject, but I ask you dear friends to think upon it deeply.

Les: I'm sure we shall.

You do have the understanding, all of you, to begin, to *begin* to realise just a little, what you are about.

Les: For myself, I must say I find what you've told us tonight, eminently reassuring in some way and I've no doubt my colleagues will also have that reassurance.

It is good and it is necessary, because you see, if you return again to the *Power of Thought*, these negative aspects of thinking, can create what the thought is, can you see? (Yes) It is much better that you have clarity of vision, that you can see forward, to dispel the clouds of doubt.

Les: Although it will be far beyond our lifetimes, (Yes) I'm quite sure that it does give us a comprehensive feeling of the future, if I can put it that way.

Yes, and that is all that I require of you, that you look forward and not backwards and not *negatively*.

That is all I desire from you and I hope that all of you dear friends, can achieve such.

Les: I think it would be nice for you to have individual answers on this for you Salumet tonight? Does everybody feel as I feel, that it has opened a vastly different insight, into the future of mankind, do you feel that? (*Affirmed*)

George: Yes, this is a positive view for the future.

Les: Thank you, so you have the answer my friend.

I am happy to receive such positive responses. Now I want to say only one more thing, before I allow the instrument to rest the voice and others are waiting to come also. I wish to say to the lady with us this evening and I know is no stranger to this work, but I wish to say just a few words to her: You, my dear child, have trodden a difficult pathway this time, but I want to say to you, that your future years will be much brighter, than those gone by.

Doreen: Thank you very much.

You will achieve much in your future years, you will look back with some satisfaction and you can only do that, if you have been able, and I will use one of your earthly sayings here, '*When you have sorted the wheat from the chaff.*' Only then can you recognise the success of a life and you my dear, will achieve it. But you have a way to go just yet.

Doreen: Thank you very much indeed Salumet.

I want you to recognise one of the things in your life, which '*trips you up,*' I think you say. You do not look squarely in the eyes, situations before you and you must look closely and accept your part in all situations. You cannot always look at others, and say it is their problem, you understand? (Yes—) That is all I wish to say this time.

Doreen: Thank you very much Salumet, I shall remember your words.

Now my dear friends, as I leave you this time, remember I am with you, remember always I hear your thoughts, remember always that the great love of the cosmos surrounds you all, that each and every one of you here, is important to each other, as you are to all of mankind.

Les: Thank you very much for all you have given us tonight, in the way of love and information. We are grateful. God be with you.

There then followed one through Sue with a message for Debbie, that she was making good progress, even though at times she may not feel this to be so. There was then a rescue through Sarah, before we closed.

~24th June 1996~

Good evening.

(*Welcomes*)

Thank you dear friends for gathering once more.

Les: It's a very great pleasure to be with you here.

Conditions this time are not good. Therefore I will speak with you for a short time only.

Les: Is it anything we have done or not done that make the conditions not good?

No, it is *nothing* that you can change. I thank you for what you do each time—but the conditions surrounding us, are not as good as we would wish. Therefore, whilst we have the opportunity of speech, I will answer questions this time. But before we do, I wish to ask you that the next few meetings that the instrument be left quietly, while I work with her. There will be others to speak to you, so it will not be quiet.

Les: I see, well we shall be very happy to go along with that and do whatever is wanted of us.

It is necessary sometimes, that we should work together in this way.

Les: Yes, I quite understand.

Now, do we have any questions?

Les: Yes I do actually. Last time you were here you spoke to us, very rewardingly, on the physical platitudes. There is a question I've been wanting to ask for some time. You have told us in the past, that when we come back to this life—which is done, not only on our own volition, but after consultation with councillors in your world—we know what we are coming to. I must confess this puzzles me. Does that expression mean that we are fully aware of the life we shall have when we come back here? Or are other conditions likely to interfere with what might happen, when we do come back? I ask this question, because I think we are all puzzled, as to why we should want to come back into a life, in a body that is perhaps *deformed*, not complete in some way, or suffering other traumas, which make life almost unbearable on Earth. This is, I'm sure a puzzle to us, as to why we should choose that. I understand that our choice is not physical, but is for the progress of the soul. But it still puzzles us, as to why we should choose that sort of life, with all its problems and complexities.

My dear friend, again we are speaking about difficult matters of your understanding. Of course each soul fully understands, what his task is about, before he reincarnates. Of course he has put forward that aspect of the spirit, which is ready for growth, that aspect of the spirit that needs to go forward.

Therefore let me say this to you: The soul knows *fully* what lies before him, in the lifetime to come. He *chooses*—we have spoken—he chooses what sex he will be, and I use the word '*he*,' loosely. He chooses which *sex*, he chooses which *people* he will return to as his *parents*, he will choose the *country* etc. What he is choosing, are *conditions*, which will place him in the most *apt* conditions, for the lessons he needs to learn. It is not for you to say, '*Why should the soul suffer?*' How can you say that? You cannot—you are speaking of physical conditions, which after all, is only one aspect of your living whilst on the Earth. There is so much more to the human being, other than physical conditions, the physical body, would you not agree?

Les: Yes, I would indeed.

Have you not seen examples upon your Earth, of people who you would term '*physically disabled*,' but who shine forth of the spirit.

Les: Yes, I have and I'm sure my friends have.

Yes, therefore we return again to the fact that you must not judge. You cannot judge my friend. You are thinking with your *physical brain* again. **You cannot say that person is *suffering*, if ultimately, the soul has *grown*.**

Only when you return home, will you fully understand, what your lifetime has achieved. So often do we hear, '*Why do you suffer? Why do the children suffer?*' Always you feel it is an injustice. There cannot be injustice in a perfect existence. It is your *physical brain*, which puts these words together. I know you find it difficult. I have tried to simplify it, with simple words, but I cannot express enough, that you must move away, from this way of thinking.

Les: Yes, you have told us this before.

I know it is difficult, while you are entrapped within these *physical cloaks*. Always you must look to the wider scope of things—you must, if you are to begin to understand a little.

Les: Yes, I think we all know of a least one case, where a person is physically incapacitated to a great degree, nevertheless radiates cheerfulness, which is very apparent to those who go to visit him or her.

And that is the spirit within that shines forth. The physical impairments matter not to that soul, because they have fully accepted that that is how they will grow in that lifetime. Whether they are aware of it or not, the *soul* understands.

Les: So it's the *soul* we have to think of.

You *must* my friend, you must.

Les: Even if we have no *physical memory* of what we have chosen to take on.

Yes. I have to return again and say to you, that which I have stated to you in the past:

That each and every one of you, are responsible for any illness that is created, whilst you are within these physical bodies.

I know these words are hard to accept and so often we hear, '*But they were good people, why do they suffer?*' You cannot see what has gone on, within their minds. You cannot see the *Thought Patterns*, which have created the *disease*. I do not mean, when I speak these words, that peoples are '*bad*'—no, they are *misguided* in their *thinking*. Have I not said to you, *THOUGHT* is the most powerful thing you possess?

Les: You have many times yes.

Can you take *ANGER* as a thought? Can you see that if the '*ANGER THOUGHT*' is used daily, how destructive, it must be, in the time to come? It is the Power of the Thought, which you must control.

Les: Yes, what you are saying is that if the person issues thoughts which are of anger, then the person is suffering because of those thoughts.

Yes—*anger, resentment, fear*—there are so many things that you human beings suffer from. You do not always fully understand that *what you think today, is your creation tomorrow*. That is why it is so important that you change your *thought patterns*, to become *aware* of them. Can you understand?

Les: Yes, I think you've given us all a great understanding, in what you've said.

Let me give you an example: The child who is born and is resentful of returning—not *the soul* you understand, but the *physical birth*, the returning to these denser conditions, builds resentment, builds fear, builds anger; and so all of these things change the *finer patterns* within the physical body. After all, to remain *well*, all must be balanced. I know you understand this, but can you not see, that all these negative thoughts, are your creation tomorrow?

Les: Yes, it's *cause and effect* again, as you have told us before.

I cannot stress to you enough dear friends, how powerful the energy of thought is. You will never, whilst you tread this earthly plane, possess more power, than that of your thinking.

Has this helped a little, in your understanding?

Les: I'm sure it has, it's helped us all I have no doubt. So, man's free will, does it come into it at all, in connection with what is chosen by us, in this life?

Of course man's free will must be allowed, but it cannot alter the structure of what has been chosen. You can deviate from the pathway, but you cannot change it. You understand?

Les: Yes, this does answer the problem I had in my own mind, as to whether it was man's interference, altering the predetermined existence, or whether the predetermined existence, was sacrosanct.

You must always allow for man's *free will*. It is not a straightforward path that he walks, otherwise it would be too easy for him. That is not the purpose of your lives.

Les: No, the basic *life pattern* remains unaltered, apart from the small deviations caused by man's free will?

Man's free will can change and alter, but it does not alter what was planned. If he fails in his plan, then he must return again and perhaps again, until he has achieved what he desires. You understand me?

Les: Yes I do.

It seems complex, when it is put into physical words. But dear friends, when you return home, all will become simplified.

Les: Good. Well thank you very much for what you have told us Salumet.

Are you satisfied?

Les: Yes I am, is everybody else satisfied with what has been said? Or any questions on it?

George: Yes, there is one that might connect. Some people—there are records of this, have dreamed their own death in advance. An example of this is the British Prime Minister, Spencer Percival. Now he dreamt that he would be shot by a man in a green coat, the next day. He was indeed shot the next day. It was an accident—he was not the intended victim. Would it be the Higher Self trying to give a warning, in a case like that?

In what respect do you mean?

George: An accident that would deviate away from the chosen life path.

There are *no accidents*, dear friend. I do not like the term, '*accident*.' If your term has come, then nothing will alter that. Can you see?

George: Yes, I see. Would there be a reason for dreaming the end before it happens?

We have spoken briefly I believe, if all *has always been* and *always will be*, then *past, present, future* coexists. I know this is a difficult topic also, but how can you see what is to happen, unless it is written there? You see, you cannot foresee what has not happened. We go into deep matters here, when we speak of past, present, future. All coexist. (Yes) I do not feel that as a group, you are ready yet, for fuller explanations on this, but I am sure the time will come, when we can probe deeper into the subject. It is one subject that confuses and puzzles most of you humans. But he foresaw the event, because it was '*bound*' to happen, if I could put it that way. You understand? So therefore you cannot term it '*accident*.'

George: Thank you.

Les: You said Salumet that nothing can prevent us coming home, when the time is right. Now some time ago I got the information—I don't think it was from you—that if the predetermined time for death was hastened by an accident, causing them to leave earlier than had been planned, that soul would come over to you, but would be '*cocooned*,' until the time came when it would have come to you, naturally.

Yes, either the soul will be returned and sent back, or it will as you put it, be '*cocooned*,' until such time as the return home was foreseen, if you like.

Les: Yes, so death before it is planned, would be one of the deviations caused by man? (Yes) Thank you that confirms what I was told.

I hope it clarifies puzzlements in your minds.

Les: Yes it does. It appeared to be contradictory at first, but now you've clarified it, thank you very much.

I would say many things would seem to be contradictory; when you look into them, there are always explanations. (Yes—) Nothing would seem to be to your physical brains, to be so simple, but they *are*, when you are free from this bondage of the physical overcoats. It *entraps* you all, it stunts your *growth*, shall we say—growth of spirit sometimes, when in fact, you should be looking further afield, wider, wider, wider.

Les: You are certainly teaching us how to do that.

If I can teach you all just one thing, one thing of acceptance, then indeed I am filled with joy.

Les: You certainly do that.

Sarah: Could I just clarify one point? When you say that the soul is '*sent back again*,' do you mean it comes back then as somebody else?

No—I must be quick with this one please—I must go. I am sure that some of you are aware of peoples, who have said they have died and returned; that is what I meant. They believe they have died, when in fact they have only temporarily been removed from the physical body. But you all know that you are attached, until there is a complete severance of the chord. You understand?

Sarah: Yes thank you.

That is what I meant.

Les: Well we know you must go now. I've had to alter our lighting arrangements a little. Are you quite comfortable with the light as it is?

I am quite happy dear friend, it creates no problem and should there be any, of course I will let you know. But it has not created any, this time. I apologise that I cannot speak longer, but I must go.

I leave you all with my love, my blessing and the knowledge that I am ever near.

(Thanks expressed)

Les: God be with you too.

~22nd July 1996~

Good evening.

(Welcomes)

Les: I'm sorry numbers are few again.

Again, it matters not. The welcome you give me could not be better. I thank you all for your persistence, dedication, and your love.

Les: We're very pleased to have you back with us, we have missed you. We understand that it is necessary, but nevertheless, we do miss you.

I understand that you feel comforted by words that I use through this one. But let me say, I have not been gone, I have truly been amongst you. Because speech is missing, does not mean I am not close to you.

Les: I see, we did think you were working particularly with your instrument.

Of course, that was the reason that no speech was used. But again I say to you all, remember that I am more than one and therefore am not confined to one vessel, you understand?

Les: Yes we do and your instrument had a marvellous experience at the last meeting—as she described it, an arch of light, radiating light, intense light. But to her astonishment, she saw herself, looking at herself, which confirms what you say, about being more than one.

Yes, and I have to say that while I blend with this one, then she will experience many things. It is not so much her own spiritual capacity, as mine, you understand? (Yes—) But because of the blending of the spirit, then she will of course experience much more.

Les: I'm sure she's going to be delighted to know that and I am very pleased for her too.

You will all eventually be able to give yourselves more, to be used more, by those who surround us, who are close by to you all, under these conditions. Do not assume because I speak only through this one at your meetings, that much is not being done elsewhere, because I assure you that it is, and that each one of you contributes to the whole.

Les: Yes it's nice to know that, even though we don't understand it. It follows on what you were saying, because at our Wednesday meeting, we had been discussing the difficulty of understanding what you tell us and what others tell us, and somebody very strong came through me and was very vehement, that we should not even try to understand. As he said, your little *speck of brain*, is such a small thing, that you never will understand; learn to have acceptance, rather than try to have understanding and as a contradiction, you will then *begin* to understand.

We have spoken briefly about your incapacity to understand fully, those things taught to you. But I believe I explained, that as *all* of you at your own differing stages of development, as the consciousness is raised, then the understanding becomes greater.

Les: Yes you're quite right, you have and it was interesting to have the confirmation of what you had said previously.

Yes, you will not any one of you, have the same experiences, because of the fact that you are all at different stages of development. I know that will raise the question, '*But if we are all together, why do we not all get the same spectrum of experience?*' But this cannot be so. Not *one* of you in this room, can place yourself within the footsteps of another.

Les: I think we all understand that and have no difficulty in accepting it.

I ask you only, and this I told you when first I came, I wish only that you accept what you can, to take what you can accept and to hold onto it. Of course you must raise questions, but try not to have too many doubts. I cannot say more on this subject, I cannot say to you, you will always understand what I

tell you, because I know you will not. But that does not mean that the knowledge of Truth, should not be given. You agree with me?

Les: Yes I do and I think we all do.

How else would your children learn, if you did not teach them new things? Things they do not understand to begin with, but with experience and use, they come to know and understand.

Les: Yes quite true and that confirms what was said by the communicator through me, that if we *accept*, then we shall *begin* to understand.

That is why it is good, when one such as you, who has more experience and knowledge, can communicate your thoughts and feelings to others. It is good to discuss amongst yourselves; by doing so, you help one-another. Before we continue this time, I wish to say to the gentleman across the room, that he should have some healing, if he would accept it. He is becoming physically and mentally tired and we do not wish that to happen. So dear friend be wise and have some healing. I too will help all I can, but I would suggest that mentally you slow down just a little.

George: Yes thank you for the advice—yes I will.

Do not be too concerned, I know when peoples are told they need healing, that your human imaginations go into, how would you say, '*fast play*'? They imagine all kinds of problems, when in fact they do not exist. Now this time, I will take questions and then allow others to come.

Les: Thank you, yes I have a question, I don't know if you want to answer, because it doesn't relate specifically to the work we are doing, but there is a lot of concern in our world at the moment, about the phenomenon of *global warming*. I expect you've heard it being discussed, and I wondered if you are able to say, if there is going to be an increase in the height of the sea, because of the melting of the ice-cap, or whether the fears are unfounded?

I will respond to this, but firstly let me say that my mission to you, is to teach you about spiritual matters and not so much about concerns of your Earth.

Les: Yes I apologise if the question's out of order.

No, no please do not. I will respond:

Mankind has abused this earthly plane—I know all of you accept this fact. I told you when first I came, that many had gathered from our world to help you, that there were many around your world, who were being given the same information. (Yes—) There have been some changes to the Earth's structure, the Earth's climate—many factors have changed. But all I will say on this matter is this:

The fears are not unfounded, but are not as great as you suspect. Climatic changes will take place, many things about your world will change, but it will never cause destruction of the Earth. I believe I went into more detail before and told you, that there will be a natural progression of your earthly plane.

Les: Yes you did indeed.

But like many things, there will be alterations, mainly man who as caused them. But I can tell you that man has realised, *has realised*, that what he does, and much is being done to help in that matter. But you cannot undo damage, which has already been done. It cannot be changed, but it is not as great as has been said. I hope that satisfies your question.

Les: Yes it does and I shall not ask any more questions, unless they are of a spiritual nature.

No, please do not apologise, I don't mind, but it is important, that what I come to teach you, is of the *spirit*.

Les: Yes of course. We do accept that and appreciate it.

Do not be afraid for your world. There is too much *doom and gloom* in your world now. Please do not add to it, by any *negative thinking*. It is an opportunity for you all, to use the power of your thoughts.

You see again we return to the **Power of Thought**. Are there more questions this time?

Les: Yes, this one is of a spiritual nature. Someone came through one of our ladies, on our Wednesday evening, who said that he had never been upon this Earth. I say '*he*,' because I can't use any other term, but he was very surprised to be able to *touch* the physical body and he said, that he was THOUGHT only. Now that has happened in another way before. This communicator was very confused. He said that he was a messenger and had no name and no form. His communication with others in his sphere, wherever that

might be, was by thought alone and each *entity*, had his or her own thought pattern, which was recognised as much as a name. This puzzles me a great deal. Are you able to confirm that such matters do exist, that the universe has places, where THOUGHT only, is predominant in communicating, and is understandable?

I have told you that *Thought is energy*, all is energy and again, it is a subject we will return to more deeply. It is a subject we must discuss, to clarify many points. You know as you progress in the spirit world, that physical speech no longer exists; it becomes extinct, if you like, because the higher spiritual nature takes over. So the *Power of Thought* is all that is needed. As you see and feel so many energies around you, the thought patterns used vary greatly, within the spirit world. It depends on the expertise of the spirit involved. As in all matters, it must be practised to perfect. You understand? (Yes—) But I do not understand what you tell me about it being a language between some. It is a language for *all*, you understand? (Yes) There would be no separate groups of peoples, who would understand, it would *be* an understanding for all, because it is of the *One Energy*.

Les: Yes I thought it must be so. This is what puzzled me and why I asked you the question, (Yes) because I wanted to be sure that what I had been telling people who are brought back to us as rescues, that they continue to live in the next plane of life and have a body, and have a body, which to them is physical, etc. etc.—communicating mentally. It seemed to me, by what was said to be, that that would be obliterated, and I couldn't understand that at all.

I will have to say this to you dear friend that it sounds like the communicator who was using the instrument, was indeed in a *confused state*.

Les: Yes he did admit that.

Yes, it would be the explanation for it. But I tell you now, all *thought communication*, is understood by all. After all, why would you have separation, when what we are going forward to, is Unity and Love. You cannot go forward to separate. You understand?

Les: Yes, so I am right then, if I accept that the communicator was confused and not properly instructed in what was going to happen, when he came to speak to us?

Yes, I would say to you, as someone who is in charge, always to question if you have doubts; do not be afraid to do so. It would be helpful to the communicator also, to realise that not all that they see as reality, is so. Please understand that because you become spirit, all does not become perfect. There are those in our world who still, although they have progressed to the use of Thought, they are not perfect beings—**NONE OF US ARE**. You understand?

Les: Yes certainly not in the next immediate planes of life.

There must always be refinements, you see?

Les: Yes and equally, there must continue to be imperfections, until we learn to discard them?

Yes, all spirit in whatever degree, whatever state of progression they are at, there are always those who come from higher realms, to guide and to help them forward. You understand?

Les: Yes well thank you very much for what you've told us, that's comforted my mind that we have been doing the right things anyway, over these years. (Yes) Thank you very much Salumet.

Now if you are happy, I will allow others to come.

I leave you all with my love, I leave you all with my thanks and I ask you all, to offer yourselves, in great humility, to that Great Creative Force, to which we all belong.

(Thanks expressed)

There then followed one through Sue, giving a technique for when we are feeling too hot and need to cool down:

To sit in middle of room, in a firm chair.

—Keep legs about 15 inches apart, shoes and socks off.

—Place hands on top of stomach.

—Breathe from bottom of stomach, slow as possible, whilst thinking of cool breeze. Bring hands up with breathe. Then open out hands as you breathe nice big breathe out again.

—At same time as thinking of nice cool breeze, ask for help.

After 5 minutes, there should be cool feeling coming up through feet and up legs—keeping that slow breathing going all the time, until feel more comfortable. It was suggested to do it once a day, until can control body heat, just by the breathing.
There was then a little girl through Eileen, who came and told us she liked to bake bread. She went on to talk a bit about her life in the spirit realms.

~29th July 1996~

Good evening.

(Welcomes)

Les: We'd like to thank you for taking the trouble to come and accepting the difficulties, when there's only a small group again, I know it must be more difficult for you.

I thank you for your concern, but always I will endeavour to come amongst you, whenever the opportunities present themselves.

Les: We do appreciate that very much. Hopefully only one more time and then we should be back to full strength again.

It will be—and then we will have much to speak upon. (Good.) All of you this time are much more uplifted in spirit. I am happy to see this and to tell you how glad I am, that you are attaining much within your physical lives. As time continues, I know questions arise, 'Why sometimes are our lives more difficult, when we know more about spiritual matters?' But I say to you, this must be so. Nothing can be achieved without effort and without striving towards that great goal, that oneness which we all seek. Fear not, because always I will be by your sides, to help and encourage you.

Les: Thank you very much again, it's—

I'm sorry to interrupt you, but I wish to speak some words: There is, not amongst these peoples, but others who come here; they have expressed doubts within themselves about the truth of my words. They would not always admit to this, but of course I can see a little further than you.

Les: I'm sure you can.

But this does not concern me greatly, but I would say to those peoples who have doubts, that that is fine, but I would say to them, to express them openly, because dear friends, to withhold within yourselves, doubts and negative thoughts, create that much—I am lost for your word, I am seeking to say that it creates *fear* amongst you, which should not be there, you understand? (Yes) But I say it should not matter, but I wish you to know that it exists.

Les: Yes thank you, that's in our other meeting? (Yes) Well I shall try and deal with it, if it does come into the open of course.

They must be entitled to what they feel, to what can be accepted by themselves, but it is not good to withhold their feelings within.

Les: No, it only causes festering, doesn't it?

Yes. I hope that by now, you all fully understand the *Power* of your *Thinking* and how it *rebounds* from each one of you, to another. You see now how important it is? (Yes) If I have taught you nothing else, I wish that you hold onto this one issue. Now please to speak.

Les: Thank you. I have been using your teaching in order to deal with other problems which have come to me. I had two ladies here a few nights ago, for three hours. One of them is hopelessly confused; she has had so many different directives as to how, and I quote her words, '*To be nearer my God,*' that she just doesn't know what to do. And she started finally, about illusion and reality. Then I had to stop her and said she must realise—and this is where your teaching has been used—that it is necessary for her to accept that she has to use the physical body, even though the soul may be resenting it, for the benefit of the soul's further progress. I don't think she quite understood it, but I had to leave it there because of time. But that did raise in my mind, certain other points. I have thought a great deal about what you have told us about the Power of Thought and sometimes when people speak from the next plane, it seems that there are differing feelings, different acceptances, of what is there and this does puzzle me a little. For instance, we

accept that thought is creative and in the next plane its creativeness is much more effective. Now if I can quote an example: Supposing somebody living on this Earth, loved pictures, finally goes over to the next plane, finds that his Power of Thought can produce for him the pictures that he loves and he chooses to live in a place with walls, where he can adorn those pictures, formed by his own thoughts—accepting that this is a possibility. Now is it only *he* who can see those pictures, or are others able to see them also, even though they were subjects of *his* thoughts, because it seems sometimes that some people there can see a specific article or view, others cannot see that. Does this all stem from individual thinking, or is there an overall thought, creating the world we are told is there—and our own personal thoughts, can pick up parts of it. It sounds very complicated, I hope you understand what I mean?

No dear friend, I understand fully and I will try to simplify matters for you. Let us speak of *illusion and reality*: What is illusion and what is reality?

Les: Well I would say that illusion, if all is illusion, it must by definition, become reality.

But whose illusion, whose reality?

Les: Of course, this is the problem.

Yes, let me say this to you: If I give you a topic for each one of you to visualise in your minds, to use the Power of your Thought, to describe in physical words afterwards, do you suppose that each of you will see the same? (No) No, exactly. So when you come to spirit, nothing changes drastically, but there comes a time when the Power of the Thought unifies and becomes as one. In such cases and I speak of much time ahead, then *all* can see the thoughts of each other. But again it comes to the raising of each individual consciousness. You understand? (Yes) So if you have passed to our side of life, you create your own habitation as you have put it, then only you have created that thing. It does not belong to another, except those who have, how can I say, '*graduated*' to higher things. They would have the power of knowing your thought. You understand, it is like a *stepping stone*, you must go gradually, but what is the *Great Creative Force*, if it is not but *One Thought*. You understand?

Les: Yes, if I can put a question in there: Let us presume that a person in there, created a marvellous garden, by his own thinking. (Yes) He would be creating that within the confines of the overall thought?

Of course, but he would be creating his thought within the confines of what he is able to do, within the area of his thoughts. Remember there is much that can be done, but always there has to be, how would you term it, '*block*' from others who would not be entitled to see.

Les: I see, this is what I was going to ask. If he then said to some friends, '*I have managed to get myself a marvellous garden, I'd like you to come and see it.*' (Yes) Would they be able to see it, because he wished them to do so?

If the desire is there, then they can see.

Les: I see, so they too would have to have the desire to see it.

He would need to be generous in his thinking, for them to receive, you understand? (Yes) It sounds complicated to you, but in fact it is very simple. But once you have grown in consciousness and in the power of using thought—after all that is what we all strive for—you need not speech but only thought in our world, then and only then, will thoughts rebound from one to another.

Les: I see, also what made me think of it and ask the question, was that after your visit last time, we had a charming little girl through, who quite voluntarily described how the flowers *spoke* to her and *sang* to her and how the *water* changes colour and other very *beautiful comments* on the land, generally. Now she I imagine could not understand having to THINK those things, so am I right in presuming that they exist for her to see and anybody else to see?

There are areas in our world, which are open to all. As you would expect in your world, to go to water, to go to mountains, to go to fields, wherever; so too can this happen in our world. It is open to all who wish to seek. You understand?

Les: Yes, so our thoughts would be homing into the Creator's thoughts, which had already produced that particular scene, to which we wanted to travel. Is that so?

The thought always exists, let me put it that way. You will travel along the energy of thought, when you are capable of doing so. Again it is a matter of how much you have learned.

Les: Yes, which brings me to yet a further question if I may: Those who go over to your world and are not particularly conversant with what is going to happen, they surely would find a pleasant place, to arrive at, before they learned how to produce it by their own thoughts?

All of you who come to our side of life, arrive at where you *belong*, to where you have *earned*. It matters not, whether you say what they know on this Earth, as far as spirit matters go, you dear friend cannot know what they have achieved. You cannot *judge* and say, this one/that one does not deserve this, because only they and the *Great Creator*, knows what has happened in this lifetime.

Les: Quite. I wouldn't presume to judge them, but I would want to know that I am doing the right thing when we have rescues through, in telling them that it is a happy place for them to go to.

Of course, let me say this dear friends to you: Most of you upon this earthly plane, with have no problems at all, when you return home. Even those you think do not know much. But that is not what is important, it is what they have done, what they have achieved within their lifetimes here. Because they do not speak about what you term spiritual matters, does not mean they are not spiritual.

Les: No I would accept that absolutely, because we have no way of knowing.

Yes, so you cannot say this one/that one will go there, will not have this, because only that spirit will know. And let me say, the knowledge is there open to them; whether they accept it or not, is entirely up to them. So you see dear friend, there are many factors surrounding this.

Les: Yes, so I am right in telling people who come here for guidance knowing nothing about the next world at all, I am right in telling them that during their physical life here, they are knowingly or unknowingly, fitting themselves for the place they will occupy, when they come over to you?

You are correct to say that to them, because indeed that is why we are here. All are here to learn, whether they are aware of the knowledge or not, *that* is what is happening in their daily lives.

Les: Yes, because it is the soul, which is progressing anyway, and the physical needn't necessarily know of the progress of the soul?

The physical being houses the soul—that is the only reason for it. So I would say to you, look after this *physical being*, because too many times I hear people say, '*spirit is important*,' and they neglect their physical duties. Your lives upon this Earth, should be well balanced between the two, you understand?

Les: Yes, it's a question of taking the middle path all the time, isn't it?

Yes, you must attend to your physical duties, but always look to that *Higher Self*. I would say to these people who seek for such higher things, firstly to go silently within, because *there* within lies all; all knowledge, all Love, all Unity, all seeking of that consciousness, which is around.

Les: Yes, I had to tell this lady finally, that she should stop worrying about wondering where to get closer to God, since he was with her all the time; this is what she doesn't realise.

I think you have to explain, we come again to the difficulties of using your physical words, of *God*. I know it is a word used, but it is confusing to so many. Rather I would say to you, look for the *goodness of all*, look for the *goodness within yourself*, before you seek outward on any pathway. You understand that?

Les: Yes I told her to look within herself and realise how much she had done with her life that was good and worth repeating and don't worry so much about the external all the time, because the opportunities are within her.

Let me say this to you, dear friends:

If firstly you cannot accept yourselves as you *truly are*—and that is an exercise you all should do, firstly come to *know yourselves*. And there is only one way to achieve this and that is to go into the *quietness of yourselves* and all will be revealed; all problems will fall to one side and all knowledge can be achieved. If you do *not* do this, then you create hardships within your daily lives, which are so unnecessary. That is your reality—that is the reality of each and every one of you. So I say to you all, seek not *without*, but seek *within*.

Les: Quite. Yes it is difficult for us, but we must try I agree. I personally do so now, much more than I did, since we've had the pleasure of your teaching.

I know dear friend, but it would be desirable, if each one here did so. I know that you all have busy lives to lead, but you must give time for the growth of your soul. It is important.

Les: Yes, to continue that if I may, is it all right for me to continue questioning on this subject?

Yes, please do.

Les: I said that I have been trying to do that, but I must admit, and I don't like admitting it, but I start trying to go within myself each morning before I start the day's work, but unfortunately I always seem to go to sleep, after a few minutes. How can I avoid doing it, or if I can't avoid doing it, does it matter? Is it achieving its object, even though I go to sleep?

It matters not dear friend, it is important that you have *offered yourself to the silence*, but perhaps I could suggest to you, that you are too soon after your sleep state; perhaps you could find another time, during your busy day?

Les: Yes that's a point, I'll try it.

I will try to help you and see what we can achieve.

Les: Thank you, because also I was condemning myself for falling asleep, even though I can't help it, because it seemed rather insulting to those who are trying to help me and that I don't want.

You will not insult those helpers who come to you. Let me say this to you all, that we help when all of you are within your sleep-state as you call it, but in fact you are coming home, in those few hours of your time. So don't be concerned about this, but let me say this to you: It is an opportunity for you to state that Power of Thought, to practice it, to say, '*I wish to remember all which is taking place.*' You understand? (Yes) Try it dear friend and I will see what I can do with you.

Les: Thank you. Yes I have done that quite a lot at night and tried to, before I go to sleep, convince myself that I *am* going to remember what happens, when I go *home*. And sometimes I feel, at least in part, I do remember the experience, because I awake feeling quite happy.

Yes, as in all matters, you *must continue*, you must *practice* the event, you cannot expect it to happen just so. After all, when first you learn to ride your tricycles, did you manage to do so first time?

Les: No, probably not.

When you were taught your alphabets and your figures, did you learn all first time? No, so why do you think that on spiritual matters, it should be any easier?

Les: I think it's wishful thinking.

Yes, I think too, but continue, because you are capable of much, you can achieve whatever you wish; what you desire becomes then your reality, you understand?

Les: Yes, thank you. Thank you very much for that, I hope I haven't taken too much of your time?

No, I am happy to try to help you all with these questions, but I will leave you this time with a few words and continue this time and see what is available to you.

I say to you all dear friends, that you all are surrounded by many. I wish you could see how much love is extended to each and every one of you, that when you return home, there will be no doubts, there will be no hesitating—there will only be joy, there will only be Love.

And now I leave you this time.

Les: Thank you very, very much from all of us.

~5TH August 1996~

Good evening.

(Welcomes)

Les: And thank you again for being with us.

I thank you for your welcome once more.

Les: It's our pleasure to have you.

It is good to see friends old and new.

Les: Yes, we really look forward to these meetings.

It is good that so many of you, have gathered once more. I wish to say to you this time, that all of you are children of Truth, that you leave this room and you spread the Light of Truth. It brings to this room, many people who seek Truth, who seek Light, who seek Knowledge. I say to you dear friends that your own spiritual lights grow daily, as you become accustomed to that Light and Truth yourselves. We welcome back the young gentleman, who I must say, is a child of the Earth. His feet have always sought after *distant lands* and that will not change in future years. But always he will return to this spiritual band of people.

Paul: That's nice to know.

I believe dear friend, your awareness of us was great, whilst pondering upon flowers of distant lands.

Paul: Well, not great enough.

Do not put yourself down, your awareness is indeed growing. There is much for you to learn and much for you to do, in future years. You are indeed a child of the Earth.

Paul: Thanks. It's a beautiful Earth.

It is beautiful only through the eyes of those who behold beauty. To others it is an Earth plane of misery, destruction and misuse. But to you all dear friends, you now should see your earthly plane, as a planet of beauty with much potential and much good to give forth to human kind. Would you not agree with me? (*Agreed*) I know when first I came to speak to you, your doubts about your planet were uppermost in your minds. I hope that my teachings—the Truth of all things, has helped to lighten those fears. And now you are aware of the beauty, rather than the darkness.

Les: I certainly am, everybody else have a greater appreciation of the beauties of the world? (*Agreed*)

Not only of your planet, but you see the beauty within human kind, your fellow man; peoples who come within your daily lives.

Les: Yes, that also is true.

It will become stronger, the more you use your positive thoughts. And always dear friends, this is what we will strive towards. Now, I am happy to take your questions this time.

Les: Thank you. Yes, I have been puzzling quite a bit, about some of your teachings. You have told us that the soul chooses its body for this Earth sojourn, it even chooses its sex and its parents. So presumably it knows what is going to happen to that physical body during that lifetime. What puzzles me, is that if a soul has progressed to a certain degree spiritually, why would it choose a body, which is going to be disliked, vindictive, selfish and a reservoir of all the worst things?

We will speak about this. I have said to you many times, that what the soul decides, is a puzzlement to your human minds. It may not necessarily be, that a disruptive human life, is initially what has been chosen. Remember you have *free will*, that there are many pathways in your lives and people do choose the wrong way; remember this. But I say to you, those souls who choose difficult lifetimes, are sometimes greater souls, than you may at first imagine. *Do not judge a human life*, because you cannot see the fuller picture.

Les: No, this is what puzzles me, this is why I asked the question, hoping that you might be able to make it a little clearer for us.

It may be, that the soul has placed itself, within that human situation, of creating what you may term '*disruptive living*,' but is in fact providing spiritual growth for those people who surround it. You understand? (Yes—) It may be that the souls who are around, are here to learn specific lessons. For example, let us take '*tolerance*,' or '*good thoughts*,' even. How else will you learn *tolerance*, unless you are faced with *intolerance*? You understand? (Yes) There always has to be the opposite in life, you can see this dear friend, can you? (Yes) So do not always assume that the people you call, '*living bad lives*,' it may not be so, *you cannot judge*, you cannot judge unless you know the full picture. But that is not to say, that everyone who comes is not doing it for '*good*' purposes. There are those who tread your Earth, who have indeed chosen the wrong path and may be using disruptive influences for the wrong reason. For example, the drunken father who beats a child, may not be doing that for the child's good or the spirit's growth, but because he has left the right road of life.

Les: Yes, these are the things that puzzled me, you see?

Yes, I would say to you friend, *you cannot judge*. You cannot place two peoples in the same situation and say that both are right or both are wrong.

Les: This is clarifying it a bit for me—

I know you find life difficult to understand, all of you do. You think that life's strife's and troubles are wrong, but I have to tell you once more, that is not always the case.

Les: No, there is a reason for them, you've told us.

In most lifetimes, the soul has chosen its life's journey and mostly I would say, they would stay on that pathway. But always remember that free will comes into play.

Les: Yes, so going to the first example again, a soul presumably could have chosen to inhabit a '*disruptive body*,' knowing that it was going to be of help to other humans around it, during its lifetime (**Yes**) and it would choose to accept the vicissitudes of that life, by so doing, would be enhancing its own soul's growth. Is that right?

Of course—remember too my son, that not only is it the soul, but *all* who are concerned with it, that before they leave our world, that a *pact* is made between them. No *one* human being enters this lifetime, not knowing what their life's pathway will be. But we have spoken before, about the loss of the memory of the lifetime. (Yes—) So you see, you *must not*, you *cannot*, you *should not judge*. I know you all, *all* within the confines of this room—find this one of the most difficult things to do.

Les: Yes, I certainly have.

All of you do, all of you do and it takes many, many times of living, to begin to see, that there is indeed a pattern to spiritual growth. You understand?

Les: Yes, that is why I put the question tonight, because I've been thinking a great deal about it, as you may know and I have thought that clarification might be good for us all, because I'm sure my colleagues here, would have thought along the same lines and puzzled about these things.

Yes, it is difficult for you; we accept that these things are and that you will never fully understand. After all, that is why you are clothed within these bodies. There are restrictions and of course, you cannot know until these garments are left behind and you all return home.

Les: Yes, I can better understand now, an author I read many years ago, and a character in one part of the book is a Catholic priest, who said that an intellectual approach to God, is *madness*, it must be *faith*.

I would say, *no*, not only *faith*, but what you have today, is *Knowledge and Light and Truth*. That is why all of you are emissaries of spiritual Truth. You go forth *all* of you and in your own ways, you spread what you know is not *blind faith*, not a *belief*, but what you *know* to be *True*.

Les: Quite. In the back of my mind, I thought that author was lacking something and what he was lacking was *knowledge*.

You cannot put pen to paper, on subjects you do not know about. So you cannot *judge* the author of the words, because he only writes about what he knows.

Les: Of course, I've always pointed out to people, remember that you are reading into any book, the bias of the author.

I have spoken too previously, about the many contradictions that seem to come from our world. But I have told you, that all who come, can only supply you with what they know. So again accept if you truly can and do *not judge*. I know this is a difficult lesson, but a lesson it is:

To judge not anyone who walks this earthly plane.

It is hard and we accept it.

Les: Yes it is, but I'm sure we shall be forgiven a little slip along the way in that direction, now and again? (*Said smiling*)

My dear friend, there is no need for forgiveness. It gladdens my heart to see that you think deeply upon these matters, that your awareness, your consciousness, always is being raised, in the right directions. I am happy for you all that you question these things, because there is no harm in questions.

Les: No, well thank you very, very much, for clearing that up for me and I'm not going to grab any more time, I always do that. Would anybody else like to put a question to Salumet?

Sarah: Yes could I just ask, when does the spirit actually enter the human body? Is it as soon as the baby is conceived, or once the child is born?

I believe I have answered that question before.

Les: Yes you have.

Yes, there is much controversy from our world on the subject, but I tell you that the spirit enters the body on conception. There is much talk on this and I am aware of the differences of opinion, but I have said to you, that the moment of conception is when the spirit enters, because after all, it has been waiting for such time to occur.

Sarah: Thank you.

Les: If I could follow from that, I think the lady's question was prompted by the fact that many embryos have just been destroyed, embryos that have been frozen by our medical scientists. So, yes Sarah, they have been *killed*. That was what was bothering you I think?

Sarah: Well that was part of what was on my mind and also this twin that is going to be aborted too.

I have to tell you, that it is always up to the human being, what 'way' they take in life. But I say to you, that on the whole, abortion is wrong.

Sarah: Thank you.

Les: Those embryos that have just been destroyed, they of course would return to your world, wouldn't they, to await a further birth period here?

Let me say a little about this subject. I am aware of what you speak about, and I believe I have told you also in earlier days, that we have what is called, 'spirit pool,' because I remember dear friend, you questioned me on that also. (Yes) When spirit is forced back to our world—and that is the only word I can find that is appropriate for now—they return to the 'pool of spirit', to await what happens to them next time. Spirit waits to be born and you may say: 'Well why did the soul not know that this would happen?' It is a case of man interfering, you have to remember this. And man does abuse and man does destroy and man does interfere with nature. I hope this is clear to you. (Affirmed)

Les: If I could ask one extra question on that: The 'pool of spirits' as you call it, we understand that and can accept the inference, would those spirits have any knowledge in their own right, whilst they're in the pool, or are they in a dormant stage?

Whilst in spirit pool, they are buffeted from all things, for a period of time. I believe you might call it, a recovery period, when then they will be guided and helped to know what to do next.

Les: I see, so they do become, in effect, a living entity again, in your world?

Of course, but they need that recovery time, because they have been expelled from this world, under difficult circumstances.

Les: Yes, they've been forcibly expelled haven't they? (Yes)

Mark: Can an aborted child later come back through the mother it was aborted through originally?

Of course this can happen, but it is not something that happens generally. There would have to be a very good reason for this to occur. It would depend upon why the abortion took place. It depends on all aspects of things—what was in the mother's mind and why the soul was aborted. It's a complicated issue, but I would say, generally, no.

Les: And you would always condemn abortion, in any shape at all, and for any reason at all?

No, you cannot make it black or white, it is not so simple. Sometimes the mother aborts for what she would consider very good reasons, health reasons. She does not get rid of the child for selfish motives. You understand?

Les: Yes, that's back to considering the motive, rather than the action.

Always it is cause and effect, remember, and remember also, that generally most peoples do not have the knowledge that you all have. You understand?

Les: Yes, to them it's purely a physical thing, isn't it?

Of course. To most peoples, a foetus in the womb, is not a child, but I have to tell you, those of you here who have greater knowledge, that they are ridding themselves, of another soul. They are breaking their contracts, perhaps you can understand those terms?

Les: Yes, when you use those words, we can understand that they are breaking a contract, but as you say, those who create that action, are not aware of the spiritual nature.

They do it unwittingly, so again you have to make allowances and you *must not judge*.

Les: Yes, that remark is going to occur to us many, many times, about not having to judge, because so many things are open to misjudgement, aren't they?

Yes. You will see, when you return to Spirit, all those times within your lifetime here—the times when you have misjudged others, and let me say to you dear friends, those are painful times for most souls; when they see the power of their thoughts against another—and remember, it is your thought which you are sending forth, when you make judgement upon another human being.

Les: So if we made a misjudgement upon another human being and even if that person wasn't aware of our thoughts, could those thoughts influence that person?

Of course, it would depend on the power of the thought. We have spoken of this before.

Les: Yes, so it's not the physical person who would understand it, but the soul.

The soul will pick up—it depends upon the intensity of the thought.

Les: Yes, but in any case, it would be the *soul*, which would react and not the physical being.

And let me tell you that these thoughts always will *rebound back to the sender*.

Les: Yes, I quite accept that.

Good or bad, these thoughts are energy and we have said energy is not static. So it cannot be retained, so it will rebound back to the sender. So please think upon these words and again, I have returned, have I not, to the Power of your Thought? (Agreed) You see dear friends, no matter what subjects we discuss, which subjects we bring forward in these meetings that always it returns to the Power of Thought, in one way or another.

Les: It's inseparable from everything, isn't it?

Of course, and once you fully understand and realise this, then I would say to you, you have opened up yourselves, to that Great Creation which pervades all things and then and only then, will you become a small part of the *Whole*.

Les: Yes, from what you tell us, it's almost frightening for us to realise what power we do have, without realising it.

I hope I do not bring fear into your hearts—that is not my purpose.

Les: No, of course not. Don't misunderstand me please, but it *could* be frightening, (**Yes**) when we realise the Power of Thought.

Yes, but it is *crucial* to you all, to your consciousness, to your understanding of living, that you do begin to try to see, what **THOUGHT is.**

Les: Yes, we know that you would never bring fear to us, but that's indicative of our little tiny physical mind's interpretation.

Yes, remember always that you need to grow and to grow sometimes, you need to take one step backwards. But know always, that you tread sure-footedly, onwards and upwards and that you are surrounded by many, who come to help, to uplift you and to bring you that Truth, Light, Knowledge, Wisdom—whatever words you wish to use. They surround you all, to help you and to help you to further the Truth of our world.

Les: Yes, I think I can speak for everyone when I say, that since you began teaching us, we have all become much more aware of those who are around us.

I hope so, because you cannot see all of them, I know, but as time continues, as your knowledge increases, you attract to you, those higher and greater in spirit, because they are attracted to your spiritual lights.

Les: Yes, that's something we have to keep in mind all the time. As we've said before, think less of the physical, and more of the spiritual.

Yes, I have said you must keep a fine balance. After all, you have come to this life to learn much, but you must look after your human frames and your human duties. But do not neglect your spirits, because dear friends, that is the real YOU, which will be carried forward, as you know. And the more you can learn whilst here in these human frames, the better it is for you, when you return *home*. I think I must leave you this time. But I will say this to you dear friends, that:

You all are part of the Great Creative Force, which is responsible for all things. It belongs in all that you see, all that you touch, all that you do. It belongs to you and you to it. I leave you now, with much Love. I thank you once more, for your coming and joining together, for creating this spiritual union for a short time, within this room.

Les: We thank you. This month is a small anniversary, it's two years since you began teaching us and I'm sure we've learned more in those two years, thanks to you, than ever we have learned before, on the same basis, and we do appreciate it.

I do not need your thanks, but I will accept it graciously, thank you.

(Thanks expressed)

~12th August 1996~

Good evening.

(Welcomes)

As always, your welcome is graciously accepted, but of course this need not be put into words, because without your love and help, I could not come to you.

Les: No I understand that, nevertheless we do greatly appreciate you doing so. We can *sense* the love that you bring with you.

I hope that you can, because it *enfolds* you all.

Les: Yes, I mustn't take the liberty of answering for everybody all of the time, everybody feels it I think?

(Agreement + thanks)

I know it brings you upliftment for your daily tasks. I know that it sustains you through your *week*, when we are not gathered here together and in doing so, it brings *joy* to my heart. I would like to say this time, that I fully believed that this time, we would have had the instrument in *full control*, but it is not to be this time.

Les: I see, never mind we still look forward to it and we'd hoped we would be a full meeting, but unfortunately one lady is still ill and the other is nursing her.

I am aware of the situation there and I will do what I can to help.

Les: Thank you very much indeed.

But I would like to speak to you a little about some of your physical ailments. (Yes) You spoke about the lady's problems. I would like you to think about this problem, as an example in comparison to the spirit. 'What is the comparison?' you say. I say to you, the physical workings of the body, must be compared to the whole sustenance of your lives. It means that somewhere, the lady—*lack of life*, disturbance of the *energy of life*, has become unbalanced. Do you follow my meanings?

Les: Yes I do, she has had a lot of emotional problems I know and I have wondered whether this is contributory.

Yes you see, without the *sustenance of life*, all goes *haywire* within your physical being. As in all conditions, there must be *balance* within your life. So until she confronts the *true meaning* of what she is about, there can be no true healing. You understand?

Les: Yes, it stems from what you told us last week, that we have to understand the soul, rather than the physical body and look for the reason for which the soul is doing this.

Yes, because you see, this is another hard lesson for you all to understand. When I tell you that you create your own illnesses I too often hear your gasps of disbelief.

Dear friends I tell you, whatever illnesses come to you within your lifetimes whilst on this earthly plane, is *DONE* by yourselves, whether it be *emotional*, whether it be that you

place yourselves within conditions—*physical conditions* I speak of now. **YOU are responsible for the state of your *physical being*.**

This is indeed a hard lesson for you *all* to accept, but accept it you must.

Les: We do accept it, but as you say, it is a hard lesson.

But once you can accept, then you have the power to put it right. The problems lie in your lives that you do not fully accept.

If you have the power to create the illness, you have the power to become well.

Les: Of course, it's a logical thing, isn't it?

You call it '*logic*,' I dear friend call it '*natural*.' But I will help that one.

Les: Thank you very much. You may be interested to know that since we last met, I've tried to explain to the best of my ability, your explanation about the *soul-body* composition to people and I must admit I was quite surprised at the way they accepted it, quite willingly.

Do not be surprised when there is acceptance of what you tell people, because when you do the work of the spirit, then you are receiving help, to *GIVE forth* that knowledge. The people who accept, do *know* and *understand* on a *spiritual level*; whether they are aware on a physical level, is another matter. But do not be surprised dear friend, the work that you do, is great indeed. But always we stand behind you, because at this time in your evolution, the Truth must stand fast this time, because too many times in times gone past, have the *Truth of spirit* fallen by the wayside. It has always existed, but has been rejected, but I said when first I came, that many of us have gathered this time and we will ensure that the Truth becomes widespread and this time, it will be accepted.

Les: Good, splendid news.

Too many times have people turned their back, with the Truth of Knowledge behind them. We cannot allow this to continue and although mankind is endowed with freewill, when we gather in the strength that we have this time, then the Truth cannot be denied.

Les: We are certainly pleased to hear that and when I was speaking to those two people, I remembered what you have told us also, that the information is given to us and to others, *when* we are ready to receive it.

Yes, that is why you should never attempt to force your concepts, your ideas, your ideals, the Truth, upon one who is not ready; because you see, it is not that they doubt you, it is because the soul is not ready to accept. You understand?

Les: Yes, I think we are all beginning to understand the concept of soul, rather than physical, aren't we? Does anyone have a question on that? Or do we all understand it clearly?

No they don't quite, there are some who have not fully reached the understanding, but we are working on them! So don't be concerned about these peoples here, we will work hard, they will not be allowed to go free. (*Chuckles*) And I don't say that to make you afraid, I say it with tenderness and with love.

(*Agreement + thanks*)

Les: I know you say it for our own interest.

Yes, but we are getting *there*. Whilst they are having *thinking times*, then that can only be good and that is when I will always be one step behind them, to make them understand. Now, do we have questions this time, because we wish this time, to allow the others to be influenced by those who stand beside them.

Les: I see. Yes I did have a question, but it's a rather lengthy one, so if you'd prefer us to remain in the silence, so the others may do as they wish, then I'm quite happy for that.

It would perhaps be best, to wait until we have more power, if it is a question of long length, then I would prefer dear friend to leave it this time.

Les: Yes of course I do understand and it does follow on from your teachings about the power of thought and the existence of the soul in various conditions, so I'm quite content to leave it for a future time.

We have much time to discuss much, but I think for this time, it would be good for all sitters, to be allowed to feel the energies of those around them. It is imperative that they *feel*, that they begin to

sense those who stand close by, if only it is to bring *peace* into their lives, if only it is to raise their awareness for one moment, then our task is successful. It may help if you dear friend, quietly discuss amongst yourselves something you find of interest. It would help to raise the consciousness of those sitters here, who find it difficult to sit in the silence for too long.

Les: Yes, well if it's agreeable, I suggest that we discuss what I was going to ask you anyway, so that we can have pre-knowledge of the question next time, or when you agree to it.

I will be happy when we have the lady who sits next to this one, when she is present. I hope you understand?

Les: Yes I do and we will discuss it then between ourselves quietly and hope that those who are with us, will be able to let us know that they are there.

I will leave you now dear friends, with the knowledge that always whilst you tread this Earth that I will remain with each one of you, until such time as the last one of you returns to us.

(Thanks expressed)

Les: Our love be with you.

We then sat quietly and our discussion began, about ghosts, power of thought, the imprinting of energies on the ether—

Finally one briefly came through Eileen to help in her own return to normal consciousness.

~19th August 1996~

Good evening.

(Welcomes)

Les: I'm sorry we have to give an apology again, that our two sources of power are not with us, because of sickness, it's a bit unfortunate.

I thank you for your welcome this time. I would say to you, do not be concerned for these two peoples, all will be well. I have said, it matters not when you have absences amongst you, but of course we realise and understand that the one who is here gives much in helping me to come to you.

Les: Yes we do know that, which is why we are disappointed she's not here tonight, but it can't be helped.

I would like to say to you all that some of you are in need of comfort since last we met. I will help when I can and I say to those concerned, do not allow your lives to pull you down.

Now I will say greeting to those who normally would not be with us, but have joined us this time.

Les: Yes, they are interested in what you tell us and they do come to our other meeting, as you probably know.

I am aware. I would like to say to you, there will be in time to come, many who will wish to speak in this room with us at these meetings, but I say to you this: Please do choose those who come carefully, as I know you do. But there will come a time when there will be those who seek not Truth, but who come for their own benefits. You understand?

Les: Yes I do and those I shall attempt always to keep away.

I know you will do that, but I wish to reinforce my words to you.

Les: Thank you, yes I shall hope for your help in doing so.

Now, before we have any questions this time, I wish to say to this new gentleman who joins us this time, why has it taken so long?

Jack: I haven't really known which way to go about it to be honest—I'm slightly confused with it all to be quite honest with you.

Yes I know and understand, but let me say dear friend these words to you: Throughout your life, opportunities have come to you, to move forward in the right direction of your life. Unfortunately, you have a *critical mind*, do you not?

Jack: I do yes.

Yes, this dear friend has held you back. I tell you this, this one has within his hands, the capability to do good for others, if he should so desire, but as it stands at this present time, he does not have the

awareness to open up his consciousness to all that is available to him. But I am sure that if you continue to come amongst these peoples, that which you have been doing, you will begin to see and to understand the power of Truth. Here we have in this good friend, a teacher of much Truth. This gentleman (*Les*) who has given himself to spirit, for so many of his earthly years, can be your guidance and your light. But you must make yourself available to him, you understand?

Jack: I do, I'll do that, thank you.

I will say only this to you both, that life has been difficult along your life's pathway, but let me say to you both, that you have stepped out into a new era of time, in understanding, in knowledge, in fulfilling your earthly pathway. So take heart dear ones, lift up your hearts, open your minds to all that surrounds you and you will find *Light*.

Les: Thank you very much. Any question you would like to ask on that either of you? (*Sallie + Jack*)

They have much in their minds, but do not know how to broach the questions. It would be good for them to think quietly, just the two of them and discuss what they truly feel, not what they *know*, not what they do not *understand*, but truly what they *feel*. You understand my meaning? (Yes) You must place to one side all physical emotions, because you see these emotions belong to your earthly life. You need to dig deep, to find that spiritual light within yourselves and only then, will you begin to understand who and what you are. I will leave you with those words.

Sallie + Jack: Thank you.

Les: Thank you very much.

Now, I know we have questions this time.

Les: Yes, there is one I haven't asked the lady's permission, I don't know if you'll regard it as permissible, but she has visited a *psychic doctor* and has had an operation on her back, but she's not very happy about it at the moment as to whether it's been as successful as she'd hoped. Are you able to give her any reassurance on this please, I can understand if you don't want to answer the question?

I am happy to speak to the lady, if she does not mind my doing so.

Debbie: No, that's fine thank you.

I have spoken about spiritual healing on previous occasions and I do believe that now you understand that what I tell you, is that you *all* are responsible for illnesses within the physical being. You know and you accept this do you not? (*Agreed*) Spiritual healing will only take place when all aspects of your being are in balance. We can speak of *energies*, we can speak of *cause and effect*, but to simplify matters, I will answer the question you put to me directly, that the time is not right for *full healing*; not because the spirit doctors have not done their work, they have, but you understand that they too have limitations to what they would be allowed to do. Do you understand this? (Yes) So therefore we come to the aspect within your life which needs to be dealt with. You need to look at the emotional body, you need to look at the spiritual aspect of that emotional body and find what the true route of the problem is. I do not wish to discuss that amongst the peoples, but if you like I can tell you privately.

Debbie: Yes please.

I will arrange that some time perhaps next meeting, to be allowed time to speak with you privately.

Debbie: Yes thank you.

Can this be arranged?

Les: Yes it can indeed.

I can then give you some light on what is the true problem.

Debbie: Thank you.

But of course no matter what advice I give you, if you are not prepared to carry out what you know to be the Truth, then there will be no *physical healing*. These concepts apply to all; we have spoken extensively I think, about what you must accept as being *your doing*, when it comes to *physical illnesses*. You have to, if you do not, then you create more illness within the physical body. You understand? (Yes) I hope that will be enough for you this time, (Yes—) but I will try to do what I can to help you put the problems right. (Thank you.)

Only when the Spirit is *touched*, can there be healing and it has not happened yet. No one you see, can undo what *you* have done, you see?

Debbie: Yes. (Yes)

Les: We shall arrange that private sitting at the next meeting, if that's agreeable to you?

I am happy to do so, I think it would be best, I know all are friends within the room, but when we speak about these private matters, I would rather speak directly to the person concerned.

Les: Of course, yes everybody here is quite happy to go along with that I know, including myself, so before we start our proper meeting, we will arrange for the lady to have a private session with you.

I thank you.

Les: Thank you very much.

I am sure she will be helped, provided she wants to be and let me say just a few words about this: That sometimes people say, '*I want to be well, I want to be better,*' but in fact the spirit self is reacting against these wishes. Can you understand this? You may find that difficult, but it is so. We need to go deeply into the matter. Now I will leave that there with you.

Les: Thank you. Right now if I might ask a further question, it's part of the one I'm waiting to put when our other two friends are back, but it does fully on your teaching about the Power of Thought. We were discussing last week apparitions, visitations, ghosts, whatever you want to call them and I wonder if it's possible for those on your side of life, to project their thoughts into our atmosphere and create those phantoms, which are not infrequently seen, by a number of people, such as phantom cars, coaches and horses and other aspects of ghostly visitations. Are they created by *Thought* from your world, or are they remnants of a power which *did* exist and is still fluid?

Yes, I take your question and I will say this to you: There would be no purpose in thoughts of that nature, coming from our world. Remember that we move on a much higher frequency than you do here on the Earth plane. I will go into this further, but I would rather devote the time, to an evening of *energy*, which I have promised you beforehand. But I will say this to you, I will try to simplify it for you:

What is energy? It is only *Light in Motion* and it is not a simple topic to discuss, there are many complexities, but I will say to you, these '*phantom sightings*', as you call them, are *energy* which has stuck within the denser matter of your Earth, in the same way as your *body energies* become stuck, or blocked, as you like to say, you follow? (Yes—) It is an *imprint*, it is energy which has become *almost motionless* and is triggered at some point in time, to reproduce itself to be seen by others; that is all. It is almost like the negative of a photograph, which has been captured in time.

Les: I see and what is it that triggers it?

It may be that certain energies around your Earth, gather at certain times, it may be—remember too, that energy—and this is what we need to discuss—as in all things, *Energy has Memory*. (Pause) I hear the stunned silence, but this is something that we need to discuss fully, before we can discuss these topics.

Les: It's certainly an entirely new concept to me.

Why? Why not?

Les: I agree, but I'd never thought of it in that way.

Are you not energy? Are you not vibration that moves? Do you not retain memory? Do you not bring memories from times past?

Les: Of course.

So if you are *energy with memory*, why should not all other energies have memory?

Les: Because I've been looking at it from an entirely wrong angle then—as usual. (Chuckle)

Yes, dear friend, again I say, your earthly brains limit you so! So now I leave with that thought only and we will come to the very complex issue of energy, which I hope and I do believe it will confuse you for some time, but eventually I hope the understanding will come to you. Does this help you?

Les: We look forward to hearing more about it.

I see your brain is working now.

Les: *(Chuckle)* Yes, they're churning madly, aren't they? Well, thank you again for that.

Now, as I say it is a complex subject, one which cannot have just one answer. There are so many different fields, which have to be touched upon. I could speak of molecules, electricity, atoms—it would only confuse you and after all, these things are earthly items of knowledge, they do not belong to the spirit. You understand?

Les: Yes we do.

So why would I speak about subjects you already know? I will try to bring to you knowledge which thus far has not been spoken about too much.

Les: That would be excellent if you do, we would appreciate it.

But I would prefer to leave it till we have our powerhouse of help.

Les: Yes of course, I do understand.

Or at least *(if)* not that, *(then)* when I have full control of this one. But do not be concerned, the time will be chosen wisely and I say to you that all the other subjects which I have promised you, will come to pass to you. *(Thanks expressed)*

Les: We certainly look forward to them.

Again you must be patient, because as you know, our time-states differ and what you consider to be a long time, is no more than a blink of your eyes. You understand?

Les: I think we can all say we have learned that thing, if nothing else—*patience!*

I do believe you are on the beginnings, but I would not say that you have learned it. I would say we all have a long way to travel.

Les: Yes I'm sure, but at least we've started, thank you.

Now, have we more questions this time?

Les: Has anybody a question they'd like to ask Salumet?

George: Yes, I wonder if I could ask some more details about what happens at the close of one of the Earth's great civilisations, taking perhaps Atlantis as an example. The picture that I have in my mind, is that many souls will continue their progression elsewhere, some will reincarnate in new civilisations on Earth, some beings may survive the deluge or whatever, and retain their superior knowledge and others might regard them as gods, so that what myth and legend we have today, may have arisen from that source. If I'm wrong in that picture, would you please correct me?

Firstly, let me say this, I have told you that many civilisations have been upon this earthly plane. Many have become extinct, because of their own foolishness. Also I have told you, that all souls have more than one aspect to them. In answering this question, you must remember this. When you talk of souls retaining their great knowledge and being revered for that knowledge, being classified as gods by many, this indeed happens, but it should not. There is only *one* Great Creative Force, there is only *one* Source of Knowledge, there is only *one* form of Love and goodness, and all others who have trodden, whether they retain much earthly knowledge or not, does not matter. All of these earthly events and happenings are lost in the greater scheme of things. So what you want me to tell you dear friend, really does not matter too much, because you see, all souls who return to the spirit world, take with them their knowledge, however great or small, to join with that Great Creative Force of knowledge, for better and higher things in the world of spirit. You understand? (Yes) I do not mean to say that these civilisations which have existed upon your Earth, matter not. Of course all of your Earth's history has created what you have today, or at least *some* of it has. But each stage of development upon your Earth is not what is important. Knowledge is only worth retaining, if it is spiritual knowledge. You understand? (Yes—) Of course there are those peoples, who have trodden this Earth, who would influence others. You know all of this, I do not wish to retrace what I have spoken about before. But you should be thinking dear friend, on the knowledge which you have gained, which those of you around you, have gained and in what way can you further your soul's growth; because after all, each individual here upon this earthly plane, returns *home* and contributes to the whole aspect of themselves. You are but a splinter in a piece of wood, you understand?

George: Yes that does clarify greatly, thank you very much.

Too much is placed I think, upon your history of past events. We have said, what is past is the future, the present and the past, all as *One*. So you should not distinguish one from another. I hope this helps you.

George: Yes it does, thank you.

Les: Thank you very much.

I wish to say to the gentlemen, whom I have spoken to, that he has gained much in his own understanding and there are those, who come close to you, who are proud, if I may use an earthly term, they are proud of your development, in quite a short space of time. So dear friend, be happy and contented with what you are achieving.

George: Thank you.

I will take one more short question this time, before I leave you.

Les: Would anybody like to put a short question?

No—I will answer when they ask me, in their quiet moments.

Les: Right, well thank you very much again for you company and your wisdom, which as usual has been extremely enjoyable and instructive.

If it brings you knowledge, if I bring you peace, if I bring upliftment, then truly I have been working well and I say to you all, that my Love goes with you all, whichever way your paths lead, whichever way you wish to travel, always I am by your side.

Les: Yes I don't think any of us doubt that now.

May all of you feel the Love of that Great Creative Force from whence we came.

Les: And we hope you feel ours for you. God be with you.

There then followed a bubbly light soul through Eileen, who got us all laughing, before we closed.

~26th August 1996~

Salumet gave a private session to one member (Debbie) at the beginning of the meeting, which is why the meeting was shorter this time:

Thank you dear friends for your patience and understanding.

Les: Thank you for your consideration for the lady.

I did feel that on this occasion that it was important that I speak with her. I know that she will find my words to be both of comfort and should she use those words wisely, she can free herself from pain. But as in all of you, I can only advise and you must play your parts, you understand? (*Affirmed*) And I believe that the lady now, has full knowledge of her pain.

Les: That's splendid news and we do appreciate you helping us and I assure you it's absolutely private, as our recording device was switched off.

I do thank you. I am sure that if she so desired to discuss it with you then she will. But of course the choice is hers. This is not something I would do often and again I say to you, thank you for your tolerance and your patience.

Les: I thank you for your concern for one of our group, we do appreciate it.

I think this time, I will answer one short question and then allow others to come to you all this time and may I ask please, that when the lady who normally works with me here, is not available, that the one named as Lilian, please to sit here, if she does not mind?

Les: You'd be quite happy to do that, wouldn't you Lilian?

Lilian: Yes of course.

She provides much in the way of support, this one.

Les: Good, that's also very nice to know. Yes we'll arrange that in future. I have one question, if I might, when you said that I should rest more, did you mean physically, or from the psychic work?

No, this time I mean your physical being. I know that time is important and there is little enough of it, I'm sure. But you do need to rest a little more.

Les: It's quite permissible to carry on with the meetings, as I do then, but I will not take on any more of the extra evenings, that I have been doing.

Yes, you must look after yourself, because you see, as you grow older in your earthly years, so the body depletes its energies and you must allow sufficient rest for that physical being.

Les: Right, I will see to that, once my present commitments are met, I shan't take on any more.

But I don't give you permission to stop.

(Laughter)

Les: I'm pleased about that—I'd hate to have to.

I'm not ready for that yet.

Les: No, nor am I, I'm very pleased to hear you say so, but I will cut out the others, I probably have been taking on too much for people who want help and I do understand and appreciate your concern.

Yes you cannot help others, if you do not recognise when you also need to rest.

Les: Yes I shall do that in future, thank you for telling me. But I was delighted to hear that you won't let me stop.

I do not have complete control over that one, but there are many who are behind you and will help you all they can.

Les: Thank you and thank you again for all you've done tonight.

I am happy to say that this time there is more peace and contentment amongst you. It is wonderful for me, when I feel that this is so, because you give out so much more, when your lives are happy.

Les: Yes it's interesting you should say that, because I was just about to say to you, that you've been away from human concepts so long, you might not realise our reaction tonight, for what you've done for one of our colleagues. I think I could say for everybody, that it's brought us much closer to you. Isn't that so?

(Agreed)

Thank you and you are kind with your words, you are kind with your love and I will accept them from you, most graciously.

Les: Thank you, we're pleased that you do.

I sometimes wish that as I leave you, I could gather you all together and take you with me, on a journey, but as of yet, this is not possible.

(Enthusiastic responses)

Les: But it's a lovely thought and we thank you for it.

Now, I think I must leave you and I leave you with all that I can give.

(Thanks expressed)

Les: And our love goes with you of course and we look forward to our next meeting and again thank you for tonight, God be with you.

~2nd September 1996~

Good evening.

(Welcomes)

Les: Thank you for joining us once more.

Forgive my lack of words, but I wish to embrace you all in my love.

Les: Thank you.

I bring with me this time, the love of many who surround each one of you. They stand by you at all times and for this one time, they wish to stand close by for short time this time.

Les: That's lovely to know. Would that be the reason that I thought there was an unusual amount of peace and love here tonight, when I sat down?

Yes, I would ask all of you, if you will be willing to sit quietly for a few moments and allow the blending of spirit with spirit.

Les: Yes of course.

There is of course good reason for this; it is essential that you all feel Power of Love. Shall we do so now please?

Les: Certainly.

We all then sat in silence for about five minutes and then Salumet continued:

Dear friends, I would be most surprised if you do not feel upliftment, when you leave this room. It should sustain you for hours and maybe days.

Les: Thank you and thank everybody who has been good enough to be with us to do that.

They ask not for thanks; they are always close by you, these who have been near to you this time, are those who truly have a spiritual bond with you all. So for them, there must be no thanks. Now, I want to say to you that for this time, I will speak a little to you.

Les: Thank you, we're pleased at that.

So if you have questions for me, please ask now.

Les: Yes I will. Recently we have had on our TV screens, programmes about the '*supernormal*,' and the other day there was one where messages, which had no apparent human origin, were shown on our computer screens. The language was that of about 400 years ago and the communicator referred to the computer, as his '*box of light*.' They were quite lucid expressions given and everybody who saw it is puzzled. But I thought back to what you told us a long time ago, that your colleagues who have gathered in strength, to prevent the vandalising of this Earth anymore and you said that they would be using every sort of communication possible. I wondered whether what we saw recently, is coincidence, or whether it is part of your plan, to use every possible means of communication?

Yes I understand your question and yes I did tell you that there would be many new forms of communication. (Yes—) It should not be strange to you, after all it is the same energies being used, as the energy from which you are made. It is only now being utilised by those who have attained the knowledge to use them. I will say this to you and I am aware of what you speak about, that your *box of light*, as you refer to it, is the newest form of communication known to man. (Yes—) But it has been known in our world, for some considerable time. And also, it was meant to be used in this way, because of the fact of being widely used, by all peoples in your world. It can reach many people when it becomes more widely used. It is not communication with one person, as we have had in the past, but many peoples will not be able to dispute what they see and what they hear.

Les: Good, so will it be happening again then?

It is already happening throughout your world, you will hear of it more and more, beside other forms of communication, which we are now working with.

Les: That's most interesting.

It has to go forward. Although communication has always existed, there have always been areas of doubt. (Yes—) You are aware of it, so to continue to reach peoples, we have to use what is most acceptable to them.

Les: Well I must say, I'm delighted to hear it.

You do not find it odd, that the medium that you call *computers*, is now so widely used. After all, it had to come, there always will be new technology within your world. There is much still to come, there are many who have gathered together in our world, to ensure that this time, peoples will listen, peoples will not deny the Truth. **The Truth must become known by *all*, if this world of yours is to continue its true pathway.**

Les: Yes, when I was watching the programme, my mind immediately went back to what you've told us about it and those very words you've just used.

It will all come to pass; what I tell you will happen and it will not happen only within your own country, but in many countries throughout your world—it is happening now.

Les: Good, and are there special conditions necessary, before these messages can be given on a computer screen?

It is only the use of the *energies*. It is helpful if the person using the computers, is attuned with us in spirit. As with all forms of communication, those of us in our world, will seek the right conditions, wherever they appear.

Les: Good, so it might happen to anybody, if they are in tune with you?

You are all spirit, so there is no reason why you should not be receivers.

Les: That's something I look forward to with interest.

That is our intention that a wider field of peoples upon your Earth plane, see and hear for themselves, the Truth, the evidence, which they cannot dispute.

Les: That's interesting, because recently there has been developed what is called the *Internet*, which means instant communication, through those screens, to any part of the world and this no doubt you are aware of, and this is what you'll be using then?

That is why this form of communication has been chosen.

Les: Splendid! A lot of people are going to have a lot of surprises, aren't they?

But we hear with amusement sometimes, 'Are mediums as singular people, will they become extinct?' I say never!

Les: No I can't imagine that happening.

So accept this new form of communication with the love, with which it comes. You will hear more of it and you will continue to hear of new ways of communication.

Les: Good thank you very much indeed, an interesting future to look forward to in that field then.

I did tell you when I first came to you, that what I told you, would be verified by others throughout your world.

Les: Yes you did indeed.

And this is only one example of those words.

Les: Good, well they're certainly escalating then and the spreading of the knowledge is obviously going to be of great importance.

It gladdens my heart and those with whom I come to this earthly plane with, that there are many more who are interested in what we term 'The Truth'. They will withhold the knowledge for only a little time, those in power who know; they cannot withhold it forever and the young people now, are beginning to use their emotions, to know when something is The Truth.

Les: Yes they are, you're quite right.

And it gladdens me so!

Les: It certainly makes us here very pleased and many groups like this are going to be pleased about it.

It is also good, that communication will be open to so many—to sceptics, to believers. After all you all are spirit first and foremost and what is good for one, should be available to all.

Les: Yes, I thought of you again today and some of your past statements, because I heard on our radio, a comment from a bishop, saying that if they throw away all their regalia, they're going to be much more human and I thought that was a very apt remark for him to make.

Let me tell you dear friend, that these people of power and I have just used the words, they also belong within your churches, these people who have withheld Truth, for many of your centuries. At this time in your evolution, they are laying down those misdeeds of Truth. At last they realise that the populace of the Earth, will no longer be fooled, that they will accept, only what they truly believe. So they have to move forward, if they are not to remain in ridicule, by the mass of the peoples.

Les: Yes, actually that occurred to me when I heard it, and I wondered what had been prompting them to make this statement. They must have been having a little nudge.

I think I best say, a rather large nudge, as you call it.

Les: (Chuckles) Yes, though it was lovely to hear it.

We are working within many fields and those peoples upon your Earth, who are in positions to teach others, to have the power over many peoples, the time has come to expose themselves to only the Truth; and it is beginning to happen.

Les: Good, well that certainly is wonderful news.

I would end my words by saying that the peoples who inhabit this earthly plane at this time, will never know so much development of spiritual truths, as are happening in your

world at this present time. There is a gathering of us all, many from our world who are working now, for even greater truth, than has been known previously.

It is happening dear friends, and I am pleased that you are here, whilst it is beginning.

Les: Good. Yes, it's certainly going to be very, very interesting to see it developing, because I feel that once it really begins and gets hold of the peoples thoughts, then escalation is going to be very, very rapid.

Yes, it is what we work towards. We cannot allow The Truth to go under, as it has in your centuries past. The Truth has presented itself many, many times, only to be put under, by those peoples in positions of power, who have downtrodden peoples, who have not allowed freedom of speech. In many areas of your world, has there been injustice in this field and we cannot and will not allow it to happen this time.

Les: Good, well that's wonderful news for future generations also.

Now, if you are happy, I will finish my words this time and perhaps allow others to speak.

Les: Yes certainly. Thank you very much for that answer, it's very enlightening.

Are you happy with it, are you left with doubts?

Les: No I've no doubts at all, no I believe implicitly what you tell us.

Then I will leave you all with my love and know that when you leave this room, you will be surrounded by the love given to you this time. I say good night to you all, may that Great Creative Force shine from within you.

Les: Thank you for your blessing and our love goes with you and to all those who've been with us tonight.

(Thanks expressed)

There then followed a communication through Sue who gave messages to two of the sitters. (Mark and Les)

~9th September 1996~

The early section of this recording fades in and out and is difficult to hear at first:

Good evening.

(Welcomes)

It brings me much joy to be with you.

Les: We certainly have a lot of joy with your company

As my control becomes stronger with instrument, it takes longer for speech.

Les: Yes I understand.

But time will come when speech will be instantaneous, but only when full control is achieved.

Les: We do thank you for all your patience with what you're doing. I'm sure it'll be so worthwhile when it does occur.

I thank you again for the patience you show, because I know our time together is short in your earthly time, but as long as we continue to make progress, then it is worthwhile.

Les: I agree absolutely. After all, you taught us what patience should be.

I have to say you have not fully achieved it yet.

Les: Oh dear. *(Chuckles)*

But I know your welcome and your love, are based on such patience. Because conditions this time are good to be working with this one, I will speak to you for short time only. We have another who wishes to come to you here.

Les: I see, we are in your hands, we'll do whatever's required.

I want to say to you this time that much is happening in your world. We are gathering again in our world, to try to bring more Love and power, to those who can create Love within your Earthly world. There is at this time, unease and unrest in many areas of your world and we must do what we can to help in those areas of unrest.

Les: We certainly shall be everlastingly grateful, because things certainly are getting worse in our world.

But fear not, I have told you, you must not live in fear, because it is destructive. You must use your thoughts wisely to disband all negativity within your world. You must dissipate all fear within yourselves, if you are to be of use, to others.

Les: Yes we do understand that.

So you can help, each one of you, in your own way. But I tell you, there is a concerted effort at this time, within our world, to do all that we must. I do not tell you this, to create more fear within you, but to help you to fully understand, that not all peoples are of similar spirituality, like your own. I want you to know, that your thoughts can create much love, much good for others, you understand? (Yes) So, if I may, I ask that each one of you, sends out loving thoughts for your world.

Les: Yes we will do that.

Always I hold you dear. Now if you have questions this time, I will answer briefly.

Les: Thank you. Yes, you have told us that many other planets exist in the universe and these planets, of which we have no knowledge, you have said that there are life forms upon them. Is it right to presume that those life forms, would be governed by the same laws that govern us here, in that each life form would have its own soul, which would have to go through the process of living the continuity of life, as we have to go through the process?

Yes, if we simplify words, then I say all within, not only this universe, but throughout the cosmos, have to abide by those laws, which govern us all. There can be no differentiation between them; how can there be?

Les: No I thought that would be the answer.

Love is eternal, Love is the law, which must be abided by all who come within its scope. You understand?

Les: Yes I do, I thought it must be so, but I wanted confirmation.

Of course, you understand the great diversity of planets, of peoples, of course you all would seem to be different from each other, but you all originate, from that eternal spark of Love. Does this answer your question?

Les: It does thank you very much. Do you have time for one more?

I will take only one more this time.

Les: Thank you, we had recently a rescue from somebody who said the year was 1302. Now you have told us that until the soul shows signs of wanting to progress, those people are in *limbo*, until that time, then they are brought back to us if need be, for the final clearance, as it were. To me it seems rather a waste of time and energy, if that soul is *cocooned* somewhere, in this case for nearly 700 years. Are they in fact cocooned for that length of time, or do they live in some other *sphere*, for that time, until they return to their earthly counterpart here?

I understand your question. I have spoken briefly about this of course, but again we are speaking about complex issues. Let me reiterate some of the information I have given to you previously. I have told you, you are not one being, that there are many aspects to you. Let us take the soul, who has left this planet Earth and should have returned to spirit, in knowledge and Love. But you know that some are left close to this plane of existence for many reasons. Some who come to us are *cocooned*, but I use that word reservedly, because—let me explain a little further, because now I believe you will begin to understand: When the soul is ready, it will move on. If it is not, it can only be *cocooned* and offered support, but the part that remains, is only *one aspect* of the soul. You follow me?

Les: Yes I see what you mean.

The spirit will always return to where it belongs, it will only be the one aspect of the soul, which remains as you say, *cocooned*. So the other aspects of the soul return to where they belong, to await that aspect to awaken to life, if you like, before it joins us. I am speaking in terms, as if there are many peoples, but you must understand, that many aspects make the whole. Do you follow me?

Les: Yes we follow you, but I don't think we fully understand it yet.

That is why the explanation previously, I kept simple for you, because I do think your understanding, truly realises what is involved.

Les: No I don't think it can at the moment, it's something we shall have to think about very carefully, in order to try and understand it.

If you will, then you may have the understanding beginning to break through. But not all of the spirit will be left suspended for those number of years.

Les: I couldn't understand that that would be so, because there comes the question of regeneration of its energy, during that time.

That is why only the earthly aspect of it is *locked in time*, if you like—whilst the other aspects of the spirit, or *Energy*, as you now begin to term it, and of which I am pleased, because it shows at last you are beginning to understand, that you are much, much more.

Les: So, those other aspects would in fact, if I can use the expression, be doing useful work elsewhere, so the time is not wasted?

No, *never* is energy *wasted*, *never* is energy *static*, *never* is one part of the soul *lost*; it cannot be so.

Les: And when that Earth-bound part comes back, as it did the other day, would all parts of the soul be reunited?

It would be uplifted by other aspects of its being, to make the return, for help.

Les: The return would be of the whole?

The return would be of the whole, only to help that aspect of itself to be free.

Les: I see that certainly clarifies for me, I hope it does for my colleagues.

You understand?

Les: Yes I understand much better now, I certainly hadn't considered the multiplicity of parts.

And also, please to remember that *Time* is of little consequence, when you speak of our side of life.

Les: Yes I understood that, but it did seem such a *waste*, if all that time, however unimportant it may seem, was being not utilised in some way.

Again dear friend, you are using the *physical brain*, to try to understand matters *spiritual*. So it explains the confusion within your own thinking.

Les: It certainly does, you've given us more to think about now and to reach a little more understanding, of the complexity of it. Thank you for the answer.

I would say one last thing to you all, that it is *good* to see that you ponder about these many subjects, which I know are difficult for you. But it shows that you are willing to open yourselves to that greater Light.

Les: Yes, that's certainly what we are trying to do, with your great help.

And now dear friends, I will leave you in the knowledge that always you are within my love and those who come close to you. Always you will be surrounded with much help and upliftment; but not always are you aware of this, but the time will come, when you will feel our closeness, much, much more.

Les: That's very nice to know, because the more we begin to learn, the more we realise we are going to need that help, in order to understand fully.

You cannot ever, whilst you are clothed within these bodies, fully understand all that is awaiting you, but you can try to expand your knowledge to the greatest abilities, that you all possess.

Les: Thank you very, very much, our love goes with you again and God bless you.

~16th September 1996~

Good evening.

(Welcomes)

Les: We thank you again for being with us. I know you don't want thanks or expect them, but we do like to say it.

I wish again to thank you for your patience.

Les: It's a pleasure to wait for you.

I am with you from early in your meeting, but it is little known of the intricacies of blending with instruments. It is essential that blending of energies should take place correctly, in order that no harm comes to this one.

Les: Yes I think I understand what you mean and we appreciate your consideration.

So although I am with you, it is essential that I take more time, to be sure that all is correct and that we have attained the best conditions possible.

Les: Yes, we are quite prepared to wait—I do know how complex the matter is.

I know that some of you wonder why it is easy for some to come so much more quickly and easily, but there to be considered many changes within the energy fields when one such as I return to you. It is more difficult and it is essential that the instrument being used, is in a good condition also. That is why it is necessary to work always closely with her. But now that the connection is made, I am happy to continue this time. You may find that it sounds different this time, only because I am working with different energy patterns. It is too complex to explain this time, but I hope you will accept it so and we will continue.

Les: Yes of course we accept it, we're only too pleased that it's happening.

We have someone waiting to speak this time with you, who you will find of interest, but before then, I will take your questions please.

Les: Thank you. I would like to continue on your subject of last week, if I may, about the many parts of the soul. We can accept what you say of course, that there are many facets of it, which are existing at the same time. But when they have achieved the purpose for which they came, does each and every individual part, become coalescing into a whole once more—do they all have to progress together?

No, not necessarily so. You can have the division separately, although they belong to that one spark of existence. It is not possible for all facets to progress at the same time. Of course when each, shall we say 'facet,' or 'aspect of personality,' has attained its purpose, then it will return to that whole and then it will be decided which element will go forward, to improve the knowledge and the structure of the whole.

Les: So putting it simply then, all the various personalities, do gather together once more at some unknown time in the future and then again split and the procedure continues?

Of course. Now dear friend, you are beginning to understand just a little. Yes, it is a complex subject, which I don't feel you will truly understand, whilst you are clothed in these bodies.

Les: No, I can accept that, but it does give a little clearer picture of the progress of the parts of the soul. **If you take a bowl of water, if you take one bubble from it, it does not affect the water as a whole, but when the bubble returns in greater magnitude, it is accepted into that pond of water, without causing any disruption. If you can imagine yourselves in this way, it may make it simpler for you to understand the process.**

Les: Yes I think it will.

You, dear friend, belong to a much greater energy pattern.

There was then some noise from a neighbour's house, causing a brief interruption before Salumet continued:

When you separate from that greater energy, you are in a sense set free for just a short time. But always you remain attached to that greater pool of energy. So in a sense, you are never truly separated. Is this clear for you?

Les: Yes, I suppose an analogy would be the silver chord between the physical and the spiritual body.

Yes, you always will remain connected to the soul, you understand?

Les: Yes, because the source would be necessary for the continuation of the energy required by each particular part.

Yes, it is like a child on reins, who feels the power of movement and yet is controlled by the parent, you understand?

Les: Yes I do, I think everybody understands that.

(Good.) Thank you for the explanations. I'm afraid we do seem rather dim at times in understanding these things, but of course they are foreign to our conception up till now.

They are complex matters and I fully understand that your comprehension of them is limited.

Les: Yes very limited indeed.

But no matter, just enquiring about these things, lends itself to a greater knowledge of them. For that, I am pleased for you, because it tells me that I am completing my task much more fully, than I had at first hoped.

Les: Oh that's nice to know—at least we're learning something.

I have to tell you dear friends, that the opening of your hearts to me has been considerable, in such a short space of time.

Les: Thank you, that's a complement to us all.

Now, I will take one more question before I give you over to those who wait.

Les: Thank you. Yes it's partly question, partly comment: At our last meeting, we had two people come, I didn't deal with them at the beginning, but I believe that I'm right in saying that they are from somewhere, not of this world. One instrument was speaking almost precisely the words that *you* have used, saying that they are part of the gathering, to prevent us from destroying this Earth and ourselves. The speech was very slow and I wondered if I was right in presuming that the words were being fed to that person via the spiritual aspect of the instrument, so that her brain could utter them?

We return again to the subject of *communication*. There are easier methods of communication with those from our world, who are closer to you on the Earth plane, you understand? (Yes—) But the further away—and I use that term loosely, because you understand that it is not *distance* which we speak of, because all is *intermingled*. When we speak of communications, there are many ways of achieving this. Sometimes the blending of the energies are not suitable for the communicator to use the instrument's voice. So sometimes help and information is given and although it would seem to come from the communicator, you are correct in your assumptions, that there are more than one involved. This happens sometimes, not only for the protection of the instrument, but the spirit in question. We speak again about many complex issues of how communication takes place.

Les: Yes there must be many, many more aspects to it, than we have even considered.

It takes many of your earthly years, for communicators to work at ease with their instruments. It does not happen in an instant, because you see and you know, *I know*, that as you leave your earthly bodies, the energies become so much finer, and as you continue throughout your spiritual lives, they should become even finer, which makes it more difficult to have a communicator return to this Earth plane. But we have many who have achieved such and I don't feel it is wrong to say that I too, must be included in that band of peoples. It of course becomes much easier when all conditioned are refined and the instrument is willing to give themselves to us.

Les: Yes, it's a co-operative effort then, isn't it?

Always, always but this is why now, we are finding new ways of communication, so that we have a much more valid way of communication.

Les: It would be marvellous if you do achieve what you want, because the average person then can have a much more comprehensive idea of the importance of the communication and the fact of it too.

Yes, there is so much going on within our worlds, to make this communication easier for all, but we have spoken about this last time.

Les: Yes I won't keep you anymore, but just to say that we were very interested to hear the words, were almost precisely what you have been saying to us.

Yes, it will be verified by many, not always here, but from other sources and I want to say to you dear friends, that I do not always say too much on what will happen in your world, but there are coming to your world geological changes, important changes, which will affect the structure of your lands, but this is a natural evolution of your Earth and should not cause distress to any of you. But remember I have told you this and we can speak when it comes to pass.

Now I leave you all with my love this time and thank you for your attention and for your great patience with me.

Les: We thank you for your patience with us and the teaching you have given us, God be with you.

(Thanks expressed)

There then followed one through Sue, who gave instruction about working with the moon:

Little one this one, little one for me.

Les: Thank you for making the effort, sorry if it's uncomfortable for you.

Not for me, we try not to harm little one either.

Les: No I'm sure you won't do that—

Will not stay long here, but wish to say to you, do you appreciate how spiritual your moon and its light can be?

Les: Yes I think we do.

But we feel it is going to be important in your lives, to be more aware of the light coming from the moon in your skies. It is full of great energy, as is the sun planet. You are aware that the light you see comes from the sun, but of course it is not possible to turn your gaze upon it, as you can the moon.

Les: We know that it's reflected light from the sun.

Of course you do, I apologise if I make it sound as if you are not aware, of course you are.

Les: No apology needed—and the moon has been the subject throughout many, many years on this Earth, the subject of song, of poetry, romance, so it does have a great affect upon humanity.

Romance comes from the physical heart, I am speaking of the spiritual love which comes from the light.

Les: Yes I personally have always been aware of it.

That is good. I say to you before I leave this one, I say to each of you here, at the next full moon, if physical problems, such as the cloud formations are not a hindrance and if your daily toils allow it, I would ask you all to turn your gaze upon it and to open up the spiritual channel which is in you all and feel the light travelling into the very depth of your being. Can you do this please?

(Agreed)

Les: We'll certainly try, yes, just as you used to in your ceremonies?

I say to you, the benefits you will find, will be many. I ask you to try to feel the energy of the light of the moon, as it travels to the edges of your fingers, and ask at the same time, that this energy you are feeling, can be put to good use.

Les: Yes we shall do that.

You will be guided along the correct path, to suit each one of you and this new form of energy, will be used through your channels. This may sound a little confusing to you, but I ask you please to put your trust in those who love you.

Les: Yes we do, we accept absolutely what you say about this, because after all, it is merely attempting to absorb the diffused energy of the sun, isn't it?

Technically speaking yes, that is one form of the power available.

Les: Because it all comes from the sun, so we should be absorbing that, indirectly, spiritually and physically.

I thank you for this experiment and I say to you on a lighter note, we do not expect you to go gambling around your gardens at midnight, chanting and waving feathers in the air, no.

(Chuckles) *It is not essential for you even to leave the confines of your homes, but I say it probably would be more beneficial if you could view the light from outside and not through glass. But please I say to you, do not catch cold, we do not want you to suffer in our experiments.*

Les: No we shall try and avoid that, thank you for the instructions.

Our requests do tend to get stranger do they not, but you know you can trust us.

Les: We know there's always a very good reason for these things.

Yes, we only wish to enhance the bonds between physical and spiritual matters. In time, it is the endeavour of the great and almighty power, which we are all striving to work for, to encompass the physical, so that it is merely a breath away from the spirit and everyone will be aware of the next realm.

Les: Good, thank you very much.

Time as you know, means nothing, what is past is present, is future. Now I will depart from this one. Energies in the room are now much depleted and we thank you for giving us the opportunity to come and put our suggestions.

Les: Thank you very much for having been with us tonight. Goodbye and God bless you.

I say to you, the love and light of the great power surrounds you all.

(Thanks expressed)

~23rd September 1996~

No Salumet this time, but there was another communicator of interest through Sue:

I am having a little difficulty, but will soon be able to converse I think.

Les: Good, yes it usually clears up in a short while.

I think we can do a little now.

Les: Good, thank you for coming.

I am sorry that your normal conversations with our great one, cannot take place this time, but you are aware that we like to use the same channel at the moment and not use another.

Les: We quite understand that, we didn't expect that he would be speaking with us tonight.

We have told you that he will converse with you through another and he will keep that promise, but the time is not quite ready for him to transgress to another. I will tell you though, that when the time comes, he will speak with this one and his normal channel of energy and he will use both channels at the same time. You are aware I know, that the one you call Salumet, is only part of a whole and he intends that a piece of the whole, will be used simultaneously with the one you are already familiar with.

Les: Is that so? That's going to be extremely interesting.

We anticipate that it will be somewhat different to anything you have experienced here before.

Les: You are certainly right, if that happens, it will be quite different.

I have been aware that as the time has passed, this particular circle, has experienced some what you would call 'incredible things,' am I right?

Les: You're quite right, we have.

Let me say to you that it could not be achieved, without yourselves. We are nothing without the energy and power that you produce here.

Les: We are nothing without yours, it has to be a complementary effort, each time, doesn't it?

Indeed, and that is what—that is what is wrong with the world that you inhabit at this time. There are no unions of souls, you must agree that each one fights the other, can you agree please? (Strong agreement) You are aware I know, through the teachings of Salumet that we are not permitting this to continue. Do not ask please, how these things will change, because there are circumstances which, due to the impossibility of communication, we cannot tell you. But it IS to happen and there are people such as yourselves in all parts and I say ALL parts of your universe and I say that, not just including this planet—but are doing everything in their power to bring such changes to you, that you cannot imagine.

Les: That's very comforting news, especially for our children.

You may say that you have been informed that a life that is upon you, is decided previously and are we right to interfere, as we have always told you that the spirit cannot interfere? Yes you have heard this, have you not?

Les: We have, but you won't be interfering with individuals?

That is right. We are endeavouring to change the very ether of the planet.

Les: Yes, we shall still have our free will, within the new parameters, which you will introduce, I know.

You all have the inner voice, you all are aware of what we call the inner voice, yes? (Agreed) I know that when you hear the voice most times, you heed what is being said to you. This is the only way we can put you on the right paths, the paths of your destiny. But your free will is the over-riding factor of all your lives.

Les: Yes, and we haven't used it very wisely have we, in the years that have past?

You can say that and you can go back to the beginning of your universe and every time, every time, when there is what you would call disaster, things then suddenly begin to change for the better. Yes, you agree? (Agreed) Going to the Roman empire, that you have read in your history books, they were

magnificent times for them, but no they were not content with what they had, were they? Greed, greed destroyed them.

Les: As it has destroyed prior civilisations.

And so, we had to intervene and start the process all over again. And now, as you say, through greed another civilisation is beginning to crumble at the very roots.

Les: Yes, it's in a very (?) condition, the world, or the population of the world, at the moment. I certainly hope you all are able to do all you wish, to prevent the calamities that are hovering over us.

As I said to you, there are peoples such as yourselves, all over this universe. And when the time is right and with the permission of you all, because we do nothing, nothing without asking for your permission; we will be drawing on the energies of all those like yourselves, have opened your minds, to a greater power. We will draw upon these energies and create an enormous and powerful beam, of spiritual light and love, which, although I cannot explain to you in words you would comprehend, this light will completely alter, the way of life as you know it now.

Les: Yes, that's certainly something for our children to look forward to, even if it doesn't happen in our time.

I say to you, you will not see the conclusion, in your earthly lifetime. But you, all of you here, will see the beginning that I can promise you. I promise you that, all of you will see the beginning of the end. (Thanks expressed)

Les: It's worth all the time spent with you, though that time spent with you, has been a pleasure as well.

By spending time, spending time here, you are building up something you are totally unaware of, but it is being stored and every time a little more of this power comes available. Let me explain it to you like a mountain, yes a mountain of good, good, strong, love. If you cut into it like—let me say to you, not a mountain, but the trunk of a tree—you can see the rings showing the age, can you not? (Agreed) Imagine then, imagine these rings and every time, the power of love clings to the edge and more and more and more.

Les: It's building all the time, for future use?

Building, building, building. And we are slowly now, beginning to take the power of love, from the centre, but nothing is being lost, because it is coming and coming and coming. For every puff of power—I'm sorry I cannot describe it properly to you—for every puff of power that we use, it is replenished a hundred fold. We are ready shortly, to extract more from this storeroom, and start the regeneration of your planet and its people and its black and sometimes wicked times.

Les: And so that energy of love is able to feed upon itself and be self-increasing, I think that's what you're saying?

Yes, it is far more than that, but yes, that is an explanation, which is sufficient for this time and I want you all to know, that you are responsible for the rings, as they extend. Every thought of love that you give out, finds its way, not only to the recipient of your thoughts, but into our storehouse. Do you understand a little of what I say please?

Les: Yes I think we do.

It is most difficult for me to explain this in words, because I have not the right language, or the right words.

Les: And we haven't the right understanding.

We are both confused, are we not?

Les: Yes, but we do begin to get the gist of what you are trying to tell us, of the immensity of it all.

I think you have a saying, I think I am right when I say, 'I will put it to you in a nutshell', am I right?

Les: Yes, we do have that saying.

I will say to you before I leave you, keep your thoughts towards the Light, that you know surrounds you and you will have no small part, in the resurrection of your world.

Les: Good, we're very pleased to hear that and we shall certainly keep on doing as we are now, for just so long as we are able. Thank you very much for what you've told us.

We are also expanding the work of the healers, both physical and spiritual, in your world. We intend that the spiritual healing of physical and mental problems, which face you in your earthly lives, will be greatly increased, over this period of time. I say to you, your hospitals, which we are aware are in need of—how shall I put it, a facelift and a shakeup, yes? (Affirmed)

This will happen. More people will go into your medical profession, there will be more resources and more people that go into this profession, will go into it, knowing that they are being guided in their healing, by the spiritual doctors that have surrounded them.

Les: Good, yes I was hoping that that might be part of the plan.

I say this now, before I leave you, there is one here, who will take up and continue with the work which has been started. They are unaware that the path is ahead of them, but when they place their foot on this path and start to walk across it, in words you understand, there will be no stopping them.

Les: Good, I'm sure all of them will be very pleased to know that.

This one, this person I speak of, whose name I shall not divulge, will bring much needed earthly publicity to the work they do. Can you understand what I say?

Les: Yes, yes I'm very pleased to hear it and I'm sure she will be.

Do not say 'she.' I did not say she, nor did I say 'he.' I tell you this person will shortly start a course of action that will open the eyes of many.

Les: You are referring to the instrument you're using, I imagine?

No, no.

Les: No? I misunderstood what you meant.

There is one here in this room, I say it may be the instrument here, but it may easily be anyone sat in this room—we are aware and will help the one, who has been chosen. But for reasons of which I cannot explain, I cannot say who that one is at present.

Les: No, I can understand that. It's nice to know that one will be used.

Please do not think that the rest are of no importance; each one of you here, as I have said to you this time, is to play a vital role, in changing the course of your world. But there is one, who will bring the word, to many others.

Les: I follow you now, thank you for that.

The power here is exhausted. I will leave you with much love and such grateful thanks, for all you are doing, to enable us, to bring love back into a dark place.

Les: We thank you for your teaching and instructions and companionship in this work and our love goes with you all.

I will speak again at another time and perhaps it will be when Salumet returns to the other one. We may, between us, be able to give you a better description of what we hope is to occur, when the love and the boundless energy we are storing, is put to use.

Les: Good, thank you again.

May I ask that you sit quietly now and send out thoughts to spirit, that we might begin the process?

I leave you now, God bless you and keep you all.

There then followed a final control through Sue, to lighten things before we closed.

~30th September 1996~

Good evening.

(Welcomes)

Before we begin this time, I want to offer thanks to the Great Creative Force which brings us together once more, who showers us with love, who brings to us many truths, much knowledge and the opportunity to serve mankind.

Les: We would like to join with you in those thoughts.

Words are not necessary for these words of thankfulness, but I say them only for your benefit. Before I answer questions this time, I would like to speak to you about some truths of your world and how you view them, from the human stance of understanding.

So often we hear, *'What really are the truths of spirit? What are the truths that we need to know and to work upon?'* Down so many of your centuries has this question been asked. *Truth* has always been—still it is unchanged. Man has tried to alter those basic truths to his own ends, but you cannot change those *natural truths*, those *spiritual laws*; they cannot be changed by man. So I say to you, what you must know as truths, are those thoughts and feelings which belong to your spiritual selves.

The Truth of Love—Love for your fellow man—this I would say, is the most important truth you can ever understand. You must love your fellow human beings as you would yourselves. I think most of you would agree with this one? (*Agreed*) I would say to you that you must put to one side all thoughts of *material gain*, which is *useless* for your *spiritual growth*. By that I mean not that material worth is of no value, but the *love* of material gain is wrong. It is the *love* of these things which you must temper. You understand? (*Affirmed*)

The Truth that life continues—that is one truth all of you here already know and understand, but that so many in your world still deny. But it is the basic truth and one which we will continue to express to all who will listen. They are but a few of the truths which must survive all of mankind, while he treads this Earth. I will return to others at a later time, because I know you have questions for me.

Les: Well thank you for telling us that.

It is good to have these truths continually spoken about, because too often mankind treats them as he would his own form of understanding; he treats them as his own form of truth and he must not do that.

Les: No, we understand what you mean. Unfortunately we do have to be constantly reminded; you are quite right we do.

It does you no harm to be told, especially to love one another.

Les: Yes that is one of the basic principals in the Bible, isn't it?

I do not want to be concerned with any particular religion, any creed or dogma, only TRUTH and truth belongs to all, no matter which race, which colour, which country; all peoples upon your Earth plane, are subject to these truths. You understand?

Les: Yes, it is the law, we can't escape it.

But unfortunately man has taken these basic truths and moulded them to suit himself, not only in one form of religion, but throughout your world. So I want you to dismiss all dogma attached to these truths and accept them for what they truly are:

Teachings to help you progress—teachings to help you evolve whilst upon this earthly plane.

Truth always is simple and you must not complicate it, by adding man's intelligence, which I have to say, is abrasive to it. You understand?

Les: Yes I think we all understand that. I merely mentioned the Bible, because that is what Jesus taught, wasn't it?

We have had *many* peoples who have come to this world and I know I repeat myself when I tell you: **All have brought to mankind basic truth. Many sages, seers, poets, politicians—many kinds of people throughout the existence of this world; only, only to have them abused by man. Mankind always seems to turn, I think you would say, 'deaf ears,' to the truth.**

Les: Yes he only wants to hear what suits him, what suits his purpose at that time—

But I have told you that the *tide is turning* and mankind will know his heart. There is a steady progression in the right direction and it fills my heart so, to tell you this.

Les: Splendid, we are delighted to know it.

Now I will answer one question this time, before others speak.

Les: Thank you. Yes, I would like if I may, to continue our talks about the soul. You have told us of course that animals have souls and this we accept and I've been very interested in reading of the relationship between plants, some of which develop certain characteristics, which would appear to be solely for the

animals feeding upon those plants—it would seem that there is an interrelationship. Since all are part of the universe, then obviously the energy of the universe is within those plants as within us and the animals. Would it be fair to ascribe the principals of the soul to plants? I know it might sound ridiculous, but I think you will see what I mean. If they are part of the whole in co-existing apparently in that intelligent relationship, then it would seem that they must have some awareness within them, which could be regarded as a soul.

I understand your question—let me try to explain it to you a little. All energy all life is of course the same, but when you speak of animals, plants, what you would term, 'lesser existences,' then we are speaking of slightly different energy. Of course all energies *intermingle*, this I have explained to you; after all, we come from the same Creative Force. That Creative Force allows much to come from it. Human beings have their own form of energy, as do the plant and animal kingdoms. I understand what you say—one without the other cannot exist, there has to be co-existence, with all forms of energy, whether it be in the material world, or in our world of spirit. It becomes so much more intense when you speak of life in our world, because they are not, how should I say, 'clothed' within the earthly matter, which dulls all energies, as you are aware. I would go further and say to you that the energy of the ground that the plant is within, provides that energy which succours the plant, which in turn feeds the animals; the animals in turn provide energy for human beings as you term them. But I say to you, we are speaking of the one energy in different degrees of vibration. You understand?

Les: Yes I understand that, but what I don't understand is how a plant can have the apparent intelligence to adapt itself to the needs of the animal.

Because all life in intelligence. The Creative Force, if you speak of the sparks which come from the Creative Force, then you have different degrees of intelligence. That is how plant life—not intelligence as you would understand, but a giving off of radiating vibration, *LIFE*, an intelligence which is understood by all who exist in all forms.

Les: And would that intelligence of the plant be initiated by those who you have told us are in charge of such things, or is it a natural occurrence?

It—I understand your questions, I understand that your understanding is limited and I know you understand that there are with our world, peoples who tend plants. You understand that the power of thought creates that very thinking; I know you understand this. But what you do not fully understand, is that intelligence is *life itself*—it reaches the stage where intelligence is understanding. Do you follow me?

Les: Yes, but beyond our comprehension.

Yes, we have to go further than what you know at this present time. *Intelligence* takes its own place within the *WHOLE*—again we must speak of the whole; you cannot individualise, this is the problem.

Les: No, the other thing which prompted my question is that I know there are certain types of trees which sometimes are invaded by parasites which cause them damage and trees in the same group who have not yet been invaded, will begin to produce of themselves, a toxin which makes their leaves unpalatable to the parasite; so they are exempt from damage.

All I can only say to you dear friend that the very *intelligence of nature*, and you are speaking of trees within your world, it becomes a whole different concept when you speak of *spirit life*. But yes, the intelligence is within all living things, down to the very minutest form of life, which you on your Earth still are not aware of.

Les: No, I was about to say that I think we should just have to accept that we shall never understand it whilst we are here.

It is too complex for you, it is too complex to explain to you, because without some iota of knowledge, you would find what I tell you too difficult to accept. But believe me when I tell you, all life forms share that same energy, that same Creative Force within them. And remember what I tell you, that all goes back together at some stage far beyond your years of understanding and knowledge. I cannot explain fully to you, I hope it has helped a little, but I know we speak again on difficult matters.

Les: Yes they are difficult, but you have helped a lot as far as I'm concerned and I hope everyone else here has benefited from the understanding of the relationship of one to the other. **(Yes)** Thank you very much. **You could perhaps compare it to illness within your human bodies. What is the intelligence of the make-up of the body, which makes things go wrong? It is the power of the thought and the intelligence of that energy; it is the combination. But the cell energy, of whatever you speak of within the body, is what triggers off the illness.**

Les: That certainly gives us a lot more to think about.

You understand? The power of the thought is the trigger, but the intelligence of the cells within the body, are what activate the illness.

Les: It's the cells themselves that have the intelligence.

They have the intelligence, either to remain healthy, or to grow unhealthy. You understand?

Les: Yes and that would apply to the plants also then?

Also, we speak of the same energies.

Les: Thank you—that certainly does clarify it.

Although plant life/animal life, are, I would say on a lower scale to that of human kind. But after all, it is the same energy.

Les: Thank you, and I'll be quite brief now, does that mean that plants being of a lower scale of energy, would not suffer pain, as some people think, when they are cut in any way?

I have to tell you, all energy *feels*.

Les: Does it?

Yes, that is a misconception of human kind. I am aware of what is said, but I would have to tell you, if there is intelligence, there has to be some form of *feeling*, but not as you understand it of course. But the plant would be *aware*, perhaps, that is a better word.

Les: Yes it would be, thank you, but it would have an awareness.

There would be an awareness.

Les: Thank you very, very much, that's very interesting to us all.

Now I leave you all this time with my love. May you go forward in your daily lives, may you be uplifted, may you be guided, may you find love with one another.

Les: Thank you very much indeed, and our love goes with you too and God bless you again.

There then followed a control through Sue who suggested the rest of the time to be spent in silent meditation, encouraging us to mention any impressions we were given.

~7th October 1996~

Good evening.

(Welcomes)

Thank you once more for each joining together, in this meeting place. Let us give thanks to that Great Creative Force, to which we all belong. Thanks once more for joining together in service and in Love. I say to you all, let your hearts be open this time—let in that love which surrounds you all this time, let yourselves feel the upliftment and the closeness of those who come to you. For all these things, we give our thanks.

This time I would ask that you allow those who are near to come close, after I have spoken to you.

Les: Certainly.

So we will begin with your questions please.

Les: Yes I think I should ask if anybody else has a question they would like to put to you.

George: Perhaps I could ask a question about language in between-worlds communication. We have spirits who come through who have had life in other countries and sometimes they appear to be helped with our language, sometimes language seems quite automatic. Can you tell us something of this?

Yes I understand your question. Firstly let me say that all communications are based on the level of the communicator and receiver. This is of the utmost importance, because without the blending of the energies, there can be no communication. There has to be a *raising* of the vibration on your earthly plane, as there has to be a *lowering* from our side of life. Therefore those from our world, always will seek the one who blends closely with them; language does not matter, only in so much as the words are necessary for you peoples in this world. Without the language of *words*, communication with you peoples are difficult. So shall we take an example of one who is fluent in many languages, whilst walking your earthly plane? When that one passes to our side of life, then communication creates no problems, as far as the earthly language goes. You understand?

George: Yes.

The problems arise when you have who has left this earthly plane, with only one knowledge of one language. Let us take your own as an example. You would only understand a communicator who would speak to you with your own words, unless you were able to use other languages. So in our side of life, you have to understand that it is not just one communicator, but a group of peoples who are working. So the best way of communication is chosen; the communicator himself will choose the vehicle, because of the blending. But sometimes we have people that you know as '*gate keepers*,' who will take charge, who will be fed information from others. That is because their energies are more subtle and blend more easily, do you follow me? (Yes—) You see dear friend, language in our world is not a problem, it is only when we wish to return, that we need to use words; so all help is available to those who need to speak in foreign tongues. I know it is something discussed in your world as to why—shall we take an example, why one of a foreign tongue, should choose a British medium, who cannot understand the language. It is the blending of the vibrations, which are important. After all, you belong to the one school of spirit, you understand?

George: Yes, thank you.

It is not a problem in our side of life, but I know many peoples reflect upon it here. What does it matter after all, if the evidence is given and accepted—what does it matter who gives the information, who speaks in the tongue of knowledge, provided it is accepted and the Truth is known? It is not so important then, you understand?

Les: Yes, that is the main thing isn't it, the Truth of the communication.

Yes, if the evidence is accepted, it is given with Love, accepted with Love, then all barriers of language are dissolved; it is not a great concern.

George: Yes thank you.

Les: Anybody else? If not I have a question.

Sarah: I do have one quick question: We were told that our illnesses are caused by dis-ease within ourselves. Small children who get say leukaemia, are the children really causing it themselves or are they coming back to perhaps suffer for something they did in a previous life?

I have to say, remember that illnesses are so varied, so when we speak of young children, of course their lifespan upon this earthly plane, is too short for them to have caused illness. So in the main I have to tell you, it is something which has carried over from previous time.

Sarah: Right, thank you.

Les: Right, if I might put a question following on our talk about souls, it's been known through the years, that there have been many cases of '*doubles*' appearing on the Earth. Recently there have been more verified instances of people literally facing a *replica* of themselves. The other day somebody asked me if I had a double, because they had seen me in their town, even to this type of glasses being worn. And that set me thinking, that if those people are in fact doubles, are two parts of that soul existing here together, for a specific reason and would their spiritual development be parallel, because having chosen different parents as you have told us, they would therefore have different characteristics, which would prevent them from being doubles, and yet that doesn't seem to apply and this puzzles me.

Yes I understand your question dear friend. When you speak of '*doubles*,' in the sense that you have described, of course they cannot be. They are two separate souls, with similarities—similarities with

human *likeness*, that is all. And there are many of those within your world, but they do not belong to the same soul aspect. The *only* time you can have true doubles, and I understand what you say and I relate to you the only true double is a part of your spirit being, which can exist apart from you. If you so wished, you can leave this physical being, allow the spiritual aspect, which is a '*double*'—as you have used the word, I will continue to use. That *double* can travel much distance and be seen elsewhere—that is a true double. But the *doubles* you speak of, who belong to different parents, are not souls of the one.

Les: So it's really a coincidence?

If you wish to use the word, there are many peoples throughout your Earth plane. You have to remember that human beings have many characteristics which are similar. So it is not impossible that you can see two peoples who look alike, but be totally different. I speak now spiritually, I speak of the soul, not of the human characteristics.

Les: Quite, well this is what was puzzling me.

But of course you can create your *double*, because when first I came to you all, I told you that there were many parts to you, as there are to all souls.

Les: What confused me was the fact that long ago you told us that soul-mates exist and their spiritual attraction takes effect, even though the physical may be quite dissimilar.

Yes, yes it is a misconception to assume that soul-mates are so similar that they must be alike, that is a total misconception, which travels your Earth plane and should be put to rest.

Les: Yes I remembered you telling us that and this is where the confusion in my mind arose about doubles. Well thank you very much for having clarified that.

But let me say one more thing to you: I am sure that some of you will be aware that on your Earth, people have seen peoples in front of them, when in fact they know they are somewhere far away. That is the *true double*, because it is the aspect of the soul which has left and gone forward, to another place. Now that truly is the double of the human aspect of the soul. You understand? (Yes—) I hope that clarifies it for you.

Les: Yes it certainly does. Thank you.

George: Yes I could say that a particular known one, would be Sai Barber, who is a Master, who treads the Earth. I know he is particularly known to have appeared to people in different places.

Yes, but let me tell you this my friend, that you do not need to be a Master, you all have these capabilities, I have told you this before, you all are spirit, therefore you are capable of all these things, but as in all aspects of your daily living, *practice does make perfect*. Sometimes it happens without your knowledge, when there is great distress, great love, great affinity between two peoples. This is a case of it happening without prior knowledge. So you see dear ones, you do not need to be a *Master*.

Les: You've answered a question before I put it, I was about to say, quoting only myself, if *my* spiritual double went somewhere for a specific purpose, would I as a physical being have knowledge of that—but you've just said no, it could happen without my knowing.

You do dear friend, you heal in your sleep; you do travel I assure you, but as of yet, are not aware of this aspect of yourself. Did you know I have been around you this day? Have you been aware of me?

Les: Yes I have.

Yes, well you see you are beginning. I say to you all, you grow much. Although our time spent together may seem some considerable time to you, in the element of time, it is but a blink of the eye. But in that time I see you all grow, I see your minds expand, I see your thoughts go forward, go upward and I see your questions become much more spiritual.

Les: It's very nice to know that we *are* progressing like that.

It is important that I tell you so, because I am grateful for the time that you devote to these evenings, to give your ear to listen to the Truth, to know that you will be emissaries of that Truth and that as each day continues, you grow and seek further; that indeed that spiritual aspect of yourselves, comes forward and shines brighter.

Les: Well we would like to thank you, for what you teach us, but you won't accept our thanks, so—

I ask not thanks, my thanks to you is being here with you. Without you, I could not spread the knowledge and the Truth that I bring. So for these times, my heart grows fuller with each meeting, my love for you grows, it enfolds you and gathers you to me. And for this I thank you all. I think just one more question this time, before we let you continue and if you feel you need to quietly discuss amongst yourselves, I will be happy for that, provided it is done quietly. Otherwise let those who stand close by and I tell you there are so many, too many to count, but the eagerness has to be put to one side, to allow them to join you.

Les: Thank you, any questions from anybody?

Jack: Yes, just carrying on from the last thing, how do identical twins, where they look the same, act the same and appear to have a spiritual bond, how does that work?

Yes, we have discussed this before, but I will answer quickly for you. They are *one soul*, which in a sense has created the *double*, but created the *double* in two human personalities, but they belong to the *one soul*, that is why they are identical and inhabit the *one egg* in the mother, to be born as *two personalities*. Although in saying this, they are two different aspects of that *one soul*, do you follow?

Jack: I do indeed yes, thank you.

Does that answer your question?

Jack: It does, thank you.

Les: We appreciate all that you have done again, I won't say 'thank you,' but you do go with our love once more.

I will leave you, but always know that I am with you.

All: Thank you.

There followed a long pause and then an unexpected 'rescue' through Eileen. Audio link:

http://www.salumetandfriends.org/resources/1996_10_07+rescue.s.mp3

~14th October 1996~

Good evening.

(Welcomes)

I am happy to say to you how pleased I am to see so many of your male gender here this time.

Les: Yes it is good, isn't it.

For too long, have the male species in your world, denied knowledge.

Les: Yes, you're quite right.

But now we are finding that the balance is being corrected, as it should be. We have with us here this time, one who joins us in interest, but who has for some time, been lost spiritually. I take this opportunity, to welcome him and to say, that these first steps are important. I speak of the new gentleman.

Les: The one who's here for the first time tonight?

Yes. Although he expresses much interest, for too long, his mind has been in darkness, but at last he comes forward and is ready to listen. I do not say, fully accept, but to listen, because he is a gentleman, who is not easily led by other's words.

Les: I'm sure you're right in that.

He accepts my words, I believe.

Barry: I do.

Yes, inside there lies a gentleness, which for too long, has lain dormant, within you. But now is the time, to express this side of you, to the world, to allow yourself to learn, to accept truth and to go forward in your life. There have been problems in the past, but you can now if you so desire, leave them all behind and you know of what I speak. (Yes) There has been a turmoil within you, which has created many problems for you in the past, but now is your opportunity to lay them to rest.

I know that many of you would wish that I give more guidance in your lives. But I have to tell you, that as I have said to you before, I cannot interfere. Of course I could take each one of you and show you the pathways you should tread, but what purpose would this serve you? I will always guide, I will always

uplift you, I will do my utmost to show you the right pathway, but I cannot place your feet upon it. You, dear friends have those decisions in your life to make. All I will say to you, is that when the physical being is at its lowest, then the spirit soars. I know some of you find that difficult to accept, but it is true. So you see, I cannot save you from life's troubles, but I can only help you to understand and accept that your pathways are there for you to learn from. I hope that you accept this more as time continues and that you know what I try to teach you, is *Truth*.

Les: Yes we accept that fully.

I wish sometimes I could lift you from your troubles, but I would be doing you a disservice. So always look upon life as a road to travel, a road which gives you knowledge, a road which carries you forward spiritually, a road which ultimately will lead you *home*. Now, I would say to you, are there questions this time?

Les: Yes I would like to follow on what you've said Salumet, about our spirits soaring when we are despondent physically. I believe I'm right in saying that you *do* and *are able* and *permitted*, to give us spiritual upliftment in those times and that is not classified as interference?

No, that is what I say to you. I can help you, I can influence you, I can give you the *thinking patterns*, to encourage you to make the *decisions*, which go forward into the physical aspects of your living. But of course, my influence is more concerned with your *spiritual growth*, rather than the *pathways* you tread, whilst in these bodies. Of course, to see you grow spiritually is *my complete aim*, whilst I remain with you.

Les: Yes, and the strength you give us spiritually, on the occasions when physically we are at low ebb, does enable us of course, to better cope with the physical disabilities and physical disappointments and stresses we have.

It should do, but I have to say that not all accept that upliftment in the way that they should; they block what encouragement and help we offer. It is possible because of your free will, to refuse the help that we give and I speak now of the physical matter. But you cannot see that the help given to the spirit, is always accepted. You understand?

Les: Yes, everybody understands that do they?

(Affirmed)

If the physical being would listen to that *inner voice*, then they would feel much more, the help that we bring to you. But that is always the problem with man's *free will*, that we cannot force ourselves on you.

Les: I don't know if you've been aware of it recently, but as far as I'm concerned, my desire for spiritual help, to cope with physical conditions—not that they are very bad, but to accept them constantly as a help in the physical living, my door has been wide open for spirit assistance.

Yes, I would say a few words about this: I believe that few of you fully understand that as your earthly years follow you, as you grow old in years, that the spirit lifts itself closer to our world, and therefore is enabling that part of you, to accept more—or it should be so. It does not happen to all, because those peoples in your world who have no knowledge, cannot allow the spirit to lift. They continually keep it close to this earthly plane, not because they fully understand what they are doing, but because they are ignorant in their knowledge of spiritual matters. So dear friend, the reason why you know and accept that you are growing spiritually, is a combination of your physical age and that the spirit has grown, over many earthly years and is, shall I say, *more prepared* for life in our world; so finds it easier, to accept the help that is given. Do you follow?

Les: I do, because I *am* getting older! (Chuckles)

But you see, as you grow older in years, and the spiritual knowledge and growth follows those earthly years, then the help that we give, is more readily accepted. You understand?

Les: Yes, I must admit that I've apologised to you a couple of times recently—apologised mentally, because I have called on you rather frequently for help.

I will not accept apologies. (Chuckles) I have told you, always I stand near when you feel the need for me—there will be part of me around you all, in times of need. So you see, the calling of my name, does not require apologies.

Les: Thank you very much. (*Thanks expressed*)

I would not have spoken such words, if I had not meant them.

Les: I know you wouldn't do. I have been very much aware of you recently.

I know, but I don't need to tell you. I know that all of you have called to me and I know some of you as yet, are still not aware of my presence, but do not be concerned about this, it will come in time. But let me say to you dear friends, that all of you, whether you know it or not, are treading life's true pathways, pathways which were meant for you. So when you ponder your everyday troubles, think upon these words. Remember that I have said you travel the right road and perhaps your burdens and your woes, will feel *lighter* to you. (*Thanks expressed*)

Les: Thank you very much, we're very pleased to hear that. Does anyone have any question on what Salumet has said, if not I'll ask another, if I may? Are you able to accept another question?

I will take one more this time and then allow another to come—give the opportunity to each one to feel the love here this time.

Les: Yes it follows on from what you've told us last week, about language and the simplicity of it, so far as you and your world are concerned. I wondered if everybody fully realised exactly what happens, because we all know that there is a group working in your world, and it is a corporate effort every time. But when we hear our own language spoken by somebody who didn't know it on this Earth, are the words being fed to that communicator, by someone who is interpreting, or is the person speaking to us, the actual person who knew the other language, when on this Earth and only *appears* to be the person who has been suffering in various ways? I hope that's clear?

Yes I *think* I understand your question. It is a difficult subject I know, but let me tell you, there is never complete *black or white conditions*. Let me say that there are many in my world, who have the love of learning, the love to learn languages of *all* planets; firstly you must accept this. The love of the knowledge of learning, is great to them, so these people become the *emissaries of translation*. You follow me?

Les: Yes I do.

There are many of these peoples, but it takes some time in our world, before this can be accomplished. After all, those of you who are learning in your world, do not achieve such things over night. So in our world, time must be given to those who wish to learn. So we have the group who are capable of the knowledge of *all* language, it matters not which one. They are filled with the knowledge of *language*, so they are able to transmit that knowledge to another, who you would know as the *door keeper*. I believe this is the question you are asking?

Les: That's right.

But again, you have to understand that it is the *vibration* of the medium, which attracts us in our world; it is the *best* form of communication which can be achieved that is important. So sometimes, it is better for those who communicate, to learn the language of the one upon the Earth. You understand?

Les: I see yes, so there are variables then?

Yes, you cannot say, '*That is correct, that is not*', it is not so *black or white*.

Les: No, I thought it must be, because of the experiences I have had over many years, in different ways with the communicators. I thought there must be differences in the way in which it is done.

Yes, remember in your world, communication is thought, but the Power of the Thought creates the words, you understand? (Yes) It is not so simple to explain to you, but from our side of life, there are no such complications, all runs smoothly and remember always, that communications are known beforehand. So with our wider knowledge, we know what is to be said, you understand?

Les: Yes, so you're aware of the questions and the way the conversation will go, before even we know of it?

Yes, you must remember, there are many areas of communication, which you do not understand. It is not as simple as using a medium, just to speak the words. There is much that goes on, within our world beforehand. (Yes—) But the important area of communication, is in the best *frequency, vibration*, of the two who have to intermingle. You understand?

Les: Yes, thank you very much, that does clarify quite a lot and confirms what I have suspected, for a long time and I appreciate the information. Right that finishes my questions, thank you. Is there somebody else to use your instrument tonight?

We would wish this time, because conditions are good, I have to tell you, that it is possible, that some not previously used, could feel the power of the loved ones around them. So I will leave it to your capable hands—I believe that is the term. And I will withdraw from you this time.

I leave you all, clothed in the Love and Light of that Great Creative Force.

Les: And our love goes with you again and we are most grateful for what you've told us. *(Thanks expressed)* There then followed one through Sarah expressing gratitude for the help received on a previous visit and to tell us a little about how they were planning to make amends for a previous life and return in a new life as a professor. Then a humorous gatekeeper came through Eileen, which lightened the atmosphere, before closing.

~21st October 1996~

Good evening.

(Welcomes)

Once again, you have brought me here on a wave of your love. I thank you all and hope that what we bring to you this time, will be fruitful for you all.

(Thanks expressed)

I would like if you permit, to speak a little about *forgiveness* this time.

Les: We would very much like you to.

I have said to you, that it is important that you be non-judgemental to your fellow man. (Yes—) You must offer love to all, you must have forgiveness in your heart. But I want you to know and to understand that you must *also* forgive yourselves, because dear friends, without love and forgiveness of your *own self*, you cannot express these things to others.

Les: Of course not.

But most peoples on your Earth, seem to feel some *shame* in wanting this for themselves. I tell you, there is nothing to be ashamed of, because by creating these things in your own lives, you are also helping those others in whom you find problems and in whom you find it difficult to have compassion for. Do you dear friends, understand what I say to you? *(Affirmed)*

Les: Yes we do. I think part of the trouble with us humans, is that we feel that to do as you say, '*forgive ourselves*,' is a form of conceit. And I'm sure it troubles some people, to be able to strike a balance between that conceit and the necessity for doing as you say.

Yes, I think we need to interpret the word '*forgiveness*.' I think your earthly term usually means, '*To put right what one has done wrong*.' But I do not mean it in that sense—forgiving yourself, means expressing fully the love that is within your hearts. I know you seem puzzled by these words—let me try to explain a little to you. The love within each one of you, comes from that *Higher Source*, that part of you, you know as *spirit*—that all-encompassing part of you, which is pure Love. You peoples on this Earth, have only a *spark* of that *Divine Love* within you, so it is important that this be cultivated to its greatest extent, in order that you fully know and understand yourselves, whilst in these bodies. Only then can you accept and understand life's needs. By that, *that* is true *forgiveness*. True forgiveness is an *acceptance*, an acceptance of love of that *Higher Self* within you—that is what I mean by *forgiveness*.

Les: Yes, we shall have to think very carefully over your words. I do understand what you are telling us, but there is another factor which I'm sure occurs to us, if we are being honest with ourselves. Quite frequently—I quote an example: We do a charitable act, whether it be a physical act, or giving money, and I'm sure that others like myself have sometimes wondered at the *motive* behind our giving or doing. And it's difficult sometimes to accept that we are doing it, from love and forgiveness and not for furtherance of our own selfishness, in so doing. Do you understand?

Yes dear friend I understand fully and I would have to say to you, that sometimes we do see that what would appear to be an act of generosity, is indeed an *ego trip* for that individual.

Les: This is what worries people and has worried me in the past, I admit.

That is *why* I have said to you in the past, that to gain knowledge and understanding as you do, as you grow spiritually, then the road becomes so much *harder*. Maybe not within your physical lives, but spiritually, because you have the knowledge, you must be aware and be more careful of the *deeds* and the *actions*, which *you* do. But if you have any doubts of any action or any deed, in which you take part, then I say to you, *stop* and *listen*, because if there is doubt, then there *has* to be a reason for it. Remember power of your *Thought*; if the thought has come to you, then there is reasoning behind it. You understand? (Yes) To give spontaneously, is the best way to give, because when there has been previous thinking about these gifts or deeds, then there is always the possibility, that the act is not genuine. You understand?

Les: Yes we do understand.

I do not wish these words to seem hard, because after all, *all* acts of goodness, cannot be put to one side. If the person receiving takes the deed, or the money, or whatever you do with good heart, then of course something good has come from it. But I understand your concern; the concern is for the giver. And I have to say, too often, peoples when they come to our side of life, when they are faced with all their deeds upon this Earth, are *shocked* by their own motives. But I would say to you, do not be too concerned. To *give* is mainly an act of Love. You understand? (Quite!) I do not wish you to take these words as being harsh.

Les: No of course we don't. No, we appreciate your concern that we should be *doing* and *thinking* in the right way.

It is harder when you do have knowledge, but any spontaneous act of help, or love, or forgiveness, can only be good. It has to come instantly from that heart, full of love. You understand?

Les: Yes I do. Following on that, I have in the past, spoken to people, who have said to me, '*I wish so and so wouldn't give me so much, or do so much for me.*' And I had to explain to them, that they must permit the giving and permit the doing, in order to allow the *giver* to develop spiritually.

Yes I take your words, but I would say only this, that there needs to be a *balance*. The giver cannot *push* himself onto the *taker*, (*in*) the same way the *taker* cannot deny the *giver*.

Les: It's a very delicate balance, isn't it?

It is. Both must *know* and *understand* what each are about, to allow the full potential of the love to grow. You understand?

Les: Yes I do, it is a very difficult decision quite often. But as you say, *spontaneity* really is the only answer.

Yes, I think you can all perhaps find times within your lives, when a spontaneous act of giving, of love, of a gentle word, has been accepted in the manner that you would wish. Even more so than these '*planned*' acts of love, as you think they are, but are not always. I hope I have not caused you to be despondent, but I know I always seem to *put down* what you try to achieve, but my aim always is to try to *teach you*, in the ways of *spirit*.

Les: Of course, we do accept and appreciate it and I'm sure none of us would ever think of criticising what you tell us, because we *know* it is for our own spiritual good.

Yes, I would think—(*Amused/smiles*) I would *advise* you not to criticise, because you see, we are coming back to that sense of *forgiveness*, for yourselves. You get my point?

Les: Yes I do.

Yes, thank you.

Les: We are grateful for all you tell us. We look forward to it.

Now, if you have no questions this time, I would like others to speak to you and allow the time spent with this instrument this time, in quietness. She I have to tell you, has been going through a metamorphosis within herself. Nothing that she is aware of, but of which I can tell you, we are so happy to see.

Les: That's wonderful.

So, the time is important that I be allowed to continue to work with her this time, for the rest of your meeting.

Les: Certainly. There is just one question if I may, a quick one I promised to ask on behalf of somebody. I'm sure you're aware that on some of our Sunday evenings, there's a lady with whom I sit and gives remarkably good evidence. **(Yes)** I know you're aware of that, but on the last two occasions, there's been no response from your side of life and she's a bit concerned about that.

No, please advise her to—I will explain to you quickly. When we have 'development' taking place, sometimes it is good from your side and also from ours, that the lesson of *patience* be taught. I don't mean that glibly. You understand? (Yes—) It is *not* that she will not be used, of course she will. We do not allow anyone to escape. (Chuckles) You understand?

Les: I do yes, this is what puzzled us both.

But without sounding again, *harsh* in words, I wish to say to you, that for her own development, it is essential that she knows of these quiet times.

Les: Thank you very much indeed.

But do not be concerned.

Les: No, I will explain to her and I do appreciate you answering the question, thank you very much.

I know you will do it with kindly words.

Les: Of course.

Now, I leave you all cloaked in that shining Love, which follows you all.

(General thanks/farewells)

There then followed one through Sue:

It is with great honour that I greet you. I thank you for allowing me to come into your home.

Les: We're very pleased to have you here.

I am a stranger to you, but you are happy to have me here and I thank you for that.

Les: We're very happy to have you with us.

I am aware that through the times of your meetings, which I know have been many, you have been visited on several occasions, by the Sisters and the 'Seeking Sisters', have you not?

Les: We have indeed.

I ask you, have you ever been visited by the male equivalent of these Sisters?

Les: Yes we have on one or two occasions.

I am pleased to say to you that this evening you are visited by another.

Les: Good, we welcome you and are pleased to have you.

You are aware I know, that when you leave your earthly body, you do not take with you the life you left behind, unless you choose to do so. But some of us wish to continue the work we did on this Earth, but on a Higher Plane.

Les: Yes I do understand that.

But of course we had many lessons to learn, we had to find the correct path, we had walked along difficult and stony roads and we were lost. All of us—I speak here of the people that followed the RELIGIOUS PATH; all of us had our inner voices, all of us were guided, NOT all of us LISTENED. Do you understand?

Les: I do indeed and that caused a lot of problems, when you went over, didn't it, because you had to deny a lot of what you had been teaching, while you were on this Earth.

Indeed, it came as a revelation to many and it was like being reborn as a tiny baby. We had to learn to walk each step at a time, in the correct way.

Les: Yes. It must have been pretty catastrophic for some of you to realise that you had been spending a whole lifetime, teaching the wrong things, or in many cases the wrong things.

I say to you, not everything, not everything.

Les: Oh no not everything, I agree.

And there are some of us, who are still trying to find the correct route for their spiritual life.

Les: It's a difficult thing to do, isn't it?

It is most difficult to shed the teachings of one's earthly lifetime; it is not possible to drop it on the wayside. You cannot discard everything you believed to be true.

Les: Of course not. Well you'd been conditioned into that belief, so you can't just dispose of it, like a piece of waste rag.

I say this to you: It is good to question, question—every piece of knowledge you acquire, question. Even if it is only to satisfy a small doubt, question. Even if you have no doubts about something you have been told, think about it, think about it most carefully and ONLY, only if you are quite sure it is the correct and right thing, then—

Les:—and then of course we learn something else, which makes us wonder if we were quite sure!

(Chuckles)

Indeed. But it is a lesson that I bring to you this time and I ask you all if you will do this, as the next step along your spiritual pathway. QUESTION, question, even silently and mentally, question. It will make it SO much easier, when the time comes, if you can carefully sift through the information you acquire in this lifetime, and discard that which you know to be false.

Les: And that for which we have not had positive evidence.

Sometimes, sometimes it is not always possible to have that evidence, but there are always ways of finding out more.

Les: There are and that is when one has to rely on one's spiritual affinity, in order to know that the question has been answered.

Indeed. I have a number of my brothers here with me this evening, all of whom are standing with your friends here this time.

Les: That's nice to know.

And I have a boon to ask of them all. They are—the word I cannot tell you, but if I say 'Noviciate,' you would understand, would you? They are novices in their new lives. (Yes) They wish to bring guidance to each one here in various matters.

Les: I'm sure everybody here will be most grateful for the guidance.

It will be given mentally, at a time when your earthly bodies are at rest. I say to you, hopefully in your sleep state, you may be aware of them, as in a dream. Please if you are aware of them, make contact and say they are welcome. (Yes) And even if in the waking state, you are not aware of their teachings, let me say to you that the spirit inside yourself, will be aware of what they have taught and it will be fulfilled in time. Should you be aware of what you have been told, perhaps they would be kind enough to mention it to each other, at the next of your meetings.

Les: Yes, that would be interesting to do.

If you permit, I will come to you in sleep. May I do that?

Les: Yes please do, you'd always be welcome.

I am aware of who you are, so I will say to you, that my name is Brother Copernicus and if you permit, I will spend some time with you, both in sleep state and when you are awake. (Yes—) If you become aware of me, please I would be honoured if you could call my name and tell me you know I am with you.

Les: Yes, it would be interesting for both of us, wouldn't it? And I do appreciate that it is necessary to have that expression, for you to know that we are aware of you.

It gives a great lift, when we KNOW that we have reached out and communicated. It makes such a difference to the way we can work.

Les: I'm sure it must do, because the gratification of knowing that you have reached us spiritually, must be a big boost to your being able to continue that.

Indeed. It is something that you cannot be fully aware of. It is like plugging into your electricity supply, you plug in and there is power; without supply, there is no power.

Les: Quite. Would it have been you who's with me first thing at this meeting, as soon as I'd sat down? I know somebody was with me.

It was not me personally, but if you were aware of someone, then yes, it would have been one of our brethren.

Les: Yes I was very much aware, thank you, or thank him, please.

I shall pass on your wishes. Now I say to everyone here: Open your minds to your new friends, for they ARE friends to you and will give you all the love, guidance and teachings that they can. I appreciate you understand, that time in our two worlds varies considerably, so I will say to you, to make it a little easier for you to understand, that your new friends will be with you, into what you call your next millennium. (Surprise + gratitude expressed) It may be difficult for you to understand that someone can be with you constantly, or for what you consider to be several years, but it is NOT that time in our world.

Les: No of course not.

When I say constantly, I do not mean every minute of your day, you understand that? (Yes) But these friends will be with you at different times of your life, for several of your years to come.

Les: Thank you. I do understand that they will be with us, when they are aware that we would benefit by their presence.

Indeed. They are all well-equipped in the role of healer also, so will be able to give comfort and strength, through difficult periods of your lives.

Les: Well, we look forward to them being with us—

I now will leave you and ask please for just a few moments before you close your meeting, that each one of you gives out silent welcome to their new friends. I apologise that I cannot give you individual names for each one of your friends, but that is not possible.

Les: No I quite understand.

If they are able, they hopefully will impress upon each one of you, who they are and if that happens, you will be able to communicate by name, mentally. You of course, are aware of my name, but I cannot I am sorry, divulge the others. Now I ask that you sit quietly for just a few moments. There will be no more speech here this time, or in the room, other than your closing, which I would be honoured to do for you.

Les: Yes, please do. I shall go back to my seat and you can close, whenever you are ready.

We sat in silence for several minutes, before the closing prayer:

Great Creator of all Love and Light,

Look after these your precious children.

Give them the strength to continue with their daily lives, and when the path they tread

begins difficult, give them the strength to find a smoother way.

*And let the lessons learned each day of their lives, Light the way to their **spiritual home**.*

Until we meet again, I say to you, may the Love and the Light which surrounds you all, glow brighter and stronger, with every passing day. Amen

All: Amen

May I just say before I leave, that the friends we spoke about, will also be with your friends, from your other meeting, if you could please tell them when you see them next? (Certainly—) It will be for everyone that comes here.

Les: We are very honoured that they should be doing that for us all.

I wish you farewell and will come to you in your sleep and through your waking days.

Les: Thank you again very much. God be with you.

Les then shared some clairvoyance with us:

Les: If you want to visualise them with their habits, of blue-grey, with a gold coloured belt (*chord?*) in the middle; but not leather sandals, they are all wearing rope sandals—it might give you an idea of how to think of them. The gold chord they are permitted to wear, because of their particular degree of spiritual knowledge.

~28th October 1996~

Eileen, Sue and Jo were all away this week. However our unseen friends were still able to bring us useful teachings via Les. The tape begins a little way into our discussion:

George: The light that you radiate during meditation, is this the same as the aura?

Les: It's a much more brilliant light, the aura is—*Les then begins to breathe very deeply and he begins to channel*:

Good evening to you my friends.

(Welcomes)

I am very pleased to have the opportunity of speaking with you again, though it was not expected. I am, I believe this expression is understood by you, I am a 'stop gap.' I hope you will accept me.

(Strong agreement)

Now sir, your question as to light. May I suggest that you are examining, or trying to examine phenomena, in the light of a physical understanding, instead of a spiritual understanding. You must not try to compare your own individual aura, to a spiritual light, which is, shall I say, 'distributed,' on occasions such as this and also by you as individuals when you are in, what you would call, 'the right frame of mind.' You are exercising the right thought processes, to enable us to draw nearer to you, upon the physical plane. You have been told many times, about the energies which exist, and many types of energies, which are utilised within our realms of existence, of which you have no knowledge. (Yes) It is difficult for you to understand what energy is. It is difficult for us to try to give you descriptions, which your physical awareness's can absorb and understand, but I will try. When we speak of energy, do not your thoughts immediately clothe energy in a physical garb, so that you are able to understand it more clearly, with your physical senses. You presume that it has Light, of different colours perhaps; you do not realise that true pure energy, requires no attributes, such as you are inclined to give to it. It exists of itself, by itself, within itself, because of itself. Can you understand that?

George: Yes, I think we're all beginning to accept this and feel it.

When you say 'feel it,' my friend, could you please, for the sake of your colleagues and for our understanding of your description, could you please be a little more precise?

George: Some of us have had training as scientists and we think of energy as wave motion and we have diagrams to help us visualise what we think we mean. But we are beginning to understand or just become aware of many forms of energy that are not in our scientific text books and are of a much less, I was going to say, 'less material form,' but a 'non-material form.'

May we say please, a 'greater spiritual form'?

George: Greater spiritual form, yes.

Thank you. Once again, though you are beginning to have an appreciation of energy, you still seek to clothe it in physical garments, you might say.

George: Yes, I follow that.

You say, 'wave form.' Wave form is only a physical description, of something you have discovered, as part of energy, part of energy. And what of the energy which itself creates those wave patterns of which you speak?

Does it have form, does it have shape? You do not know.

George: Yes, we do not know.

Well sir, I would suggest if I may, with all due respect for your knowledge, which I know to be of considerable importance in your physical world, I would suggest if I may, that you do attempt to depart from always trying to give physical explanation for something that is so purely and definitely spiritual, in its characteristics.

George: Yes, I do follow and thank you for putting it clearly like that.

May I please suggest also, to all who are listening, that you will better come to an understanding, of complexities that one day you will have to face when you visit us, if from now on, you understand that you will never understand, whilst you are upon this Earth. (Affirmed) If you can achieve that degree of acceptance, then you will begin to have a much better conception, of what you would term, 'miracles'

that surround you, every moment of your living on this plane, miracles of which you have little knowledge, miracles which I cannot explain, because they are beyond physical comprehension. They are only miracles, because to you they are uncommon. To us, who have greater knowledge of these things, they are not miracles, they are normal conditions of living. Can you understand this? (Affirmed) Have I perhaps made a little clearer, the light or energy, of which we were speaking earlier, of which you were speaking, I should say and about which I came, to interfere! (Laughter)

George: Yes, we're very grateful and I'm sure it has helped enormously.

Is there any other question you would like to ask me, whilst I am with you? If I can be of assistance in any way, please ask—you ladies, may I say, are unusually quiet. (Laughter)

Jack: Going back on what you were just saying, basically, you're saying that we're not going to understand this, purely because we are in the physical world and you are talking about a different dimension basically. So we can't understand what we can't see, yes?

Basically that is so my friend. You cannot understand, because with respect, neither you nor anybody here, has the spiritual development yet, to enable them to begin to understand, what are purely spiritual concepts of life. It is no reflection upon your physical living, merely a fact that just as a child within the womb, cannot understand the mechanics of walking, because it has no conception of such a feat, so you in your physical envelopes, have no conception of the power which exists, beyond those physical elements. Does this satisfy you?

Jack: Yes, thank you.

I'm sorry that we cannot be more specific in our answers to your questions. We try within our abilities, to understand your physical 'examination,' let me say, of the things beyond your physical environment, beyond your mental capabilities to appreciate fully. But we cannot always unfortunately, enter into the realm of description, because there is not the awareness apparent, within the physical being. Do you understand? (Affirmed) We sometimes feel ourselves frustrated, because we are not able to give you clearer descriptions, greater comprehension, of what is to come to you, in due course. I can only repeat: If you accept that you will never understand so long as you are in the human frame, at least that assists us, because you do not constantly churn your minds into a maelstrom of wondering, to prevent our 'getting into you,' if I might use that expression, to give you spiritual awareness, rather than physical conceptions. Is this understandable to you? (Affirmed) Good, thank you. Now do you have more questions?

George: Well I'm sure it would be nice to probe more, or have more awareness of the—I imagine there are numerous energies of which we are quite ignorant and there would be energies which underpin the physical creation itself. In the Australian Aboriginal culture, they talk of 'Dreamtime,' the Dreamtime that underpinned the physical creation. Is this another type of energy, of which we are ignorant?

May I ask you my friend, why it is so important that you wish to have an understanding of these energies? What would you do with that understanding?

George: It is not important that we have an understanding, but I can just say it's very nice to know that the Creation is underpinned in that sort of way.

Can you tell me please, what good it would do you to know such a thing?

George: No, I guess it's just a love of understanding, or partial understanding.

And what would you do with that understanding, if you were given it?

George: Just enjoy it, I guess.

Physically again—you would enjoy the ability of your brain, to absorb what it has been told. Would it have advanced your spiritual progress?

George: No, I suppose not.

Then why bother? I trust I have not offended you sir?

George: No, not at all.

We find it very strange, that so often your physical minds are devoted to what, to all intents and purposes, is useless information.

George: Yes, perhaps I'm just naturally inquisitive and perhaps this is a defect in my character—

I believe you have an expression, 'you said it, I did not.' (Chuckles) *I'm aware of your modern idiom, you see. Frequently we watch you, we watch your minds, turning over these things, ploughing through a morass of events of bits and pieces of inconsequential matters that have no relationship to actual living at all. Much better would it be, if the time you spent upon such inconsequential philandering mentally, were devoted to an inward examination of your own spiritual progress. And to achieve spiritual progress my friends, it is quite unnecessary to consider every aspect of physical living. Think rather of an investigation into the spiritual self and whether your spiritual self, is still walking the path which it should be treading. There is nothing wrong in questing for information of a physical nature, but please do keep it in perspective. And the time you spend on searching for things, which merely satisfy a desire for knowledge and would not appear to have any practical advantage in developing your own spiritual selves—why do so? You have free wills, we cannot make you use them in the way which we can see would be most beneficial to your progress, not only upon this Earth, but in the lives to come. But we are sometimes a little disappointed, that you do not spend more time, in that way. Please consider this.*

George: Yes, I'm sure we will—thank you.

Is there more I can tell you? Or more I can say to discourage you? (Chuckles)

Sallie: I find what you say very encouraging.

Thank you madam. I feel my visit has not been wasted then.

(Strong agreement)

Sarah: Being *human beings*, we need putting on the right tracks, because as we're human beings, that's why we do all these things, because we are humans, and unless someone helps us onto the right tracks, we're not going to progress.

Madam, you are still walking into the same trap in considering yourself as a human being, instead of as a spiritual person. To say that you are a human being and therefore you do this, that and the other, is no excuse for departing from a spiritual conception of the guidance, which should be given to that human body. Is this clear?

Sarah: Um—Sort of. I think on my path, I'm only just beginning to realise, that I am a *spiritual person* and not just a human, and it's difficult to—

It is good, it is good that you should recognise, that you are a spiritual person. And of course always, you should keep that in the front of your mind, that you are spiritual and not physical. The physical is merely a necessary envelope, for the spiritual, while it has to sojourn upon this planet. Try always to look beyond the physical requirements. I know they have to be accepted, they have to be acknowledged and they have to govern your living here—that I understand. But underneath it all, remember that you are a spiritual person and that must, whenever possible, take presidents over the physical requirements. It is not easy, it is difficult, very difficult—we do understand this; this is why we attempt, at these times, to give encouragements, small, as it may seem, to ensure that you do always recognise your spiritual being, rather than the physical.

Sarah: Thank you.

Lilian: I suppose the very fact that we are sitting here, is encouraging, because we are curious about the spirit.

The very fact that you are here madam, is in itself, an advertisement for your spiritual development; otherwise you would not be sitting here, listening to me rambling on like this. Were you more concerned with your physical being, you would probably, if you do such a thing, be sitting with your feet up in front of the fire, which would be much more comfortable, than going out in such weather as you have now. I am told it was very bad for you this night.

Margaret: It's very windy.

So the fact that you are here, is an indication that your spiritual self, is superseding your physical self, you follow? (Affirmed) *This of course does apply to you all. The very fact that you are here, is your spiritual self convincing your physical, though you are not aware of that, that it is the correct thing to do, for your spiritual progress.* (Thanks expressed)

Sallie: It also helps you physically though doesn't it? Well as you develop spiritually, physically there is almost like a reward in comfort within your physical being.

You are quite right and I am pleased if you are already experiencing this, because we have on many occasions said, not only here, but elsewhere also, that the awareness of the spiritual development, must of necessity, be shown in the physical improvement of the body and the physical mind's activity also. It cannot be anything else, since the physical is dependent upon the spiritual, whilst you are here—of necessity, it must benefit, from the advantages of the spiritual development. And you will find, as you progress in your learning madam, that you will begin quite subconsciously, to radiate the feeling of serenity, calm and almost a self- satisfaction, other than a physical one. This will be radiated to other people in your vicinity, without them being aware of what it is, making them liking to be in your company, without you being aware of what you are radiating; but believe me, it will happen.

All: Thank you.

Sarah: Does that mean that people who are very depressed, they are lacking a lot spiritually, they are totally unaware of their spiritual—

Yes, usually it is so. There are exceptions, but people who constantly suffer from depression unfortunately, have not been very aware of their spiritual abilities, in order to overcome the depressions of their physical mind. It is a great pity that it is so, but it is.

Sarah: Thank you.

Now I believe, I am being told that the energy is depleting and I must ask you if there are any further questions, before I have to leave you?

George: I think we have all benefited very much from what you have told us and I'm sure we'll all think about this and we all thank you very much.

Thank you for your very kind expressions my friends, I have enjoyed being with you and I hope I shall get the pleasure of speaking to you at some future date.

George: That will be our pleasure.

(Thanks expressed)

I bid you farewell, God be with you, may the Great Spirit encompass you with his love at all times.

(Thanks + farewells)

~4th November 1996~

Good evening.

(Welcomes)

I embrace you all within my Love and Light this time.

Les: Thank you.

I would like to speak this time, a little about awareness within you all.

Les: Thank you.

I have said to you dear friends that I am pleased with your spiritual growth since first we came together. But I would like to talk to you a little, about your judgement on such matters. I wish in particular to speak to the young gentleman, that you name as Paul and I would say this to him: When you are in your quiet moments, you have grown so much over this past few months, but your physical thinking impedes that growth, because sometimes you are not sure of what you receive. Am I not correct?

Paul: Yes, that's very true.

Yes, I want you to know dear friend, that all you receive should be accepted with love, because you have opened up to us, a very great deal, in these past few months.

Paul: That's very encouraging.

I can tell you, there are some who have waited many of your earthly years, to come so close to you. So dear friend, do not close them out, with your physical thinking and doubts. I know you are aware of

these happenings and I say to you, there is much that you can do, if you would only allow yourself the privilege of joining with those from my world, who wish to use you.

Paul: I'll certainly make a great effort.

Do not struggle with effort, all I say to you, is allow yourself to be open in times of quietness. You see, in these quiet times, when you allow the doubts to creep in, then you are creating barriers for those who wish to come near, you understand?

Paul: I think I do yes.

I know sometimes you feel as if there is someone standing close by you. You do, don't you?

Paul: Sometimes yes.

No, not sometimes, but often and it is in these times, that your doubts creep in. Try to be more open and you will be surprised what you will learn.

I would say this to all of you dear friends, that *unless* you allow those from our world to come close to you, to use you in the way that is best for both *you* and the *communicators*, then you are not allowing all the work that can be done, to take place. So, I say to you *all*, when you sit in your quiet times, send out those thoughts to that *Great Creative Force*, to which we all belong and ask that you come closer to our world, without *doubts*, without *physical thinking*, but only with *harmony* and with *Love*.

Les: Thank you.

Paul: Thank you.

Les: We shall certainly try that.

I don't wish you to think that you are not going in the right direction dear friends, because you are. I wish only to advise those of you, who sometimes bring forward these seeds of doubt. So accept my words with love and all will go well with you.

Les: Yes we certainly do accept them and we thank you for them.

Now, do we have questions this time?

Les: Yes, it's a rather complicated one I'm afraid. I have been giving a lot of thought to your teaching, particularly when you have said more than once that the *past*, *present* and *future* are all *one*. So in effect, all that has happened will happen again. Now, is it logical to presume that that '*recycling*,' to use our modern term, is going to happen to the universe as a whole?

I understand your question and let me say:

All of life, all that exists, all past/present/future is as one. But you cannot say what is past, will happen again, in those words. Of course, all past/present/future *energy*, I stress, '*energy*,' is *intermingled*. So you cannot say an event which has taken place in the *past*, will reoccur in time to come. Do not think upon it in that sense, otherwise you will confuse your thinking. Rather, I would have you think about past/present/future, as a line of *continuous energy*, which cannot be broken. It will occur again, but in different *form*. Do you follow?

Les: Yes I think so. Am I right then in thinking, we are using physical attributes, when we should be thinking in *spiritual* and *energy* terms, is that right?

We come to complex matters again and I apologise if I seem to use these phrases so often, but if you start to think about these matters *physically*, you will never begin to understand. We are speaking of that *Creative Force*, that *Creative Energy*, to which we all belong. If you think of, let me say, the seasons of your time here. If you think of your spring, your summer, your autumn, your winter. You know that this will continue, it is a '*cycle of happening*.' You can foresee what will happen, when you say the next season is about to happen, can you not? (Yes) But it does not mean *all form of time* will happen as it has, in the previous season. Do you follow?

Les: Yes, I'm beginning to, I think we all are, aren't we now? (*Some agreement*)

I try to simplify it for you, but it is difficult. Of course, when you speak of *intermingling energy*, it is a difficult topic. I have to tell you, it is not something that you would truly and fully understand. But I hope that in a little way, you can appreciate the complexities of the matter.

Les: Yes, because another thing I couldn't understand is in the days of, 'Primitive man,' I imagine there were *Masters* upon the Earth, as there are now, to assist in man's spiritual development. And I couldn't imagine all that reoccurring—I couldn't see the logic of it, of having to recur in those elementary conditions.

No, dear friend, you have to allow for the physical evolution of your Earth. Although we speak of spiritual matters, you have to place it, *hand-in-hand*, with the physical happening—you cannot separate the two. Your Earth is going through a physical evolution also, you understand?

Les: Yes I do and this is what puzzled me, because I couldn't see a reproduction of primitive man, happening continuously upon the Earth, because there is going to come a time, when the Earth is no longer able to support life.

You have to look back through your earthly history of time and see how much man has grown, how much those energies, those *primitive energies* which you speak of—and after all, man is *energy*, remember; all of you are *energy*. But whilst you tread this earthly plane, there has to be a refinement of the energies. How else can you go back to that *Source* who created you, without that refinement of spirit?

Les: No, of course not.

You understand? I hope I am clarifying some of your queries.

Les: Yes, you are thank you. It really comes down to what we were told recently, that we much understand that so long as we are in the physical envelope, we shall never understand.

No, in a way that you are spirit here and now, it does not alter the fact that within the physical being, your spirit is growing and developing, even though you at times are not aware of it. The existence of it is there and so it is with refinement of energies within your earthly world—it has to be. You cannot change and you will not stop that *evolutionary law*, the *Creative Force*, which is behind all these happenings. You cannot stop what is in *motion*, you cannot make it *static*, as you cannot deny that you all are *spirit*, you understand? (Yes—) Does it help you a little? I know it is a difficult subject and it is difficult to put into earthly words for you, but let me say this to you: There has to be an understanding that all that happens upon your earthly plane, is gradually understood over *time*—and as your awareness grows, so too does the understanding of the *spirit* and all that goes with it.

Les: Yes perhaps I and maybe others have been wrong, in thinking that this *recycling* and reconstitution of the world and all in it, in *physical terms*, when we should be thinking of *variation* in *energy patterns*.

Yes, if you begin to think along those lines, then you will begin to see. If you use those *spiritual eyes*, which you all possess, you may begin to see the beginnings of *Truth*. Nothing has altered, nothing has changed, since all *Creation* began. We all belong to *one energy*, we all belong to that *Creative Force*, to which we all return. But there are varying degrees of the energy, as I have told you before. It is difficult for you and I do believe that we must go slowly and produce this knowledge that I give you slowly. When I feel your understanding is greater, then I can give you more.

Les: We look forward to that in due course.

I hope it has helped.

Les: It certainly has helped me, I hope it's helped others, has it? (*Agreed*) Good, thank you very much.

Now, I would say to you, I would like to work with this one, this time, for a short space of time. So I leave you this time. I leave you in the knowledge that always I am close to you and I ask that you allow others to come and that they are given the same love and welcome, to which you all give to me.

Les: Yes, we certainly shall and thank you again for what you've said and God bless you. Our love goes with you.

There then followed an amusing/light-hearted one through Sue, giving Les a message about rushing too much and that he should slow down a bit. Then came a rescue through Sarah (not on tape) followed by another through Sue, who closed the meeting.

~11th November 1996~

Good evening.

(Welcomes)

I feel your warmth and love in your welcome to me; for this I thank you. This time I feel that with some of you, your energies are depleted. I wish to say some words please to lady here, and say to her, dear child, you cannot shoulder burdens of other people.

Les: This is you Dawn I think?

You cannot change their pathway in life, only they have the power to do that for themselves. In burdening yourself, you are allowing that vital energy which belongs to you, to become depleted and you must not allow this to happen.

Les: Is that clear Dawn?

Dawn: Yes thank you.

We understand that when there are love ties with those peoples whilst you tread this Earth, those ties become emotionally bound and it is difficult we know, for you all to separate these energies which surround you. I would hope that by now, each and every one of you has the knowledge and the power to protect themselves from energies of other peoples. I have spoken to you briefly about this matter before and if only you were aware of each other's energy patterns, you would see that each one of you is connected to each other and at times of difficulties and stress in your lives, it is all too easy to feed from another's vital energy. Do you understand this my friends? (*Affirmed*) I think you say 'Yes,' when truly you do not fully understand, because you see, you can seek out energy, without fully realising what you are doing—this you must also remember. You will always seek out the energy which you lack most within yourself. Do you remember our discussion about this? (*Hesitations—we didn't remember*) Did we not talk about positive and negative energies, did we not speak that each one of you seeks to balance that energy that is the whole you?

Les: Yes we did some time ago actually. (Yes) And I'm sorry if I might add to that a moment Salumet, I tried to explain at the time about two car batteries, one fully charged and one half-charged. If you connect them, the half-charged will drain from the fully-charged and this is what happens to us, if we don't govern our own energy output and intake, is that clear? (*Affirmed*)

That is a good way to explain. Now, it is of concern that all of you become aware of your own *energy patterns*, because if you do, then you will see that all of *life's pattern*, can be connected to what is happening within your *own energy*. Can you see the connection?

Les: Yes I can, would anybody like to ask a question on that, I'm sure Salumet would take a question?

Sarah: I don't understand how you can recognise your own *energy pattern*?

Les: By thinking of yourself spiritually and not physically and recognising the awareness you have in the company of other people.

It is possible, but I know many here do not have the capability, but you should be able to look at any person, any form of life and see the *energy pattern* which comes forth from them. It is a matter of, shall we say, 'study?' I cannot think of a better word to use, for you to achieve this. All of you have the capabilities and I'm sure many of you know of someone who can see such energies.

Sallie: In seeing the energy, can you see it through your feelings?

Of course that is how you would begin to perceive it. Can I perhaps give you an example to begin with? You are with your partner here, when there are strong words between you, which is only part of the *human nature* that sometimes this happens. Then what is taking place, shall we say is a '*power struggle*.' You are aware of the words, but I do not say them in your earthly sense. You have a *power struggle* for the energies that create and shine forth from you both. If you were to be aware of each other's energies, you would see that the *stronger* of the two peoples, the stronger one would '*suck forth*,' shall we say, from the weaker one—this you must be careful of. All of you should know how to protect your own vital energy.

Dawn: How would you protect it?

By fully understanding what you are and what you consist of. You understand? (*Pause*) No?

Dawn: So if someone takes your energy—

It is because you have *allowed* them to do so.

Dawn: I see.

Les: We could have a discussion on that after. (*Agreed*)

I think I said to you before that is why you have people who prey upon your innocent children on this earthly plane. It is not a *physical thing*, it is spiritually they are seeking *pure energy*. Can you understand? So what you seek from each other—I know you think always of physical problems, but try to see it as *energy* that is being sought after. You could solve many of your life's problems, if you could begin to understand yourself. I know this is a mammoth task for many of you, but it is one that is worth undertaking. I do not say to you it is easy, anything that is worth attaining, must come through work, through attainment and through *Love*. So I hope it helps you a little to know that firstly, come to know yourselves well. I have to repeat these words again, because it is important.

Les: We certainly will talk about it between ourselves.

If you have more questions on this subject, I will return to it and try to help you understand.

Les: Upon another occasion?

If you so desire.

Les: Yes, I think it would do us all good to have a discussion, (**Yes**) and perhaps you would be kind enough to explain more fully, when we are clearer in our own minds.

Yes I think it would be good for you all to begin to open the door of understanding and then we can go further and explore it.

Les: Good. Yes, we shall look forward to that.

So I will leave it with you and we will return to it in greater detail, but it would be good to clarify in your own thinking, what this subject is about.

Les: I'm sure it'll do us all good to talk about it. Thank you for what you have said.

Have we questions this time?

Les: Not exactly a question, it's a continuation of what we spoke about at our last meeting. You asked not to consider past, present and future, not in physical terms, but to think of it rather as a constant straight line of energy, which can never be broken. Well I have given a lot of thought to that and you gave an analogy of the 4 seasons, spring, summer, Autumn, Winter, though they will be renamed in the following year, they'll never be the same. (Yes) And I had asked about the death of this planet and that led me to think along these lines, that each Spring has the same basic name covering the same period of time, (Yes) But within that same spring, every new vestige of growth, every leaf on every tree, every new blade of grass, is existing within the so-called *Springtime*, but is new and different within itself, though it occupies the same apparent *time*. Does this also apply to the universe, that one planet may disappear, but there will be a resurrection, in another—I can only say '*time*,' when planets again will reappear, but in a different form?

I take your question dear friend. I have told you that all things are made from the same energy, that there has to be evolution, not only upon your own earthly planet, but upon many others. Of course there will come a time when your Earth will become extinct as you know it now, but will survive, because you cannot destroy what has always been. So I believe what you ask me is, '*Will the energy of each planet return in another form at another time?*' I would say to you, it will be *energy reformed*, at another time. Whether it will take the shape of another planet, will be something to be discussed as time continues, because although I say all is known, there is constant change within the universe, as you know it. (Yes) But the energy always exists; it has to, you cannot destroy what has always been. It will become *energy refined* and used as, shall we say perhaps another planet in a future time, or it may be that it returns to the form of energy which is always there and from whence it came. It happens also with you peoples, because you die, you are not extinct, you continue, but you continue in a different form. Can you understand this?

Les: Yes, our lives and deaths, like that of vegetation, each spring and autumn, is a minuscule reproduction of the universe?

It is a reproduction of all living energy.

Les: Thank you that does clarify.

You have to think not only of plant life, but of all life, of universal life, of cosmic life, of *much greater life*, if I may put it that way, because remember you are only a tiny minute dot, within the *energy pattern*. So if you can place yourself within that picture of energy, then you can see how relatively unimportant that point of energy becomes.

Les: Yes we agree, we are quite unimportant, (*Chuckles*) but necessary to the overall.

Although all of these things seem of tantamount importance to you whilst you tread this Earth, let me tell you that it is only a very small, small portion of all existence. You have to accept that your planet as it exists now, is only a *hiccup* in the cosmos.

Les: Quite, it puts us in the right perspective!

(*More chuckles*)

Yes, I don't wish you to think that it makes you of any less importance, because that can never be true, but it is only to try to help you to understand the *vastness* of all existence.

Les: Yes we appreciate you telling us and it does us good to recognise our comparative unimportance in the scheme of things. It makes us think a lot more in the way we should be thinking, that there is much more to aim for.

I would only wish for you that I could gather you all and take you on a journey with me, but of course that would only bring you harm, but my desire is that perhaps spiritually you can grow in your thinking of it. (*Thanks expressed*)

Now I must leave you for this time. I leave you with those thoughts that I have brought to you this evening. I know your discussions will be lively and we will return to the subject once more. Now I will allow others to come to you.

Les: Thank you very, very much again, God be with you, our love goes with you also.

There then followed one through Sue:

Les: Welcome to you.

Wish you good time—if that's the wrong expression, I apologise. It is many of your years since I have needed to use speech in this way.

Les: Is that so? Well we appreciate you coming.

I was told to speak to you about various forms of learning, but there's been an alteration in the plans. We feel that what I have to say, needs more time than we can have this time, so with your permission, I would ask if I may return to you and spend more time and will explain in greater detail, the work which I undertake and the students who are being trained in the work I do.

Les: Yes that would be very nice, we look forward to it.

I have listened to your conversation with the great one who has just left you and I have been asked to tell you that tonight's meeting will close a little earlier than planned, so that you may discuss amongst yourselves, that which you have learned from Salumet this time. Are you happy to accept this?

Les: Yes of course, we shall be quite happy with that and we look forward to you coming back on another occasion, to give us further information, as you say, about your work and those who study with you.

I will return to speak to you, but will wait until little one who is absent this time (Jo), is back in our fold. It is necessary for her to be here. We will bring my student through her (Jo) at the same time. We will both try to explain how wonderful the learning process can be and will give examples of what can be achieved. Is that acceptable to you?

Les: Yes quite acceptable thanks.

We are working to help little one overcome the problems.

Les: Yes thank you, we're very grateful to you for doing that.

We are in need of her power and energy, which is somewhat depleted, but we know that she will return and be of much help to you all.

Les: Good, that's comforting to us.

I will close now and allow you to partake of your refreshments and what I know will be a lively and open discussion.

Les: Yes I'm sure it will be, thank you very much for what you have said, God bless you, we look forward to speaking with you again sometime.

It will be in not too distant future, we know when it will be, but cannot tell you just now.

Les: No of course not. Thank you again, our love goes with you.

And the Power and the Light of the Creator of all spiritual things, be with you all.

(Thanks + farewells)

~18th November 1996~

Good evening.

(Welcomes)

Dear friends, let us offer ourselves to that Higher Force, that we may be enfolded within that greater force of Love and understanding.

I would ask your patience this time, as the power is building to enable me to speak with you.

Les: Yes of course.

I can say that the time is coming, when my words to you will come more easily. We cannot rush these things, as well you know.

Les: No of course not. We're quite happy to wait.

Now let us begin this time.

Les: Good. We didn't have our discussion last week as intended, because a colleague of yours, at least I assume he was a colleague of yours, came through and spoke through me. I don't recall what was said and unfortunately it wasn't recorded, but I think my companions here enjoyed what was said, is that so?

(Agreed) So we're not able to continue on the topic of last week, so would you like to speak to us about energy again, or would you take a question?

Let us wait this time until more peoples are present, to discuss what I would say is a most important subject, 'Energy.' So with your permission this time, we will talk on other matters, yes?

Les: Yes certainly. Right, I have given a great deal of thought of course, as have my companions I know, to all that you have taught us, but I find it difficult, possibly because of my own lack of spiritual development, to reconcile the overall love of which you speak, and which of course, we accept, with the calamities which occur in some of *Nature's* wildest times. It is very difficult to understand how an overall concept of love, which I know must exist within the universe and should exist within us, I cannot understand why that concept of love, does not operate to prevent some of these terrible calamities. You could say to me of course, that it's man's own decision, as you've said before, to choose his life, or that his free will, causes him to be in the wrong place, at the wrong time, and so cause him to die, in one of those cyclones, tornadoes, floods, whatever. Am I wrong in thinking that love *could* have prevented some of those calamities?

I understand your question dear friend. Let me say this to you:

Let us first analyse what you mean by the word 'Love.' I do think the human concept of Love, if you may forgive my saying so, is entirely wrong. What is Love but the very highest form of energy—creative energy, which is the whole pulse, the whole being, of your existence. Let me say, your ideal of human love, is not the true meaning of Love from our world. We must clear that here and now, you understand what I am leading to?

Les: I do quite understand and we are grateful to you, for the description and the clarifying.

When you human beings speak about Love, you speak of emotion, emotion that belongs to human kind. Of course you will say there is love between the animal kingdoms and mankind. Of course I would agree to some extent, but Love is not how you should express it. Rather the word, 'gentleness,' would be a better one. When you speak of love in nature, you are speaking about an entirely different subject from human love. You cannot group all things under one title of Love. Love in your terms is an emotion. Do you follow me so far?

Les: Absolutely, it is definitely an emotion, a very high-powered emotion, but nevertheless we would agree, an *emotion*.

When you speak of *spiritual love*, you speak of that *higher vibration* that is your very being, that from which you come. Love in the spiritual sense is all things, all goodness. It encompasses *all*, ALL of the cosmos, not only mankind and his world. You understand?

Les: Yes we do thank you.

Therefore I would say to you, *Love* is not only goodness, *Love* is all of existence in its many forms. We have spoken a little on *energy* and we must touch upon it now. To have the balance, you must have *positive* and you must have *negative energies*. Are you beginning to follow me?

Les: Yes, everybody clear so far? (*Affirmed*)

Therefore when you speak of calamities upon your earthly world, we are speaking about *negative energy*. I want you all to try to understand all of your lives, as a spiritual, a *SPIRITUAL* happening, not one in the *physical* sense. If you can take each problem, no matter what it is, take each problem and analyse it *spiritually*, you will get a better answer.

Les: I see yes, I must admit I hadn't thought of it in that way.

Sallie: May I ask you something? With disasters and chaos, if I understand correctly, it's to do with *negative energy*. Are we therefore in some way responsible for creating that scenario, with our own negativity?

We have touched also upon that subject and always I have told you, the *Power of Thought*, is responsible for *negative thoughts*, therefore it is in part, and I say *part*, partly responsible for some of your earthly calamities; yes, I would agree with you.

Les: That's an entirely new outlook, which we shall have to keep in mind.

Yes, you have to look at life's problems in the wider sense. You cannot channel one problem and say it is because of a *lack of love* or whatever term you wish to use. You will never find your answers that way.

Les: No, I've probably been looking for an easy answer.

Yes, you have to understand that the whole of your planet is *energy* in many forms. We have to return to this subject, but I do not feel that at this time, all of you are ready to fully understand my words. So we will *touch* upon it, as we have this time and hopefully, we can give you a little more understanding, as time continues. Is that helpful to you?

(*Agreement + thanks*)

Try to see all that happens upon your planet, as not *good and bad* in the sense you understand, but in (*terms of*) *energies*, which have always been and *energies* which are being misused by man sometimes. You have to see the *wider sphere* of it all.

Les: Yes, it's going to be difficult, but we do follow what you say.

Yes I hope I have clarified it a little for you. I know it is difficult, but you have to begin to accept, that the word you use as *Love*, is only an emotion. It is not a *spiritual word* in that sense.

Les: True. It certainly does give us a great deal of food for thought.

I know you have had many instances of that. Are there questions?

Les: So it would mean then, that if there is a calamity, we must dispense with the word, '*lack of love*,' in that involvement. It would seem, it comes to another question, that those who suffer, because of that calamity, whatever it might be, *chose* to be there at that particular time, as they *chose* their life upon this Earth. Or is that a too broad a concept?

You cannot dear friend, make all of life to be either *black or white*, there is more than that. Of course there will be those instances, when the *soul* is fully aware of the life in front of it and *will* be aware that the passing of the earthly life, will be involved in how you would term a *calamity*, but to the soul, is the opportunity for its *growth*. So you see, what you sometimes term a calamity, is nothing more than *opportunity*. I know these words seem harsh to you, but in the wider scope of life, it is not.

Les: No, you have touched on that in the past, when we were talking about individuals and you said that we must not be judgemental, because an individual who apparently is suffering from complaints and diseases, which the average person would be horrified at, (**Yes**) that is a chance for that person's own soul to grow and give opportunity for those around him, for their soul's development.

Yes, you cannot judge another. No one here, or no one upon your earthly planet, should judge another. You do not have the wisdom, you do not have the knowledge, you do not have that *extended foresight*, which shows why these things happen.

Les: No, so that lack or need to be judgemental, must also apply to nature's aspects as well.

Yes, now dear friend, you are beginning to have a little understanding.

Les: Yes, I'm getting just a glimpse. Does everyone else feel happier about their attitude to these things now? *(Agreed)* It's been a very clear description as far as I'm concerned, I hope it has been to everyone else, has it? *(Agreed)* Because I'm sure you must have had the same doubts and wonders, as I have had on this matter. So we thank you very, very much for the description Salumet.

I would like to erase some of your earthly words, but of course once they are formed, they cannot be dispelled. But one of your words I would like to see abolished, would be the word, '*Evil*.' I do not like the word, because the word itself, invites all manner of peoples to *judge* and this I do not see to be good. You understand?

(Affirmed)

Les: Yes and I have discussed this with people in the past and to me the word *evil* has very unpleasant vibrations. It is a hard and harsh word.

And just the thought dwelling upon the word, creates more of the *negative energies*, of which I have just spoken. So you see, it can become almost like, how shall we say, someone who *leeches* from another and *creates* more and more of this so called *evil*. You understand?

(Affirmed)

Les: So it's incumbent upon us all then, to try not only to not use the word, but not even to think of it, but find another expression to replace it.

Yes, yes I must say I do not like the word. Always you should channel your thinking to *good* thoughts and by that you create more and more of the *positive energy* that surrounds you all.

Les: Yes we follow you. So if we use the remark, and I quote: '*He is an evil person*,' we ourselves are conditioning the surroundings to be *evil*, by using the word.

And remember also that as I have taught you, your *powerful thoughts* are apt to *rebound*.

Les: And would the use of that word attract *evil entities*, if they were listening?

It could be said, that this could happen, but you would have to be—how should I say, *spiritually lacking*, for that to happen.

Les: Yes thank you, I was coming to that, because last meeting you told us we should have learned how to protect ourselves from these things.

Yes, yes, and I know you all are aware and you should practise this, because within your lives, and I know it is difficult when you are troubled to always have the *good vibrations* around you. But it is imperative that you try to *cultivate good thoughts at all times*.

Les: Yes I think we can understand the reason for that.

It is only when you begin to have an iota of understanding that you will begin to see your lives' transformed. You should be able to travel this lifetime, without troubles, without problems, if you use that knowledge which is innate within you all.

Les: Well I say and I think I speak for everybody when I say, I think we've learned a great deal tonight.

(Agreed) And we do thank you for it.

I know my words are difficult—always I have told you this. I do not come here to tell you what you want to hear. I come to help you all, to enable you to grow, to enable you to understand a little more, of what your own *spiritual growth* is about. And unless you can begin to understand a little more fully, that all of life does not revolve around this planet, then you will never grow, more than you have now. You understand? *(Affirmed)*

Les: And that is an awful thought!

I do not say these words to cause you to be depressed, but rather to try to uplift you all.

Les: Yes, I would say in all sincerity and again, I'm sure I speak for everybody, that we are extremely grateful for all you have taught us during your visits. It's given us a completely new outlook on life and *Creation* as a whole. *(Agreed)*

If I can make each one of you stop in your daily task and think to yourselves—'Yes, I understand a little more.' Then indeed I am grateful to you. To know that what I bring to you is indeed what I have come to do.

Les: You certainly do that—there is no question at all.

Now, do we have more questions this time?

George: Well, I do have a question, which is really about terminology. I think we're very happy about our term, '*God the Creator*,' and '*The Source of all*.' There was one Amanda Valiant, who was said to channel the *Lord God*. He was described as a being in charge of a *Higher Spirit realm*. I wonder if you could give some clarification as to the use of the term, '*God*' and '*Lord*,' in that context.

Yes, I do believe that many peoples throughout your world claim to have *God* speak through them. Let me say this to you—I have touched upon this also before. Remember always that peoples are influenced by their own forms of religions, their own knowledge, and their own understanding. Of course most of your world accepts the word of *God*, in many other forms. There have been many teachers who have trodden this earthly plane, this we have discussed. Let me say only this to you: Those teachers as you call them, who come from *Higher Realms*—and in this I would say, *I* probably would be classed as one. When you speak of higher realms, all that means is that we have much wider knowledge, much wider understanding, much greater fulfilment of spiritual tasks, than many who would come to you. Let me tell you this: The words '*Lord*,' the words '*God*,' belong to your Earth. So how can the *Great Creative Force*, which is the creative part of us all; all that has been, all that *is*, all that is to come—you cannot encompass earthly words to something so vast. So I have to say to you, those channels who believe they are in touch with the *Creative Force*, I say to you, you must leave an avenue of doubt. The *Great Creative Force* belongs to the cosmos, not only to the Earth planet, where the word '*Lord*,' where the word '*God*,' has been created. You understand?

George: Yes. Yes I would say this particular one, did not describe the *God* as '*God the Creator*.'

No—'*God*' I would say, and I believe I have said to you that '*God*' from my knowledge has been derived from the word '*Good*,' which you could term *God*. In the same way as I do believe '*evil*' has derived and become '*devil*,' in your language. So you see the connection, you can see how words can deceive.

(Agreed)

(Voice becoming fainter) Dear friends, let me tell you that the *Creative Force*, from which we all belong and from which we come, is *vibration*, vibration so high, that it is invisible, is unknown, but '*is*,' '*is*'—I cannot tell you more.

Les: Thank you. I've always thought and said to others here, that for someone else to use that expression, '*being used by God*,' or similar terms, is the ultimate egocentricity, because it would be an impossibility for such power to come through a mortal.

I would say to you, that I have to agree that at times, it is fanciful and wishful thinking, on the parts of many.

Les: Yes, I have always thought that.

But in using those words, do not let us *judge*, because if it brings good to another, then we can dispense of the earthly words and accept only the *good* that it brings. Look always at it in the *spiritual light* and you will become much more aware, not of the negative aspects, but of the positive. Again, we return to my earlier words, can you see, can you see what I am trying to teach you?

Les: Quite.

Even in speaking of these situations, always you must find the good.

Les: And if necessary dispense with the earthly descriptions.

If possible yes, but to some, for some reason, they need to cling to the concepts and ideas that are known to them. You understand?

Les: Yes and I think your power is depleting now is it not? *(Salumet's voice was fading)*

I find that at times it is difficult to continue, but I say to you all, if you so desire me to continue, then I would ask you for a few minutes silence, in order that I may replete some energy.

Les: Certainly, yes.

We sat in silence for a few minutes while this was being done.

Thank you.

Les: Thank you very much. (*Thanks expressed*) I'm sorry if we seem greedy, but we hate letting you go.

(*Laughter + agreement*)

I am happy to be with you all. The time spent with you is short, but until later time, it cannot be helped, so shall we continue this time?

Les: Yes surely. So basically what we have to do and recognise is that we must begin to think in other than purely physical terms, when we are trying to unravel all these mysteries of life. Would that be a fair summary?

Yes—Dear friend you must always strive to the best of the ability, which you have. Let me say this to you: The knowledge that you have gained in this lifetime, in no way denotes the spiritual growth that you have attained. I have said to you before, that there are peoples upon your Earth, who are spiritually grown, but who have no knowledge in this lifetime. So you see, you cannot *judge*, you cannot judge another person, another action, another deed on your planet. So you see, you must continue to *think spiritually*, if you want to begin to understand all of life's troubles, if you so desire. But I would say to you, rather than contemplate the *strife* and *troubles* upon this planet, *think of the good*, which you can do instead.

Les: Yes, that's very good advice.

If all of you *strive* to use those energies, which you know you all possess, for the *betterment* of mankind, then of course you would see a change in this planet, in quite a short time. But in saying that, I am being rather too optimistic about mankind.

Les: Yes I would think so too; it's unfortunate, but you're quite right.

But that is why many of us have come at this time, to gather forces, so that mankind this time will accept the *Truth*, will go forward and will not allow these doubts to creep in. This situation happened in past times and we cannot allow it to happen again. Your planet *is* going on the correct *spiritual pathway*, let no one upon your earthly plane say otherwise. Do not dwell on your calamities and disasters, as you term them, but *KNOW* that we all have come to uphold and uplift you all, to see that this planet stays on the course for which it was meant to go.

Les: Good, that's certainly comforting and that leads me to ask another question. I'm sure that we all suffer sometimes from a *guilt complex*, that we can't or are not doing more, when we think we should be able to. So in the main I think we would be wrong in nurturing those feelings of *guilt*, wouldn't we, if we are doing all we can, in our own way?

Dear friend, let me say this to you:

Besides having too many negative emotions, mankind is too hard upon himself. If you spend *one moment of every day* in your lifetime, in sending good thoughts, you cannot ask more from yourself. That *one moment of goodness* exists forever; you cannot destroy what you would term '*Love*' and which we have spoken of, but which in fact is '*goodness and Light*.' You cannot destroy that positive energy. In so doing, you are creating a planet, which is capable of all goodness. So do not denigrate yourself, do not be too harsh; accept that you can only do so much and do not allow negativity to creep in.

Les: What you now say, confirms what you have told us previously that we must learn to forgive ourselves. **You must. If you do not forgive yourselves, it means you do not love yourselves and in doing so, how can you extend that goodness to others?**

Les: No, again it comes back to what you've taught previously, a question of *balance* all the time.

I do not say your lives are easy, they were not meant to be. Again we come to positive and negative energies. But what I say to you is this: It is *how* you use those energies which matters. Do you understand?

Les: Yes I think we do. Everybody understand that?

Sallie: I don't quite understand how we use them.

Les: Well, just with ordinary physical decent living, we are using energies.

Yes, the lady has many questions and at times, many doubts that what she feels is correct, but that is humankind. Do not become concerned about these doubts, it is part of your progress in life. I am not saying to you, that your life will be easy, but you must always keep the balance, you must know that life is positive and negative energies, which have to be recognised. I think she is finding difficulty with this.

Sallie: Yes I am yes.

Yes, her understanding at the moment will not encompass what we say. So for now I would say to you, leave it as it is and the understanding will come to you, yes—it will come to you, as all aspects of understanding do. How many of you here can say that of yesteryears, you did not understand and now today you do? (Agreed)

Les: I think that applies to all of us.

All of you, I am sure. Now dear friends, I must leave you this time. I thank you for your attention, I thank you for your questions this time.

Les: We thank you for your time with us. (Affirmed) We can never thank you enough, though we know you don't want thanks, but you've got to accept them from us. (Laughter)

I will accept this, I thank you all.

George: It's a wonderful experience for us.

And I say to you, that the experience is truly mine and I come to you only with my Love and my knowledge, so that you all can join with me, in being as one, to join together, to feel that Love and that Light. Until we come together once more, I say to you all, send out those *positive thoughts*, look deeply within your hearts, look to one another and may you in that name of Light, be as *one*.

~25th November 1996~

Good evening.

(Welcomes)

Again it is good to be with you.

Les: Thank you very much, it's certainly good to have you with us once more.

The feeling of the love you give is greater this.

Les: Good. I think there was someone from your realms adding to that love this evening, before you came.

There is much work being done that is unseen. I want to say to you this time, just a few words and then if I may continue to work with this one.

Les: Certainly

I wish to say to you all dear friends as you come together each time that much is happening within your lives. As your seasons change on this planet, so to do you dear friends change also. I say this to you—that each and every one of you who have come this time to this earthly life, has brought with you special gifts of the spirit. You possess many gifts, but in this lifetime, there should be one that comes to the fore. My gift to you dear friends, is to say that before too much longer of your earthly years pass, you will become aware of the gift of spirit that is to be used. Each one of you has that special gift to use and we hope to help you in bringing this forward over the coming time. In order that you grow not only individually, but that each of you can give to the other within this group. I will say that there will be some who will go forward in other directions, but it matters not, that is their pathway. But for each one, there is a helper available to you, who will see that each one of you develops in the ways of spirit that should be used here on this Earth.

Les: Thank you very much for that information, we look forward to it.

I would say to you that not all of you go into that *oneness* with that *Great Creative Force* often enough. I would wish that each one of you devoted some of your daily lives to that *oneness* of spirit, in order that you can be used and help more—(Last few words faint/unclear on tape)

Les: Thank you.

I hear some say I am not aware of what I have to do. Do not concern yourselves with any *one* aspect to be used, it will become apparent to you.

Les: Thank you very much.

Each one of you will blossom, each one of you will grow, each one of you will become aware of all those *higher senses*, all those *higher vibrations*, which although they already surround you, you are not always fully conscious of. The time is coming dear friends, when each and every one of you must play your parts upon the stage of life. We have not gathered you together without good reason and although I know my words bring comfort to you, the time is coming when you must become the players on the stage. Do you understand?

Les: Yes, I'm sure we're all quite ready to do that when the opportunity is made apparent to us; I don't think anybody would object.

It will—you may dispute what you see, what you feel, what you know, but it cannot be denied. It will come to you all with such force, that you will not have any doubts that what you feel comes from something greater than what you now know of.

Les: Thank you very much again and everybody please—(Voice changes as Les begins to channel)

I have to ask you to answer, are you willing to accept this responsibility? (Agreed)

Each one please answer individually. (Each sitter then answered 'Yes' in turn around the circle)

Thank you, you are committed, understand this. You have accepted the responsibility, which will be great. God bless and be with you all. (Thanks expressed)

I ask your pardon Master for the interruption which had to be.

Salumet then begins again:

I thank you dear one for your consideration. I thank you all, because these words given to you tonight, have presented you all with a mammoth task, which my dear friend here, has asked you to accept, has asked you that you give forth of yourselves. Let me tell you this dear friends: What we have to give to you is not given to many on this earthly plain, as a group of people. Of course we have many individuals blessed by those in our world who come to them, but to be given the opportunity as a group of people like yourselves, I have to say to you dear ones, accept it with love, accept it with humility, accept it with kindness and love from our world. When first I came to you, I said that we all were many facets of a diamond. Together we are going to form the unity and strength of one facet of that diamond.

Les: Yes, thank you very, very much.

I leave you this time, with my words, in order that you can think upon them, that you can look into your hearts, you can think about what you are about. At last you have been given the opportunity to know yourselves and to do good work. I leave you now encompassed in my love, held within this heart, enclosed by those who wish to help you, and there are many here this time. I hope you can feel the power and the love which is surrounding you at this time, because dear friends, you should feel energised, you should feel love, you should feel that inner spirit burst forth from you.

Les: I think we are all feeling somewhat overwhelmed and to say appreciative, would be just understating it—there are no words. We feel it a great honour to be able to work with you and those from your realms. I have no other words for you this time. I leave you, I leave you and say: Go into that oneness with your Creator and allow each one of you to know and feel those who are with you. I would hope that each individual here, has something to tell you of how they are feeling this time.

Les: Thank you very, very much again and our love goes with you.

Les then spoke with Sue, who felt she had someone with her, someone who wanted to 'acclimatise' with her. Les helped her to stand up and there was a brief message about preparations and work being done and hopes that Jo, Sue's sister, would be back with the group soon. We then closed with our usual prayer.

~2nd December 1996~

Good evening.

(Welcomes)

It is good to see so many here this time.

Les: It is nice isn't it, to have everybody back with us.

We wish the lady to know that we look after her. Do not be concerned.

Les: Thank you very much—yes I'm sure you will.

I have to tell you dear friends, how good it is to see that all of you have been uplifted in these days, from our last meeting. Many words were said to you last time and I know many of you have pondered upon these words deeply.

Les: We certainly have.

Dear friends, there is much happiness to come to you all. Do not doubt that each one of you will travel life's pathway this time, with hope, with joy, with knowledge and with love.

Les: That's very nice to hear.

These things do not come without a price, but I say to you all dear friends, that what you earn and achieve, has been earned by yourselves and what you give to others. This time I will not speak on any one subject, because although this one is comfortable, we do not wish distress to the physical throat this time.

Les: No we were wondering about that and so was your instrument.

It is fine now, but we have others who will speak to you. So it is best that my words remain short this time.

Les: Yes we do understand.

Have you questions please?

Les: No, I was only going to ask if this time you wished to speak on energy, but I appreciate you'll not be able to now, because that will be a lengthy subject.

Yes, do not be concerned, we have many meetings to come and many opportunities to speak upon that subject.

Les: That's very nice to know, we look forward to it some time.

Let me perhaps say to you, that each one could perhaps become more aware of their own individual energy patterns. Perhaps when I speak to you more fully, perhaps we could speak individually and see what your consciousness brings to you.

Les: That would be interesting.

So I give you quite a task.

Les: *(Chuckles)* You do indeed!

So now let me answer any questions before I leave you this time.

Les: Does anybody have a question they would like to put?

No, let me say only to this group, who belong to one family, of the joy and happiness around them, and it will grow and grow. I speak of the gentleman and his family.

George: Thank you.

There is much coming to them.

Les: That's nice for him and for them. You heard that George did you?

George: Yes thank you that's lovely.

Now, this time I will withdraw from you and allow others to come.

Les: Right, well thank you very much for your company; God be with you and our love goes with you, as you know.

I am aware and I say to you that always your *Light* becomes lighter.

Les: Good, we're very pleased and thank you.

There then followed one through Sue who talked about new helpers who would be working with the healers at Leslie's healing clinic and the importance of the healers to discuss if they felt any differences that occurred during their healing sessions. This could be done while they were having their tea at the end. Those helpers from spirit would listen and it was the best way for them to get feedback on how things were progressing.

There then followed a brief one through Jo, (Sue's sister) who'd returned to the group after some absence:

Hello Mr Bone.

Les: Hello to you once more, you're happy to be here again, aren't you?
I would say, I come this time because this one is 'doubtful Thomas', (Said with caring laugh) she say, nobody come tonight, because she was away too long. (Laughter)
 Les: It shows how little she knows, doesn't it, about your determination?
I here many time always she has not been here, but I now speak, because we are trying to speak together only.
 Les: That's very nice, because you've got used to her now, haven't you?
And she is used to me.
 Les: That's right, she is indeed and I'm sure she's very, very close to you now.
At first it seem very strange, me speaking through her mouth, but she more used to it now.
 Les: Yes, you're doing it very, very well.
It takes practice.
 Les: Of course it does, but we would recognise you any time. (Laughter)
I enjoy my time here, especially when I can speak to you all.
 Les: Yes, it's nice to know that you can do it with us still.
I have no special purpose this time, only to (?) when you are all here again, with her.
 Les: Yes and to let her know that when you choose to come, you will come, because she is a doubting Thomas. (Laughter)
Yes! (?)...doubting, her this time.
 Les: I'm sure, but she'll be delighted that you've used her again.
I hope so.
 Les: It's a very nice welcome back for her, we've all missed her and we've missed you.
Thank you, Mr Bone. I go now may your meeting end well.
 Les: Right, thank you very much for coming and I say again, we thoroughly enjoyed your company and we're very pleased to have to speak with us once more.
Thank you Mr Bone, good tonight.
 Les: Good night to you and God bless you.

~9th December 1996~

Good evening.

(Welcomes)

Les: Thank you for being with us. I'm sorry we are some members short tonight, it is unfortunate.

Always dear friends, I am happy to see anyone who wishes to join us upon these evenings. I know how busy you all are in your daily living and therefore my thanks always go to you. I say to you dear friend, are you comfortable to continue?

Les: Yes I am—I think we all are, aren't we? (Agreed) I hope my coughing didn't disturb you, it's not serious, just a tickle in the throat.

No, it causes no discomfort to me. I wish to say to you this time, a few words about *forgiveness*. We have spoken briefly about this before, but I feel that you did not fully understand what I was trying to tell you.

Les: That was when you spoke about forgiving ourselves, also?

Yes, I know that for some, these words are difficult to interpret, because you say of course I can forgive others. Are you comfortable friend?

(Les was coughing)

Les: Yes, thank you very much, I hope it's not disturbing you.

No. What is forgiving oneself? To forgive oneself, there needs to be the awareness and recognition, of who and what you are. Without this, you cannot learn the discipline of forgiveness. *Forgiveness*, is that awareness of self, it is the wisdom of knowledge, it is the seeking of the spiritual aspect of oneself. And only when these things come together, will you know true forgiveness of the self. Only then dear friends, will you begin to understand what it is to forgive another human being, because when you feel the

necessity to forgive another, what you see before you, is a fault that lies within your spiritual being—an aspect of yourself, which you cannot come to terms with. That is why I say, the awareness of your own being, is so important. Do you understand dear friends? (*Affirmed*)

When you feel the need for forgiveness to another, firstly look within. You understand I hope? (*Affirmed*) If you do not, please let us clarify it now.

Mark: So we look within ourselves, when we need to forgive somebody—we're looking to see if we've done something similar, are we? Or that we can do something similar?

You need to look within, to find the reason why it disturbs you so, that you need to forgive another for it. You understand? (Yes)

Sarah: Surely there will be times when you need to forgive and in fact if you've looked inside yourself and maybe can't find the answer, then maybe it is the other person, that you really do need to forgive, is that right? (No)

Sarah: No?

No, no, you must always look within, because in *true forgiveness*, you understand, you are aware of all. In fully understanding yourself, then there is no need for your human forgiveness of another. Is that clear to you?

Sarah: Yes, thank you.

Sallie: Excuse me, when you're learning to *forgive*, how should we look at criticism of ourselves?

Yes, if you find criticism to be too harsh, if you react badly to it, then again I say look within, because what you present to the world as your '*outer face*' may I say, is how people will understand you. You give out the vibrations of what you are, to others. You understand? (Yes) Always dear friends, become more aware of your own spiritual needs and always you will find, the answers to all questions and problems, will become fully known to you. It is not difficult, once you realise that all that you present to this world, comes from *within*. Remember what I taught you earlier, *all is cause and effect*—what you give out, *rebounds* back to you. So if you are offended, or you find it necessary in your earthly terms, to *forgive* another, then I say to you dear friends, the fault lies within *yourself*. Can you understand? (*Affirmed*) You do—I think therefore, we need not return to this subject. Are you all now happy with *forgiveness*, as I teach it to you?

Les: Everybody happy? (*Affirmed*)—Nobody is *not* happy?

George: I think I can visualise an extreme, where if we are all *beacons of love*, then we will only receive love back.

Yes, there will be no need for forgiveness, you understand?

Les: Quite, that is the essence of it, isn't it? So there should be no *need*.

Yes, if you are *pure Love*, then what you perceive from others, will also be *Love*. That is the very essence of all being; *Love* is the most important thing you will ever hold dear to you.

Les: Yes I think some of us possibly, not necessarily in this room, but some of mankind, has still to understand the sort of love of which you speak.

It is not easy to achieve whilst you tread this Earth, but I would say to you, it *should* be something within your sight, it should be something, that all of you work toward. It—if you like, and I may use one of your earthly terms, it should be your *goal in life*. You understand? (*Affirmed*)

Les: I think we're all striving towards that and I think we all are pretty sure that we're not going to achieve it in this life, however much we may try.

No, but your understanding and your awareness will grow and will shine forth, to the very best of your ability, if you are aware of what you are trying to achieve.

Les: Yes, that would confirm something that was said a long time ago in this room—I forget the details, they don't matter, but often the *effort* to achieve something, is more worthy of consideration, (Yes) than the achieving itself.

We know that you cannot achieve what is in fact *spiritual natures*, whilst clothed in these bodies. But what you *can* achieve, is the knowledge and awareness and the *trying* to achieve; that dear friends would earn you shall I say, *many good points*. You understand? (*Affirmed*)

Think of yourselves as children in the classroom—those who *try*, earn themselves merit; those who know what to do and yet *decline to try*, earn no merits at all. You see what I try to say to you, it is the *trying* and the *awareness* and the *seeking out* of that *spiritual part of yourself*, which is important. You may have the knowledge, all of you, but with your freewill again, you can either go forward, or you can stand still.

Les: Yes, I recall what you said to us quite a time ago, that we do have a *great* responsibility.

Responsibility, once you have the knowledge, becomes greater, because to have the knowledge and do nothing with it, is *foolish* to say the least. To have the knowledge and stand still, can if I might say so, become a burden to you, when you pass to our side of life, and to this end you must avoid standing still. Dear friends you have the opportunity, you have the growth and awareness, you have the knowledge, you have the *Love*; you have the friendship of each other. So you see, there should be no reason why each one of you should not go forward, in your own individual development of spirit. (Quite!)

Now, I would like to say a few words before I answer questions this time. As we approach your season of much joy and happiness, throughout your Earth in many of your countries, I say to you, that I will withdraw from you this time, for a number of your meetings. I have said to you, that sometimes this would be necessary (Yes—) and I said I would tell you in advance. I will return to you, when you have your new earthly calendar year. And I wish when I return, to bring with me, one of interest, to speak to you. It has been sometime, since this has happened, but I feel that you have reached a point, when a little more knowledge, will be more acceptable to you. (*Thanks expressed*)

Les: We shall look forward to that. We quite understand why you have to go, because you did explain some time before, nevertheless we are going to miss you. (*Much agreement*)

The opportunity is good at this time, because in many areas of your world, there is much *goodwill* and *happiness*. This gladdens our heart, in my world. So you see, the time is apt for some of us to withdraw from you and to go to those realms, where our work is needed and where we can recharge ourselves, if I may use that expression.

Les: Yes, we do understand it, but our loss is somebody else's gain, we must look at it like that.

There will be no speech to others. It will be a congregation of all of us, who have come to this earthly plane, in order that we might bring forth knowledge. We need to return, we need to congregate ourselves and see what we too, have achieved. You understand?

Les: Yes, I quite understand that too and we take this opportunity all of us, to wish you very great success in what you're doing.

Again, it is the opportunity of *effort*, which is important.

Les: Of course.

But you need not concern yourselves about my journey from you. I anticipate that all is going well and I look forward to returning *'home'* for a short time and then to return to you all refreshed.

Les: We shall certainly look forward to that.

Now, do we have questions this time?

Les: Yes, with your permission, I'd like to ask my colleagues something first. You remember Salumet said that we should be becoming aware of our own energy patterns? (*Affirmed*) (**Yes**) Has anybody had that experience? Nobody particularly aware of their energy patterns?

George: I have a feeling of more *'outward-ness'*, but I can't describe any configuration in that.

Les: No, right if nobody else has, I want to ask you Salumet, I had a most peculiar experience—I use the word *peculiar*, I don't know quite in what sense it was peculiar, but not unpleasantly. I was thinking about *energy patterns* one day, in my quiet time, and I was standing outside as it were, looking at myself and I could see a *cone of light*, above my body, with white light coming into it and there seemed to be a translucent—I can only say, sort of *hose pipe*, running *spiral-like*, round my body, between my body and the aura, which I could see quite plainly also. This spiral didn't return to the source of power, as I would have imagined it to, it seemed to be going straight into the ground. I can't think how I could have imagined anything like that, because the *cone of light* above me, is also indicated by one of our members at another meeting we have, when sometimes the arms are lifted in the form of a cone, with the palms together, just

as though they were forming the same shape as I could see. Now, was I *imagining*, or was it an *energy pattern*?

Yes, let me reply to you dear friend. All of you within this room, I suggested should become more aware of their *energy pattern*. Let me tell you, your energies have increased, as time together goes forward. More of you will become aware in different ways. You will not all be aware of the same thing, because you are all developing at different rates. Now let me return to you dear friend. I say to you this: When peoples on your Earth speak about *energy*, they seem always to refer to energy, as above and around the body. Remember that from *top-to-toe*, you are indeed a *whole energy pattern*, you are connected to the *Source of Energy*, from both top and bottom. There is as much energy in the feet, as there is in the top of the head, but because people see the 'auras,' as you call them, around the head area mostly, they assume and assume *wrongly*, that that is the only energy field that exists. I have to tell you dear friend that from the very *core* of your Earth, also lies that energy, which you all belong to; it is *all around you*, it is not in one specific area. So if you were aware of energy being *grounded*, perhaps you would term it that way—that is nothing unusual. Do you follow me?

Les: I see yes, that explains that part of it certainly, thank you. So I wasn't imagining what I saw?

No—energy as you sit now, if you can all sit quietly, you should be aware of the energy rising through the bottom of your feet. Can I suggest that we spend a minute or two of your time, in visualising this energy through the feet, to give you some understanding that energy is everywhere; it is not only in your atmosphere, it is everywhere—you are connected in all areas of your body, to that living energy.

Remember always, that *energy is living*. You understand?

Les: Yes, so what I saw could be symbolism, for energy which is flowing around us all the time?

Of course, of course—when your awareness becomes more acute, you will see energy patterns change in all things, whether it be above, or below, in front or behind you. There are many shapes and sizes to energy, it is not static, it is a *living, moving energy*. Can you understand?

Les: Yes and am I right in thinking, that energy which surrounds us, can be moulded by our thoughts?

Of course! You dear friend are energy, that is all you are. *You are energy!*

Les: So our energy can have its effect on the energy surrounding?

Of course.

Les: And other people would become aware of those changes?

By your words, by your thoughts, by your actions, of course your thinking—again we return to the *Power of the Thought*, can change the *energy pattern*, which surrounds you.

Les: So that also would account for the feeling that two people can have, either of attraction to each other—I don't mean a *physical attraction*, but an attraction which they feel, or a revulsion from each other. That would be their effect on the energy surrounding them, (**Yes**) which is being interpreted, by each of the people?

Yes, it is interpreted only because you have a physical brain, but it is all the same energy, but used differently, moulded differently, by the thoughts of each of you humans.

Les: Yes, so as I have said in the past, the auras of two people can attract or repel? (**Yes**) So that is the energy, exercising those options?

If we were for instance, to have someone within this room, who was full of *negativity and hatred* shall we say, you would be repelled, each one of you, because whilst you sit within this room, whilst we talk, your energy levels and awareness is raised. And to become confronted by this type of negativity, would be too much of a shock that each energy would rebound from each other. You understand? (**Yes**) We have to talk more deeply about energy, I keep saying this to you, but it is a subject, which is immense, for your understanding. But I will try to clear some points, as we go along.

Les: Yes, thank you very much.

But dear friend, you were not imagining. What you achieved, was indeed a greater awareness of the *energy*, which is both yourself, *within and without*.

Les: That's nice to know, thank you. It was such a wonderful experience, I hope my colleagues here, will be able to have it also?

I would perhaps say to you, that the cone above you, was perhaps pulling you from the earthly vibration, but reaching down through the ground, was the steadying influence, which has to keep you here. And standing back and watching such energy work, has given you the awareness a little of what happens within.

Les: Yes it was very vivid, I shall never forget it.

You have so much more to experience, but take it for what it was, another step in your knowledge, of awareness of all that you are.

Les: Yes, thank you, I'm glad to have that answer. Anybody else have questions? *(Brief pause)*

I think this time, that I will leave you:

I leave you all with much love, I leave you all attached to that Great Creative Force, to which we all belong. I ask that you continue to love and to serve others, as you do. I give you all my blessing, in your season of goodwill, which is coming to your earthly plane and I say to you dear friends, until we meet here again, may all that is good, be with you.

(General thanks + very fond farewells)

There then immediately followed another through Eileen, who came to say hello and to be with us, at this time of year, because they had always felt lonely and sad at **Christmas time** and just wanted to come back and share a little of the Christmas spirit with us, even though they were now very happy. She asked us to try and find time/a few kind words, for anyone old and lonely and who was 'bound' in their own homes. She also said that thinking/sending out the **loving thoughts** to these people, can be just as important. Les also said she was welcome to visit and share in the Christmas festivities, with us individually, which she said she would be very happy to do.

~16th December 1996~

No Salumet this time of course, but our work continued in other ways. Our first visitor through Eileen, was a lady, who'd had a speech impediment whilst on Earth. This had been largely removed once in spirit, but traces of the impediment lingered still in her mind and therefore still affected speech, albeit to a much smaller degree. Her voice sounded croaky and a little strained:

—This is the ultimate session for me, just to know that I can be understood, when using physical voice.

Les: Yes it can be understood, but it could be even clearer than it is.

Could it?

Les: Yes, would you like to hear it even clearer? **(Yes)** All right. It will now be removed, because that physical disability was with your physical body, and when your physical body is disposed of, the disability was also disposed of. **(Yes)** But you haven't cleared it from your mind, you expect it still to be there, to some degree. Your determination got rid of it quite a lot, but you haven't quite cleared it, because you didn't anticipate that you could do so fully.

(A few seconds later)

Would you like to speak now—your voice will sound different now. **(Yes, yes.)** Keep talking and you'll find all that harshness has gone, because you don't need to have it within your voice.

I think that's wonderful, it's just wonderful

(Voice much softer/smoothen + clear)

Les: Happy?

I'm not happy with it, I'm overjoyed, overjoyed.

Les: That's lovely, that's our Christmas present to you.

It is the giving of love.

Les: The giving of love as a Christmas present, from all of us here.

I didn't know it would be so special for me.

Les: You're quite happy about it?

Overjoyed, overjoyed.

Les: Well, now you can talk to us, as much as you like. Would you like to say hello to all my friends here, you can do so.

I fear if I begin, you won't be rid of me.

Les: We don't mind, we like your company and are very pleased that we've been able to help you.

I'm overwhelmed, overwhelmed, I don't know what else to say to you. I'm just overwhelmed.

Les: That's very nice for you. You'll soon get used to it. And you'll be able to enjoy your singing now, won't you?

How did you know?

Les: That was your greatest disappointment, when your voice went, wasn't it?

Yes, I do feel the desire—

Les: Nothing to prevent you from doing it now.

Well, perhaps if you listen closely all of you, you may hear singing and if you do, please remember me.

Les: Good, that's fine.

May I give you my name?

Les: Yes please do.

I'm known, or was known as Annabel.

Annabel chatted happily a little while longer, before another came through Eileen, saying some of us needed cheering up. We chatted and had much laughter—best appreciated on audio:

<http://www.salumetandfriends.org/resources/16thdec9613+mins+cheeryup.mp3>

Another followed through Eileen, who'd been before, when she'd been attracted by the sound of the church bells, which were not actually sounding on this occasion, or maybe the wind was not blowing in the right direction for us to hear them. She also gave a message:

—you should not be sad in your everyday lives, because there is so much happiness to come.

Les: That's very nice to hear, thank you for telling us.

I'm sure you already know, but it is nice to be reminded, is it not? (Agreed)

She reflected briefly, on past times, and some of the pointless religious practices, she used to perform whilst on Earth. But she did love the sound of the bells.

A child then came through Eileen, who wanted us to sing a carol. He asked for 'Oh little town of Bethlehem,' which we all sang for him and he then requested 'Away in a Manger.' He seemed very happy as he left and we then closed with our usual prayer, (See below) which was written by Leslie Bone and which we still say at the end of our weekly meetings:

For all that we are given we thank the Great Creator known to us as God.

We ask that we shall always receive help, in our efforts to become more aware of the tremendous Love and Light, which encompasses us at all times.

We also thank our unseen friends and helpers, for all the knowledge and Love they bring and for this we ask God's blessing shall be always with them, until we meet again, Amen.

~13th January 1997~ ~first meeting of 1997~

The first communication of the New Year came through Eileen, explaining that Salumet would not come through this evening, but that there would be others of interest. He then talked a little about his life in the spirit world, compared to the one he left behind:

Les: You prefer what you do now, to what you did when you were here I imagine? (Les was aware psychically of his church robes)

Of course, there is no comparison. How can you compare this work to any that is available in the human form?

Les: And how did you feel when you realised that you had so long been postulating the wrong theories in many cases?

How did I feel?

Les: It must have been a shock.

That is an understatement I have to tell you. It came as a great shock, not only to my understanding, but to all that I was. Can you understand?

Les: I can yes—my question wasn't purely a probing one, because I'm very concerned. We've had others who've been in a similar position to yourself and are now doing a great deal to counteract what they did when they were here, though they were doing it with the best of intentions.

Yes, you need to understand I think that most people, whilst they are on your Earth, do the best that they know how to, so there should be no harsh judgement upon them. The judgement comes when we face ourselves.

Les: Absolutely, I agree completely.

I would wish to reiterate to all of you, that there is no judgement for you, only the judgement that you issue forth to yourselves.

Les: Quite. That is our teaching here to new-comers too, that we are responsible for our own judgement. ***This is something I try to tell others also, when I join my regular meetings, because you see, sometimes even groups such as these, do not fully understand that aspect of Spirit.***

Les: You are quite right they don't, because they will adhere to that frequency of ideas and in many cases I think it is a form of insurance, such that if they are wrong in what they believe and in what I and you of course are trying to teach, then they have the insurance that they didn't throw everything else overboard anyway.

Yes I think that is a good term and perhaps I may borrow it from you, for my future use.

Les: Yes of course. (Laughter)

I will keep that in mind, thank you. Good, now I really must leave you.

Les: Yes, can I ask one last question for my own benefit? Why do you still wear your same robes?

Because only when—this is something too that many of you do not fully understand. When we come back to this vibrational field, all that we remember, memories and such create what we were; it is not necessary we know and fully understand that.

Les: I see, it's created by the memories?

It is created by the memory of returning to where we once belonged. It is nothing to do with the will of what we want. It is almost like the memory of a landscape.

Les: I wondered if that was the reason, because we have been taught that energy has memory, and if this exists in what you used to wear then I can quite understand why it would reappear, when your own memories coalesce.

Yes, I am not too well endowed with knowledge of the technical workings of what goes on amongst—but I only can assure you that that is why these things occur.

Les: Well it's an interesting and very informative answer, thank you. It does clear up several queries I had about it, not only with you, but with others.

And of course to retain the garb which once we had, is also very good for evidence for those people, who once would have known them, if the time scale is correct, you understand?

Les: I understand quite.

But that is why it happens, not because we cling to old values, but only because we have that return to your atmosphere.

Les: I see, well thank you very much for that, it's very useful. I won't detain you any longer. (Thanks + farewells)

There then followed one through Sue. Speech was difficult at first, but gradually the voice became clearer: I feel able now to use the voice, provided you can hear me sufficiently.

Les: We can hear and understand what you say, thank you.

Then I will continue for as long as I am able to, with the power provided. This meeting is of importance to you, because I wish to speak to each one here and tell them who it is, who is guiding them through the path they are walking on now. You will probably find this has not happened before. We are giving each one the name, I say again the NAME, of their guiding—you may say 'Angel'.

Les: Thank you that's most unusual.

(Arrangements were made for each sitter to come before the speaker one at a time)

Les: Margaret?

My child I ask you, when you take your repose this time, think of the colour purple and the name of your guide is Joshua. Should you feel in times of stress, you need to call upon him, mentally say his name and there will be strength flowing through you.

Margaret: Thank you very much.

May you have piece in your lifetime.

Margaret: Thank you.

Please speak your name?

Lilian: Lilian.

This one is very special. Her Spirit shines through. My child, I repeat to you, when you sleep this time, think of the colour white and the name of your guide is Ramona, Sister Ramona and as I said previously, in times of trouble, call upon this person.

Lilian: Thank you.

Sarah: Good evening, my name is Sarah.

My child, deep inside you, is a gentleness that comes to the surface. You are greatly loved. The colour surrounding you and the colour you need to take into your mind is yellow and the name of your guide coincidentally is Sarah. Call her name and she will assist whenever possible, thank you.

Sarah: Thank you very much.

Paul: Hello, my name's Paul.

Again my son, you are a gentle and caring soul, who in varying parts, has given great joy at earlier times. Your colour is blue and the name you must bring to mind, is Ara-mis—a name unfamiliar to your ears, but important. He will be with you throughout your lifetime.

Paul: Thank you

Sallie: Hello, I'm Sallie.

Dear one, there are two people with you. They are heavenly twins. They will guide your footsteps. The colour surrounding you is white. The names of your protectors are Rachel and Rebecca. Go in peace and love.

Sallie: Thank you.

Jack: Hello, my name's Jack.

Another very precious soul here, much loved and highly respected. Do not be alarmed when I tell you that the colour surrounding you is dark and navy-blue, but shot through with silver light. It is a special colour and is highly revered. Your protector and guide is called Rama-sis. Call upon him in times of stress; he'll ease your mind.

Jack: Thank you.

Eileen: Good evening, I'm Eileen.

Take my hand my child. Such a wonderful and divine spirit we have here. Your colour my dear child, is golden shining yellow. I need not give the name of your guide, he is with you and speaks through you. You are greatly honoured to have him, as he is honoured to be with you. His name as you are aware, or the name you know him as, is Salumet. Call him and he will be there for you. This one is most special and will be protected through this lifetime and into the realms of Spirit.

Eileen: Thank you.

Your name child?

Dawn: Dawn.

This one, this one has been in distress. Call upon your guide Naila, and think again of the colour white. Go in piece my child.

Dawn: Thank you.

And now, there is a light surrounding you, which lights up this room. You are most beloved, you have so many surrounding you and helping you along each step of the way of your physical life, but there is one

name, one name you are probably familiar with it, but I will repeat it, for the benefit of others. His name is Brother John.

Les: Yes indeed, a very old friend and I greatly appreciate his help.

He is your protector. There is more than one colour associated with you my friend, but predominantly, I will say to you, that it is a vibrant blue, vibrant and shining. I leave you now.

Les: Thank you. Thank you very much for the information you've given us all.

The power is unfortunately not sufficient for further communication.

Les: We do appreciate what you've said and we're very grateful for the effort you've made to bring this information to us. In return we all offer our love and heartfelt thanks to you. God be with you.

Two names I give you for this one and little one absent: Little one must call also upon Brother John and this one, Anna. They send you much love and wish you all piece and joy, throughout your lives.

The communicator then withdrew and returned on 17th February, to complete the circle, which has been included here:

— Please may I ask those absent, to come to me and I will give them the information they seek.

Les: Right—Jo?

Little one please place your hand. I believe I gave the name of your guide and I know the name is familiar to you.

Jo: Yes thank you.

He is with you throughout the times when you are most in need of comfort.

Jo: Thank you.

Brother John, you know?

Jo: Yes thank you.

And you are aware of some of his workings are you not?

Jo: I am yes, I have been for several years, thank you.

Call upon him my little one and as I said previously, concerning the colour which will be of benefit to you, it is rich, dark and most powerful colour, it is the colour purple.

Jo: Thank you.

It will be of benefit to you, when used with the one who cares for you.

Jo: Thank you very much indeed.

We are fully aware of any problems you have and are dealing them as much as we can.

Jo: I'm very grateful, thank you.

Go now, in peace and love.

Les: George?

Please to state your name?

George: George.

Ah yes, we are very aware of this one and will be using him to the fullest of his abilities very shortly.

George: Thank you.

You know what we are speaking of, I am sure.

George: Yes.

The name of your guide who is with you, and listens to you and helps you, his name is John and the colour which surrounds you is pale blue, not a dark blue, but a pale and shimmering blue.

George: Thank you.

Thank you.

Les: Mark?

Your name please?

Mark: I'm Mark.

Yes, we are aware also of your talents—talents which perhaps you are unaware yourself, but be warned, we will be using them shortly. Your guide my son, the guide who you must call upon in times of stress, is Raul; a name perhaps unfamiliar, but non-the-less most important in your life. And the colour, the colour

which surrounds you, again is within the blue spectrum, but this time a shade darker; again not a dark blue, but something of a vibrant colour. Use it well and it will benefit you throughout your life.

Mark: Thank you.

Thank you.

The circle, is it now completed?

Les: It is indeed. And for that we are all very grateful.

I will return to you at a later date and will discuss with you the meaning of your individual colours and the significance of the people who surround you all.

Les: That would be most interesting for us and we certainly look forward to it.

You are aware I know that you share with this little one, a guide of great magnitude. He is here now and is stood behind this one and is giving healing as we speak.

Les: Good.

I would ask for this one please, not to be disturbed, until we close the meeting?

Les: Certainly, we'll honour that and I was quite sure she would receive healing while she was with us this time.

I leave you now, for one other to come and speak with you.

(Thanks + farewells)

~20th January 1997~

Good evening. *(Welcomes)*

Les: We are delighted to have you back with us.

Your welcome is pleasing, thank you. It has been but a moment in time.

Les: Yes of course and can I say on behalf of everybody, that we hope you had a very rewarding return home during your stay there and that you have come back *refreshed*, as you anticipated.

I have not been too far from you all. In fact before I begin to speak with you, shall we have a small invocation to that *Great Creative Force*?

Les: Yes surely.

As we come before you, oh Great Creative One, may all of us, your disciples of Love and Light, may we say that we continue to stay level, to love much, to judge no man and that all of these peoples here, continue keeping on with keeping on. We ask oh Great Creative Force, that we be encompassed within your everlasting Light and Love.

Dear friends, I am happy to be amongst you once more.

Les: We are certainly very happy to have you with us again. *(Affirmed)*

I wish to say to you this time: I thank you for your thoughts for those most in need during your celebration times. I know a few forgot, because they were engrossed in their happiness, but I know that there are those among you, who send out many thoughts for those in need. For this my friends I thank you and I know that you will benefit from your loving thoughts. I thank you from my heart, because if only you could see the light that shines forth from you all when these thoughts are given, then truly you would be astonished.

Les: We're very happy to know that, thank you for telling us.

I am happy that you were pleased with our communicator last time.

Les: Yes I was going to thank you, I was sure you had something to do with him coming and I was going to thank you for that, because it was a most informative lesson and most unusual, in that we were all given the names of our permanent friends and helpers.

Did I not promise that I would bring someone to you?

Les: You did indeed.

But of course it preceded my own coming to you. But I can tell you that one will return, because as you know all peoples were not present last time and it is important I feel, that all should have the knowledge given.

Les: I would be very, very grateful for that.

He will return to you and also to give you a little more information.

Les: Thank you very much. You may have got my thoughts during your absence, because I was doing some transcribing of tapes, and it was one in November 1994, when you told us that you would be bringing somebody to talk to us about colour and I thanked you mentally then, whilst I was working.

Yes, we must remember that your thoughts reach us quickly, sometimes before your thought has even formed within your own physical brain.

Les: Is that so?

Yes, that is another fact not always well known, but it has to be, if all things are known, how could it not be? You understand?

Les: Yes we come back to past, present and future, all being one again, don't we? **(Yes, yes.)** We still of course aren't able to understand it, but we're gradually I think all of us, beginning to get a glimmer of light, about the complexities which we are trying to understand. That is why we're so grateful when somebody else comes, as they did at our last meeting—it all adds to our knowledge and awareness and more importantly, our spiritual development.

You by now know how complex beings you are, that all is not simplicity when it comes to the human being, but it is uppermost in importance, that we reach out to your spiritual selves and that that part of you is developed and given knowledge. After all, what purpose would we serve, if we come only to tell you what you already know?

Les: Quite and you've taught us so much since you've been coming; things that I'm sure none of us had even contemplated.

That is my task and those I bring to you, although up until this time they have been few and far between. But I told you in the beginning, that we must go slowly and once more the aspect of *Time* in your world, always will remain a mystery to you. (Yes—) But although you doubt how quickly events are happening, let me tell you that we in our world are most pleased with the growth of you all within this room and after all, you are at differing stages of development after all, so we must accommodate all of you. You understand?

Les: Yes I do understand and we all accept the fact that this is so.

And so for that reason and for others you would not fully understand, we take things slowly and gradually, that the knowledge *sinks deeply* into you, because we do not wish to *flood* you with too much knowledge and wisdom, so that you are unable to understand.

Les: Yes thank you for your consideration.

Now I think I have spoken enough, so if you have questions this time, I will be happy to answer them.

Les: Thank you, yes if I might begin, I've been thinking a lot about your teaching about *energy*. You've told us and we accept that *energy* has a memory. Has *energy* in its' purest state, have any form at all? This is what I'm sure we all find difficult to visualise. How can we think of *energy*, if it has no form, no body, no mass?

You would find it difficult to form a picture of *energy*—that is the very *Source of life*. You cannot make pictures of what is *invisible* I would say, to your eyes. We go into deep matters once more. Of course there are forms of energy, which you *can feel*, which you *can touch*; you only have to look in your own world, to discover differing forms of energy. Take your *plant life*, take your *animal kingdoms* and there, you find *energy*. Are you beginning to follow what I try to say?

Les: Quite, but those are visible forms of energy, **(Yes)** I would agree. They are to us, *physical forms*, but I am puzzled as to how I could visualise the internal forces, within those physical—

Yes I understand your question dear friend, but we have to explain the simplistic facts first, before we come to the deeper matters. I have told you that all *being*, all *life* is *energy*. Everything around and about is energy in a different form, in a different vibration, you know and understand. (Yes) But what you are asking me is, to *visualise a spiritual energy with physical eyes*—that you will never achieve; you cannot, you cannot—

Les: I understand that.

You are asking, '*Can you spiritually visualise pure energy?*' Dear friend, you would not *visualise*, but you would become *part* of that energy, you would *be*, you would *become*—only then will you fully understand what energy is. Do you begin to comprehend what I try to say?

Les: Yes I do, of course our scientists as of course you know, give us various descriptions of atoms and molecules and protons and neutrons and so on and so on, **(Yes)** but each of those exists not only as part of the whole, as of the diamond you have explained, **(Yes)** but they must have some *fact* within the matter within themselves, in order to exist.

Energy—matter is energy vibrating at a slower rate, you understand? (Yes) Your scientists are correct, when they describe to you atoms, neutrons and all the scientific facts, which are placed before you. What they do not understand is that these things belong to a much 'higher' shall we say, energy, which cannot be analysed, cannot be seen. When you come to that stage of understanding, you do not look for, but you become; you BECOME PART OF THE ENERGY FLOW. You will not be separate, you will be as one. When you reach that state of understanding dear friend, you will not be treading this earthly plane. I cannot explain it to you any simpler, because words are difficult to find, when we speak about this subject.

Les: Yes I can fully appreciate that and thank you for trying to explain it. If I might follow that with one other question: All the different energies that exist in our world, whether spiritual or physical, must I imagine be governed by one Supreme Energy Force, which exists?

You have to my dear friend move away from energy as being divided. You cannot divide Divine Energy, because you see, we are creations from it—all things, all worlds, all planets, all of the cosmos comes from the Divine Energy.

Les: So it cannot exist on its' own, except as part of the *Divine Energy*?

You are—shall we return to the diamond? All of these things are subdivided within the facet. You know how many facets of a beautiful diamond there are? (Yes) Within each facet then you would have divisions of energy. Put all of these together and then you may begin to understand just a little of the divinity of energy. Energy is life—I cannot explain it more fully to you; it is a topic which needs much wisdom to understand completely. I have to say my own knowledge also has limitations to what that full Divine Energy consists of, because although there is a blending, I have to say from my own knowledge that the refinement continues.

Les: Yes, I got stuck when I was thinking of your description of a diamond and the facets, because having accepted that and got it in my mind as you have just explained, then I began thinking about the light which is reflected from each facet, **(Yes)** which is a continuity of energy, **(Yes)** but is not solid in any way.

Energy, pure Divine Energy, has no heaviness shall we say. The Light energy can be seen, can be examined; it is an energy belonging to many worlds, which can be analysed and partly understood, but we are speaking of very basic forms of energy my friend. I know the subject is complicated, but it is a vast subject and one which would take shall I say many, many of your lifetimes, to even to begin to understand the basic form.

Les: Yes I can quite well believe that now. So we must look forward to many lives in your realms, in order that we *can* study it further.

If you so desire, you will be given opportunity whilst you are clothed within this being here; if the desire is good, then the knowledge of energy and a little more of what you need to know, will be given to you.

Les: Thank you very much.

But I would be most surprised if you were to find too much knowledge about it, whilst you exist on this planet.

Les: I don't doubt it for a minute, I'm beginning to realise the lack of brain we have here, however clever we feel we are.

I am loathe to say to you dear friend, it is a failing of you human kind. It is not that you lack understanding, it is just that you—I do not like the word, 'primitives,' I'm sorry but you are! You understand?

Les: (Chuckles) Yes I do!

'Primitive,' I mean in the sense that your knowledge of 'what is,' is limited.

Les: Yes somebody else told us that they considered people on this Earth to be *bottom of the pile of development* and I'm afraid we have to agree with them.

I know there are peoples in your world, who think that they are *special beings*. It is only when they return to our world, that they are placed within the grand order of life. You understand?

Les: Yes I do.

So now, are you happy with the little I have told you?

Les: Very happy thank you and I appreciate what you have said and now I must ask if there are other questions. Anybody have a question for Salumet? (Pause)

(Amused tone) **Well dear friends, I take it they are overawed, but I know that not to be true. So we will continue this time, I will take my leave of you and allow another to come to you. (Thanks expressed)**

Know always dear friend that I know about you and I hope that you will know, although you have been given your own special helpers, I wish you to know that always I am available to you all. (General thanks/farewells)

There then followed one through Sue:

Much power has been used this time. I have come here firstly to listen to what the great one has to tell you, because as you are probably aware, the question you asked was known to us before you asked it and I was privileged to sit here and listen to what was said.

Les: Yes as our friend Salumet has said, it is such an immensely complex subject, that we can never really have an answer that would satisfy our physical brains. We can only just begin to think of the immensity of creation.

When such subject is approached, it takes immense energy from this room to reply, can you understand when I say that to you?

Les: Yes I can understand. I hope I didn't deplete energy, which you would have used in other ways.

My friend, as I said to you, your question was known to us before you asked it. Therefore tonight's meeting was for the purpose of replying to that question.

Les: Thank you, we shall have to remember that you know what we think, before we know it ourselves!

Yes, but not, I repeat NOT all things and you are aware of course, that your thoughts remain private?

Les: Of course, you have more to do than listen to our stupid thoughts anyway—no I do understand that you know of our thoughts only when they are directly concerned with what we are being taught and what we wish to learn. How you filter them out, we don't know, but that's not important, we know that our lives do remain private.

When a thought or a cry for help is directed towards the world we inhabit, then of course it is given priority with us. Random thoughts are not necessarily of interest to us.

Les: No, I can quite imagine that, because you have many more interesting things to occupy yourself with in any case.

We on the other hand, do take great joy in listening sometimes, to your conversation and smile at some of the things and some of the ideas that come across.

Les: (chuckling) Yes, I'm sure it must give you some amusement.

We do not laugh at you, any conversation, any thoughts that stimulate and stretch the mind are beneficial and can only enhance the spirit and help it grow.

Les: It's interesting that you should say that, because you will have heard me mention to Salumet, that I have been transcribing a tape from two years ago and in that he suggested that we should all exercise our minds much more. (Indeed.) You just used the same phrase.

Do not let your minds become stagnant, question, question always question; great, great benefit will be had, when you stimulate and stretch the mind.

Les: Absolutely, it's most important.

And now I leave this meeting now, I ask you to bring it to a close. I say to you, that the energies this time, are much depleted and we do not wish to over-stretch anyone here; we do not wish to deplete themselves of vital power source. Can you comprehend what I say to you?

Les: Yes I do indeed you don't want to deplete the batteries in each of us.

It does not benefit the soul or the body, if it becomes overtaxed. So dear friends, if you will permit me, I will give you your closing thoughts this time: (Good.) Before I do so could I please ask you to ensure each one here is perfectly happy and back to their normal selves and then dear friend, I will close for you.

(Les then quickly went around the circle, checking everyone was fine)

Are our friends quite returned to this room?

Les: Yes, except the one used by Salumet and I will see to that after your closing, because it may take some time. *(Indeed.)*

The power of the Spirit that you cannot see, but can feel within your very beings, thanks you, thanks you for bringing Light and Love from the darkness. We thank you for your thoughts of Love towards one another and for those unseen. We thank you for giving your time to come to this place and to come nearer to your Spirit. We thank you for opening your hearts and allowing us to enter. We thank you for being who you are and for being what you are. In the name of the Creative Force of Love and Light, I thank you. May that Creator surround you all, with the Love that you give. Amen.

~27th January 1997~

Good evening.

All: Good evening.

This time dear friends, I bring to you *peace*, that should help you in your daily living. *(Thanks expressed)*

At this present time of existence on your earthly plane, much *peace* is needed. So I say to you dear friends, to each individual here, I will try to sustain each one of you, in order that your daily lives are bearable, with much *hope, love, joy and peace* to you all. *(Thanks expressed)*

Les: Very kind of you and we do appreciate it.

I wish to say to you this time, that when next we have all peoples present, that I will bring to you someone who will speak to you and who I hope you will find most interesting and instructive and also to leave you feeling most uplifted.

Les: I'm sure we shall.

But it will happen only when all are present, you understand?

Les: Yes, It's unfortunate that the little one still is unable to be with us.

It is in hand and we are doing what we can for that one, but it is more deeply seated, than you would expect.

Les: Thank you for all the help you are giving her.

But it may be that she will be excluded, but all other peoples are present, you understand?

Les: Yes I do understand thank you.

But let me assure you, those that come close to that one, are doing what they can.

Les: Thank you very much indeed for that.

We must say also, that instrument here who is close to that one, must be aware of how much is drawn from her and must become aware to protect herself. I'm sure you will pass this information to her, when we finish this meeting. (Yes) She must firstly protect herself from being drawn—energy being taken from her, because of the closeness and the bond between them. *(Sue and Jo are both mediums and sisters)*

Les: Yes I will give her the message, when she's back with us after the meeting. Thank you for the information.

I wish to say to you this time, that I know *some* of you, not all, have been trying to see how your own energy patterns work. For this I say to you *thank you*—not *thank you* for me, but *thank you* that you are

enabling your spiritual growth to happen more quickly, by endeavouring to see what you are about. There is no need for me to individualise these ones, because they are fully aware of who they are. So, do we have questions this time?

Les: Yes I would like if I may to follow on from your colleague's talk two meetings ago, about colours. I've been thinking a lot about that and I was reminded of the more enlightened Indian tribes, who apologised to an animal, before killing it and thank it for what it is offering them, in the way of food. And it is said that some of those enlightened people, were able to see a grey shadow of fear around the animal, shortly before they killed it. If that is so, it would indicate I think that animals too have a colour structure. If they do, is it individual as in humans, or would it be a composite colour structure, belonging to a particular group or species?

It would depend dear friend. (Les then coughs) Are you well to continue?

Les: Yes thank you, it's just an irritating cough again, I thought it had gone, but it's come back today.

I will continue then. I have explained many times now, that we all are *energy* from one *Source*, which would indicate that all species, human, plant, animal, derive from that same *energy*. But of course when we speak of *colour*, which after all, is colour being seen by the physical eye, then we begin to differentiate slightly between each kingdom. Although I wish to stress that all energy derives from the one *Source*, because of your evolutionary plan, the animal kingdom is slightly different in their colours. But I say this to you: Those animals who have contact with you humankind, are apt to draw from you that *love colour*, which is then shown within their own auric fields, you follow?

Les: Yes, that had never occurred to me as a possibility.

So that is why when animals and humans are in close contact with that love bond between them, energy interacts and almost becomes as one. I'm sure all of you have heard many times peoples say, *I love my animals more than humans*. (Agreed) That is because the energies, the love between each—although in a different evolutionary phase, it is so strong that the colours begin to show themselves as *one*. Let me continue a little further. The animals as you would say '*in the wild*,' I believe is your term—they belong to animal groups which do have colours, which are slightly dimmer, if you like, although they are the same colour. You follow? (Yes) But it belongs to the animal kingdom. But every source of energy which comes from that *Great Creative Force* must have *feeling*, if it belongs to that one energy. That is why people become aware of the *fear*, which emanates from animals. Although you speak of peoples who revere these animals and thank them for what they give to them, I have to tell you, that I say to you most strongly:

I feel that it is wrong to sacrifice animals, for the sake of humankind, because in effect you are destroying what is also part of your very existence. And although we teach that it is important that the *reasoning* behind what you do to your animals on the Earth plane is important, I would say to you that the *higher elements* of your Spirit, knows fully well that it is wrong. But I also say to you, you *are human*, you *are evolving*, you *are learning* therefore do not be too harsh upon yourselves. To know that mankind has in effect destroyed many in the animal kingdom, all too often for his own survival, but that does not make it right. You understand? (Affirmed)

Les: Yes, you have made this point clear in the past too, not only in the animal kingdom, but also in the plant kingdom.

I am afraid, in all areas of earthly life, mankind has been responsible for many wrongs. But as I say, you *are human*, you *are evolving*, you are becoming more knowledgeable in these matters. So I say to you, look always to that *Higher Self* for your guidance. But you must allow what has gone in the past to remain there, because you must go forward, you must learn. After all, is that not why I come to you, to teach, to raise you up, to help you forward in your understanding.

Les: Of course, and that also would be I imagine, why you have told us in the past, to learn to forgive ourselves?

You must! I would say mankind is too harsh, too harsh about what he does. If you cannot forgive yourself, you cannot truly express love to any other form on your earthly plane—to another human kind,

to animals, to plant, to the Earth itself. You must my friends, first and foremost, love yourselves and then will come most naturally the love to be given to all things.

Les: Yes we do understand that, even though it is apparently contrary to what we as humans would believe to be the case, but the way you explained it, is logical enough for us to accept it.

I do not expect you to become wonderful spiritual being—maybe in a long time.

Les: If we did, we wouldn't have the pleasure of your company, would we? *(Chuckles)*

I thank you for that, but of course you will evolve, you will learn, your understanding will become rich in all matters of living. So be pleased that you ask these questions, be pleased that your understanding grows, if but slowly. Nevertheless it grows and so the soul grows with it, in that understanding and knowledge that all that you try to achieve is not forgotten. Remember everything is known and so I say to you all dear friends, be pleased with what you try to achieve.

Les: We thank you for that consolation. I'm sure we all do naturally get a little despondent sometimes, with our lack of knowledge and the time it takes for us to learn. I don't think anybody here would contradict that, would they? *(Agreed)* So we are aware of our shortcomings, which I suppose in itself is an asset.

Can I say one thing to you all, and I do not say this in a critical manner, but I do say that all of mankind, needs to learn *patience, patience. Walk slowly and you will go further.* You understand?

Les: Yes again, we're grateful to you for reminding us of that, because it is our own impatience, which denies us what has been told in the past, that unless we take every step properly, we shall have at some time to go back and retrace that step.

I believe you have a term in your world, which says, *you cannot run before you can walk.* *(Agreed)* So I will leave you with those words to ponder upon this time, because I know each time we come together, that all of you—and I do wish you could see the thoughts which come forth from you all after these meetings, because you see for a short time, much is being thought about and that is when the soul is opening to new knowledge—for this dear friends, I thank you.

Les: We thank you again for all that you have told us, during this visit.

I will withdraw from you this time, to allow another to speak, but of course I will continue to work with this one.

Les: Thank you very, very much again, our love goes with you and God's blessing also.

There then followed a sweet one through Sue called Anabella, who talked about her work with children, as she practised her use of the voice box.

This was followed by one through Eileen:

Would you please take your normal seat sir?

Les: Certainly.

Good evening ladies and gentlemen.

(Welcomes)

Now you understand why I ask you take your place?* *(Loud and booming voice)

Les: Yes, you didn't want to blow my head off with the noise. *(Laughter)*

Please say if I am too loud.

Les: No—you can speak more quietly if you wish.

It is an exercise. I come as a go-between, to speak for others. I wish in particular to find one gentleman within this room, one who is interested in writing.* *(George)

George: Yes I write.

Yes sir, have you been aware of others at your shoulder.

George: Oh I have yes.

You have—now is the time to let you know that serious work must be at hand. I have come on behalf of those who wish to use you, if you are prepared to do so?

George: Oh yes I am prepared and I do realise that it is serious work and I'm very grateful to all those who have helped.

I speak not of what you write at this time, but of work that can be done from our side of life, work that is important to those who wish to put words to paper. Do you recognise the name Charles—Tom? Are these familiar to you, have you been impressed by those names sir?

George: Charles and Tom?

No, obviously you have not. I come to tell you sir, to be prepared for two names well known in your world, in times gone by—two people who wish to use your hand, if you are so prepared?

George: Yes, I'd be grateful, I am prepared

Les: Can I clarify? I think you are referring to automatic writing, are you?

Yes sir, that is what I do refer to and that is my mission, because the gentlemen who wish to use this gentleman, have been trying to make themselves known to him, simply by touch, simply by being with him, at his time of writing.

Les: Would it be as well for the gentleman to devote time to quiet contemplation, so that they can begin to try and use his hands?

That is why I am here sir. I had to be sure that the gentleman is willing to commit himself to these peoples. I think you would say these peoples were known well in your world?

Les: Are you prepared to be used for automatic writing George?

George: Yes I'm certainly willing—I'll try to prepare myself for that.

Les: I think one is *Charles Dickens*.

Yes Charles Dickens and Thomas Hardy. These are two people, two gentlemen who come close to you. That is why you are sensitive to the touch upon the shoulder. I wish also to know sir, what other senses you have been feeling, not for my own knowledge, but that I can relay to them that what they try to convey to you, is in fact what you feel.

George: Yes, I have been aware while I have been writing, of ideas coming, which have sometimes surprised me, in that the ideas seem to come from elsewhere.

Yes, I have to say to you sir, Charles Dickens in particular, is interested in your very active mind, because he also was a gentleman, who created much discord amongst his fellow men, because his ideas were not always what others wished to hear.

George: Yes, it is good and worthwhile to be different and I think one of the elements in his work, was that he was different from what had gone before.

We do not give you these names to impress. You understand?

George: I understand.

I do not come to give these names to you lightly, I come to give you these names for serious work and to have your approval of work to be done, to allow your hand to be used for this purpose only.

George: Yes I certainly approve and I shall try to prepare myself for this and I do thank you and all concerned.

I am sure sir the leader of this group will guide you well. He has many years of knowledge behind him, so we leave you with him, to give you further instructions, if we may do so sir?

Les: Yes please do.

George: Thank you, I'm most grateful.

I hope I have not been too disruptive, but it is difficult to tone down such a strong voice, even when I return to your world.

Les: Yes, you used it so for many years, didn't you?

My sole purpose is to be understood, to speak to many peoples, to be listened to and to be heard.

Les: You've certainly given us much to think about. We've understood it very clearly and are all very, very grateful for the opportunity that is going to be given to our colleague, for this extra important work. And tell Charles please:

Les then begins to channel: There will be quills upon the desk.

I know you feel his presence also sir. But you do not need to be used for the purpose. That is why now you are feeling the closeness that he brings to this meeting. To you sir and all of your comrades here, I say thank you and goodbye.

(General thanks + goodbyes)

Les: Goodbye and God bless you and those who are going to honour us with their work. Goodbye to you all.

~3rd February 1997~

No Salumet this week and we were low on numbers, but it was still of much interest. The first communicator came through Eileen:

(Welcomes)

—I have been told to relay to you that this evening will be a light one, whatever that means.

Les: We didn't expect our usual visitor, because there's not enough power here.

I see, that would explain the message. May I say it's a pleasure to come where people are so open and loving, because I have to tell you sometimes I've been to groups where not everyone is genuine.

Les: That is the problem isn't it with some groups. I often wonder why some people trouble to go, because they are not really basically sincere in their desire to learn.

No, it stands out so, in a group of people, because as you know our knowledge is a little higher, so these things are known to us. And you would be surprised I think, to know how difficult it makes our job, when there are people amongst you, with these negative attitudes.

Les: It must make a very disturbing force for you to contend with.

Not so much that, but it impinges upon the work that we, should I say 'desire' to do. Nevertheless we overcome the problem if we can, but it is lovely when you come amongst a group of people who are so like-minded and I have to tell you, you are! (Thanks expressed)

I come to say this to you, that this evening everyone will be used in some way, if they will open their hearts and to say to the lady across the room that it is time for her to open up to her spiritual work, it is time.

Les: Hear that Sallie?

Sallie: Yes thank you.

Yes I know sometimes, she does not doubt the work, but she does have doubts about herself.

Les: Many times we here that. It's a problem fighting the physical desire to know what is happening and doubting it at the same time.

Yes, I'm afraid you are correct. These people after all know that it is Truth but again your human mind interferes, as it has done in all of us at some time and still does I tell you, in our world.

Les: Does it really?

Oh yes, of course. We do not suddenly become believers in everything, no.

Les: No, you take your reservations with you do you?

Of course, it depends on the knowledge you've gained and what you bring with you—of course it does.

Les: Absolutely, that's what I tell my friends here, we are all fitting ourselves we hope for such a place in the new world, that we won't have to go through a doubting period, but can accept it as soon as we arrive.

Yes, I'm afraid too many human beings keep 'reserves' shall we say, about what they will find, and when they arrive to us they are sometimes very surprised that what they kept in reserve was not to be. But we smile at them and help them along, because after all, you sometimes seem like small children with your doubts —

Les: Yes and of course what those people don't realise is that you already know about their reserves when they arrive, without them having to tell you.

Of course we are prepared for all who come to us, of course we are prepared.

Les: I amused one of your colleagues at the other meeting, when I said that I quite understood that a lot of people had these reservations and didn't want to discard their old religious beliefs, which they held onto like a form of insurance, just in case they were wrong.

Yes, well you'd be amazed at how many people are met at ~The Gates~ (Chuckles), because if that is what they truly expect, then that is what they will find and we stand back for a while and allow this to take place and you may be amused by what people expect to find.

(There were more chuckles, before the conversation moved on to talking about her work in the halls of healing in the spirit world.)

—I help in the making of clothes and beautiful materials. I am a helper I think you would say. I don't think I'm being immodest to say, I was a very good needle woman, when I lived on the Earth. And these talents if you like, are always put to good use, if you so desire. And because it was my life—and I don't think that is an understatement, I wanted to continue—and it is my great honour I have to say, to be involved in that type of work.

Les: What is done with the finished material? I have spoken to others in your world who do the same work, but for the benefit of my colleagues, I'm asking, what happens to the work, when you have finished it?

There are many ways that it is used, but my course of work, is used in the Healing Halls of recovery. I don't always use just the material, but I am used for—I don't know if you will fully understand, but the colours, the healing colours throughout this special material, it surrounds these sick individuals.

Les: Yes, when you say 'special material,' am I right in thinking—this is going to be difficult for us to understand, but it's the only expression I can use—am I right in thinking that you weave into the fabric, particular forms of energy for healing?

Yes, you understand a great deal. That is exactly what is happening, it is woven in the form of healing energy, but to call it colour, is simpler to explain. It is indeed special—material of course is an earthly term, but it is used for all kinds of things in our world.

Les: Yes, not only for direct healing for the remnants of physical disorders, but mainly for mental healing, when our people reach you also, I think?

That is more important yes, and I don't know if you fully understand, but there are different degrees of healing halls. I don't know if you have been told. I'm being told you have not, so I will stop there, because that is not my purpose this evening, but I hope one time someone will come to you and explain to you more.

Les: I think basically your healing halls are devoted to a specific type of *ailment*, which is the only expression I can use and those people are congregated together in the halls, so that the thought emanations from one illness do not interfere with the healing of other types of illness.

You would be amazed—it is almost like each individual is isolated within the energy of the 'material,' shall I say. But of course when I say 'hall,' you have to imagine wide open space; it is not a hall as you would fully understand it to be.

Les: No, I believe you only use the expression, because it encompasses certain fields of energy, within which the people are treated?

Yes, and of course the material is only one small part, but it is a great honour to be involved in any aspect of this work and for that I am so lucky and imbued with so much love, when I am involved in that work.

Les: Yes you absorb it from the very fabrics that you create, don't you?

Yes, and to be able to continue with that love, that desire, has been most joyous for me, most joyous.

Les: Yes I'm sure it would have been.

So you see, to do this occasionally, is almost like light-hearted relief. So you see without being frivolous, it is—for me it is good, it gives me an understanding of people still here, because you do lose sometimes the understanding of the physical being, when they are still on this Earth. Can you understand me?

Les: Yes we have been told that memory is faulty when they come back here, and this we can understand.

Yes, so it is good to be with you still clothed in your earthly form, it gives us pleasure.

Les: And of course I imagine it can be helpful in your work, to know that even on Earth, there are still pockets of love, as you find in a meeting such as this.

Oh I would say, I know there are differences of opinion about this, but I can only say that in the majority of people, there lies much love, there does indeed. There is much more goodness than you would see and understand. You have to see the wider scope of a person, to fully understand what they are about I think.

Les: Yes and this is what we are frequently taught by our normal visitor at these meetings, that we have to think in terms of ourselves being spiritual beings, rather than physical beings, and by that we can radiate the love we should be radiating, as a matter of course.

Yes I also was taught that too, before I could move forward and use the knowledge that I too possessed. That is something we are all taught I have to say. It is something I wish the whole of your Earth could know and understand. There IS much more goodness, than at first you would envisage.

Les: Quite, and of course you are much better able to see that now.

Yes, yes. Of course there are the elements of darkness, but that has always been. But hopefully it will be phased out in time to come.

Les: That is what many people in your realms are trying to do now I think, for the sake of our Earth, and for the sake of mankind's existence here.

Yes, I cannot comment on that, but I'm sure you are right in that assumption—yes I'm sure you must be correct. Well now I really must stop, I've said far too much. Please will you all ladies and gentlemen allow yourselves to be used? (Affirmed) Please say what you feel and open your hearts, because there are so many around. I know you feel you are small in numbers, but triple those numbers and you will find within this room, that it is quite crowded! So from me I bid you all goodnight. I thank you for your welcome and your love and the opportunity, and may I say to you, God bless you all. (General thanks + fond farewells)

There then followed one through Sarah, who thanked Les for the help he gave when they had come through at a rescue.

Some of the sitters reported feeling certain sensations. Sallie felt someone pulling her toe and Sarah had movement in one of her arms, which Les explained related to a stroke which the person with her had had, and now needed to know that they could move BOTH sides.

There then followed another very briefly, but powerfully, through Eileen:

I will say a few words to you this time. My name was Sheva. I will return to speak with you.

Les: We look forward to that.

It is time to tell much.

Les: Good, we shall all be very pleased to hear whatever you have to say.

Eileen then came out of trance and said that it was a strange feeling of being very tall and that it was Egyptian. She felt encased in gold, possibly a golden sarcophagus.

~10th February 1997~

Good evening.

All: Good evening.

Les: I'm sure you'll be pleased to know, apart from the little one, there's a full meeting tonight.

Yes it is good to see you all together once more.

Les: We're pleased that it is so and hope that the sicknesses are now gone.

I cannot say that, but we will have more meetings that are full with you all.

Les: That's very nice to hear, thank you.

I would say to you all this time that I am sure you are aware how much you have grown since we first met.

Les: Yes I think we are aware of that; anybody not? We'll take the silence as affirmation that everybody is aware.

I would say to you only this: That you can be pleased with yourselves, because the interaction of your positive thinking, with your daily lives, is now beginning to show itself to you all. I am sure you are aware of these happenings with your daily living.

Les: Speaking for myself, I am. Everybody else had awareness of that? (*Affirmed*) Has anybody *not* had that awareness? (*Silence*) Thank you.

So when I say to you be *pleased with yourselves*, I do not want you to think of this as being self-pride, but to think rather that you are growing spiritually and for that reason be *pleased*. You understand?

Les: Yes, we are pleased with what has been achieved and we take this opportunity of thanking *you* for what you have done for us in that connection.

I say to you only this, this time before we have some questions: Let me say that you all are growing at such a rate, that we can envisage much good work, more quickly than at first we thought.

Les: That also is very, very nice to hear and we are all I'm sure grateful for you telling us.

Now, can we have your questions please?

Les: Yes, if I might begin again, it refers to spiritual development. We have a lady, I'm sure you're aware, who gives time on Sunday evenings for investigative sittings and she has been doing excellent work. On the last two occasions, she's had no communications from your side at all. I think it's because she's been unwell and is not yet fully recovered. She's a little concerned that it might be something she's doing or not doing. If you can give her some reassurance, I'd be very grateful to pass it on.

I believe this question has risen before?

Les: You're quite right it has, some time ago.

Yes, let me say only this: In what you term, '*development*,' there are many aspects of work used, with one individual and of course, physical well-being is one aspect of this. But it should not make too much difference, provided the mental attitude remains solid, do you understand? (Yes) It is not so important that the physical being is well, but that the mental, the mind, that part that belongs to the spiritual aspect, remains intact.

Les: Yes, she still wishes to continue doing the work.

She will, we will not allow her to go from the work now that it has started.

Les: Thank you, I told her that you wouldn't allow it. (*Chuckles*)

We do not wait for you, to allow you to wonder. We know some do, but then there are different and varying degrees of development. Let me say this to you: Tell her to allow her mind to be free from worry, because it is a *mental block*, not that we cannot use her. She needs to free the mind from these concerns. Of course too, I have to tell you that communication will not always take place, if conditions are not right, from our side of life.

Les: Yes I had explained that to her, that with my own good lady, there were times, when we had absolutely *blank evenings* and that we came to accept as being necessary, for some reason, which we did not know, but which we accepted.

Yes, and that is how it must be. You must give yourself willingly and in love, to be used for communication. I would say to her, to relax and allow things to take their natural course. She will be used, of course she will, but I have to say, you understand and know full well, that to do communicative work, you need to be sensitive. But this also can have a negative effect upon the *physical thinking*. (Yes) You see, it is like two parts of a being, you need the sensitivity to have the communication, but sometimes the sensitivity blocks what is necessary. Can you understand?

Les: I do understand and I have tried myself to explain this to others in the past, but it is very difficult to put it into words, to give a full understanding to the person listening.

Again we come back to what I have told you in past times, always there is positive and negative—one cannot exist without the other, and you must see this in all aspects of your living. This is why at this time she feels she is doing something wrong. I suppose you could say, in the true sense of the word, that indeed she is blocking, but not from any physical thing that her mind creates—she is creating obstacles, where none exist.

Les: I'll try and explain that to her.

I would say to you, tell her that those who are round and about, will continue to work with her—to give more time to quietness—she does not give enough time to this.

Les: Thank you for that, because that was my concern too, that she was trying to cram too much into her life.

You—all of you who live upon this Earth, have busy lives, we know and we understand, but if you wish to communicate with us, on a level which is good and necessary, then you must allow us time to work with you. If you do not, that does not mean to say communication will not continue, but in allowing us with you in those quiet moments, we are, shall I say, ‘grooming you,’ for much better work.

Les: Thank you very much indeed.

We will help.

Les: I wanted to ask that question, for the benefit too, of those that are here developing, so that in future, if a similar thing occurs, they won’t worry about it, but will accept it for the necessity that it is on occasions. **That is why I say devote some time to the quiet moments, because in those times, if there is no words of communication, you can feel the blending of spirit with us. Then the knowledge is sure within yourselves, that communication is still with you, you understand?**

Les: Yes we do and thank you very, very much, for the extremely lengthy description, which is extremely useful to us all. Did someone else have a question?

Mark: I’m curious to know, if there is a good amount of time to give for sitting in silence? Various people say different things, from ten minutes to half an hour.

Yes, let me say this to you dear friend: It needs but few moments of quietness, for us to make connection with you. What is desirable is not *length of time*, as you know, but *regular time, each day of your living*—that is more desirable, than minutes of your clock. You understand? (Yes) Be guided by your own knowledge, your own feelings of what is right for you. You see you cannot say, and I know of what you say that people will try to guide you—let me say this to you: When you make communication with those of us from our side of life, that communication is personal to you only and no other being. You understand? (Yes) Therefore how can one say that you need five minutes, when those who are coming to you may wish, may desire to use you for much longer. It may be moments, it may be minutes, it may in some cases, depending on development, it may be *hours*—and then we begin to speak of those people who go into silence, as part of their daily living, you understand? (Yes) Be guided by yourself and those who come to you. After all, we are more aware of *time*, of you as individuals, of that spiritual aspect of you, which you give out. You understand? (Yes) So I say to you, do not listen to others, but do what you know must be done. All I would say is that each part of your daily living should be devoted to some quietness.

Mark: Thank you

Les: I might add to that, think of *sincerity* of purpose, rather than period of time—two minutes of utter sincerity, is worth more than half an hour of fiddling around. Right, now before I grab centre stage again, has anybody else got a question they’d like to ask Salumet? *(Pause)* No, right well I’d like to continue on our previous discussion if I may Salumet, about *Thought*. I think we are gradually beginning to realise the power of thought, but there are still things which confuse us and this came to my mind at our last Wednesday meeting, when two ladies from your world, who’d been very interested in horses, when on Earth, were pleased to tell us that they still have their horses and to their delight, are able to ride them in the sea, because the sea is quite warm. Now that led me to thinking that if that rider thought the sea was warm and somebody else thought it was cold, how would those thoughts conflict, or is one thought pattern stronger than another? Would it over-play another, so that one who thought it was cold, found it wasn’t cold, you understand what I mean?

I understand dear friend. Let me say, there *cannot be interference in another’s thought pattern*. Firstly I must make that plain to you.

Les: This is what puzzled me. I didn’t think there could be.

Let us for example, take each one within this room. If each one of you was to send a thought out to me, would there be one stronger than another? What do you think?

Les: Well I would have thought that each would arrive independently.

No, we have to discuss this a little more, for your understand. All thought belongs to the same *energy pattern*; I do believe you accept this now. But in the same manner that you have, say, *rays from the sun*, does each individual ray, interfere with each other? No it does not, it reaches where it expands to; it reaches the target, without interference from each other. It is all the same energy, it is the same energy pattern, but the lines do not cross, if you like. So let us return to your question. If you have two people with two different *thought patterns*, to *them* that thought is *ACTUALITY*, at that particular time, you understand? (Yes —) So one can think the sea is warm, the other can think the sea is cold. It is the power of the thought, it does not affect the sea as such, you understand?

Les: Yes, so it is the *thought* which is giving the feeling of warmth or cold?

It is each *individualised thought pattern*, which creates that situation at that time.

Les: So it doesn't alter the surroundings at all, in which they are?

It would not affect the energy pattern of the sea, you understand?

Les: Yes, I had come to that conclusion that that must be so, but I wanted confirmation, because I was only presuming that.

That has to be. You have to remember that each individual thought, is a personalised energy. You may all within this room, be thinking about shall we say, *an object*, but your thought-patterns will all be different, to some degree, but that does not change the structure of the object. Do you follow?

Les: Yes, to simplify that a little, if we all go on holiday to the same place, our reactions to that place as individuals, are quite different and we come back and give different descriptions and retain different feelings. But that hasn't altered the holiday place to which we went—it is still the same, (Yes) so the same would apply to the thought-patterns in your world.

That is a simplistic way of explaining it to you. Of course we can go much deeper in detail, but at this particular time in our *evolution* shall I say, that explanation should suffice.

Les: Yes, that will have to suffice for us at the moment, because it's all that we can sensibly understand.

(Yes) But in thinking about this and I don't expect you to comment on this at this stage, I was then thinking that there must be beings in your world, who have the power to alter the surroundings, if that was necessary, by their own extremely powerful thought patterns.

I would say to you—and I *do* wish to comment at this stage, that no individual being within our world, can alter what is always there. We cannot alter the eternal energy pattern which exists. What we can do is create thoughts, we can influence the thoughts of others, but we cannot *CHANGE*, we cannot *change* what has always been, you understand? (Yes) Of course there are others in my world who have '*Thought power*,' if you like to use that word, who have the power to *influence* the thought patterns of others, if it be necessary for the *good* of that individual, but we cannot change the eternal energy, which after all, we belong to and from which we come.

Les: But you can use products of that energy I imagine and I refer now to something I heard a long time ago, that certain people have responsibility, for building your halls of learning, halls of healing and so on and they create the translucent blocks, from which apparently these buildings are made, and erect them by thought.

Yes, but you see dear friend, those who are within that creative work, are not changing the energy, they are using what is available to them, but they are not changing the structure of that energy.

Les: No, they are using the energy to create another form.

They are using the energy for thought patterns, shall I say. We are speaking about difficult topics here, but I say to you keep in mind, that the '*living energy*,' which is what you term *God*, or the *Creative Force*, cannot be altered—it has always been and it will always be. But I understand your questions, it can be utilised, but not changed.

Les: Yes, that's a better description of course, just as we can utilise it here, in the physical sense.

It is perhaps apt at this moment in time, to compare it with say your radio waves, where they have been adapted for human use, in order that you may *hear*, you understand? (Yes) But you have not altered that *energy pattern*, you have used it to create *sound*. Does that make it a little more simple for you?

Les: Yes, in one way, because that would bring us to another question, because that particular wave, which is producing the sound we hear, does it in itself contain that sound, or is it silent until we convert it by our machinery, or radio set? I'm not expecting you to answer it now, it's too complex altogether.

Yes, it is complex, but I always try to simplify for you. ALL energy, the *living energy* of which I speak, is not only filled with colour and sound, but many, many energies of which you are not aware, on this earthly plane. Each section of energy which is utilised can be used in many ways. The energy that is used on radio waves is a light energy, you understand? (Yes) It is complex its structure, but the sound which comes from the light wave, is inherent within that energy.

Les: So it exists, even though we are not aware of it?

It always exists, but it needs to be utilised to produce the sound, you understand? (Yes) Remember I am simplifying all of these questions.

Les: I'm glad you do, because that's the only way we can understand it.

It is a complex subject, when we are speaking of the very *CORE* of existence, you understand? (Yes) But I hope that has been helpful to you.

Les: It has to me and everybody else I hope? (*Affirmed*)

And now, as I take my leave from you this time, to allow another to speak, I will say to you, that next time when we have full meeting, I will bring to you someone of interest—I promised you some time ago, but it should be a full meeting, for the benefit of you all.

Les: Thank you very much indeed, we look forward to that.

My blessings go with you all and I thank you for listening to me this time.

Les: And we thank you for all you have told us tonight and we all send our love with you and God bless you also.

There then followed on through Sue, with a message for Margaret about opening up further and being used for speech. There was then an amusing one through Eileen, with a message for Sallie, to help her with her tummy trouble:

She needs to swallow a slippery eel!

This caused much laughter. It turned out to be SLIPPERY ELM, which is indeed a digestive treatment (Often prescribed by Edgar Cayce) and did prove very useful advice.

~17th February 1997~

Good evening.

All: Good evening

Les: It's very nice to have a full house to welcome you. All members are present.

I would like to say this time, welcome to one who has been absent from us.

Les: Jo, it's a welcome to you.

Jo: Thank you.

I say to you all dear friends, thank you for your questions, which some of you have been putting out to us. I hope that you have been aware of our help and our answers to you.

Les: Is that so? Has anybody been aware?

Margaret: Yes.

I will speak to you only for a short time, because as I told you last time, I would bring to you someone of interest when we had every one of you present.

Les: Yes you did and I have been thinking a lot about that and looking forward to it and I'm sure my friends have also.

Because of this, I will answer quickly any questions and I would say to you once more, allow yourselves to be open to the communications available to you. We have with us this time, the one who came to you recently, to give to those who were absent from that meeting, the name that they should be associated with.

This information has already been added to the 13/01/97 transcript and therefore need not be repeated here. Salumet withdrew after the usual fond farewells and thanks. Our expected guest came through Eileen:

Can you hear me? (Affirmed) Thank you, my instructions are to speak with you. I believe you have been told have you?

Les: Yes we've been told by our friend Salumet, that he would be bringing somebody, whom we would find very interesting.

I am honoured that those words should have been used. Of course I am delighted to speak with you.

Les: We are certainly delighted to have you with us.

I am indeed honoured to be here, but I have to make adjustments with this one.

(Light was dimmed to help our guest get used to conditions)

— I hope that you find this discussion useful, because as far as I am aware, this knowledge is not given lightly to many. So what I am about to tell you, may at first seem strange, but I assure you that is part of my work and I hope you find it of interest.

Les: Yes I'm sure we shall. We do of course have many things which are strange, but in due course in our time, become much more understandable.

Yes, I am finding it strange to be using a human voice, so if I seem to be strange-sounding at times, then I ask your forgiveness now.

Les: Of course we do understand and we appreciate the difficulties you must have in doing this. This is why we also feel honoured that you should be with us.

Thank you. Now let me continue with what I have come to tell you. Firstly, I cannot and do not and never have belonged to your world, although I have become familiarised with it; but having said that I still find humankind to be most strange. (General agreement + light laughter)

Les: Yes, that we do understand and would agree with you completely; we must seem very strange indeed. ***In saying those words to you, I do not say them unkindly, but in my daily workings with you, I am often puzzled by the way you think. And in saying 'think,' I come to the core of our topic this evening. I am you see, what you would term—'Thought Energy Interceptor', (Expressions of curiosity/surprise) I would imagine that you have not heard of this.***

Les: We certainly have not.

No, and that is why the great one has sent me to you, to give you a little more insight and knowledge.

Les: Thank you very much indeed.

I know our teaching has been stressing to you all, about the Power of your Thought.

Les: Yes quite often he has done that.

And I have been instructed that at times you find it difficult to grasp. But you are thinking, why should it be necessary to intercept humankind's thoughts, are you not? Are you not puzzled by why that should be? Because I hear you say, but we have been told, there cannot be interference—I hear it from you!

(General chuckles) ***Yes, let me go on and explain more. You all know how powerful the thought can be.***

(Affirmed) Not only do your thoughts reach out to each other, whilst you are living upon this planet, but that your thoughts can be transmitted to those in our worlds, yes?

Les: Yes we are aware of that.

So, this is where my task comes into play, I believe you would say? (Yes) Yes, we cannot allow harm to be done to those souls who are helpless in our world, because the power of humankind thoughts can do that to them.

Les: Is that so?

Yes, it is little known, how dangerous, how ugly and evil, humankind thought can be.

Les: I can quite understand the evil and the ugliness of our thoughts; unfortunately it is so. I think all of us would recognise and agree with that, but I don't think any of us understood that it could affect those in your world, to that extent.

Yes, because you see, 'THOUGHT,' when it leaves YOUR world, from YOUR thoughts, YOUR minds, it also becomes much more refined and can reach its 'target' shall we say, more easily. I know you are going to

find what I say difficult to understand, but it is necessary that we do INTERCEPT on occasions, to protect souls from more harm.

Les: Yes we can understand that and understand the *need* for it, knowing the *depth* of depravity in some of our own thoughts.

Yes, I think it would be apt at this time, to perhaps give some examples, in order that you may find the information more easily digestible. If we have someone who passes to our side of life—an innocent soul who has left behind someone deep and full of resentment, anger and hatred, can you not see the harm that can be done by those evil thoughts, constantly being sent out into the ether?

Les: Yes, you mean resentment against the one who has passed on?

Of course.

Les: Yes that is quite clear to us.

Then my task in our world is to intercept those thoughts, in order that the soul may find its place, without further harm.

Les: It certainly is absolutely new knowledge to us.

Yes I have been told and I am aware that humankind does not fully understand the power of their thinking, as of yet.

Les: No, unfortunately though we have been told in some degree, we still of course govern our thinking by the physical concept. (Yes) We've not yet realised the refinement of the spiritual awareness.

You see, what is happening when we step forward to protect those innocent souls, you are thinking, what happens to the thought. And I know you are all aware and have been told that the thought rebounds back to the sender. (Agreed) How have you imagined that that could happen?

Les: I had wondered but I had no idea of how it happened—only that our own thoughts boomeranged back to us.

I think perhaps that you could call me the boomerang. (Laughter) You understand?

Les: Yes, so there is a definite and positive interception then?

There has to be for the protection of the innocent souls, who are not deserving of the hatred and the anger of the powerful thoughts that come from this planet, you understand? (Affirmed)

Les: Yes we do, it's rather frightening news, in some respects.

It should not be frightening to you, it should make you more aware, it should give you more understanding, it should help you and that is my task—I am sure that I bring to you all help rather than fear.

Les: No please, I perhaps put it badly—I was meaning frightening for us to consider the power that our thought has.

I have been instructed that the teacher is endeavouring to instil in you all, that the power of your THOUGHT, is indeed the most powerful thing you will ever encounter. (Affirmed)

Les: Yes and you have amplified that for us. Certainly what you bring us is not frightening, far from it.

Sallie: May I ask a question?

Les: Just a moment please, let our friend continue for a moment—he will ask for questions later.

Yes, thank you. So my task in being here, is to instruct you a little more—not to flood you with the technicalities of how it is done, because that would indeed be useless information to you, but to clarify what the teacher has brought to you and what he has asked me to explain to you. In seeing that doing this task in rebounding these energy patterns of thought, then indeed you humankind upon this planet, should indeed think deeply, before you THINK. In all matters of THINKING, be aware and be careful! You understand do you?

Les: Well, we are understanding now yes and we do thank you for having clarified it to this extent, because although we were beginning to realise the *power of thought*, I don't think any of us had realised the harm it could do to those in your world, if the thought wasn't a good one.

It cannot be destroyed you see.

Les: No, it lives forever, doesn't it.

I know you understand that—I know you understand that what you give comes back, but you needed to have the understanding, of HOW it rebounds back to you. We do not interfere in the natural process of thinking. Good thoughts go ever forward, they would not be stopped or interfered with, but there are those, where we must protect the innocent souls. That is the main task, that the soul be protected from further and unnecessary harm, so that it may continue in its journey, its journey to growth, its journey of love, without the evil thoughts from humankind upon your planet and from other planets. But I am not allowed to discuss that side of it with you.

Les: No, but that does lead me to ask: From what you say it would seem, that our planet is guilty of projecting a tremendous amount of evil thinking. Is that so?

Well you are capable of it, but I would not say 'terrible amounts'—you must keep things in perspective, of good and evil. I would say in the main, that mainly good thoughts come to those who have gone.

Les: That's encouraging for us.

I would say, I think the word you would use would be 'minority.' But of course, when you consider the population of your planet, even the minority of thought is great, you understand? (Affirmed)

Les: Yes we do, so it obviously from what you have told us is a very full-time job for you and I would imagine many like you?

There are many of us of course and as I mentioned briefly, not only from this planet, but from many others. (Yes) We speak of much work shall I say, but it is something which has to be done. It is an honour to do such work, it is a tribute to those who teach us, that we be allowed to do so and that is why I said to you, that it is not often that this knowledge has been given.

Les: No I can understand that and we greatly appreciate the trust that has been placed in us all, in that you have given that information.

I don't wish to seem condescending to you, but I think that perhaps you all should be thankful, that you have been allowed this knowledge.

Les: I'm sure we are. I think I speak for everybody, don't I in this? (Agreed) We are extremely grateful and honoured that we have had it.

Now I will take the question from whoever spoke please.

Sallie: Yes, on the Earth, when negative or evil thoughts are sent out to other people on the Earth, are they intercepted in a similar way?

No, no we cannot interfere when you are on the planet. Thoughts between people can damage the person, but we are not allowed to intercept in those cases. Our work is in protecting the soul, not the physical being. You understand do you?

Sallie: I understand what you're saying; what I don't understand is I feel that negative or evil thoughts to people living on the Earth, also rebound to the sender. Perhaps I have misunderstood that?

No, not at all—it will rebound, but it rebounds in a different capacity. You may not have that evil energy rebound, until you come to our world. It WILL rebound—you only have what you give, but it may be that you do not reap until the soul is free from the earthly garments. You understand?

Sallie: Yes I do.

I hope that is clear. No, we would not be allowed to intercept from person to person.

Sallie: Sometimes it feels like there's an intercept—I can't describe it very well, I'm stumbling, but it feels like there's almost an intercept on an earthly level. Perhaps it's just my mind, or my own imagination—*What you are probably feeling and picking up, is help that is available to you, from those in our world, who are close by and are able to influence.*

Sallie: Yes that makes sense to me, thank you.

But it is not an interception of the thoughts, you understand?

Sallie: Yes, it's a different thing altogether.

Yes, yes.

Sallie: I do understand now, thank you.

Les: I would imagine that the *innocent souls* of whom you have spoken will gradually be getting strength and teaching, on how to shield themselves from those thoughts from our planet, would they?

Innocent souls! That is the whole purpose of the interception that they should not have to shield themselves. After all, they are good souls, who are coming against evil and we cannot allow them to suffer such. You understand do you what I am trying to convey?

Les: I see, yes I do now. I just wondered, I see that your prime concern is that the goodness of any particular soul, **(Yes)** can evolve as it is required to do, **(Yes)** without interference.

Yes, now you know and understand what I am saying. (Yes) It is not easy to convey words to you, but I hope I am making myself perfectly clear.

Les: You certainly are and that leads me to another question: Since our thoughts are so powerful in a negative sense, would it be of help to those innocent souls, if we in our own praying, asked that help should be given to them?

Of course—you see good thought patterns are much more powerful, that is another topic, but they will outweigh the energy of evil thought eventually. So if you can endeavour to do that, it can only be of help.

Les: Yes I ask that because our friend Salumet has asked that we should all give thoughts to others who are lonely, distressed and consider themselves forgotten, whether on this Earth or your world and I'm sure we all do that in our praying. And it occurred to me that it could be a useful addition to our prayers, to include those in your world, positively.

Of course—remember these souls are unaware of the evil thoughts that are being directed to them. Of course some would be aware, but I am concerned with the pure souls who do not and cannot be allowed to be distressed, if that is the correct term, by negative thoughts from this planet.

Les: I see—no, I begin to understand quite fully now, why you have come to tell us this tonight, because it does give us the knowledge that those pure souls, have a duty almost, to continue in their purity, for the benefit of those with whom they are due to come into contact at other times. **(Yes)** And they cannot be prohibited from carrying that out.

There would seem—I know I can feel it from you, that there would seem to be so many contradictions from our world. Of course there must be, because you cannot fully understand what goes on in our world, until you come to us.

Les: Yes I think this has been made clear to us so many times, that we have no argument with it at all. We accept that we cannot possibly understand everything, until we do come to you.

I hope I have helped, I hope I have provided a little knowledge to you. I do thank you for your attention and I hope that my words have been clear to you. As I say, it is most strange to be using a voice, but I will accept that you have heard and understood me well. (Affirmed with thanks)

Les: We have heard and understood every word and as I say, we have it again to listen to, and I'm sure we shall be doing and we really can't thank you enough for what you have told us. Your knowledge has added immensely, to what we have already learned.

I need not your thanks—I say to you the honour has been mine. I thank you for this opportunity, because not only has it been an honour, but it has been of much help for me. You may not fully understand that either, but in saying those words, I assure you that this task has truly helped me on my way.

Les: We are very, very pleased to hear that and I'm going to be presumptuous, and ask whether we might expect you to come back and talk to us on another occasion? Or is that expecting too much?

I cannot give you that answer. That would be something perhaps that you could ask your teacher and if it is required, then of course I would be happy to return to you all. (Thanks expressed)

Les: That's very nice to hear and we do appreciate it. We shall certainly ask. You don't give us a name and I'm not asking, our teacher will know to whom I am referring I'm sure.

I am permitted to give you a name if you so desire, for contact purposes only. I am allowed to give you the name of Myeisha.

Les: My-eisha. Thank you very much indeed—we shall remember that with love.

So if I am permitted to return, then I will use the name.

Les: Thank you Myeisha, we shall certainly remember this evening and your name.

Now I believe I must leave you, I do wish you all much love, I wish you well, and I do say to you, be careful of your ~THINKING.~

Les: Yes, I know you say you don't need thanks, but could we with respect, congratulate you, upon your use of the human voice. (*Agreed*) We are all unanimous on that.

I thank you all, I thank you all, I thank you all.

Les: God bless you and take our love with you.

~24th February 1997~

Good evening. (*Welcomes*)

I would like this time to begin by saying *thank you* to all who are present this time. I know that your dedication must be thanked and this I do this time.

Les: That's very kind of you and we'd all like to thank *you* for the visit of your colleague at our last meeting. It added enormously to our knowledge and we are truly grateful for it.

I was pleased that it went as well as it did, because as you know, to the communicator, it was a very new experience and one for which that soul will be eternally grateful to you all.

Les: We're certainly very grateful to him, for the effort he made and the information he gave us.

The information imparted to you, I hope has given you more food for thought.

Les: It certainly has that. I think everybody agrees, don't they? (*Agreed*)

That of course was our intention.

Les: It's particularly pleasing to know that it works in reverse and that our communicator also has benefited.

The communicator was indeed thankful to you all and on those words, I will leave it there. I would like to say to you this time, a little about the dedication of peoples like yourselves, who come together, for Truth, for Light, for Love; who join together, in an effort to convey the truth of Spirit. I know some of you ponder about the reaction of other people, who are void of the knowledge which you have. To you dear friends, I will say only this: Each one of you comes to life on this earthly planet, with full knowledge of what you have to achieve. We have discussed this a little and I say to you, that you bring with you also, what you call free will. In that respect I would say to you, of other people who I know say that you, I believe some would say '*spiritualists*'—I would rather stay away from any titles, but I know this is a term used by many. I say this to you: Allow those people who call you *simple gullible beings*, allow them their own pathway; again, we return dear friends, to *not judging* others—allow them their way of thinking. After all, that is what they have chosen and they must come to *Truth*, in their own time. Do not be angry with them, but be *sad* if you must use any emotion at all—be sad, that they are so long in coming home to the *Truth*, you understand? (Yes) We know life is not easy, because after all, we who know and understand the *Truth*, are still in the minority in your world, I think you would agree?

Les: Yes, we would agree with that.

But we are growing, we are growing all of the time. Your Earth is coming to a time of change; your Earth is coming to a time, not only of change, but of revolution of *thought*. It is coming, but to you dear friends, it may seem very slow.

Les: Yes, it does seem to us of course, but we're beginning to realise that patience is the essential virtue.

When you see how many of your earthly years have existed, then you must understand that progress takes time, although from our side of life, it is *nothing*, as far as all of eternity goes. So dear friends, I say to you, *smile* upon those, who would disagree with your knowledge and your understanding and offer a *thought* for them. Let us return to that word once more, *~THOUGHT~*. Use it wisely, use it daily for good, use it when you can utilise it for the very best in your world.

Les: Yes, I think you have already taught us, the importance of using *thought* in that way.

I do not apologise for constantly returning to it, because dear friend, it is what I have come to teach you and if only but *one* person here, comes to know and understand the true meaning of *~THOUGHT~*, then indeed my task here, would have been fulfilled.

Les: I think we shall all be able to satisfy your wish in that respect, after what you have told us.

I cannot stay much longer this time. So if you have any questions, please ask now.

Les: Yes, I have one relating to *energy* and I thought of you several times, when I was reading an article, in which it was said the heart, is not the *pumping agent*, as commonly supposed. The article explained that blood is seen to be flowing through an embryo, even before the heart is properly formed, or even beginning to beat. The article went on to suggest, that the heart is merely a vehicle, for attracting *energy* from the Universe and it is that *energy*, which is responsible for the flow of blood, through the veins and arteries and capillaries of the body.

Let me respond to the subject you speak about. I have explained briefly to you that you consist of *one energy*—all nature on Earth is one energy in differing forms. Of course we must look at humankind, because that is the subject you have broached. When a child is conceived, when the soul decides to leave our world, to join in your world as another human being, then that energy already exists. What you term the *foetus*—and again we return to the subject most rife in your world, of abortion—when you speak of that foetus, you are speaking of the very energy of life. Before the heart is formed, before the limbs are formed, there flows that vital energy. So you see, the heart cannot be the most important vehicle within the body. The energy already exists within that foetus.

Les: So the article is correct in that assumption then?

I would say, *mostly* correct. I will send someone to you, who will elaborate more, on the way energy is used in the human body.

Les: That would be very interesting.

There are so many topics that you need to elaborate upon. For now I will say, of course the heart is a pump, in the sense that you would understand it, for the blood to flow around the physical being. But it is only part of the energy being brought to the body, by the energy of life. Do you understand?

Les: Yes thank you, because the article was quite concise, in its elaboration of the reasons, for what was said and one couldn't really argue against what was said.

Without the understanding of the life force, which after all is *pure energy*, then the human composition cannot be understood. After all, flesh and blood is used only as that outer skin, as the vehicle—I know you understand this. So it has to be known that the life force is always there and it is that part which will continue forward, when the physical being dies away. Is that helpful to you for this time?

Les: Thank you very much indeed, yes it is and we look forward to someone else who might come to elaborate in the future.

Energy must be spoken about and when I feel that the time is right for you all, then someone with greater extended knowledge will come to you.

Les: Thank you very much for that, it's something else we shall look forward to.

Did I not tell you, that many concepts in your world are being disputed? (Yes —) That many ideas, much knowledge has been put forward wrongfully. But now that time has come for Truth to emerge and the time is ripe for all understanding of the human life, the human potential, to be looked into more deeply, so that man can begin to understand his very beginnings.

Les: Thank you very much indeed for that. It certainly becomes more and more interesting every meeting, I would say. It increases our knowledge and our anticipation of further knowledge.

There is so much you cannot know, but our intentions are that the planet Earth must now grow; must now come forward into that greater *light*. I use the term, because I think that is what you will understand.

Les: Yes, we do.

But it is time for this planet to take its rightful place within the Universe, within that cosmic energy field, which is ever-moving, ever-flowing, full of love, full of *divine energy*, full of *love and peace*. (Voice becoming very faint) **I must leave you this time.**

Les: Yes thank you very, very much and our love goes with you, God bless you.

Eileen then channelled a light-hearted one who instructed us to be aware of those around us and try to describe any impressions/clairvoyance that we might be given.

~3rd March 1997~

Good evening.

All: Good evening.

I thank you for your welcome this time and I say to some of you, that I bring to you upliftment, which is needed in your lives. I would like if I may, to work with this instrument this time.

Les: Of course.

But we have with you using lady, someone who wishes to speak to each one of you, about their own personal unfoldment.

Les: Thank you, we shall be very pleased to have that.

So I will let you continue and to say that this instrument may need extra time in returning to you.

Les: I understand and we shall of course be aware of that and act accordingly. Something before you go, you said you were bringing us upliftment, I don't know whether my colleagues felt it tonight, but I think there was a tremendous sense of peace and love and enfoldment, is the only way I can describe it.

I bring peace to you all. (Faintly)

(Thanks + farewells)

Our expected guest followed through Sue and there were a few adjustments to conditions, before we approached and stood before the communicator individually to receive our guidance:

Margaret: Good evening.

I know this one has been told that she is to be used and let me assure her, she is not forgotten. We are coming to you in sleep, to get your physical and spiritual countenances become aware of us, so that when the time comes for your work to begin, we can slip into your body, with the minimal effort.

Margaret: Thank you very much.

I know you have been told that you will have a helper here. Rest assured this is the case and you will be working closely with the little one (Jo) and much will be achieved. I wonder if you could do me the honour of helping to help her.

Margaret: I will do that yes.

You are aware I know that your colour spectrums are as one. (Margaret's and Jo's are both purple, as given at another meeting)

Margaret: Yes they are, yes.

Please may I ask in the quiet time you have, before you retire to your bed, you could sit with your hands as mine are now, think kindly thoughts of our dear little one and imagine both her and yourself enveloped in that regal colour. May I ask this boon of you?

Margaret: I will do that yes, I promise faithfully I will.

Place your hand upon mine my dear child. You are greatly, greatly loved and in Spirit you are growing beyond any means you might imagine.

Margaret: Thank you.

Now take your place and remember your work will begin shortly.

Margaret: Thank you very much.

Les: Sarah?

Sarah: Good evening to you.

Yes, you have started to develop in this room, in communication. We are most pleased with your progress, but I wish to say to you, that you must be a little more careful. It is not meant as a criticism my dear one, far from it. You have given yourself freely, to be used and that is most wonderful and we thank you for it. Your spirit shines forth from you and we are aware of your powers and what you can achieve and the love that comes from you for others. But please let yourself be guided by the leader of this group and let things come a little more slowly.

Sarah: Thank you.

Place your hands here, go in peace my dear one and continue to show your love for others as you do already.

Sarah: Thank you I will.

Les: Sallie?

In time this one will be able to describe to the others here, some wonderful scenes, scenes which come into her mind and which will at first surprise her, and enthrall her. They will form a pattern which will follow her through all the days remaining to her on this Earth. In time my child, you will be able to identify their purpose and be able to read into them messages, which you can relay to others. It will be of importance and these messages will help to change the thoughts and lives, of some who surround you. This may sound complex and confusing at present, but when your work begins, you will remember these words and your understanding will be complete. Please place one hand here. Take the strength I offer you and go forward with an open heart and with love.

Sallie: Thank you.

Les: Lilian?

Yes, this one as I know you are aware is a most precious soul. She has been working quietly and diligently by your side for many years. She is truly one of the spiritual beings, is greatly loved both on your side and on the side where the spirit dwells. So much power comes from this one, which enables others to fulfil their tasks. Her healing has brought comfort to so many and will continue to do so.

Lilian: Thank you very much.

Les: George?

I will say a little to you, because you have been told very recently of the work we are hoping to achieve with you.

George: Yes.

Keep the names foremost in your mind, let the channel to your creative spirit be open and as we have promised you, great things will come from your pen.

George: Thank you.

You are greatly loved and our dear scribes are anxious to become part of your daily life, if you will permit them. (Yes) Go in peace with much love and so your work will begin.

George: Thank you.

Les: Paul?

Could I please speak to the two gentlemen together?

Les: Yes Mark please?

Forgive me for making you share the one message, but you will be working together and it is not necessary for me to speak to you separately. You are bound together not just by blood, but by a great love, which surrounds you and comes from someone in spirit, who will be working with you closely over a period of time. We ask you please to give a little time to sit quietly each evening, not together, that is not necessary, but if it is possible, at the same time which is acceptable to both of you. If it is not possible, please do not be concerned, we can work around it; time as you are aware, is not the same on both sides of the realm. Sit quietly and think of the outdoors, think of the sky and the grass, the wind and the rain, and anything you personally feel connected with, we are hoping to be able to use you, to bring greater understanding of plant and animal life, into your lives. So much so, that in time, you will be able to feel the spirit coming from things which up till now have seemed inanimate to you. Again, this to your ears must sound incredible, and quite beyond comprehension, but we will come to you in rest periods, and explain to your spiritual being more fully. Go now and have much love between you and try to feel the things surrounding you. Try to imagine their spiritual power and discuss it amongst yourselves and see what you can see.

Mark + Paul: Thank you.

Les: Jack?

May I ask you, do you ever feel that there is someone with you?

Jack: I do yes.

When you are reading?

Jack: Sometimes yes.

There is one with you who needs, for reasons I cannot explain this time, to see through your eyes, the written word, whether it be a newspaper, a heading on a sheet of paper, a word of fiction, or even what

you class as a dictionary. They need to read the written word. Would you permit please for this person to enter into your spirit, and read with you?

Jack: Yes most certainly.

Please I ask you also, if you sense that someone is with you, tell your dear lady, what you are feeling, whether you feel differently around your face and eyes and write down between you, what senses come. It will be most important for this person to know that they are succeeding in what they are trying to do. We will explain more fully, the reasons at another of your meetings. Thank you for allowing this experiment to take place.

Jack: Thank you.

I leave you now, so that the rest of the time can be used to slowly bring our dear friend back from whence she has been taken.

Les: Certainly.

I say to you before I leave you, that the group you have here, is most beloved and takes so much of itself from you my dearest friend. Without your guidance and love, your world would be a much poorer place. We will protect you and guide you, as the time continues. I leave you all with more love than you could possibly imagine.

Les: And our love goes with you and we thank you for all you have said.

~10th March 1997~

Good evening. (*Welcomes*)

Before I speak this time, I would say to you all, to give thoughts to that *Great Force*, to which we belong, to give thanks all of you, for where you are at this moment of time. I would say this to you, that all of you in this lifetime, have achieved much, much that you should be thankful for, although for a few, unquestionably, they are not aware of how much they have achieved. So on behalf of you all, I offer our humble thanks to all of those who come close to you, with much help.

Les: We would like to join you in those thanks please. We are happy to know that we have progressed to that state and thank you for telling us.

Whilst we speak of progression, I wish to say this to you that: Mankind in general upon this planet Earth, has reached an awareness which brings joy to those of us in my world, who are *striving*, who are striving to bring knowledge to this Earth. Surrounding this planet, there now prevails a *stillness and peace*, which you would not be aware of, but brings much satisfaction to us—a stillness and peace, which over your next one thousand plus years, will pervade all of mankind to such an extent, that no longer will there be the fear and the distrust shall I say, of all things termed *supernatural*; they will become *known* and *natural* to mankind—mankind will return to that knowledge which belongs to them. So I say to you dear friends, although you will not exist as you do now in these times to come, I extend this knowledge to you, in order that you carry it forward with you, to our side of life. Keep it with you, use it wisely and know that you have become part of it.

Les: Thank you very much indeed. I'm particularly interested that you should say this tonight, because during this last week, I have thought of you a number of times, after listening to various religious broadcasts, all of which have said the very thing which you have said, that mankind is beginning to recognise spirituality.

I have told you when first I came, that mankind will change—you must return to those values, to which it is known will be of benefit to all. This planet Earth as you know it cannot be allowed to be destroyed by mankind and I have spoken to you about this. So, if we cannot allow you to continue on the destructive pathway which you have been treading, then we have to look forward to teaching mankind to help them in their awareness. And that is why your planet at this time is being *all-pervading*, in all areas of living, with *stillness, peace* and much *Love*. It will come to all, although I know you will say there is so much strife within our world, how could it possibly be so? I say this to you dear friends: All things are possible, when you speak of Love and the power it can create, within all men. I accept that some

men will never accept the love given to them; they are the foolish ones, who have much to learn. But good in the end will always overcome those who have doubts, those who have evil intent—and only those who refuse to accept what is given, will leave this planet, to find and accept, the love given elsewhere. But you are in an age, where there is much growth, much being given from our world. If only I could bring a little to you I would, but I hope you can accept my words instead.

Les: We certainly will accept your words and we're very grateful for them and of course a thousand years hence, is far beyond our comprehension, but do you see us again having the opportunity to work together, once we reach your realms?

The opportunity is there for you all, but I can tell you that a few of you will go in different directions.

Les: But we shall still be able to assist in this work of development and fulfilment, shall we?

Of course, I would not be giving you this information, if it were to fall by the wayside. I do not come to waste words, but to encourage you to go forward and to know that ahead of you all, is much greater work, when once you return home.

Les: Good, we're very pleased, we've not discussed it, but I'm sure everybody would be wishing that and it's very nice to know positively, that it will be so.

Dear friends, once there is spiritual links and bonds, they cannot be broken. So always remember the opportunity is open to you, but still for some time to come, even in our world, your own freewill will come into play. I would say that the majority here will eventually gather together, with many more who are in our world. You will work as a team, you will use the knowledge given to you and you will go forward, rather than return again to this planet. I do not wish to tell you at this stage, who those few are, it is not important, but in saying so, when they break away, there will be a good purpose and for them fulfilment also, you understand?

Les: Yes we do.

Now, for this time I would leave you and allow another to speak. I will remain whilst this meeting continues, with this one. And so dear friends, know as always that I enfold you all, with my love.

(Thanks + farewells)

Another communicator followed swiftly through Sue—a Native American Indian friend, who had been before:

Les: Welcome to you, thank you for joining us.

White Feather.

Les: Hello White Feather, This is an unexpected pleasure. It's a long time since you've spoken to us.

Hard for me—stay short time only. Welcome to my friend.

Les: It's certainly very nice to have you here again.

Many new peoples here, since first I came to you.

Les: Yes there are indeed.

All old souls and well-loved.

Les: That's very nice to hear. And we're very happy to know that you still work with us.

Have travelled much since we last spoke; over many oceans and through many of your years and upwards into Higher Plane.

Les: You have been busy and we feel it an honour that you should come back to us again. Am I right in thinking that there are three you would wish to speak to, who are new since you were here last?

I will speak, but not to individual peoples, those who have not heard my words before, will know I am addressing into their very hearts. I bring you many, many greetings from those who cannot travel back into your realms. You will know how difficult sometimes it can be to return. I can say to you, and you know I do not mean to cause offence, when I say this, it is a difficult thing I do this time. Due to physical body I use, I am managing to keep my voice lower than you probably have heard it before.

Les: Yes, it has been very loud in the past.

I say to you now, I come for specific purpose and will speak now, for short time only.

Les: We're always happy to listen to you of course.

I wish you to know that before your next new moon, there will be much, much to please you, coming into this room. I would ask each one here, to please in the weeks that follow now, that before you come into this most peaceful and tranquil place, you will find time, in your busy lives, to rest and meditate, before you make your journey here.

Les: Yes, we shall certainly try.

We need tranquillity of mind, body and soul and hope that with quiet meditation, it may be partly achieved, so that what is intended here, can slip in with minimum effort.

Les: Thank you, we shall certainly try and do that for you and of course, for ourselves.

To those who are unused to hearing my voice, I say to you that the next time I speak with you, it will be louder and please not to be alarmed. You are used to me I know my dear friend.

Les: Yes, when you used my lady, you were very loud.

And you can assure these people, I am more gentle, than perhaps I sound.

Les: Yes, we understand that.

I will say to you and I'm sure you know your lady is with me many, many times.

Les: Yes I am aware of that and I thank her for it.

We work as the team we were told we should be. She accompanies me on journeys and is learning so much and giving so much in return.

Les: Yes she always did that when she was here. I'm not surprised that she's continuing to do it.

She is truly amazing and most beloved person.

Les: I'm pleased to hear that.

The oceans are not large enough to take the love that emits from her soul.

Les: I was very grateful for the years I had with her here.

I will leave you now, with the blessing of White Feather. I will return at the time of your next new moon and I will speak to you and teach you something that I have learned since last we met.

Les: We look forward to that and to hearing you speak again.

We will advise you when I will return, there will be certain conditions, which with your acceptance, we wish to ask for.

Les: Yes of course, you only have to let me know and I shall be pleased to do what you wish.

Now, this little one tires of me and we do not wish to distress her further. There will be no more speech here this time. Please bring both this little one and our dear friend here back gently and then say your closing words.

Les: Yes we will do that and once more we all thank you very, very much.

White Feather say to you all, until we meet again.

Les: We look forward to it. Our love goes with you and God bless you.

White Feather happy to have been amongst you once again.

Les: We're very, very happy to have had you with us and we look forward to the next time.

White Feather then blessed us in another language: Hakinjehmorcavagarm Ekotivahh Distavarn Ekontigargo.

~24th March 1997~

Good evening. (Welcomes)

How good it is that since we met dear friends, how much you have grown in your understanding, your understanding of living and daily lives. All of you now have come to the understanding of peace within your daily lives, peace that outshines problems that surround you, understanding of what you must do, an understanding of that true self. I say to you dear friends that each one of you, can say at last, I shine with understanding of what I am about. All of you know and *feel* that what I say to you is indeed *Truth*.

Les: Yes I don't think anybody would deny that. Everybody agrees with what Salumet has said, I take it?

(Enthusiastic agreement)

I wish to extend welcome to this one who comes another time. I would say to this one, that she is growing, but is in a hurry to achieve much. I say only to you child, there is humility to be gained by using

patience. This I have told you all, but I would like to reiterate for this one. She has much to do, as you all have, but she must be patient. She feels at times, that not enough is happening in her growth. Is this not true child? (Yes) Yes, are you all not so impatient, when you begin on this pathway? Yes, all of you are. To this one I say, carry on the pathway that you have chosen. She is in dilemma at times, as to what to do. Her desire is that she do more work for us, but I say to you dear friend, the time will come, the time will be right, but carry on as you are, because your daily living is a strong force with you this time and you must allow yourself the occasion of living to the fullest at the time. You will develop along the lines that you so desire, but to give it time. I would say one last thing to you and it is this: You will take a different pathway than you would anticipate. There is much work ahead of you, but this work lies in directions not known to you, at this particular time. I leave you with those words dear friend and say to you, offer yourself always, as a channel of love, as you all do. May that *Great Creative Force* which enfolds us all, surround you with love and knowledge, as you tread this earthly pathway. You will succeed, you have the opportunity this time, to make of yourself what you will.

Les: Thank you very much for that.

Heather: Thank you.

Les: The lady as you no doubt are aware does some excellent work at our other meeting.

I am fully aware of what is happening in her life as a whole, because she is one segment of a whole, a whole to which I am committed, you understand? (Yes) No, there is nothing within your lives, which is not known. Your loves, your desires, all is known. But as I have said to you in the past, I do not come to guide you—your knowledge has outgrown that; I come to give you knowledge and I hope understanding of that knowledge.

Les: You are certainly doing that, thank you.

Now, before I answer questions this time, I would ask you please that when communicator uses this one here, that she will need special help in returning to you this time.

Les: We will see to that, thank you for telling me.

Now do we have questions please?

Les: Yes there is one, if I might begin. I have somebody coming for development, apart from at the meetings. The person is very sincere and genuine, but their development is so sporadic, that I sometimes wonder whether the subconscious is interfering.

May I interrupt you please?

Les: Please.

Before we continue further, I would say to you this, that the time is not right for this one. I trust that your words can be kindly, but I would perhaps say to you, to leave for a time, to allow those who have come close, and they have I assure you, to work with this one until such time that it is suitable for all to work.

Les: Yes thank you, you have rather confirmed what I suspected, which is why I asked the question.

I hope I did not be abrupt, but I did not wish to waste time on words, which were not of use.

Les: Of course not. Well thank you for what you've told me and I will deal with it in an appropriate way, without giving offence.

Yes, you must use *kindly*, the correct words. All of you are capable, some more than others. But there is a time when it is right to begin work and for this one, it is not at this time.

Les: I think there is a lot of impatience there too, which is preventing proper development.

It is not so much impatience as shall I say, the imagination *runs wild*. You understand? I don't use these words to be harsh, but I cannot let you continue *under false pretence*, I think you would say, in using valuable time, when it can be devoted to other things, you understand?

Les: Yes I do and thank you for the information; I'll deal with it. Any other questions for Salumet?

Sallie: Yes please. It's to do with knowing that spiritually things are going to change for people on the Earth, but in the meantime while this change is occurring, we've got a *General Election* coming up. Politically, I think I should be trying to do something that helps people in general while they're in this particular system, but then I think to myself, perhaps I'm going down the wrong road and should be concentrating much

more on the spiritual, rather than worrying about the physical. Am I making myself understood, because I'm not saying it very well?

This dear child would like to lift this world and change it quickly, but dear friend let me say this to you: Of course all thoughts for good cannot be bad, how can they? It is difficult in your living, to get a balance of what is spiritual and what you term your *daily lives*, but that balance must be found. I would say to you dear friend, continue to help those in your world, because love can conquer all. It is a much used phrase in your world, but let me tell you that it is words used that are true. Send your loving thoughts to those men of power around your world, that will enable them to make sound judgement, to show love to those peoples in your world who are lacking in it. So dear child, by doing this you are growing spiritually. Do you understand? (Yes) By the outpouring of your love for your fellow man, you indeed are growing daily in that spiritual love. You *are* 'Love', you become 'Love'—all of us are 'LOVE'. After all, what do you suppose that *Great Creative Force* is? I have spoken to you about it previously. We are all *sparks of eternal Love*. Do you understand? (Yes) Does that help you?

Sallie: Yes it does, thank you.

Each loving thought that is sent forth out into the cosmos, is an enrichment, is a growth of spirit; it is a growth of energy, which becomes stronger and stronger and which in time, will enfold this world of yours. It will be a world of *peace*, it will be a heaven on Earth, as it was intended to be. Do you understand? (Yes)

Voice fades as power seems to be fading:

Now dear friends, I bathe you all in love and I will leave you this time and let another speak to you.

Les: Yes, thank you again and our love goes with you.

You are children of children of *Love and peace*.

Les: God be with you.

There then followed one through Sue:

You have been told that at some stage you would be visited by a facet of the great one, who has just spoken with you. It has taken much effort and we are missing one who should be here, but it was felt that the ethers were conducive to a small amount of dialogue this time. I appreciate it is difficult for you to comprehend that the one you are speaking to now, or rather, I beg your pardon, the one you are listening to now, is also part of the one who has been speaking to you previously.

Les: Yes it is difficult to comprehend; we accept it, but I'm afraid we still don't understand it.

My friend, you will have many roads to travel, before you even start to have more comprehension.

Les: Yes I think we all accept that too, that we are only at the beginning of many roads, which have to be travelled.

This time I bring no words of wisdom or teaching. I come only to introduce myself and hope that in time, my communication will be more understandable.

Les: I'm sure it will be, because as you use your instrument, so the voice will become stronger and clearer.

We have been preparing this one for some time.

Les: Yes you have indeed and we are all very pleased to see that she can be used in this way now.

There is an element of doubt in her mind, as to whether she can do such things.

Les: There shouldn't be any doubt.

It is different this time, to what has been achieved over previous years.

Les: But she should realise that that is development and that she has the inherent ability for you to use. I hope she will dispose of all those doubts and let the communication be free.

Have no worries, this one has pledged herself to be used in any way necessary. The doubts I speak of, are not connected with this work as such. It is doubts which we have found when we have visited her in her state of repose.

Les: Yes we were told that you were going to visit her during her sleep state, in order to acclimatise.

She is (?) in giving herself openly to help with healing work. We wish this to continue.

Les: Good, I'm sure that each time she is used in this way, the contact will be stronger and the continuity of the voice will be much better.

In time I say to you, you will be speaking simultaneously, to not just the great one who you speak to on a regular basis, but to this one, as a facet of the whole and also to another facet.

Les: Good, we look forward to that.

It will be something which should open up enormous possibilities for the future and hopefully the information you receive from the three, will enhance each one who hears it and give far-reaching and amazing consequences.

Les: Good and I say again, we look forward to it. We have been promised great things here.

I will take my leave of you, giving you for the first time, but not the last time, my overwhelming thoughts of love to you all.

Les: Thank you.

Dear children of the Great Creator, put your feet in the footsteps of the force that loves you, open your arms and let the force enter into your very Soul and your lives will surely be great.

Les: Thank you. Our love goes with you, God bless you for your visit. We look forward to having you with us again.

There then followed another through Eileen:

Please stand away from me. I am Thomas. I am an emissary of Light. I bring to you all the eternal flame of Light. Who will wish to receive it on your behalf?

Les: May I? I'll receive it on behalf of everyone here and at our other meetings Thomas.

This precedes many things which to you have been promised. Soon there comes to your Earth your rose, which should have meaning to you. You have seen many earthly years of the rose. But I say to you, as I bring this eternal flame, so too does it bring the eternal rose to you all. (Thanks expressed) I say to you all, be thankful that this is given to you.

Les: We are indeed. We're all very grateful and to you for bringing it to us.

My mission is over, I leave you with it, I say to you all, be aware of what is to come.

Les: Thank you.

This flame will burn ever more brightly, as you continue this work. All of you will become aware of its brightness. Please accept it from us with love.

Les: We do indeed. Thank you Thomas, we shall think of you often.

~31st March 1997~

The first channelling this evening, was through Les:

Good evening to you my friends. (Welcomes) I have been asked to begin this evening's meeting, by coming to thank you at this time of your year, to thank you on behalf of all those who in their Earth-time existence, taught their various things about what was considered to be the Truth and which they now realise was in fact far from that. They have asked me to bring to you their profound thanks for the work you have done in conjunction with your colleagues, who also come to this temple of love, to enable those who made the mistakes—though they were not aware of them as mistakes—to enable them now to shed all the information which was so wrongly put, to those on Earth. They thank you whole-heartedly for having released them all from the shackles, with which they were still bound, when they joined our planes of life. I wish it were possible for you to see the joy which surrounded each of them, when they were released from the burdens, which they had born for so many years. So my friends, I give to you again their thanks and their love and their constant blessing upon you all, for what you are, for what you do and to assist you in what you will be, in due course. God be with you, keep you and guard you all the days of all your lives, within this Creation, which is never-ending.

George: We thank all concerned for their message. God bless you. (Thanks expressed)

Les then came back and suggested that this was an Easter blessing for everybody. Salumet then began through Eileen:

Good evening.

(Welcomes)

My friend, are you fully returned?

Les: Yes thank you—very unexpected as usual. We do appreciate those people coming, when they do.

The communicator who came to you, brought to you a little of what I wish to say this time.

Les: Thank you.

Firstly let us give thanks to that *Greater Force*, that once more we come together.

Les: Yes we do join you in that.

The communicator, who has spoken to you this time, mentions this particular time of year, in your Christian calendar. Although much of those teachings of the time were abused, let me say this to you dear friends: I would say to you, the teaching of the Christ rising is something that should be retained by you all; call it a celebration if you must, but in that respect that it is a teaching of life everlasting, then I say to you, continue with the spiritual knowledge which you have, to uphold this time of your calendar year for that purpose, as a memory that *life* continues, that all of you rise from the physical clothes, that all of you go forward in spirit, in knowledge and in *Love*. So dear friends, I say to you, put aside the extraneous thoughts about your Easter time and concentrate on that one aspect of the teaching, that the Christ arisen is indeed *Truth*. You understand?

Les: Yes I don't think we have doubted that—I don't think anybody's ever doubted that, have they, that he did appear again, but of course not in a physical sense. I was going to ask you a question about that after.

Yes I know, that is why we are discussing it this time. (Thank you.) I say only this: That *Truth* will survive all of men's teachings—Truth of Spirit must prevail. You cannot destroy what is Truth, You understand?

Les: We do indeed.

Now I am open to your questions this time.

Les: Thank you. It has always been my belief, that the '*apparition*' shall I say, which was Christ after his crucifixion, was in fact the appearance of his spiritual self; in other words what we call these days, a *materialisation* of the *spirit body*, in order that it might be visible to humanity, as a hindsight.

You are perfectly correct in that assumption. How else could it be? When the material of the body decays, it cannot return. You know and understand this well.

Les: Yes we do.

So any form that reappears shall we say, is the *Spirit form* and what you humans term *materialisation*. It is in fact the *true self*, the self that you all are now, but cannot be seen by others, or shall I say, *can be seen by only a few*. So you are correct.

Les: Right, if I might follow that with another question. We all know St. *Paul's* experience on the road to Damascus, when he saw a blinding light and was converted. It came back to me after the last meeting, when somebody—and we feel very honoured that it did happen, I'm sure I speak for everybody—somebody gave us the *eternal Light*. That brought back to me Paul's experience. He would no doubt have been experiencing what we were told about at the last meeting, of the *eternal Light—eternal flame*. (*The atmosphere in the room from this point seemed particularly special*)

Let me say a little about this please: There are in our world, many bearers of that light, that flame—the word matters not, it is eternal life, it is the eternal purpose of life, it is life itself. We can make it seem that all of these things are miraculous in your side. Dear friends, let me tell you this: That what seems to you to be miracles, to be signs of spirit life, is available to you all. It depends so much on your own spiritual awareness, as to *how much you can receive*. The eternal light, the eternal flame, is within each one of you, within the grasp of each of you. It is not something special that only a few can have, but it is your *right*, it is your right to obtain all of these *gifts*, as I so often hear them called. After all, I tell you once more, are you not first and foremost *spiritual beings*?

Les: Yes I think we accept that without question now.

So whatever belongs to spirit belongs to you. In offering the *eternal Light*, the *eternal flame* to you last time, the communicator was offering the *knowledge* which is attainable by all of you, do you understand?

Les: Yes now we do, thank you. Has anybody a question on that, or is everybody quite happy with the explanation? *(Pause)*

It—perhaps we can explain in simple terms. As a child you would not be offered any reading matter, which you had not been able to read. But you have to have attained that standard of reading, before that book would be offered to you, would you not? *(Agreed)* So can you see in comparison, that by offering the *eternal flame* to you all, does it not show you dear friends that much is within your reach? Can you see? *(Agreed)* So I say to each one of you: Reach out, take what is your *right*, take that *flame of eternal existence*, use it whilst in these *physical bodies* and use it to good advantage; use it with *Love*, because if it is abused, then it would be withdrawn from you. Do you understand? *(Affirmed)*

Les: Yes we would certainly never wish to do anything, however slight, to damage the reception of that, or to interfere with the proper use of it.

It would be helpful I think to you all, if when you enter this place where you meet, that you see this *eternal flame* in the corner of your room, to focus, to visualise, to *BE* that *flame*. Is that clear to you?

Les: Yes I think we shall all do that now—no let me correct that, I don't *think*, we *SHALL* all do it.

When the time comes, when you interact with the *flame*, when you are part of the *flame*, then indeed you have grown much. Your knowledge of all things spiritual will have grown to such a degree that you can look to each other and say, '*At last I am on the road to going home.*' It will not happen in days, weeks, months, but it will take for most of you, many of your earthly years, to attain that degree of knowledge. But that does not diminish the fact that it has been offered to you, because to have an emissary from our world to present it to you, should dear friends, show you that you are following your correct pathways.

Les: Yes it was a delightful experience for us all.

Now, my heart is full in speaking with you this time. So I say to you when you leave here this time, ponder my words and you will be surprised at what thoughts come to you.

Les: Yes we shall do that.

Many questions that have puzzled you will *fall by the wayside*, as you say. *(Yes)* And much will become clear to you.

Les: I would be glad if you could clarify one other thing and my colleagues would like it too, no doubt. We were also told to be aware of the coming of the *eternal rose*. We wondered of the significance of that statement.

I will say to you, I believe you were told many, many of your years ago, that the blooming of your earthly rose would be significant in your work. In that respect that eternal rose was offered to you, as a signal of *hope*. Always keep it in mind, after all, there is much to be learned by looking at that earthly bloom; the beauty and the knowledge within it, applies to you also, as regenerative human beings. The eternal rose should be compared to yourselves, in that you are beautiful, that always it blooms when your sun shines. Therefore accept the eternal rose as a symbol of eternal life and beauty. Again, it is not offered freely to all, so dear friends, accept it with the love with which it came. You understand?

Les: Yes we certainly do and are grateful also for being given that. I did wonder if it meant eternal beauty. It is eternal beauty and life, because eternal life is beauty, beauty that you cannot understand whilst living on this planet, but a beauty so magnificent, so wonderful, that you need to *feel* and be part of it, like you do the eternal light of love.

Les: Yes, thank you very much for the explanation. I suggest that we should all think of the rose, whilst we are concentrating on the flame, so that we can have the benefit of both, in our thoughts and our development.

While the rose blooms in your world, it will always be a time of great significance in your work here.

Les: Thank you. I remember that we were told a long time ago, that something very important would happen in our month of the roses.

Hold it in your mind and in your heart, it was not given to you lightly; but again, it is difficult to give you times. I know that all of you find *time* difficult to comprehend, but dear friends, it is but a hiccup in all of *eternal time*.

Les: Yes it is, isn't it?

So again and I feel you must grow impatient with me, when I say to you all, be patient, be patient and all will come to you.

Les: Yes we know you wouldn't say it, if it were not so.

I understand your desires and your wishes to know more; all of us in our world understand. But even those who exist in our world learn even so, that when the body has been left far behind, that *patience* is truly what you would term, a *virtue*. Now—(Pause)

Les: Thank you very, very much for what you have said.

Power seemed to fade as Salumet uttered these last words so softly/gently:

I must leave you this time, but say to you all: *Thank you* for listening once more. I feel your love and your welcome and it enables me to speak with you. But I say to you, each one of you brings to me great satisfaction and love to my work. I leave you and allow each one this time, to experience great love from our world, in whichever way they can receive it. To you dear friend, I say you are deserving of much; you have attained much and you will continue to achieve much. May that *Creative Force* be with you, be part of your very being that you can utilise in your daily life.

Les: Though you don't want it or need it, I do have to say again, we thank you immensely for what you bring; not only the knowledge, but the happiness and the love, which we can feel from you on every occasion. God be with you Salumet.

There then followed one through Eileen, with a message for Jack about needing to rest more/listen to his body, before we closed.

~7th April 1997~

At the start of the meeting, Les gave details about a rescue that had occurred in the Wednesday circle, as it was a particularly difficult one from the lower realms.

Good evening. (Welcomes)

As we begin this time, I ask each one of you to feel the energy of that all-encompassing Light, which surrounds you all. Feel from it energy and Love, because dear friends, you are in need of it this time. I do not wish to say much this time, as I would like to take this one on a journey, a journey into the Light, which feeds us all. She will return to you unaware of what has happened, but the soul aspect will find much happiness from her journey.

Les: Thank you.

I say to you all, there will be communication by others this time, but I will say only this to you this time: That your Earth planet is surrounded at this time, by much energy that has become maximised at this stage of Earth's evolution. In saying this I say to you all, that during this coming year of your Earth time, each and every one of you, will feel that magnetic pull of energy, which should uplift you all, beyond your wildest dreams, in respect of progression of your soul. Do you understand? (Affirmed)

Les: Yes we do and we thank you for the information. That energy is increasing I imagine is it, because of the work you and your colleagues are doing for the sake of the planet?

It has to be, it is part of the plan of life; it is an important earthly year, because of this. Man should feel the benefit of it in many ways. Those foolish enough to ignore it can only be at fault with themselves.

Now I leave you dear friends, to continue this time. (Thanks expressed) I would ask you please, at the end of this time that the instrument be given gentle help to return.

Les: Yes of course.

She will not be aware of what is happening, but may feel emotional.

Les: I understand. *(Les reminded us to concentrate on the light in the corner re: Eternal Flame mentioned at a recent meeting)* *There then followed one through Sue:*

I come for a very short time, to bring you the blessings of our most sacred realms. Were I still to be amongst you in earthly form, I would offer you the sign of the cross, you understand me? (Yes) But it is not necessary for me to impart my blessings with it.

Les: No it isn't necessary, is it? The words are sufficient and the thought behind the words.

There is such strong and powerful thoughts in this place, that I do not need to say many words, for each one here I know, can feel the love which surrounds you all.

Les: Yes and we thank you for bringing it.

I ask only that they look inside themselves and find thy hidden light, which is within you all. Imagine you are going down a dark tunnel, knowing that soon the darkness will evaporate and you will be able to see what is ahead of you—that is finding the inner light within yourselves. I suggest in quiet times, when you are all alone with your thoughts, you practice walking through this tunnel. It will be of great benefit in the expansion of your knowledge.

Les: Thank you for the suggestion.

And now as I have said, words are superfluous—feel the love I have brought and bathe in its light. There is one more to speak and when that communication is over, I would ask you please, to quietly bring back into this room our dear friend, who is seated on the left of this one. We do not wish to let others through this time. You are aware of what I am saying, I'm sure. (Yes) There will be one here shortly. I leave you now with more love than your hearts could imagine.

Les: Thank you very, very much for all you bring.

I offer to you a silver rose, which will protect and guide you on the pathways you still have left to tread.

Les: Thank you for that and the protection. God bless you.

There then followed a Sister immediately through Sue, bringing much laughter and joy into the room. Les received clairvoyance during the conversation:

Goodness me that was fast. I was not expecting to speak quite so quickly. I was stood to one side and then suddenly I was here. I'm quite overwhelmed.

Les: It is surprising isn't it? But your instrument is well-practiced now and of course you and your colleagues find it fairly simple to use her. We all welcome you.

And I am pleased to be here, even though my breath is a little taken away with the speed with which I arrived. I am not used to rushing you know; I normally take things at a more sedate and leisurely pace.

Les: You do, I know—you have a routine, which you adhere to, don't you?

Goodness me, you cannot go through life without a routine, it is too much fuss and bother. I like to know what is happening every minute of my time.

Les: Don't you ever enjoy kicking over the traces a little, now that you're able to do so without being penalised for it? (Knowing laughter) Yes you do!

I didn't realise we had a mind-reader amongst us! I'm quite embarrassed that you can read what I am thinking! (More laughter) Goodness me, I think I have been making a fool of myself!

Les: Not in the least no of course not.

I tell you, I haven't got a routine! (Ha ha!) My life is chaos!

Les: It is, I know! (Laughter)

Chaos!

Les: And you enjoy it—that is your routine isn't it, kicking over the traces and enjoying the chaos.

Oh dear—goodness me!

Les: We like to do it too, but we don't have the opportunities that you have.

I tell you, I tell you truthfully now, that when I was on this Earth, I had to do things in a regimented fashion and I used to think to myself, 'I wish I could just open the door and run and run and run'—and then common sense prevailed and I couldn't and didn't—

Les: No, you had to rely upon what you were doing and where you were, in order to live a reasonable existence, but that didn't prevent your thoughts taking you.

No and I used to have many a quiet penance after these thoughts. But now—now—

Les: You can enjoy it without any penance.

I do run, I do! (Said with heartfelt joy) But I go such distances and I tell you truthfully, although I run, it isn't physical running.

Les: Oh no it's thought running—you transfer yourself by thought, don't you? But still enjoy the feeling of running?

It's still freedom—it's freedom I've never known!

Les: No, and you can do it without your skirts flapping about your ankles, can't you?

I think you're some kind of witch! (Chuckles) You know everything about me, yet I have told you nothing! I haven't told you my name, I haven't told you what I did when I was alive, and yet you know!

Les: I know reasonably—nothing that would embarrass you, but I know in the convent you used to enjoy working in the garden—of course when nobody was looking, you used to run around the plots didn't you? With as I say, your *habit/skirts* flapping around your ankles. *(More chuckles)*

You make me sound like Maria Von Trap! She was fiction—no she wasn't fiction she really was one of us, but no—no I wasn't.

Les: It was understandable.

And I think I brought something to the others.

Les: You *DID*, because I can tell you now—this won't embarrass you, because you will understand and so will she, when your *Mother Superior* was quite well aware of it on occasions, and she used to enjoy watching you do it and wished that she could, as we say, '*Let her hair down,*' and do the same thing.

Ooh! If I was able to blush I think I would.

Les: It doesn't matter, she enjoyed it.

Yes I'm sure.

Les: Have you met her since you've been over?

Yes, but not in the sense you mean.

Les: Well if you *do* see her, ask her if she'd enjoy seeing you do it again and have some fun together.

Well, perhaps we could?

Les: She hasn't quite thrown off all the restrictions, but she's getting on towards doing that.

Yes well, she had so much responsibility I suppose it's more difficult for her to throw it off. I couldn't wait! Oh I shouldn't have said that.

Les: Why not? You're free now.

I was good, I did everything I was meant to—it's just sometimes—

Les: Sometimes it used to slip a little—never mind.

But what I did I thought was right and I did used to do some good things.

Les: Of course you did. You did as we should all try and do the best within our abilities. We can't do more than that.

No that's right, you can't.

Les: And if we're so made that we enjoy a bit of laughter on the side when we're not supposed to have it, well that's how we're made.

It is the greatest healer.

Les: Of course it is.

You cannot survive without laughter.

Les: No you can't, we absolutely agree.

And although I shouldn't say it, there are some—not in my order, there are some who—they got it wrong.

Les: Oh they did, they thought laughter was sinful.

They never spoke—how can you help people, if you don't communicate?

Les: You can't, no you just have to let them get on with it.

They are finding it difficult I think these people, because they are having to learn to live all over again.

Les: Of course, instead of being ready to take advantage of their freedom.

Complete rebirth—and that is more difficult. For me it was just one step and I had a new life. Not so far removed from my old one, but freer and I feel of more use.

Les: And much more enjoyable. Of course you're of more use to many people. You've helped many more I'm sure, since you've been over, than you were able to help on Earth.

I spend my work time healing and I have pledged that this is what I shall do, until I am needed for other things. It brings me such great joy and I do come back into these realms to assist when needed, for the healing.

Les: Good, that's interesting too. Yes you enjoyed that part of the work whilst you were on Earth, didn't you?

I did what I could, which was never enough.

Les: No of course not; we never do think we're doing enough, when we have something we're really interested in doing, but you were not able to assess the reaction of the person you were healing.

No—now I can see the light, I can see exactly where I am required to be and the extent of the help I am giving.

Les: That's interesting to be able to, isn't it?

Oh it is most wonderful and I shall continue with this work, until I'm advised otherwise.

Les: Yes I hope you will and you'll get a great deal of enjoyment out of it; we do in our work here, like this.

I have been an observer on the odd occasion in this room. I did assist some little time ago, with one of the doctors that comes here and I felt so honoured to be here.

Les: It's nice of you to say, but we always feel very, very grateful to all of you, for taking the trouble to come to us, back in this heavy atmosphere.

It surprises me how light it is this time—very easy it is this time.

Les: Very much lighter, because the power is greater and you of course bring a lot with you also and as you said, laughter is contributory.

(Spoken passionately) Oh you cannot survive without it! No, it is most, most important! And now, if you will permit before I leave, I would like please to say goodbye to everyone individually, may I?

Les: Yes of course, you can walk round to them, if you wish.

I would yes, one moment please.

(There was then some light chatter, while she moved across the room)

She then started with Lilian:

I am most honoured to meet you, I know all about you.

Lilian: Do you?

I do, but I shan't say anything.

Lilian: No it's best not to. *(Chuckles)*

Other than you are a sweet soul and are much loved by everyone. Peace and love be with you.

Lilian: Thank you very much

Good evening.

Jack: Hello.

I am most honoured to take your hand. May all your days be filled with much love. Go in peace my son.

Jack: Thank you, God bless you.

Sallie: Hello.

We had a dog called Sallie at the convent.

Les: Did you?

Yes we did and she was a wonderful character and I know you are too. My love goes with you.

Sallie: Thank you.

Paul: Hello.

Good evening Paul. Oh I feel a deep, deep gentleness here—yes this one runs deep waters.

Paul: Thank you.

He is a great asset to all who have dealings with him. Yes a gentle soul this.

Paul: Thank you very much.

Peace be with you my dear one.

Paul: And with you.

Sarah: Good evening to you.

An old name I know. This name goes back through the generations and is a much-loved name. Yes, this one is an old soul.

Sarah: That's interesting. Thank you.

Go in peace and love my child.

Mark: Hello.

Yes this one and I have met before.

Les: Is that so?

Mark: Can you say anything about it?

My son, do you remember the name you have been given?

Mark: Yes Raul you mean?

Yes, I work closely with him. I have been to you in sleep, I feel your spirit coming up through my hands.

Yes, your guide and I are closely linked. Therefore should you call on him, I may not be far away.

Mark: Thank you for your help.

Go in peace my dear one.

George: Thank you for being with us this evening.

So much love here for his family and for others connected with him, both in spirit and on the earthly planes. This one will surely have a golden crown one day. Much love goes with you my son.

George: Thank you.

Les: And finally Margaret.

Finally, they say finally! (Laughter) Oh I like this one.

Margaret: Thank you very much.

Yes, you bring joy to people, even though you might not be aware of it. And because of that joy, your soul burns like a bright beacon in the dark days.

Margaret: Thank you.

You too my child, will wear a crown of gold.

Margaret: I hope I'm worthy of it, thank you.

Do not detract from yourself.

Margaret: Thank you very much, thank you for coming.

And now for you! (Les) Not finally for you, not finally for the lady, but finally for you. So much has been said to you, every word of it the truth. Without your guidance, this group would never have materialised and the work you do, would not have occurred. Although you have been taught that lives are mapped out and it was written you would do this work, it is your greatness of spirit, which has made the work as important as it is. Without you my dearest one, things would be very different.

Les: Thank you very much. I too shall try to be worthy to what I have been given.

Now I leave the serious part behind. I have so enjoyed being here and speaking to you all, but I need to return to run through the wet grass. (Gentle laughter) It recharges the batteries and enables me to continue with the serious side of my work.

Les: Of course.

But I have loved being here and I still cannot believe that you knew all about me. I shall have to make sure that next time I come, I am in disguise! (Laughter) And then we will see how clever you are!

Les: Not at all clever—oh and Sister Rosetta—

Ooh! Goodness me! (Exclamation at Les knowing her name)

Les:—there's one thing before you go, would you tell Sister Angelic—and please tell her I pronounced the name 'Angelic,' and not 'Angelica,' as people used to call her and she got very annoyed at that—that she did not need to do penance, when she looked into a mirror.

Well?!

Les: I know you will see her, you have many a laugh together.

Well I was going to name myself as I went, but I don't need to. I cannot believe this man. (Giggles) Make sure you don't have any secrets because he'll find them out. (More laughter)

Les: I can only get what I'm given and it's never anything to embarrass anybody.

I am only joking, I am well aware of what you are given, but goodness me when you are on the receiving end it's a bit of a shock. I will go now.

Les: Thank you again for your company.

I hope I can return, (Enthusiastic replies) and we will see how long it takes you to discover me next time.

Les: That's a challenge, isn't it?

On a more serious note now—if you could bring our dear lady back, so that the channels can be cleared properly. I give you all my love and will think of you all and hope you may think of me sometimes. To the gentleman named Mark, I say should he need to call upon Raul, I will not be far behind.

Mark: Thank you.

(General thanks and fond farewells)

~14th April 1997~

Good evening. *(Welcomes)*

Dear friends, I thank you again for your warm welcome. Before I speak with you, I would like to say that next time, there will come to you someone of interest I am sure.

Les: Thank you very much indeed.

I cannot say at this time which instrument will be used, but be assured that there will be much for your attention.

Les: I'm sure there will be and we'll look forward to it again.

If this one is not to be used, then again I will take the opportunity to work with her. But we will wait and see what conditions prevail.

Les: Yes we do understand that these things can't be decided accurately, because of varying circumstances.

This one here is being trained to much higher degree than at first we proposed to use her, but since my coming to you, she has grown so.

Les: She has, hasn't she—we've had some excellent information through her from your world and we're all very, very pleased about it.

Now dear friends, let me speak a little this time. We have been happy to see how many of you on your Earth at this time, have been interested in what is happening in what you term your *space*. (Yes) Yes, and in particular I know that each of you here, have been interested in what you term a *comet*. (Agreed) I would say to you this: If that powerful interest that you all show to things outside your planet, if that interest were to be turned *inwards*, in understanding the vehicle which you all inhabit, dear friends what a powerful force that would be.

Les: It would be, wouldn't it—incalculable.

I would say to you all only this: (Intense pause) When understanding, when knowledge is sought, when all that you wish and desire is turned towards knowing the self; then indeed are you beginning to know what you are about. (Pause) Friends, when that happens, all that lies beyond your understanding at this time, would belong to you in an instant. No longer would your skies be a mystery to you, because then dear friends, you would be part of it, you would become a living force within it; no longer would your skies seem to be a miracle, but become part of your very existence.

So friends, listen to me, turn your thinking inward, to the very depths of your understanding, reach out for that knowledge—and it is innate within you all, have no doubts about that and find the mystery within. Seek that dear friends and you will find all. Do you understand?

Les: Yes we do. We realise the difficulty of doing it of course, as you do when you tell us it's going to be difficult. But no doubt you would say: *If it isn't difficult, then it isn't worth attaining.*

If you are not prepared to *seek* and to *search*, then you will not *find*.

Les: Of course not.

These simple words I have given to you this time are the most important ones that I can say to you. Find your *true self* and all of the cosmos will fall into place.

Les: Is there any chance of us finding our true self, whilst we are in this physical body?

I answer with one word: **YES**. There is no reason why in this lifetime, you could not attain this—you my friend especially, amongst you peoples here. You have the ability; now you must apply it and you must endeavour to focus upon it to achieve what after all, you *know*. It is an innate knowledge that you came to this planet with and as you unfold, so should each part of you be filled with that knowledge. So to you all I say: **SEEK, ASK, FIND**—it is there for you, if only you should *take up*—shall I call it a *challenge*? (Yes) Now, have you questions this time?

Les: Well I would like to ask a question about what you have just said. I know we are all individuals and must lead an individual lifestyle, but is there any one overriding suggestion you can give us, as to how we can achieve this inward searching? Bearing in mind that we shall still have to continue living our existing physical lives?

You cannot free yourself from that daily living, of course you cannot. But in your quiet times, and I know most of you try to seek those quiet moments in your daily lives, but I have to tell you *dear friends*, that to find that inner self, you need to devote more time, *more of your physical time* I say, to finding the true spirit within. You cannot achieve what is *greatness*, if you are not prepared to sacrifice a little of your daily living. So in answer to your question this time, I would say to you: As you look towards the stars and planets in your skies, look inwards to yourself and find that *eternal flame* which you are, because dear friend, you are brighter than the brightest star. You have to visualise this first. You understand?

Les: Yes that certainly has given us something to guide us with. The other question I would like to ask is: Presuming that we are trying to achieve this in our physical life here, are we helped in so doing, when we visit you at night, during our sleep?

You would be given instruction yes.

Les: So it would help if when we go to our sleep, we could concentrate for a few quiet moments before we do sleep, and ask for guidance when we come over to you?

If you ask, there are many who are waiting to help. You need the help from our side of course.

Les: So we can ask for that, knowledge that we are going to receive it, even though we may not remember that? (Yes) Good and that would be of benefit in our physical attempts, to do what you have suggested?

In seeking help from those with *higher knowledge* shall I say, you are allowing yourself to *open* and for that knowledge to come forth and greater knowledge to be given in instruction and help.

Les: Thank you very much indeed. I must say and I'm sure my friends agree, that gives us more hope that we shall be able to achieve what you have suggested. We know we shall be helped in it.

Remember you are all individuals of course, but also remember that you are *spirit* and much is available to you, if only you will *throw off* the *confines* of this *physical body*. That is the problem with you humans, that however much knowledge you attain, you *still cling* to the knowledge that you have these *physical cloaks* which surround you and which some of you feel to be a *protective cloak*. Dear friends I tell you this, these protective cloaks are a *hindrance* not a help. Throw them from you when you can—when the opportunity comes, take it, take the help that is offered to you all, from those close to you from our world.

Les: Right we shall certainly do that.

***Seek and you will find*. Those words should *ring true* to many of you, they have been said many times on your Earth plane and I would like to reinforce them for you, by saying they are *true*, but *you* must be the *catalyst* in *seeking*. **YOU** must do it—we cannot do it for you.**

Les: No I think I can say, to use our modern expression, you have pointed us in the right direction. I don't think any would disagree, would they? (*Affirmed*) So we thank you for what you have said.

I wish I could show you a mirror image of what you *truly* are. I *hope* that one day when I come to you that you will say to me, I understand your words now, at last I have attained what I needed to know. I know and understand myself as I truly am. (*Pause*) The day will come.

Les: Good. Without wishing to seem conceited, I believe I have been on the fringe of that understanding several times.

Dear friend, although you feel your knowledge is great, which to many within this room, your knowledge seems expansive, and to *them* it is. I would say to you this dear friend: You have grown much and that growth has happened in your latter years. I do not speak of knowledge that you have gained in earlier years. The knowledge that has come to you latterly has been an instigator of learning much more. You are now if I can put it to you this way—you are approaching a *gateway of knowledge and self-instruction*, which even you had not imagined. You are on the threshold of much knowledge and I say to you, that we are helping you forward in as many ways as we can, because part of what you have been sent here for, is to instruct others in the knowledge that you yourself have gained. And dear friend I say to you, you have worked *well*.

May that infinite energy which surrounds you all encompass you as you go forward, in that search for ever-lasting life.

Les: Well it's going to be incredible when we do understand it. I thought I knew quite a lot now, by coming over to you, but obviously I know very little.

I do not say that to make you feel as if you know little, but to help you understand that there is much greater things ahead of you.

Les: Yes it's very nice of you to put it like that, I wasn't suggesting that you were criticising me in any way of course, but I just can't imagine the beauty that *is* there to be discovered, if what I already have experienced, is almost nothing.

It is but a *twinkling of the eye* what you have experienced. Wait until you see the full beauty of what lies ahead. You have much to give, much knowledge to impart and dear friend, much good advice, because sometimes we see too much eagerness to begin with and little *patience*. But that is something all you peoples on this planet Earth, seem to be afflicted with and I do not say those words unkindly, but when you know yourselves as you will eventually, then you will learn and understand, that *patience* is indeed what you term a *virtue*.

Les: Yes at the moment you're quite right, it is an affliction.

Now I will leave you this time and I will say to you, that you may find in the weeks ahead, that there may be changes as I use this instrument, because I am working closely now with her and we are making good progress.

Les: I'm very, very pleased to hear that, thank you. Just two quick things before you go. I spoke to you a little while ago about a certain person who was coming, (**Yes**) she accepted the instructions quite cheerfully and is prepared to wait.

Yes it needs just a little time.

Les: Yes she's quite happy about it and the other one is that I would like to thank your colleagues—I'm sure you know about it, for the information my American friend was given, during her visit this weekend. It has made her feel she is still part of the group.

I have said previously, that once the connection is made, then we do not let go easily. You may stray, you may wander, but always you will return.

Les: She was really, really thrilled with what she got—quite unexpectedly too.

Yes, she has much she's got to offer herself, but we have to wait for that one also.

Les: Yes again it's a question of waiting, isn't it?

Yes but as I have told you, *time* is irrelevant to us, it always will happen, if not in this lifetime, then perhaps in other ways. Now I must leave you.

Les: Yes, sorry I detained you.

No—I leave you all and I hope you will think upon my words this time. I will try to help you in your quiet times, in trying to seek your *true selves*, but you really must give *time* to it.

(Thanks + farewells)

There then followed one through Sue:

Good evening to you. I have not been waiting to speak, I have been with this one and we have been working together and I speak to you now, only to say that we will be closing this meeting now. I would

say just a few words before we all leave you to resume your earthly life this time. I am sure you are all aware that the power of Love is a great power.

Les: Yes we are sure.

Are you aware that when someone is surrounded by and giving out love, they and their surroundings—the area surrounding them, is lit as if by a thousand candles. Have you been told this?

Les: We have been told that we do radiate light and that it is very strongly seen in your world.

I have to say that there is so much illumination surrounding this one. We are preparing to utilise the light which exudes. You may say it is like a generator, is that the correct word?

Les: Yes that is correct.

I apologise, but it is not normal for me to use such words.

Les: We quite understand. But you're quite right your instrument is like a generator. And you're able to use that light, are you?

It is linking with ours—it is a chain of light, which eventually returns to the source. Each link is forged by love of incoming and outgoing.

Les: And I believe that light surrounds everybody here too, is that right, to a greater or lesser degree?

Of course, you cannot have love, whether it be spiritual or physical, without illumination. Each one here is a source of light and each one here, links with another and the light grows stronger. I do hope my words have been understandable to you.

Les: Yes perfectly clear thank you.

And you have gained a little knowledge, or if not gained knowledge, have heard again from another, how powerful love can be.

Les: Yes it does confirm what we have been told several times and it's very nice to have the confirmation.

We just wish to uplift you all and let you know how much good you are doing to yourselves and others.

Les: That's kind of you to let us know that, because we are I might say, more concerned that we should be able to do it for others, rather than wanting to do it for ourselves. We know that they can't be separated, but the prime motive is that we should work for others.

Now the Spirits here this time will take their leave. You are aware I'm sure, that there are many in this room, as I speak.

Les: Yes we are sure of that now and we're very grateful to them, for all the love and the power they bring to assist us.

There is much happiness here this time and we all take our leave of you with joy in our hearts. I say to you, walk on the paths you are treading now and your days will be fulfilled. I leave you to close in the normal fashion and say to you I will return, if you will allow me to do so.

Les: Please do, we shall be glad to welcome you again.

I hope to be able to talk to you in more detail, about the interlinking chains of love and light.

(Thanks + farewells)

~21st April 1997~

Salumet had told us he would not be speaking this week, but that there would be another of interest. The first communication came through Eileen:

(Welcomes)

Good evening all. I come only to instruct you as to what we would wish this time.

Les: Thank you.

The little lady will be used this evening and in doing so, we would request some changes within the room please.

Les: Certainly.

Can we use the lady that you know as Lilian, to be placed at the right hand side of the instrument please? I will remain with this one to offer help. You must allow a little time for the communicator to come to you and we would ask that each individual within the room, concentrate on the eternal flame of Light, to increase the power here, to help the little lady.

Les: Certainly.

We hope that she returns to you, without any problems. We are sure she will, but just in case, will you help her please?

Les: Yes of course, we shall bring her back very carefully and quietly.

We have to say to you how pleased we are, with how she has grown.

Les: I'm glad you are, because we certainly are.

Yes, she has much to offer and in this respect, we wish to use her more. So this evening is one of those opportunities in which to do so.

Les: Certainly, well we shall look forward to hearing what is to be heard through her.

It may be that at times I will interrupt if it is necessary, in order that we can sustain the power for her, but I will speak only if need be.

Les: I understand and thank you for your help and co-operation. We were told to expect someone else this evening and we haven't been courteous enough to welcome you yet—we do so now.

I thank you, but there is no need, I feel your welcome without your words. So I say to you, please let us carry on and please do all of you concentrate, it is a lesson for all of you, a lesson in concentration of your minds.

Les: We understand. Is the light in the room satisfactory?

We will leave it so, but if the communicator is uncomfortable, no doubt we will tell you.

Les: Right. Thank you.

The communicator then began through Sue:

After the usual welcomes and a few adjustments, we were taken on a guided meditation:

If you are ready, I would like to take you on a journey through one of the realms, from which I have travelled.

Les: We would be very interested in that and should be happy to journey with you.

May I just request that should the vocal chords begin to fail, then the lady seated beside the instrument, could place her hand upon the back of the person.

Lilian: Yes.

Les: Of course and is the light satisfactory for you, or would you like less?

At the present time, everything is conducive to my being here.

Les: Splendid.

Now, I ask you to imagine you are all clothed in a long robe, tied at the waste with a silver chord. Each one of you is dressed in the colour which you have been given previously, as the colour of your life. Are you aware of what I speak? (Affirmed) So we begin our journey. You are barefoot, there is no need to have your feet covered. You are walking upon the softest and most delicate moss. Feel it going between your toes and feel the energy from it, travelling upwards through your limbs. Feel it as it reaches your solar plexus. Feel the energy as it travels upwards and rests around your face and head. Slowly move forwards—we are now passing through an arbour of trees, which are bending towards the centre, forming an arch, through which the love of the Creator, is dappling through, like sunlight playing on the waters of a lake. As you pass through these trees, reach out and touch the bark of them, either side of the pathway. Feel its softness and listen, as it speaks to you, as it speaks the age-old words of wisdom of the soil. We are now continuing forwards through these trees, into a meadow. The moss has now given way to lush green pasture. Feel it as it sweeps past your ankles. Feel it as it wraps itself around your feet, pulling you down into the Earth's surface. And now continue slowly. Ahead of you is a magnificent rose tree, larger and more abundant than ever you would see on this Earth that you dwell upon. I ask each one of you, to take a rose that is growing there, the rose of the colour of the robe you are wearing. Be very careful not to take a colour that does not belong to you. Look into the depths of the petals, listen to what it has to say to you, accept the love that it brings and let it flow through your fingertips, until it goes down into the Earth's surface and once more springs to life, as a separate rose tree. Look around you, can you not see them growing as I speak? Now, continue walking. Ahead of you, you should see a

gateway. There are four steps leading upwards. I ask you to climb these steps and wait for me at the entrance—(Pause)

And now we go through—each one of you I ask to stand before one of the windows that are on either side of the room in which you find yourself. You will know which window to go to, because the rose you have picked will be there in magnificent coloured glass—and go to it. There are enough windows for each one of you, regardless of whether you have the same colour rose held in your hand. Now, turn and face the window and look through the panes. Ahead of you, is a shining pathway. Step through your window and stand at the beginning of your life. Everything that has passed since you were first birthed on this Earth, can be seen in the first few feet of your path. I ask you to look beyond that—you should see a glowing light in the centre. Concentrate I say to you, concentrate each one of you, on the centre of that pinprick of light and watch as it slowly spreads outwards, until it becomes a glowing orb. Reach out your right hand and place it beneath the light. Let it wash over your fingers, until you feel you could lift it, as you would a ball and slowly raise your arm until it is above your head. Now slowly bring your hand down, so that the light may come over you like a cloak of starlight. Feel it, feel it as it tingles over your skin. Feel it, feel it as it becomes part of the robe which clothes your body and feel it, as it sinks past your feet and sinks back into the sacred soil and watch, as that light becomes a parallel pathway to the one already at your feet. My children, this is the pathway given to you, to follow all the days of your life and in the life to come. You will surely recognise it as your years pass. You may stumble, you may feel that you have gone on a diversion, but know in your heart that you will find it and continue in the direction it leads you. Put that pathway deep into your heart and remember its existence, when times are especially hard and decisions you have to make, seem never-ending. That pathway is the pathway of light and love and will lead you ultimately, to the end of your rainbow. Now, turn from it and walk back through your window. Now, lay your rose at the bottom of the glass. Stand and walk towards the doorway from whence you have come. Go down the steps and wait for me to arrive. Now we walk back to the rose bushes, which you should see have grown magnificently, in the time you have been gone. Take a rose of your colour from the new trees, and walk back beneath the trees of the dappling sunlight. Listen as the leaves give you their blessing; and onward until you feel the velvet moss between your toes. I ask you to reach down and push your hands into it, until they are covered up to your wrists. From this moss, you will now have the strength to continue back into the earthly realms, from which I have just briefly taken you. Place your hands together, in supplication and offer your love to the magnificent Creator of all things that you have just seen and all things that are yet to be seen. Look at the Eternal Flame. Feel the power as it wraps itself and protects each one of you. And ask only that you may continue to do the will of that great one, whose name is different to you all.

I hope that the journey we have been on together this time, will remain in your hearts and minds, so that you may call upon its memory in times of stress, in times of unhappiness or trouble and know deep, deep in your heart and soul, that there is a magnificent and overwhelming life yet to come.

Les: We thank you for what you have said and for where you have taken us and for the marvellous spiritually emotional journey you gave. I'm sure it will remain with all of us, as you have said.

It is a small token of love and gratitude, for the work done in the name of that great spiritual love which encompasses us all. I thank you for giving the opportunity to come and ask that because of the emotions in the room in which you sit, that you finish your time quietly and allow this instrument of peace, to return to you.

Les: Yes we shall do that.

I offer you the love of the spirit. May it enter your souls and reside there for all eternity. Until we meet again, farewell.

Les: I hope we shall meet again. Farewell to you my friend and God be with you at all times. Goodbye.

Sue returned in the normal way and Les then returned to his chair expecting to close the meeting, when one came through him quite unexpectedly:

I talk quietly my friends, not to disturb those who are still with us here. You can still hear me I trust?

(Affirmed) I come only to thank you for your silence and your patience during that journey, which though

seemingly simple, took much time and effort to prepare for you. As was said, it was offered as a token of love for the work you do and for the work which all of us hope that you will continue to do in the future. You have had but a little glimpse of the magnificence of Creation that awaits your passing in the course of time. And that magnificence that was explained was only in what you would term the middle realms of existence. I cannot be more explicit in explanation, but I think you all know what that means. It is but a stepping stone to the true magnificence, the unimaginable magnificence of ultimate Creation. You have this to work towards—do not neglect it I beg of you.

And now those who were instrumental in bringing power for the Master who spoke to you this time, are able to return without discomfort. So I bid you farewell and trust that your journey will remain always in your conscious mind. As was said to you, call upon it in times of pain, in times of distress, in times of doubt, in times of uncertainty; it is there for your strength, do not forget that.

George: Thank you, we appreciate your words and your message. (Agreed)

God be with you my friends, may life be good to you, but you have much better to look forward to, always remember. I bid you farewell now and again thank you for your quiet and your patience, God be with you all.

(Thanks + farewells)

Les commented that so many were gathered and helping during this evening and he joked that he felt like a little errand boy, after the two communications.

~28th April 1997~

Good evening. (Welcomes)

Before I speak with you this time, I would ask that you all devote one minute of your time, to ask for help and guidance for this your planet please. Can we join together this time?

Les: Certainly, will you lead us please, in your request and we will follow you.

Great Creative Force, from which we all come, we offer ourselves in the hope that we may be shown how to extend our love, our knowledge, to this the planet Earth. We ask that wisdom may reign, in order that all of mankind be lifted once more, to the realm of GOOD. In this we ask your blessings and for that, may we offer ourselves, as vessels of LOVE.

And I thank you—I know you will be shown your individual pathways, to continue to spread love throughout this planet. I hope that you found the last time to be interesting for you all.

Les: We certainly did, it was a wonderful evening and we thank you for it.

I do not wish to speak on any particular topic this time, so I will say only if you have questions, I will try to answer them for you.

Les: Thank you, if as usual I may begin: The *little lady* as you call her on your right, has as you know given everybody here their life colours, as instructed by those in your realms. She herself has not been given her colours and we wonder whether you would be able to do that for her?

It is not something I would do normally, but for this one I will. I would say only this: That she was *impressed*, but was unable to gather the information given to her. There is no fault in that, so let me reassure this little one, that she is not excluded from such information. You of course all know that the colour and the individual given to you are spiritual colours and not the auric colours that surround the physical bodies.

Les: Yes we do.

Was that fully explained to you?

Les: Yes we do understand that thank you.

You understand that the colours which surround the physical body are ever-changing, but the colours that each one here was given, is their own spiritual colour, dependent upon their own spiritual growth. You understand?

Les: Yes we do.

So I say to the little one, because she is in a transitional period of her spiritual development, is not one colour, but it is pink, bordering upon the purple hues. You understand?

Les: Yes thank you.

This one has grown much in recent years of your time, therefore her spirit colour is also changing.

Les: Yes we understand that.

The one who is her spiritual mentor, goes by the name of Veronique. But she will I believe answer to English name of Veronica. It is entirely up to the lady, which name she uses.

Les: Thank you, there's an interesting aside there—before we began the meeting, I thought this might not be your province and I was asking if they wished to give her the colour, would they like to do it through me and I was getting pink, but I was not getting it strongly enough, so it stayed there—

Because of the transition, you would have been confused by seeing only one colour. It is a blend, which is in the change into the purple hues, as you would know them. I have to state dear friends, that these colours are given to you for your own understanding, belonging to the colour schemes upon your Earth. But in fact they would not be truly recognisable to you, when you are truly spirit, because they are more energy than colour. I do not wish to go further, because I believe you would not fully understand. So I hope she will take the name and the colour and know that we are here to help, in all ways possible.

Les: Yes I'm sure she'll understand and of course thank you very much for what you've said. The other question is one I've been asked by somebody to put to you: There is a fraternity, I can only call them that, who follow basically what you teach us, and it is known as the *Infinite Way*. I was asked to ask you—this sounds rather presumptuous, whether you know or know of a *Mr MacDonald Bain* in your realms. He was associated with the Infinite Way teachings, has written a number of books, was said to be an excellent healer and a very knowledgeable teacher. I read one of his chapters and I would have to disagree with quite a bit of it unfortunately. But I put the question, since I was asked to do so.

I dear friend have said I do not come to answer individual questions as such, I come to teach you on a greater scale. Let me say only this to you: There are many pathways to our world, there are many ways of teaching, under different names. It matters not what each group calls itself, it is not even so important what those teachings are. What matters most is that each individual, in whatever pathway they choose, *finds himself, FINDS HIMSELF*. I stress those words, because each individual upon this Earth, upon this planet and in others, has to find their own way *home*. So if you are seeking my approval of what one individual has taught, of what they have shown whilst alive or in spirit, I will not comment upon this, because there are vast and varied peoples, ideas, thoughts, religions—I could not cover them all in one session with you. I therefore say to you, however great you think one of mankind has been, however great you may think another's teaching, they are after all, one individual who is part of a whole. That dear friend is where your religions in your world have fallen down, because they have revered single men, as if they were special Gods. You understand?

Les: Yes we do.

No one man has all knowledge. Each individual must find a pathway which is right for him. Remember my words, '*Judge not;*' judge no other man and you will truly find yourself. Until mankind reaches this understanding, there will always be saviours, holy people, gods that men will revere, and you must push to one side all of these people, because although there are many great ones who come to help, they look not for adoration, nor do they seek publicity. Do you understand?

Les: Yes, I tried to explain that very thing to the person who wanted me to put the question.

Of course, if they so seek and desire, they can sit with an intermediary, a medium who may or may not give the information, but I would say it is not important.

Les: I would agree completely, I thought it was pointless, but I didn't want to upset the person, so I said I would ask.

I do not wish to seem frivolous in replying, but dear friends, there are so many more important things to discuss.

Les: Yes there are I quite agree.

And as you know, our time together is so limited, that I feel that my time spent with you, should be devoted to helping you all to grow, to enrich yourselves with knowledge and to bring to fruition, work that is meant to be. I hope you understand, I hope my answer is enough for the questioner and I hope that all of you, *all of you*, will think deeply upon my words and look into yourselves, for any knowledge or understanding that you need to bring to yourselves—your understanding of the teaching of others.

Les: Yes, I ask because he *is* trying to find himself, but I think he wanted to make sure he was on the right path.

If the words of the individual strike a note within his heart, then let him follow that pathway. He will know, he will have that innate knowledge, if it is the correct pathway for him or not. You all have it, *you all have it*.

Les: Yes, that is why we are all here, for your teaching, isn't it? We know this is our pathway.

That is correct and so it must apply to each individual. You must allow others to find their way back home, in whatever way. Do not say one has more knowledge than another, because how do you know?

Les: No you can't. I will pass your words on to him and I do thank you for it. If I hadn't known he was sincere, I wouldn't have asked even.

No, please always ask. I do not always promise to give you the replies that you seek, but I hope that I bring you much to think upon. And I hope that my words always will be truthful to you and if I do seem evasive at times, it is not meant to be so, but as I say, there are too many important issues for us to deal with.

Les: Of course. Do you wish to take more questions?

I will take one short one this time and then allow another to speak, whilst we continue with this meeting.

Les: Thank you. Has anybody a question they would like to ask Salumet?

Jack: Yes I have actually Salumet. Can you tell me—I seem to find myself very angry about a lot of things that seem to be a bit pointless. Basically about the way people behave to each other, to the animals, to the birds. It ends up in frustrated anger and doesn't actually get me anywhere and I'm sure the energy expended on this anger could be better directed. Could you advise me please?

Yes my son, might I suggest that you listen to the talk that I gave to you on the use of energy? (*Use of energy has come up several times before, e.g.: 06/02/95 + 24/06/96*) In those words you will find that anger is negative as far as energy goes—you are drawing it back to yourself. May I suggest that you speak with this one here, who leads you well—to listen to the words I have already spoken? Can you do that please?

Jack: I will do, thank you.

Your motive is good, but you must not allow it to turn to anger, because negative energy will turn inwards and you must not allow this to happen. Use it as positive energy, to send out loving thoughts for change. Can I ask you dear friend to do this for him?

Les: Yes of course I will.

We did speak quite a lot about energy and the way that it must be used.

Les: Yes you did and I will find what you said.

If still you are dissatisfied with the answer, then I would say to you, ask again and I will try to enlighten you further.

Jack: Thank you.

Now, I leave you this time, I feel your love and thank you for it. I say to you all, that soon I will give you because of your dedication, a little more knowledge of your previous times together, as a little light—how would you say, '*entertainment*'? (*Exclamations of delight*) I know you all have pondered well and deeply, but I have to say to you, not very successfully. (*Gentle laughter*) I leave you with those words. (*Thanks expressed*)

There then followed a much-loved one, who had visited us before, through Sue:

Les: Welcome to you and greetings from us all.

Moon Feather.

Les: I know Moon Feather, it's wonderful to have you here again. I was just about to say your name when you gave it. This is a very pleasant surprise.

Say only few words. This one is not ready for me this time, but I come soon, when we have been together and will speak at some length.

Les: We look forward to hearing you.

Need practice though. Come this time to say only that whilst you have been speaking to great Master, a silver chord has been placed around each of peoples here. (Thanks expressed) Have heard of this before I know.

Les: Yes we have heard of it and we appreciate it again.

This chord has no beginning and no end. It surrounds you and holds inside spiritual Light.

Les: Thank you very, very much again.

Others not in this room also have silver chord. These peoples most spiritual peoples and are soon to join this group.

Les: Good, we're very pleased to hear that and we look forward to the knowledge that they will bring us.

Meeting now coming to close, White Feather would like to say closing words if you will permit?

Les: We shall be very pleased if he would do that.

Please to take your seat.

Les: Yes.

May you all keep running free in the Light of the Great Spirit of the skies. May the wind enrobe you, may the skies and the Earth be your blanket. Great Love can be felt in your very breath. Keep running freely and you will be forever blessed.

Then he spoke in his native tongue:

Highshcarventagan Eecarganstvah Eecarganstar Mongcarba Mongarva Moongarvah.

Until we meet again, I bid you farewell from Moon Feather.

Les: Thank you to you both from all of us. We thank you for the love you bring. Our love goes with you both. May the Great Spirit bless you always.

During our usual chatter after the meeting closed, the subject of anger was again referred to and Sallie expressed her sadness, to think that many beautiful lambs she sees in the fields each day, would probably be slaughtered for food; she could not understand people doing this. Our unseen friends had as usual been listening, and one decided to join the conversation, via Leslie:'

May I please join this conversation of yours? (Enthusiastic agreement) You, my friends are falling into the common trap of looking at one side of a question only. It is not so important that it is wrong to express anger, what is important is what you should learn from that expression of that anger, and the strength you should achieve, through being able to curtail that anger, until the time comes, when you feel no need even to express it. You have heard it said before now, on more than one occasion, it is wise to learn the difference between emotion and compassion, have you not?

Jack: Yes.

You do not sound too certain about it, my friend?

Jack: Yes, yes I have been.

If you have anger at the things you know to be wrong and justifiably know to be wrong, you have not learned the lesson.

Jack: Right.

You should exercise compassion. Does your anger do any good, towards alleviating the suffering, which distresses you?

Jack: Well you see I've always felt that anger—

You do not answer the question please.

Jack: No it doesn't, no you are right.

Thank you. So it is pointless to express anger, even to consider anger, is it not?

Jack: It is —

It is a negative action, as was said to you earlier. Now, is that not sufficient my friend, for you to build upon?

Jack: Yes I think so.

When you feel anger entering your thoughts and perhaps clouding your judgement, as to certain activities—and I say that because you do not always know the reason behind the activities, which have caused you anger, do you? (No) So I think it would not be unfair for me to say, you are jumping to conclusions, in allowing your anger to express itself. Is that not so?

Jack: It depends. I don't think so, because sometimes the actions are so clearly wrong, I don't think I'm jumping to conclusions.

My friend in what way are they so clearly wrong?

Jack: People starving, animals being tortured, all sorts of things. I don't think there's any justification for it.

Why not think there is justification?

Jack: I don't know.

Ahhh!

Jack: Because it doesn't feel right—

You have answered the question haven't you?

Jack: I believe I have yes.

You don't know?!

Jack: Still doesn't feel right though.

I'm not disputing that, but it is emotion and not compassion.

Jack: Correct yes.

So have we progressed do you think?

Jack: I believe so yes.

Splendid, splendid, do you think then, that you can control your anger, which serves no useful purpose?

Jack: I shall certainly try.

And rather look behind the activities, which distressed you, as I said and attempt to seek an answer as to why those things are happening—not achieve anger within yourself because they are happening. You understand?

Jack: I do absolutely yes.

Does that help you?

Jack: It does yes.

That is the reason I am here, not to criticise—

Jack: No absolutely—

—but so far as I am able within my limited powers to help in your problems.

Jack: No, it does help, certainly. It's something I've got to sort out myself, but it does help.

I am pleased—no, no, no, no, no—you do not have to sort it out for yourself. Here is the physical human arrogance once again. What do you think we are here for, but to help you?

Jack: That's true yes.

So if it's true, why not take advantage of it?

Jack: Okay, I'll do that.

And when you find it difficult to arrive at a conclusion or an opinion then call upon us. You have been given a name have you not? (Yes) Then have you used it?

Jack: I have.

Then use it again, as many times as is necessary, for you to recover a sense of balance within yourself, which would affect your spiritual, as well as your physical outlook. Do you understand? (Yes) You are becoming in some respects my friend, too—how shall I put this in your words—you are looking through only one doorway. You miss the others, which are open for investigation. Do you follow?

Jack: I do yes.

Good, good. And the lady who is distressed at the thought of suffering of lambs that she passes—again I suggest madam, look upon those scenes with compassion, not emotion. Do you follow? You become too emotionally involved in things, which you cannot control.

Sallie: I do try to be compassionate about it, but I also think that I can help influence.

Then certainly if you can influence, do so by all means. But still exercise compassion in your seeking to find the answers to things which distress you.

Sallie: Yes I will work harder at that.

And recognise I would suggest also please, that you can never attain or achieve more, than is within your physical ability to do. Do you understand? Things upon this Earth are sometimes designed, to test you in ways of which you have no knowledge. This of course you would not know.

Sallie: Yes, I will concentrate to be more compassionate, but I don't think it's just me who's influencing things, I find I get so much help from everywhere, that I'm not doing it on my own really. Perhaps I'm being a bit too ambitious?

You do try to do too much on your own—that is the problem. You have roads, which you see ahead of you mentally, and you would like to travel them and see a perfect world, would you not? (Yes) All that you think should not be done, in your estimation, should not be done. You are if I may say with respect, and I say this in all kindness, a little intolerant of others, in things which are beyond your power to correct. Is that so?

Sallie: I think there's a tendency there, but I think I'm less intolerant than I used to be, I think I've improved.

This is possible—this is possible that you are, which is good to know that you are learning. But the intolerance still influences your outlook dear lady. Please try to correct that a little. I do not say this unkindly and your intolerance is not of harm to others, because it is contained within your own thinking. But nevertheless it is there and it is blocking to some extent, your spiritual progress.

Sallie: If one is intolerant and you work on it, so perhaps you are not openly intolerant and you try and contain it within yourself, because you realise you don't have the right to make the *judgement*—so therefore you try and hold your own intolerance in. What do I do with it then? How do I get rid of it?

Do not let it be created and you will not have to get rid of it. Is that not clear?

Sallie: Yes I think so, thank you.

Again we come back to compassion. If you think along the compassionate line, you will not create intolerance within your own thinking, because it cannot BE. And if it cannot BE, there is nothing to get rid of, is there? (No) It has been said many times so you all, for what you seek, look within yourselves. The answers are all there, if only you will think of yourselves as spiritual beings and not as physical representatives, do you follow? (Affirmed) Thank you for permitting me to join. (Thanks expressed) I trust it has been of some help? (Affirmed) Now I am called back, I am told that you have your own lives to lead and I must not intrude further. (Laughter + thanks)

God be with you my children, guide you and give you strength and do not forget that we ARE there to help. Always, always there to help.

Farewell my friends farewell. (Thanks expressed)

~5TH May 1997~

This evening's first communication came through Sue, who explained a few changes this evening and that Salumet would be speaking later. She then spoke to our new member of the group:

You are most welcome my son.

Barry: Thank you very much. It is a pleasure to be here.

We have been working towards this day for some time. You would be unaware I feel, of those that have been with you, in recent days. But believe me you have been well protected and guided towards this time.

Barry: Thank you.

With the gentleman's permission, I would ask you a question.

Barry: Please ask.

Are you willing to join the people here, who so generously give their time and their Spirit, to do the work of further realms?

Barry: I would gladly do so.

Your path here has been arduous and at times, we have been unsure whether you would be willing to give yourself freely to this work. But in recent times, your spirit has shone out like a beacon of light and we knew, as we surely did, that we had not got it wrong. We know you have interests in working with our doctors and for that we are most humbly grateful. But there is other work, which we would like you to do, in conjunction with this. You are what you would call, in your words, a generator, do you understand my meaning.

Les: I think a spiritual generator.

Barry: Ah yes I would understand.

In terms that may be easier for you to understand, you are a source of energy, a source of energy which we wish to tap into, with your permission.

Barry: Please tap into the energy, but please may I ask that you would guard me against forces, which would misuse this?

Oh my son, the protection that surrounds you and each one here, I could only compare to a suit of armour, impenetrable, impenetrable only by people who are not required, but an open door to the spirits of Love and Light. Fear not, you are protected not only in this room, but wherever you are and wherever you are likely to go, both in this world and the next. Fear not my son, you can only do good, if your heart is open and your spirit is light and we know we have been observing you, that both these things, both these matters, are well taken care of.

Barry: With that assurance, I will follow your guidance and thank you very much.

Could you please take me to the lady next to this gentleman?

Les: Certainly.

My child, there is a bond of power between you and the gentleman. I ask whether you would be happy to work with him in spirit?

Joyce: Yes I would.

This meeting of spirits has taken some time to occur and we know that it is right and proper, but would do nothing, without your permission.

Joyce: Yes, I'm happy to give permission.

Can I say to you, the light that exudes from this room, is soon to be a hundred times more bright and will light the pathways of all who enter here. This is a special time and one I am privileged to be a part of as a messenger of the spiritual light and love.

Joyce: Thank you.

You will feel at first no outward change of power, but in time the differences will become apparent and you will know when you are working in conjunction with our gentleman friend. You are an old hand at this, we know. You have been assisting us over your years, with an open heart and we know we have chosen correctly, in asking you to do this. Peace, tranquillity and the spirit of Love go with you.

Joyce: Thank you very much.

And you my dear one, are you happy to agree for us to use your home, to bring much-needed spiritual guidance to others?

Les: Not only happy, but extremely happy that you would do it, we all are. And we thank you for deciding to do it here.

The work that we wish to do will become more apparent, as your weeks pass. We will instruct you, as to the progress being made and give examples of what is happening and to whom. The Master will speak at length sometimes and will instruct each one here, concerning what is happening in this room.

Les: Thank you very much indeed and we're very pleased to know it's going to be so much more powerful for everybody, not only in this room, but to be projected outside of this room.

This little lady will be used, as I believe has been said to you recently, in a deeper and more complex manner.

Les: Yes it has been said, and we shall be very happy to help her in any way we can.

And let me say, with the new power in your room, in the new gentleman and our dear lady, will be of importance to her progression.

Les: Good, that'll be very pleasant for both of them and for us to see it.

I ask please, that until we instruct you otherwise, from now on, could your light in the room, be a little lower, at each of your meetings?

Les: Yes of course.

We do not ask for total darkness, but I slightly dimmer light, would be of benefit.

Les: Yes I shall see to that.

I would like to take this last opportunity this time, to thank you, to thank you for giving yourselves to the power of light and the spirit of love. There is much to be done and with your help, we can now begin a new course.

Les: Good, yes we were told it would be happening and we're very, very pleased to be a part of it, all of us, thank you my friend.

I give to each one here, a token of our love, in the form of a glowing orb, the colour of their spirit, which has been told to them. These colours are to be of importance in the weeks to come. So I ask that they focus their minds, in quiet times, upon their spirit colour given and it will assist us, to open the channels more thoroughly. May I ask before I go, is each one here aware of their colour?

Les: Yes they will be so, if not, we can refresh their memory on that. I was going to ask each one of them that question.

That is good. And now I leave you for this time, but will return to speak again, at a later date.

Les: Thank you very much. We look forward to that, God be with you.

Please bring little lady back slowly.

Salumet then followed:

Good evening.

All: Good evening.

Les: Thank you again for being with us.

Although there has been absence of words, I have been with you.

Les: Yes I'm sure you have, thank you.

I would like to thank my forerunner who imparted to you, words of much need, in order that we can go forward.

Les: Good. Yes we certainly look forward to it.

I have been working well this time, with this instrument. I am happy to tell you, that I now have full control of the body and now we seek to master the stillness of her mind.

Les: Good, very, very pleased to hear that and I'm sure she will be.

She will be aware this time, of some difference at the beginning of our union. But dear friends, let me say this to you: Thank you once more for your love, your dedication and your great patience in what we are attempting to do here. Each one of you is important; I don't want any of you to doubt that for one second. Each one of you is used, for the purpose for which I come. (Pause) I do not intend to say much this time, but if you have questions, I will answer one.

Les: I do, but it's rather complex, I think it might be better if I left it for another meeting. It has a great bearing on what you teach us, but it's a complicated question.

So, let us ask next time, if you are agreeable, because much energy has been expended this time; all unseen by you, but dear friends, let me assure you, that your help has been much this time.

Les: Well, we are all looking forward to a *brilliant future*, as we would say in this world.

I would say too that your future is *ever-bright*, do not doubt this. But I understand that you mean brighter whilst on this Earth and of course you are right. (Thank you.) I would say only these words to you this time, because I know some pose the question: *Why do we constantly seek your assurance and*

your permission, for things that we request of you? Because dear friends, we need to *have* your replies in order to continue our work, in the knowledge that each one of you, continues, continues to follow our ways, because all too often many peoples leave this work. So by constantly reaffirming your approval, we know that the work can continue unbroken. Do you understand?

Les: I do understand and I think I might say in all sincerity, I don't think I could *get rid of* any one of them, even if I wanted to. (*Laughter*)

I think I too can say in all sincerity, that I too would be loath to let them go.

Les: I think there's no fear of that at all.

So dear friends for this time I leave you, I leave you saying only this: Your patience will pay you in a manner which you cannot appreciate at this time; but what is to come, will repay you all a thousand fold. Each minute that you give to us, will be repaid in kind. (*Power + voice fading*)

May each one of you, be enfolded within the Love and Light of all that is Creative, throughout our worlds. May each one of you know that you are beacons of Love and Light.

(*Thanks + farewells*)

There then followed a merry pair through Sue and Eileen simultaneously, to help bring them back and lighten the energies. (Roger 'the dodger' + Prissy 'knickers') Priscilla reaffirmed before leaving, that this had been an important meeting.

~12th May 1997~

Good evening.

All: Good evening.

My friend, I hope you have been aware of my presence with you.

Les: Yes indeed and thank you for the healing you have given me. I've spoken to you many times.

Fear not friend, it is but a *hiccup*, that must be expected in many years of your life.

Les: Yes that's quite true. But I'm fortunate that I do know I receive help from you all. It's a great blessing.

Now let me say that this meeting time, there is much power with us this time and so we must use what is available to us. So I will take your question please and then I will tell you what we will try to do this time.

There was then a brief chat about light levels in the room and music, before Les asked his question:

Les: It's rather complicated, so I'll make it as simple as I can. You brought to us once a lady, who had had a particularly unpleasant death. She spoke to us for some time, in order to clear her memory of the traumatic conditions she had suffered, which came back to her, when she came into our '*memory barrier*,' if I can put it that way. (**Yes**) During the conversation, she said that that person, referring to the one whom she had been in the 1500's, when she had this unpleasant death, that person had returned in another form. It puzzled me that if she had returned in another form, she hadn't been able to clear her mind of the trauma, when she had returned at that time. Or was it that the facilities were not then available, as they are now, for that to be done?

No my friend, your thinking is just a little misguided. Let me say this to you: Remember there are many aspects to the soul, that there are many parts to the whole. When one aspect returns, it brings with it those memories closest to the time of existence, which it brings with it. It does not mean that the soul has not '*cleared*,' as you put it, those *conditions*, but only that returning to this dimensional time, that these memories come forth to the fore. So although the lady at the time said to you that she had returned, of course it was another aspect of the whole, of which she spoke.

Les: I wondered if it might be that, and my thinking was along the wrong lines. I was thinking in a physical sense again, of one being.

Yes, you have to dear friend, think of yourselves as more than one; if you are truly to understand yourselves, you have to know that like *Time*, you are many dimensions.

Les: This is difficult for us to understand.

You will never fully I do not think, but if I can help to clarify these things for you, then of course I will do so.

Les: Yes thank you, you have clarified it and again, I think it's one of those subjects which we have to accept, even though we don't understand.

Dear friend, you have to know that memory cannot be erased, it belongs to the same vibration of each lifetime and therefore is part of the whole. It is not erased, but it is shall we say, put into the correct slot of time. Do you understand?

Les: Well as I say, we accept it—I can't admit that we understand. I appreciate your question and how you put it, we can only think on it and try to let our minds accept the fact that it is so.

I cannot ask more of you and I know you will ponder it and at a future time, return with a new request for knowledge.

Les: One supplementary question I would like to ask, do those parts in any way interfere with each other in any way, during their existence?

They should not, but there are occasions when this can happen, but that is another topic for another time.

Les: Right, well thank you very much for your answer.

Are you happy with that?

Les: No! (*Laughter*) But I do accept that under these conditions, that that's the best possible answer you can give me and therefore yes I am happy with it.

I am pleased to hear your laughter, because it indicates to me, that you are not too serious about these deep-thinking matters. You must keep your sense of humour, when you ponder these things, otherwise dear friends, you can become too confused and then you do not understand at all.

Les: Yes I would follow that because I think it could become an obsession.

Yes, so think lightly when you think deeply, do you understand?

Les: Yes we do and thank you for the advice.

Now, for this time if you will allow, I will stop speech and tell you what we will try to achieve this time.

Les: Thank you very much.

I hope that some of you at least, will feel that the energy within this room has manifested this time, to a much greater degree, before the end of your meeting. Whilst we continue with speech, I would wish to sit quietly and try to project to you, something which I hope will be visible to your physical eyes. Do not try too hard to look and see, but allow yourselves to be lifted if you can, to that higher sense of knowledge and seeing, and we shall see at the end, what you have managed. I will try to help you all, as will those who stand close by you. And now dear friends, I will stop speaking now.

Les: Thank you very, very much. Our love goes with you, in case you don't speak to us again tonight. We'll see who's with the other lady—one of your colleagues I believe.

Good evening to you, thank you for joining us.

One then began through Sue:

I wish you good evening.

Les: And greetings to you from us all.

I will not speak to you too loudly, because I do not wish to interfere with the vibrations in the room, but with your permission, I would like to continue from where we stopped last time, when another was here with this one.

Les: Yes please do.

I would like to continue with the teaching of our new and most revered friend. Whilst I am engaged in this, I would ask you to please take your ease and sit. We do not wish you to tire yourself.

Les: Yes I will and as you probably know your instrument's voice is being recorded, so we can listen to it quite effectively later on.

I would ask please for a little assistance in standing, and then I will ask you also to assist me to the seat, so that the lady suffers little or no discomfort.

Les: Yes of course.

I would like to stand before the gentleman please. You hear me sufficiently my son?

Barry: I can.

During the days that you have been away from this room, we have been to you in your sleep state. We are much pleased with the progress made and although you are probably at this time unaware, your responses to our questions have been most pleasing. We are attempting to bring to you in sleep, the pages of a book; a book of learning. At this time you will be unaware of reading the words written, but I say to you, they will be taken into your spiritual mind, where they will be stored and will be of great benefit, to the work you will be shortly undertaking in this room. Now that we have told you that we are visiting you in your subconscious, are you still happy for us to do that?

Barry: I am—I have found more peace just recently, within my mind.

We are well pleased. I would ask of you one thing, before you retire at night times. Please to look through your eyelids as they are closed, and concentrate on the colour of your spirit, which you have been given. Try to imagine it as a pinprick of light, the colour of your spirit and let it gradually expand before you, until it fills your vision. When you feel it can no longer enlarge itself, allow it to slowly shrink back, until it becomes a pinprick once more. Whilst this is occurring, you should find that your mind clears and opens the doorway for us to enter, as you take your repose. Do not force anything. If you feel you cannot see your colour, worry not, it will be taken care of. But it will be of great benefit to both your physical and your mental and spiritual self. We have great things in store for you my child and know that you will help us greatly, to achieve these things. Do you have anything you wish to ask?

Barry: No not at this stage. I will follow your instructions and just simply await guidance and thank you for placing this trust in me.

My son, we thank you for opening yourself and allowing us to use you, in a manner, which will be of benefit to so many. Please to place your hands upon the top of the lady's. Now sit quietly and concentrate on the rose of the colour of your spirit and see if you can see it grow, into a larger and more magnificent bush. Place your hands in your lap, feel the power coming up through your feet and upwards, until it wraps itself around you, like a golden cloak. Peace be with you my child. We will visit you and speak with you and read the written words with you. And then your work will really begin.

Barry: Thank you.

There will be no more speech this time. We will remain here and see what occurs.

Les: Right, thank you very much. God be with you and our love goes with you also.

(The physical phenomenon mentioned earlier, was not successful on this occasion.)

~19th May 1997~

No Salumet this time, but another very powerful one came through Eileen:

I have been instructed to tell you this time that the one who normally comes, will not this time.

Les: I see, thank you.

I ask that all of you be open to the energies surrounding you. I have been instructed to tell you, that you my friend, the leader of this group, (Yes) would you please go around the group, place your hand upon each person's shoulder and allow them to feel the positive response to the energies available. There will be speech from one colleague, using the lady who sits here, but it will be short, because the energies being used this time are most important in our further work. Are you happy to continue in this vein this time?

Les: Of course, yes. Would you like me to start the work now?

Yes, if you would leave the communicator who will speak to last, it will give the power a chance to build. I ask only that each one here open their hearts, open their minds, open all to the Love energy surrounding each one. I am told that the one who normally comes to you, is in part with each one of you this time. And we do hope that we have positive responses from you all.

Les: Thank you. It'll be interesting to know what my colleagues feel.

I ask them not to fear, but to open themselves to love. In this way, there can be no harm come to them.

Les: Of course not.

We know that, but it is good to reiterate it from time to time.

Les: Oh we appreciate that you do. ***(Yes)*** Thank you for the instructions, I'm going to start work now. *(Leslie began as instructed, which seemed to last most of the evening, until at the end, the one through him announced: 'It is done master.')* Then the one through Eileen continued:

We thank you, now we will see the results of this time.

There was then a 10 minute interval, before another came through Sue:

We are completed, we are happy with results this time.

Les: Good, we're glad to know that.

We were concerned because there are people, who should be here this time, but this time my friends managed to achieve what was set out.

Les: That's very encouraging. Thank you for telling us.

We leave you now, to close as you normally do, but before you do your closing words, please to speak to each one here and ascertain that they are returned to this room.

Les: Yes of course I will.

Next time, we hope to bring to you someone who will be of interest and who will be working closely in this room, with the new partnership of energy. Do you understand my meaning here?

Les: Yes I do, we look forward to next week.

I now leave you with my blessings and say to you, much has been achieved and much more is going to be achieved here. This will be a seat of much learning and infinite power and wisdom.

Les: Thank you, I'm very, very happy to hear that.

This little one here, our dear friend, we are aware and will do what we can.

Les: Yes I'm sure you will, she will be very pleased to know that. *(Thanks expressed)*

Les then went round each sitter and we recounted our feelings. He said his hands were absolutely boiling as he placed them on our shoulders. There were various feelings of peace, oneness, being a part of something bigger, sensations around the head. Sue spoke of seeing energy being 'knitted' together. She also mentioned that there was something missing. She compared the energy to skeins of wool, coming together as a pattern, being knitted together, becoming a great big blanket here. All the skeins were being pulled in and knitted together.

This seemed to trigger another through Eileen:

Would you mind if I finish off the evening for you all? (General enthusiasm) I want to speak to the wee lamb. She's quite right when she speaks about the wool knitting together. The bit that's missing will come when it's all finished. Right, we're very pleased with all of you here, a grand bunch of people and that's all I've come to say to you. (Thanks expressed) So if you'd like to close the evening, I'll bid you all goodnight. (Thanks + farewells)

~26th May 1997~

No Salumet this time, but there were other communications, the first of which came through Sue:

May I speak?

Les: Good evening to you and welcome.

Before we speak to you this time, may I please ask of you two things? Please at your further meetings here, could we ask you please to no longer have the music used, if you would be so kind?

Les: Yes by all means, we haven't done the last time. But we will do without it each meeting now.

We will naturally advise you, if we wish you to restart with it.

Les: Yes of course, thank you.

And secondly, we would ask of you please, that the meetings here on this particular night, with the exception of your dear little one who has been absent for some time (Jo), with the exception only of her, we would ask you please, that until we advise you otherwise, we would ask that no others are to be included for the present.

Les: I quite understand.

I apologise if you feel we are taking a liberty in asking this, but it is of importance that the continuity that we have here now and the continuity that we have been waiting for, for so long, is not broken.

Les: Yes I do understand and it's not a liberty, I had come to that decision myself today actually, that nobody else would be invited or permitted to come, until we had permission from you.

In which case we are pleased that our thoughts were open to you and it has not come as a surprise, or a problem to you.

Les: No, it was quite a definite feeling I had this afternoon, with the exception of the little one, nobody else will be involved. So we're all in agreement on that.

She will return and will become part of the chain of 5. I say no more than that at this time, but there is an inter-linking chain of 5, which will be of great importance here. But please let me assure all our dear friends in the room that the part they will play, will also be of immense importance.

Les: Yes that I do understand too.

And now with your permission, I will leave this one and allow for one more to come, who wishes to speak to you this time. I thank you once more, for your understanding in the matters of which we have spoken and assure you that both requests are for a purpose and not lightly asked.

Les: Yes I do understand. You don't mess about, as we would say. There is always a reason for these things that I do know.

The next communicator followed—again through Sue:

I bring you greetings from our realms.

Les: And greetings to you, from all of us here.

Due to the absence of the one who normally occupies this space, we will not commence the work we anticipated starting, until she returns and 4 of the 5 are present. But if you are willing this time, I would like to take you on a path, which I hope will be of interest and give food for thought, at times when you are all away from here.

Les: Yes please do.

We were then taken on the following meditative journey:

Please to imagine that you are standing at the foot of a wide and brightly lit staircase. Remove any footwear you are wearing and be prepared to walk about these stairs. Step lightly upon the first stair and feel the energy creep through your body. Breathe deeply and prepare to ascend. As you walk up, look to the side, to the right-hand side. Look over the stairwell, there are young children stood watching you. In their hands, they are holding a silver chord, which links them together. See how they smile at you and wish you well, on your journey upwards. Look ahead of you, you are reaching the top of this magnificent staircase. In front of you, are doorways, with golden handles and a shimmering light around their frame. There is a doorway for each one of you. One at a time, I would like you please, to put out your hands and touch the handle of the door and enter it. In front of you, you will see a volume bound in the softest and most perfect Swede, emblazoned on the front cover, you will see your names. Reach out and carefully lay your hand upon the softness of the skin. Feel the energy within and know that inside, is all of your lives, before and after this moment. Reach out and slowly lift the cover, it will automatically open at a page significant to your lives at this moment. Some of you will be able to read what is inscribed upon the velum. Others of you will see nothing, but do not be disappointed or concerned, it is only that your psychic eye, is not yet developed enough to see the written word. Fear not, that which you cannot read, will be instilled upon your mind and it will be as if in sleep, you are reading the written word. From this page, you will get an insight into what is to come to you, in the future. Some of it will possibly not come as any surprise to you, but some will bring you great joy and amazement. In the corners of the page, you should see a magnificent illumination, of a rose. The colour which you should see will be that of your Spirit, the colour which now is well known to you. Watch carefully and you should see the 4 corner roses, expand and grow, until they are one large and truly magnificent bloom. Reach down and bury your face in its velvety and most wonderful petals. Take in the aroma, let it flow through you, as your blood surely flows through your veins at this time. Step back from the book, taking one last look at what is written for you, and know the truth and your lives to come. Gently return the book to its closed

state and look and see how much brighter your name upon the front has become. See how the light from it, illuminates the room you find yourself in. See how the light from your name, joins and dances with the light from the window, which is immediately on your right-hand side. Turn and look through the window and you will see a silver pathway that was shown to you previously. Look, look to the end. What do you see? What you see is what you will be and what you will become. Fear not if all you see is a pathway with no end and nothing in sight. As with the written word, your psychic eye is undeveloped, you will be given an insight into what you should have seen, not necessarily in picture form, but it will be impressed upon you, so that at some very near stage, you can say, 'Ah yes, now I know what I should have seen, and what I should have read.' For those of you that can see your pathway and see what is at the end of it, I say to you that is where your future lies and that is the way you must turn your footsteps and walk towards what you know to be right. Your minds may query, you may feel the information you have been given is wrong, but let me assure you and I say this in the strongest terms possible, what you see, what will be impresses upon you, is right. Now, turn from the window and look again, at the table before you. The book is no longer there, but in its place, is a scroll tied with the softest and most gentle material. You will see it is once again, in the colour of your Spirit. Reach out and pick up this vellum. It is yours to keep in mind and Spirit, through all eternity. What is written on the page, will be with you throughout all your life and into each plane of existence. You will take the written word with you. Guard it well, for it is your future. Now go towards the door, reach out your hand to the golden handle and open it and see before you, that most magnificent staircase, from which you have come. Slowly walk down the treads, taking care to step firmly upon each step of your pathway. Look this time to your left and once again you will see the children. See how they are smiling at you. They know where you have been and what you have been privileged to see and they are most happy for you. At the bottom of the stairs turn to face these children. Hold out your scroll and let them bind it with the chord, which is in each of their hands. And now bid them farewell, for your journey has come to a close, for this time. Replace any footwear you may have had, and I bid you farewell for this time.

Les: Thank you very much for what you have told us. We shall certainly memorise it to the best of our abilities. We say farewell to you and God bless you.

~2nd June 1997~

Good evening.

Les: Good evening to you. I apologise if I caused you any inconvenience.

Let me say my dear friend, thank you for your consideration, but let me say this to you: As we always are with you previously, we would be prepared for any unsuspecting light, so do not be too concerned if it be momentary. The problem arises with those who come to you, who are not fully prepared.

Les: I see, that's interesting to know, thank you for telling us.

So, thank you again for your consideration to us. Now I would say to you all: Again *thank you* for the love which I feel from you all. We are making much progress; I wish you to know this. I want you to know and understand that your thoughts and patience are being rewarded, if only but slowly in your time. But as I have said to you previously, TIME to us in our world is immaterial. But I say to you, we move forward quickly, in what we are trying to achieve.

Les: Good, it's certainly encouraging to us to know that.

This time my friend, if you will permit, I ask that we deviate a little from what we normally do. I know we do not have full attendance this time, but I would ask that each one of you speak with me, in order not that 'I' know, but those who join me, know how you feel and how you have grown spiritually since first I came to you.

Les: It's very pleasing to us to know that.

Are you my friends, prepared to individually speak openly to us? (*Enthusiastic agreement*) I want you to tell us how you think you have grown. Can we begin with the gentleman please?

Les: With me? (**Yes**) Yes, certainly. It is difficult to say. I know I *have* grown, there's no question about that, but it is difficult to state exactly how I know it. It is an awareness of something beyond me—the only word

I can use is 'permeating' myself as an individual. And I find that I have a greater sense of understanding of what is to come, a greater feeling of compassion and a greater desire to grow still more, in the way in which it is desired that I shall grow.

In other words dear friend, you are coming to know your true self and all aspects of that self. (Yes) Although your knowledge on this subject was to most people, what you would say 'extensive,' was in fact only touching the beginning of knowledge. And yes dear friend, you have grown much and you'll grow much, much more. We are happy for your awareness.

Les: Thank you very much. I look forward to the continued growth, because I feel—we haven't the language for it actually, it is an 'awareness', but I feel a tremendous awareness of the spirituality of those around me.

My dear friend, you are tuning in to the cosmic consciousness. That is why the awareness has grown.

Les: Good, it's been worth all the time, to have that feeling.

Now may we speak to the next one please?

Les: Sue?

Not that one yet. (Sue was deep in trance)

Les: Barry?

Barry: Good evening and thank you for the opportunity to speak to you.

We are happy to do so my son.

Barry: I have recently been aware that my inner eye has been opened to look within myself. And by doing this, I feel I'm finding much more peace within myself and I'm also aware of the probability of being able to work with you in the field of healing; for this I am very grateful. I know I've only just begun to be aware what is maybe to come. I am indeed grateful at last that I've been able to recognise this and to work with you. Thank you very much.

Yes, we thank you dear friend. We have waited for you and now that the time has come, we hope that that awareness goes deeper, that you find the knowledge which is innate within you. Thank you.

Barry: Thank you very much.

Les: Lilian?

Lilian: I'd like to say thank you for the teachings that you've brought with you. Yes, I am much more spiritually aware.

My dear child, we would like to know what you feel, what awareness has come to you. We know and accept your thanks; we feel it from all of you. But how do you feel that you have grown spiritually? What have you accomplished since our first meeting?

Lilian: It's very difficult to put into words.

But for your own growth, it would help if you could.

Lilian: I'm just very much more aware of Spirit, of things to come, forgetting about the physical side of life—or trying to.

That is what we wished to hear from you. We are pleased my friend, that at last you can acknowledge that fact, that you have found your spiritual level and that you can put aside the physical being so to say. (Yes) Thank you.

Les: George?

George: Good evening and my heartfelt thanks. Yes I do find it difficult to describe my feelings. I feel a greater capacity to love. In a strange way I feel larger than my physical body, I hear more beauty in bird sound, I see more colour/beauty about me. I'm sure I'm more loving and I feel more open.

Yes. Are those words that you have spoken, are they not, I believe you would say, 'magical' to your ears? To acknowledge that you feel greater than the physical being, that truly is finding yourself. And yes my dear friend, continue to feel and to love and to give love and you will continue on the correct spiritual pathway. Thank you.

George: Thank you.

Les: Sarah?

Sarah: Yes good evening. I feel I have grown, I don't feel I have grown as much as perhaps I could have done, if I'd put more time into it. I don't think I meditate long enough, however I do feel I'm much more tolerant of everything around me and when I find myself not being tolerant, I'm very aware that I should be perhaps doing better than I am doing. I do feel I appreciate everything around me, everything that I've been given, everything that I'm able to see and do.

Yes dear child, you are beginning to open yourself to the influences around you. You are inquisitive by nature, which at times may hold you back shall we say, but you are following your pathway, do not doubt it. You will take sure steps, whilst you continue within this working group. I wish to tell you that those close to you, although you feel your progress is slow, they want you to know that they are pleased and happy with you. Thank you.

Sarah: Thank you very much.

Les: Paul?

Paul: Hello. Yes I think I've become stronger as we've gone along and I've become more appreciative of myself and my qualities and those of people around me as well. It's all linked, so I can see more/empathise with people and I can detach myself from the world a bit more. I feel a lot happier about my path and where I'm going.

Yes, my dear friend, you have stumbled a few times, but in coming to know yourself, then of course you begin to know all others. You will continue to grow, you have been told that all of you here, have been put together for a purpose and although each individual here is at separate stages of their spiritual development, each one is important to the other. So my son be pleased with your progress. (Thank you.) You have the beauty of patience, which is sorely lacking in your World. But you dear friend, have an abundance of it. (Thank you.)

Les: Mark?

Mark: Good evening. Your teaching has certainly helped me to become really aware that a lot of growth and a lot more growth is necessary. I'm more aware of my feelings when they do go out of balance. I'm more aware of the workings of my mind—the bad/negative workings of it and I think I'm more aware of the need to sort of relax from things and also I think it's helped me meeting different kinds of people. I think I'm more aware of what avenues are open when talking to people.

Yes you are, my friend. You too are taking your pathway at a steady pace, but that is not a fault, because each step you take, is a sound and sure step, which will take you forward in your development and I would say to you, that it is good to hear you use the word of *love*, because that alone will bring you forward in your spiritual growth. I thank you for your words dear friend.

Now I would like to say to you this time, that you probably wonder why we needed to hear those words from your hearts. I of course know what is within you all, but this exercise this time, was for the benefit of those who stand close to you in your daily lives; those people who offer you help and understanding, who lift you, who cherish you, who wait one day to welcome you home. For those people, this *talking time* has done much for them as well as for your selves. For that I thank you all dear friends.

Les: Before you finish, if I might add one more phrase nobody has used, which I think is very pertinent to what has been said this evening and I believe we *all* would acknowledge that we have *within ourselves* a far greater assurance of ourselves and of what we shall be.

And dear friend, what you *ARE*! You are coming to know, each one of you, what you truly are. You all are spiritual beings, who in this lifetime have gathered for much good. The awareness is coming to you all—you are learning the power of your thoughts, the power of your love and what we can achieve. My blessing dear friends, stays with each one of you. There is much to come, there is much knowledge ahead of you and there will be times when there will be light release. But remember that the ultimate aim is for you all to grow and for knowledge and teaching to come to you all, that you may be emissaries of the *Truth*, that to all peoples that you meet who have no knowledge, may you become their beacon of light, may you become the person that they find to utter their words of fear, unhappiness—*May you,*

each one of you, be channels of Love that the peoples of this Earth seek you out, for the knowledge and the Truth, which you have attained here.

Dear friends, I leave you this time. I am happy with the words that have been uttered, I enfold you in my love and know that each day of your existence you will be protected.

Now dear friend, I will allow another to speak with you this time. I ask only that the instruments being used, be given the quietness of your time, when this meeting is finally ended.

Les: Certainly. Thank you very, very much for being with us and for what you have said tonight and for the encouragement you have given. God be with you.

There then followed one through Sue:

(Welcomes)

Little lady is not quite as large as myself and I need to be careful not to cause distress.

Les: Yes I do understand the difficulty you have in these cases. But it should become a little easier as you remain with the instrument.

I have been privileged in the past, to use both yourself and your dear lady who is now on our side.

Les: Is that so? Well we welcome you as an old friend. And thank you for telling us. Give me your hands, I believe I have to give you power, to make it easier for you to stay with the lady.

(Les then holds Sue's hands)

Thank you for that.

Les: Makes it a little easier for you.

Before I continue, I wish to say that this little lady was not omitted from previous conversations you have just had, her responses were done mentally and mentally we have replied. I know she will not be offended if I tell you that we have had to chastise her for her belief at what she knows to be correct.

Les: Mm yes, *(Chuckle)* we have experienced that before.

Her growth has come through being more aware of the inner voice and has been told certain aspects of her life, but her physical mind, which naturally overrides the spiritual, sometimes sends out negative responses— 'This cannot be. How can this be? Show me, give me more evidence.'

But we have told her, as you would say in the physical language, we have told her in no uncertain terms, that what she has been shown on our side can only be correct.

Les: Yes I understand.

So we leave it with her to sort out.

Les: Yes, I'm sure she will.

With your kind permission, I would speak to each one, but cannot this time move around the room. I ask a boon of you, that your friends could come and stand before me.

Les: Yes certainly. I think you are strong enough now to stay without that. *(Les removes hands)*

I thank you for the energy which flows through this one.

Les: I shall still be with you quietly. Barry, would you like to start?

Can you kneel before me my son. At your last meeting you were given the opportunity to look into your book of life, am I correct? (Yes) Tell me was the page before you blank? (Yes) Here my friend we have another one who does not believe what they have been given. I do not dispute that your page was not visible to you. But answer me truthfully my son, in recent times, have you not been told a little of your future footsteps.

Barry: I have been told yes.

Then I say to you, your page is not blank. What you have been told, is what is written. When you have developed, you will be able to read the words; they will become clear in your mind. This, my son is in no way any kind of reprimand to you, it is just another link in the chain of evidence, which you all require.

Les: Thank you. Lilian?

You are not alone this time my child. There is one standing at your shoulder, looking down upon you and sending out more love than you could imagine. I ask of you the same question, was your page blank, or were you aware of something written upon its surface?

Lilian: No I wasn't aware of anything on the page.

I say to you, look to the children in your family. Listen to what they have to say to you and you will be able to recognise something that will become visible to you, when you open your mind and accept what is written is true. I say to you once again, look to the children. (Thank you.)

Les: George.

And you my son are you aware of the presence of the two that we have spoken about before?

George: I have opened myself, or attempted to open myself to the two writers and any others of the guild. There have been times when I have attempted this, perhaps there was a feeling there—I'm not really certain.

You doubt too much.

George: I didn't feel it to be doubt, but—

What you consider doubt in the physical and what we know to be doubt in the spiritual, are not the same. Now I ask of you, is your page empty also?

George: There were many words on the page. I somehow could not grasp what the words were saying—certainly words were there, but I could not grasp any meaning.

Good. Now consider you use the word 'words'. (Yes) Change that in your vocabulary to 'writings,' and I think you will comprehend what it is I have been meaning. 'Writing' my son, writings on the page, writers—continue to open your channel and those who are with you constantly, can enter in and begin their work.

George: Yes thank you. I will certainly continue.

Les: Sarah.

I know you will forgive me and not take any offence when I say you are hurry, hurry, hurry, yes?

Sarah: Yes.

It will come—everything comes to those who wait. We ask you not to run before you can walk. Are you aware of that saying?

Sarah: I am yes.

Please do not consider this to be detrimental to you. We only say these things to all of you, for the good of your Spirit and the development of your soul. I ask also of you my friend, was your page visible to you? Was there anything there that you could comprehend?

Sarah: No I had a lot of difficulty that night. I didn't even see the book. So I think I had doubts about various things that evening and I rushed too much and I didn't get any feeling at all.

Do not be concerned. It was said to you that if your spiritual eye was not sufficiently developed, then what was written would at some time be given to you, whilst you were in repose and you would begin to understand what your life was to consist of. But I say to you, take time to open your channels, listen to the inner voice and you will be given the start of your journey. (Thank you.)

Les: Paul.

Paul: Hello.

Yes, this one can only be described as the opposite of our dear lady friend, who has just departed. You my son, do not hurry, hurry, hurry, do you? (No) No, you take everything at a leisurely pace and I do not mean by that that you are in any way lazy. Mentally you dissect everything; question and query and reach your own conclusions do you not?

Paul: Yes, I seem to be able to detach more from things and find my own answers.

You have been given some answers to questions that you have mentally asked your guides and I say to you, that like our little lady here, you have said 'No—how can that be?'—have you not?

Paul: Um—

No matter, you will remember of what I speak. Again, this is no criticism this is an exercise in knowing that we know you. (Ah.) Tell me my son, was your page illuminated for you, or were there dark patches you could not decipher?

Paul: I couldn't decipher it. I got a bit lost at the beginning.

Everyone at some stage leaves the path. Sometimes it is more difficult to steer them back. You my son are treading purposely on the right path. I say to you, continue in the vein that you are now and the pages will become bright and you will know how your future will continue.

Paul: That's wonderful to know.

Les: Mark.

I say to you brother of your brother and son of your father, your pathways are linked in the past and in the future. You are individual, but you are also as one. Your enquiring mind may not be quite so open as your brother, but the similarities are there. I say to you as I have said to all the others, were you able to read anything in your book of life?

Mark: No I wasn't able to read anything.

You sound disappointed my son.

Mark: Well, it would be nice to read it.

Can I say to you, open yourself more, look around you both at work and at rest, see what surrounds you, listen to the inner voice that at present you are blocking somewhat and future events will unfold and you will surely be amazed. (Thank you.)

I hope that all your friends here do not consider my words to be harsh. But we want them all to start accepting. Questions and queries these are part of life and we do not ask that they stop their questions.

Les: No they certainly won't do that I can assure you.

But it is possible to block the truth if the mind continually fails to accept.

Les: Yes one has to accept I agree. Well thank you very, very much for all you've said and we shall all assert that assurance that I spoke about.

Before I leave you, we have four this time I ask that they be linked by the placing of hand upon hand. Please may I ask that you carefully pick up the right hand of our dear lady here and place it upon this one. And now the gentleman to place his hand and the lady to place her hand upon that of the gentleman, so there are four linked. Four of the chain of five, we are well pleased. And now I leave this one. She will need help from both the gentleman and the lady to return fully into this room.

Les: Yes we shall see to it, thank you very much.

Please to remove the lady's hand.

There then followed a merry/light-hearted one through Eileen called Joey, who helped to lighten the atmosphere and gave the quick message: *You don't have to be little angels, you've just got to be yourself and live your life like normal...*

~16th June 1997~

No Salumet this week as Eileen was away, but there were other communications of interest, the first of which came through Les:

Good evening my friends.

All: Good evening.

This is a little unusual I know, but since our lady is not with us, we have of course to plan differently for work this time. The work will be done—we do not miss any opportunity as you know.

George: Yes.

And we would ask the two gentlemen of more years, they too I know will understand me, not the young man, but the two gentlemen with more years, to make sure please that they open their minds this time, to receive what we are able to give them. Can you understand my two friends?

George + Barry: Yes.

We do not promise, we only hope, but we shall do what we can to help your development, if you would do what is required of you, to keep open minds, is that clear?

George + Barry: Yes thank you.

God be with you my children.

(Thanks expressed)

Les Then returned to talk with another communication through Sue, who gave the name Piahdah, giving advice for Barry concerning his healing work.
There then followed a rescue through Sarah. Another through Sue then asked Barry for any feelings/thoughts that he had, whilst healing, giving further advice for Barry. Thanks were given from both sides. We were told that they were most pleased with what had been achieved this evening.

~23rd June 1997~

Firstly one speaks through Eileen with something like a cheerful/warm Jamaican accent—Salumet follows later:

Good evening everybody.

(Welcomes)

I hope you don't be upset at me coming to you. I know you were expecting somebody else.

Les: We were but we are quite happy to welcome you.

But I come to open this meeting for you this time.

Les: Thank you very much indeed. You've done this work before haven't you?

I have but I've been practising the language. I hope I'm being understood.

Les: You are being understood very clearly thank you.

I have to say to you this: This time there is communication with this group. There are so many around you at this time; I hope you are feeling them.

Les: Good, well we probably are, we are 'aware' of them yes.

I have to tell you that each one of you must open your hearts like a child, in order that you may be receptive to the thoughts that will be coming to you. Is this being understood?

Les: It is being understood, yes.

You understand I only pass on the message, I do not fully understand what I am telling you.

Les: Well what it means is we mustn't wonder what is happening or think about it, we must just accept what happens.

Yes I'm being told each one of you must open up; there is a child by each one of you.

Les: That's right.

You know? Yes, let them in and you will become receptive as they are. I am most happy to be amongst you.

Les: That's nice to hear. We're always happy to have anybody from your World, particularly when they are assisting in the work, as you are now.

Of course it is most important, of course, but I am always happy to step in when most needed, yes.

Les: You must have been practising our language for quite a time?

I have, I cannot tell you how long—it is most difficult. But as long as I'm being understood, I am happy.

Les: You certainly are and you've a very good vocabulary, if I may say so.

I'm told I try to sing the words instead of saying them, but that will come no doubt.

Les: No I wouldn't agree with that, you say them very clearly. You have a nice intonation with them your voice goes up and down, which is pleasing.

Oh I am pleased you are pleased, yes. Now I think we must speak about the work in hand this time. Yes, before we move on, we wish to tell this lady I am using, (Eileen) that she must ask for help also. She is rather inclined to refrain from asking for herself.

Les: Yes she gives so much to others, doesn't she?

Can you please pass this on to her?

Les: I certainly will and I shall be happy to do it.

Thank you. There, that has been done now what else am I needed to do? There is of course other communicators, who will speak to you further—

Les: But you're certainly doing a very good job of opening the meeting.

Has your hand been painful?

Les: Not really, a bit stiff, but not painful.

Yes, you must be careful, don't overdo it somebody's telling me.

Les: I won't. I was using some garden sheers and I'm not used to it.

Ah well, it's a good excuse isn't it, not to use them. (Chuckle)

Les: That's right! Thank you, I'll use that as an excuse.

Yes, someone's a bit concerned that you don't overdo things. Yes, this is a happy group, is it not?

Les: Well we think so. We're all very happy together.

And I'm also being informed that at the next meeting there will be the interest of the group as you were in time gone. Does it make sense to you?

Les: Yes, we were told we would be given information on what we were in previous lives.

Oh well I'm being told next time will be the time.

Les: Splendid, we must make sure we're all here.

Now dear sir, I think I have completed my task.

Les: Well thank you very much from all of us and we shall always be happy to hear you again, if ever you can come.

I would be most pleased to return to you all. Remember always be as searching children.

Salumet then followed:

Good evening friends.

(Welcomes)

Before we continue with the work, have you been aware of a great lightness of spirit this week?

Les: I have has anybody else?

Mark: Yes I've certainly felt lighter than normal.

Margaret: More contented.

We are pleased to hear that; that has been the preparation for this evening's work. Those who have felt this lightening of spirit should this evening be amenable to thoughts that will be coming to them. Have the others not been aware please?

Sarah: I have been happy this week yes.

Yes of course, that is a lightness of spirit. What is happiness if it is not an expression of love?

Les: Yes it is. Now I'm very fortunate in that I live here and I know I have felt it all week.

Yes, you are surrounded by it dear sir. Good, we are pleased.

Les: Yes I certainly am very pleased because it's been a delightful feeling. I know at one stage both my ladies were with me quite strongly.

Yes I have to tell you they are close still to you, although they both have much work to do. But still they desire to return to watch over you at times and give help.

Les: Yes I do appreciate them doing it and it was one of the strongest feelings I've had with them. (Yes) There was no question about it at all.

Not only are you as individuals becoming more aware, but the whole of the Earth planet is reaching a stage of awareness that has not been felt since its first birth.

Les: Yes that's quite true it is becoming more noticeable throughout the World.

It is indicative of cosmic change.

Les: It's certainly needed, isn't it?

Now you understand I believe that the purpose of this evening's work is experimental, as far as your work goes. So I will say to you, those of you who do not feel that feeling of love come to you, do not be disappointed; please do not be disappointed. But most of you this evening will have the awareness of thought travelling to you. You may have it in different ways, different feelings, pictures whatever—it matters not. What is important is that as a group, you are allowing yourselves to be open to that thought transference, you understand—that is what is important. It is not the end result, but that you allow yourself to be open to what can be given from afar.

Les: Yes in effect what we have to do is what we have been told a number of times, to consider ourselves as spiritual entities rather than physical human beings. **(Yes)** And if we can do that and make a conscious effort to do that and mentally discard the physical I think it would help all of us.

You must become part of the *thought pattern*, if that is understandable to you.

Les: Yes it is.

That is what you must try to achieve, and we know that you can; that is why we are trying it this time.

Now I must leave you. I thank you for your patience in listening to me.

Les: Thank you for coming to us.

And now I will let others speak if they so desire, but I think we are reaching the time, when we must sit quietly and see what comes. We will leave it in your hands, in order that you may direct each one.

Les: Certainly.

I wish you all good evening.

May that great force of Love be always with you.

(Thanks expressed)

There then followed one briefly through Sue asking that one of the ladies be seated in the centre of the room, during a quiet period in order for one of the gentlemen (Barry) to do healing.

There then followed a rescue through Sarah. Les seemed to have clairvoyance as to the appropriate responses to deal with the rescue.

Everything is going badly for me.

Les: What makes you say that?

I am not sure. I can only remember that it was not good.

Les: It wasn't good. You don't remember then what happened?

I can only remember the end.

Les: What was the end? Tell me what you remember.

I remember they killed me.

Les: You were expecting that weren't you?

I was not ready.

Les: You weren't ready?

No.

Les: That doesn't alter the fact that you were expecting it, weren't you?

I was not expecting it, I was aware I was not liked but I was not expecting it. (Spoken crossly)

Les: But it happened, didn't it? And now you want to get rid of that resentment. You can't do anything about it, it happened, your physical body was killed, but your soul still lives; that is the thing that has to concern you now. You know you are alive you're talking to me.

But I am not alive!

Les: Of course you are alive, how can you be speaking to me if you are not alive? I'm not dead, so I couldn't be conversing with you—It was only your physical body which was killed, your Spirit, your soul continues to live, that is indestructible and now you will have to accept the fact, that you always denied while you were on Earth, that there *is* another World, a continuity of life that is where you belong now my friend. So we must forget the physical, that old habit of the physical World that is no longer any concern of yours. You must now start living in the next World of spirit. Do you understand what I say to you? *(No)* You don't? You mean you don't *want* to understand, because you've always denied it and you feel that your denial will make it so and that's ridiculous. You have to accept the fact that there is another World to which we all go when physical death occurs. Whether you like it or not that is a fact. So you'll have to come down off that high horse of yours and accept what you cannot change. The Universe is not going to alter because you think it should be different. Do you understand? Do you understand what I tell you?

I am trying to come to terms with what you are saying.

Les: Well it's easy enough to come to terms with it—just accept it. Your physical body died, your soul/spirit is released and it takes on another body, but without the disabilities, ready for the next World and now you have to atone in that World for all the harm you did to others, which resulted in your being killed. Do you understand that?

I think I know what you mean now.

Les: Yes, now that is your project for many years to come.

I will take heed of your words.

Les: I suggest you do. I'm not criticizing you; that's not my job, but it is my job to tell you that you do have a lot of amendments to make, a lot of atoning to do. Many are in need of help and you will be shown and instructed how you can help those who are in need and by so-doing, earn yourself a proper place in the next World. Is that clear?

I now see what you mean. I am—

Les: You are what? I'll put it in a nutshell for you: You have no rights, only *duties*. When you've earned those rights, they will be given to you. Until then you only have duties, to help others. Is that clear enough for you? You used to like straight speaking when you were on this Earth.

I like it now as well.

Les: Well you have it, so I hope it's of help to you.

I am going to take heed of your words.

You would be wise to do it. The sooner you can begin what you have to do, the sooner you'll be free of that task.

I will commence—

Les: I will let you go then. My friends will take you they will escort you to the place where you will receive instructions. I wish you well—it won't be easy, but it must be done. Goodbye to you. God bless you.

Whilst this rescue was going on, another came through Sue taking the others on a meditative journey.

(Difficult to hear on tape, whilst rescue was in progress)

Eileen then began getting clairvoyance about a beautiful smiley flamenco dancer and the intricate hand/wrist movements involved. Another control followed through Eileen telling Les to go around the group asking each one what they were feeling.

Lillian felt heavy with the power which she described as cobwebs and Les called ectoplasm.

Jack felt similar sensations.

Sallie had earlier received visions of roses and now had physical sensations around fingers and it felt like someone was poking her in the ribs. She was asked to stand in the centre for 5 minutes to see what she could feel.

Paul felt lightness and feeling of openness/tenderness around tummy.

Sarah felt there was a lot of space in her head and energy in hands.

Mark felt warmth and comfort.

George felt arms and hands felt different/didn't belong to him + an impulse to rotate thumbs. He'd also had a childlike feeling earlier, recalling how he used to watch what shapes the flies made as they flew close to the ceiling.

Margaret felt much energy in hands.

Sue felt sensations similar to transfiguration.

Dawn felt warmth in hands.

Salumet then returned again:

Now what does the lady feel?

Sallie: It feels like they've got hold of my arms at the moment. *(Giggles)* Like there's someone either side of my arms. It's not unpleasant —

There are many waiting to use this one.

Les: Are there?

Many, many, but *still* she is pushing them back. So this time we are prepared to catch her! *(Chuckles)*

Les: She is still being naughty about it, is she?

Just a little.

Sallie: You can let go now if you like. *(More giggles)*

Yes, we will let her sit shall we? Yes, thank you.

Les: You can sit her on the floor if you like? We've done that before with some of our friends. *(Chuckles)*

Let's not be too hasty, otherwise she may not return!

Sallie: I think I'd like to sit of a chair actually if that's alright! *(Chuckles)*

Les: Well, thank you for that, you've heard what everybody said they were getting?

We are pleased. I hope that the people are too.

Les: Yes I think they are. The gentlemen particularly, felt his hands didn't belong to him—that's a good indication.

They belong to him, but also they belonged to us!

Les: Yes that's right and you're waiting to use them aren't you?

It is a slow process sometimes, but remember always that *time* means little to us. I feel that much has been accomplished. All those who are with me wish to say '*thank you,*' for your time, for your efforts in allowing us to come so close to you. We hope that your minds and your hearts have opened a little further this evening.

Les: Does everybody feel they have? (*Affirmed*)

I would say before I leave you, that you will feel the benefit of this evening; that for the next few days of your time, there will be an upliftment for you all. (*Thanks expressed*)

Les: And we're sorry if we're so difficult to work with—we do try!

No, please no apologies. We are honoured to come to you; we are ever grateful that you allow us to come so close. We wish sometimes that this could be easier for you, but in saying so, never is anything attained which is easy, that is of any good. I hope that you can agree with this and that you continue to strive and go forward.

Les: We do yes and we certainly will continue to strive and are very grateful to all those who come close to help and much appreciate their patience.

I have to leave you now, but someone is asking me to leave with you some flowers. I believe you call then blue Delphiniums.

Les: Beautiful—thank you. (*Thanks expressed*)

I believe in doing so, that they are comparing you people as being tall, straight, seeking truth and beautiful. With that I leave you.

(*More deep thanks expressed*)

Les: We are very grateful for the flowers. I love Delphiniums personally—gorgeous blooms.

With that I leave you.

(*Thanks + fond farewells*)

Finally another came through Eileen conveying a message for Mark from his child in spirit:

Forgive us for returning, but we have with us a very young child who wishes to make itself known and is saying 'Daddy.' I believe this child didn't reach full term in this life, but returned to us quickly.

Les: Can the child tell us anybody in particular it would like to speak to?

Mark: Is it me?

The child I would say would seem to be about 18 months old in your time.

Les: That's about it, isn't it Mark? (Yes) Would you like to come over here?

There was grieving for this child, it was much wanted.

Mark: Yes.

Yes, but the child never intended to be born into this life, you understand? (Yes) ***This child is saying it's nothing that you or your partner has done, because the child feels the parents blame themselves in some way.***

Mark: It is difficult to understand why these things happen. It's very nice of you to come and tell us this.

But do you know there will be another child, did you know? Yes there will be a boy child.

Mark: Yes that's right.

This child is saying yes and it is not too far away. This child is asking that you be happy.

Mark: Oh, thank you, yes I'll try.

Les: What name did you give the child Mark?

The child wants to be known by a name.

Mark: Right, we were thinking of *Merlin*.

Les: Well that's his name, think of him as *Merlin*.

Can I say this child, young as the child is, has been with you often, has tried to console you in your moments of doubt and grief, which sometimes you both still feel.

Mark: Thank you that's very nice of him.

But look forward, because you will have a son and this child is already looking forward to sending this new child with some good advice. You may find this hard, to come from a child so young, but remember in Spirit this child is old and has much knowledge.

Les: Does the one with you answer to the name of Merlin, is he happy with that?

There is much happiness here, he will respond to that name if you so desire. He wishes that you speak with him because he has much Spirit, although he did not continue to live life with you here on this planet, he is still here. He loves you, he loves you and he wants you to tell his mother.

Mark: She'll be really over the moon about it, she'll —

He is constantly with this lady, constantly. There is so much love I cannot tell you, I cannot tell you, please speak with her.

Mark: Yes she'll be very happy to hear that.

Yes and that is why this child has decided to come to you now, because now is the time to put the grieving to one side. He is happy, he is growing, he is growing in knowledge, he loves you both and he is preparing another son for you.

Mark: Oh right, that's lovely we will try to speak to him more.

I am sure you will be aware of his presence. He is a beautiful child, a beautiful child.

Mark: Are there any particular times that he comes?

No, he is around you often. You will be aware of him. He loves you so much, that is all I can say.

Mark: Maybe we'll meet him later on I expect, will we?

He will make himself close to you, especially when this other boy child comes into this World. He will be his constant companion. So you see, you have not lost a son, he is helping you to gain another. Feel his love.

Mark: I see, he's part of the family.

He always will be. He chose you as two special people for his short time. Do you understand?

Mark: Yes, I wish we could appreciate more what he's doing. I hope we will be able to appreciate it more. We couldn't understand what was happening. It's very nice of you to tell us.

But you must of course try to understand, not the physical, but the spiritual side of life.

Mark: Yes I'm sure that there's a lot of work that he's able to do from his position.

He is helping you now, he is helping you now. A beautiful soul, a beautiful soul, be proud of him.

Les: So think of him as being happy Mark, not grieve.

He is most happy—he is being cared for by so many. Do not be afraid for him, because he exudes happiness. He is indeed a child of the Spirit a beautiful, beautiful child. Now I hope that has brought a little comfort to you.

Mark: Yes it has, thank you very much.

Les: Thank you very much for bringing him and thank Merlin from all of us would you and tell him we all love him.

~30th June 1997~

Good evening. (Welcomes)

I am happy to be with you once more and I will not stay long, because there is one I bring to you, who comes to speak and give some light relief this time and to tell you a little of what you have all desired to know. Our time is of course, limited, so for these purposes, this time will be devoted to telling each one of you just a little, but I can promise you that the communicator will return and give you much more.

Les: Thank you very much indeed Salumet. And thank you for our last meeting too even though you weren't here—it was most interesting and enjoyable.

Did I not tell you dear friend that much was to come?

Les: You did.

Now I say to you all dear friends, continue with your life as it is now—continue to grow, continue to share your life with others and allow that expression of love to go forth into the ether of time. There will be this evening two speakers, one through this instrument (*Eileen*) and one through the lady here (*Sue*) Now dear friends, I hope at our next meeting, to bring you some more news of what is happening in your world and perhaps to discuss any questions you may have.

(General thanks and farewell)

Another then spoke through *Eileen*:

May I begin?

Les: Yes please do.

Thank you. I believe you have been expecting me.

Les: Yes we have. I believe you have some interesting information for us.

Well, interesting or not, I am here to give it to you. (*Chuckles*)

Les: Right, well we look forward to having you.

Now from what I can gather, you have all been together in another time and you are anxious, so I am told, to learn a little more.

Les: That's right —

I am also told that the ladies within this group are a little surprised at finding themselves having been men, but I believe you have been told by the Higher One, that all lifetimes are female and male energies and most of you have been male energies in your time. So I say to the female people of this time: Do not find it so unusual, you will find as I speak to you that you may become aware of the time of which I speak. So shall we begin?

(Enthusiastic responses)

Now as you know and I believe you have been told, that you all were monks in time gone by.

Les: That's right, we were told.

There are of course exceptions here. The lady and gentleman at the far end of the room (*Sallie and Jack*) ***were not exactly monks, but were closely in communication with the order. So also too, is the latest gentleman belonging to this group, (Barry)—he belonged to the nearby village and was much welcomed in our community. So shall we begin?***

Les: Yes please.

I feel like I am telling a story. So let us begin at the one end of the room, shall we? Let us begin with you dear sir. (Les) You my friend were in charge of the wine. You were in charge of making the oak barrels and other fine woodwork. You also made the trenchers for the food. You also were responsible for the carts that the oxen pulled. If I may say so, you were rather dour in that time but very honest.

Les: That's something to be grateful for! (*Laughter*)

But your responsibilities were great. After all, what can be more important than the wooden plates on which you find your supper? (*Yes*) ***I have to tell you that at times, you omitted the salt space on the trenchers, much to the dismay of some of your colleagues.*** (*Chuckles*)

Les: I could remember when I was told about it, that I used to get annoyed with one of my colleagues, because he always spilled his food down his front.

Exactly, because you see you took the trouble to make these trenchers, these wooden plates, so there was no reason for his food to spoil or spill over anywhere—that is where the annoyance came from. So perhaps you can relate to that. I have to say also that although you were fond of the oxen, you were rather irritated by them at times and sometimes had to spend some time in meditation and forgiveness, I should say.

Les: Yes, I can understand that, because they would have probably been too slow and plodding for me.

Before I move to the others, because of the time factor, I wish to tell you a little more general information that in a sense you were rather unusual, in that you were not a big abbey, but you were a commune closely knitted to a small village.

Les: That's most interesting, yes.

But you were fairly self-sufficient, but because of the close link with the village, you were supplied with goods and offerings from the people. You understand?

Les: Yes, thank you very much for that.

You all belonged to a commune situated in Myddle Wood, I believe—what you call the county of Shropshire, I'm being told. Now, let me move to the lady next to you. (Dawn) This lady was a helper; she was a helper in the garden. Now I will join her with the two gentlemen across the room, one known to you as Mark I believe and one known to you as George. These two were known as Brother Isaac and John. This lady was known as Paul. These three worked within the gardens. The lady in particular was most interested in the herbs. I have to tell you that this commune you belonged to, was in Tudor times, so the herb garden was a most important feature of your eating. The lady, or shall I say the gentlemen, was of all of you the most quiet, the most subdued, the most deep and in fact when he came to our world, realised he should not have belonged to the Order. He was unhappy; he should have lived in the outside world. You understand?

Dawn: Yes thank you.

He particularly loved one herb, and that was the plant of rosemary and I believe even to this day, the lady should be fond of this herb. Is that not so? (Yes) You realise that names you were known by, were names given to you when you joined the Order. I have also to say to you as general knowledge that you lived longer than most people of that age, because you know I suppose, or do you, that in Tudor times, people were lucky to live longer than 35 of your years. But within this commune that you all belonged to, it was not unusual for you to live to 50 years and longer. I would say it was because of the food. There was no contamination of the water, because you were by a stream and used pure water for many of your needs. You also were not shall I say, 'drawn' to the new commodity of sugar, which became rife in this era and which people took to strongly and caused much decay within the body. The two gentlemen who also belonged and had their duties in the gardens, these two, although they worked closely, were in fact dissatisfied with the work that they were given and would have preferred to work inside and work with the wine— (Laughter) So there was a little discord there, but of course you must remember, it never showed—So many harboured deep feelings which never showed themselves on this surface.

Les: No that was forbidden, wasn't it? Thank you very much for sharing all that.

May we continue with the lady next? (Yes) This one was known as Brother Joshua. (Lilian) Brother Joshua was—how shall we say, an 'outsider' to the community. He was from Swineherd Abbey in Lincolnshire, so he came to you hoping to become friends, but in fact always remained an outsider. You all found it difficult to accept him, because he came from an abbey of note, which was well known in times gone by, and he brought with him the vanity of that knowledge. Do you understand?

Les: Yes, that would not have endeared him to the others, would it?

No. So in being an outsider, he always felt alienated from the rest of you, although in saying so, he worked and was a dedicated helper. He helped to look after the writings in your books, which was necessary and I suppose you would in this day and age, you would call him a librarian. He also was responsible for using the goose quills for the writing, and he was rather pompous in the way that he displayed his skills.

Les: Thank you very much.

Lilian: Thank you. (Chuckle)

Now then, I come to the lady and the gentleman next, who were not actually monks, (Sallie and Jack) but were good friends. They were travellers, who came to your commune into the village of Myddle and wanted to join the countryside. They actually came from the cities and found the country life more to their liking. At first you discouraged their association with you, until you learned that they could endear themselves to you, with the wicked ways of the banned outside world. (Laughter) So you see you were not all so 'good!' So you enfolded them into your company and each one of you in your own time, extracted from them the wicked ways of the world at that time.

Les: I can see why they weren't any problem! (Laughter)

But they were two young brothers in their early twenties. They were joined together and remained so and actually found their place in the village of Myddle, until their death in their early thirties from the plague, which by then had spread to the countryside. But there is not much to tell you, they were good, honest lads who wanted to better themselves. Their names were Michael and Jeremiah.

Les: Most interesting for them. And now they are together again.

Of course, always the connection will return, you understand this, I believe you have been told this. (Yes) Now we come to the next gentleman, the one you know as Paul and I'm sure you'll be surprised to know, that although it was not a great Abbey but rather a commune, he was the Abbot. I knew you would all be surprised! (Laughter) But why should you? In this soul there has been much. He has brought much with him and although he seeks to learn in this lifetime, his innate knowledge of spiritual matters is great. Although he was your 'leader,' if I may use that word, which I don't really like but we will use it, he was fairly strict with you in a quiet way. His words were quiet, but his words were strong and to him the duty of keeping the commune together and in a happy state, was his task in life. He in actual fact lived to the ripe old age of 62 years old.

Les: That was really ancient, wasn't it! (Chuckles)

In that time yes, he was and he felt older by the time he came to us in Spirit. And I tell you in this time by your age standards he also will be old.

Les: Well Paul, we shan't hold anything against you from the previous life. (Laughter)

Now we come to the lady (Sarah), who is joined with the other lady (Margaret) and I have to tell you, I am glad to see them separated, because in that time there was much friction. If they could have been excommunicated from the church, (Chuckles) they would have been, had we known what thoughts were going through their minds. And the trouble was you see, they worked in the kitchens, to try to feed you all, and being two men of so different personalities, one quiet and one exuberant, they were like cat and dog shall we say—that is a term which you use at this time. (Chuckles)

Les: Yes you are right we would use that.

Each one would look at the other and the thoughts would pass between them and then they would have their penance and then they would continue with their work, like the good monks they were. There was one particular incident I think they might find amusing. You were Franciscan monks—I know you all know this. When in the kitchen, the hood of your garment was tied down by the chord at the back, for safety purposes. The lady here who was known as Brother Matthew (Margaret), decided one day he would play a little trick on the other lady. And what did he do but fill the hood with cereal. (Chuckles) Not only did he fill it with cereal, but then he suggested that the Brother put the hood on before he left the room. And what did our Brother Peter (Sarah) do but go to the Abbot and our dear Brother was in much trouble. (Chuckles) So you see, these two are well seated apart in this lifetime. (More chuckles)

Les: We'll keep an eye on them!

So I hope you did not expect me to tell you that you were all saints, because you weren't! (Laughter) You understand that even in these communities you were human beings after all.

Les: Yes, of course.

Now we come to the gentleman of the village. This one, (Barrie) let me tell you, would have desired to have been amongst you, but he had wealth, he was a land owner in the village of Myddle. He owned much of the land around and therefore was a great asset to your community in supplying many goods that you would have been without, because although we laugh, you did struggle much in those days.

Les: Yes I expect so.

Food was scarce—you had two meals a day—just a little more general knowledge for you, your dinner was always at 11:00am and your supper would be at 6:00pm.

Les: Just two meals?

Yes, only two meals and of course the supper would be fairly sparse. But this gentleman, who would have I would say, made a very good monk, was excluded because of his wealth and his ownership of land. This excluded him from any placement within the church. Well, because of the order of poverty, he

could not have been allowed to join, because he would not have willingly put aside his wealth. You understand?

Les: Yes we do.

So let me tell you a little of this man, who was known as Simon Whitecliff—that was your name in those times.

Barry: Thank you.

You owned much of the village of Myddle and you supplied oxen to these monks on many occasions. You supplied barriers, you supplied plants, you supplied food to make wines. You were indeed a good friend to them all and much loved and appreciated by them all. I cannot tell you more than that, except to say how much you were loved.

Les: That's nice for you Barry.

Barry: Yes, thank you very much.

Now, we come to the lady known to you as Sue, and this one shall I say, was the one who expressed anger most and spent many hours in penance and sorry for the quick words that she fired at most of you in many ways on many occasions. (Chuckles) But to him, and he was known to you as Richard, he felt always that what he said to you all was for your own good. Whether he was right or not, he felt he was right.

Les: And we didn't always agree. (Chuckles)

And you didn't always agree—of course you didn't. His task in your community was to make candles, also sometimes to help in the garden. You did swap your duties at times, but the duties I tell you of were mainly those that you did.

Les: The garden particularly was most important wasn't it? They needed to be self-sufficient.

Of course, you needed it, you needed it to survive.

The voice suddenly faded and another spoke through Sue saying that much power had been used, which was why there was a sudden ending to the communication. We were asked whether we had been happy with the evening's information. We had indeed found it most interesting indeed and many commented on striking parallels which existed between their roles in the monastery and activities in this lifetime. For example, Les enjoyed making wine, even though he doesn't actually drink it, Lilian had worked in a local library for many years and George and Mark still very much enjoy growing veggies in the garden. Finally there was a brief communication through Eileen from someone who we had helped as monks during that lifetime and wanted to express thanks that we had taken him in and given shelter to, during difficult times.

~7th July 1997~

Good evening. (Welcomes)

I would like to say this time, how happy I have been, to receive so much thanks from you all, since last time.

Les: That's the least we can do, it was a wonderful evening. We do thank your colleague for telling us. (Re: 30/06/97 past life information as monks)

I hope dear friends that it has brought to you, a little more understanding of yourselves. I almost said 'some light entertainment for you', but of course that was not the purpose of the exercise. I hope that each one of you, has looked inward and to that little knowledge that you attained last time, in order that you can begin to see yourselves, as a whole being. Although in saying this, we know that you are many aspects of being and the insight that you gained last time, was but a small drop in the ocean. I hope dear friends, that in thinking upon what you learned that you now at last see why you have been brought together this time.

Les: Yes I think we do, and what interests us, is that in some of us there is a continuity of what we were doing, when we were here before. We have gravitated in some cases, to roughly the same work, that we were doing then. The gentlemen in the gardens are very interested in that once more. I have been very

interested in woodwork and wine-making, in earlier years, which are the things you told me I used to do, while I was here before.

Let me say this to you: That of course some of you will retain those aspects of yourself, which would be necessary in this lifetime. But remember that you have chosen to bring these with you this time and always for a purpose —do not forget this. If those amongst you cannot associate anything in that past lifetime, do not be concerned, it means only that it was not necessary to bring it forward with you this time. Please remember what I have told you, that your lives, whether this one or others, always have been decided by the soul, you understand? (Yes) So that is why some of you have retained many of those things, which you now recognise from previous times.

Les: That's interesting, thank you.

Now it has been sometime since I have allowed you to ask questions, so this time, shall we give some time to this matter?

Les: Yes please, I have two. You just mentioned again *one* aspect of our life. Is it possible for more than one aspect to inhabit this planet at any one time?

It is possible, but not the normal way of living. It is possible and there are those, mainly masters of their times, who can achieve such things, but I would say to you it is not the normal thing to be doing.

Therefore I would say to you now, allow one aspect of your being, to learn at any one time.

Les: I see, so it's just one aspect at one time. Now I am a little puzzled and I expect my friends are as to what constitutes an '*aspect*' of life?

Now you are delving deeply my friend, are you not? An aspect of life is a part of the energy of the whole. You must remember that as beings you are *energy*, from the *Source* of all energy. In calling ourselves *energy*, you have to realise (*Voice becomes stronger*) that these energies are not of earthly making, but are of spiritual make-up. In so-saying, it is possible that energy can divide itself, into many lives and many beings and that is what I mean by an '*aspect*' of being.

Les: So following that through then, our aspects that presumably return time after time, over aeons of time, could be different aspects on each reoccurrence, is that so?

Of course and I would say, that is how it has to be. If you are to grow and to learn, then each aspect in its turn, must take its turn in earthly living, or in other planes of existence. When we speak of *learning*, you have to think more fully, you have to allow yourself, your consciousness to expand beyond this planet.

Am I making myself clear for you?

Les: Yes and am I right in thinking, that for our ultimate progress, we have to come back as different aspects, in order to have the experience of that particular aspect—to teach us.

Of course, how else can you learn? If the one aspect of your soul was to continually return, how else would you become the whole, the whole energy pattern? Remember it is an energy pattern, which you are trying to make whole. It is a difficult topic to make you understand.

Les: I suppose it could be likened to a jigsaw puzzle.

Yes I would say that is a good comparison. What would be the point, of continually using one piece of the jigsaw? You would never complete it, would you?

Les: No, this is what puzzled me; thank you for the answer.

Remember also when we speak of *aspects*, there are many *aspects* within one aspect.

Les: Yes, so we go deeper and deeper, don't we?

So we go deeper and deeper and deeper.

Les: But from what you've said Salumet, it isn't necessary always, for every aspect, to be lived out on this planet, or a similar planet—some aspects can come into fruition, in the worlds to come—we can still be completing the jigsaw.

Let me remind you, that this universe that you belong to is already encompassed in the future. So already there are aspects of your soul, which are for '*learning*,' if I may use that word, without ever having trodden this pathway. Can you understand?

Les: Yes I can understand what you say, but how would we come to terms with that, how would we know that in the future?

You will only know, when you return to that whole, which comes at the returning *home*, of each lifetime. You have the bigger picture of what *is* and what is to be. And then and only then, will you fully understand what it is you need to do.

Les: Right, I will go a little further, if I may. When we finish our life here and go over to the next plane that presumably is the end of one aspect?

Not necessarily.

Les: No? That aspect would go on in the next world?

Of course, you continue to learn, you continue to learn on our side of life, as much as you can, as much as you will allow that aspect of yourself to learn. Then I have told you, you come and you are helped and advised, in making the decision, of what you must do in time—what you call '*future*,' which already as I have said, is *there* already. We are speaking of much deep matters here my friend, but if I can help you to understand just a little, then so be it.

Les: Yes you are indeed. So that aspect that is indestructible from what you tell us, can continue its learning in a further phase of life in your worlds, (Yes) and that could continue through your worlds, without the necessity of having to come back here to this planet, if we are learning properly?

If you will allow yourself that knowledge, if you will accept the guidance, which is available to you, and if it is part of what you term here on this planet, as your '*destiny*.' Remember there is much at play here, much more than you know or understand. But the soul that you are inhabiting, or rather the body which inhabits the soul this time, has much to learn, but the soul already has that innate knowledge, which takes it further.

Les: Yes I see, so it's not obligatory in each case, to come back to this Earth?

No, no—I have told you, that the decision must always lie with the soul and the soul is not a single unit as you know, but belongs to a *whole*. (Yes) This is what many of you do not fully understand yet.

Les: No, I can accept that we don't.

But it becomes clear when you return *home* each time.

Les: Thank you, now if I may still continue to take the time, it's a completely different question: We are frequently asked to contribute charity money, for the sake of children abroad, who are suffering from various complaints—lack of water and a multitude of reasons for which they are not developing and are dying very rapidly, as you no doubt know. Now, the problem is, if we contribute money to those charities, are we interfering with the life that has been chosen by those people, when they came here?

That my dear friend is a very good question —of course, I have told you in past times that each soul knows of what it comes to. Also I have told you, that you can deviate from that life pattern. We can speak of a multiplicity of reasons here. You cannot interfere, if the soul will not allow you to. Are we clear on this point, because it is important?

Les: Yes, that is the base point, isn't it?

Of course—you, I would say in general, cannot do harm, if what you do is done with love—that is the basis of the point. Anything which comes from deep within, to try to help others, cannot be wrong, because after all dear friends, what are we, if we are not but the love energy? So I would say to you only this: If it is genuine help that you offer, do not concern yourself about interfering. If those people who accept the help, they know, they know in their souls, if that is what they should be doing. They would be the ones to answer when they return home. Do you understand?

Les: Yes I do. That makes it clear to me, because I've puzzled this for quite a long time.

It is a good question and I thank you for the opportunity of trying to explain it to you all.

Les: Yes I'd forgotten that the soul of the person there, to whom the money is given, is the final arbiter, (Yes) into whether it accepts the help or not.

And when you speak of children, I know most of you tend to say—and I believe this is a phrase you most often use by you here on earth, '*that your heartstrings are tugged at*.' And that can only be good, because in this happening, it brings forward the *Love* that you should be extending to all of mankind. I wish so, that these spontaneous gestures, happened a little more often, without the thoughts of

whether you can afford to give or not, because when the mind, or shall we say the *thinking of the human brain*, comes into play, then that *spontaneous love* is lost.

Les: Yes I would agree completely with that.

So you see, you cannot do wrong, if you are giving with *Love*. The onus lies in the one who is receiving.

Les: Yes because though we presume that we are interfering, that particular soul may only have a limited period of suffering here, before it can gain health. **(Yes)** But that suffering would have taught it something, no doubt.

My friends, again I say to you, you cannot see the wider scope of life, whilst in these bodies. You need to expand the consciousness within you all, if you are to begin to understand the workings of that *Great Creative Force*, to which we all belong.

Les: And to follow our own soul's instincts, without giving thought to it.

That is what I would advise you all, that after all, these instinctive feelings, come from that *pure love energy* and can only be for the good, not only to those you offer help, but in your own growth. It has to be good. But remember, it has to be a *loving spontaneous gesture*, if it is to remain pure. Do you understand?

Les: Yes of course, absolutely, that is essential I agree. Now I've taken enough time, anyone else a question?

George: Can I just extend that one a little. I think we've made a complication for ourselves, by creating in this country alone, over 23,000 registered charities; it's got very complicated. But I think you've answered this in saying that what one does, should come from the heart and from within.

Of course my friend, you after all are responsible for your own thinking, for your own actions, for what you make of your own lives. It is all too easy for you to say: '*If only this, if only that*,' when what you should be saying is: '*If I, if I*,' because in using the '*I*', you are saying that all knowledge is within yourself. And you should—especially with the knowledge that you now all have attained, you should all know that the actions you take, whether they are genuine or not, you all have that innate knowledge. So do not say, '*If only, if only*.' But there are so many words you could use, I say to you, in your hearts and in the spiritual part of your being, you *know* that what you do, is either '*right*' or '*wrong*' for you. I do not say it would be right or wrong for another being, but instinctively you should know and understand what is right for you. And dear friends, that applies to all areas of your lives.

Les: So we come back to what Jesus said, cast your bread upon the waters.

There are many sayings you can use, but I say to you simply: Extend your love to all mankind, and your footsteps will always be sure. Again, we return to the very fact that all of you are responsible for yourselves. It is a great responsibility, but one that each one of you must shoulder with love.

Les: Thank you very much—any other question?

Barry: In our world that we comprehend, energy is created by opposites. Would balancing those opposites in our physical form, enable us to create a much purer form of energy, which would become like a spirit, to therefore then lead the energy, rather than trying to push the energy along a certain path?

Yes, here we have a later member to our group and much already has been spoken about energy. When you speak of opposites, what you are speaking of my friend is of the same energy. We have had this conversation before, but I will explain it briefly to you. You are of course speaking of illness within the human frame, are you not? (Yes) Yes, and the use of the energy of which you are made. I have explained to the others, that *all* energy comes from the *One Source*. So for you human beings, to remain healthy, the energy should be well-balanced, throughout the physical being, but it is governed by the mind, which belongs to the spirit. So you can make many theories in your lifetime, but what it comes down to, is the *misuse* of energy, which in turn creates illnesses and all other types of difficulties in your lives. What I would say to you dear friend: The most important thing you can do, before trying to help any other being, is to ensure that your own energies can become the purest that you can make them. And in doing this, you must attempt to create within your mind—which again belongs to the spirit—you must create that all-encompassing energy, called love. Can you see the connection?

Barry: I can, and thank you.

You are helped by these words?

Barry: Thank you, they have helped to clear the picture for me.

Les: Thank you—any other question?

Sarah: It seems a bit of a silly question now—I know the past, the present and the future is all one, but where did we come from in the beginning?

Les: There was no beginning.

Sarah: There was no beginning —

Yes, all has always been, always is and always will be—you cannot separate. It is most difficult I think this topic for you to understand. When I tell you that the future has happened, I think you become too amazed in your own thinking, to fully understand. (Yes) I could sit here and tell you what future times will bring you, but what would be the point? Then dear friend, your question would arise, *I would be interfering then*; but it has already happened—past, present, future are *one*. You cannot separate, you cannot separate and I cannot give to you an answer, which you would logically understand. You are not capable just yet my dear friend—and in saying these words, I do not wish to demean you in any way, but your understanding as of now, you are not capable of the understanding.

Sarah: Thank you.

Les: Any more questions?

Sallie: Just to ask a little bit about the male and female that exists within all of us—male and female energies. I'm having a bit of a problem with my male energy and I'm a bit stuck with it at the moment and need a bit of help with it. I can't really explain it in any other way at the moment.

In what way are you confused dear friend? After all, in this lifetime, you are expressing the female energy of living. To be as a whole, as part of the whole, you have to experience many forms of the complete energy. And in many lifetimes, you come as either male or female energy. But sometimes as I have spoken of in the past, these energies are not quite pure and therefore we have situations, where energies are neither male nor female and are confused upon your earthly planet. I would say to you my dear friend, be not concerned about male or female energy; concentrate only on that energy, which you now express. After all, that is the energy which you should be *living up to*.

Sallie: That sounds very helpful, thank you.

If you need to interact with the male energy, do you not understand that is what draws man with woman—it is the attraction of the opposite energies, which need each other to survive. I am speaking on an earthly way of talking, but that is a simplistic way of saying, that the male and female energy belongs together. Whether you have expressed yourself in female energy or male energy, you will be attracted to the energy, which you need. Do you understand?

Sallie: Yes, yes I do.

Les: It might help our friend, if I were to comment on what you told us some time ago, that if we come over to you as male, we shall remain male, for aeons of time when we come over to you; similarly if we come as female.

You will remain with that energy, until such time as the realisation comes, that you do not belong to any gender, and that you are *pure energy*; both male and female. But of course, that does take much, much time. Always I have spoken to you in the past, of the attractions of the human beings, to be attracted to the energy, which they do not possess. We have spoken on this before. (Yes—see 29/01/96) It is the cause of much depravity in your world, where good and bad are attracted to each other, in the same way as male and female energy. But remember always, you all belong to the one pure energy. I hope you understand, because this is something that is not easy for your human minds.

Sallie: I suppose I'm using visualisation of having two energies within me, my male side and my feminine side —

Yes and you are confusing yourself my child.

Sallie: Probably, yes.

Yes, concentrate on the female energy which you *are* in this lifetime.

Sallie: That feels very comfortable, thank you.

Now, I will say to you, I have spoken enough to you this time and when next I come to you, I will speak a little. Perhaps it will help the lady to know, that we do know what the future holds and although that is not my mission, I am happy on one occasion, to tell you what is to come. *(Much appreciation expressed + thanks)*

Now dear friends, I leave you all, with my own love energy, which I know you will feel, and which you will take within your hearts, to hold dear, until we come together once more.

Les: Thank you very much indeed. Our love certainly goes with you; life would be very empty without you now. *(Thanks + farewells)*

~14th July 1997~

Good evening:

All: Good evening.

Are you well dear friend?

Les: Yes thank you, as well as I can be. I know I've been receiving a lot of help.

We are not a full presence this time, so I will leave what was intended this time.

Les: That's a pity—never mind, we quite understand.

You see, conditions are good this time and I would like the opportunity to work quietly with this one.

There are other communicators ready for you, so for this time, if you wish, just one question, I will be happy to answer it for you.

Les: Thank you, has anybody a question they would like to ask?

George: Yes I have one. I wonder if it would be good to direct an answer to the population of the world, in respect to the hopes for humanity, over the coming years, through the period of change. Our reasonable hope might be to increase in our capacity to love, increase in our awareness—increase in knowledge.

Would you care to say something about our hopes in general, in the coming years?

Yes my friend. Why should you confine your hopes, your wishes, to the population of this planet? My wish for you would be, that you could become more aware, more universally aware, cosmically aware, rather than stay within the confines of the earthly population. You have within each one of you, the ability to hope, desire and to receive all that is available to you. So if your hopes and desires are to include all of the population of the Earth, there is nothing that can stop you. Do you understand this, my friend? (Yes) All of you have the ability within, to reach out for ALL that is available. You see dear friends, you do so limit yourselves—you limit your abilities. You are after all, and again I do not ask forgiveness in repeating that you are spiritual beings and therefore you belong to much wider energies, than that within this planet. I hope you understand and that each one of you thinks about this a little more deeply than you have, up until this present moment in time.

George: Yes I follow—our spirituality goes beyond the planet.

Of course, do not confine yourselves my friends, you do yourselves an injustice. You have much to give. All of you are imbued with that love, *love energy* of which you come to give to others so freely, but which you should be using in a more expansive way. I hope you all understand my words.

Les: Yes we do. If I might add to that George, I began a long time ago, to try to train myself to think universally and not internationally. Unfortunately we often minimise the word universal and apply it to international. (Yes) Our concept of universality is of the planet quite often, do you follow? We've got to regard it as universally being of the Universe. It's been a much misused word unfortunately.

I want you dear friends to be *children of the cosmos*, because that is what you *are*. I would wish that you can grow enough whilst we are together, to realise that what you are, and what you have been, is *spirit*, which has been confined to one planet in this lifetime. We have spoken much about this, but now the time is coming, when *all* of your population, *all peoples*, no matter what colour, what race, what religion—all will come to the realisation, that we belong to the much wider scheme of life, of living, of love, of that eternal energy to which we all *belong*. *(Thanks expressed)* Now I say to you all my dear friends, each day you grow in strength, each day you grow in love, each day you come closer to knowing

yourselves. In saying these words, I truly feel the love, which comes from each one of you. We have grown much my friends and we have much to do, but each time I speak to you, I take with me that element of your love, which is indeed eternal. I thank you once more for your patience, in listening to me. *(Thanks expressed)*

Now I ask that I be given time with this one.

Les: Certainly, God be with you.

There then followed one through Sue:

(Welcomes)

How nice it is to be here with you. You recognise me this time?

Les: Yes I do indeed and we're very happy to have you here once more. Am I right in thinking you'd wish to speak with everybody individually?

Still as wise as ever dear friend—yes, I would like to speak—

(This was organised and we approached individually, kneeling)

(Lilian) Blessings upon this one and all those of her house and family—spend some time in quiet thought, when you return to your home this time. Open up your channel and let someone in, who will help you. Remember you are never alone. Thank you, I wish you love and comfort.

Lilian: Thank you.

(Dawn) This one needs to spend more time in conversation. Too much left unsaid, which is causing slight friction here. Nothing serious, but more speech with another, can only benefit her and the people with her. Do not keep things inside yourself so much. Release them and your love channel will be much brighter. Blessings upon you my child; go in peace and love.

Dawn: Thank you.

(Jack) I am getting the name here, of Rebecca. This name will be of much importance in your life.

Remember where you first heard the name and when the time comes, all will be apparent to you.

Exercise your mind a little more; it will benefit the work we wish for you to do. Love goes with you.

Jack: Thank you.

(Sallie) This one must not keep torturing herself. Relax your thoughts a little more and you will find the answers to your questions have been there all the time. It is not necessary for you to be in what would you say, 'the doldrums,' as much as perhaps you are. Your future shines brightly before you, keep treading your pathway and everything will fall into place. Blessings upon you and those who love you.

Sallie: Thank you.

(Paul) You are a much-travelled and happy soul, but do not burn yourself out. Take the time to meditate and let your inner voice guide you on the next steps of your life. Try to slow things down a little more and the benefit to you will become apparent. You come from a much-loved and close-knit family. Let them help you when it is required. Peace and love with you now and always.

Paul: Thank you.

(Mark) Do not keep looking backwards my son—it is not good for you to look over your shoulder at what has been. Look forward with open and clear heart and eyes and the benefit to your life will be great. Let someone who is close to you help you to see the benefit of my words. Bide your time and it will become apparent to you, what you are going to achieve. May light surround you and those close to you.

Mark: Thank you.

(Sarah) This one has taken heed of previous words and has stopped moving around quite so fast. We are delighted that our words have been accepted. You have an enormous heart, but do not stretch yourself too thinly; you need time to recuperate sometimes, from the hurly-burly of your existence. You have a child who will be a great comfort to you shortly. He is an old and venerable soul; we are taking great care of you both. You are surrounded by a wall of love; feel it and know it cannot be broken down.

Sarah: Thank you

(George) This one is a wise owl. Greatly read and learned in many aspects of human life. Give to others, the benefit of your knowledge. You are here at this time of life, to spread the word of the Spirit. Keep tight control of that mind of yours, it sometimes runs away a little fast. You are one of the family of

which I spoke earlier. Look to each other, you will be of great help, to not only yourselves, but those whose lives touch yours. Go with our grateful thanks, for what we know you are about to do.

George: Thank you, thank you very much.

(Les) *I thank you my old friend, for coming before me, but I would have been happy for you to have stayed in a little more comfort.*

Les: That's kind of you, but I am only one with the others—there should be no priority, though I appreciate your help and concern.

I know that the others will not mind my saying, that there are a few spring chickens and you I know will not mind my saying, are a venerable gentleman. (Chuckles)

Les: I thank you for the title.

We know what you do here and for others and this time, have no words other than praise and thanks to you. All I will say is 'slow it down.' You need to be razor sharp for this work, do you not? (Yes) *So keep yourself in the peak of fitness.*

Les: I shall do my best to do that.

We are with you to help you reach this goal. (Thank you —) *We come to you in mental state and I know you are aware of the presence of Spirit.* (Yes —) *In the time which is shortly to come, when we are expecting great work here, we will be visiting you on a more regular basis and hope to instil in your mind, some of the duties we hope you will undertake for us.*

Les: I shall certainly be pleased to know of them and to do them for you.

Thank you for having been with us tonight, it's been delightful again and we do appreciate it.

There are others not present this time I believe.

Les: That's right there are three who are usually here, but who are not tonight.

I would speak to one lady and one gentleman next time; important work coming shortly. Each one needs to be given guidance before it starts.

Les: Thank you. Yes, I'm sure Salumet will let us know and agree with that.

So my friend, all being well, I will speak with you briefly at your next meeting, providing that the power source is available and strong. (Thanks + farewells)

~21st July 1997~

(Welcomes)

Good evening. Thank you once again—your love has helped to bring me to you. My dear friend, I have to say to you, that much is being taken from you, because of the increase in power, which we need to be using. Some of you since last we met have felt pressure upon your beings. Do not be concerned—we have been close to you, but the Earth energies at this moment of your time, are such that there surrounds you, some negativity. But it should not concern you, only in as much that in small ways, because of your sensitivities, you feel somehow, as if the weight of the world is upon you. I'm sure you can confirm this for each other. *(4 sitters confirmed this)* I would say that each one has in their own and different ways. But I would say to you dear friends, be pleased that you feel this way, because it *should*, it should confirm for you, how much you have grown in your own sensitivity to living. There is nothing you can do to change these conditions at this time, but I will say to you all, we are working well, we send much love to this planet, and soon these feelings of pressure will be lifted. Because you are human, you sometimes feel that when these pressures are upon you, that it is in some way connected to your own thinking—I say to you this dear friends: Not always—accept the feelings and allow them to dispel, as surely they do.

Les: I don't think any of us would object to it, now that we know those feelings are instrumental in helping with the work.

Only those who are sensitive to the energies of your planet will feel these pressures, at the times when the energies are rather depleted. At this time I do not wish to enter into any greater detail about this matter, only to assure you that all of you are doing so well, in your spiritual unfoldment.

Les: We're very happy to know that and thank you.

I would say to you, on our next meeting, I will speak to you about what is to come. We put it to one side last time, so I say to you at your next meeting, we will have a discussion on these matters, if you so desire.

Les: Yes we would like that, because we do have one concern coming into our mind right now. The house next door is going to be occupied by somebody else in due course and I'm hoping that it's not going to interfere with the work at all.

My dear friend, nothing will be allowed to interfere with the work that is being done within this *temple of light*. We would not have come to you, if it had not been the correct time. We will not allow anything to interrupt the course of events, which is to take place within these four walls.

Les: Thank you very much, that does comfort us all, because I know we were concerned, we had discussed it and I perhaps shouldn't have asked the question, because it implies doubt of what you've told us—one of my human failings came to the fore and I knew you wouldn't mind my asking for confirmation.

Of course not, did I not tell you, that it would be sorted out—the problems which arose? I have to say to you dear friends, once more your impatience is forgivable.

Les: Thank you very much. Yes you did say it would be sorted out, and we remembered that and spoke about it. But as I said, being human we do ask these things, and thank you for the answer—it's comforting. **Yes—do not concern yourselves about it, but let us continue to be positive in our thinking. After all, have I not told you, that the *power of your thinking* is all-enfolding, when it comes to changing your world?**

Les: Yes, we are using that power of thought.

Not only in your world, but your own lives. Now if we have questions this time, I am happy to answer them for you.

Les: Does anybody have a question? *(Pause)*

Dear friend let me say this: If I invoke within you thoughts and questions, even if you do not ask me, the fact that it creates discussion amongst you, can only be good. Would you not agree?

Les: Yes we do, but it puzzles me sometimes that we all discuss these things, but don't ask questions of you, when we have the chance.

Again I say it is forgivable. After all, you are so often like small children, you have many questions at the wrong time.

Les: That's true.

Sarah: I did have one question, I was interested to know that when we pass over, how much can we see of what's going on, on the Earth plane? I understand that those that have gone over, they see them as energy, as lights. (Yes) Can they see objects, for example a carpenter who's made a beautiful cabinet, can he still see somebody admiring it?

You have to understand that in using your word '*seeing*,' it does not apply in the same way as you use it here. I would rather you use the term, '*you have full awareness*.' After all, take your dream state—you are not actually '*seeing*,' are you, as you would say, '*in the flesh*,' but all that you see is positive. (Yes) Yes, in a sense, it is a *feeling, an awareness* and not the vision of the physical eyes. After all, when you come to our world, you have disrobed from this physical garment, you no longer have the physical seeing. Do you understand?

Sarah: Yes I do yes.

So although you '*see*,' your awareness is greater, it is a *spiritual seeing*. That is what enables you to know and understand what continues on this earthly plane.

Sarah: Thank you.

Les: I know many people in the past have asked me: '*If they can be seen by those who've gone over, what happens at times at times when it would be embarrassing for them to be seen?*' And I've explained that there is a blockage, a memory or vision blockage if I can put it that way, which would not allow interference with anything which could be embarrassing, to that one on Earth.

Sallie: May I ask a question please? **(Yes)** It's to do with fear and it's to do with trying to get to the stage, where you can relinquish the ego and, if you like, go into some sort of form of surrender to the Universe,

to the *higher spirit*, to the connection. And it's the fear of actual total surrender of the ego and also to do with—it keeps coming back—you think you've got rid of it for a while, and it comes back again —

Yes, I understand what you are asking. You dear child, have brought with you to this lifetime, many fears, many past fears. But when you speak of connection to your *higher self*, it is inevitable, because after all you are human, that that fear is imminent. To relinquish that being that you have come to know and to love—it is not unusual that you should feel fear. But after all, let me say only this to you: All of you relinquish that fear in your sleep state and you do connect to your *higher selves*, as you call it, each time you close your eyes in sleep. So I would say to you this: *Continue*, continue to try, and fear should dissipate. It will, I can tell you, but like all aspects of your living, it is a matter of continuing to try. Fear belongs to you as a human being. I am sure if I spoke individually to each person within the room, they would say they have fear of one thing or another.

Les: Yes, I've no doubt you're right.

But never be afraid to let go, because you see, once the connection is made with us in our side of life, you will be protected my child. No harm could come to you and if you would use the power of your mind to tell yourself this, then you would find, that the fear would gradually go. Do you understand?

Sallie: Yes I think I do. It's a habitual thing I think, that one's brought with you and it just takes a lot of work sometimes. **(Yes)** Thank you.

Les: And I suppose one can say positive thinking is necessary again, because I've been through all that for many years Sallie, having fear of this and that and the other and wondering if this or that—like asking the question about next door. **(Yes)** I should not have asked it, but I had to ask from a human point of view.

It is the human element, which holds onto fear. Your *higher self* knows no fear and will try to help, but remember whilst you inhabit these physical '*coats*' that you possess, always the human side of you will win; it will and I know many of you would doubt this, but please do not doubt this, after all, you are endowed with free thinking and you do have that power, to use it. And we cannot interfere with that thinking, whilst you inhabit these *human coats*. Do you understand? *(Affirmed)*

Les: I think sometimes it could be classified as '*worry*' rather than fear; wouldn't you agree generally? We worry about things, which need not cause worry.

I do believe the fear the lady feels, is that she has, or would lose the power of *control*. That is what the basic fear is, that no longer would you be in control of your own destiny. Please think about these words and you will come to the realisation that it is that which you most fear, because you do I know, want to connect to the very highest that you can. It is within you and you can do it, but you must achieve it by yourself, you understand?

Sallie: Yes I do.

I will try to help you, but I cannot interfere.

Sallie: Thank you.

George: I think a modern fear, is the fear of embarrassment, of losing one's train of thought, mid conversation, which is why I so admire actors and actresses on stage.

I understand your comment dear friend, but I am sure if you spoke to those people, they would tell you that before they enter their roles, they are, some of them, *crippled by fear*. After all, acting as you know it is *role-playing*. It is not the true individual showing themselves.

Les: If I might add to that George, sometime ago I read an article about several very well-known actors and each said that before a performance, they were literally petrified and they used to ask heaven for help, in assisting them to go on and do what they do.

If only you could see more deeply, you would know that many in *our* life, in this side of life, are ready to help those who ask for help, to relinquish their fear. We have many who have been what you term actors and actresses and I am sure many of you have heard stories about past people seen within your houses of plays.

Les: Yes, you're right.

So you see, I would say only this to conclude on this subject: That you must allow that inner being to come to the fore, if you are to let go of any fears. You all have them—do not be ashamed of fear. After

all, if you did not feel fear, how could you know what the opposite would feel like? Remember that your lives always are positive and negative. If you could come to the realisation that all of your life is almost like parallel pathways of positive and negative feelings, then you will begin to grasp that life is pushing you in the correct directions. So accept your fears, but do not hold onto them. Allow them to be and then let go. Do you understand my friends?

Les: Yes, we must just tell ourselves not to be silly.

George: It's very reassuring.

Well, I would not call you, how you say 'silly.' (Chuckle) But, be more positive in your thinking. Again I say to you: The *power of your thoughts*, are the most powerful thing you will ever have. It can achieve all for you, if only you would use it.

Les: Yes, we don't doubt you for one minute. I think the problem lies in our not accepting it fully, (Yes) that it is so powerful.

Yes, and once that realisation comes, there is nothing, *nothing, nothing* that you could not achieve.

Les: And we must all practice more fully. Any more questions, if not I have one.

Sarah: I have a quick one. Going back to dreams, you said we become aware that things are quite real, although we can't see them, they seem very real. Are in fact our dreams things that are happening to us while we're dreaming, or are they, is it just our minds, working over the day's events?

We have my dear friend, discussed this on previous conversations. But I will say to you quickly, that both apply. Of course your mind, your *physical thinking*, as your scientists will tell you, is confirmation of the thoughts that lie within your *subconscious mind*. But of course, in the dream state, there are those areas of your dreaming, which are real, what I would term is *reality* and you would term '*dream state*.'

Sarah: Thank you.

But we have spoken on this before.

Les: Yes thank you, Debbie asked the same question, some time ago.

Sarah: Oh I'm sorry. Thank you anyway very much.

Les: Anymore? (Pause) I'm going to ask one of you Salumet—I can understand if you'd prefer not to answer, but I ask it, because of our very great love for you. Again it's a human failing that makes me ask, but you've told us that you have never walked upon this Earth. (Yes) Are you able to give us a little more information on that, where you did live, or where you do exist, if we are capable of understanding it? It's not idle curiosity.

I know dear friend and I accept the question. When first I came to you, I told you that I was a conglomeration of beings. That statement still stands. We have to go into deep matters here, to try to explain to you. When I say I have never trodden this earthly path, that is true, I have not inhabited human form, as you know it. I—and you may find this difficult to accept, I have and always have been, part of energy, which comes together for the good of, shall we say, the cosmos. I have not trodden in any kind of human form, but when I accepted this task, as many have—and by saying that, I do not mean that others have not taken human form, because they have. I come to you only as a *voice*. I will explain a little more at another time. But I say to you, you must only accept me as a voice through this instrument, because that is all the energy that I can be to you. It is a deep subject, but I will try to tell you a little more.

Les: Thank you we look forward to that, because I'm sure all of us have tried to imagine you as a personality and you now give us something else to think about, in trying to imagine you just as energy, pure and simple; or not simple, but pure energy. That's very intriguing and does give us a lot to think about.

You have to also remember that energy is malleable. Here it can be used in many aspects of this work. But as you know, for means of communication, we still at this moment in time need what you call *instruments*, in order that the energy be *voiced*. But I will, I say to you I will try to explain and I have to emphasise '*try*,' because I do believe you are not yet ready for that explanation.

Les: No, we will accept your verdict on that, but at the same time, we shall look forward, to an explanation, if you consider we are ready for it. (Yes) because it's fascinating to us (Yes) and it does confirm—not that I

wanted confirmation, but it reiterates something that was said at one of our other meetings, by somebody that said that he worked—I say 'he,' if I may use that expression—he worked on 32 different planets, and my natural question was, 'How do you cope with all the different forms and languages?' His reply was: '*You humans do amuse us—I am energy!*'

Yes, you also my dear friends are energy. But you are energy so dense, so dense, that you need these human forms, to be able to use the energy, at this stage of your development. Do you begin to understand?

Les: Yes, it may amuse you, but I have a very real mental picture—I think somebody's giving it to me, of a pot of thick porridge, which is us! I had to pass that onto you, it was so clear. (*Chuckles*) So now we know what we look like to our friends.

Yes, I do believe the comparison is quite good. You have so much to learn, but in saying that, I do not want to denigrate the effort that you put into your learning.

Les: No, well we were told that in development, we are at the bottom of the pile, so anything we can do to begin to get out of it, we shall be happy to do.

Although your knowledge is not great, you—I have to say this to you: It is such a wonderful feeling of love that we get from you, because of your little knowledge and your simplicity. It makes me feel *almost* as if I have your human feeling, of *tears*, when I think of you all trying so hard to understand the knowledge that I bring to you.

Les: That's very, very kind of you and it leads us then to put another question: That energy can have feelings then?

Not in the sense that you mean. When you return to *pure energy*—and again, we have many stages of development, before that can be achieved. After all, none of us are infallible in any way—none of us. So all of us are seeking to return to the *purest energy* from which we came. Again we are going into deep subjects.

Les: Yes and the one word is predominant through all this, isn't it—that is *Love*.

That is the purest energy that you can have. It is what sustains you, it is what uplifts you in your daily lives, it is what makes you grow, it is the all-encompassing energy, it is *Life*. And with those words my dear friends, I will leave you now. I thank you for your patience in listening to me and I say to you, that you will feel a little more uplifted in your daily lives, before we meet again.

Les: Thank you very much indeed—thank you for all the love you bring. God be with you.

There followed one through Eileen, with a message for Lilian, to say that she should be painting, because she has much talent/gifts with hands. There was also a child around her gifted in this way, who needed to be encouraged in painting too:

—You'll find as you grow older, that you'll find much peace from it. (Painting) So please do accept, because those who come to tell me this love you very much. And your grandmother is often around you. Because you see, the artistic side comes from her, although she never had the opportunity. Well, she's smiling at me now, so I'll leave you with it. (Thanks expressed)

~28th July 1997~

Good evening. (Welcomes)

Les: We thank you for being with us once more. We certainly look forward to your company.

And I do yours, my dear friends.

Les: Thank you.

I would like to speak with you this time, as I promised to do, to give you a little more foresight into the future of this planet.

Les: Yes you did and we have been hoping that you would be able to.

When first I came to you, I told you that many in my world had gathered in order that this planet be saved from human self-destruction.

Les: Yes and I have been asking that you should all be helped in that.

I do not retract those words. Much has been spoken in your world, of devastation, and I have to say to you, it *will not happen* to the degree that you can imagine of.

Les: That's comforting for us to know.

But I will tell you that this planet *will* continue in its evolution, and in so doing, there will be for many of your years to come, *natural disasters*, but we would not consider them to be *all* manmade, you understand?

Les: Yes, it's difficult to say which disaster is because of man's stupidity, or whether it's the natural evolution of the planet.

Yes, always remember in your thinking, that the planet has a plan of its own. I do not always think that you humans fully understand the workings of your own planet.

Les: I'm sure we wouldn't have understood that it is in effect, it's keeper of its own destiny.

Of course I have explained a little, that *all* has already happened, you understand? (Yes) So what I tell you now is what is to come, what *has been foreseen*, if you prefer to use that term, but I would prefer to say, it is the planet Earth's own evolution. Let me speak a little about one problem in your world, which concerns most people. In this I speak of the illness that you name, as I believe '*Aids*.' I feel that your earthly planet, has at this moment in time, become a little complacent, but I will tell you dear friend, you have not seen, you have not seen this disease at its height yet. It will spread to all parts of your world, but what I want to tell you is that there will be a cure; but not before it has reached all corners of your world. The cure will come, I am sure you will be most interested in work that is being done, on what you call '*outer space*.' It will come.

Les: From outer space?

From *work* that is being done, in connection with this.

Les: I can only say that we are very grateful to whoever or whatever energy is doing that work, because it does sound from what you say, that the population on this planet, is going to be considerably decimated.

Yes and I have to tell you, that there will be devastation, in many areas of your planet, but I do not want you to feel, that this is what so many of you call, *nuclear devastation*; a lot of it *will* be the evolution of your planet—it would have happened without the knowledge of *nuclear matters*, you understand?

Les: Yes we do, thank you for the information.

There are areas in your world—and I do have to say, not within any of your lifetimes here, I speak of many years to come, because I have told you, that within the next thousand years, there *WILL BE A CHANGE*, in the way of thinking of mankind—there will be a spiritual brotherhood of man. So for that to happen, there has to be many changes; I am sure you can reason with this and accept that fact.

Les: Yes, I was going to ask if we would be right in presuming that the devastation to come will be the trigger for the moral regeneration?

Yes, yes, there will come and I will tell you not to make you afraid, but to enlighten you to many aspects of life upon this planet, that there will be a *nuclear accident*, but it will not extinguish this planet.

Les: Is that so? (Yes)—A nuclear accident outside the scope of this planet?

No, within the planet, but it will not have the repercussions that mankind expects, you understand?

Les: I see, yes thank you that does make it clear.

I know so many of you human beings live in fear of this disaster—it will not happen, IT WILL NOT HAPPEN.

Now, if I may return to what I said previously about space. I want you to know dear friends, and we have spoken briefly, that in your next century, there will be space people come to this Earth and will make themselves known to *all*. The time is coming and it is not too far distant in your time.

Les: I'm sorry we shan't be here to see it perhaps, except from your world.

It has been building, in the last 200 years of your Earth time that these communicators are interested in your living, in your way of life, in human beings in general. There is much dispute I know in your world, about these matters. But you cannot deny that there exists other life forms, many, many life forms and the time is nigh, when there will be one particular race, of what you call '*aliens*,' who will present themselves to the world, who will stagger you with their knowledge and their spirituality.

Les: We can only hope that whoever is alive in those years is going to be sensible enough to welcome them properly.

They will be welcomed dear friend. It is coming that your political spheres throughout your world—they have been influenced for many years. We have spoken that they have been denying the knowledge, but the time must come, when all will come together and it will be accepted. This is your destiny that this life form must come to you.

Les: Well, thank you very much for telling us that, because I'm sure we've all hoped for many years, that these aliens as they are called and we don't really look upon them as that, we look upon them as *forthcoming friends*, who would be welcomed in a charitable way, rather than the methods which have been used to alienate them and deny them.

There will always be fear, but once your political leaders accept, then the common people will also accept.

Les: Good. I think the common people are ready to accept them now. They are well aware that a lot has been hidden and denied.

I want to go now onto your world religions. I would like to tell you also, that you enter into a new century, that some of your most powerful church leaders will fall. I speak in particular of one religion which has held power over many for too long and that is the one ruled by the papal institution.

Les: Well, we shouldn't say we're glad to hear that. **(No)** But, well of course, it's difficult to say, but we would be glad to hear it in one sense, but sorry for them, in another.

Of course you must keep your hearts open, but you must also realise that all peoples must be free to know and gather their own thinking. There is coming new religions, mainly in the countries that you term Middle Eastern countries, where much discord, much strife to this day, still continues. There will continue for much time, discord in these lands. But also there, the time is coming when a new religion will show itself. I have to tell you also, that the nation that you know as the *Arab people* will pay for their injustices; they will reap their own rewards, for the harm they have caused, throughout those countries.

Les: Yes I'm sure they will, because the law is the law, as you have told us. **(Yes)** But I'm particularly pleased and we all are I know, to hear that people will be freed, from the dogmatic shackles that have been holding them.

It has already happened. We have seen, have we not, the freedom of the peoples who have been bound by communism? It is only a name, but it is that people have been held back in being allowed to know themselves, to know their inner God, to know that they have freedom to search for what they truly believe.

Les: Good. So it would seem that the work that all of you have gathered to do, *is* going to come to fruition. **We have much happening and it *will* help, it will help. I don't say to you it is easy, it is not, it is not, but also what we do is our destiny. Always remember that whatever happens *should be*. There is nothing that happens, that is outside the laws of that *Divine Power*, which we all belong to. All is *natural*, even all of your disasters, but I wish that you could look on your planet, with more open eyes, with more understanding and I think you would find, that your understanding would grow.**

Les: Yes, I think it certainly will now, after what you've told us. We can begin to really help, in our thoughts for them, those who are going to have to relinquish their ideas and hope that it will happen before too many years have passed, for the sake of those on this planet.

There is much to come for this planet. It is still in its growing stages. But mankind is coming to the realisation that *he* has some power, he has the power of his *mind*, he has the power of his *love*, that he must allow himself to be open to all men, to all situations, to be open to those *cosmic forces* which surround your planet. Once you can strive to achieve these things, there would be no fear in your world.

Les: I can understand what you mean.

I encompass you all now dear friends, I hope you can feel the peace, which I place around each one of you. I trust that your hearts can be opened a little more, to this great work, that you are trying to

achieve and that all of us who come to help you, will in time look back and say, that what we have achieved, is *Love*, with *Love* and within the *Love* of that *Great Power*.

Les: I'm sure we shall open our hearts more, with the help you and your colleagues constantly give us.

What I want to leave you with, is the knowledge that this planet *will* go forward, will complete its evolution. It will not be destroyed by man. When the time comes that it must extinguish itself, and this we have spoken of dear friends, it will be a natural thing. You understand?

Les: We do and again we thank you for the information. It does enable us to realise that we still have to work more deliberately, towards the awareness of spirituality. It is not going to be cut short, by a sudden planetary destruction.

I want you to fully understand that it is so natural, what you are working towards. Do not feel that any destruction, famine, wars, loss of life are not known of. You have to look to the wider scope of life, to fully understand what mankind, is doing to himself. And to know that some of these, what you term 'catastrophes,' are not *catastrophes* in the sense you understand, but are what you call your earthly *fate*. Do you understand?

Les: Yes I think we do, does everybody understand that? (*Affirmed*) Thank you for the explanation.

So continue with your love, with your openness, and you certainly can help those others who are lost in the darkness in your world.

Les: I shall certainly keep trying.

Now I leave you with my love, blessing and I will continue to work with this instrument this time.

Les: Right. Before you go, there's just one thing I would like to say, at the last meeting, you asked me how I was and I made rather a foolish reply, when I said, '*As well as I can be.*' Because that would indicate that I'm ignoring all you've taught about *positive thinking*. It was a silly remark and I want to withdraw it, because I do think positively every day of your teaching, and that I could be better.

Yes, I—you have no need to retract dear friend, because I do know what is in your hearts. But as I come to you, to use your human words, it is natural that I should enquire of you.

Les: Yes, I appreciate the fact that you do.

But you well know and understand, as most of you do, and I do not apologise dear friends, for saying once more, the *power of your thought*, is the most powerful *tool*, you will ever possess. Please use it.

Les: I certainly use it every day. Thank you again for your teaching tonight, our love goes with you.

There then followed one briefly through Sue, who was bringing healing to one of the sitters. This was followed by a rescue through Sarah. Finally another came through Sarah, known as Running Dog:

May I have your permission to speak?

Les: Yes please, we're waiting for you to do that.

Am I too loud?

Les: No, there's nobody next door. (*Laughter*)

I see that we are amusing?

Les: No, just the volume of the voice. If there were anyone next door, they'd be wondering who was speaking in that voice.

I come to speak with you to ask, I think you say favour?

Les: Yes of course, anything we can do for you.

I have known this one for many, many years; she has been told of me, but we do not have close connection and it is time that we do. I would like if she could please sit quietly and think of me sometime. I know I am not a great one, but that doesn't matter, does it?

Les: Well that's relative, we're all great in our own ways, we're all unimportant in other ways. To us you are a great one.

I thank you. I would just like to make some closer communication with this one.

Les: With the one you are using?

Yes, because it is time that we continue with some work.

Les: I'm sure she'll be pleased to do that and I think she knows you by name?

Yes, yes I am her Running Dog.

Les: It's a long time since we've heard your name.

I have been here with you, but I have been with this one, for many, many of your years.

Les: Yes I'm sure she'll be pleased to know you're with her and wish to get closer.

How are you?

Les: How am I? Very happy that you're here; looking forward to the day I join you, I shouldn't be, but I am.

Why are you so eager to join us?

Les: Because I'm sure it's much nicer in your world, than it is in this one.

But you have work to do, you must be grateful to the Great Spirit, for what you have to do.

Les: Yes I am. I don't have a death wish, I'm merely being honest, in saying it would be nice to be with you.

You can wish for death, but it will not come.

(Laughter)

Les: No, it won't make a scrap of difference, it'll come when it's due, I know that.

We all have our beginnings and we all have our ends and it will come, but not because you want it to.

Les: Quite. No, we joke about it between ourselves.

Yes. I wished I could have stayed longer, when I was with you, but I was rather, how you say, impetuous? I was foolish and I took too many risks. I did not follow my grandfather's teachings too well.

Les: And you took one risk too many.

And I did indeed take one risk too many.

Les: And it was an enormous bear, wasn't it?

Yes. I wish I had been named Running Bear.

(Laughter) ***Instead I am Running Dog.***

Les: Yes, but you didn't run fast enough that time.

I think there is no comparison, what say you friend?

Les: No, I think not. No it wasn't pleasant for you, but it happened, that was your fate.

We always were grateful for all animals, which came to us, but being grateful for them, did not help me in the end.

Les: No it didn't did it? (Laughter)

But I think I have spoken enough, I thank you for your time and it is good to speak with you, old friend.

Les: It is very, very good to have you here.

Yes, there are many who would like to come back, but you have moved on, I believe, like so many of us, we don't have many options left open to us! (Said laughing) There is work to do and we must do it.

Les: I'm very lucky in having very dedicated colleagues here with me.

Yes I don't know all of them, you have changed much since last I came to you.

Les: Yes, a number of new people, but all wishing to do the same work.

All still pale-faced! (Laughter)

Les: All still pale-faced yes.

Yes, I will not hold that against you friends.

Les: Ah, that's nice to know.

Yes, now I say I must leave you and I thank you for your time.

Les: It's been a great pleasure having you again and I will tell the lady and I'm sure she will try and make time, so that you can be closer to her and we all send you with our love.

Yes I thank you for that friends—I give you thoughts from those who stand close to me and those that you remember. I do not need to name them.

Les: No, White Feather, Moon Feather, Silver Star—all good friends of ours.

Yes, but the loud one in particular, has to be remembered! (More laughter) You know who I mean?

Les: Yes I know.

Yes, he is not so loud these days, since your lady has gone.

Les: Is that so?

No. I think she must have had words with him.

Les: That wouldn't surprise me.

Now I must leave you, thank you all once again.

Les: Thank you very, very much. It's been lovely having your company, goodbye and God bless you.

~4th August 1997~

The recording begins slightly late this time, after a quick adjustment of the light level in the room:

Thank you for making conditions more comfortable this time.

Les: I'm sorry if it was too much for you, it was slightly more than usual.

If you would allow this time, I would like to speak to every individual, because although I know what is within each soul, I think this time, it would be beneficial to each one, to hear each individual speak, of what lessons they think they have learned since my coming to you.

Les: Yes, we should be very happy to do that. Would you like them to come close to you here, one at a time?

That is not necessary. I think we should begin with the gentleman at the end of the room.

What my dear friend, do you think you have gained so far?

Jack: It's difficult to say—generally more understanding around other people I think and probably more understanding of myself.

Yes, this one dear friends, is gaining the lesson of tolerance towards others and their thoughts. I think you now can listen more intently to another?

Jack: I think that's probably true yes.

Yes I can tell you, you are much more tolerant of others now. Thank you. (Thank you.)

Now, your lady please.

Sallie: I think, I'm still learning this lesson, but I think it's a lot to do with forgiveness more than anything. It's a question I've been asking myself recently and the answer that comes to me is to do with forgiveness and that's what I'm trying to do, I think.

You are working well, but what you have achieved dear one, is your awareness of self and the knowledge that you have become a stronger person. In gaining this insight, this awareness, you now move forward onto other lessons; but the understanding of yourself, has been your main achievement.

Sallie: Thank you for always somehow answering the question—

I of course know much which is within your hearts and your minds, but sometimes it is good for you all to voice what you feel amongst yourselves, because in expressing yourself with words, you are opening your heart to others. Do you all understand this? (Affirmed) Thank you. Now the gentleman please.

Paul: I think I'm growing in trust—there are less doubts now. It's something I'm still working with, but trusting in life, and in people and in the future.

Yes my son, also trusting in your own thoughts—that is the most important lesson for you. But yes, you are right, *trust* is a big issue with you in this lifetime. So I say only this to you: Continue and you will grow.

Paul: Thank you, yes I suppose it's something I've got to learn with experience?

It is within your heart; express it well and with experience—always you have more knowledge, of course. But all that you need to know, lies within your heart, thank you.

Paul: Thank you. (Yes)

Les: Mark?

Mark: I'm starting to understand that I've got a pathway, but I don't really feel I've integrated it, I don't feel I've really integrated my pathway with my everyday awareness yet.

Yes, is there any more?

Mark: I'm sure I've learned lots of things, but it's been very gradual, your teaching's been very gradual and it's difficult to remember how you were exactly.

Yes, this one here, has the lesson of hope, to which he is still struggling, but let me say this to you: It will come to you, before your lifetime *here* has ended. You have struggled with many doubts and thoughts, on all aspects of living, but you will attain the lesson of hope, it is within your grasp. So continue with your journey and you will achieve your goal. Thank you.

Mark: Thank you.

Les: Sarah?

Sarah: I thoroughly enjoy learning all that you have to teach us and I find it very easy now to go out amongst people and try and feel my way and get others to respond to what I have to say, in a very gentle way. I also find it very easy now to be with people and make people happy. So I think where I've improved, is I'm beginning to understand people much better and I'm less critical, trying to see the good in them, and not the bad.

Yes, this one dear friends, what you are speaking of is the lesson of modesty, when it comes to association with many peoples. I hope you take the word modesty, in the way that I give it to you. You need my dear friend, to calm your thoughts, at times. But yes, you do move forward and you bring with you enthusiasm. That lesson of modesty, which prevents you from forcing yourself upon others, you understand?

Sarah: Yes, thank you.

That is the lesson that you are learning. Thank you.

Margaret: I don't know what to say, because I'm so happy when I come here and I've learned a lot about happiness and making people happy. **(Yes)** And I'm more contented in my life now, than I've ever been.

Yes, and your lesson my friend, this time around has been one of patience, *patience*. And I think you will agree with me, when I say that you find it more increasingly easier to tolerate others and to show more patience with them.

Margaret: Yes that's true, thank you.

Thank you.

Les: Lilian?

Lilian: I've found great strength from the teachings that you've given to us. I do fall a bit short, when times are not quite so easy, when I find it hard to remember, but I do find great strength from them. **(Yes)** I hope I've grown spiritually as well.

Yes, my dear friends, there can be no doubt that you *all* have grown so much since first we met—please do not doubt this. There is no question that each one of you has grown. I wish you could see how bright you shine, since first I came to you. But as you cannot, then please accept my words, when I tell you that you are beacons of individual light, when you leave this room. Before your lights were dimmer, but now I say to you, each one grows brighter and brighter, as our association continues. Now let me return to the lady. This one has needed much strength in her lifetime and she has suffered from many doubts. So her lesson for herself, has been strength in her own convictions and she also still struggles, she brings these doubts to herself and always questions what she knows to be right. I think she would agree with me please? She gives much upliftment to others, but fails to do so for herself, thank you.

Lilian: Yes I understand that thank you.

Les: Dawn?

Dawn: I just feel that I'm going with the flow, following my intuition.

Yes, but you my dear friend, have struggled throughout this lifetime with *fear*, fear of many things—fear of yourself also, would you not agree? (Yes) Yes, but as life continues for you, you have developed a sense of strength within yourself, although it does not subside the fears within you. Your lesson this time around, is *fear*. And you must, my dear friend, learn to let go of all fear. It is negative energy, which you can do without. Fear not, you are protected well. (Thank you.) This is a lady, who also can teach others to fear not, but does not teach herself the same lessons. I think she would understand this.

Dawn: Yes. Thank you.

Yes. Thank you

Les: That just leaves me then. Well I have been and am conscious of, the only way I can put it is, great vistas of opportunity ahead and great happiness, as somebody else has mentioned and a tremendous companionship all the time; it is something I never used to experience and I find it difficult to fully realise the amount of companionship, I do get now and I know it does exist and I think you'll understand when I say I am learning the secret of spiritual growth, and giving to others, in spite of myself.

Yes, I think your words clarify what is going on in your life at this time. In this lifetime dear friend, you have learned to encapsulate the love given by many; you have given much and you have received much. But you needed to learn in this lifetime, that what you give, you must receive tenfold and as you reach your mature years, you have reached the understanding, you have reached that '*vista*', as you put it, the vista of love, which surrounds you *always*. Your lessons this time, have been lessons of *loss*, which you have coped with well and I would say that for the main part, you have achieved, but sometimes creeps in a little sadness at that loss, when you should be rejoicing, instead of allowing sadness to creep in, you understand?

Les: Yes I do, it doesn't often happen, it's just very occasionally.

No, but let me say dear friend, that in this lifetime, you have learned well. (Thank you.)

I would say to each one of you, that it makes me so happy to be associated with each one, with your own individual patterns of existence. To see you come together, as one force of light, to bring with you the love and the strength of the whole. Now I will say about the lady who cannot speak at this time.

(*Sue*) That she has much also to learn from this lifetime. Her pathway at times has been quite rocky I would say. So I would say also, that this one has come to learn the lesson of forgiveness and patience. Each important in its own way, and again I would say she struggles with both, but ultimately will gain, as life continues for her.

So dear friend, if you have question this time, I will take one before I leave you.

Les: Thank you, yes I have one which I think will interest everybody. We have heard much about your schools of learning, halls of learning and we have had people speaking to us from your world, who classify themselves as, '*Keepers of the Records*,' and have explained the types of records they were interested in. But in view of the incomprehensible number of records there must be of people in your world, I have wondered how they are stored and how access is allowed. Are they stored as a form of energy, which can be drawn upon, by those conversant with the process? They can't all be inscribed on vellum I imagine.

No, no, no—we have spoken before of rooms of knowledge, but when we speak of storing all of these lives, it is a *thought-form*. It can be materialised onto—you call '*vellum*', but it is a different material we speak of. But it is stored in the *thought energy form*.

Les: I thought it must be.

We do not keep libraries as you know them on the Earth planet. But you know the power of thought can produce anything you so desire. But to be able to be in touch with these records, we have *keepers*, as you know, who would be, shall we say, '*In charge*,' but that is not the correct words to use. We have keepers of records, when they are allowed to materialise. You see, people who wish to look at these records and all of you, could if you so wished and desired, take that step into our world to look at these records—there is no reason why you could not. So you understand that they would not be able to use the thought-form, so we have to provide something they are familiar with, you understand?

Les: Yes I do, the thought-form is beyond them, beyond their understanding.

Yes, so it is made available to them, in our *schools of learning* and in our *halls of records*.

Les: And that is the job of the keepers, (Yes) to translate them, from the thought pattern, into an acceptable method for the inquirer to understand?

Yes, yes, it is not as simple as it would seem, but for your earthly understanding, we use the term '*records*,' and '*schools of learning*,' because those are terms that you would understand in words that are available to you, on your planet. When we speak of deep matters, always the difficulty is, in trying to translate spiritual aspects of living, to those of you who—(?)

Les: Yes I imagine it must be very, very difficult. It's like a newly born child trying to understand a computer.

Yes, if you can equate that, then you begin to have a little understanding, of the gap between us and thereof, there are so many stages which you must pass through, to begin to understand, the pure energies of balance. When that stage is reached, there is no need of explanation; it is *there*, the understanding is there, therefore no words are necessary, no records are necessary, no teachers are necessary; for all is of the same energy. Is that a little clearer to you?

Les: Yes it is. Of course we don't understand it, but it certainly is clearer. It removes a lot of misconceptions I had, about the keeping of records.

Yes, you are visualising rooms, you are seeing earthly visions, when in fact you should be expanding vision to higher ideals. (True.)

Now I think this time I must leave you and I say to you all dear friends: Continue your lives in love and hope, in the knowledge that each one is surrounded by those loved ones and helpers, who are close to you. Know that what we aim to achieve, *is* and *will be* a reality and if you can continue to be patient, we can achieve so much. (Thanks expressed)

Les: Thank you very much, we all thank you very sincerely for what you have told us tonight and our love goes with you.

One swiftly followed through Eileen, with a message for Margaret, from her grandmother followed by another, who called himself Jacko and who did a very good job of lightening/clearing the energies, before we closed.

~11th August 1997~

Forgive me if I seem slow starting this time, but there are reasons for this, as you may well know.

Les: Of course. The time doesn't matter—the main thing is you're here with us.

We have with us this time, one who feels a little trepidation of the occasion. Let me assure her, that we come only in love and she will be encompassed within that *great love*.

Les: I'm sure she will and thank you for letting her know. She is very interested in the work we do and as you probably know, she attends our other meetings.

Yes, it is known. Let me say this to you: This one has spent much time in fear and ill-knowledge that has been given to her. It warms us to know, that now she has been welcomed into *our fold*, if you accept the term please. This one has much spiritual knowledge, but is in fear of it still. But now we have her, we can help her along. (Good.) I will say only this to her, on this occasion, that the latter number of her years, will be devoted fully, to the work of *spirit*.

Les: You hear that Dee?

Dee: Yes, thank you.

We have little doubts, but let me assure her, it *will* come to pass.

Les: Good, I know you wouldn't say it, if it wouldn't come true, I know. You have so much experience with you, we have no doubt.

I would like to say to one more individual, before we have some questions please. I wish to speak to the one known to you are Lilian. I hope she has been feeling much more uplifted since last we met, because many are around her, at this particular time. She should now be feeling the lethargy, which she has felt for some time, it now should be lifting and life should be feeling good with you.

Les: Have you been feeling that Lilian?

Lilian: Yes, thank you, especially at one time today.

Yes, you have been given much help, since last we spoke.

Lilian: Thank you very much.

It is always good to hear the spoken word, as I told you last time, not for me because I know, but in order that the others here, may know that we are aware of what is happening in your lives, you understand?

Les: Yes we do, and it would be of help us all if we remembered that more frequently. I'm afraid we don't and I'm right in saying this I believe, we *don't* think of it nearly often enough.

Well, can I repeat once more: After all, you are only human. (Chuckles)

Les: Yes, thank you for your patience with us and your understanding.

Now, do we have questions this time?

Les: One I would like to follow on from what you said about the lady Dee, about being accepted into the halls of learning.

No, no, no, no I did not say that. I said that we are happy that she has been taken into the folds of your group.

Les: Oh I see sorry, I misunderstood you.

That we enfold her, into our love and we have waited for her to come to us.

Les: Good. These things happen when they're intended, don't they?

Unfortunately my friend, she is quite some way, before she would be likely to join us in our *halls of learning*.

Les: Ah yes, I misunderstood, that's why I wanted to clarify it, (Yes) thank you. I think my age is affecting my hearing.

Do not allow it, my dear friend.

Les: No, I ignore it.

No do not ignore it, work upon it, work upon it.

Les: Yes I will. It's not too bad, but occasionally the words get a little bit blurred I must say, but I will work upon it. I've had so many things to work upon—(Laughter)—I'd forgotten that, but I will do it, thank you!

Does it not keep you interested?

Les: Yes, now does anybody have a question?

Lilian: Yes, I wondered if you could explain a little more about our *Higher Selves*.

What aspect do you wish me to explain to you?

Lilian: Well, it's just that we understand that there is a *Higher Self*, but what is the *Higher Self* exactly?

It—I do believe we have spoken before, but I will say a few words more, to help you understand. I *think* that when you speak about your *Higher Selves*, you kind of separate this physical being, from the *Higher Self*—this is not so. Remember you are Spirit, clothed in these physical beings. The *Higher Self* is the *true self*, the *all-knowing self*, which is within each one of you, here and now. It is not a separate entity that you can tap into, it is *YOU*—it is the spiritual aspect of you.

Lilian: Yes, that makes much more sense.

You felt that the *Higher Self* was separate from you?

Lilian: Yes I did.

Yes, I think too many people on this planet see it such that they do not fully understand when we speak to them that they are *Spirit*. Are you happy now, with that explanation?

Lilian: Yes thank you that makes it much clearer.

Les: Yes, you've told us many times Salumet that we'd better understand if we thought of ourselves as *spiritual beings*, rather than physical beings. I think we are working on that everybody, aren't we? (Agreed)

If you want to continue to grow, you must work with that self, that *spiritual being*, that being that has *all-knowledge*. And I know those words do not come easily to you, but dear friends, you have *all-knowing powers* within you, in what you call the *higher self*; knowledge which you can 'tap into'—I believe that is the expression used by many. You can *tap into* the *Higher Self*, but remember this: *The Higher Self IS you, it is you—I would say the real you. Forget about the physical being; see yourselves as the great Spirits you have become. Know that all things are possible to you, if you so desire to work towards them. It is all there for you—do not separate that real knowledge, from what you have now and know to be the knowledge of the physical. The Higher Self encompasses the physical, the physical does not encompass the Higher Self. Do you understand my friends? (Affirmed) If you have any doubts, let us clear them this time.*

Les: Has anyone any doubt? It's difficult to understand I know, but can we accept the principal, everybody? (Agreed) That's the main thing—then of course we can work towards that principal, all the time, that our *Higher Self* exists, in spite of everything else, that we can't do anything about it, so we might as well *aim* for it.

The *Higher Self* is eternal—you cannot be rid of it; it is the very spark of your being.

Les: And would it be right to classify that also as what we call the *mind*, not the brain, which we know is physical—but the *mind*.

The term '*mind*,' is used as belonging to the spirit. Yes, there have been many descriptions, over your earthly years. But yes, the *mind* is the part of the spirit, which is the *all-knowing* part. The mind *is* spirit—you cannot separate into little compartments, different parts of spirit. Although we have spoken about many aspects, we are speaking on a different subject when we say that. But the *mind*, the *mind* is all things.

Les: Yes, I wanted to make sure we all understood, the mind is completely separate from the brain, which is merely a physical organ (Yes) and the mind is spirit.

Yes. There has been much spoken about these subjects upon your Earth. Many of your scientists try to explain the *mind*, but they cannot, because the mind after all is *spirit* and they cannot use logic only, to explain it. You can explain the brain, because it *is* physical and it must come to pass that the brain dies, when the physical body is about to be expired, you understand?

Les: Yes we do, that the mind continues to exist, as the *Higher Self*.

Call it what you will dear friends. I prefer that you know yourselves just as spirit—it simplifies all other aspects of knowledge. You are eternal spirit, you return to that eternal *spark of life*, from which we all come. It is simple and I would like you to try to visualise it as such. There is too much extraneous matters talked about, which is unnecessary and is most confusing.

Les: Yes, I would agree with you completely.

It creates too many questions, too many queries and we find that when many come to our side of life, they are puzzled by what they have been told, when in fact it is simple and should be taught so. So my dear friends, let us begin anew this time, let us say to each one, we will think with a simple mind, because spirit is *simple*. It is *real*, it is *all love* and no other explanation really is necessary for you.

Les: No, I was thinking about that today as I was watching a flock of birds reeling about, all moving as one and it occurred to me that our conditioning within the *universal consciousness*, must be something like that?

Yes, the concept of the cosmos, is also another subject, which creates havoc amongst the thinking of you human beings. But if you can find your own analogies, then I would say to you, *think* about it, but don't become so engrossed, that you become confused. Think upon it each day, if you must—always look for the most simple explanations or analogy that you can find. In so doing, your understanding will be greater.

Les: I must admit, it did help me, when I suddenly thought of that—one bird being a part of the whole and not being aware of any differentiation at all.

Let us take another example, each one of you here this time, feels part of the whole I am sure, when you sit together on these evenings. I am sure as you come together, you blend in unity. So you have become a stronger aspect of yourselves, do you follow me? (*Affirmed*)

Les: And I think that blending is done by the *Higher Selves* of each of us, without our physical selves being aware of it.

Yes, it is simple and you have *not* constricted the thinking, by using the physical brain. It happens naturally and it is a joy to see. I hope that has clarified a little for you, the subject of your what you term, '*Higher Self*,' but what we from now on will call simply: The *real* YOU —*SPIRIT*.

Les: Right, everybody happy with that? (*Agreement + thanks*) Are you able to take another question?

I will answer one more please.

Les: One more question somebody? (*Pause*) Well I will ask one: You told us a long time ago Salumet, that when we were discussing the impact of free will, upon the plans made for each entry into this planet, that if free will created by somebody else, caused an earlier departure from the planet than had been anticipated, that soul or spirit, is *cocooned*, if I can use that word, until such time as he or she would have come normally. Is that so?

Yes, they are protected, we cannot allow innocent souls—we are speaking again on deep matters, but when soul is returned to us, caused by the free will of another, this cannot be allowed, because in fact it is interference of another's life.

Les: That's what I thought.

Yes, so we must protect the soul from harm. Was there a specific point that you wish to know?

Les: No, that covers it all, thank you very much, because several times I've thought about the impact of free will upon the predetermined plan for the soul, but since you do shelter it until the arranged time becomes due, then that's the whole answer. **(Yes)** Thank you very much indeed.

Mark: Could I say just—when that person is *sheltered*, presumably they have to be given knowledge from experiences they should have had on Earth, wouldn't they, to catch up with later on?

They would be given the opportunity, as all souls have—they would be helped and instructed in what has happened, because sometimes they do not fully understand, or can be reconciled to why their earthly time was terminated, when they knew that they had longer to live. Do you understand? (Yes) Therefore, they would be helped in making judgement on whether to return and fulfil those plans which they intended to follow, or whether they can continue within our world, and continue to learn. Always, always we have choice, you follow? (Yes)

Les: Any other question on that? *(Pause)* Well, thank you very much Salumet, for a most interesting evening again—we do appreciate it.

Our new lady here will be feeling a little confused by the subjects this time, but her understanding will come and I feel that she will have many questions for you afterwards.

Les: I'm sure she will and I'll be quite happy to answer them and if she wishes to come another time, and wishes to learn more, she'd be welcome again.

She can contribute much.

Les: Yes she has a lot of power I know; we have found that on the Wednesday meetings.

Now dear friends, I leave you this time—I leave you all, with much to think upon once more. I do believe that you will consider my words this time and that enlightenment will come, as I know it already has, to the lady who asked the question to begin with.

Lilian: Yes, thank you

It is almost like we see little lights being shone within the being of the person, who suddenly realises, 'Ah—it is not so difficult now, to understand.'

Les: Good, yes we thank you once more for your explanations; every meeting our knowledge increases and our gratitude to you increases.

No, I ask not for gratitude my friend.

Les: No I know you don't, but it's a human thing we like to do.

Yes I see that you now can blame your human aspect of yourself, on many things. *(Chuckle)*

But I know and I accept the love which you give to me—and let me leave you and say that that love is returned many-fold. *(Thanks + farewells)*

~25th August 1997~

No Salumet this week as Eileen was absent.

Les gives this introduction to the tape for this session:

Some months ago there was published a book by author Michael Drosnin, called 'The Bible Code.' It gives a wealth of detail, about hitherto unknown codes, hidden within the original Hebrew version of the Bible, the Torah. (First 5 books of the Old Testament) This book is the result of years of research by biblical scholars and mathematicians. The information given is so extraordinary and prophecies given so accurate, as to be almost unbelievable. In late May of this year, the Daily Mail newspaper published three days of extracts from the book and each member of our group was given a copy. At this evening's meeting, it was decided that we would discuss this, because of the absence of Eileen and Sue, the mediums most commonly used, and two or three others. George had since our last meeting, read much of the book, and began speaking about it, when a communicator came through Leslie. Because of the information we were then given, this tape will be included with other recordings from Salumet, since the subject matter is much the same. At the end, when the communicator said, 'I was one of the writers,' Leslie felt great emotion from the speaker and an awareness of memory of it having been a single honour to be so used. This evening's recording now begins:

Apologises for the time it takes on this occasion, but you understand there is much less power available. I'll be with you in a few minutes.

George: Yes we understand.

We were pleased to hear you say, you would have a discussion on spiritual matters and we would suggest if we may, that we shall whilst listening, be ready to—not interfere, but to join in your discussion, if you are agreeable to this happening?

George: Yes that would be wonderful.

I would dispute the use of your word 'wonderful,' my friend—I'm not yet in that category. We have certain information perhaps, that we can give you, but we would not say yet that we are wonderful—perhaps we think so ourselves, but we do not expect others to think so. (Chuckles) Nevertheless, we do understand and appreciate your kindness.

George: Well, I still tend to think of the between-worlds communication, as a wonderful thing.

It is indeed, it is indeed and you are fortunate in being able to experience it at this stage in your lives, because when you join us, you will not have to go through the usual inconveniences of explanations and wonderment and puzzlement, as to the differences between what you find and what perhaps you've frequently been told, during your stay upon this planet. You are fortunate in being together again and also fortunate in having the opportunity to learn so much, which of course, you will not have to learn, when you come to us.

George: Yes, we appreciate that and we appreciate you coming through, with what must be so little power, at this time.

I will leave you now my friends, to your physical discussion, and if necessary and if it seems desirable, I will take the liberty, of joining you again, or if I do not, then one of my colleagues, more versed in the particular matter, that you may be discussing, will use this instrument instead. (Thanks expressed) God be with you my friends and thank you for attending, in what we know to be one of your so-called holidays.

Our discussion began shortly afterwards, after a bit of light adjustments and chatter:

George: Well, Margaret has done very well in getting an early copy of this book, which has been published this year. It seems to be a very, very important book, and it concerns the first 5 books of the Bible—the Old Testament, which is sometimes referred to as the Pentateuch. I think in the Jewish genre, it would be called the Torah. It has been known for some time, that you can apply a 'skip code,' to the original Hebrew letters—I believe within the Jewish faith, they've been careful to keep to the original Hebrew script. It's believed that the Commandments and these first 5 books were handed to Moses on Mount Sinai. It's been known for quite some time, that if you keep all the letters of those first 5 books in their proper order, but if you take the first letter of each chapter and then jump 50 letters, and another 50 and another 50 and so on, using a crude 50-jump skip code, the word Torah, is spelled out, for each of those 5 books—it seems to be a marker.

Les: I believe George that everyone has read the summary that you had, so they know all that at the moment. Have you all read it? (*Affirmed*) So it saves you going over all that we know.

George: Yes I did read it. Having read the book as well, I'm likely to confuse the two a little, but Doctor Eli Rips is the mathematician, who has given it a more sophisticated treatment and he has devised a computer program, such that all these letters of the first 5 books, are maintained in their order, but they can be given various line-lengths. So you could have rows of 20 or 3000 letters.

Sallie: Could I ask a very basic question? You've said that for years it's been known that if you took every 50th letter, it would come up with like a key—why did people start doing that initially? Why did they start playing around with it?

George: There is a suggestion with the Bible writings themselves, that there is something special—a book within a book, a sealed book, is the term used, so people like Sir Isaac Newton, carefully looked at the Bible, to investigate the possibility.

Sallie: Do you know where in the Bible, that's implied.

George: Several places, in Ezekiel, for one.

It comes in Revelation as well.

Les: And until the computer was available, nobody was able to break the code.

Sarah: I don't know if it would be too much of a question to ask, if they could tell us who actually wrote the Bible in the first place?

Les: Many people.

Sarah: But I mean, to get this code in there —

George: Well, so far as we know, this book, the Torah, was given to Moses on Mount Sinai.

Sarah: But someone has written the book, haven't they? It must have been somebody with this higher intelligence —

George: Some would suggest that it was inspired by God, via—unknown.

Les: It was the work of many people, let's be brief on it, many learned people. The Dead Sea Scrolls for instance, were buried for thousands of years and didn't come to light till comparatively recently—a number of people are responsible for the—not one person, not one origin —

Leslie begins to breathe deeply and channelling begins:

As we suspected might happen my friends, you have come to the first hurdle. Now we know that you call what is known as God, or whatever you prefer, you call the Great Creator—there is a simple explanation for the writing of so many words. You will understand that the Master Jesus, did not himself deliver all the speeches that are attributed to him, neither did he deal with all the people he is supposed to have dealt with. Did he not have disciples to do the work for him? (Agreed) Similarly, in the writing of the great words to which you now refer—and we shall not call it the Bible or the Torah, or whatever—we do not wish to classify the words under any particular name; they originate from the Great Creator and the Great Creator as you may well know, has many, many, many helpers, at the command of his wishes—we say 'him' and 'his,' but of course there is no sex involved, as you will appreciate. We use it merely for convenience of speech, please let us be clear on this. (Agreed)

George: Yes, we appreciate our language is limited on this.

You have been told on numerous occasions, that the Great Creator is energy, energy in many, many forms and many of those forms are beyond your awareness, or understanding, or even comprehension. (Yes) They will not become apparent to you, until such time, as you have developed much, much further, upon the spiritual pathways before you. But, through the Great Creator's energy, energy is dissipated through others, who HAVE attained, much nearer perfection, in their spiritual lives and it is they, regardless of their name, their country, their race, their habits, their clothing, their wealth, their poverty—it is they, who are responsible for the original writings, which you now classify under different names. Do you understand me? (Affirmed) There is only one Source and that is from the Great Creator of not only this planet not only your lives, but of the Universe—KEEP THIS IN MIND. You tend to put too small a significance on the Creator; you cannot imagine the power of the thought that is there. So do not give credit to any one person, to any one dozen of people; the credit is due to the thought, which has been relayed from the Great Creator, to the thought patterns and energies, of those worthy to write the words required to be written. Is this clear? (Agreement + thanks) So do not make the mistake of giving credit to any one person, any one place, any one time. It is a combination of many events that is culminating now, in your awareness which is encompassing your world.

George: Yes, we appreciate *The Source* and your word, 'worthiness' in regard to those who help.

It is unfortunate that in the human race, the application of a word often indicates infallibility and if such and such is in the Bible, then it must be so—if such and such is in the Torah, it must be so—if such and such is elsewhere, it must be so. All that must be so is that it need NOT be so, because though those worthy people were entrusted with the tasks of writing the word from the Great Creator, they were not infallible and unfortunately they were sometimes using their own thought-patterns, to colour what they wrote. Do you understand? (Affirmed)

Sallie: Can I ask you something?

Yes please.

Sallie: Could that be perhaps the reason why there is a hidden code within the book, because the Bible, though it was mainly created through the Creative Forces pattern, it was relayed by people and therefore I understand why it could have been misconstrued by so many different cultures and different interpretations put on it. So could that be why there is a code, to try and give a clearer understanding of what was trying to be relayed?

That is a good question my lady and you are right in your assumptions—there was fallibility as I said. There was also you remember, much duplicity in the hierarchy of your world, during the many generations of its existence. Satisfaction had to be given to the rulers—things were changed according to the demands of the time and the responsibility of the power of those who had that responsibility. Therefore things were altered from what was intended in the original writing. Your own Bible has had seven major translations, each of which varies from the other. Why do you think there are so many notations in the columns of your church bibles, only because there is a lack of understanding of the actual meaning of the word or phrase. There are many possibilities, according to the interpretation and according to the bias placed on the original writing, by the author. Does that answer your question so far?

Sallie: Yes it does.

You have been told also, that all has been always—all will be. Therefore in the wisdom of the Great Creator, it was known that many mistakes would be made in the interpretation of the writings. It was also known, that at this period, from within your physical world, your scientists would produce the means, of discovering the ‘book within the book.’ You would NOT as human beings, up to this time, have had an inkling, of how to deal with the information that is now available and which will pull upon you, in the future. Your machines, which I think you call computers, will verify much that has been imagined and because of the power which they will have, you as human beings becoming enlightened—not yet enlightened, but becoming enlightened, will, because of the energy inherent in those machines, be able to accept what is said, because you know they cannot lie—any misinformation which will be placed in them, will in due course, itself be segregated and shown to be false. This is something you have to look forward to! You do not realise the power that is and can be generated in these new instruments. They will seek out falsehoods in their own capacities. Keep this in mind. They will not in the future, be subject to human interference, to human dictatorship—not when TRUTH is at stake.

George: Yes, we can be grateful to the computer logic and can rely upon it.

It is logic my friends, such as you have no comprehension of at this stage. Computer logic will, as a result of directions from the Great Creator, overcome what is called ‘human logic,’—not in your lifetime, but it will come and falsehoods, will no longer be tolerated. Do you understand this? (Affirmed) You talk much about the millennium, but you cannot have any conception of what the millennium will bring to this planet. Some of you will begin to see SOME of the beginning. But most, I’m sorry I have to tell you, will not be apparent upon this Earth, until you have joined us in our worlds, when you can then look down and remember what is being told to you now—because you quite possibly in your enlightened spiritual awareness, will be part of the ‘creative necessity,’ which is planned for this Earth. Do you understand? (Affirmed) Now do you have any questions upon what I have told you?

George: Well I’d just like to say that’s all very good news and very good to hear. We have our confused thoughts on things—it’s very good to have things made clearer.

I’m glad to hear that it is clearer for you, because I must confess myself, I do not fully understand what is going to be given to this planet. There is a limit to what I am permitted to know, because I too can be fallible and to tell to too much, may be incorrect. Therefore I tell you what I am permitted to tell and hope that it will give you courage to continue in your work and to enlighten you still further, for your journeys upon your respective spiritual pathways. (Thanks expressed) Now if you have no more questions I will leave you and give this throat a rest, it is becoming difficult for the instrument. (Les had a cough) God be with you my children. (Thanks expressed) I will tell you one last thing I’m permitted to say—you will probably be surprised: I was one of the original writers given power by the Great Creative Force. God bless you—

General thanks + farewells and we discussed what had been said for the remainder of the meeting.

~1st September 1997~

Good evening. (Welcomes)

This time, my dear friends, let us begin by joining together. Let me speak for you:

We ask Oh Great Creative Force, help us to control our wayward senses, help us to know the player of them, help us to control fear with hope, despair with joy, sadness with happiness. Help us to gather that power and light within us that we may go forward, to help all of mankind. Of these things, we ask help and encouragement and light.

(Thanks)

Do we have questions this time?

Les: Yes I do have one. I don't know whether you would be able to answer, but I'm going to ask it. We have just had a very tragic loss, in the lady we call Princess Diana, and I was thinking about all the good work she has done and the tremendous emotional response, her passing has engendered in the population as a whole—most extraordinary. I come to the question answered before, about leaving according to the prearranged plan, or leaving this life earlier, by the exercise of freewill on the part of another, or others. Are there ever any circumstances, in which you in your world would be permitted to interfere with freewill, because of the plans which had been made for good work to be done here?

I understand and I await your questions. We *know* and *feel* of the great *emotional love*, which has arisen from your planet. I will say only this to you my dear friend: The endeavour to work well in your world, does not give you a passport to eternity. We know and we understand that when someone who has touched the hearts of many, passes to our world, it leaves you all feeling at a loss. But let me say this to you: Freewill cannot be interfered with, whilst you remain on this earthly planet; there is no circumstance, which would allow us to make that interference—it will not happen. You know and you understand that when you come to this life, you know *when* you will return to us. We can help, we can support, we can encourage, but we cannot *interfere*; we cannot interfere with free will. I do not feel that you can truly understand the great plan that lies before. When you see a young woman such as you speak of, you see her only in her physical clothing, who has done good in your world. Let me say this to you: Rejoice my friends, for she has returned *home*, as have the others who were with her. It is not for any one of you, to consider these happenings as what you term '*tragedies*,' they are not, they are part of the plan of living in your world. I can tell you, that this lady, who has become known to you all, had a premonition of her life's end. But because of the pace of living, she would never have spoken openly about it. She was indeed a spiritual being, who had grown much over the last few years of her living. This may not be known to you, but her spiritual knowledge was quite great. And therefore, that is why the humanitarian side of her nature came to the fore, as she grew older in your earthly years.

Les: Yes, she certainly did change an awful lot.

I would like to say to you all, she has become an idol in your world. You feel sad at her passing, because of young years, because of the goodness that could be seen. I say this to you my dear friends: Look not to any idol in your world, because in doing so, you diminish the expression of love that belongs, or *should* belong to all of mankind. I know you may find my words to be harsh, they do not mean to sound so, but I wish you all to look beyond your physical thinking once more. Always we must return to the spiritual being and what lies ahead.

Les: Thank you for that. And another one you may not wish to answer, would I be right in presuming that it was her time to depart this Earth?

Of course—she had the knowledge of this passing, because of her own spirituality, but she would not have accepted any degree of restraint, whilst living her life here.

Les: Right well we shall try to think of her in those terms then and not be sad, but be happy that she's with you.

Rejoice for her, for the life that she has led. Although she has endured many troubles, as most of you do. After all, how can you grow, if you do not face adversity? *(Agreed)*

She is special only to you, because of her position in life. She has achieved no more than many unknown people, who are exercising their love of humanity, with (?) around your planet.

Les: Yes we can understand that and accept it.

So, in realising this dear friends, send out joy for the life that she lead, for the love she bestowed on others and look forward to knowing that she will continue in giving love to those she has left behind.

Les: Good, I'm sure we're all comforted to know that—I am anyway I know. *(Agreed)*

She was with us quickly, if that will ease your burden of mind.

Les: Thank you very much.

I would wish that your whole planet could move away from these occasions of *deep mourning*. When will you realise that death is *not* for sorrow, death is to *rejoice*, because to us my dear friends, it is *your birth*, it is your birth in returning *home* to those who have *loved* and who have *helped* you throughout your earthly trials.

Les: That has given us a great deal of comfort and we do appreciate you having told us, particularly that it wasn't an act of freewill, on the part of others.

Her time was here—her time had come.

Les: Good. Then we wish her God's speed.

Do not mourn her; she will know that she has been much-loved—she is aware! I do not wish you to speak of anyone who passes to this world, as if they are forgotten; they are *vibrant*, they are *alive*, more *alive* than you my dear friends.

Les: Yes we can accept that too! *(Chuckles)*

So, mourn not, but rejoice in the life that she has lived.

Les: And we hope that she will be with her companion too, who went with her.

I know much was spoken in your world, because she was someone well-known. Throughout your world, the awareness of this '*great love*,' as you call it, was not in fact a *great love*, but a *great compassion*, a *great feeling* that both could share. I can tell you—perhaps I should not, it is not what I come to teach, but she truly was in love with the one that she called husband. But that is more than enough on that subject.

Les: Yes, well we shan't mention it outside this room. We appreciate the confidence and shall respect it—thank you for telling us Salumet, it gives *me* great comfort. It was difficult for us to understand the reasons, but now you've said her *time* had come, we are happy for her.

She did not suffer, she was with us quickly, as was the others—I can assure you the suffering that you peoples think upon, did not exist.

Les: Thank you very much for that—we do hope that in time this whole planet will be aware that they should not mourn, but be joyful when death occurs.

I would like to say only this to you: If only you could feel the vibrations of grief that exudes from your world, when occasions such as we speak of occur, you would be shocked by them. The whole energy pattern which surrounds your planet is affected by such grief. It affects not only the vibrations of your Earth, but those who await those who come to us. It is difficult to surround the planet with love, when so much grief abounds. That is why I ask you dear friends, in your individual thoughts, hopes and desires, that you replace grief with love, with loving thoughts for all those who are in need.

Les: We shall be able to do that with confidence now, shan't we? *(Agreed)* And again I do want to thank you for what you have told us.

I know I have said my task is not to personalise details, but sometimes I feel that you need the comfort of these small details, to encourage you, to uplift you, to help you to understand, that life is so much more than you fully understand at this time.

Les: Yes and when you talk to us like this, it does help us to a greater understanding of it, which is why we're so appreciative of the words.

Now, dear friends, I will take my leave this time. I encompass you in love, in order that you too, can extend your love to others. (Thanks expressed)

There then followed a sweet little girl through Eileen called Alison. She talked with that special child's simplicity, about her life in the Spirit realms, her love of the little animals, a pet dormouse called Tiny, singing trees and her new friends—

Another followed through Eileen, briefly bringing news about next meeting—it will be one of much good heart and lightness—an evening of pleasure. This is what I have come to say, and this is all I wish to say—

~8th September 1997~

Due to the gloom that seemed to surround the planet after the death of Princess Diana, a light/fun evening was planned. Salumet did not speak—all of the communicators came through Eileen:

Why I have been chosen to open this evening, I do not know. I am told there will be much laughter this time; something I was not familiar with I have to add. So I think they are amused that I have been given an instrument, with things on these! (Laughter)

Les: Earrings yes. You didn't wear them I gather.

Gentlemen do not wear such things, do they?

Lilian: They do these days. (Agreed)

Not in my day. I would be most offended if I had been alive in your—

Les: Well I wouldn't dream of wearing them, but many men do nowadays. I think it's a silly habit, but there you are. They prefer to do it, so —

Now I understand I have colour on my lips! I hope they are amused. (Chuckles)

Les: If it's any consolation, sometimes they do it in reverse you know—they put a lady through a gentleman.

I was told I could make a choice—obviously not! (Laughter)

Les: You're taking it with good humour and we appreciate it, because it is a special evening I know tonight, to dispel all the gloom that is around the world.

I am happy you are happy—you send me back in gloom! No I do not mean that my friends. Now let us be serious, because this time I'm told that there will be much laughter, that all of you will feel inclined at some time during this evening, to feel amused by something or another. Can you all please, however silly it may seem, either say, or smile or laugh, or do whatever comes intuitively to you all. (Agreed)

Les: Yes of course, we look forward to joining in with the humour.

That my friend includes you also—you may feel things are out of your control this evening, but be assured, we hold full responsibility—

Les: I happily leave it with you.

Now, may I say I happily take your leave—

Another followed guffawing with infectious laughter, (One who'd been before) through Eileen. This really got the evening going—raising spirits.

One followed through Eileen, joking about someone with itchy feet. Mark had a verruca, and had been scratching his feet a bit that day, which had caused amusement. He relayed an incident involving the acidic treatment and how some must have got onto his pants as he pulled them up, because something started stinging once he'd pulled them up! (Of course, this had caused much amusement in spirit realm at the time who were around Mark)

The next speaker encouraged us to be aware of someone around us, as we all had someone with us as we sat. She also talked to Sallie about when she used to cut her dolly's hair, as a child. Sitters voiced sensations around the face, as of sunshiny smiles and Sarah had an encounter with a weasel.

We then recited a nursery rhyme (Jack and Jill) and 'Twinkle twinkle little star,' for a group of children brought to us from the other side.

Several sitters sang/said other amusing and/ or sweet little rhymes, which amused the girl (Wilma) who came through Eileen, and probably the other children who we were told had gathered.

The evening came to a close with one through Eileen called Sister Marietta:

We, as we often say, are most grateful to you all, for your loyalty, your dedication to the work that you do. And feel that at times, you need to have a little upliftment from serious work, which goes on within this room. I therefore come to you to end this evening, to say to each one of you thank you for your time, and your patience and your continued loyalty to your work, which we endeavour to do. (Thanks expressed) Always when there are children involved, you will find me close by. I hope that you have enjoyed their company, those unseen children—but nevertheless, many have been here with you, this time. Their openness and their natural joy, is something that you should all treasure. If only your world could be more as children behave in your adult lives, all would maintain a degree of happiness, which is so easily lost, when you reach adulthood. Once more, we thank you all. I leave you with God's blessing and hope that each one of you leaves this place, enriched in the knowledge that you are surrounded by love and by those people, who come so close to you. We know that although most of you are unaware of their presence that will come to you, as time progresses. (Thanks expressed) Thank you for your time and I will say God bless and goodnight.

Les: Before you go, may I have your permission to give my colleagues your name to call on, if they have difficulties with children? *(Of course.)* This is Sister *(Voice change as Les begins to channel)* **Marietta to call upon in time of trouble or need, when you deal with children. Whether your children or not is immaterial—Sister Marietta, will answer your call for help. Is this understood?** *(Affirmed)* **Thank you my friends, thank you. The Sister will be greatly pleased that you will use her powers to assist you, in the years to come. God be with you my children, God bless you all.** *(Thanks expressed)*

After our usual closing prayer, there was another through Les offering a blessing/prayer:

May the peace of the Lord be with you at all times.

God protect and cherish you throughout your nights and days.

May you receive the love you give to others.

And may this evening have lightened your hearts and your spirits,

To overcome the mourning, which has surrounded so many in these last few of your earthly days.

God bless you all my children.

~22nd September 1997~

No Salumet this evening, but another communicator of high knowledge came through Eileen:

Please to forgive the delay. I have been asked to approach you on this occasion.

Les: You're very welcome, thank you.

I'm told this is a full meeting this time.

Les: Yes it is.

I think I am now ready to speak to you all.

Les: Thank you very much indeed.

If I do not make sense, please stop me. I am endeavouring to do my best on this occasion, but it is not something I am usually accustomed to.

Les: We do appreciate you doing it for us.

I come to tell you perhaps some things you do not fully understand or know. I come to instruct you a little, on the plurality of yourselves, of the whole, of the energy which you are. I know you have been instructed, that you are more than one—that you are many beings, which come together as a whole. I wish to instruct you this time that in this lifetime, the energy that you are, encompasses all knowledge. So therefore you are miniatures of all energies.

Les: That's very interesting to know.

You are not singular, in your personalities in one lifetime. All energy, all knowledge is contained within you and I wish to instruct you this time. Perhaps I can teach you a little, in getting to know yourselves a little better.

Les: We should be glad of that, because we are very confused very confused, quite often.

All of you, are what you term 'multiple personality'—encompassing you all as such. After all, do you not understand, do you not see within each one of you, these different traits—the tenderness, the gentleness, the anger, stubbornness? All of these belong to different parts of you.

Les: Is that so?

You bring them from other parts of you, because you are more than a single unit—that knowledge is contained within you, within the soul. And all of you are unaware, of how much power you could use, if only you but had the knowledge to use it.

Les: Yes, we have frequently been told that, the power of thought, has incredible power.

I know that the master has brought to you much in words and yet we know that you do not fully understand his words, simple as they may be, because he is a master of few words, but of simple words.

Les: True, we've learned a great deal from him, but we do find difficulty in realising that we are multiple personalities. He has explained it to us, but we still find it difficult to accept.

We know and we understand. I want to tell you just a little of my work. I am what I believe you would call a keeper of those who inspire others. All of you are aware no doubt, of the inspiration which comes to you at times? (Agreed) All of you should realise, know and understand, that at times in your living, there are times when the inspiration is strong. (Agreed) That is my task, that I control those who wish to help and to inspire you. It is a little known fact that such as I exist, but I bring this knowledge to you, because I have been instructed to. I know many of you believe and try to understand that there are many who surround you, who wish to help, to uphold and to uplift you.

Les: Yes we do believe that.

But you are not aware, that they also are under control, they also are helped and inspired and taught to use that inspiration wisely. That is my task; it is a complex one, it is an important one I feel and I can assure you, I have been honoured in being able to help so many.

Les: I'm sure it must be a very difficult and complex task for you?

But I don't say this, to make myself seem good to your eyes, I tell you this in order that you realise that the scheme of life of all of your lives, is much more complex, but also simple in its daily workings.

Les: And I can see the need for control that you may exercise, over those that perhaps become too enthusiastic in their help.

After all, when you possess plural personalities within your body, those who want to inspire you, how could they know which area of your life needs to be inspired?

Les: No, they couldn't, could they?

They need to be guided by those of us, who are aware of the wider scheme of life.

Les: We begin to see now I think, why we've been told frequently, that we are well protected; we can understand that.

Yes I do hope you can fully accept, because not only is it truth, but it is a necessary part of your living this life.

Les: It's cleared up a lot of things for us I'm sure, hasn't it? *(Agreed)*

Is there anything you would like to ask me?

Les: Yes, it indirectly bears on what you've been telling us tonight and I'm sure you'd be in a position to answer. At our other meeting, *(Wednesday circle)* we had some visitors, who after I had asked some questions, said that they came from another place, had heard of us and had been inquisitive enough, to want to come to see us. And we had an interesting conversation, which resulted in them telling us, that in effect, they are still primitive life forms and they described their appearance to us, which to us would indicate being partly like a jellyfish and partly like an insect, which our visitors likened to one of our ants. They then went on to say that they exist by absorbing energy, but when they were in the—I can only say physical term—they ate algae. This would indicate they were very primitive beings. But from what was said

about them being energy, would indicate that that planet wherever it is, has planes of existence, following the physical, as this one has, which leads me to think that even embryonic life has a soul? Is that so?

The breathing became deeper/different, before the communicator spoke again:

I have to enquire where that information came from?

Les: From somebody we presumed to be a communicator, but we don't know where from. It was through one of our regular experienced mediums.

I have to tell you, you must reject that information.

(Breathing took a few moments to return to normal)

Forgive us.

Les: Yes of course. We only want to get to the truth of these things.

Whatever information has been given to you on that subject, you must reject. I do not say the communicator is at fault, but there has been entry here, which should not have been happening. This instruction comes not from me, but from a higher source.

Les: Thank you. It was one reason I asked the question, because I had suspicions myself.

But I am instructed to tell you, all energy is living, all form of life comes from the Source of all living. This conversation is changing course this time, because it is imperative that only truth be maintained. So I say to you, my instructions to you are this: Listen wisely, listen quietly, but listen here—you have the knowledge to know that what comes to you, may not always be the truth, even in such a place as this that is protected—always there is the chance, the opportunity for those free spirits, who wish, not always to cause mischief or trouble, but those who seek the Light, to enter and to give false information. It is not that the communicator is wrong, please do not accept that. It is that in our world that sometimes these things happen, even within well protected groups, as you are. You understand?

Les: Yes I do, I have had it occur before —

It does not happen often, but on this occasion, I am instructed to tell you to reject the information.

Les: Thank you, I was suspicious of what had been said, not of the medium, or the communicator, but the information which was being given.

Yes, yes and also it returns—I am being instructed this time to tell you, that I shall return on another occasion, in order to speak as was intended.

Les: I am sorry if I interrupted what was planned, **(No)** but I think it was important to clear the other matter.

We—I was not aware myself, but I know it is known and I will be instructed and have to tell you that I must leave you this time.

Les: I'm sorry if I caused you to leave.

It is no doing of yours, but I will return.

Les: Thank you we look forward to it, God bless you.

There then followed one through Sue:

There have been changes this time. The energy patterns have been—how can I tell you—they have been moved around this room, to accommodate the new perspective that we were given. Do you understand my meaning?

Les: I think so.

It may be a little difficult for you to comprehend, but before anyone here communicates through your friends, the energy patterns in the room, are set at certain levels and positions. Is that clear to you?

Les: Yes, I do follow that.

But because of the nature of your enquiry, try to imagine that energy flooded across the room, like waves upon your seashore and filtered through into this one, so that it was easier for that answer to be given. Can you comprehend a little of what I say to you?

Les: Yes I do and I'm sorry I interrupted the previous plan that you had, but it was a very important thing, that I had to get clear.

Of course, it is necessary for you to feel these—shall we say idiosyncrasies? You were aware that something was not quite as it should be, am I right?

Les: That's right.

Therefore, it is good that you picked up, how shall we say, the 'wrong vibrations.' It is good because now steps can be taken on our side, to ensure that this sort of problem happens very infrequently in the future.

Les: Yes it has happened very infrequently in the past. This is only about the third occasion, in all the years I've been working here, but it's something I wanted to clarify.

We are indebted to you, for bringing it to our attention, but to return to the energy waves—now unfortunately—how can I say, these energy waves, are like breakwaters upon shingle and they need to be calmed, ready for the next time your friends are all gathered in this room. (Thank you.) So we will spend a little quiet time now, with your permission, before we close this meeting, to try to shall we say, 'Iron out the wrinkles.' (Thank you.) Once again I say to you, we are indebted to you and will return as soon as we are able, to continue with the original discussion as planned.

Les: We look forward to that and give my apologies to the one who was speaking please.

No apology is required, or expected. (Thank you.) And now if you could give us just a small amount of quiet, we close in your normal way.

Les: Yes I think there is someone else wishing to speak to me first, but we shall be quiet anyway ***I thank you and wish you farewell.***

(There were no other communications this evening in fact, but the speaker did indeed return on 06/10/1997)

~29th September 1997~

Good evening. (Welcomes)

This time I thank you for your patience, but it has enabled us to blend with each one of you here.

Les: Good.

You may not realise that each one of you moves on different vibrations, according to your own consciousness. So pauses to blend with each one of you in unison, requires some special work on our part.

Les: I don't think any of us realised that.

No, it is another part of the knowledge, which we wish to bring to you. (Thank you.) If you take runners in a race, the more advanced would be quicker and faster along the road, would they not? So it is with your spiritual development and consciousness, which gives to you, whilst inhabiting these heavy bodies, the *right* to vibrate at different speeds of energy.

Les: So we all vibrate at different rates, do we?

According to spiritual development only—of course you all belong to the *one energy*, but if you take the piece of wood, which also belongs to the same energy, the density and the heaviness, isolates the wood from quicker vibration. Do you follow?

Les: Yes we do. So if any of us had virtually no spiritual development, or no knowledge of spiritual life to come, we would be in effect, similar to a block of wood, would we, so far as spiritual vibrations are concerned?

Yes, that is a simplistic comparison, but yes.

Les: Yes it is simplistic I agree, but it illustrates what you have said.

So you see, each one of you within this room, varies slightly, according to your individual developments. Nevertheless, in unison, you become strength and create such vibration, enabling us to come to you. But this time, we have tried to mobilise and bring together, your individual vibrations together as one, in one space of time. Do you understand?

Les: Yes and what particular advantage does that serve? Does it enable you to give closer communication with us?

Not only will it enable each one of you to be closer to those around you, but we hope that it will endeavour us to enable myself to come to you more quickly. That is the purpose of this exercise.

Les: Thank you very much and having done it on this occasion, does that mean you'll be able to do it in future? Does the energy that you have *manufactured*, if I can put it that way, does it remain so that you can use it in future?

It is not static in that sense, but it has enabled us to know how to come more quickly to you. Therefore that *knowledge*, if I may use that word, will bring forth quicker communication next time.

Les: That's most interesting, because again, it parallels what you have said about the power of thought, doesn't it?

Yes, this has not been just *one* experiment I believe you might say, it has taken many of your earthly months to achieve.

Les: Thank you very much, for the effort you're making on our behalf.

I want to tell you dear friends, much is happening in our world, that you are not aware of—much which pleases us greatly, that all that is occurring within this *temple of light*, has brought us much joy, much hope that all good work will continue. I believe you might say, we have achieved a *breakthrough*. For this we will be eternally grateful, to all who enter this house. (Thank you.) I wish to say to you this time that the communicator who came to you last time, will return at a future stage, to continue what was to come last time.

Les: Thank you, we're pleased to know that. I'm sorry that I had to interrupt it—not intentionally, but with my question.

It was known, but it must be addressed, when the thought becomes *alive*—it has to be addressed. Therefore do not feel badly dear friend, there will be other times for speaking on the matters, which he brought to you.

Les: Good, we're very happy to know that he will be back.

And once more, it will be when *all* are present.

Les: Yes that's understandable, thank you.

I would like to say this time, that there are some of you, who are becoming aware of flashes of past times in your existence, but who feel that it is imagination. I speak mainly of the lady across the room, the one I believe is known to you are Sallie.

Les: Have you been having flashes of the past Sallie?

Sallie: I don't know—I don't really know.

It matters not, if her awareness at this time is not clear, but she should know that what she receives—and I can say it *will* be clear to her—then she must learn to accept.

Les: Thank you—you heard that Sallie?

Sallie: Yes I did, thank you.

Les: Do you have a question?

Sallie: Well, I don't know—I'm sorry my mind's not very clear at the moment. I'm very grateful for what you've said, I just have a bit of a muddily mind, I'm sorry.

Not to be concerned. Do we have questions this time, before I leave you?

Les: Yes, you were talking earlier of course about the blending of the vibrations of each of us. Would the vibrations of those who are not here tonight, interfere with what you have done when they do come here? Or would you be able to take them into it?

We have as I have said dear friend, worked for many months of your time, does that answer your question?

Les: It does indeed thank you, I had forgotten that —my faulty human memory again.

I did not wish to remind you.

Les: No, we appreciate your tact. (*Chuckles*)

I do try, because I understand that sometimes the human element of your souls, can be what you term, '*offended*,' and we wish not to offend anyone, dear friend.

Les: I know that and that's why we love you so much and all of you who come here.

It has taken many aeons of time, for us to discover that human beings, have so many frailties. So therefore in all communications with you, we are very careful in trying to choose our words for you.

Les: You certainly do that and we appreciate it. Does anybody else have a question?

Let us say that for this time, I will leave you and allow those who work with all of you, to come even closer this time. (Thank you.) I would ask that anyone who feels any closeness, to respond and to tell you please.

Les: Yes, I hope they will. Thank you very much again for having been here with us. God bless you.

I leave you all with my love.

(Thanks + farewells)

There then followed one through Sue, who gave the name Red Fire, who said he was hoping to work more closely with Sue over the coming months.

There was a brief one through Sarah, who seemed to be coming, to demonstrate to another that it could be done.

Finally there was one through Eileen who asked that in our daily lives, could we send loving thoughts to those lost and lonely souls who find it difficult to come out of the darkness in those realm of spirit. She explained that though it is sometimes thought that there is help enough on their side of life, there can never be enough help: http://www.salumetandfriends.org/resources/1997_09_29+sister-help4lost+in+mist-7mins.mp3

...before we depart from you all this time, I come to you all with a desire, if you don't mind me saying so, to ask you dearly, if each one of you, could send thoughts to those dearly departed, who are so lost in our world. So many send thoughts for those in your world, who are sick, who are lonely, who are in need of our help. But my lovelies, can I say to you, there are so many in need of those thoughts, within our world. It is thought that they have help enough, but there can never be enough help. So I come to you this time, to ask each one of you that in your daily thoughts, could you send a thought, for the lost and lonely souls, who find it so difficult to come out of the darkness. (We all expressed our happiness to do this) I knew before I came to you that it would be a 'yes,' from you all, but indeed I felt it necessary to come and ask you personally.

Les: Good —there will certainly be a lot of thoughts flowing towards them. *(Agreed)*

There are so many who need help.

Les: —so many are not aware of what they have to expect.

My task is to help children, who I must say, are not lost for too long, but my plea to you, is for those others, who find it difficult to be helped. It is for them that I come to you, for that extra help.

Les: Those who won't open their minds, to what you want to give them.

Yes, for them and all others, who are in need, I thank you from the bottom of my heart and may I say that all of you will be rewarded for your efforts.

Les: Our reward will be in knowing that they can be helped.

They can and they will, but if only people on Earth would realise that they are not restricted to helping those in the human form. We know you have done much to help those in distress, we know you understand, so for this reason I come to you this time.

Les: We're very pleased to know that our thoughts can be of such help in your world.

I am being instructed to tell you, once more you are being taught the power of thought. I hope you understand that message and I will say to you my lovelies, may God be with you always, may there always be love within your hearts.

Les: God be with you sister.

Thank you.

Les: Goodbye to you and all those with you.

This was then immediately followed by one of these lost souls, who was found:

Hello mister, I've come just for a minute mister.

Les: You can come for as long as you wish.

Yes I just want to say mister, you can be helped, cos I was helped. Yes I was helped. I was all lost in a mist and I didn't know where I was. So I want you all to know that you can help.

Les: Yes we certainly believe we can.

Yes, that's all I want to say mister.

Les: Well thank you very much for coming to tell us. You're out of the mists for good now are you? (Yes) Enjoying the sunshine? (Yes) Good, that's lovely. And I know you're trying to help other's get out of the mist too aren't you?

Yes I am mister, yes I am.

Les: I know you are, that's very kind of you and we shall certainly send all our thoughts, as often as we can, for all those who are still in the mists and the dark.

My name's Georgie and you knew a George didn't you mister?

Les: Yes I did

Yes, anyway I'm off.

Les: Ok Georgie, God bless you, we're very happy to know you're in the sunshine. Goodbye to you.

~6th October 1997~

No Salumet this week, but we were revisited by the one who came before (22.09.97) who had described himself as 'a keeper who inspires others.' He had not been able to complete his teaching on the previous visit:

Hello. (Welcomes)

All are in attendance this time.

Les: All that normally come, yes.

Let us continue where we left you last time.

Les: You were talking to us about energy, weren't you?

Am I being heard clearly? (Affirmed)

Les: Yes I hope it's easier for you this time? (*Much, much —*) Yes your voice is very clear.

There was much to think upon when I left you last time.

Les: There was indeed.

And I wish to say again, to all of you: Whatever you cannot accept, please reject, with love in your hearts and you will not go wrong. Now let that be the end of that. (Thank you.) We were asking questions last time. Do you wish to continue that way?

Les: There is one question I would like to ask: We are all aware and we all accept, I have no doubt, that every living thing, in some degree radiates some form of energy. (*Yes*) Many people believe implicitly, that they themselves can absorb energy, from trees and some go to the extent of putting their arms around the tree, or pressing their foreheads up against the bark of the tree. I wonder whether they would absorb energy, similar to that which is living in the tree. In other words, an oak tree no doubt, would possess a very strong and vibrant energy, whereas another sapling, could possess an entirely different form of energy, or am I wrong in that assumption?

No, you are not wrong. After all, as humans vary in their degree of knowledge and spirituality, so too do those trees of nature, as in all areas of your nature. Some wax and wane in their energies—that should be realised. But let me say this to you: When you say, 'Do peoples absorb the energies from trees and other such items?' let me tell you what is happening. They are not absorbing an extraneous energy, they are blending with the one energy, that belongs to humans and to nature, as you call it. It is a blending of the energies, which belong together. After all, the tree is part of you and you are part of the tree.

(*Yes*) *It is a universal consciousness of energy, to which you all belong. Do you understand?*

Les: Yes I think so, but would they gain any benefit, from imagining they are absorbing energy from the tree?

Only in as such, as that blending would create the rising of the energy within themselves. They do not take energy from the tree, but the blending of both, creates an upliftment of energy, which to them, may seem more powerful.

Les: Very interesting, thank you very much. I couldn't quite see how they were able to absorb, what to some extent, must be an energy, though coming from the same source, is nevertheless alien to the energy peculiar to the human being.

Yes, yes, there is much we could discuss along those lines, but always remember that the energies which belong to you, to every living thing— which after all IS living—everything is alive, everything is **energy**. You must remember this, if you are to begin to understand what this living energy is. After all, do you not feel better, when you come into contact with other human beings and you feel that great pull of energy from them?

Les: From some of them, yes.

Do you not meet others, who you want to remove yourself from?

Les: You're quite right, we do. I have always said that though we don't know it physically perhaps, the auras are attracting or repelling that other person.

Yes, again I repeat to you, your energy depends on spiritual progress. Do we have questions, whilst we are on this subject?

Les: Anybody else have a question on energy?

Silence?

Les: Right I will continue. We're right I believe in accepting, that energy is inherent in and therefore radiating from, every object which we call inanimate. (Yes) So of course that is effectively a wrong term, isn't it?

What you must understand and let us clear it for you now: It is not **inherent**—I do not like the word, forgive me. It is not part of you, **you our energy**.

Les: Yes I see what you mean.

You cannot be a PART of energy, when you ARE energy. Do you understand?

Les: Yes, now it's pointed out to us, I'm sure we do, but of course we had the mental stipulation that we were only part.

Yes, you must remember, all of you are part of each other, although you see yourselves as separate entities. You all possess the energy from which we all have come. We may be vibrating on different levels—of course we are—again I say it depends on your spiritual development, whilst you are clothed in these bodies. But all of your planet is just one mass of energy, in which you are ALL part. Imagine your seas of this planet, do they not flow and ebb, but still they are there?

Les: Yes, that's quite right.

Imagine yourself as that sea that at times you are stronger and at times you recede, but always that energy remains the same. Do you follow me?

Les: I believe so, it's not easy for us to understand that it remains the same, even though it's ebbing and flowing, or increasing and decreasing I think, would be more understandable to us.

Yes, it is something that we are trying to simplify for you, (Thank you.) because it is a subject which will never be truly understood by people on your planet.

Les: I can well believe that.

After all, you have to understand that this Earth planet is indeed part of the fuller energy of the Universe, of the **Cosmic Consciousness**. It is a wide area to be discussing, but I have been instructed to try to help you to understand a little more.

Les: Yes I believe we are slowly beginning to understand it. I might perhaps follow that with another question. We all know that our Earth is in an electrical orbit—that's why we have summer and winter. At the same time it is turning on its axis —

'How is this so?' Are you going to ask me?

Les: Yes you've got my question?

Yes, how is this so?

Les: Yes, what is the energy that continues this incessant movement, year after year?

You have to try to understand the Universe. If you can see your planet, in its true place within the Universe, then perhaps you might begin to understand what is happening. You are a universe within many. You are encompassed—each planet, within that universal energy, which surrounds all planets and to which your individual planet, is but one iota of energy. If you are wanting explanations in a physical

sense, of why your Earth rotates as it does, then I would be unable to answer, because the answer is too complex, too widespread for your understanding.

Les: Yes we quite appreciate that. It's impossible to explain it to us in terms we could understand fully.

You are but one bubble in a vessel of water. Is not the bubble suspended? Is it not individualised within that vessel of water? (Yes) If you can visualise your planet as such, then it gives you some small inkling, as to what the energy pattern surrounding your planet is.

Les: Yes I have wondered myself — I haven't spoken about it, but I have wondered, since all is energy, gravity itself is energy —

Of course, now we have some understanding.

Les: So, why doesn't that energy pull the planets from their orbits?

Because it belongs to the wider scheme of energy; energy which has purified in the way that each individual here, differs in their spiritual attainment and spiritual energy. So too, do the planets have their own energy, can you follow me?

Les: Yes, and that counteracts the energy of gravity does it?

Yes, yes, now you are beginning to understand just a little.

Les: Yes that does explain something which has occurred to me in the past, why these two were not in opposition to each other.

You cannot have opposites, in the Great Scheme of Life. There cannot be that 'tug,' I believe that is one of your terms?

Les: True, it is.

You cannot have opposition, to what in fact is perfection.

Les: Yes I was coming to that, because there must be perfection, since the creator originally did all this complexity?

You are but a dot in that perfection. Your understanding, as my own is, is very little, in the Great Complex of Life.

Les: So our efforts to attain perfection in our own spiritual development, I imagine would ultimately itself, result in us becoming part of that purified energy?

That would be the ultimate goal and that is what each of us strives towards. And what I have to tell you from my own knowledge is it seems unobtainable, because there is always a wider scope of knowledge to reach out for. You understand that energy is ever-refining itself, towards that purity, which we know as the [Great Creation of Love](#). After all, let us simplify all energy: What is it, but the creation of great love. So each one of you in your own way, whether you fully understand what you are about, whether you understand where your planet lies within its own universe, whether you come closer to that creative energy, let me say this: Please know that each one of us strives for [refinement of energy](#).

Les: That is what we are striving for also, isn't it?

All living things strive for refinement of the energy, to which we all belong. There is no mystery, although you people on this earthly planet, are very good at creating problems, where none exist.

Les: Yes we do create problems, don't we? You may have anticipated my next question. I was going to ask, since there are so many on this planet, who have no conception of spiritual development, does their method of living, which to put it bluntly must be operating in a very coarse type of energy, does that effect what you are trying to do, for universal *refinement* of energy?

Of course it makes a difference, but we do not work with the energy pattern of one lifetime. (No...) You must understand that as human beings, you have not lived only ONCE, that your spiritual knowledge is far greater, than most of you fully understand. So from our world, we can utilise the spirituality of that person, even if in this lifetime, that energy has become dulled. We would try to utilise that innate knowledge within them, to create what we try to achieve. (I see.) We are going onto another subject, but I hope it has clarified it to you a little.

Les: It has to me, has it to everybody else? (Agreed) Because energy itself can never be destroyed, can it?

How can it be?

Les: No, because even if it were possible, then energy itself, is causing the destruction, so it cannot destroy itself.

Everything, all of Creation, always has been, always will be—cannot be destroyed. It can be altered, it can be changed, but never can it be destroyed.

Les: No, of course that's something which we just cannot grasp, because having in mind the ultimate ending of the physical body, it rather colours our outlook and I think for most of us, it's very difficult to imagine anything, which doesn't ultimately cease.

Why should you be puzzled when I tell you this? After all, you have the knowledge, that you are spirit and you will continue. Spirit is only a word, another word for Living Energy.

Les: Yes I think the puzzlement is always becoming less.

That is what we are trying to achieve.

Les: I don't think anybody has any doubt about that, have they? We're far less puzzled than we were in days gone by and I know I'm beginning to understand the conception of eternity much better.

Yes, there are those on your Earth, who when they leave this lifetime, will become blended with the purest of energies. But I would say they are very few. Most of you who leave these bodies, these useless bodies, when you come to us, but you will need, or desire at times, to return again, to a physical being. That is only because there has been work, or energy, or however you wish to describe your lives—that there are things undone. You do not have the purity of the energy to go forward, so sometimes the need to return is great. That is when the energy needs to recede and to grow stronger once more. We are on difficult subjects here; I do not wish to confuse you too much.

Les: Thank you for that.

If I have enlightened you on just one matter, then my task has been done.

Les: I'm sure you have, but is anyone puzzled about anything on which you'd like to ask our friend a question. Now is your time.

George: Yes regarding the physical counterpart of our energy, are we—

Stop, stop, stop please. There is no physical counterpart, ALL is energy. You cannot separate. Energy is energy.

George: Yes, I phrased it badly. I appreciate we're all beings of spirit, first and foremost, but a part of our being, is what we call physical, on Earth. On the universal scale, is our condition fairly rare, or would it be fairly common, or do purely spiritual beings, vastly outnumber those beings such as ourselves?

We have to touch upon another subject here. You are counting numbers physically; you are not fully understanding what spiritual energy is. I have to return to what the master has taught you before, that you are more than one. You belong to one energy, all of you, but each individual spirit, has more than one facet to their energy pattern. Is that clear?

Les: Yes we have been told many times that.

When you leave this physical cloak behind, you will return to the whole and only then will your energy show itself, in its truest form, do you understand?

George: Yes, yes indeed, thank you.

It is not easy I know, it is not easy for any of you here on this planet, to understand the workings of the Great Creator. None of us fully understand, but those of us who have extended knowledge, try to bring to you just a little more, in order that your lives here, can become enriched, that your understanding can grow, in order that the energy which you all are can gain in strength and that you all become beings of Love. After all, that is the purpose of your lives. Love, love, is the purest energy, the universal energy—consciousness, as many of you refer to it—love will take you to the very peaks of spiritual energy, if only you will allow it to do so.

Les: Yes, I think we are often our own worst enemies in that respect. If we let our human thinking deny what our spiritual side is trying to tell us—I think we've all been guilty of that and probably still are, but I hope much less guilty than we were, before these teachings began.

That is the purpose—that is my purpose, small as it may be—that we bring you more knowledge, in order that you can see yourselves more clearly.

Les: We do greatly appreciate all the teaching and help we are given, because we can to some little degree, appreciate your difficulties, in trying to explain love when love itself I believe, cannot be analysed.

I could not begin to tell you, what the true meaning of this word is. You have to understand that when energy becomes so refined, words are so unnecessary; it is a knowing, it is a part, it is a blending together of all who have attained such positions and it is an on-going course, towards the purest energy that is attainable to us.

Sallie: Could I ask something please? (Yes please.) Love is energy, therefore, fear—fear I would consider as emotion, but it's also energy, isn't it?

All things are energy. Fear is the opposite of love, is it not? Therefore it is energy condensed; it is a less refined form of that love energy, but nevertheless, the same energy. Do you follow?

Sallie: Yes, I hadn't thought about fear as energy. I believe I'm understanding all things are energy, but for some reason —

You did not fully understand.

Sallie: No

No. All of life is energy, all of existence, all of your planets, all of your Universe—you cannot distinguish between any two things. Energy is ONE, whether it is the most refined energy, or the densest, it still belongs to the ONE energy. Do you understand?

Sallie: Yes, yes I do understand.

Do you all understand, because this is the basis of all understanding of energy, that it is only ONE energy, but in varying degrees. Do you understand please? (Affirmed)

Les: Yes I do, does everybody else? Does anybody have a further question on it? Our friend does want us to be clear. (Yes)

George: I think I understand that love would be the purest form.

Yes, it would be the quickest vibration of energy, which you could achieve. And when we speak of Love, we are not using the word 'love,' as you would do here. Do you also understand this?

Les: Yes, your conception of love, which you are trying to give to us, is such an overwhelming love, that we have no ability really, to understand it.

No, but try to find a capability, of at least searching your hearts towards it.

Les: Quite, well we'll do that.

You cannot do more, you cannot do more.

Les: I remember being told by various communicators, that your job here in this life, is to sow the seeds. You may never see the blooms, but continue to sow the seeds, of what you know to be true.

I would like to extend that for you: To be yourself, to be as full of love, as you know how, needs no example, because that energy would stand forth, as a shining example, on its own merit. Do you understand? (Affirmed) When you have attained a certain degree of that love energy, then your light shines forth to all who can come forth. And like the question about the tree and the person seeking energy from it, so too does your pure light of energy attract others.

Les: I think I'm right in saying that your being here tonight with your love, has brought a tremendous love into this room.

I am extending the power of love to you ALL. I hope it is being felt, it is an exercise in showing you that in shining forth with love energy I can draw you closer to me.

Les: I certainly can feel it, I hope everybody else can as I can? (Affirmed)

Can I suggest that we stay quiet for one moment, to let you feel this energy, which I bring to you now?

(Yes) ***I will then leave you. I hope that what I have brought to you this time, has once more given you something to think about—that you will know, that the Love that you extend to others, will be returned to you, more than you will ever know or understand whilst you tread this planet. Now I give you all part of my own love energy.***

There then followed one through Sue, after we had sat in silence as instructed:

I come to bring you only the blessings of love from us all. What I hope you have felt this time—there are no more words that I need say to you. Place your hands my dearest child upon mine, and take with you, for all of you, so much love that my heart is too full to explain.

Les: We can feel it, I'm sure everyone can and we thank you for it.

Send some of this love, to the little children suffering in your world, for reasons which we cannot explain. It will strengthen them in their purpose.

Les: We shall do that.

I send you my love and blessings and say to you, there is someone with you, all of you, who loves you and will respond, whenever they are called upon, in times of trouble. I wish you farewell and good health, happiness and joy to you all.

Les: Thank you. God bless you all. There are no words to thank you for what you bring us.

Finally there was one through Eileen briefly, before we finished:

Thank you for helping me to come through this time. I have to say just a few words before we end this meeting.

Les: Please do.

Someone has been pondering upon their own departure from this life.

Les: Really? *(Yes!)* Dear, dear, dear! *(Chuckles)*

And I am not going to tolerate it.

Les: You're not going to tolerate it? *(No)* Good for you! *(Yes)* I'm glad you're not, they shouldn't be pondering, should they?

No, there's too much to be done! (Chuckles)

Les: That's right, you tick them off—I can't.

I intend to, but I will do it most politely. (Thank you.) We will have no thoughts of passing to our side just yet please, because the time is not ready for any of you—so if you wish to ponder, ponder for someone else! (Laughter) That is all I wish to say.

Les: Right, thank you very much for telling us. So we can work together for some time yet—thank you. And shall we all make a promise that we won't ponder? *(Laughter)*

~13th October 1997~

Good evening. *(Welcomes)*

Thank you my friends, I am always happy to be with you all. *(Thanks expressed)*

Les: I'm sorry that numbers are low tonight, I know that it does lessen the power available.

Do you dear friend not remember what you have been told, that we have utilised power available here?

Les: Yes you have; I'm pleased to hear that.

Therefore when peoples are absent, it will make no difference.

Les: Good, that's comforting to us. We all have been concerned that it would affect your being here and your colleagues who come and we're very glad to know that it doesn't.

I hope that you found last time interesting for you? *(Affirmed)*

Les: It was—every time is, but that was particularly so.

Let me say this to you: This time I think we should speak if you don't mind, about the power of your prayer.

Les: Yes, that would be interesting.

I know each one of you indulges in 'daily prayer,' as you call it. Your invocations to the Great Power, is interesting for us to listen to. But this time I want to ask you all a question about your prayer. What do you think is happening, when you speak your words of desires? Can you answer dear friend?

Les: I will answer for everybody then others can correct me, if I'm not answering adequately for their purpose. It's interesting that you should bring up the subject tonight, because I had wanted to ask you—I can't specifically say that I can think of my prayer as doing anything in any particular way. I hope that my

thoughts are being taken in the way in which they are issued and the fact that they are so issued, is sufficient for them to be used—altered perhaps, to meet the circumstances in which *you* can use them. I wanted to ask you, because I have to admit that sometimes my mind does stray from the prayer I am making and I have to keep bringing it back. I wonder whether you notice that in others, or whether I am not concentrating sufficiently. It does bother me that it happens. (*Others added that their concentration also wandered at times*) I thought it might happen to everybody, so I wanted to raise it.

Dear friend, why are you surprised by my knowing what is in your mind?

Les: No, I might have known that you would have known. (*Chuckles*)

Firstly, let me say this to you: It is not a failing on your part, when you say your mind wanders. After all, it is the human element, is it not? (Yes) But what is more important, is the realisation of the power of your prayer and what you can achieve from them. All too often your prayers—and now I speak generally about mankind, and not about any of you individually—mankind in general speaks to a higher source of power. All of you know and understand and I have tried to teach you—at least I hope I have given you a little insight, into the power that you all have.

Les: You've certainly given us that.

So what I would wish you all to know and understand is this: That each individual here comes from that same source of power. Therefore your ability is inherent to achieve that prayer, which you speak in words. But because of your human failings, or your denser 'power,' if you'd like to say it that way, you are speaking words to us to help, are you not? (Affirmed) And of course, because of our extended knowledge, that is what we try to achieve for you, but it is the power of your word, which makes it happen. I want you all dear friends to realise, whatever you so desire, you have the power to achieve. Therefore, I want you when next you use your words of prayer, to *know* that that power is within you. After all, each of us are the *sparks* from the same Source. Are you beginning to understand what I am trying to say to you? (Affirmed) If anyone is unsure, please ask me now, before I continue.

Mark: Are we saying that what we dream for is what actually helps to create the reality?

In using your words, you are expressing the deep-felt desire, which you can obtain by yourselves. The power is within you all; can you not see that? I do not think that you do.

Margaret: When I say my prayers I say them in my thoughts. Is that all right, or do I have to say them out loud?

No, have I not told you that your thought is the most powerful thing you can possess? (Yes)

Les: I never say mine out loud—it's all thoughts. (*Agreed*) I think we all use mental prayer, don't we? (*Affirmed*)

And in using your thought, you can create what you are using those mental words for. Do you see? You hesitate. I do not think you understand me.

Sarah: I don't think I fully understand.

No, no, there is a lack of understanding here. I think that for this time, we will leave it there for you to ponder upon and I will return to it another time.

Les: Would I be right—to help our enquirer there, would I be right if I said that our thoughts are automatically turned into *actions* in your world, when you receive our thoughts?

By using the thought, you create the *desire*. Your thought is the *power*.

Les: So that creates the action, (**Yes**) which we wish to happen? (**Yes**) Does that answer you Sarah?

Sarah: Yes it does, but I was just thinking, for example, I always ask for leaders of countries, who are doing bad things, to try and see the *right* way. It helps, but it doesn't actually make it happen —

How do you know?

Sarah: Well I suppose I don't know, but things still continue to happen. Perhaps it's just getting better? I don't know.

What you are doing my dear friends, is giving credit to us—to those in my world, when what you really are doing, is expressing your own thought patterns—whether they be good or bad, you are creating the reality, by those thought-forms.

Sarah: Right, so what I'm asking—in my mind I'm asking for the 'right' thing, but in actual fact sometimes it may not be the right thing that I'm asking for. So I'm creating 'good' from my point of view, but it doesn't necessarily —

Les: But if you are asking for the right thing, it must be good, because you are asking for mankind, aren't you? **(Yes)** So it must be good.

The reasoning behind the thought is what she is trying to express, (Right.) yes. But I feel this time, that perhaps your understanding on this matter is not great enough. So I will help you, until I can speak to you again on this matter—(Thanks expressed) that means all of you and not just the lady.

Les: But if we continue to use our present method of praying mentally **(Yes)** and try to concentrate more on what we are saying in our prayers, that's all we can do at present, yes?

Yes. Dear friends, I do not want you to feel that I criticise you—that is not my intention.

Les: Of course not, we know that your desire is only to help us to understand more.

Yes, I would like you to know why you do these things—and again I am returning to the power of your Thought. Always I will return to that most important subject.

Les: So basically, the detail is not so important, as the power of thought. All our prayers should be doing good in whatever way they can best be used.

Remember this, that as the creator of the thought-form, you have the ability to make it happen. You are not subservient to other beings who take your thought-forms from you and accomplish what you wish. YOU are the main bearer of that thought-form. Therefore the responsibility is yours.

Les: I see, thank you.

But now we will leave it with you this time.

Les: Well thank you for what you have told us, it gives us more to think about and to work upon.

I do not wish to overburden your minds, but at times it is good that you think about these things.

Les: It is good and essential for our own development, isn't it?

Of course and is that not what we are trying to achieve?

Les: Absolutely! Thank you again; we shall all do some serious thinking.

Now, I will take questions if you so wish and if you will, I ask that we finish this time, when I work quietly with this instrument, that you speak quietly amongst yourselves, on whatever comes to your hearts.

Les: Certainly. Yes there was one question I would like to ask please and I know we will all be interested in the answer. I have frequently wondered and I'm sure my friends have, what happens to people who come over to your world, who have been responsible for such diabolical behaviour on this Earth. I will mention the last dictator—there have been many of course, but the last one known as *Hitler*. Now his impact upon the world was incalculable. He was directly as you'll know and indirectly responsible for millions of deaths and a disaster for people, impossible for us even to visualise, because we have not suffered it. How does he begin when he comes over to you? I know there are lower regions and we would think he goes to the lower regions. But I can't imagine where he would be or how he would be treated, or how he would react himself.

Yes, I will try to explain a little to you. (Thank you.) You speak of a soul who has committed despicable acts upon other human beings. (Yes) There are many in your world who do such things, even if it is on a smaller scale. Each deed is indeed so wrong; it has caused injury to many souls, many innocents, and of course the soul responsible, places itself into an apt situation, when it returns to us. The soul on its departure, would find itself immediately in conditions, which it has created for others, whilst upon this earthly plain.

Les: Is that so?

The individual you speak of, found himself in darkness, lost within a mist, feeling pain, loneliness, heartache and all the emotions, which he had created for others.

Les: He would feel all that?

He would feel each and every emotion that he had caused to others. He would be destitute within his own pain, his own loneliness, his own anger. It all exists within the region, which he would find himself.

Les: Presumably he would be with others, who had committed similar crimes, against souls here?

Not necessarily—because of the extent of his crimes, I believe you would say, and I will use such words to help you to understand—(Thank you.) because of the crimes which he had committed, he would be isolated, he would be lost by himself, until such time as recognition of what he had done comes to him.

Les: Is that so? And that could be an incalculable time, couldn't it, as we know it?

It could be an eternity in your time. We cannot measure time in your earthly years, because when you come to our world, time is not negotiable, as you will understand.

Les: But he would have to suffer for that whole period, whatever we might call it?

He would and only, *only* at certain time of his own recognition of what he has done, would he then be joined with others of like-mind.

Les: I see, so it would be a very, very slow progress upwards?

He could not possibly remove himself from such conditions, unless the recognition of the pain and the suffering, which he had bestowed on others, was recognised and he was truly repentant of what he had done. Only then, could those in our world—and let me assure you, that although he would be 'lost,' if I may use that word, within those terrible conditions, he is surrounded by those who work and are trying to help him. No soul is ever lost; there always is a spark of good in each soul, even if it takes many, many aeons of time, for that recognition to come.

Les: Yes, that brings me to the second part of my question, if I might: During the time he was here, he would have been exercising his free will. Within the exercising of that free will, there would be motives of course. To him of course, his motive would have been 'right' and 'just,' in his own opinion. (Yes) Now again presumably there are those in your world, who will assess the *correctness* of his motives, or whether he was deceiving himself, before he was condemned to that utter loneliness?

He would be told and instructed. You have to understand that when the soul leaves this world, there is always recognition of the knowledge which he has, which should have been done, the knowledge from those who have been there to guide him. It is instantaneous—it is difficult to explain to you, until such time as you return *home* to us. That knowledge would be *there* for him to know instantly, as he enters those conditions that he is suitable for.

Les: So basically, he would know that he has been responsible, for the conditions in which he now finds himself?

He will have the knowledge, of what he has done. But whether he recognises that *he* is responsible is another matter. You understand?

Les: Yes, that clears a point, thank you. Everybody understand that? (*Affirmed*)—because I know all of us have been concerned at one time or another, as to what happens to such people. So you now accept the answer that Salumet gives us? (*Agreed*)

Sarah: Yes, just one point. I think it was George that mentioned that Hitler had syphilis, which left him off-balance—

George: Which led to a condition we call 'megalomania,' which may well have had an influence on what he'd done.

Les: But he was still responsible you see, for having contracted it—

His free will enabled him to act in the way that he *chose*. Always remember when you speak of the actions of others, that even as you are human, you have the innate knowledge of Spirit within you. It is only when the human clothing is dropped, that *all* is clear. In saying such words, you are I am afraid dear friend, making what you call 'excuses,' for the soul.

Sarah: Right, thank you.

You understand?

George: Yes it puts that in perspective.

Les: Thank you very much.

Now if you are willing, I would like some time to work with this one. (*Eileen*)

Les: Yes of course, thank you for your sufferance of my questions. We do appreciate it.

I thank you and I appreciate your tolerance and you time.

Les: God be with you, and our love goes with you too.

We then began a discussion about prayer. Les suggested we send out thoughts for the good of humanity, to those on the other side, who have much more knowledge, to convert them to their own usage, because as Les put it, 'Their power of thought is infinitely more than ours and is capable of accepting the charge we are giving, to their batteries.'

There followed a rescue through Sarah, which Les dealt with quietly.

Finally there was a cheeky one through Eileen (Aris or Harris), to end the evening on a light note. He was a farmer whilst on Earth and was fond of cows and now spent his time, helping vets look after cows. He wasn't too happy with vets, but said he could influence their hands, as they worked on the cows.

~20th October 1997~

Good evening.

(Welcomes)

Let us begin this time, with thanks for this union of Spirit. Let us give thanks for all that we receive. Let us send these thanks, without the spoken word this time. May each one of you receive the love, which you are entitled to.

Les: Thank you.

Before I speak with you, I wish to say a few words this time, to the one who is known to us as Lilian. This lady will need upliftment and help in the coming months. I would hope that this will be forthcoming from you, as it will from our side.

Les: Of course it will. We shall be very pleased to help her in any way we can.

I would like her to know that she is surrounded by many. Much love is already sustaining her, but she will be in need of a little more.

Les: Thank you for telling us. We will all try to subscribe to that.

You also my friend, are feeling a little tired, are you not?

Les: Yes sometimes I do.

Don't be concerned—know that we are constantly with you.

Les: Yes I'll do that thank you. It's encouraging to have the confirmation.

Now, this time if I may, I wish to touch upon something which we spoke about last time. (Yes —) You asked what happens to people who you term, 'evil,' in this lifetime and what happens to them. I hope I explained briefly to you, that which does happen. But on this occasion, I would like to say to you all, what you should be trying to achieve, each one of you whilst you tread this Earth. My dear friends, when you make a *chance meeting* with someone, it is not chance; **there is no such thing as chance meetings—all is ordained to be.**

Les: Yes we can accept that, because we've all come to that conclusion, that the main things are certainly never chance.

I know that you fully understand those words, but what I want you to know and to understand fully, is this: How you view that person, is how you view yourself. How you think of that person, is how you think of yourself.

Les: Yes, I think we understand what you mean—since we are part of him and he part of us.

Yes, and in doing so in these meetings of all peoples, dear friends you either find yourself or lose yourself. Do you understand what I tell you?

Les: Yes, you're referring to our actions, when we meet such a person whom we might consider to be 'evil,' by our reactions we find ourselves or lose ourselves?

Not only 'evil' people—all persons. In other words—again I reiterate earlier words: Do not judge, because what you do is judge yourself. If within those people you find fault, then what you see are your own faults.

Les: Yes it's difficult to grasp, but I think we understand what you mean. Of course we cannot disassociate ourselves from anybody else.

If you do not understand these words, then you will have problems in understanding what you are about. Therefore I feel that I should continually remind you of the power of your *thinking*, the power of your *judgement*, the power of your very *being*. These are simple words, but behind them lies powerful meaning.

Les: Yes it does come back to what you've told us before more than once, that we must think of ourselves as *spiritual beings* and not as *physical beings*.

In saying this I will return to our discussion last time, perhaps then you can understand that in the thinking of the person you named, (*Hitler*) came back to him everything he had thought about, in all the destruction of those many peoples. Can you now begin to understand, why these peoples would be lost for such a long time?

Les: Yes—we could have been in that position.

I would say that each one of you within this room, has lost themselves—the true essence of themselves, on many occasions. But the difference being, that you know and understand '*good*' and therefore you have rectified hopefully those negative energies, which have been sent forth from you. Do you understand?

Les: Yes we do, because again it is not *good and evil*, but *force and counter force*, isn't it—which you have spoken about.

You must have balance within your lives, but you must endeavour always to reach out for the very best within you.

Sallie: Could I ask you a question? (*Of course.*) As I understand it, when we meet other people and we manage to see goodness in people, my feeling is like a mirror, a mirror of the goodness perhaps that we have within us. And when we have relationships with people, who reflect something which we find very, very difficult to understand, or that we don't like, that's also an opposite mirror somehow, within us.

Yes, the fault lies within your soul, not with the other person. Judge not and you will not be judged. I know it is difficult for you, when you think that you encounter another (*who*) as you say, '*mirrors evil*,' of works that you do not approve of. I know you find it difficult to accept that it could possibly be anything to do with your own thinking. I tell you here and now dear friends, judge not others, until you are yourselves sure, that you be perfect—and whilst you tread this Earth, you cannot be that. But what I do say to you is that you must strive towards only good and that includes finding the spark of goodness, in every soul, which you encounter. So yes, you are correct in your assumption.

Sallie: So if I come across somebody who mirrors something that I find uncomfortable, or displeasing, the only way I'm going to stop seeing that mirror, is to find where that lies within me?

You send out loving thoughts. In that way, you dispel what you term '*evil*,' but which is in fact an aspect of the soul, which you have not come to terms with. It may not be that what you find upsetting, belongs to the soul or spirit of this lifetime, but is an essence of that soul, which has not been dealt with at one time or another. Now do you begin to understand? (*Yes*)

Les: Yes that I think we do forget, that there are many souls that have to be considered.

Yes, it may be that in this lifetime, your actions have been almost exemplary, but never forget there are many aspects to the soul and it is the *spiritual* aspect which reflects through, when you make judgement upon another.

Les: So from what you are saying, we ourselves could conceivably through ourselves, have been responsible for that person's ill-doing, in the past?

There are many conditions which could apply here. I do not want you to limit the options, but only to realise, *do not judge*, because as the lady has aptly put it, they are mirror reflections, if you find them displeasing in another. Do you understand, because I feel a little hesitancy on your part, may I say.

Les: Perhaps the hesitancy is only because we are trying to work it out.

I would rather we discussed fully this time, in order that all of you can at least begin to have a clear picture, because I do feel that until you accept these conditions of self, you limit that goodness within yourself, to go forward. Do you understand? (*Affirmed*)

Les: It's not an easy thing for us to accept, as you'll appreciate.

Of course not, I do not expect you to fully understand, but if at least you can reason with yourself—and after all you have all knowledge, if you so desire—if you can reason and look within, then the answers become easier for you to accept.

Les: Yes I can see that they would do. So each of us has to do some very deep thinking on this, **(Yes)** which leads me to another question: If everybody gave out loving thoughts towards an 'evil' person, could he be prevented from performing those 'evil' actions, because of the love that was expressed towards him?

It would indeed help, but it would depend on the power of his own thought—it would depend on the power of his free will, which you cannot—you cannot take charge of anyone's free will, you cannot have power over that, but you can influence for good, yes of course you can.

Sallie: Would one other theory apply as well? Where at a previous time before we decide to come back to Earth and live this particular life, while we were in spirit form, we or groups of us made a choice to actually come back and work on a particular area, where we perhaps did poorly. If that's one possible option amongst the many, would we then be given opportunities, to see that fault mirrored, to give us experience in trying to rectify where we had made mistakes before?

Yes, let me say this to you: That is no theory that is exactly what happens. I believe we have spoken about this in time past. Of course you fully know and understand why you return and the opportunities are presented in this lifetime for you to achieve those goals, if you wish to call them such. Of course the opportunities are there, and that is where your free will comes into play of course and that is where you either find yourself, or lose yourself.

Sallie: Somehow it helps me and I imagine it helps others, to sometimes think that when I'm in these situations, to think I've actually chosen this, to put right a wrong, or to assist—I'm not sure why I said that, but I just find it helpful.

Yes, let me say this to you dear friend: In whatever way you find—and each one of you after all, is individual in your ways of living—if you find certain conditions are right for you, if you find that it is easier for you to accept, then by all means accept; whatever conditions you wish to reject, then also do that, because your individuality, makes this something which must be done for your own self-good. Do you understand? (Yes) Whatever you find is right for you—that is what you will achieve. Go along with your heart's desire, because you have the innate knowledge to guide you, to uplift you, and to help you.

Sallie: Sometimes these decisions that we make with our innate knowledge, or our *inside*, are conflicting with our rational mind, but they are nearly always right, aren't they?

Of course, because what you have is *spirit* versus the human personality. Always your inner knowledge will win, because it knows no *wrong*. So be guided by that still voice within—always, always.

Sallie: Thank you.

Les: Yes to confirm that Sallie, I could say that many times when I've had rescues to deal with, I have sometimes physically not wanted to help, but something within me has made me continue, until that person *has* been helped and that must be the spiritual knowledge, of which we are endowed.

Let me just say one more thing about this please: There will be peoples in your world, who you feel the need to step away from. There is a difference between stepping backwards from that person, than trying to make judgement upon them. There are peoples you will not be able to make contact with. But that is not the same as making judgement. Do you understand that difference? (Affirmed)

Les: Yes, it is quite an important difference, isn't it?

Yes, you must make that difference—you must differentiate between the two.

Les: So if we step back, we are not in effect going to be *condemned* for that; **(No)** not as we would be condemned if I can use that word, for making judgement.

Yes, it is better that you step back, give loving thoughts and move onwards.

Les: I see, thank you.

Sallie: It's just *knowing* who we should be stepping back from, and who we should be persevering with.

Why do you need to *know*? Listen to that inner voice and all knowledge is *there*. You do not make judgements; you are speaking of physical judgements once more.

Sallie: Again it's just going within yourself?

It is the *spirit* who knows which individual you need to step away from. You have *all knowledge*, each one of you. I would wish that you could cultivate this *knowing* more. You can only benefit from it, you can only come to know and understand yourselves more *fully*. And in doing so, you have extended your love throughout this world, this planet, where all situations become less grief-stricken to you; your judgement becomes sharpened, because that *inner voice knows all*. I ask you all dear friends, to ponder my words this time, because I ask you all to cultivate this knowledge within you, to cultivate the understanding for one-another, to expand your love for all human beings upon this planet. In doing so, you create your own '*heavens*,' if I can use that term. You will create a heaven upon this Earth, if only you could fully understand my words this time. And that dear friends, would be my desire for each one of you.

Les: After what you have said Salumet, I think we shall certainly all be trying very, very hard to understand ourselves more fully.

It is imperative, if you wish to develop fully, that spiritual aspect of you, whilst upon this Earth. You need to grow—you cannot allow yourselves to become stagnant in knowledge. After all, knowledge of *spirit* is endless. I do not want you to wait until you return to us, before you can continue to grow fully. My desire for you all dear friends is that this task be started, whilst you remain in these bodies.

Les: It certainly would be for our own benefit, so we'd be rather foolish, not to heed what you say.

Now we will leave it there this time and if any one of you wishes to return another time with questions, I will be only too happy to answer them for you.

Les: Thank you, I think we all appreciate that, because in our attempt to understand ourselves, I'm sure there are going to be things which we must question individually because of lack of understanding. So if we might ask questions another time, I'm sure it'll help enormously.

I fully expect many questions.

Les: Good. Right, now we start learning! (*Chuckles*)

Now, do we have any questions this time?

Les: Yes I have one, which almost has a bearing on what you've been saying. We hear many times of course that a woman who is carrying a child, must/mustn't do certain things, because of its effect upon that child. That led me to wonder whether the mother's spiritual awareness, would affect the development of the spiritual awareness of the child, while it is within her womb, because you have told us that the soul arrives at the moment of conception.

Yes, I understand your question. Of course the spiritual aspect of the mother and the child, have previously made the '*contract*,' if you like, of joining together at the time of conception, through to birth. That spirit or soul, would already know that this was about to happen. But once you have incarnated into *flesh*, then memory is often erased. But spiritual knowledge can never be erased. So the spirit aspect of both mother and child know fully what is expected of them. It perhaps seems strange to you, but we speak upon two separate issues here. The foetus within the mother's womb, of course has to apply to itself the issues of human life, within the cloaks of bodily tissue. But the spiritual aspects of both mother and child, know what is expected, and what will happen. So no matter what the *physical* outcome is, the soul knows what is about to happen and nothing can alter it. Do you understand? This is a complex issue and one I do not think you would understand fully, because we are speaking as I said, on two separate issues here.

Les: Yes, because the soul of the mother would have free will presumably. And if because of that free will, it departed from what had been agreed before conception that surely would affect the spiritual development of the child?

No, no, we must make something clear to you here and now. Whenever there is abortion, and I think perhaps that is one issue that you have in mind—that is already *known*. Only when the child comes to full term and is born, is there the opportunity for interference. Do you understand? (I see.) That soul—let us speak of the *soul*, rather than the child. If that *soul* is to be aborted, it would know beforehand.

Les: Yes, that's part of the prearranged plan then?

I would say in most cases—there are the odd cases, when there are alterations to plan, but the soul would know of this beforehand.

Les: I see, yes it certainly is complicated, isn't it?

It is complex issues and something, which we have touched upon, but mainly when the soul affects another, it is not a mother and child—that is too soon and all would be known beforehand in any case.

Les: Yes, this is what's difficult for us to understand fully.

Yes, I do not feel the time is right for us to enter into this topic, because your knowledge at present is not fully comprehensive enough. I do not mean to push you aside with your question, but what would be the point in explaining to you, when I know your understanding would not reach out and touch and fully understand.

Les: No, you're quite right, there wouldn't be any point. So as far as I'm concerned personally, I've got to do some more thinking, to try and understand the complexity of the existence of the soul, within the physical shell.

Can I say this to you dear friends? (Yes please.) All of life is never as simple as you may feel. There are many complexities, when it comes to spirit, enjoined with the human body. It is never as straightforward, as is sometimes spoken of in your world.

Les: I'm beginning to realise that.

Therefore, I wish you to try to know and understand, that that is why people such as I, come to your world at this time, to put right any misconceptions, any ideas which have been put forward, which have been simplified to suit the human mind. You understand? (Yes —) And much of this has taken place in time past, not because of any grievous intent, but because knowledge was scarce, communication was not as well-founded as it is in this time of your existence. Therefore as we progress forward, it is imperative that knowledge grows also and be given its true status within your world.

Les: That's beginning to make it a lot clearer and I remember now, something which was said many years ago by somebody from your side: *'Your life here is full of contradictions, which you'll never fully understand.'*

That is most apt, and that is one expression I fully agree with and one which I will try to help all of you with, in your understanding.

Les: You certainly have helped all of us I believe tonight. *(Agreed)* I could never quite understand that phrase, *'life being full of contradictions,'* but now you've clarified it for me.

Yes, if you do not have contradiction, then you have *static energy*. (Yes —) How can that be, in an everlasting expanse of energy, to which we all belong? You cannot, it would not make sense and I would not be doing my work, if I told you these things. I wish to dispel any discrepancies which have arisen, not because there have been mistakes—that I cannot accept, but people who have brought knowledge to you all in the past, have been limited by their own knowledge. You understand?

Les: Yes I do—that also gives clarification to much.

Too often we hear within your world people say: *'Why does this one say that, when another says such?'* They can only express what they know. It makes neither one nor the other *right* or *wrong*, only different. Do you understand my words?

Les: Yes we do understand them fully, thank you.

Now I think for this time I have given you much to think upon. I know we will return and hopefully answer your queries, because I know there will be many. But I hope that you reach the understanding, of how deep and how complex you human beings are. And that you must search within these shells, these outer shells and go deep within, to find the *true you*, in order that you can reach understanding and knowledge of that part of yourself, which is the *real you*.

Les: I think you have opened many doors for us all tonight and I'm right I believe in thanking you on behalf of everybody, on what you've said; it is a great lesson for us all and we do appreciate it.

I leave you with only one thought, let it be this: *How best can we extend that love for each other, how can we grow, how can we come to know ourselves?* Think upon these words dear

friends and you will see the unfoldment of that inner knowledge come to each one of you. Until we come together once more, I leave you all, I thank you all, I ask that that *Great Creative Force*, be with each one of you, in your understanding. *(Thanks + farewells)*

There then followed a nun through Eileen, whose thoughts were not always as 'pure' as she would have liked, which connecting somewhat with what Salumet had been speaking about earlier:

—I don't know why you need to know this, but I'm told I have to say that my thoughts are not always pure.

Les: Well you're in good company. *(Chuckles)*

Ah! I see, that is why I have returned is it?

Les: That's why you're very welcome! You're one of the fraternity now. Our thoughts are certainly not always pure. *(More chuckles)*

But you see mine should have been, but they were not. Anyway, I have to tell you—oh dear, I find it difficult even now to repeat what I felt. I was not too kind to the mother-superior.

Les: We can understand that.

She was rather harsh at times and my image of her was that she was rather a little bit of a dragon and I should not have harboured those thoughts.

Les: Well you can hardly help it when you're in the company of a dragon, can you?

But what I need to tell you all is that I had to confront that thinking, when I went to Spirit. That those thoughts faced me squarely, when I reached Spirit and I was shocked, because I thought I had hidden them well, (Chuckles) but let me tell you all, nothing is well hidden.

Les: No, so we've been told tonight actually, and in the past.

Perhaps that is my purpose, to reinforce those words.

Les: When you say they faced you squarely, you were conscious of them mentally, were you?

Oh yes, my thinking was there in front of me and I was not honest, was I? I was not honest in my thinking, so therefore they returned to me.

Les: Well, I would doubt that, because you probably were honest in your thinking, but that honesty wasn't suitable for your spiritual development.

Yes, because I was devoted to Truth and I was not showing Truth was I, I was harbouring doubts and unkind thoughts.

Les: You were supposed to be devoted to Truth, but how can any human being be fully truthful all the time, every time?

No, you cannot. But that is the sad part of the people who join—I nearly said 'profession,' but of course it is not, it is a calling. But I think we are supposed to honour and look up to our Mother-Superiors.

Les: Yes you're supposed to try to, but I don't see how it can reasonably be expected that you would do.

I know now that it is impossible—we are human. But no matter, what I need to tell you is that all thoughts that you think are shown to you and you have to make judgement upon them.

Les: Now you've got us really worried. *(Laughter)*

Well, perhaps I have come to the right place after all. I spent many devotional hours I have to tell you, in saying sorry. But still I was faced with all of my thoughts, which I have to say, rendered me so helpless, speechless.

Les: Because they're living things thoughts, aren't they?

Yes, you cannot dispel them, they are always there.

Les: They are always there, so it does behove us all not to have the wrong thoughts, if it can be avoided.

(Yes) Then again, we have to accept that we can't always have those pure thoughts.

Oh I know you are speaking to the right person! I know full well what you speak of! (Laughter)

Les: Well we're very happy to welcome you into our group you know, because you're one of us. I don't want to bring you down to our level, but —

May I ask what 'one of you' are?

Les: Like you.

Oh no I don't think so, we would never have allowed men! (Laughter)

Les: There are ladies here too and they are just as untruthful as we are. *(More chuckles)*

Well, we'll see, the reckoning time is coming for you all!

Les: I know, don't remind us.

No, and I do have to tell you one other thing, I may as well confess all, may I? Yes, I had the most beautiful rosary beads given to me by my father, when I entered the convent—and I hid them.

Les: You hid them?

Yes and I am not about to reveal where!

Les: Why did you hide them?

Because they were not permitted, they were much too grand.

Les: Were they?

We had wooden beads.

Les: Of course—simplicity.

Yes, they were the most beautiful mother-of-pearl you could ever wish to see.

Les: Do you have them now?

Oh yes, I have them with me! But of course you cannot see them I don't suppose.

Les: But as long as you've taken them out of hiding, because the gift was one of love, wasn't it?

Of course, and how can such beauty be wrong.

Les: No of course it can't. This is one of the contradictions we have to face all the time.

I have learned so much I tell you, since I have come here—I enjoy the communication with other people—that is something I sadly lacked and missed. Again I should not have thought that way, but there you go. I know now, I probably should not have entered the order. I had too many doubts—

Les: None of us propose entering anything! *(Laughter)*

Oh well, what can I say? I am lost for words and that doesn't happen very often. I think you could be doing with a few Hail Mary's.

Les: Oh thank you. Will you do them for us?

Oh no, you do your own. No I am only joking, I would not dare to put that upon any of you.

Les: No, that's the human side of us coming out.

Yes, you are your own judges, know that too. There is no judgement upon you. Know that also that you face up to what you have done. All will be shown to you, I assure you of that! *(Chuckles)*

Les: Right, that's very much indeed for your comfort! *(Laughing)*

Yes, I hope I have not led you to have a sleepless evening. I did not wish that to be my intent! *(More chuckles)*

Les: No, we shall probably be doing some self-examination. I think I must put my thoughts in a sealed bag!

Yes—they will escape! Don't worry. Never mind, I've enjoyed myself everybody, thank you.

Les: We've enjoyed having you, thank you very, very much. *(Affirmed)*

It's been lovely to be with you.

Les: You feel happier after your confession now?

I've already given it to others, so I'm not too concerned. But I thought I'd tell you anyway.

Sarah: Do you get on well with Mother-Superior now?

Yes of course I do. She's not so bad—I know now that she was a good person. It was my thoughts that were not quite up to scratch, I think you would say.

Les: Like ours.

Yes, but there you go, that's personalities for you. And we cannot like everyone can we? It matters not what anyone tells you, if you are human you have failings.

Les: Quite, and some of them are enjoyable. *(More laughter)*

I wouldn't know about that you see. I was deprived of much, I have to tell you—we will not enter into that conversation. Now, yes I think this one *(Les)* needs to be taken in hand. *(More chuckles)* I will leave that task to another. I can come back another time, if you would like?

Les: Yes please. Are you going to give us a name to remember you by?

All right, I'll tell you the name I was known by shall I? *(Yes please.) I was known as Sister Veronica—*

(General thanks and cheerful farewells)

~27th October 1997~

At the beginning of this meeting, Les told us about a most distressing incident involving his family in Canada, who were attacked by a violent thief, resulting in the loss of life and the possibility of a child suffering brain damage. This was the boy that our healing thoughts were directed to and to which Salumet refers:

Good evening. (Welcomes)

Let me begin this time by upliftment for you all. I feel the sorrow in your hearts, which I will speak to you about. But firstly allow us to come closer to you, in order that upliftment for you all can take place.

(Thank you.) I hope dear friends, that indeed you feel just a little lighter now. (Affirmed) Let me say this to you my dear friends: As you are stunned and shocked by such news as has been given at the beginning of our meeting this time, let me say this to you: We fully understand your reaction, because you are human beings. But let me return to what I have said to you in the past that these 'evil' deeds and atrocities as you call them, are dealt with on the spiritual level, in a different manner. Spiritually, these 'evil' people as you call them, are seeking for themselves the energy of love and light, because they cannot by themselves move forward and are 'stuck,' if I may use that phrase, in the darker energies, or the coarser energy, because of their free will and their mode of human living. I know this does not make it any easier for you to accept, but if you could look upon it in a *spiritual* way, your understanding of these 'evil' deeds, that mankind do to one another, may become a little clearer. Do you understand my friends?

Les: Yes we understand what you say. Of course it is extremely difficult for us to be sufficiently developed spiritually, to accept that fully. We want to, but still our human emotions somewhat prevent it.

Yes, I understand and accept that you are limited whilst in these bodies. You will never fully accept what you term 'evil doing.' But let me say a little about the person that your thoughts have gone to. Although that soul is young in your earthly years, it is an old soul, who spiritually will be able to cope with what has happened. I know these words are difficult for you, but try dear friends, try to look upon it more spiritually. Open your hearts, know that goodness will always be the winner of evil deeds.

Les: You know that the boy is an old soul, do you then?

I tell you this I do. (Thank you.) Although it does not make this lifetime easy for those who are around him, the soul will cope with this lifetime.

Les: That is somewhat of a comfort to them—thank you, because my daughter will hear these words and will I hope be able to give some comfort to those around the boy.

Know always, that those souls who have moved in this direction, who have used their free will in negative ways, who have lost themselves and committed these deeds which you human beings find so atrocious—they will be faced with what they have done. Again we return to what I told you last time: You cannot escape deeds, actions, words, thoughts—any aspect of your daily living is noted and shown to you, when you return to our world. It is no comfort to you I know, but all that exists is balanced—no one can escape their own judgement. Know then that this soul, who has committed these deeds, will have to face those deeds, when he returns to us. Try to look it in the eye spiritually and understanding may begin to come forward to you.

Les: Yes I think we can understand it a little more, if we remember what you have said about the soul being aware of the circumstances that will face it, when it returns to this Earth.

Yes it is the human emotion, which plays such a large part in your lives and of course why should they not? That is why you have come to this planet, to be human, to live as humans, to learn; but in so doing, to bring forward to the fore that spiritual aspect, which encompasses all things and which should make your lives upon this planet *much* more comfortable. It would not matter what terrible deeds would happen around you, if you could but attain this knowledge, which each one of you has within.

Les: Yes, when I look back over what you have taught us over these years, I can understand more fully, why people go into monasteries and to closed orders and in effect withdraw from the world. I don't say that is the *right* thing for them to do or *wrong*, I begin to understand more *why* they do.

Always try dear friends—judge not another, because you do not know their life passage, you do not know what they have chosen to do. Therefore judge not any *one* of your fellow men, because in doing so, you would be in some way interfering with their life pattern—and again, I touch upon the pattern and power of your thought. It is a complicated subject for you to accept, as many things I have brought to you have been, but nevertheless the *more* we discuss them, the *more* questions you ask, the *more* I try to simplify these things for you, and the *more* your wisdom, knowledge and understanding, will come to the fore.

Les: It certainly has been doing that, no question about it. I *know* I know infinitely more now and *feel* infinitely more, than when you first began coming to us; and for that I'm profoundly grateful.

I do not want you to be grateful. After all I come only to bring you *Love* and to help you to gain a little more understanding and knowledge, because my dear friend, in doing so, you then become the emissaries of such knowledge. Do you not see? In doing this you go forward and you extend that knowledge, you extend your love and your wisdom and *all* that you desire for human kind.

Les: Yes we can understand that, that we can give to others what you have given to us.

It, my dear friends, should become natural to you after some time, it should not be a preconceived thought, that it should be given to others by the way that you conduct your lives. You understand?

Les: Yes we do and I think all of us now, are able to, as I have said many times, teach by example rather than by words.

That is what I would wish for you and I would say that in the main, that is what you try to achieve. I do not say each one of you can achieve it fully, nor would we expect you to whilst clothed in these bodies. But in saying this, your *spirit* has allowed the knowledge to come forward and it will be used wisely, I know.

Les: Going back to what you said about not judging, if we do presume to judge, I think we could say also that we are in effect, judging ourselves, in so-doing?

Is this not what I said last time? In seeing others, you see yourselves. In judging others, you are judging yourself. Can you not see this?

Les: Yes, it's something else for us to *ponder on*, as you would say.

Yes, this is always my desire that I bring you new thoughts that you may think upon each time I leave you, in order that you *grow*. I don't mean *grow* in the human sense, but that wisdom that is innate within you, but sometimes needs a little helping hand, that that knowledge and wisdom comes forth. That is what we are trying to achieve on this Earth planet.

Les: I think everybody here would agree that you have opened many doors and many aspects and we all do a great deal of thinking after these meetings I'm sure. Does anybody deny that?

George: No, I would say going forward in this way, is a great joy and pleasure.

Yes, because with spiritual knowledge, there comes *love* and indeed *pleasure* as you call it, because in your growing, you are extending that wisdom, all-encompassing love, which after all, is what we are all about. You understand?

Les: Yes, I think you've shown us all, a far greater depth of feeling and understanding, in what you have told us.

May I say one last thing about this: That when the emotions are quietened, then truly understanding begins. When you can control the emotion, *the human emotion, the human element of the soul*, then indeed the understanding spiritually becomes greater.

Les: Yes I must admit that I've been much better able to control many of my mental emotions, since you began teaching.

Yes, that is something that many of your peoples do not fully understand. Too often we hear remarks like, *that person is hard, because they show no emotion*. Let me say these tender emotions belong to

your human form. The *love emotion* is the *one* that belongs to spirit. And I use the word '*emotion*' here only in the context that that is the word you use to express so many feelings.

Les: Yes I would agree with what you say, because in the past I have been called *callous* and *unfeeling*. That should not concern you, because you know dear friend, that that is far from the truth.

Les: Quite. No, it didn't concern me, but of course it's not possible to explain to others, what you've just told us, that those human emotions have to be controlled, because they're of no value, to progress. It is natural that you have these human emotions, because you are human. But what you need to cultivate, is *unconditional love for all mankind*. And after all, *love does not judge*. Again as always I have to repeat these words to you, because they are important in the development of each one of you.

Les: Of course. We don't mind how often you repeat them.

I can assure you, that we will use many words, many times, on many occasions. But in doing so, I hope each time we speak these words that your understanding grows. It has grown much since we came together; I hope you feel it, but I do not think you fully understand just how much.

Les: No, probably we don't; it's been a gradual thing.

Yes, that would be our intention that knowledge and wisdom do not come to you so easily. Now do we have questions this time?

Les: Does anybody have a question? I always seem to monopolise—does somebody else please have a question?

George: Our understanding is very limited with respect to we humans. I think it helps to visualise things in a simple way sometimes. In thinking of spirit realms, I sometimes think of a ladder with many rungs. A few rungs up from the bottom, there is a balloon attached and that I think of as planet Earth. When we go into spirit, those who have had what I might call *reasonable* lives, perhaps go onto the rungs that are close to Earth. Those who have reached more enlightenment, progress further up the ladder and those who have done extremely poorly, perhaps go to the bottom rung and perhaps you would say, will take aeons of time to work their way up. Does that seem a sensible sort of *rough* visualisation?

Let me reply this time to you. It matters not what each one of you visualise in your own way, to bring you closer to spirit; if this visualisation brings you nearer to understanding, then so be it. I would not question your methods, because there is no *one* answer for each individual on this planet, because after all, you are individual and you will use your thoughts in your own individual way. So I would say to you sir, continue with your visualisation, it is as good as any I have heard described. If it suits you, then continue to use.

George: Thank you. Could I go on to refer to the between-worlds counselling, that has occurred here? (Yes) With that visualisation in mind, I would think that *mostly* we have had visits from souls, who are in the realms close to Earth, from those rungs on the ladder that are close to Earth. But would it be conceivable that one might have souls from the bottom of the ladder, brought along for counselling, or would that be impossible?

I believe we have spoken much, but I will try to answer your question more fully. Those who come to our world, each one is faced with all that has gone before. You know and understand that each soul goes to the destination most apt to it. Those who are lost, you cannot *class* I believe, as souls who have caused much havoc in your world. You know and fully recognise that those souls closest to this earthly plane, return and are returned to you, for help. But they can only be returned, if they are willing and they are ready spiritually to be helped—that is the knowledge that we have in our world. They are then returned and as you fully know, rescue takes place between our world and your own. Now those souls who you speak of as going further down your ladder, are those lost souls who are indeed lost and can for many aeons of time, remain in *darkness* spiritually. Only, and *only* when they are ready to be helped, would they possibly be returned to this planet for help. But it is most likely, that because of the condition of the soul that the help would be from *our* side of life. Does that answer your question?

George: Yes that does help, thank you. It's a point I had wondered about.

I do believe that our good friend could explain a little fully for you. But I do not wish to dwell on this for too long. Perhaps afterwards my dear friend, you can explain why we bring others to you, to be helped, more fully?

Les: Yes surely.

But those souls, who are indeed lost for aeons of time, we are speaking on something entirely different from those souls brought to you. They only will be returned, if we know it is time for them to be helped.

(Thanks expressed)

Les: Any other question?

Mark: Yes I've got a question. A while back we thought there was a visitation from Hitler, but later on we thought that it possibly wasn't, but I'm still not sure. Would it be possible to have this confirmed, or some information as to what was actually going on and why it happened?

George: Perhaps I could add that it did seem very, very genuine at the time and I did have that particular case in mind. *(Re: previous question)*

Yes, we have spoken have we not, about this? Did I not confirm for you, that someone who has *gone*, gone so wrong in their lifetime, shall we say—it would not be possible for them to return, in such a short space of time, unless they were truly repentant. Let me confirm for you, I know of the soul you speak of and I have to tell you, that still he remains lost.

Mark: And I think at the time, there was reported some clairvoyance that somebody saw a circle of people trying to get at this person and it was assumed at the time, that these were the Jewish people hating Hitler and that he was being protected. Okay it wasn't that, but—

Les: No, could I butt in Mark a moment please, before we take Salumet's time. I did explain the other time when we were speaking about it, that those who are so wishful, can presume and take the personality of another, without it being true. This is what I explained last time and this is what happened, which is why I put a question mark, against the name Hitler.

What I wish you to know—again we must return to the energy, the power of the energy, which is used in groups such as this; it is a doorway in. No one side or another has more power, but you have to remember this, that there are those in our world as we have spoken about previously this evening; their energy is so dark, so dense, that the soul craves for the light. Whether it be for the purity of children, whether it be the spiritual light within a group such as this, if the opportunity is there, they can seize that opportunity. And although you are well-guarded, as you obviously know, occasions such as this will happen, from time to time. No harm can come to the instrument or the medium as you call them, but because of the light available, they will seek the opportunity to *use*. We must speak once more about energy, because this is the area that you do not fully understand. It all has to do with the energy, which each soul has.

Les: Would I be right in saying Salumet, that even though I knew, or was pretty sure it wasn't the person it was claiming to be, nevertheless that soul would have been helped, to some degree?

Of course, in seeking and obtaining the light, they have lightened their own energy pattern.

Les: Because that runs parallel to something I said I believe last week, that though my physical reactions sometimes during a rescue, were not conducive to it being done, something impelled me to have compassion for that soul and deal with it.

That is how we would wish you to deal with it. Do not feel that you have to be negative about these occasions—that is not what we would desire. All souls who need help will get the help they need when they need it, even in controlled circumstances such as these meetings. You have to remember that there are many, many, many souls, who are seeking the light of your purer energies and they will move towards it. Do you understand?

Mark: Yes, that's a very nice explanation.

But if you are unsure, let us qualify it now and put it to an end.

Les: Yes that does confirm what I have said at various times in the past, that regardless of the circumstances of our own feelings, *we have got to help*.

Mark: Yes, somebody came in and they pretended to be somebody they weren't, *but* they received some healing through it **(Yes)** and although they slightly misled us, some good work went on.

Les: They didn't altogether mislead us Mark, let's be quite accurate, because I was *suspicious*, nevertheless they had to receive help. **(Yes)**

Let us compare, after all you know and understand that you do not change drastically, when you come to our side of life. You do not suddenly change and within those souls who come with us, you always have the *mischievous* ones, who have tended to be anyway, in their lifetime, and have the feeling that they wish to continue to do so—because of their freewill, it is difficult to stop them, if the thought is powerful enough. Again I must return to the power behind the thought. It is a *vast* topic—we will keep returning, until you begin to understand. Are you happy with that explanation?

Mark: Yes, thank you.

Les: I compare them to people who exist on this Earth, who confess to a murder, when they've never been near the place. **(Yes)** You have a parallel there you see, and they do it on the other side too. But again we can't question it, we've got to do the job we have set ourselves to do, to *help* them. **(Yes)**

Again, we return to my earlier words, *do not judge; give out love, compassion and you will see change.*

Les: Thank you very much for that explanation; that has cleared the air a lot.

If it has not, I wish to put it to rest this time and let us go forward.

Les: Everybody happy with the explanation? *(Affirmed)* No queries at all? We can put this subject to bed then? *(Agreement + thanks)*

I think this time we will leave it for you to think about this time. There is much once more for you to ponder, until we meet again.

Les: That's one thing that's very certain, you always leave us plenty to ponder. *(Agreed)* Thank you very much again, God be with you.

I hope the expansion of thought increases that love and compassion within you all, that peace and joy be yours each day of your living. And remember, I am with you all; I know and I receive your thoughts. Let me tell you dear friends that they have not gone unnoticed and I want to say, that your thanks is not necessary. But can I say to you all dear friends that my gratitude to you, is much, much more. I thank you for your patience in listening, but I know that we will remain together, for a long time to come. *(Thanks + farewells)*

There then followed another through Eileen, who directed Les to stand next to Sarah, who was used in a rescue. Rescue audios available on website: www.salumetandfriends.org

~3rd November 1997~

Good evening. *(Welcomes)*

As always I thank you for your welcome. Conditions this time are conducive to my working slowly with this one. So we, if you permit, will allow others to come close to each one of you, in order that individual help be given—questions to be asked and responded to individually and to allow each one this time, to further their own spiritual growth. You have one question this time, my dear friend?

Les: Yes I have and it arises from my pondering much about what you have told us about you and others like you, having many parts, which enables a particular part to be with each of us. I have wondered whether this ability derives from your superior spiritual development, or whether we as spiritual beings, also have the ability to be in many parts for the assistance of others.

Yes, I will answer you quickly this time. I my dear friends, have no more abilities than each one here. The only difference I might add is that I have grown spiritually, therefore my capabilities have been *quickened* if you like, but there is nothing I can do, that you cannot. After all, have we not spoken about the possibility of the physical being, being in one place, whilst being seen in another?

Les: Yes we have spoken of that, but would that mean that many of our *duplicates*, if I can use that expression, can be seen elsewhere, while we still have only one physical body on this planet?

No, that is your limitation.

Les: This is what puzzles me. I didn't think that we could—not as you can.

No, of course the being clothed in the physical overcoat, limits what can be done. But what I wish you to know is that *all beings are equal*. The only difference is in the raising of the consciousness and how each soul develops; then all possibilities are open to each soul. After all, when you return *home*, you return to the many aspects of the soul, which belong to each one of you. You understand?

Les: Yes I think we all do. So at this present stage of development, it would not be possible for our spirit personalities, to be split into many parts, as yours is.?

No, that would not be possible for you at this stage of your spiritual development.

Les: Thank you very much, I couldn't imagine that it could be, but as you've suggested, we do ponder these things and that of course leads to further questioning.

And that is our deepest desire, that in questioning you gain further knowledge spiritually—we ask you for no more. If you can achieve the consciousness that you have now, if you can achieve its *growth* in any way, we could not ask more of you, whilst you are limited in these bodies.

Les: But one day, if our spiritual knowledge is sufficient, we would be able to be an energy of many parts, many facets, to use your expression?

My dear friends, of course you will, but I have to tell you, you are speaking of much time.

Les: Much time ahead, yes I was afraid you were going to say that.

Much time that you could not even begin to ponder upon.

Les: No, so we'll just keep along the path we're on now and wait for events to overtake us?

Provided you grow in your own spirituality, as long as the soul begins and grows in knowledge and in wisdom and in love, then you will reach such destinations, that each step of your journey, will entitle you to no more than to be able to express more fully, all of those spiritual capabilities within you.

Les: Thank you very much we have that to look forward to.

Now, I must devote some time here, if you will permit to use this one?

Les: Certainly, and thank you very much. God be with you.

One then briefly followed through Sue, explaining that they would be working closely with her over the next few weeks.

There was then one through Sarah, saying that she was assisting everyone in dealing with their fears. Sallie felt that this related to her particularly, as she had been struggling with this issue. The channel through Sarah did not stay long, but Les continued the discussion, some of which follows:

Sallie: Basically I'm relying on what's inside of me and my connection with a higher spirit to guide me, rather than looking over my shoulder and being worried about bad forces attacking me—I've not explained this very well, but —

Les: You don't have to worry about *bad forces* attacking you—you can't do anything about bad forces physically, can you? You have to rely upon your inner self, to have the protection against what you are wrongly presuming attack you.

Sallie: I don't think they want to even attack me.

Les: No, where did you get this idea from?

Sallie: My friend was frightened for me.

Les: They have no cause to be frightened. It sounds awful to say, but they are arrogant to think that they can help you, unless they are aware of spiritual development. Their arrogance astounds me really, to think they can try and advise you and are frightened for you, when they have no knowledge.

Sallie: The person means well.

Les: I know, I don't doubt that, I say this in a kindly way, I'm not criticising them. But they have to themselves learn more, before they can possibly be in a position to feel for you.

Sallie: That's what I think as well.

Les: They are talking out of blackness. Though they mean well, they are looking at it on a physical basis.

Sallie: I believe the more love I can develop in myself, the more good I can see, the more there is—if I don't see the darkness and I don't see the bad, it doesn't actually exist.

Les: You are quite right Sallie, don't forget the power of thought. If you think it exists, you will attract it.

Deny the fact that it does exist. With all respect to your friends and all their intentions, what they think is

unimportant, it is what YOU think that is important. And so long as you think you are on the right path, and are working in the aspect of love, that's all you have to think about. That in itself will dispense fear.

Sallie: It's been a good lesson though and of course it's all the more pointed, because of the closeness of the relationship. Had it not been someone so closely connected, I wouldn't have —

Les: No, basically, you are using your own love potency to not risk hurting them, aren't you?

Sallie: I felt perhaps I'd said too much too soon.

Les: Possibly. It's better to say as little as possible. Let them ask the questions and just give simple answers, otherwise they don't understand.

Les continued to talk with Sallie quietly about this, while work continued with Sue and Eileen. There was then a quick message through Sue, to ask if we were all happy and to say the meeting was coming to a close.

~10th November 1997~

At the start of the meeting, Les gave the group some good news concerning a family member in Canada, who'd been badly injured. This provided more evidence and an excellent example for us all, concerning the POWER OF THOUGHT.

Les: Before we start, remember two or three weeks ago I asked you to give healing thoughts to a young boy? (*Affirmed*) I had a phone call from Canada yesterday saying he is making such remarkable progress, the doctors and surgeons cannot understand it. (*Delight expressed by sitters*)

Mark: So the damage won't be as bad as they had thought?

Les: Not as bad and she said they were really astonished at his progress—so I've done some new slips, with the hospital address and the ward, if you'll take a slip when you go please and continue the healing thoughts for him please, thank you. (*Agreement + thanks*)

Good evening. (*Welcomes*)

Let us join this time, in thanks to the Great Creative Force, for love which binds us all. We ask for ever-increasing consciousness of Spirit, that we may in the spiral of life, continue in knowledge, wisdom and love, in order that we as loving channels go forth and create that light of attraction, that brings to each one, individuals in need of help and your Love. We ask thanks for our daily living, that we as sparks of your eternal Love may continue to go forth in truth, in light and in ever-increasing Love, for all of mankind.

Les: Amen. Thank you very much.

My dear friends, this time, I came to you on a wave of much love and gratitude. Are you now prepared to believe the power of your love, how that combined love can be utilised for good?

Les: Yes we are indeed, I take it you refer to my message before we began?

I do.

Les: Yes and we are grateful for all the love that has been sent from those in your world.

But my friends, it is not unusual. I wish you to know that all of you have the capacity of much love, to use with the power of your thoughts. After all, the power of your love can transcend all of life's problems. I hope that now, you are beginning to understand what vessels you are, what vessels of love and truth you have become. And in using such love, you are ever-increasing your own consciousness and (in) increasing your consciousness, thereby you exude more love. It is a never-ending trail towards perfection.

Les: Yes, it would certainly seem to aim at and it is an object lesson to us all here. If any of us had a doubt, I think it's dispelled now.

There will come to you, many opportunities to send forth such love, not only from each individual, but as a concerted effort of love, by many. Not only here, but from many of other worlds.

Les: We're very happy to do that and we look forward to the opportunities that we can have, to help others in that way.

Do you not see dear friends, that in giving, you are receiving; in receiving, you are giving? Do you understand?

Les: Yes we do, each feeds on the other, doesn't it and each enhances the other.

Yes we have discussed recently, a little about looking at others and I would wish you to know that in giving, you are indeed receiving, much, much more.

Les: Thank you

Now dear friends, I will take questions this time, but before I do, I wish to say to you this: That for some time, I have to withdraw from you.

Les: Oh, we're sorry to hear that.

Please do not be sorry, I will return to you, but it is necessary for the embodiment of light and love, to be renewed within these beings that I bring with me. Do you understand?

Les: Yes, you have had to do the same thing a year ago in our time and we do quite understand. We're being selfish when we say we're sorry. Of course we do wish you God's speed in your return and we look forward to you coming back in due course.

I know that I will be welcomed, because since first we met, I have been most comfortable with you all. (Thanks expressed) Remember always, I will hear you and will help you, but for several of your earthly weeks, I cannot speak with you, as I do now.

Les: No, we do understand and we thank you for the time you do give us. We only hope that your return home will be a wonderful experience for you.

Always it is a joyous one. But of course, I also have much to discover and also to learn, you understand?

Les: Yes we do.

Now, have you questions this time?

Les: Yes I have been giving a great deal of thought to your teaching about energy. What I'm going to ask may seem stupid ultimately, so I apologise in advance, but so far as I can see, the soul, of which you have spoken so much, is energy. You've told us that animals have a soul to a lesser degree, that plants and trees have energy embodied in them, which can blend with ours. And I have been wondering, if a tree is cut down, and its timber used say in the manufacture of furniture, ultimately that furniture is worn out and probably will be burned. But since energy is indestructible, does the energy which was within that timber, return in some way to the source of Creation?

Of course, it is simple—you have answered your own question. Energy is indeed indestructible, so therefore it returns to the source of all energy. It is difficult for you all I know, to understand the working of energy in its many forms, but it is no different from mankind, if we can compare the tree to mankind. After all, when the body is decayed, does not the soul which is energy, go forward in seeking its home, its rightful place within the sphere of life.

Les: Yes, we do understand that. And also in the case of animals, they have if I can say, a 'lesser' type of soul, they also can be resurrected. That has led me to think, silly as it may sound, that plant life also must have a form of soul.

All living things are born of energy. There is not one thing within this planet Earth, which is not energised, by that all-encompassing energy, which is known to us as Love. After all, if you take your planet, it is just one mass of energy that belongs to the wider scheme of the universe. So each living thing within this planet, belongs to the larger whole, can you not see?

Les: Yes and must return to it, when its physical existence has finished?

Of course, plant energy would in effect return when it is decayed, to the soil, which is also energy. It is a continuing process, which can never be destroyed.

Les: It's an ever-lasting recycling of the energy, isn't it?

It is energy used in different forms; that is all—all energy stems from the same energy.

Les: Yes, I thought it must be returning, but since we have no tangible evidence that we can put our finger on, it was difficult to imagine it.

You will find difficulty in visualising energy, unless you have grown to recognise the energy form, the pattern of energy within your world. It is possible and many do see energy forms. It is not impossible,

after all, I know you have discussed in past times, about speaking of energy being seen around peoples. What is that, if it is not spiritual seeing of the energy which surrounds the being.

Les: That's right and your instrument has seen the energy of the atmosphere.

That is our desire that this should be.

Les: So we too could see energy in the atmosphere, if we attempted to train ourselves to do so?

Look with the spiritual eye, not the physical. Always we return to spirit and not the physical.

Les: Thank you for your answer—so I wasn't being stupid after all. Does anybody else have a question for Salumet?

George: Yes, I have read a report on what is described as the Mayan crystal skulls. These are very perfectly made skulls, each from a single crystal and they may be older than the Mayan civilisation, but they are reported to have a '*between worlds*,' communication facility. Is there anything you can tell us about the crystal skulls, which may be Mayan or pre-Mayan?

I understand your question, but before I answer it for you, let me say this to you dear friend: You are in need of some rest. (Yes) Yes, I will leave it with you, now let us return. I do not come to explain these mysteries of your world, of which there are many—but on this occasion, I will for you. These skulls are indeed prior to the Mayan civilisation. The Mayans were indeed a much developed race, who were aware, much aware, of all things spiritual. They knew and understood the workings of all energy forms on this Earth. These skulls you speak of were used in the way that many of your psychics and mediums of this age use glass balls, or how do you term them, *crystal gazing*, to build up energy between our worlds. It was only a form of communication, to which the Mayans developed their use, because of the beauty and simplicity and the easy use of them, in developing their own consciousness. Does that help you?

George: Yes it does and it's nice to have the confirmation that they are indeed pre-Mayan.

They are quite a deal older than has been said.

George: I thought they must be. Thank you very much.

Les: Of course, from what you said Salumet, the skulls themselves have no ability in communication between the worlds, they are merely a focal point, for the seers here.

Yes, as in all communication, you cannot light the light, unless you have the trigger switch, you understand? (Yes) I simplify it for you, but that is the basis of all communication.

Les: Yes, I think there has been some unnecessary mystery attached to the skulls. When I read about them many years ago, I was of the opinion that they were merely focal points and did not in themselves have any specific ability, in the field of communication.

My dear friends, let me say this to you: There is no need for any artefact, any icon, any such item, to be used for communication, between the human being and our world. After all, what better communication can you have, than your own soul?

Les: Of course not.

But always man, whilst alive on this planet, has sought many items to idolise, to utilise and to gain some form of idolatry for his own use.

Les: And to make money from it.

I would say, not always, but sometimes.

George: Yes, a part of their mystery, has been the perfection of their manufacture, which we could not manage today, in today's society.

Remember what I have said, their consciousness on spiritual matters, was great. They had abilities which have, as many of your races upon this planet—their abilities have been lost over time; abilities which each one of you possess, but have lost in the passage of your earthly time. In your so-called '*quest for knowledge*', I have to say dear fiends you have lost much.

Les: Yes we can accept that too; we've lost the important things.

But with our help, we hope you will regain much, before your time expires here, that all of your world will be raised in consciousness, that each soul will come into its own, will recognise itself and the spiritual aspect and power and love, which each one of you possess.

Les: I don't think I would be far off the track, if I said to my colleague, that if he thought of the construction, or the making of those skulls being by mental laser, I would be very wrong. Understand George? (Yes) We have produced the physical laser, which does incredible things, but it was *thought*, which produced that and *thought* directly given, to things like the production of the skulls, merely cuts out the middle man.

It applies also in your own day-and-age. There are many words spoken, about beings from other planets, are there not? (Yes) We have discussed this before. Let me tell you now dear friends, that many of these planets do not need to utilise space travel, their knowledge is far greater. But at this moment in time, it is not knowledge which is given to mankind, because he is not ready for it. But there are beings who have the ability to use their spirit to the upmost, to be without any form of what you call, '*space transport*,' and who have the ability to *space travel*. I hope I do not confuse you, but I wish to make the comparison, that in each age, there are always mysteries, which should not arise, because the simple fact remains, that your gifts of spirit are never-ending. If you use the power of your thought to its fullest capacity, there is *nothing* you cannot do. Dear friends, work upon the power of your thought. Again, this is my teaching to you all. Develop your power of thought, use it well in love and there is nothing that you cannot seek to do.

Les: Thank you very much.

George: Reassuring words, thank you.

Les: We shall have to learn how to use it fully.

If you do not use it, you will not grow and expand; you will not stagnate, but you will not grow either, you understand?

Les: Yes I must say that for myself, I don't want to sound conceited or egotistical—I am becoming much more aware of the ability to use the power of thought. I can't say it is producing concrete results as I would like to see, but I do know that I'm learning how to direct it into that area, for which I thank you for your teaching.

There is no need for thanks. Each one of you has the ability to grow in thought-power. But my dear friend, let me say to you one word, *patience*.

Les: Yes patience.

It will not come in a moment, it will not come in one year of your time, but it is an ever-learning process, but a most rewarding one if used properly.

Les: Yes I'm sure it can be.

Now my dear friends, I will take my leave of you, I look forward to our next meeting. I know that we will be refreshed and I hope that we can bring to you new knowledge and understanding. Know always that I hold you all dear, that I enfold you all within my energy of love and know that you always can call upon me for help. *(Voice fades)*

Les: Thank you again, for all you give and we wish you a very, very happy visit to your home. You'll still be in our thoughts.

~1stDecember 1997~

As expected Salumet did not come during the next few weeks, but the evenings continued with other work. The first one was through Eileen, explaining that other mediums would be used this evening. There then followed one through Sue, who came through and chatted through a medium for the first time. She talked about what she did on Earth (A lumberjack) and that she now also works with trees, but not cutting them down, but rather helping them to grow. Several other communications followed through Sue and Sarah simultaneously, which were difficult to follow on tape, with several voices speaking at once. Finally there was a control with a very strong voice through Eileen:

Now I can speak with you, I'll try to be quiet! (Booming voice) You know we endeavour to do much work here, therefore it is imperative that new people be used. So often we have problems when communication is tried. Without your patience and understanding, it could not take place; for this we are truly grateful.

Les: Well we are very grateful that you would allow us to help in the work like this.

I found it most difficult to remain quiet when the young lady (Sallie) was asking about being used to speak. Firstly let me say this to you: The ability is with you ALL—why do you doubt it? It is the doubt which holds you back, nothing more. I wish to say to you dear sir, that there comes to you greetings from someone on our side, who presents you with one rose.

Les: Yes I know the one, thank you very much.

Yes, early she is saying, but you understand.

Les: Yes I understand.

Yes and she wishes to thank you, because without you in her living, she would have lacked so much. I do hope you fully understand this message; it is a personal one for you.

Les: Yes and I do appreciate it and I do understand it—thank you and I was very happy to do as I did.

She knows and you know also that she has tried hard to return it to you.

Les: She certainly has done that.

It is quite good being a matchmaker. (General laughter) No, that is not why I come, that is not my purpose, but still it makes me glad.

The channel continued a bit longer in a more light-hearted way, but the main purpose was to deliver that message to Les.

~8th December 1997~

This evening was used to help spirit children who were not able for various reasons, to celebrate Christmas. Les was asked last week if he would erect a tree in the room, for this purpose, which he did. One called Marianne came through first (through Eileen) She said that she brought many children with her. Another child called Jeffrey came through Sarah and sang 'Away in a manger.' (He said he couldn't do this whilst on Earth) Another came through Sue called Mildred, who recited a little poem.

Then one came through Eileen called Monica, who said she'd only come for a pie, not to sing songs... Angela then came through Sarah to have a look at the tree. (They all loved the lights) Another came through Sue to do a little dance. Then Emily came through Eileen. She was a bit sad at first, but she cheered up after Les chatted with her. There was then one through Sue, who explained how important this evening was to all the children that had gathered. Towards the end of the meeting, a child called Michael came through Eileen, who wanted to connect with Jack and was often around him during the day. The channel also said there would be a new child for someone in this group next year; they said to treasure them, because there is no purer love than a child's love.

~15th December 1997~

The first communicator came through Eileen talking joyfully about a number of things, but mainly about eating meat and the idea that the thoughts are more important than the actions. She said that it was perhaps not quite as big an issue as some would believe—we should not become obsessed by it. Others followed with personal messages for the group.

~22th December 1997~

The first speaker came through Eileen with a personal message for one of the sitters. They then spoke to the group as a whole:

In being able to forgive, and I wish to say this to all of you here, that the capacity to forgive others, should come easily to each one of you who has knowledge, because in your forgiveness, you have created a love bond, which can be strengthened between others.

Les: Thank you, yes we have been taught the importance of being able to forgive sincerely and honestly. **Not all people are able, even when they have obtained the knowledge they still find it most difficult to forgive. But I would say to all of you, to forgive is to truly love; you see what I mean?**

Les: Yes we do and we do accept it's not always easy to do it, because of our human frailties, but we do try. **That I must admit is a setback for you whilst you live here, but it is not impossible for you, as this young lady has demonstrated, because even if you utter the words, if it does not truly come from the heart, then those words become obsolete. You cannot fool your spirit, you cannot fool others in our world, because all is known. So better that you stay dumb, than to utter words, which are not worthy of truth.**

Les: Yes we accept that too. It must be given sincerely.

There then followed a jovial one through Eileen, who talked about their work in a light-hearted manner, dealing with people dying physically and passing over. They acted as first points of contact, welcoming them into the Spirit world—the REAL world. Another followed through Eileen, with a message for Sarah, regarding her planned trip to Thailand. She then said there was a lady hoping to use (Speak through) Mark, and some advice/encouragement was given to try and develop this.

*The final speaker came through Eileen, briefly expressing their happiness upon arriving in spirit realms, after a life of hardship, with a contorted face. Before going they added: **I can't go yet I have to say one last thing. When you see people like I was, they don't expect hand-outs, but can you at least smile at them? It's so painful to feel second rate.***

~29th December 1997~

Good evening. *(Warm welcomes at Salumet's return)*

My dear friends, how good it is to be with you once more.

Les: We're delighted to hear you say that, because we are extremely pleased that you are here again and we hope that you are feeling much refreshed.

You must forgive the slowness of communication this time.

Les: Of course, there's no hurry; you're back with us that's the main thing and we much appreciate it.

Always the transition to the denser energy of your life is always a little difficult.

Les: I imagine it would be.

So, I thank you dear friends once more for your tolerance and your love. I return to you at this particular time, in order that together we can wish for you all *greater* consciousness, *greater* adaptability and *greater* extended love for mankind in your coming earthly new year. (Thank you.) You of course realise that yearly times mean little in our world, but we know that to you Earth beings it can mean quite a lot—that your hopes, your desires are refreshed as is too *nature* in your world, in the hope of new beginnings and all of your desires. We know and we fully understand and that is why I come to wish you these things.

Les: Thank you very much indeed.

I want you to know that in your coming years and in particular this new one that is turning, there *is* and will be an upsurge of spiritual consciousness, which is the beginning of much to come. (Good.) There will be many troubles in areas of your world, but do not let that dismay you. I say to you dear friends that we are happy with what is happening within your world. There will always be those moments of darkness, of blackness, of much sorrow, but it is being outshone by that *greater* consciousness that is stirring within many, many areas of your world.

Les: Good, we are very pleased that that is so.

I would like also dear friends, to thank you for the many kind thoughts and the use of your thought since last we met. Let me tell you they have not gone unnoticed. For this I thank each one of you. I—and I use this earthly word only to convey my feelings to you, I want you to know how *proud* of you I feel, in knowing how much you have achieved spiritually, in what I have tried to teach you.

Les: That certainly is a compliment, which we all greatly appreciate.

It is a strange word, this one called *pride*, but I know not of another to use, to tell you how pleased we are that you are achieving results spiritually. **After all, that is why I come to you, not to give you snippets of information that are useless, but to uphold and to uplift you, to encourage, to enfold you, to help you to be those spiritual beings in this lifetime that you were meant to be.**

Les: I think all of us would like—I know you don't want thanks, but we do thank you and we do appreciate the approval you give for what we have learned, because after all, it has only come from you, it is only because of your teaching that we do feel as we do now and that is the highest compliment we could have to begin our new year. I think we all agree on that don't we? (*Agreed*)

One of our concerns was that to reiterate so much on topics which are important, would not hold your attention. I can tell you that this group has outshone itself in that respect and I am pleased and happy to tell you that if only you could continue as you have done in time past, then our work with you would indeed be accelerated much more quickly than we at least had thought would be possible.

Les: I think that is the intention of all of us here, to exceed our learning in the coming year, to improve upon what we have done so far.

Without the true commitment which each one shows, my work could not continue. For this I thank you once more. Again I say to you, not only do you learn from me, but we seek to find within you, that which enables us also to grow. You may not fully understand this, as I know you feel—and again I have to use words I do not think are correct—I know you feel that my words are superior, but when you know how much you have given to us, then your understanding will be truly great. For this we thank you. Those words come not only from me, but from all who are involved with you.

Les: Do thank them for those words. I am going to say something particularly personal now. Others may have had the same feeling I know. When at night I pray and I speak to you, the only way I can put it is that there is a much greater reality and conviction in what I am saying, and for that I do thank you and all your companions. That's the only way I can describe it.

You must not take *gratitude*, you must accept that what you *feel* is your own doing, your own *growth*, your own *upsurge of consciousness*. You, my dear friend, have created this, not us. We can guide, we can tell you much, but you are *the one* who creates the growth in your soul. Do you understand?

Les: Yes I do—

I must say to you my dear friend, of all who sit within this room, *you* are one who has grown much since my coming to you. Those words may astound the others, but in so many *years* of your knowing, there was so much left *unknown*. Do you understand?

Les: That's true, I agree absolutely.

And since we come, you have blossomed forth, into the most beautiful of beings. I say these words not lightly my friend—we cannot say it to many, but now, *truly* now, *only* now, do you begin to *shine*! You shine with a spiritual light of great intensity, of great love. This should be used wisely, should never be abused, should only be used as we know you will, for the betterment and the goodness of all who come into contact with you.

Les: Oh yes, it will certainly be used for that.

Now dear friends, I take no questions this time, I speak upon not one subject, but I say to you: The love we feel for you grows stronger each time we meet. Know this, use this and always you will have our love and our protection when the need is greatest.

I will leave you now dear friends for this time, knowing that in this transition back to you, I have entered into your loving hearts. I know that together we have blended well and to those who are not with us, they are included. Even though their physical presence is absent, their spiritual energy is entwined with each one of us, in order to secure that love bond, which we all exude. Until next time dear friends, I will be with you.

Les: And we must say thank you once again. You have given us a wonderful start to the New Year and we look forward to our next meeting. God be with you.

There then followed one through Eileen with a message for Jack, mainly about him being over-tired. She also said that Sarah's daughter Emily was very musical and should take up a stringed instrument. Another followed briefly through Eileen, just to say thanks to everybody for helping the children to have a happy Christmas. He also joked about Les having a bit of a posh voice:

I say that all of you will be rewarded for your efforts.

Les: Our reward will be in knowing that they can be helped.

They can and they will, but if only people on Earth would realise that they are not restricted to helping those in the human form. We know you have done much to help those in distress, we know you understand, so for this reason I come to you this time.

Les: We're very pleased to know that our thoughts can be of such help in your world.

I am being instructed to tell you, once more you are being taught the power of thought. I hope you understand that message and I will say to you my lovelies, may God be with you always, may there always be love within your hearts.

~5th January 1998~

Good evening. (*Welcomes*)

I would like to say this to you: As you enter into what you call your *new year*, so too my friends are you entering into a new phase of your unfoldment. As your months bring renewal and re-growth, so too will you amongst yourselves, see these attributes begin to take form and shape within many of you here.

Les: Thank you, I feel we are going to have a very pleasant year ahead of us.

I was interested to listen to you as we came together this time. I know that the opportunity to speak a little more on energy, would take place and it would seem that the time has come dear friends, for us to elaborate a little more.

Les: Thank you that would be very interesting.

Of course you know and understand that the souls of animals continue, as do you humans. (Yes) You should not be surprised therefore that animals although a little lower on your evolutionary chain, still maintain part of the overall energy pattern.

Les: Yes we can understand that now.

I would like you to know and understand a little more. Animals who incarnate into life, do not *choose* in the same manner as you do. They make choices once they are in the body form of the animal. (*I see.*) The choice is not made before they incarnate. Do you follow me so far?

Les: Yes, we remember you saying that we choose (Yes) the manner in which we come back. But now you're saying animals don't choose in the same way.

Not before anyway. What you have to understand is that they are attracted to the overall energy pattern, which is before them. They do not make a choice of the human being, but of the *energy pattern*, to which they *belong*. (*I see.*) If you can compare perhaps to what you term *jigsaws*, (Yes) if the animal was aware that it was a missing link, of course the attraction would be there. Do you understand?

Les: Yes I think I do—do you mean the part of the jigsaw would be the potential owner's *desire* for a pet?

No, no that matters of course, but it is a *knowing*, a *sensing*, it is the *attraction* of the energies to each.

We must move away from the physical elements once more, for your understanding of this matter. The animal would *sense*, as does the human being—that is what you would call the *physical attraction*, but it is in fact a spiritual attraction of energy.

Les: I see, so it is the spiritual energy in the animal as well as the spiritual energy in the person?

Yes, yes—I have spoken to you previously about why what you term *opposites* in human nature, are attracted to each other. (Yes) It is not that they are compatible in human life, but that they *seek* and they *need* what each other has. So be it between animals and human beings.

Les: I see—that is very interesting for us to know.

Can you begin to see that the whole of life now, is the formation of the energy pattern, the meeting of the correct energy? After all, imperfections that are there will be erased upon the unification, the joining of the correct energy patterns. Do you understand?

Les: We begin to; I wouldn't say we understand fully, but we can begin to have an idea of what you are telling us.

I did explain it is a difficult subject, but one we will constantly return to until your understanding is such that you begin to see with those spiritual eyes, what I am telling you.

Les: It is particularly interesting to me, because only yesterday I was typing a transcript of a previous tape you recorded for us in which you said all energy, plants, animals and humans are all part of the same energy. **(Yes)** So that ties up with what you are telling us now.

Yes, if you can understand that that is why human beings create their own illness—it is their *energy patterns*, which goes haywire. It is the fact that these energies can be blocked and unblocked, which makes you all so interesting to each other. (I see.) If only your knowledge of yourselves and each other could be extended thus, many of your life's mysteries would be shown in a new light. The understanding would radiate forth and many of your mysteries would be solved. It is the knowing, it is the understanding, it is that inner thought which is needed to bring forth these things.

Les: And of course an acceptance by us **(Yes)** of the fact that the spiritual predominance must be the one to concentrate on.

Until dear friends that concept is accepted, you will always stumble, you will always fall, you will always make mistakes, but of course being human beings, this is part of what you are about. But in having this knowledge you have the opportunity to use that free will to go forward, to extend the knowledge you have, to *give* to others. And after all, that is our desire that not only do we bring greater knowledge to you, but that you in turn become emissaries of the **Truth to give to others.**

Les: This is what we all hope to be able to do, give the truth to others.

And you *are* each in your own way.

Les: Good. Yes, we can't all teach in exactly the same form, but if only we are in our own way passing it on to others, then of course your teaching is being assimilated by so many more.

Yes, we do not expect all to accept the truth, the knowledge that we bring to you. But if we can grow in the minds, the hearts, the thoughts of others, then indeed the seed has been sown. We will not ask for more. There are others whose task it is that once the seed has been sown, that they step forward to help these people. You understand?

Les: Yes, I can understand that a great deal more and it clears something that happened many years ago at the beginning of our learning, before you used to come to us. I sometimes used to get a little irritable with people who used to say they wanted more proof, and somebody from your world told me through my lady Ruth, that all we were expected to do was to plant the seeds. **(Yes)** We might never see the crop, but not to worry about that.

My dear friends, if you have planted the seed, you can leave this lifetime, knowing that you have done your very best. You cannot expect more of yourself than to do the very best that you can. Sometimes you human beings are too harsh upon yourselves. Sometimes I have to say not harsh enough in some matters, but in general you are too harsh.

Les: Yes, probably because of lack of complete understanding, **(Yes, yes.)** but which you thankfully are now giving us.

I try to dear friends, and I know that many of these discussions are necessary, before it will totally be understood by you, but as I said when first I came to you, slowly, slowly is the way forward.

Les: Yes, I think we would all agree completely with that. Although it has been slow, we do know infinitely more than when you first began coming to us. Does anybody disagree with that? *(Agreed)*

Now I will take your questions this time, but I would like time for another to come to you. (Yes —) Do we have questions please?

Les: Yes, one I would like to ask and it will interest everybody here I'm sure, that's why I'm stepping in first. Two new people were here a few evenings ago, investigation the work. During the evening, the lady apologised, saying *'I'm sorry, I can't stop staring at you, because I don't understand why you have a white light around you and in fact across you sometimes.'* I tried to explain about the aura, but I am not certain myself, whether what she was seeing was *my* aura, or whether it was the spiritual aura of somebody speaking through me, or giving knowledge to me, to be passed on to them. **(Yes)** Do you have an answer for that?

Of course dear friend, I will explain to you. It was a combination of a communicator using you, and your own uplifted aura, that is needed when blending takes place.

Les: Thank you, I thought that's what it was, but I wanted confirmation.

Your own aura cannot be fully extinguished, because if that were to happen you would no longer be upon this earthly plane, you understand? (Yes) And we do not desire that just yet, (Chuckles) but the brightness that they could see, would in fact be the overshadowing that was taking place at that time.

Les: Yes, thank you very much, I thought that's what it was, because I had the feeling of somebody being with me whilst I was talking, apparently in my own way and from my own thoughts, **(Yes)** but I was pretty sure somebody was assisting and that was confirmed when we came out of the room and she said, *'I can't see that light around you now.'*

Yes, you must remember dear friends, that sometimes we—and there are many of us who come to help and to show you the way—that sometimes your words are not fully of your own formation, even if you are not aware of that. Those who come close to you, help you at times in your life, to form the necessary words. (Thank you.) It is something that happens more as your awareness grows and that spiritual side comes forward, especially when you speak of spiritual matters. So remember, think carefully and I do not want you to make it an excuse; when the words are formed, I do not want you to say, *'It was not of my doing.'* You understand?

Les: Yes we do. We don't want to put blame for some of our mistakes upon our friends. **(Yes)** I don't think any of us would willingly do that, as you know.

No, you must accept what is said and the creation of your words and your thoughts, but remember that you can be influenced well, if the occasion demands.

Les: So that *'seeing,'* by somebody else, could happen in the case of any member here then couldn't it, under the right conditions, if they were talking of spiritual matters?

It happens at all times and on many occasions it also depends on the condition and awareness of the receiver of the words, yes.

Les: Yes, I knew the lady has quite a lot of psychic potential, so she unknowingly was assisting in what she saw.

Yes, but it happens in those who have no knowledge of what you term *spiritual knowledge*. It is an innate knowledge that is there. It happens in the closeness of two people communicating. It can show itself in—how can I say, to be *enraptured* by the speaking of another. It is the *attraction* again, of the *spiritual energy* showing itself. Do you understand?

Les: Yes, yes, all of us I think we now begin to see more clearly what you mean by energy patterns and the amalgamation of those energy patterns.

Yes, you will always be attracted, whether it be to another human being, whether it be an animal, whether it be to what you term *'mother nature'* in the open air. These attractions dear friends are longings to be in tune to the energy patterns to which you belong. I want you to look further and further and further, in order that you may understand what life is about.

Les: From your explanation just now, I think that's just about the best knowledge we could have for our future life and appreciation of all that we are attracted to. Wouldn't everybody agree that we can look upon these apparent physical appreciations as an expression of our spiritual desires to be part of the *universal creative energy*? *(Agreed)*

Follow these desires—do not let them fall by the wayside, because in following your innate knowledge, you are following that spiritual part of you, which seeks to grow, which seeks to understand and which seeks to fulfil its destiny in this lifetime.

Les: So it would be as well for us, when we are appreciating the beauty of the flower, the trees, whatever, (Yes) to consciously remember that we are *not* appreciating that physically, but thanking our spiritual selves, (Yes) for the appreciation *they* are showing *through* the physical.

And also to thank the *spiritual* aspect of that which you seek—to thank the animal, the human being, the tree, the water—whatever it is you seek. Also to thank that spiritual aspect for that blending of *love*, which is *energy*.

Les: Well that is very, very interesting indeed, because it confirms what all of us have thought, that the so-called '*primitive people*,' had a much greater awareness of spiritual affinities, than we have as alleged '*civilised beings*,' because they used to *thank* what they were looking at and partaking of.

There are many still in your world who are close to Spirit, but whom you term *primitive*. Let me tell you dear friends, you are the primitives.

Les: I agree absolutely.

But although much has been lost over your earthly years, we have reached the point of the world's evolution, when great changes are coming. (Good.) It is happening, but again, slowly, slowly, and as I have told you before, this time there will be no turning back, there will be no denial of Truth, there will only be hope and understanding and a greater love.

Les: Thank you very much for confirming that. We are again extremely grateful to you for what you have told us.

This time dear friends, I will leave you in the knowledge that always I listen to you. I know and understand that at times your lives are troubled by daily happenings, but I know also that you are each growing in strength, that enables you to live your lives more fully in understanding. For this we must give thanks and I know that you do. So, on these words I leave you with my love until we meet next time. (Thanks + farewells)

There followed one through Sue saying that as we learn from them, so they learn from us and for this, they were grateful. Another followed through Eileen saying that Lilian would be offered a little doggie and though she is a free agent, she should not agree to have it. She added that the voice that Eileen heard at home, was from them and not imagined. (Eileen had fallen asleep in the bath and a peremptory voice calling her name had awakened her.)

~12th January 1998~

Good evening.

All: Good evening.

I thank you for your patience this time. Conditions for this time are not so good, so I will say to you dear friends, if you have questions this time, I will answer and then allow others to come.

Les: Thank you. I'm sorry to hear conditions aren't good. Is it anything we have not done?

No, no, no.

Les: Nothing to do with us—oh good.

There are many factors, which you would not understand.

Les: As long as it's not us—I'm sorry to hear it. Right well I'll begin with a question. I was watching a programme the other day on birds on an island. Though there are many species of them, they have developed beaks for specific types of feeding and have developed quite differently from the same species on the mainland. This led me to think about your remarks on energy and remarks a long time ago about those in your world, whose duty it is to '*oversee*,' the plant, animal and bird kingdoms. That of course led me to wonder, though you have told us that changes in animals, birds and plants are evolutionary following a natural pattern, are there influences directed by those responsible, which cause this special development? A complicated question, but I think you know what I mean.

No I do not think it is complicated, thank you. And I will try to answer for you.

Les: Thank you, because it's got a great bearing on what you've told us about energy. **(Yes)** And this is what I was trying to work out in my own mind, whether energy has a memory, or an ability to affect the species. **It is the utilisation of the basic energy, which creates the difference. When you have any form of plant life, animal, human species, which are gathered together as one, then those who—to use your words, 'oversee,' have the ability to use and to utilise the energy, for the best of the particular species. (I see —) In the same way as you as people sit quietly, so we can bring to you much closeness of spiritual energy, so too does it work in the evolutionary patterns of plants and animals. Do you understand?**

Les: Yes, I couldn't see that the plants and animals would have an intelligence of the right order to do the changes which are required.

You are not quite right my friend in saying this. Energy is intelligence—there is an *intelligence* in energy, otherwise how could it be used?

Les: I thought energy must have an intelligence, **(Yes)** which of course we can't understand.

Not in the sense you would understand of course, but energy does have intelligence—it *has* to.

Les: I thought so—good. So my thinking wasn't far off then?

No, just a little wayward, but you are on the correct path. Has that helped you to understand?

Les: Yes it has—well that is the answer; I came to the conclusion myself, that the changes *must* be due to *intelligence* in the energy *behind* those changes.

Energy and intelligence, but utilised by those who oversee—that is important.

Les: Yes well that certainly does answer the whole thing and it clears it for me. **(Good.)** Thank you very much for that. I think it's given everybody here a better insight into evolution, hasn't it? **(Agreed)**

Your knowledge of energy *will* increase, as we come together more often. But we must as I have told you, go *slowly* with it.

Les: Yes we do understand. Thank you for that answer, it helps me a lot.

Do we have one more?

Les: Any more questions?

George: Perhaps I could ask one about the Hindu religion, which seems to me, to be certainly in a number of places, to have a very gentle character and I think Krishna, must have been a remarkable *master*, who came to Earth to teach. Is there anything you'd wish to tell us about Krishna?

You would like personal details, I think you mean? Can I say this to you: Those you term '*masters*,' who walk upon your world, are not special souls, they are souls who come to your world, to do a task of work, no matter where or who they come for. Human beings always need to find themselves to be *adulators* of people; it is unnecessary my friend. And although I am aware of whom you speak, do not look upon these—I use your words again, '*masters*,' as special souls—they are not. In our world, they are spirits, who have come to do a task of work. It may be that their knowledge is extensive—that they bring to this world that knowledge does not make them special. So in saying these words, I do not want to set apart one being from another, whether it be any religious person, or whether it be the holy man in the street who has much knowledge—they should not be separated as special people. If you seek more knowledge upon this subject, I will see if more can be given to you on another occasion.

George: Thank you. It's been very tempting **(Yes)** to hold an admiration of the work that these people have done.

Of course you can admire, but what I say to you is do not hold them as *special*, they are not. They would not want you to do this; they come to your world to help, to bring knowledge and to live the lives that they have chosen. Always remember, no matter what human being, whatever their task be on this earthly plane, they have chosen to come here.

Les: Yes I've reminded myself of that a lot. It's an education in itself, that particular lesson you gave us and I think George, if we idolise or elevate the importance of others too much, we could be denying the very thing their coming to teach, **(Of course.)** that we're *all* in the same boat, learning the same thing, in different degrees.

George: Yes. Thank you for your teaching on that point.

Your respect for greater knowledge is understandable; I do not wish to seem to dispute any respect you hold for another human being. Of course you must offer love and you must respect all of mankind, but do not revere them, do not put them upon a pedestal—that is *not* what they would desire. Do you understand my friend?

George: Yes I follow that. Thank you, thank you very much.

But I will say if more knowledge can be brought to you, if it is of interest, but not because you think of these people as being special—that is not our task. **All souls are equal.**

Les: On that subject George, while Salumet is with us, that is what has annoyed me quite a lot, about the adulation that's given to Sai Baba.

It matters not what religion, what nationality; anyone who walks upon this earthly plane, is *spirit*.

Always focus dear friends, upon this fact and then you will truly be enlightened, as to what that being is trying to achieve. They come not for glorification—if they do then they have undone the good that they try to achieve. (Yes)

Les: You personally have told us often enough quite nicely, that you don't require our thanks for what you do.

Thanks is not necessary dear friends, after all, as I have said, we choose to come, because it is our *desire*, our *desire* to extend love and knowledge to you. We *choose* the situations, which we return to.

Therefore why should we expect thanks?

Les: No, we quite understand why you don't expect them. I don't expect them for the healing we do here, nor do the other healers. But from the other side of the coin, being humans, it gives us pleasure, to let you know that we *do* appreciate what you do.

Of course, but what you must not do, is to focus too much upon that thanks. In giving thanks you are extending your love energy. Of course it is accepted, but what I say to you is: Once it is offered then let it go. You understand?

Les: Yes we do. Thank you very much for what you've told us. As usual it gives us a great deal to think about.

When I speak to you dear friends, you must understand that all questions and answers are never how you would term, *black or white*. There are too many instances of people saying, *it must be this or it must be that*. Your living on this earthly planet is not that simple. I do think that you are beginning to come to that realisation and that each question brings forth another question, or another answer, or another question. (You're right —) And so we continue onwards and so we grow in knowledge—that is as it should be.

Les: Yes we are certainly learning that Salumet.

That is my desire for you that slowly, slowly we build to an understanding, where such questions would fall into place, before even you ask the question. You understand? (Chuckles)

Les: Yes I do. You've shown me that several times, in getting my questions before I've spoken them?

Yes, but is it not good that you ponder these things quietly?

Les: Oh it certainly is.

Yes, there is much within your world that must be corrected. Too much had been said and misunderstood, that now we are moving into a time of greater consciousness, the time is right that these wrongs be put to right.

Les: Yes and it's certainly beginning to show on our planet.

Who must we thank but each individual, who has that thought pattern of needing more knowledge and so goes forward in their thinking. As each individual on the planet reaches this state, then we begin to see a resurgence of higher consciousness throughout the planet.

Les: I'm very glad that we're doing our little part towards this, because it's so necessary for the world.

Fear not, dear friends, your world is moving now in the right direction. Always there is too much *doom and gloom*. If only the power of your thoughts, were used more positively, then you would be aware that this is being dispelled all over this planet, slowly, slowly.

Les: Yes. Before you go, I do want to thank you for what you've told us, about the problem with my neighbours being sorted—twice you've told us it would be sorted and I do thank you for that, because it has been—a very nice couple and the gentleman is now coming for healing.

I have to say I was aware of your doubts, but that is why it was necessary to tell you on more than one occasion.

Les: Yes, I'm sure you knew what was going to happen anyway. *(Chuckles)*

Of course, I would not be here would I, if I did not have that knowledge? I would not tell you if it were not about to happen.

Les: Of course you wouldn't, no. It's turned out very nicely, thank you.

Yes. Now I will leave you this time my dear friends, until we meet next time.

We ask that all of you be encompassed in love, be given upliftment and to have more knowledge of your own spiritual selves, in order that you can use it for the betterment of others.

Les: Thank you and our love goes with you. God be with you.

There then followed one through Eileen called Ernest. It took a little while for him to remember why he'd come to us, but then remembered that it was to talk about death and what to expect:

— If I seem a bit slow it's because I'm still a bit puzzled as to why I've come.

(Les encouraged Ernest not to worry and he placed his hand on Eileen's back. After a few adjustments, Ernest remembered why he had come and began his talk)

I think you all think you know what will happen when you die and I'm here to tell you that you probably don't! (General agreement + chuckles)

Les: Yes, we've all got different ideas I'm sure.

Yeah, most people do, but it's usually different from what they expect, or WHO they expect. Cos you all know you're gonna be met by somebody, don't you? (Agreed) But it's not always who you think.

Les: No, it's not always relatives, because of the emotion.

Yes, not only the emotion—it's not always true what you feel when you're living here. You might think it is, but it's not always. So sometimes it might be a bit of a shock. Well don't worry cos there's people like me standing by to help, (Good—) especially when we've made some physical contact, while you're still alive—but you know all that I'm being told, somebody's saying don't keep going over old ground.

(Laughter) They'll get bored.

Les: No, no we shan't. So you might be there to meet one of us?

Well not meet you, but I might be standing by. That's my job you see, helping in the beginning.

Les: So what does happen when we come over to you then?

Depends on what you expect, depends on your last minutes, depends on what you believe and it depends who wants to meet you— (Laughter) whether they've got other things to be doing. I don't mean that, I'm just being—

Les: They couldn't have anything better to do than meet us...

Well let me tell you that's not true—(Laughter) not that I want to disappoint you or anything—

Les: No, I'm sure they'd have better things to do —

But if they love you, yes they'll meet you when the time's right.

Les: So, somebody meets us and then what do they do with us?

Depends on you, again it depends on you and the conditions in which you come to us. (Yes) If it's been a long illness, then you'll probably awake in one of our hospitals.

Les: Yes and they're very nice, I've been shown them.

Have you? Well you're honoured to have been allowed that. But of course if that happens, you'll have many loved ones around you, helping to bring you back to full strength and energy, because that's the natural progress of somebody who loves you. But you'll be well protected, if that's the case. But the most traumatic moment, is the moment when you see everything before you.

Les: Yes, when we see our own lives —

Yes, that's the traumatic part of any passing. And that's why we have people such as myself, to stand by to offer help if we're needed—only if we're needed.

Les: And to help us overcome the shock of what we've done?

To help buffet you and surround you and help you over—probably the shock, because most people are shocked at what they haven't done.

Les: Quite, what they haven't done, more than what they have done!

Yes, it's not what they have done, it's what they HAVEN'T done and all their missed opportunities.

Les: Yes, that can be a shock.

It's a very big shock I tell you and of course it's very traumatic for many; there're many tears, cos we do have tears; it's not all happiness to begin with. But that soon dispels and you go on, to where you should belong.

Les: And my friends and I know, that we go to a place suitable, that we have earned.

Oh yes, yes you can only go to what you're entitled to yes, yes. And I have to tell you that there are places that you wouldn't want to know about, but I'm not coming here to frighten you, because none of you'll be going there, if I can help it.

Les: Good, that's comforting to know.

Yes, the lady Dawn doesn't sound too sure? (Laughter) Don't you worry my dear, I'll take your arm, don't you worry.

Dawn: Jolly good.

Yes, never mind—

Les: And then we go to whatever place has been prepared for us?

Not straight away, you could meet other people you've known first, before that takes place. There's no set pattern, that's something else I've come to tell you. There's too many stories about this that and the other happening. Remember that you're all very individual people and as such, you're dealt with in that way. There are certain factors which must be dealt with of course, but it depends what your desire and expectation is. You understand me?

Les: Yes we do understand Ernest thank you. Yes it's interesting what you're telling us.

Yeah, you remember that before you pass in most cases, that people are waiting for you.

Les: That's the main thing, isn't it?

Yes, people are waiting there for you, so it's only right, if that is what you're entitled to, that your loved ones meet you at some stage.

Les: Yes and then after that, it's just like going obviously into a new...phase of existence?

Probably one of your loved ones will introduce you to your new place of abode.

Les: Which they no doubt will have got ready for us, (Yes) according to the materials we have sent them.

It all depends on how you've lived your lives.

Les: That's it. (Yes) That's what I mean, if we don't send them the spiritual material, they can't prepare a place for us.

Of course not; I wish more people could understand that, yes.

Les: Only a few evenings ago here, I had somebody investigating our work and he was surprised when I told him it wasn't all roses, milk and honey there.

If you think that, then I'm afraid you're in for a BIG shock, big shock, big shock.

Les: They are I know; that's why I tell them.

Yes, people expect everything to change, when in fact very little changes to begin with. You'll still be YOU, just without your old body.

Les: That's it, our personality continues, just as it is here.

Yes, yes, same as I've still got mine, you see? Yes, I still use my old name when I come back, don't I?

Les: Yes, you don't need to use that where you are though.

No, but you don't forget it, do you?

Les: No you don't.

Anyway, that's what I came to tell you. Don't have any set ideas and you'll accept those conditions much more readily.

Les: I am right though I think, in saying that the soul can reproduce the physical body without any complaints, illnesses or diseases, that sort of thing, but a spiritual replica of the physical body, for recognition?

Yes of course, yes, that's the power of the thought—that is SPIRIT, it's THOUGHT—a land of thought—that's what it is. Not everyone can manage to capture that to begin with. It takes time sometimes, to discard that old body; to realise that you don't need a voice and you don't need physical things.

Les: No, we do a lot of rescue work here, for people who are in that sort of condition.

Oh I see, that's very good work, that's very good work.

Les: We do a great deal of it here; we're pleased to be able to.

Yes, there's lots of it needed I'm told, yes.

Les: There certainly are some poor souls over there, in need of help.

Yes we have those who help those in need on my side of live, of course there is, there's got to be, otherwise we'd be in a poor way, wouldn't we?

Les: We certainly would. We're all got to help each other, in whatever way we can.

Yes, of course you must. That's what it's all about.

Les: How do you spend your time mainly Ernest? What do you do?

I've just said, I'm there to help those newcomers. Somebody's telling me you've been told before, about going through the tunnel, that there are recognisable shadows. Sometimes that's part of my duty as well, but mainly I'm at the other end of the tunnel, when you've arrived and the confusion and the traumatic experiences. I'm there to help and guide and protect.

Les: Yes somebody told us that they show themselves as lights in the tunnel.

Yes, but sometimes souls recognise them as outlines of people. It depends on their own spiritual knowledge of course. But yes, it's visible within that tunnel of light, yes, yes. So that's mainly my tasks.

Les: So, everybody has to go through that tunnel, irrespective of the way in which they pass?

Not always—that's the main function of passing. It depends if it's traumatic, sudden passing, then it could be that they just find themselves on the other side.

Les: I'd wondered about that.

Yes, it's not—it depends if it's a sudden death or an expected death for that person, then it may just be that they're confronted by someone, who's waiting for them.

Les: Then comes the difficulty of persuading them.

Yes, at least if you're travelling through the tunnel of love, then you're being prepared for that transition. (That's right.) But no, that's what I say, you shouldn't expect just one happening, because there's many ways of passing.

Les: Of course, we don't know in what way we are going, when the time comes.

No, so don't be surprised and don't have fixed ideas about what should happen.

Les: Well that gives us a lot to think about and adds to our knowledge considerably Ernest. **(Good.)** So if you hear us shouting for you, you'll know who it is.

Well don't all be shouting at once, will you?

Les: Oh, I don't suppose we'll all go at once.

I hope not—I don't mind keeping busy, but that's ridiculous. (Laughter)

Anyway, I'll wish you all good luck in your lives and I hope that you all carry on to the very best of your abilities, because that's all you can do. You can't do more; just try your very best.

Les: That's all, just as you did tonight in coming through.

Yes, with a lot of difficulty.

Les: But you surmounted them and you're glad you did I hope.

I'm pleased to have spoken to you all, yes, yes.

Les: It's been very nice to have you Ernest and we do thank you a lot.

Just take care of you and thank you for allowing me here.

Les: It's our pleasure to have you and our love goes with you Ernest.

There was then a little girl through Eileen called Jessica, which helped lighten the energy before we closed.

~19th January 1998~

No Salumet this evening, but nevertheless this was another interesting session, beginning with one through Eileen:

I am here to tell you that the one you expect will not be with you this time. I also have to ask, that would you be prepared to be used for speech, because there is someone with us, who wishes to use you.

Les: Yes I certainly would.

The lady I speak through now, will be used for power and the lady known as Lilian, will be used to help the one who comes through you. But we must have your permission first.

Les: Yes I'd be happy to help.

Many are gathering I'm told, so it's possible others may feel they need to use words this time. But if you are happy, then I will withdraw this time and let you continue.

Les: Yes I'm quite happy to be used, in any way you wish. Thank you for opening the meeting for us.

We hope you are not too disappointed, but sometimes it happens—I leave you now and say God always be with you and keep you. (Thanks expressed)

There then followed the one expected through Les:

Lilian: Good evening to you, thank you for coming.

Good evening my friends, good evening. I'm sorry to have kept you waiting. It is an honour for me to address you, when the master is not able to do so. I trust that you will accept my very inferior presence and speech, that I bring to you this time. What I have to say, may perhaps cause some confusion in your minds, but it is something, which you should attempt to understand, in order to fulfil the progress, to which you are all aiming. Do you understand this? (Affirmed with thanks) I have no doubt that conditions in your physical lives are very much the same, as they were when I walked this planet. And it is said in the good book, that the truth is not in them and I think you would agree that in many instances, this applies to ALL who walk these roads in these days. You understand I'm sure, that it is quite impossible for those who are human beings, to be fully truthful, in every aspect of their living. You would agree with this I take it? (Agreed) I'm afraid that if you exercise the beauty of truth on all occasions, you would soon find nobody on whom to exercise that truth. You would be very short of friends, would you not? (Agreed) So my dear friends, we come to an interesting theory for you to ponder upon: What is Truth? What is Truth? You no doubt have heard that question many times, I'm sure. (Agreed) Also I feel I can say I'm equally sure, that you have never arrived at a satisfactory answer. So the truth of the matter is that you have very carefully shelved the responsibility of coming to a decision, yes? (Affirmed) If you'd said no, I'd have had to doubt you, because I myself went through the same problems, when on this Earth. But having left you for many years now, I can see the difficulty of trying always, to be truthful, trying always to lead what is called a 'pure life,' which in itself is an impossibility, because until we reach such levels of existence as you can have no conception of at this time, we must always have certain impurities in our beings. Would you deny this? (No) Then that is truth is it not? (Agreed) Now we are getting there! (Chuckle) Now if we agree as we have, that to exercise Truth in all matters upon this physical Earth, is an impossibility, we should have asked ourselves—you may have done so—what the expression of Truth is, in the spiritual life, to which you will adjourn one day. Has this occurred to you? (Mixed responses) Was that no? (Yes) So you do not yet recognise the problems associated with Thought itself, being used for communication and the ability to dissemble through words, will no longer be acceptable. Do you understand? (Affirmed)

Lilian: It can't be easy to communicate with thought and keep them pure?

No, that is another aspect dear lady, but let's presume for a moment that you have learned the ability to communicate with thought. So we step forward from there do we not, that having learned that art of mental communication, HOW are you going to exercise your thinking capacities, so that dissembling is not possible?

Lilian: I've no idea, very difficult—

Good, good, we have reached the crux of the matter. You have no idea, has anybody any idea? All of you I think would agree, that many times—and I too was guilty—that many times you have thought one thing and your words have been another. (Agreed) It is not a criticism it is a fact of life. But when you no longer have words to echo your thoughts, how would you react?

Sallie: More truthfully, I would have thought.

Lilian: Try to —

Sallie: Well no you would automatically be more truthful, because what you're thinking is true to you at that point, isn't it?

It is true to you at that stage yes. Now we come to the question of whether in such circumstances, it is DESIRABLE to be truthful. How many times within your life here upon this Earth, have you thought one thing and said another? Not necessarily because it is expressing a lie, but because you are considerate of the person to whom you are speaking?

George: Yes, it seems to relate to compassion perhaps, in as much as —

Please sir let us not deviate for the moment. You exercise a departure from truth do you not, for the sake of the person to whom you are speaking? (Agreed) So, what is truth? Can you answer the question?

Sarah: Your thoughts.

Lilian: The thought is the true part.

The thought is not the truth is it, because you have varied it, according to the requirement of the person to whom you are speaking. Is that not so?

Lilian: Right.

So it cannot be true, if you think one thing on this Earth and say another, you have departed from the truth.

Sarah: But your *thought* is maybe right?

But when you do not have to use the words, how are you going to control your thinking, to assure yourselves and the person to whom you are speaking, that what you say is the truth?

George: Might I suggest that there is an absolute truth and there is as much truth as your friend can accept?

What is an absolute truth sir? Please let us have descriptions.

George: An absolute truth—a truth which would be accepted by God, by the Great Creator.

Lilian: Or as you see it?

George: Yes, as within we are all a part of the Great Creator and the truth would be central to ourselves, as it would be central to God.

You are travelling in a wide circle my friend, are you not?

George: I struggle for words, yes.

Why is it necessary to struggle for words, when words are not required?

Sarah: I think your instinct is the truth, isn't it?

You yourself dear sir, would know whether what you were saying was the truth, would you not, without the intervention of the Great Creator?

George: Yes truth is felt perhaps, more than spoken.

Of course this is what we have been saying, that the communication is mental and your words cannot dissemble, because the truth is despatched to the recipient is it not, without the intervention of words?

George: Ah yes.

So, how are you going to establish whether what you are saying is true? I will leave it with you to think about sir and I will ask the lady, I apologise for interrupting. Now please, you wished to say something? (Thank you.)

Sarah: I believe your *thought* is the truth and your words aren't, so what you instinctively think, is the truth.

And from where would you acquire that instinct madam?

Sarah: From the soul.

From the soul? (Yes) And you are happy to rely upon the soul, always giving truth?

Sarah: Um —

Remember that though the THOUGHTS are transferred from one to the other without the intervention of words, you are in a difficult position, because the one to whom you are 'speaking' shall we say to use the term, 'speaking mentally,' would be aware of your thoughts, would they not? (Yes) And how do you think they would accept them if they know that they are not as pure as they should be?

Sarah: I think they will be pure, because you'll know that the other person will know what you're thinking, so there's no point in trying to think something other than the truth.

So you are not really speaking the truth, you are altering your thoughts, because somebody else may think wrongly of what you are thinking.

Sarah: No I think your initial thoughts will tell you what is the truth and what's not and I think you have to stick by that. You can change your mind, but I don't think you can change your initial thought.

That is not quite clear to me please—

Sarah: What you instinctively think—your first reaction is the truth and then afterwards you might change your idea, but the initial thought pattern I'd imagine, is right.

Can you be sure of that? You use the word 'imagine,' so it would I think indicate that you are not SURE that your first reaction would be right.

Sarah: No I am saying your first reaction is right, that's what I think.

You said I IMAGINE it would be—

Sarah: Oh no, I'm sure it is.

You're SURE it would be.

George: Can we say soul is continuously evolving and evolves towards pure truth?

Yes, I will answer that with another of your phrases my friend: Upon this Earth do you not say: 'Today's truth is tomorrow's lie?' (Agreed) So evolvment as you say is continuous. So do you not then appreciate that as you evolve upon the spirit plane, so your thoughts of what is true may alter?

Lilian: I'm sure it will.

So again I say to you, what is truth?

Mark: It's an ideal, it's not actually anything, it's always relative to the vehicle you are looking from, and everybody has a truth.

Absolutely, now we are getting to the point. It is always relative. It has amused me upon this Earth to hear you saying sometimes, yes that is VERY true. What can be VERY true? It is either true within your understanding of the word, or it is NOT true. Is that not so? (Agreed) So you see the looseness of the words you have used my friends. But as you say sir, the truth must be relative to the conditions and circumstances pertaining at the time of the utterance of those thoughts. You understand? (Affirmed) Because remember also that those with whom you communicate, are also constantly evolving and what to them is true at one moment, may not be so, a few moments later in their lifetime. Do you understand what I have been trying to say? (Affirmed) Would you like to ask me any questions upon this?

George: Yes, we have been hesitating so much, because there is nothing static, all is in the condition of growth and ideals change with that growth.

Now you are beginning to realise my friend, how difficult it is for us to come to you, to explain the complexity and the immensity of Creation. We do our best, within our limited abilities, and knowledge, but energy itself, is in a constant state of flux, of evolvment, of alteration, of correction, because as energy evolves, so it within itself, realises that it is not always the infallible source, which it would wish to be. Do you follow? (Yes) We get into complicated matters, I'm trying to simplify it for you, but since energy itself is constantly evolving, there is no absolute truth within that energy yet, is there? (Agreed) Because it is still seeking within itself, do you follow? (Affirmed) This too, is what you must always attempt to do.

George: Yes perhaps it would be true to say we can only seek the best truth, for our particular point in time.

Not necessarily my friend. You are thinking of yourSELF; think of the others, to whom that truth must be directed. What would be its effect upon them, if you spoke what you say is the full truth. Do you see the problem? (Affirmed)

Sallie: The idea surely is to try and help people become aware, and perhaps by being too forceful in the truth, it can have the opposite effect.

It can indeed madam and it is a very wise saying you give; it can have the opposite effect. Therefore I say to you, when you approach by speech or thought another, give consideration to the effect your words may have upon that person. And if you wish to go further into it, remember that the truth is to be of SERVICE, to love another, therefore the TRUTH should be, that you do NOT think or say, what you feel is best from your point of view, but from the point of view of the evolvment of another. Is this clear? (Affirmed) ***It puts I think you would say, a rather different complexion on the issue of the word 'truth,' does it not?*** (Agreed) ***Did not the lord Jesus say when he was criticised about feeding the flesh of animals to his mother: 'What goes into the mouth is not so important, as what comes out of the mouth.'***—Please bare that in mind. ***Now do you wish any further question, if not I must leave you. I hope I have not confused you too much?***

Lilian: You've given us something to think about.

That was the intention dear lady, it's always our intention. If we cannot always give you exactly what you would require, or wish us to give you, at least perhaps we can give you something to think upon and so tread your own path towards the ultimate. Then I will leave you my friends, thank you for your patience in listening. (Thanks expressed) ***May the love of God be with you at all times and the love of God, is the only one truth. Keep that in mind. So often—and I think it has been said before I'm told in this room, that in your religious works, other books by your philosophers, because it is said that because it is in such and such a book, it must be so—All you have to consider, not that it MUST be so, the only phrase that must be so, is that it need NOT be so. Do you follow?*** (Affirmed)

George: That's a phrase we've had before.

Yes I believe it was spoken in this room, I am told. Does it not come to your memory? (Yes) ***Good, then I bid you farewell my friends. Do not be despondent. You will have much time in which to learn, God be with you.*** (Thanks + farewells)

Another followed quickly through Les, giving some advice to George and Sallie and answering one question about child spirit friends:

Good evening to dear friends, good evening, good evening. (Welcomes) ***I hope you're not going to expect more words of wisdom, because if so you're going to be unlucky.*** (Laughter) ***I do not belong to that one's class, I must tell you. I wish to speak to the gentleman opposite, the one who was told there are two waiting to use him for writing.***

George: Ah —

Ah he says—ah, as though he has never heard of it before. (Laughter) ***Well what about it? You have not been giving it as much time as you could, have you?***

George: No that's very true.

What was told you earlier, 'VERY true?' (Laughter) ***Is it true or is it not true?***

George: Sorry about that—yes it's true—other things have temporarily taken over. But yes I must try again at more frequent intervals.

Yes, it did occur to you did it not on a number of occasions?

George: Yes, it's been on my mind.

Yes and you put it to the back of your mind and you made excuses—you had this to do, that to do, did you not?

George: Yes I must admit.

You must admit—even if you do not admit it, it is so! (More giggles) Right, to be serious about it my dear friend, please now attempt to give it more time. (Yes) Those two gentlemen still wish to use you and we do know that you've had unexpected problems to deal with, and that has not permitted you to give the time, the quiet time, which is required. But now we would ask you please, to attempt if it is not interfering too much with your physical commitments, to spend time now, so that they can get down to, as they say, to serious work, which has to be done.

George: Yes I promise yes.

Be careful be careful. We do not ask for promises, we know what you mean, but we were speaking of truth were we not? You will attempt to do so, will you not? (Yes) Thank you. We'd rather you say you will attempt, than you promise. You may not be able to keep the promise, but if you say you will attempt, then that is understood and we shall give you all the help we can, to enable you to do so.

George: Yes, thank you, I'm very pleased that you are speaking these thoughts.

Don't thank me my friend, I'm merely a messenger for those who wish to use you. So be prepared please and you may be surprised at what will happen.

To the lady at the end of the room now: You have had a lot of confused thoughts, about various things madam?

Sallie: Yes I have yes.

Rather like a whirlpool, is it not?

Sallie: It is rather like a whirlpool, yes.

It goes round and round and round and round and you come back to the beginning each time, yes?

Sallie: I come back to the beginning each time, but the beginning seems a bit different to the last beginning, so perhaps my beginnings are changing a bit.

Oh, well that's something, isn't it?

Sallie: I hope so yes.

Do you wish to ask any particular questions; that is why I have come?

Sallie: I think it's something I just have to work through myself. It would be pleasant in some ways to ask questions about it, but —

May I take you up on one phrase please? (Yes) You have to work through it yourself, you said. Why do you always rely upon yourself?

Sallie: I don't totally rely on myself, I ask for help. I'm probably not describing that very well, I do ask for help and I actually get lots of help, without even asking for it. And I bump into all sorts of situations, which I'm sure are there to guide me, but I suppose I'm just beginning to tune-in to things more often, than perhaps I was able to before. It is a whirlpool and it is confusing, but it's also exciting, in some ways, because I do get bits of it right in my own feelings and thoughts and connections. Some things take longer I suppose.

May I suggest that you do not attempt, to try so hard to find the answer. You're reading the back of the book, before you have completed the first chapters. Do you understand?

Sallie: Yes, I have to find more patience to go through things more slowly, I suppose.

As the master said: Come unto me all ye that are heavy laden. Do so, be calm within yourself, do not search so hard, let the blossoming of the ideas come to you, rather than you search for them. Do you follow?

Sallie: Yes, although part of me enjoys searching.

Then what do you wish, to enjoy the searching indefinitely, or do you wish that enjoyment to be enhanced by what we can give you, if you exercise a little more patience?

Sallie: The idea of having it enhanced, if I can improve my patience, is obviously to me appealing.

I'm glad to hear you say that, because if you are more patient and learn to take each day as it comes and to deal with what it brings to you, we can be closer to you, because your patience allows us to be there, it does not affect us to the extent that your impatience does. Do you understand? (Yes, yes.) Then I would suggest madam that you make an effort to acquire that extra patience of thought, and of action too, so

that we can come nearer, and in assisting you more, can give what you are searching for, without you having to spend so much energy in the search.

Sallie: There is a lot of wasted energy, I would agree with you yes.

There is indeed, there is indeed, energy which could be much more fruitfully used, for your own spiritual development, if you turned it into that direction.

Sallie: That's one of the things I'm trying to work on at the moment, is not allowing my energy to go off in a fruitless manner.

Do not work upon it too hard. Let it come slowly and gently. Many times have you not heard within this room, 'slowly, slowly;' is that not so? (Yes) Please I would ask you to control your impatience, for your own benefit.

Sallie: Yes that's been helpful you saying that, I will do the very best I can.

You cannot do more, you cannot do more than your very best and for that answer, we are grateful.

(Thank you.) *We shall do all we can for you, you have much to give, and we do not intend to let it get away. God be with you my daughter.*

Sallie: Thank you, and with you.

I think that is all the castigating now. (Laughter) Now I will take questions, if you have any.

George: Yes, in relation to very young children, I've noticed that they sometimes chuckle and make noises to an invisible friend perhaps and it occurred to me that the parents take care of the physical needs of a young child, but it appears sometimes as if spirit friends and also lending a hand in bringing up the very young child. Is this a sensible observation to make?

No, we do not lend a hand, we lend many, many, many, many hands! (Laughter) What do you think we do, ignore young children? (No —) Of course not, we are with them constantly, constantly. They are still to us in many instances, spirit beings, thrust upon this world. The reasons do not matter, but to us they are still spirit, therefore we are always in close attendance.

George: Yes, so it would be fair to say a major part of the beginnings of a young child's —

In most instances you would be correct sir that he or she is aware of the spirituality of those who surround him and to ease his or her sojourn, for a time upon this Earth, until he or she is more acclimatised, to the harsh conditions, which they must face.

George: Yes and sometimes although the infant hasn't learnt to speak, there seems to be quite a conversation going on.

Of course of course, that is spiritual communication. Words are not necessary, that is the spirit talking to Spirit. Does that answer you satisfactorily?

George: Yes I thought it must be, it's nice to talk about it yes, thank you.

Does anybody else wish to question? (Silence) What an awful lot you must know. (Laughter) Then if I have no further information to give you this time, I will leave you and ask for your continued development to progress satisfactorily, as you would wish. May God's blessing be with you all. (Thanks + farewells)

There then followed a softly spoken one through Eileen, gently bringing the evening to a close: (Welcomes)

We would wish to express our thanks to you sir.

Les: It's a pleasure to be able to be used like it.

We want you to know that your energies will be recouped this night time, when in sleep state. (Thank you.) You know as the physical being grows old, then energy is sapped more easily from the physical being and therefore must be restored, as one must not be over-used. So in allowing so much use this time, we thank you and again I say, you will be blessed.

Les: Yes I'm sure.

We hope your people here, found the talk from one of our teachers, most interesting. We have many, many times of teaching in our world, where we too learn so much.

Les: Yes I think everybody enjoyed it. (Agreement + thanks)

He has been around you for time, I'm being told.

Les: Yes, I knew somebody was around me today quite a lot.

And the opportunity this time was most apt and it was right for him to come at this time, because I'm being told that thoughts have been given out by some here, as to why their development seems slow, but it was necessary for you to learn that you cannot rush the ways of spirit, whilst you are clothed in these bodies. Many aspects have been given to you, with this teaching, not only about truth, but about looking at oneself in the way of your own development of thought and action. So we say to you once more, be wise, listen well to those who come to you, they have the greater knowledge and come to you, to bring it to you, because in many instances, they have had to learn their lessons, the hard way. Be thankful that they come to you, to offer the help, to give you their love and to surround you at all times, secure in the knowledge that help is at hand, whenever it is needed. (Thanks expressed) We would like also to say to all of you here, be thankful for this one, who you know as the leader of your group, because he has many years of wisdom behind him and he knows also that many come to him, impress him and help him in everyday living. This knowledge he has gained is given to many freely and is offered with love. For this know him and know also that we too thank him for his many years of work. (Thanks expressed) Now I will leave you. I thank you once more and I know that you all will leave this place this time, with much to think about and also that you all will feel much uplifted. (Thanks expressed)

Les: I'd like to thank you too for your presence here tonight and for the serenity you bring.

I could only bring it, to conditions which can accept it.

Les: Thank you very much. God be with you.

Salumet brings further light on Truth later in year (see 24/08/98)

~26th January 1998~

Good evening.

All: Good evening.

I am pleased to be with you once more.

Les: Yes, we are very pleased that you are; we've missed you.

I have been with each one of you, although not joining you in your evening meeting—always I am by your side.

Les: Yes, it's very nice to know that you are.

I think this time, because of the small numbers, that I will answer any questions you may have this time.

(Thank you.) Take this opportunity to ask individual questions, because I would rather that we had all peoples here, when I give you talks about our world.

Les: Yes. We do thank you for taking the trouble to come, with such a small number hear. We certainly will take advantage of your offer to put questions. Would anybody like to start, if not I will? *(Pause)*

Sallie: You start Leslie.

Les: I'd like to follow on what you were telling us about evolution of plants and animals, when you were last here and I wonder what happens when a bird dies. Does it automatically in your world, have a fresh body as it was here, or does it have to have a period of rest—the soul of the bird I mean—and then those responsible for overseeing the evolution, take charge of it?

I understand your question my dear friend. I think if you can recall, when first I came to you, we spoke about going on to our side of life and what happened to animals—this applies also to the birds of your skies. Because they do not retain the bond of love, which you human beings have upon this earthly plane, they return to a pool of energy.

Les: I wondered if that's what happened.

Yes, you see all energy returns to the Source. Because there is no individual bond or unity with humankind, we have pools of love or energy—use whichever word you desire—the birds of the sky, return to this pool of love. It is different with your domestic animals as you call them, because there is the love-link. They will return home and exist as *(They were? Tape falters for a second, but the implication is that they would not return to the pool of energy, but would retain their form/individuality)* until such time as you meet again. Can you understand this?

Les: Yes I do remember you telling us that, so they exist in their own right?

If the love-link is strong enough. (Yes) Of course, they have their own souls, but it is different for what you term, the animals of the wild.

Les: So returning to the *pool of love*, would be applicable to the animals of the wild also, **(Yes)** because there is no human love link?

There is no human bond. You see, what the human bond achieves, is the growth of the consciousness of the animal, you understand?

Les: I see, yes. Now in the case of caged birds who have become pets of their owners, would the love-link there, enable them to return *home* and re-live in a different way, or would they too go back to the pool of love and energy?

It depends on the love-link. It is possible they will remain as they are, until such time it is ready to continue on its way. Do you understand?

Les: Yes, so their owner would be able to be reunited with that bird, when the owner comes over?

Yes, if the desire and the love-link is strong enough. We have many what you call '*caged*' animals, although they no longer are caged, they are free spirits, who roam in our world, but who still have the link of love with humankind.

Les: I see, that clears that point for me, because I did wonder what would happen to them. I'd heard so often about the gorgeous birds in your planes of life.

Remember also, that although these birds and animals of the *wild* as you call them, they can make an appearance in our world, if those who tend to this energy pool, have the desire to create this.

Les: Good, I was going to ask that question, **(Yes)** whether those responsible, are able to '*dig into*' the energy pool, and create life from it?

Yes that is their task, that is what they wish to do. Mainly it has been people who have much love and respect for the animal and bird kingdoms. (I see.) That love does not die, it is utilised for the good of all animals, birds and creatures of your world.

Les: So those responsible for those pools of love energy, can repopulate any particular part of your world, according to their wish to do so, for the benefit of the people living there?

Of course, and not only for the benefit of the people, but for the good of the *animals*, because remember not only is it humankind who expand in consciousness, but *all* creatures have souls, which expand in consciousness.

Les: Is that so?

Of course.

Les: So they would continue to expand in their consciousness, and does that then take them in due course, through the higher realms in your worlds?

Not in the sense you speak of my dear friend. Of course, each kind of animal expands within its own group of animals or birds. I think you are trying to say, do they reincarnate as different species?

Les: No not as different species, but if we concentrate on birds for the moment, perhaps I'll make myself clearer: Those in the higher realms on your planes of life surely would not have to be deprived of the beauty of the sight and song of birds? So birds must live within those environments also?

Yes, yes, you have to understand the expansion of consciousness—and here once more, we enter into difficult topics. The expansion of consciousness belongs to all living things, to all matter which is energised. I think that we have to leave it there, because this is something we have only barely touched on.

Les: Yes it does make it very difficult for us to appreciate how it works. **(Yes)** I can understand what you mean, without understanding how it happens.

Yes—that is the difficulty of words, but remember, all consciousness is expanding and on your earthly plane even your planet is in the midst of expansion. Do you understand?

Les: I have to say no we don't—you understand what I mean by that? **(Yes)** We appreciate what you say and we can try to think about it, but it's impossible for us to understand it, as you mean.

That is why we must leave it there, because for your full understanding, we have to know a little about expanding consciousness.

Les: We'll shelve that for the moment then and look forward to some lessons on it in due course.

It will come my dear friend, but you are not ready for it yet.

Les: I quite accept that without query, we are not. We are gradually learning more and more, and the more we learn, the more we realise there *is* to learn and understand.

Yes, and that is why we must take it all slowly, in order that what you learn, is for your own good and your own understanding of truth and all that surrounds you.

Les: Yes, and frequently comes back to me a statement which was made many of our years ago, that we must take one step at a time, otherwise we shall have to return, in order to take the step that we missed on the way up.

Yes, that is a good choice of words from you. You must take all learning slowly, if it is to be absorbed properly.

Les: Of course, it's such a vast and complex matter, isn't it?

What I try to teach you whilst we are here, is but a scratch on the surface of all knowledge.

Les: But it's becoming fortunately a very deep scratch and we gratefully appreciate having it.

I thank you for those words dear friend, it lightens my task to know that you feel you are achieving some knowledge.

Les: I think everybody would agree with that, wouldn't they here? (*Agreed*)

Now, shall we continue?

Les: Yes, another question if I may: A long time ago I asked somebody who was telling us of their life in your world—when I say '*your world*,' I must qualify that, by saying in the planes most closely associated with the Earth of course. The sky there varied in colours from blue to pink to mauve and so on and there were clouds that were also differently coloured. I wondered several times whether that is a normal environmental thing, or whether those visions of clouds are produced by the people wishing to see them?

Yes, yes, I say, we have no clouds. How can you be surrounded in such conditions and have clouds, unless it is a deep wish for you to see such things? (Yes —) There is purity of light, light that most people who come to our world are stunned by; it is a brightness without the hurt of their eye, which you have on this planet, but the brightness is such, that it staggers most.

Les: It would be a brightness of the soul and love beyond our understanding, wouldn't it?

It is love-light yes, it encompasses all, there is no change, unless the mind desires to reach out and find colours in clouds and rain and all the things that you have become accustomed to.

Les: So it is possible to produce those mentally, for one's own personal satisfaction?

Let me tell you this dear friends, let me return to my favourite words, *the power of the mind*. (Yes) Let me tell you that this *mind* can create anything you so desire—anything, provided you are entitled to it. We have spoken upon this subject, have we not? (Yes —) So let me say this to you: When those who come to our world are on the '*next plane*' as you say—I do not like it personally, but it suffices for your understanding—you do not radically alter so much, you still have your desires, you still have your needs and you still remain close to this planet. So the mind is powerful enough to create those things that you love and have become accustomed to.

Les: They can be created within the atmosphere of that plane? (**Yes**) Well that certainly clears that for me thank you, because to me, I have visualised the light as you say, (**Yes**) and to me clouds would have been in effect, an impurity in that light.

The clouds would be seen only by that person.

Les: Just by the one or anybody else who might be interested in doing the same thing.

Unless there is a *group thought*, yes. But usually the thought is seen by the one person, because you cannot infringe upon another's mind power.

Les: No, so you have told us.

Yes, we go to another subject here. You would not be allowed to impinge, can you understand? (Yes —) So yes, the soul can see whatever it wishes, but not to the detriment of another soul, you understand?

Les: Yes we do—not unless it's a common desire —

Yes, there are many who come to our world who have the desire to see for some time, all the seasons, all the weathers of your world. If that is their true desire, *then they have it.*

Les: Do they?

Of course, of course.

Les: They can even have the seasonal weather changes?

Remember my dear friend, we are speaking of *mind power*, not physical elements. So although I say they have all seasons, it is *mind power*.

Les: Following on that mind power, and I think these are questions within your province—tell me if they're not please—if there should be a person who comes over to you and has been guilty of unpleasant thoughts whilst here, that person would occupy a certain strata within your world, with others of similar thinking. Those thoughts emanating from that person, could they interfere with those on a higher thinking plane?

Not at all, the answer to that is no.

Les: Thank you, I didn't anticipate it, but I just wanted clarification. So their thoughts would be confined to the limits of their environment?

They infiltrate within the group that they are entitled to be with, but no thoughts can go to any higher plane.

Les: No, not unless they are thoughts of progression of the soul.

Not even then, we have— I have spoken to you too, that we have those helpers who stand by, ready to receive the thoughts, when the soul is ready to continue on its journey.

Les: Yes, that's true, I'd forgotten that—you have said so, thank you. So the thoughts are not willy-nilly, (No) they are not indiscriminate, they have to follow a specified pattern, for one's own development spiritually?

The qualification for progress is *truth*, truth to the soul itself; honesty and willingness to reject those thoughts of which it knows must be put behind it.

Les: Well, we certainly have a long way to go, but we'll keep trying, with your help. I don't think I have any other question at this time, I'm already pondering what you've said.

I am pleased for you.

Sallie: May I ask something? (Yes please.) I'm aware that one of the things I have to work on is my impatience and it may be because of my impatience that I'm asking this question—if it is I'm sure you'll advise me of that. Over the past couple of years, since having the privilege to come here, I've had some development through feelings and knowledge about people and myself, which I'm becoming more comfortable with and it makes sense to me. But recently I'm getting pictures which don't make sense to me and I suppose it's my impatience, but I want to help them along really.

Yes. My dear friend let me say this to you: You do not have to give gratitude for being here, it is your *right*. You have earned the right to be here, amongst the others, because it has taken many, many years, for us to gather you all together; that is the first thing I want to say to you. As with all human beings, there is this *impatience*, which you all are liable to. Do not be ashamed of it, because without this impatience, you would not have the *desire* to seek, to know, to grow. So look upon it not as something to despise. Now I say to you this: As your time goes forward, of course as you become more aware, your consciousness grows—that innate knowledge that you have grows—remember this I have said this to you before. You are many parts not only soul, but you have in your physical being memories, a subconscious mind, that partly belongs to the soul and partly to the physical being. When you speak of jumbled thoughts, you must begin to understand that your subconscious thoughts become much more heightened as your spiritual consciousness grows. You need to distinguish between the two and although—(*Eileen coughs and Les fetches some water*)—Thank you. Your desire for more knowledge my dear child, will grow steadily. You will come to know the difference between what comes from spirit and what belongs to the human thinking. You cannot rush what is needed to be learned over one lifetime. Your desire is great, but you need to adopt the patience, to know and to understand that all will come to you in time. You my dear friend, would wish to analyse much that has happened to you. Let me say only

this: It is good in as much as you wish to grow spiritually, but it also can hinder that growing, if you are not careful. I say to you only this, my dear friend: Allow these thoughts, these feelings, these pictures to come to you. Try to accept that it is part of your spiritual development, and all should soon become clearer to you. You cannot rush it, you cannot jump too quickly, you must take things slowly, slowly, slowly. You have much to offer us in the way of service of spirit. We know you read much, but there can be no place for experience, if you cut out the first steps of learning. Do you wish to reply?

Sallie: I suppose I just have to think about—what you're saying is have I cut out some of my first steps of learning.

Open up your heart, sit quietly and allow us in; that is all you have to do and all that you would wish will come to you. If you like, you can develop the feelings, the association of feeling, with other people. But do not analyse it, allow it to happen and we will continue to help. You my dear friend are travelling the correct path, do not falter and stumble with your thinking, but allow us to support you and help you to expand and grow. That is all we ask of any of you, that you open your heart and your mind to us. Be patient, be patient. *(Spoken softly)* Does that help you?

Sallie: Yes it does thank you.

You must rest more too. You are spiritually tired at this time in your life and it is because your mind is over-active. Allow yourself some time for quietness of spirit. That will sustain you in all ways, spiritually and physically. I will help you dear friend.

Sallie: Thank you.

Les: Thank you very much indeed.

Do we have more questions?

Jack: Yes, could I just quickly go back to something. **(Yes)** You were talking about consciousness earlier, the expansion of consciousness with the Earth. Were you talking about the Earth spiritually evolving?

Yes. It is a complicated subject.

Jack: I realise that, I just wanted to make sure I was on the right tracks —

Not only is it this planet, but it is all universes, it is *all* energy which is constantly expanding. Do you understand?

Jack: Yes I do, at the edge of my mind I think I know what you're getting at. I'm just trying to put it together.

Yes, you have formed a picture in your mind have you not?

Jack: I have indeed.

Yes, it is correct in as much as what you see is what you can understand.

Jack: Yes, absolutely.

It is correct, so travel towards it and your understanding will come. *(Thank you.)*

Now I think for this time my dear friends, I will allow another to speak with you and I will say this to you: Thank you for giving me your time, your love and your energy. Numbers mean little when it comes to communication, but what is important is that the energy given by those who come to us, be fully returned, when we leave. And I will endeavour to see that each one of you this time will leave feeling much uplifted and full of that *Great Creative Force of Love*, which you all are bound to.

Les: Thank you very, very much and for being with us tonight, it was an unexpected pleasure.

I cannot always promise to be here when you desire, but of course I always will try.

Les: Yes, we do know you have other work to do, that we appreciate also. We can't monopolise your time.

You do not, the desire is mine and I would say that you give *more* than I give to you. For this dear friends, I will be eternally grateful.

May peace stay with you all, until we meet once more.

Les: Our love goes with you, God's blessing on you.

There then followed one through Eileen briefly, with a message for Jack, about feeling like a puppet sometimes, being pulled by others too much. She went on to chat merrily about her life in spirit, lightening the atmosphere nicely before we closed.

~2nd February 1998~

Good evening. (*Welcomes*)

My dear friends forgive my slow introduction to you this time. Power association and unity with this instrument, becomes ever stronger and so for a little time, power connection with you, may be a little more difficult.

Les: Thank you for telling us.

I hope my dear friends that our words last time, have been of help to you. I know that for some, it created new avenues of thought.

Les: Well it certainly did for me. I've already been passing on those words to others, who I've met since our last meeting.

I am aware and am grateful to you all. After all, is that not your purpose, in being available to us, that all extended knowledge be shared by all?

Les: Of course. That is another reason we are so grateful for what you bring to us, because it does give us the opportunity of discussing with others, who don't attend these meetings.

If it creates thinking within those people, we could not ask for more.

Les: I'm sure it does, because two at least to whom I've been speaking about it were most interested and admitted that it was an entirely new avenue of thought for them.

Yes, and this time my dear friends, I would like to speak with you about 'Thinking' — '*Thinking*.' Many peoples of your world are confused and puzzled, when it comes to the differentiation between what I would term intellectual thinking and intuitive thinking. They cannot distinguish between the two. And that is understandable; after all, all thinking has a purpose in your world, whether it be intellectual thinking, or intuitive thinking. In groups such as these, of course we would expect that intuitive thinking would be recognised more easily and used for the purpose for which it is intended. I hear your questions now, '*How can we know the difference?*' There are some within this room, who ponder this question on many occasions, are there not?

Les: Yes there are; I'm one of them.

Yes, can I try to simplify this matter a little for you? (Thank you.) When your thinking comes from the intellectual brain belonging to your physical mind, there is an *urgency* to have that thinking, to have that thought brought to fruition. With intuitive thinking, it comes more slowly, sometimes over some time and will always appear and return to you *many* times. The *fleeting* thinking of intellectual thought, you can make disappear instantaneously and not return to the thought. You cannot when it comes to the intuition, because it comes from within and also without, from those of us who wish to help you. Do you understand?

Les: Yes, so would I be correct in referring to that as *spiritual thinking*?

Of course, because your intuition is *spiritual thought*.

Les: Yes I thought that would be the answer, because to me they are the same. And my next question if I might: This intuitive thinking wouldn't necessarily only be on esoteric subjects, but could have an effect upon ordinary day-to-day things in our lives?

Of course, it would be of help, or information to be given to you, to be *purposeful* in your lives.

Les: And that would be because you could see the result of action taken on that thought, if we did take action. (**Of course.**) Now we're getting somewhere; this has been puzzling me for a long time.

That is why we must dedicate some time to this matter.

Les: I'm very grateful, because it has puzzled me for a long time now, at the recurrence of thoughts, which were simply on day-to-day matters and they haven't been put to rest, until those thoughts have been activated and dealt with.

That is the difference between fleeting thoughts and intuitive thoughts. We can inspire, we can continue to help you with these thoughts, the thinking that will help you to progress in your daily living.

Les: Yes, well this is really most satisfying, because not knowing precisely what it was, now you have explained it, I can understand why sometimes I've felt compelled mentally, to say thank you for that thought, (**Yes**) and have gone on to act on it.

There should be no urgency in intuitive thought, as there is in your other thinking, although I must say the intellectual thinking can feel to be compelling, it is not. You must take control of this thinking, you understand?

Les: Yes I certainly do and that's really opened up another new avenue for me, because it has as I say, been going on in my mind and brain for a long time, I've been aware of these apparently intermittent thoughts recurring, **(Yes)** until I have taken action.

It is part of your growth, it is part of the understanding of the self. When you know the self then you know and understand *Thought*.

Les: Yes and what has interested me too, is that on several occasions when thoughts have been, or the actions from those thoughts would be to the advantage of other people, it has been almost a compulsion to deal with it at once. **(Yes)** It happened once or twice in the background as it were and then quite suddenly I feel that I've got to do it.

Do you not see my dear friends that thought, *intuitive thought*, is a giving out of energy to another, on most occasions?

Les: Yes of course it would be.

And you must think of energy as a *gift*, as a giving to another.

Les: Which in turn, must be passed onto another?

That would be the scheme of life and not always happens, but that is how it *should* be given. Give of yourselves, give of your thoughts, use those intuitive thoughts constructively. After all, you still have command of these thoughts, whilst you are in these bodies. You have the power to ignore or to use—always that power lies with you.

Les: Yes, that's our free will, isn't it?

But in recognising these things, does it not help you, to know and to understand that these thoughts should not be ignored?

Les: Absolutely it does help.

Now, does one have questions this time?

Les: Yes, before we leave this subject, if I might ask if any of my colleagues here, have had similar feelings that I have had, in the difference of the thinking?

Sallie: Yes definitely with the intuitive coming back **(Yes)** until you actually do the thing.

If I could perhaps suggest some way of helping that is quite simple: As the thought comes, try to push it to one side, try to deny the thought and see if it returns to you. If it returns once, twice, thrice, then you know it is intuitive thinking.

Les: Yes, it's amusing, because it's precisely what's been happening to me.

Yes, that is your intuitive thought.

Les: Thank you very much indeed I'm glad I've acted on them.

Although your other thinking can be compelling, wanting to be brought to fruition, if you deny the thought, it will be gone. Do you see the difference?

Les: Yes you're quite right.

George: Could I just say that with intuitive thought, one instinctively knows that the body of the thought is correct, whereas with intellectual thought, it has to be proved.

Yes, there would remain the uncertainty, yes you are correct.

Les: Yes the acceptance of the intuitive thought is instinctive, isn't it?

Yes it comes from within, my dear friend, yes.

Les: Good, that's most illuminating, it really is and—

Does everyone understand now? (*Affirmed*)

Les: We can discuss it after if you like, because I don't think Salumet is here for very long tonight. I have one question, if you can take a question now? **(Of course.)** You have told us many times in the past to always check if we are unsure of our happening. **(Yes)** You are probably well aware of the extraordinary happening that has never occurred before, in all the years I've been working, at our last meeting on Wednesday. You are aware of it, I believe? **(Yes)** Is it correct, what was said?

May I remark upon this? (Please.) Yes, partly a little—I don't know how to put it into words—embroidery; but basically all is well. But there was just a little embroidery, but nothing that would dismay me.

Les: So the basis of what was told us, was correct? **(Yes)** Thank you very much, because I had no doubts about the instruments whatever.

No, do not doubt them, but be careful sometimes that they are not too excited by what happens; that is the only cautionary note I would put to you, you understand?

Les: Yes thank you, I understand, and I can understand their excitement too.

Yes of course and we do not want to dampen any enthusiasm on spiritual matters.

Les: No, well thank you for confirming that. It was so realistic, that I didn't really have any doubts, but you know my attitude now.

Can I say this to you, my dear friend? (Please.) If I was to know or feel that things were not correct, I would tell you, because our purpose is not to mislead in any way, but as you know there is a possibility in genuine people, to become over-excited about these matters.

Les: Yes you're quite right, that's why I like to check, to make quite sure.

Yes, do not doubt, all is well.

Les: Thank you very much for that and it'll give them wonderful assurance too, (Yes) because we all felt very honoured that it should have happened.

Yes, if you feel the love and the upliftment by all, you can begin to realise that it would not be felt so much, if things were wrong, you understand?

Les: Yes I do, and thank you again for the confirmation, because I shall pass that on to the instruments, to give them assurance too.

Yes, now for this time, if we have no more questions, I will leave you, only to work with this instrument for a short time and allow another to come.

Les: Thank you. God be with you.

There then followed one from the Native American Indian nations, through Sue:

Talk only for short time, to have more time with this one for communication. I give you the name of High Waterfall. (Thank you.) I say to you, every person here has bright and shining horizon. I say to you, use your psychic eye and look further than you can see. Look and you will discover the secrets of your inner mind.

Les: Yes, we would like to be able to do that, the difficulty is learning and knowing how to do it. You were far more experienced in those ways.

Spend quiet moments in tranquillity, look inward and you will be able to look outwards and forwards. Be of sound thought, do not let doubts creep in, accept every small particle that you see as truth and then the sky will open and your horizons will become close.

Les: Thank you, we shall certainly try, and what is the totem within us that we should be looking for most often?

Look and feel the peace, even in inner turmoil, there is peace, do you believe my words? (Yes I do.)

Rugged pathways are only a lesson in peace.

Les: Yes we do understand that since the universe is subject to the laws of cause and effect—if there is turmoil then there must be peace, if there is peace then there must be turmoil.

You cannot have black without white. There is no grey, you understand me, no grey?

Les: Not in the spiritual context, only in the physical world.

You all must try to feel the inner peace, the spiritual land which has been yours, is yours and will always be yours. Do you understand what words I say?

Les: Yes we do understand and we thank you for them.

Negative is not good, negative breeds fear, and fear cannot be spiritually beneficial to you.

Les: No of course not.

Face your fears, hold up the white light of love, so that any fears recede and die. I speak truth, but I do understand the difficulties you have, in applying them to your life, but all I can say to you, is try, even a

small amount will bring you light and success, in smoothing out any rugged steps, which you feel you may fall upon. Do you feel my words are harsh?

Les: No, we think they're very sensible. The only harshness is in ourselves, trying to understand how to do it.

Can you understand when I say to you, that there are times when we could beat our heads upon the ground, in frustration?

Les: Yes, we could join you in doing that.

But we understand, we understand that what is clear, like crystal water, is like a muddy pool to yourselves.

Les: Yes you're quite right.

But it is no good using the stick to stir the muddy waters, you must let that water settle, that any dull and muddy particles sink to the bottom, allowing the clearer water to rise to the surface.

Les: Yes we understand what you say and will certainly try to do that, because we know the wisdom of your words and we thank you for them.

You will not ever be alone in your endeavours. Each one of you will have someone at their side, influencing, guiding—

Les: Yes we're quite sure that you're with us and we're very grateful for the knowledge.

Think upon my words and try, try to put fear behind you.

Les: We shall certainly try to do that.

We only wish for you to look forward and see the bright light on your horizon, like the sun rising in the East.

Les: Yes we shall do that.

Your suns will never set, they will always be in the ascendance.

Les: Good that's very comforting.

I give you great blessings and love from High Waterfall and will give what help I can to open the new channel in your souls.

Les: Thank you very much indeed and we all thank you again. God be with you.

Ar kee nyah, ar kee nyeah pah

There then followed one briefly through Eileen, who had been before, discussing animals and vegetarianism:

Good evening—I'm only here for a short time.

Les: Stay as long as you wish.

No, a short time.

Les: That is as long as you wish. *(Laughter)*

I've been privileged to return myself again. I told you I would send someone to you, do you remember?

(Yes) Yes, well I'm allowed to step in this time, just for a short time. Do you remember your question?

Les: Which one, I ask so many.

Yes I know, you obviously do not—yes your question was about eating meat, do you remember? And you asked me if in saying thanks to the animal before it was killed, did that make a difference?

Les: Oh yes I remember now.

Well I was most surprised myself by the answer. Yes, the animal would prefer not to be sacrificed for human consumption, but if the thought is good and thanks given for the animal's life, then in some way that makes matters okay.

Les: That's interesting, thank you. I know a lot of the tribes did thank the animal before they killed it, didn't they?

Yes and people still do I'm told, but the animal would prefer to live life to the full; so I hope I've brought the answer to your question.

Les: That's very kind, we do appreciate it. Now of course we have to ask ourselves whether, in view of the fact the animal would prefer to live longer, are we acting detrimentally to our own spiritual progress, by taking its life?

I have been instructed that you have been told it would be better to refrain from this act, but consequently the choice is yours.

Les: We have been told you're quite right.

Yes, well I also have to say, it's much more damaging to curtail the life of an animal who has received human love, rather than the beast in the field, I have been told to tell you.

Les: That's understandable too; *(Yes)* because to take the life of an animal that has had human love, would be denying that love, wouldn't it?

There is a little twist I think, because you don't fully understand that the animal in the field, can feel the love from the human, even in mundane tasks, such as feeding and watering.

Les: Is that so? They feel the love for the human, do they?

Of course it is a love act, isn't it? I too was surprised by these answers, because when I came to you I told you I had many troublesome times, coming to terms with meat eating and that you must not torture yourselves too much. Do you remember? (Yes) Yes well you see I too have learned something.

Les: Good, so we've been helpful to each other?

I should say so!

Les: That's very nice and we do appreciate you coming back, as you promised.

Well I didn't promise, so I'm really surprised.

Les: I mean the answer you promised, I put it badly.

Yes I did go back and find out, to see if it could be given to you.

Les: Thank you very much indeed, we're all grateful to you.

(Thanks + farewells)

~16th February 1998~

Good evening. *(Welcomes)*

As we come together once more, let us give thanks for this opportunity to bring more knowledge to you. *(Thanks expressed)* I know that your time has not been uneventful since last we met, but it is most joyous to be together once more.

Les: Yes, you are part of our lives now and we do miss you when you don't come. *(Salumet had not come through at the previous meeting)*

I am indeed part of you and I am never far from you. *(Thank you.)* Now, let us begin this time and let us say that every moment be used to fulfil understanding and any questions you may have this time.

Les: You wish us to ask questions now or are you going to give us more education first?

I will take questions this time first.

Les: Right. At our last meeting on Wednesday, which as you know is an entirely different evening, *(Mainly 'rescue' work)* we were told that all those present, had been together in a previous life, and it was said that we had been Buddhists and one of the lady's had very clear clairvoyance of the monastery, in which it was said we used to live. What I wanted to ask first, one gentleman who was at the Monday meetings when first you gave us information as to what we were in a commune, was also at the Wednesday meeting, as I was myself. Would that mean that both of us have been part of both previous lives?

I understand the question. Let me say this to you: **That no significant meeting of another in one lifetime is by chance.** There can be no *chance* meetings, in a perfect law. So let me say this to you:

That all peoples who are drawn to this place of love, have come because they know and are drawn to the love and light of the place and the peoples within. I will say this to you, about your other meetings, but firstly I wish to say this to you dear friends: ***Forgive the past, forgive the past.*** You do not fully understand the meaning of my words, but I will return to them later. *(Thank you.)* Those who are joined together in another meeting have come together for the same purpose of growth that you peoples here have also. Of course my dear friend, *you* are the link for all of these peoples. Therefore, your unity with each one is such that you have spent many of your lifetime in unison with them. So the answer to your question for yourself is yes, you have lived amongst the peoples here, as one commune and also with

the others. There has not been a unity of all of you at one time. (I see.) But let me continue with your question. There are two members in your other group, who do belong with this one. That is the gentleman mentioned and also the lady known to you as Doreen.

Les: Doreen, that's interesting, she'll be delighted to know that.

Of course you understand that not just the few peoples here within this group, were enough to supply a small commune. There are others, there have been others, not present at this time. You understand this. (Yes —) I would think it must have crossed your minds and I have been awaiting the question. (*Affirmed*) But that is not our concern this time. But the gentleman and the lady have belonged to this group of people, you understand?

Les: Yes that certainly clears that point. I was very interested, because you've told us in the past that some of us come back with a memory and it would seem that the memories of our previous lives have come into operation again in this life, as you said does happen.

I will return now to the words I have used: ***Forgive the past; what purpose does it serve, to know what has gone before.***

Les: No real purpose I agree.

So, I say to you, remember that you are not one whole that each lifetime is served by a segment of the whole. The segment that is used for one individual lifetime, is but insignificant to the whole. Are you following?

Les: Yes it's beginning to become clear to all of us I think.

That is why you must forgive the past, you must go forward, allow yourself to experience new concepts, new growth, new understanding of spirit, in order that you return to the whole enriched and more knowledgeable, in your quest for knowledge. That is why when the soul incarnates, all memories are mostly erased, because it serves no purpose for the soul's growth, to remember what has gone previously. After all, you are a different segment of being, that is why in this lifetime, it is good that each one of you has come together once more, to continue with your work, your understanding of each other and to extend the love, which you began as a group together. Has that been helpful to you?

Les: It's been helpful to us all I'm sure, hasn't it? (*Agreed*) Yes it gives us a far greater understanding of what has been, and what is to be.

Always look towards new experience, ask always that your understanding become greater, that your outlook is forever looking forward. After all, the experiences which you have gained, have grown. You are here to learn those lessons, which so far, you have been unable to attain. Do you understand?

Les: Yes I do, but one thing I'm not quite clear on, those two—taking myself having been in those two previous incarnations, (Yes) both those presumably would have conditioned in some way, the part of me, the part of the whole, which is living *now*.

You would have returned to the whole, with the lessons and the knowledge, which you had gained from those lifetimes. You must see yourself as one whole unit, which is able to expend itself to individual lives. I know this understanding must be difficult, because most see yourselves as one physical body and one soul. ***The soul is many integrated parts;*** until your understanding reaches this stage of knowing, that you are not *one soul*, you will never fully realise the greatness that lies within you. You have to try to expand the knowledge of *who you are*.

Les: Well as usual, that gives us a great deal more to ponder upon.

That is my wish for you that each time I come, new formations of ideas reach you, in order that you can find yourselves, that the meaning of life becomes clearer to each one of you. After all my dear friends, you have not come this far in your development, not to begin to understand what your *real* self, the *soul*, the *spirit*, call it what you may; the time has come for you to understand, what you are about. Do you follow?

Les: Yes I begin to see what you are driving at. So it is not conceit then, thinking of ourselves as this part of the soul, it's not conceit to think that we have far greater potential, than ever we have considered?

No, no, that is not conceit as you know it—that is the ***truth of seeking.***

Les: So we have to keep that in mind then, that our potential is much greater.

It is ever-expanding; (Yes) it cannot be static, otherwise what is the purpose of your life? You would remain in a vacuum of knowledge, without going forward.

Les: Yes, that's interesting you say that, because at our last Wednesday meeting, one of the members asked me a question about ultimate learning and I said, you never will reach the ultimate, because everything is constantly expanding. So it is a question always of *striving* to reach something, which you will never be able to reach.

We have spoken about this. How can energy stand still? Knowledge belongs to the *great universal Love*, which you know as God, as understanding of the *soul*. So of course you must expand and grow.

Les: But never be able to reach finality.

Of course not.

Les: Thank you, I'm glad that I didn't advise her in the wrong way, because that's precisely what I said — **I wish I could demonstrate to each one of you, the potential that lies within. The soul's growth is never-ending. We each one of us seek, search for that love, that all—***(Coughing interrupts dialogue and sentence not completed/voice begins to fade, as if spoken from far away)* **Existence is never-ending, so how can knowledge end? That *Great Creative Force*, it is ever-expanding, creates in us an ever-expanding soul. My friend, I speak about deep matters here. I am sure your understanding is such that you could not understand what I say to you. See that ever-expanding soul within that ever-expanding *sea of love*, and you will begin to see the fluidity, the knowledge, which exists in *all time*. I wish I could demonstrate to you the power within you all, the power which is your entitlement.**

Les: I think we are beginning to have an idea of it, after what you have told us.

Your question dear friend—*(Pause)* **forgive me dear friends, I was being drawn away from you, because of the complexity of the questions. The instrument will be fine. Now let us continue.**

Les: Thank you. I'm sorry if my questions cause problems.

Not problems, but we touch on deep subjects here. It is not the questions, but the inability to express in your Earth terms, understandable answers.

Les: Yes we do understand; So much is beyond our comprehension.

Yes, much as you have grown since first we met, your understanding leaves little room for such great expansion of knowledge, as your questions have raised. I hope I have enlightened you just a little.

Les: Yes you have certainly done that and again we are grateful for what you have said.

Do you have more questions?

Les: Yes, I do have another which relates to something you told us a long time ago, about memories sometimes being of a spiritual nature. We remember what we have done when we come over to you in our sleep state, but that gets confused with the subconscious; this we do understand. But is the *subconscious* as we call it, part of the physical brain, or is it activated by the spiritual mind?

The subconscious belongs to the spiritual mind.

Les: Thank you very much, that clears that one, I couldn't see that what transpires within the subconscious, could be activated by the comparatively low grade physical brain.

The subconscious mind is your diary of events, if I could put it so simply and that belongs to the soul.

Les: I thought it must do, thank you for clarifying that, I'm sure we're all glad to have that clarification, aren't we? *(Agreed)* Because I think it must have occurred to all of us at some time—what is the beginning of the subconscious.

Without the subconscious mind as we term it, the physical brain could not continue on its own. It would be like an instrument without a player. Do you understand?

Les: Yes we do understand and I think we've all been aware of that in the past, that the brain is activated by the spiritual mind. So many people get the two confused.

Yes, it is something which you humans ponder and argue over so often. But do not doubt that your subconscious mind is the book of all events.

Les: Thank you. That is all the questioning I have.

I will say a few words only this time and then allow another to come to you. (Thank you.) Still dear friends, each one of you ponders the question, *'Why is life so difficult at times?'* I will return once more if I may, and say: The power of *your mind* is at fault, nothing else, no one else; each one of you must accept responsibility for all that occurs in your thinking. If life situations distress you, you must look inward and ask yourself, why does it distress you so. The answer lies within yourself. Forgive, give love, and your lives will be as you desire. Love and only love, can bring about the lifetime, which you all deserve. And hear me well my dear friends: You ALL have the ability and you, each one of you, are deserving of the best that the Great Creator has to offer you. Remember each one of you is a perfect form, of that Creative Force and in having that knowledge, you have the equipment to have the very best of this life, upon this planet.

Ponder my words this time; each one will review them in a slightly different way, according to their own progress. But each one will find realisation, that what is within, is ultimately what you have made it. I leave you now my dear friends, with my ever-increasing thanks for your love and your welcome. Until we come together once more, we give thanks for all that we can achieve.

Les: Thank you again for all you have told us. God be with you.

Eileen then channelled another, who needed to come through into the physical, though did not require any particular dialogue. Finally, one through Sue touched on what had been said by Salumet earlier:

—I will say before your meeting comes to its close, that the information received into this room this time, was of benefit and was necessary. So, of course as you were told, your question was expected. We always have a purpose in mind and nothing, nothing is said or occurs by chance. Sometimes these things seem to take a long time in your time-span to happen. But believe me when I say, in actual fact it is only like a twinkle of the eye.

Les: Yes we don't understand the time difference, but we do accept what you say.

Even when it is your time to come to us, even then, you will not fully understand the time-scale. It will take some time to become aware of the difference and the reasons for it.

Les: Yes of course. Thank you for telling us—(Thanks + farewells)

~23rd February 1998~

Good evening.

All: Good evening.

Your anticipation and welcome brings me to you once more.

Les: Very nice as usual to have you with us.

Let us this time, give thanks for this joining together, this union of like minds. Give thanks that we come together as ONE, in expectation of growing spiritually together.

That is our endeavour this time. I hope dear friends that each successive visit with you, brings us in unity each time, more closely.

Les: I'm sure it does, it does with me, I think it does with everybody else, doesn't it? (Agreed)

I would like this time, to talk with you, about a much-used word in your world, *'wisdom.'* If you are willing, let us have some debate upon this topic.

Les: That would be very interesting, because I think *wisdom* and *knowledge* are often confused and it has for many, many years, been part of my prayer, to ask for the *wisdom* to use properly, the *knowledge* of which I am given.

Yes, it would suffice I think, if we could have individual views, on what you think is *wisdom*.

Les: Yes, shall we start with you Margaret?

Margaret: knowledge of *life*, isn't it? What you've learned through life, then it becomes wisdom.

Les: You think its knowledge?

Margaret: Well, to have wisdom, you have to have knowledge, don't you?

We will hear all your points and then I will speak at the end.

Les: Thank you, George?

George: I would say wisdom is the proper use and application of knowledge; it would also come into the further seeking for knowledge and the use of knowledge to the common good.

Mark: I would say that it's the appropriate use of knowledge, the right use at the right time. It's a bit like when we were talking about truth. When we were talking about truth, truth was relative very much to the time and the meaning of the person, but I think wisdom has a more concreteness about it, but it must also be relative as well, I would have thought. But I don't know, it's slightly different from truth, it's more to do with the application —

Les: Right, if we could stop there please. Sarah?

Sarah: I have a feeling that wisdom is something—an inner help you get with wisdom. Knowledge is something you've *learned* and wisdom is something that comes from *within* you. You don't know why you do certain things, but you do them. It's—how can I say it, it's not spiritual, but it's something you're helped with from inside, rather than something that you just know.

Sallie: I think the ultimate wisdom, is a form of understanding.

Jack: Wisdom, yes—the way that you use your knowledge I would say and what you gain in experience. I would define it as the way experience has taught you the way you should behave and I think wisdom is actually applying that.

Dawn: I think wisdom comes through experience and also due to a certain amount of intuition.

Les: Right, and I think wisdom is mainly the ability to know when we are not as wise as we think we are. That I think would sum it up, because we can never require sufficient wisdom, to be cognisant of the requirements of everybody else around us, and that I think is what we must all strive to do.

Yes, my dear friends, your answers are the usual amongst human beings. You are unclear mostly, about the use of the word; it is not a word easily defined. Your understanding, your knowledge, belongs to the *physical*. Let me say this to you about wisdom: You are human; wisdom my dear friends, can never be achieved, whilst you are on this Earth. Your explanation of wisdom is mainly a physical one, combined with the word understanding, the gaining of knowledge and so forth. I would say to you my dear friends, wisdom whilst you live in these bodies, has to be the elimination of all extraneous thoughts, emotions and human compulsions, before you can even begin to consider wisdom. The young lady was partly correct in her saying, when she said she does not know where the understanding comes from. It is an innate emotion within you all; the spiritual aspect of oneself. I do approve of your human word, '*oneself*,' because in this existence, that is all that you are.

Wisdom therefore my dear friends, is a gathering of spiritual knowledge of each *self*, which is gathered together, to be taken forth, with *love*. Wisdom is a fragile gift; wisdom is the inner knowing of life itself, for surely does not the sunshine follow the clouds? Is that not wisdom? Is the doing of an act, which you would not truly do for yourself, but for another, is not that wisdom?

Les: Yes I suppose it would be.

Do you see what I am striving towards? Wisdom is not emotion, wisdom is not a gathering of knowledge, wisdom is something each one of us continues to seek and which we can never attain, because always there is more to know, because your consciousness is ever-expanding. Do you not see, that in seeking wisdom that is what you are searching for? Can you begin to follow me, dear friends? (*Affirmed*)

Les: Yes I think we do, so to clarify a little for us, we have to look upon with a different meaning don't we? **(Yes)** We have to recognise that wisdom is the need to try always, to attain the spiritual, **(Yes)** rather than concentrate on the physical attributes?

Yes, you seek and ask for wisdom, when what you mean, is to be given human understanding of all of human life. Do you see the difference? (Yes) There is a difference. (Yes —) You were correct, when first you spoke about the difference between knowledge and wisdom. Wisdom dear friends, comes only—

comes only and I say this with love and sincerity to all those I have communion with—wisdom comes only to those higher beings, who have attained such position in spiritual knowledge and love, that they have grown so, in their own consciousness, to become part of the whole. Only then, does wisdom begin to show itself, can you understand? *(Affirmed)*

Les: Yes we can; so we have a very long journey before us, before we can fully appreciate what wisdom is? I would rather dear friends, in your prayers and your thoughts, not to ask for wisdom, because wisdom belongs to you naturally, it *will* come when you are ready for it. Do not seek it whilst you tread this planet; rather ask that you be shown *truth*—and *knowledge* if you must. Ask that you be guided, that you have the ability to eliminate all that *stuff* that is unnecessary to you. Only then will you have clear-seeing, only then will the understanding come to you, that *life* on this planet is hard work and only then will that love within you, come forward to encompass you and to lift you into that *Great Cosmic-Consciousness*, to which we all belong.

Les: Yes, Jesus had the same thought in mind, I imagine, when he said, ‘*What shall it profit a man, if he gain the whole world and lose his own soul?*’

That is one expression, yes. You must be your own overseer of the soul. After all, you have the responsibility to care for, to nurture and to allow that soul *structure* in its lifetime. You must allow the soul to grow and again dear friends, I speak not only in physical terms; you must have balance in your lives, of course you must, how else could you survive? But what I say to you is this: Leave wisdom to those who have attained some degree of it and who will help you, when the time is right. Ask dear friends only, that you can extend your love to all of mankind, to all of humanity and to genuinely give of yourself. What point is there, of asking for understanding, if you do not make use of it properly? Are you not being hypocritical in your daily lives, if you ask for something and then deny the knowledge that you are given?

Les: Yes it would be hypocrisy. You’ve set us another big task.

I would say this to you, my dear friends and I will use this word wisdom only once in connection with your physical being: **True wisdom, is eradication of all that is unnecessary for the soul’s growth. But the true wisdom is in knowing oneself. There lies the seed of wisdom.**

Les: Yes I can understand. I think everybody else is clear on that, is everybody? *(Affirmed)* Are you sure, because I’m sure Salumet will take a question if you have it?

Yes, I would rather we discussed it fully this time, because I do feel it is a step that each one of you must make, a step in understanding.

Sallie: I’ve got one question please. **(Yes)** I didn’t quite catch what you said, maybe that’s why I’m confused, but you said something about asking for understanding, being hypocritical and I didn’t quite understand what you meant?

No, in asking for understanding and not putting it to its correct use, would be hypocritical—better that the words were never spoken, do you understand? *(Pause)* No, she is confused.

Sallie: I’m still confused, yes.

Each one of you, at some time or another, seeks knowledge and understanding in your daily lives, do you not? *(Agreed)* When the understanding is given to you, it matters not about what, how often does that understanding be thrown by the wayside?

Les: Because it would conflict with our physical desires?

Yes, that is where I say, you would be better not to ask, it would be better to be ignorant of the knowledge. If it is given to you, it is up to *you* of course, because of your free will, but ultimately it is your choice, whether or not to use the knowledge given to you.

Les: Yes because if we ask for it, we are implicitly accepting the responsibility, for using the understanding that we are asking for. **(Yes)** And if we don’t use it and accept that responsibility, then I quite see what you mean, it is hypocrisy.

Of course, I use the word in your physical language, for understanding only, but I say to you—and again I return to my favourite word, ‘*THOUGHT*,’ and how important that is to each one of you. That is why I

say, wisdom is the elimination of all extraneous emotions. Why do you seek, if you do not use? Do you follow me?

Les: Yes I do, are you clear Sallie?

No she is not.

Sallie: I understand what you've explained, **(Yes)** I understand the words that you're using, but there's something that doesn't sit right with me about what you're saying, but I don't quite understand what it is.

Yes, you feel that you have the right to ask, of course you do. But what is the purpose of asking, if you do not follow through with the knowledge that you are given?

Sallie: I understand what you mean, but there's also the feeling that unless I ask, I don't even have the opportunity, to perhaps work with that understanding. Perhaps I'm putting myself at risk, because I could be given the understanding and not use it, but there's a possibility that I could use it.

Of course and that is where your free will comes into play. But what I would like you to know and to understand, is that if you are to grow spiritually, you must have full control of your thoughts. (Pause) She does not understand and is not ready for this information. We will leave it with you and I will try to help, to make it more clear to you, in your sleep state.

Sallie: Thank you.

Les: If I might say Sallie, I believe what Salumet is trying to get through to all of us, is that having asked for understanding, we must not even *think* of doing something which would effect that understand, or deny it, which is often our physical habit; we want to do the spiritual thing, but our physical inclination, **(Yes)** makes us not do it. We mustn't even *think* of exercising that physical inclination.

You must, if you are to become *aware* spiritually, you must have *command* of the *physical thinking*, you must have *command* of the whole *physical being*. After all, I am sure you are aware in your world, of many you call masters—are they not concentrated beings of thought? You would not find in any one of them, extraneous emotional thought that is not useful to mankind. That is why they have grown so spiritually, it is the control of the emotion, control of the thought, control of understanding and the need to give love to all, without thanks.

Les: So basically, we have to guard our thoughts Sallie—all of us; that would seem to be the answer.

Sallie: There's something I'm missing in this conversation and as Salumet says, maybe I'm on the wrong track, so maybe I'll take it away and sleep on it, yeah.

Yes, clear your mind my dear friend, her understanding at this time, is not ready. After all, did I not tell you when first I came, that we would have many difficult conversations, that you could not all, in your own developmental stages, fully understand?

Les: Yes, you did that.

So, do not feel my dear friend that you are lacking because you do not fully understand. Be assured that it will come to you, when you have fully opened to it.

Sallie: Thank you.

Les: Any other questions? I think Salumet's covered it pretty fully, in what he's told Sallie.

It is a difficult topic, because most people think of wisdom as a physical attribute, something tangible that can be touched and felt and seen in others. I am here to tell you dear friends, it cannot be so simple.

Les: So to sum up then, wisdom is a spiritual asset, which we have not yet attained, not even really thought about properly.

I would say that after all, *one self* in one lifetime, how much wisdom could you attain, in all of eternity?

Les: No, you're quite right. Again we're thinking in physical terms of one life, aren't we?

Yes, that is why it pleases me to hear your term '*one self*,' after all *one self*, in one lifetime, is but an iota of the whole.

Les: Yes well that certainly does make it clearer, that we have to recognise that we must not regard this one life, as the only method of learning.

It is not the ultimate, of course it is not. Your understanding is such now that you know or should understand that the knowledge gained in one lifetime, is *nothing, nothing* to what can be *achieved*.

Les: That makes it clearer for us all certainly, doesn't it? *(Agreed)* I'm guilty as well as the rest of you—you're not getting out of it any of you—*(Chuckles)* I was just as bad, only thinking of the one lifetime, which is the crux of the matter, I think.

That is what you must all dwell upon, that you have come together this time, as like-minded people, but secure in the knowledge, that at least in this lifetime, you have had the chance and the opportunity to grow spiritually and that your lives have taken the correct pathways, to love and to light. Enlightenment in this lifetime, has been much for some of you, and for the others who are new onto their own pathway, there is a long way to go, but nevertheless, you have accepted and you have all dear friends, stepped into the light of knowledge. I thank you this time, for listening to me with love and with patience. I can feel the confusion within some minds, but I say to you, everything can be achieved, if you will open yourselves to those who come to you, to help you and uplift you, to bring you awareness, to bring you the help that is needed when it is needed. If you will but open up your hearts to them, you would be surprised how much less difficult, life could be for you. Come to know yourselves, and you have the beginning of much growth.

Les: Thank you very, very much. *(Affirmed)*

I do hope I have not tired your thinking? *(Enthusiastic thanks/gratitude expressed)*

Les: You've given us I big 'jerk up,' in our expression—we're thinking like mad at the moment.

I feel it, I feel it.

Les: It's a wonderful avenue you've opened.

I am always warmed by the affection and the openness of your hearts. It gives me joy to know that at least the physical brain is kept alive; that many thoughts are pondered and I ask that you use those thoughts wisely, wisely, wisely *(Voice gently fades)*

Les: We're very, very grateful for what you've told us tonight, it does for me open up a completely new wide avenue of thought and I'm sure it must do for my colleagues here too, *(Agreed)* because we do tend to think only of this one lifetime and that we must not do.

I hope that in this lifetime that this lifetime will be one, which you can reflect upon, as being one lifetime of greater understanding.

Les: Yes I think we shall be able to say that, thanks to your being with us.

As you all reconnect to that centre of love and energy to which you belong, I know that each one of you, will find that this lifetime has brought you closer to the unity of perfection, to which we all seek.

Les: I'm sure it will have, quite sure of that. I was thinking of you two or three nights ago actually; I was watching a TV program, and photographs of the sky taken from telescopes in space. No doubt they are still in their infancy, compared to those on some other planets, but I thought of you, because these telescopes are bringing to us the colours that we are not able to see with the naked eyes and the immensity of the Universe is just staggering. You've told us many times, but to see it, as we can see it now, really is incredible.

Much is growing within your planet—the seeking and the searching without into the universe. But your universe belongs to such a tiny portion of all existence, I could not begin to explain to you, in understandable terms, how minute you are.

Les: I can quite see what you mean Salumet, having seen those pictures the other night, it was staggering. I don't know whether anybody else saw Patrick Moore's program? It made me begin to realise the immensity that we'd been told of.

When you begin to feel the unity and the oneness of the Cosmos, then truly you have the beginning, of understanding of all spiritual matters.

Les: That's interesting you should say that, because I had a peculiar feeling, that although it was so immense, that it's beyond our comprehension, but I felt part of it.

(Salumet's voice is now a gentle whisper)

Yes, and you should, because we are all part of it; there is no divisions, you can see planets, stars, universes, but all is part of each other, as we are, when you feel the unity, the joining of spirit, indeed you have begun your journey home.

Les: Splendid, yes it was a peculiar feeling, but a very comforting one, I must say.

Yes, that is a human word, 'peculiar,' it should be *natural* for you, it should feel good, secure comforting, it should encompass you, within the feeling of *love*; in order that your knowing comes to you, that you are not separate, but you are *intertwined*, within the *Great Creative Force*. Feel it within you, know you are part of it.

Les: Yes, it is in some ways frightening to recognise that we are part of such an immensity.

Do not be afraid, because each one of you shines forth, in your own state of love and light, without which, others could not exist. My dear friends, I leave you this time; I wish that I could gather you all to me, to join me on my journey *home*.

Les: We would like to be with you; we shall have to be with you in thought.

Always you will be, but one day, one day we will be joined together, in your spiritual home, with the greater understanding and knowledge, with love abounding from each one, secure in the knowledge that you have attempted the very best that you can.

Les: We look forward to that time. I have one brief question to ask if I may, we had a gentleman, who's very interested in learning more about this work. He came to another meeting, but I wouldn't ask him here, to one of your meetings, unless you approved. If I have your permission, then I'll invite him as a guest one evening. I think he is sincere in his interest.

His enquiries are genuine. Therefore if the others have no objections, then I cannot see any reason to deny him.

Les: Thank you very much, I'm sure he'll be very interested to hear you.

I will leave you this time my dear friends. Know this: That the time is closer when I will be even more strongly with you. Be patient, accept what I bring to you and know we have much to offer you.

Another immediately followed through Eileen, with a brief message for Mark, before we closed.

~2nd March 1998~

Good evening. (*Welcomes*)

My dear friend, forgive my slow introduction to you this time. Power association and unity with this instrument, becomes ever stronger. And so for a little time, our connection with you may be a little more difficult.

Les: Right, thank you for telling us.

I hope my dear friends that our words last time have been of help to you all. I know that for some, it created new avenues of thought.

Les: It certainly did for me—I've already been passing on those words to others, since our last meeting.

I am aware and am grateful to you all, after all, is that not your purpose, in being available to us, that all extended knowledge, be shared by all?

Les: Of course, that's another reason we are so grateful for what you bring to us, because it does give us an opportunity to discuss with others, who don't attend these meetings.

If it creates thinking within those people, we could not ask for more.

Les: I'm sure it does, because at least two of the people I've spoken to were most interested and admitted that it was an entirely new avenue of thought for them.

Yes and this time my dear friends, I would like to speak with you, about thinking, *thinking*. Many peoples of your world are confused and puzzled, when it comes to the differentiation between what I would term 'intellectual thinking' and 'intuitive thinking'. They cannot distinguish between the two and that is understandable; after all, all thinking has a purpose in your world, whether it be intellectual thinking or intuitive thinking. In groups such as these of course, we would expect that intuitive thinking would be recognised more easily and used for the purpose for which it is intended. I hear your questions now: '*How can we know the difference?*' There are some within this room, who ponder this question on many occasions, are there not?

Les: Yes there are and I'm one of them.

Yes, can I try to simplify this matter a little for you?

Les: Thank you.

When your thinking comes from the intellectual brain, belonging to your physical mind, there is an urgency to have that thinking, to have that thought brought to fruition. With intuitive thinking, it comes more slowly; sometimes over some time and will always appear and return to you *many times*. The fleeting thinking of intellectual thought, you can make disappear instantaneously and not return to the thought. You cannot when it comes to the '*in-tuition*', because it comes from within and also without, from those of us who wish to help you. Do you understand?

Les: Yes, so would I be correct in referring to that as spiritual thinking?

Of course, because your intuition is spiritual thought.

Les: Yes I thought that would be the answer, because to me they are the same and my next question if I might, this intuitive wouldn't necessarily be only on esoteric subjects, but could have an affect upon ordinary day-to-day things in our lives, yes?

Of course, it would be of help, for information to be given to you, to be purposeful in your lives.

Les: And that would be because you could see the result of the action taken on that thought, if we did take action?

Of course.

Les: Thank you, now we're getting somewhere—this has been puzzling me for a long time.

That is why we must dedicate some time to this matter.

Les: Yes I'm very, very grateful because, it hasn't actually worried me, but I have been puzzled for a long time now, at the recurrence of thoughts, which were simply on day-to-day matters and they haven't been put to rest, until those thoughts have been activated and dealt with.

That is the difference between fleeting thoughts and intuitive thoughts. We can inspire, we can continue to help you with these thoughts, the thinking that will help you to progress in your daily living.

Les: Yes well this is really most satisfying, because not knowing precisely what it was, now you have explained it, I can understand why sometimes I've felt compelled mentally, to say 'thank you' for that thought. **(Yes)** And have gone on to act on it.

There should be no urgency in intuitive thought, as there is in your other thinking, although I must say the intellectual thinking can feel to be compelling, it is not. You must take control of this thinking, you understand?

Les: Yes I certainly do and that's really opened up another new avenue for me, because it has as I say, been going on in my mind and brain for a long time—I've been aware of these apparently intermittent thoughts recurring, until I have taken action.

Yes, it is part of your growth, it is part of the understanding of the self. When you know the self, then you know and understand thought.

Les: Yes, and what has interested me too, is that on several occasions, when thoughts have been, or the actions from those thoughts would be to the advantage of other people, it has been almost a compulsion to deal with it at once. **(Yes)** It happened once or twice in the background as it were and then quite suddenly I feel that I've got to do it.

Do you not see my dear friend that thought, intuitive thought, is a giving out of energy to another, on most occasions?

Les: Yes, of course it would be.

And you must think of energy as a gift, as a giving to another.

Les: Which in turn, must be passed onto another?

That would be the scheme of life and not always happens, but that is how it should be given. Give of yourselves, give of your thoughts, use those intuitive thoughts constructively. After all, you still have command of these thoughts, whilst you are in these bodies. You have the power to ignore or to use; always that power lies with you.

Les: Yes, that's our free will, isn't it?

But in recognising these things, does it not help you, to know and to understand that these thoughts should not be ignored?

Les: Absolutely it does help.

Now, does one have questions this time?

Les: Yes, before we leave this subject, if I might ask if any of my colleagues here, have had similar feelings that I have had, in the difference of the thinking?

Sallie: Yes definitely with the intuitive coming back to you.

Margaret: Until you actually do the thing.

If I could perhaps suggest some way of helping that is quite simple: As the thought comes, try to push it to one side, try to deny the thought and see if it returns to you. If it returns once, twice, thrice, then you know it is intuitive thinking.

Les: Yes, it's amusing, because it's precisely what's been happening to me!

Yes, that is your intuitive thought.

Les: Thank you very much indeed, I'm glad I've acted on them.

Although your other thinking can be compelling—wants to be brought to fruition—if you deny the thought, it will be gone. Do you see the difference?

Les: Yes you're quite right.

George: Could I also suggest that with intuitive thought, one instinctively knows that the body of the thought is correct, whereas with intellectual thought, it has to be proved.

Yes, there would remain the uncertainty, yes you are correct.

Les: Yes the acceptance of the intuitive thought is instinctive, isn't it?

Yes it comes from within my dear friend, yes.

Les: Good, that's most illuminating, it really is and...

Does everyone understand now?

Les: Everybody clear on it? (*Affirmed*) We can discuss it after if you like, because I don't think Salumet is here for very long tonight. I have one question, if you can take a question now?

Of course.

Les: Thank you, you have told us many times in the past to always check if we are unsure of our happening.

(Yes) You are probably well aware of the incredible happening, which has never occurred before, in all the years I've been working, at our last meeting on Wednesday. You are aware of it, I believe? **(Yes)** Is it correct, what was said?

May I remark upon this?

Les: Please.

Yes, partly a little—I don't know how to put it into words—embroidery, but basically all is well. But there was just a little embroidery, but nothing that would dismay me.

Les: So the basis of what was told us, was correct? **(Yes)** Thank you very much, because I had no doubts about the instruments whatever.

No, do not doubt them, but be careful sometimes that they are not too excited by what happens. That is the only cautionary note I would put to you, you understand?

Les: Yes thank you, I do understand, and I can understand their excitement too.

Yes of course and we do not want to dampen any enthusiasm on spiritual matters.

Les: No, well thank you for confirming that. It was so realistic, that I didn't really have any doubts, but you know my attitude now...

Can I say this to you, my dear friend? (Please.)

If I was to know or feel that things were not correct, I would tell you, because our purpose is not to mislead in any way, but as you know, there is a possibility, in *genuine* people, to become over-excited about these matters.

Les: Yes you're quite right, that's why I like to check, to make quite sure.

Yes, do not doubt, all is well.

Les: Thank you very much for that and it'll give them wonderful assurance too, because we all felt very honoured that it should have happened.

Yes, if you feel the love and the upliftment by all, you can begin to realise that it would not be felt so much, if things were wrong. You understand?

Les: Yes I do, and thank you again for the confirmation, because I shall pass that on to the instruments, to give them assurance too.

Yes, now for this time, if we have no more questions, I will leave you, only to work with this instrument for a short time and allow another to come.

Les: Thank you, God be with you.

I'll tell you all about Wednesday afterwards.

There then followed one through Sue:

Talk only for short time—to have more time with this one, for communication. I give you the name of High Waterfall.

Les: Thank you.

I say to you, every person here, has bright and shining horizon. I say to you, use your psychic eye and look further than you can see. Look and you will discover the secrets of your inner mind.

Les: Yes, we would like to be able to do that, the difficulty is learning and knowing how to do it. You were far more experienced in those ways.

Spend quiet moments in tranquillity, look inward and you will be able to look outwards and forwards. Be of sound thought, do not let doubts creep in, accept every small particle that you see as truth and then the sky will open and your horizons will become close.

Les: Thank you, we shall certainly try and what is the totem within us that we should be looking for...most often?

Look and feel the peace, even in inner turmoil, there is peace. Do you believe my words?

Les: Yes I do.

Rugged pathways are only a lesson in peace.

Les: Yes we do understand that since the Universe is subject to the laws of cause and effect—if there is turmoil then there must be peace, if there is peace then there must be turmoil.

You cannot have black without white. There is no grey, no grey—you understand me, no grey?

Les: Not in the spiritual context, only in the physical world.

You all must try to feel the inner peace, the spiritual land which has been yours, is yours and will always be yours. Do you understand what words I say?

Les: Yes we do understand and we thank you for them.

Negative is not good, negative breeds fear and fear cannot be spiritually beneficial to you.

Les: No, of course not.

Face your fears, hold up the white light of love, so that any fears recede and die. I speak truth, but I do understand the difficulties you have in applying them to your life, but all I can say to you is try, even a small amount will bring you light and success, in smoothing out any rugged steps, which you feel you may fall upon. Do you feel my words are harsh?

Les: No, we think they're very sensible. The only harshness is in ourselves, trying to understand how to do it.

Can you understand when I say to you, that there are times when we could beat our heads upon the ground, in frustration?

Les: Yes, we could join you in doing that.

But we understand, we understand that what is clear, like crystal water, is like a muddy pool to yourselves.

Les: Yes you're quite right.

But it is no good using the stick to stir the muddy waters, you must let that water settle, that any dull and muddy particles sink to the bottom, allowing the clearer water to rise to the surface.

Les: Yes we understand what you say and will certainly try to do that, because we know the wisdom of your words—and we thank you for them.

You will not ever be alone in your endeavours. Each one of you will have someone at their side, influencing, guiding...

Les: Yes we're quite sure that you're with us and we're very grateful for the knowledge.

Think upon my words and try, try to put fear behind you.

Les: We shall certainly try to do that.

We only wish for you to look forward and see the bright light on your horizon, like the sun rising in the east.

Les: Yes we shall do that.

Your suns will never set, they will always be in the ascendance.

Les: Good, that's very comforting.

I give you great blessings and love from High Waterfall and will give what help I can to open the new channel in your souls.

Les: Thank you very much indeed and we all thank you again. God be with you.

Ar kee nyah, ar kee nyeah pah

There then followed one briefly through Eileen, who had been before:

Good evening. (Welcomes)

I'm only here for a short time.

Les: Stay as long as you wish.

No, a short time.

Les: That is as long as you wish. *(Chuckles)*

I've been privileged to return myself again. I told you I would send someone to you, do you remember?

(Yes) Yes, well I'm allowed to step in this time, just for a short time. Do you remember your question?

Les: Which one...I ask so many.

Yes I know, you obviously do not...yes your question was about eating meat, do you remember? And you asked me if in saying thanks to the animal before it was killed, did that make a difference?

Les: Oh yes I remember now.

Well I was most surprised myself by the answer: Yes, the animal would prefer not to be sacrificed for human consumption, but if the thought is good and thanks given for the animal life, then in some way that makes matters ok.

Les: That's interesting, thank you very much. I know a lot of the tribes did thank the animal before they killed it, didn't they?

Yes and people still do, I'm told, but the animal would prefer to live life to the full.

Les: Of course—that's understandable.

So I hope I've brought the answer to your question.

Les: That's very kind of you and we do appreciate it. Now of course we have to ask ourselves whether, in view of the fact the animal would prefer to live longer, are we acting detrimentally to our own spiritual progress, by taking its life?

I have been instructed that you have been told it would be better to refrain from this act, but consequently the choice is yours.

Les: Yes, we have been told, you're quite right.

Yes, well I also have to say, it's much more damaging to curtail the life of an animal who has received human love, rather than the beast in the field, I have been told to tell you.

Les: That's understandable too, (Yes) because to take the life of an animal that has had human love, would be denying that love, wouldn't it?

There is a little twist I think, because you don't fully understand that the animal in the field, can feel the love from the human, even in mundane tasks, such as feeding and watering.

Les: Is that so? They feel the love for the human, do they?

Of course it is a love act, isn't it? (Agreed) I too was surprised by these answers, because when I came to you I told you I had many troublesome times, coming to terms with meat-eating and that you must not torture yourselves too much. Do you remember? (Yes) Yes well you see I too have learned something.

Les: Good, so we've been helpful to each other?

I should say so!

Les: That's very nice and we do appreciate you coming back, as you promised.

Well I didn't promise, so I'm really surprised.

Les: I mean the answer you promised—I put it badly.

Yes, I did go back and find out, to see if it could be given to you.

Les: Thank you very much indeed, we're all grateful to you.

Yes and thank you again for your welcoming. Goodbye.

Les: Goodbye and come back any time you wish.

I wish...

(We then closed and had our usual tea)

~9th March 1998~

The first came through Eileen, to explain the plan for the evening. Eileen was to be used quietly. It was suggested that the rest of us discuss spiritual matters, whilst the work was done. There then followed a 'rescue' through Sarah involving a drowning. Salumet then spoke:

Good evening. (Welcomes)

I could not leave you this time, without just a few words.

Les: Thank you very much, that's kind of you.

Your discussion this time has been of much interest to me, because my dear friends, you are speaking about that important word, 'Thought.' Do you see how much and how far you have come in reaching this discussion?

Les: Yes I suppose we *have*, looking at it like that.

All of you are indeed ambassadors for spirit; to give the knowledge that you have received. But I would say only this to you: Do not be foolish in your thinking; your acceptance of spiritual matters is individual to you all and therefore the attraction to others to help you to convey those thoughts must be considered.

Les: Yes we understand that.

When you have reached spiritual truth, there is no need for the expression of words. Show others by your example—the example of your physical living. And here, I wish to speak to the gentleman who was so passionate about physical living. I understand his thinking and I say only this to him: Of course, in a physical world, there has to be physical actions, but always these actions must be guided and if truly within your hearts you can say that your actions have been guided, then you have nothing to fear. But there comes a time in your development, when physical actions MUST be thought about most carefully, because in taking action, especially actions that you have spoken of, you must remember that you will be responsible spiritually, for all words and actions taken. I know you understand this and I feel that the interaction of words here this time, became confused.

Jack: I think you're right, yes. No, purely my contention, is that we are actually *here* in this physical set up, to do something in this physical set up, regarding spiritually—

Yes I understand my dear friend. Always be guided by spiritual thinking (Yes) and the actions will follow. I am most happy to have joined you in this conversation. I am most pleased that we have attained such positions in your development that has enabled each one of you to speak so. Those who have not expressed themselves in words this time have been quietly engaged in their own thinking. To you all my dear friends, I say continue, continue in your thinking, do your best, you cannot do more, and all will come right for you. (Thanks expressed) My love for you remains and I know that all will feel much uplifted this time. (Thanks expressed) I could not allow this time, to go without these words.

Les: We do appreciate you taking the trouble.

Until next time, may each one of you continue to follow your chosen path.

Les: With your help we certainly shall. God be with you.

There then followed another through Eileen, called Jack. He was a jovial chap, who helped to lighten the meeting at the end. He referred to the drowning mentioned in the rescue earlier, and how it sounds a lot worse than it actually is. (Speaking from his experience) He went on to speak about his love of flowers and how they bloom as long as you want them to, in spirit realms.

~16th March 1998~

Eileen had a tickly cough this evening and needed a bit of healing. Salumet did not speak, nevertheless an enlightening evening followed. The first came through Eileen:

Hello. (Welcomes)

We wish to thank you for waiting for us.

Les: Thank you for taking the trouble. I know our instrument isn't as fit as you'd like her to be. I think it's very brave of you.

It makes no difference, but the one you expect will not be here, but we do not mind, we can manage with this instrument this time.

Les: Good, I'm glad we waited.

We would like to say that the instrument we are using may or may not know that although she is not what she considers in full/good condition, she's been helped quite a lot. We cannot allow workers who have so much to do, to be incapacitated for too long.

Les: No I'm sure you'd rather we were fit to work and you've helped me I know.

Yes you do understand, yes.

Les: And I'm sure your instrument will.

Well I thought it best to tell you, in case she does not, I do not know. But this time, we wish to speak to the lady who sits close by to me. (Sue) This lady has opportunity coming to her, opportunity that she must not let go by, because this opportunity enables her to grow spiritually.

Les: Did you hear that Sue?

Sue: Yes (Faintly—it was difficult for Sue to talk as she was in trance)

Yes, we know that she is being used, but it is necessary that we issue these words this time to her, because the time we speak of is in your near future. She will know the circumstances when they arise and she should not push to one side, the opportunity that is coming to her. She will have doubts of course, but she must be strong in her determination to go forward. These circumstances are set around new unknown people to her. Please remember these words, they are important for you and we do not issue them lightly. (Thank you.)

Les: Thank you very much for that.

You friend, I am being told, have found that recently that much has grown in your world and I speak spiritually, not physically.

Les: Yes much has grown.

Yes, there has been an expansion of your understanding, I believe?

Les: Yes you're quite right, there has been.

Yes, this will continue of course. Once you have trodden this pathway, there is no returning. But of course, I think I utter words that you already know.

Les: But it's nice to have verification of them, anyway. (Yes) And there is a very big expansion going on throughout our world, but of course it hasn't come to the forefront yet.

There is much to come to this planet, of course there is; I do not know so much, but I have the understanding that there are many happenings to come.

Les: Yes, you're quite right, we have been told that.

There is an air of expectancy I think I can say within our world, in certain areas of teaching, we are being informed of great steps being taken.

Les: That's very good news for us, thank you; we certainly need it in this world.

Always be aware that you can make a better world. Do not always be so negative, but look forward to the brightness, because there is brightness to come.

Les: I think all people who learn something of the spiritual side of life, do begin to do that automatically. *It should come automatically, as your consciousness grows I agree, but to some there always will be doubts, always negativity, always a falling backwards.*

Les: Yes it is unfortunate, because they miss so much, don't they?

But that is your human nature, it is only to be expected and we see it so often, that at times it is quite hard to be continually uplifting someone, to raise them to go forward. But of course that is the task of many from my world and we do it openly and with love in our hearts.

Les: We do appreciate it, it must be very disappointing—I was going to say *frustrating*, but it wouldn't be frustrating, because your understanding of us is too much. *(Yes)* But you must be disappointed sometimes, at the reaction you get from us?

No, I would not use the word disappointed. (No?) No, it helps us—it helps us to help those who need it most. It is a little more work perhaps, but we do not feel disappointment. In fact it gives us the upliftment to go forward and help.

Les: Yes I suppose it's a form of challenge to you again?

Yes, that is a better word.

Les: That you intend to overcome, regardless of the circumstances.

Yes, there is no—how do you phrase it, 'giving up on one?' (Yes) No, that would not happen.

Les: I think we begin to appreciate that here, don't we? That having one's feet on the path, there's no question that we shall want to continue on that path and it does give us all upliftment, even if it's in different degrees. Would everybody agree with that? *(Agreed)*

Yes, when your dedication is looking for the truth, then you can only be sure-footed, that is true. Yes, but of course with the natures that you have, with these bodies and the brains that you have, there are bound to be times when there is bitter disappointment and a lack of how can I say, 'faith' in the truth.

Les: Yes that's understandable I suppose, but we must learn and I think we do learn here, how to overcome those temporary setbacks.

Yes that is a big step forward for you all. When you can face adversity, when you can look it full in the face and not allow it to surround you, to beat you up with disappointment and grief, then indeed you know you are following the correct path. I could not say that to many people, but in groups such as these, we find that each one uplifts the other, in ways unknown to each other—it happens.

Les: Yes that I can understand too, because there's so much that's a mystery to us, that personally I just accept that there's going to be a lot of mystery. But I accept that fact and work within it, *(Yes)* without wanting to know the reason for the mystery, or an explanation of it, because we shall never get it anyway.

No, but in groups such as your own, each energy feeds upon the other.

Les: Yes, it's an interdependency again, isn't it?

That is what congeals you together, yes of course it is—it is most interesting, is it not?

Les: It is something well worth learning and I'm very grateful for the teaching we have here.

I do believe that the one who comes to you, brings you much; I do hope so because there is so much to learn.

Les: Yes he does bring us a great deal.

Yes, I know from my own experience, that in these halls of learning, we are taught so much. We are always learning there is no end to learning and each step takes us forward, just that little way further, to encourage us onwards, onwards and onwards.

Les: Yes I remember a long time ago, somebody from your world told us that if ever we thought we'd learned enough, then they would cease coming.

Well, foolish words to think each one knows it all; even those in our world who come to teach many, would be loath to say they know too much.

Les: No, some of them do say actually, that they can only tell you from their knowledge, at this moment.

Of course, any communicator who comes to you, can only give you what they have learned to that point in time. They cannot give to you, what they do not have. That is why there are so many contradictions in your world, from so many communicators. It is not that one is wrong and one is right—please try not to

look upon these communications in that way. You must take each communicator and judge for yourselves, that what we give to you is acceptable to you, because once the acceptance comes, then we can move on.

Les: Yes, I'm certain that all of us have learned enough now, to question if we suspect anything is not quite what it should be. Not that we consider it to be an untruth, but if it doesn't tie in with other things we've been told, then it must be suspect.

Well it is suspect only to oneself, shall we say. (Of course.) It may be that your understanding has not reached that point. So I would say to you, judge not, listen to what is given to you. If it is not acceptable, leave it so and return to the fact later. And you may find by that time, all makes sense to you. You are growing all the time, as a child does. (Absolutely!) You would not expect a very young child, to be able to read a book full of knowledge. But in time, when the child returns to that book, all would seem so simple.

Les: Yes, I think that is what Jesus meant when he said, unless you are born again, you cannot enter the kingdom of heaven.

There are many such sayings, yes.

Les: Yes, we do have to be born again spiritually.

Yes, well we have said many times to many of your groups I believe, that what you call your death, is in fact your birth. Your birth here is in fact a form of death.

Les: Yes I don't think any of us here look upon it as death now, it's merely a transition from one world to another.

Yes, is there anything you would ask me?

Les: Yes, I don't know if you can or would wish to give an answer, but we've had a lot of controversy in this world, about the so-called abduction of human beings by aliens from other planets. They are alleged to have taken various parts of the human anatomy and then return the human being to this Earth. Is that so? ***You want to know if this is the truth? I can answer simply for you, YES it has happened.***

Les: It has happened? That's interesting, because some of the reports would appear to contradict other reports.

Yes, that is always the problem with anything of a nature that you do not fully understand.

Les: Yes and there's also the possibility of exaggeration of what has happened.

Yes, always take into account that you as human beings have a mind which can embroider—always keep that in mind. But the simple answer is 'yes,' there are in our universe, many, many forms of life and of course you have to understand that some of these forms of existence are far in advance of your knowledge.

Les: Quite, that I do accept, without any reservation. As we were once told, we are at the bottom of the pile in development.

Yes, but there have been—I would say, do not look upon these stories of abduction, where they feel harm is meant; that would not be the case—we do not have alien forces intent upon destruction.

Les: Well, I couldn't imagine that it would have been allowed.

No, no, you must be cautious in your acceptance of these words. As you human beings show interest in all that surrounds you, in what you call SPACE, is it not surely, that those who live without this planet, should not be interested in you also?

Les: It's perfectly natural, because knowing us, our human attitude would be—if we discovered a new life-form of life on the moon for instance, the first thing we would want to do is cage it and bring it back to show everybody. It's understandable that others might want to do the same with us.

Yes, their knowledge is far greater, but that is why the memory in most cases is wiped, because human beings at this time in their evolution find it difficult to accept.

Les: I could understand that it could happen, but I couldn't see the need in taking parts of the human anatomy?

There is no need to do that. Why should they, when their knowledge is much more expansive than yours? You must use your intelligence in all of these stories.

Les: Thank you, that's an interesting answer, I do appreciate it. Would anyone else like to follow on from that?

George: I imagine part of the reason for our variation in reporting, is partly due to variations in perception. Some humans will perceive in quite a different way to others. Some are more sensitive to what is seen.

Yes, I would perhaps say that if each one of you in this room were asked to describe my words this evening, that there would be variations and that is the nature of the human being, that none of you are infallible. So therefore remember that many words that you listen to on all topics, must be used with reason and your own understanding of the situation.

George: And where the visions of Mary have been reported, some people have seen and some have not seen, or some would see different things. ***(Yes)*** I imagine it would be similar with our impression of aliens? ***Yes, you human beings tend to feel that all that you see, feel, smell, is the absolute. Let me tell you my dear friends, that all of the senses and you have many more, vary so much, vary so much, that how could it possibly be that each one of you sees in the same way?***

Les: No, because surely our perception of apparent physical things, vary according to our spiritual awareness of them also?

Of course, that is what you must always try to understand. You may never understand, but at least you can try.

Les: And accept the possibility of a dual interpretation of what we are seeing or hearing.

Yes, none of you are perfect machines—I am being told not to use the phrase 'machines,' I apologise. Sometimes we look upon you and it would seem that you are but robots. (Said with laughter)

Les: You probably are amused at the fact that we even consider ourselves to be on the road to perfection? ***Yes, do we not all at times? Yes.***

Les: No, we are a funny mixture, we human beings.

I did not say that.

Lilian: Would they be coming from more than one planet?

Let me say only this: There is one galaxy in this particular time of your evolution that is most interested in your own Earth system. Yes, they come from more than one planet, yes.

Lilian: Thank you, so they'd look totally different?

There would be variations, yes. After all, look at the variations, in this very room! (Laughter) You are not the same.

Les: Completely different people.

Yes, could you imagine going to another planet and being described as all looking the same? No, why would you expect others to?

Les: I suppose the basic question is, those that would be interested in visiting us here, even though we are not aware of them, their intention is for our benefit?

They are interested mostly, it is interest—the same way that your scientists and such like on this planet, seek the history of the planet. They are interested, so they seek it out.

Les: In the knowledge for its own sake?

Yes, not for destruction, not for destruction.

Les: Not for destruction, that's important of course, but neither particularly for our elevation?

The time is coming and I think I would be correct in saying that much more is known about these comings, than has been let known at this time. (Yes —) I could not say absolutely, but I have been informed that much more is known, than the common people know.

Les: You're quite right, we're sure of it.

You do know, yes.

Les: But when it'll be released of course, that we can't know. But we have been told that it'll be in the not too distant future.

Yes, I can tell you categorically, that the time is coming, when these visitors will make themselves known openly. (Splendid.) It has to come, when humans lose more of their fear and gain more understanding then they can make an appearance openly.

Les: And of course we have a lot to do ourselves, before we are fit to welcome them.

Yes, you have many prejudices, the human race many, many.

Les: Well you can tell them, they're always welcome to come here. We should be happy to see them!

Well, you could do that for yourselves, couldn't you? (Laughter)

Les: I'm just taking every opportunity.

You want me to space travel for you?

Les: Well, there's no harm in trying, is there? *(Laughter)*

Well this is a source of amusement—you human beings—(Gentle laughter)

Les: Well we would ask them and welcome them, if we knew that they were getting our thoughts.

George: Could I enquire if some of the visitors have physical bodies?

(More chuckles) ***If they so desired! You see, their mental capabilities far outshine you, far outshine you!***

George: So the nature of the body would be adjustable?

Aha, yes! It is something this planet has not achieved up till now.

George: And that would assist them greatly, in their method of travel. ***(Yes)*** That's very interesting.

Les: Well I say again, they have an open invitation to come and visit us, if they wish.

Be sure—if you're sure it's what you want! (Laughing again) I'm not so sure you would openly invite them if they came.

Les: Provided they come in love and peace.

Yes, they wish you no harm.

Les: I've no doubt they would adjust their appearance, so that we wouldn't be too scared.

Lilian: They could take us for a whirl around the Universe.

Fear exists only within the heart of the seer. Do you not agree?

Les: I do. No, if they came with love, we'd welcome them with love.

George: It's the spirit that counts and not the physical appearance.

After all, do you suppose the human frame is so pretty to look at, with your small heads and long limbs? (Laughter)

Les: I think probably they'd be very brave to come and visit us. ***(Well —)*** In fact for all we know, you might be one of those speaking to us now?

(More chuckles) ***No I am not, but I am amused.***

Les: No I accept your word that you're not, but you could have been?

Why not? They can take the opportunity as we do to speak with you through another, yes.

Les: As you say, we are not all that pleasant to look upon—we might think so, but others might well not and think how ugly we are?

That is what I mean, fear lies with the seer, yes.

Now I think I have said more than I had intended, but I have enjoyed myself and I hope I have not told you too much.

Les: No, I'm glad you've enjoyed yourself, because we do appreciate you coming and we're very glad you've stayed so long.

I have enjoyed myself so much it would be pleasurable to return sometime.

Les: Please do, you have an open invitation and having seen us, we shan't scare you, I hope.

(Chuckles) ***I reserve my opinion!—yes.***

Les: Well it's lovely that you still have a sense of humour.

Yes, why do you humans assume we have no humour in our world?

Les: No we know you have and it's nice when you bring it to us like this. We were told long ago, if we bring our sense of humour with us, we shall be much more welcome.

Of course, you cannot change so easily, yes; it heightens your light.

Les: I think you found a lot of fun when you were here, didn't you?

Too much, nevertheless, you can have your fun and still grow—yes you must have many aspects to living.

Les: I think humour helps us to grow.

You do? Why?

Les: I don't know it seems to lighten the energy.

Yes it does.

Les: And from your side, whenever we've had what we'd call a very serious or heavy evening, almost always someone comes through to lighten the energy that's left.

Yes you're right, it quickens the energy, which makes it lighter, yes you are right. That is why we try to bring happiness.

Les: It's very nice that energy can be generated in a humorous way, or by humour.

Yes, you can find light-heartedness in all aspects of your living.

Les: Yes, our orthodox church would be much more popular, if they entertained humour a little more.

(More chuckles) **I would say they are already humorous!**

Les: Yes you're right; looking at it another way they are, they are humorous.

Yes, we know.

Les: In their actions and their clothing.

Yes, but we must not be judgemental, must we? (No) That is still difficult for me.

Les: No, we are speaking as friends, without judging. I agree with you, some of it's very amusing.

Now, I believe there is someone else to speak with you, so I will thank you once again. I hope I have not overstayed my welcome.

Les: I think it's one of the most enjoyable evenings we've had, thanks to you.

Well, remember I know when you're lying. (More hearty chortles)

Les: Yes, so you know I'm not. It's absolute truth and everybody agrees, don't they? *(Agreed)*

Yeah, I believe you and hope that each one of you finds much love in your lives.

Les: Thank you and our love goes with you too. Thank you again and God bless you.

There then followed one through Sue, who talked about her rather difficult transition. She also had a brief message for Sallie before we closed.

~30TH March 1998~

Good evening. (Welcomes)

I want to say to you my dear friends, thank you for your patience this time. I wish to say that this time I almost achieved full control. And so you must forgive the slowness of beginning this time.

Les: Yes of course. You did warn us of the possibility.

Opportunity must be taken, when all conditions are right.

Les: Yes we understand.

I will take questions this time, but I ask that the time given to this be curtailed this time.

Les: Right, does that mean you wish to speak more, or others are coming?

Others will come, in order that I work with this one.

Les: Yes right. I don't have an actual question—I was going to ask whether you could repeat the lesson you gave at the last meeting, because owing to an oversight of mine, we didn't get the recording. It was such an interesting session, I wondered if you could repeat it, but that might be too much for you this time?

I can speak briefly this time and return to it more fully, another time.

Les: Thank you, I have no doubt that you remember what you told us.

Of course. We discussed how the physical thinking can overcome spiritual influence, whilst clothed in these bodies, yes? We continued to say to you, that mankind is plural beings and I believe that each one of you, were rather amazed by my words, in saying that the brain belonging to the physical being, has uppermost control, even over spiritual thinking, yes? (Yes) I know that by the end of my speaking with you, it began to make some sense to each of you.

Les: Yes it did indeed.

I told you that although the spirit reigns supreme, that whilst you are in these physical overcoats, your free will and your thinking—physical thinking, must remain in full control, even though you can be influenced for good, by that spiritual aspect of yourselves. You have to understand that you must be responsible for all actions in this lifetime. Therefore no matter what spiritual knowledge you have, this

physical living must be fully in command. (Yes) If you have questions, I will take them now. We will go into this matter once again more fully. But for this time, we must spend a short time only.

Les: I understand and thank you for promising to go into it more fully and for what you have said tonight. I haven't any other questions. I don't know if anybody else has a quick question? *(Pause)*—Evidently not, Salumet.

I thank you for your tolerance. Know well that your patience will be fully rewarded, that all questions to come will be answered. Know that in time coming, these answers will be more expansive in the answering, know that your knowledge will be increased and that what I bring to you, will be new knowledge, new philosophy for your world.

Les: Thank you very much for your kindness.

I ask that now, I be allowed to work with this one.

Les: Yes, of course.

We are close to full control.

Les: That's lovely to hear. Will it affect you if speech from another communicator is allowed?

I ask only that you will endeavour to see that voices remain low and if possible I ask that your light be even dimmer.

Les: Yes surely.

Les then suggested we spend the rest of the evening in silent meditation.

~20th April 1998~

Les had had to cancel the previous two meetings, due to health problems and this evening began with one through Les, who briefly touched on this, and then Salumet began:

Good evening. *(Welcomes)*

Let us this time, give thanks for our coming together once more.

Les: Yes we all give thanks for that.

To you, my dear friend, I speak no words, for none need be spoken.

Les: No, you've been with me constantly, for which I do thank you.

All have been together in communion with thoughts, which have helped to bring some upliftment for you. So in that sense, we have not been apart. (No) I will say only these words, that where healing manifests itself, there is perfection. You understand?

Les: Yes we do.

I would like to say a few words this time, on some thoughts that have been reaching out to me. Many have been thinking, 'why are these physical events not told beforehand?' I say to you my dear friends, why do you feel that you have the need to know? Why do you feel that you do not have the power to know for yourselves? Do you understand?

Les: Yes, yes we do.

You all know and understand, that from our side of life, there is more foresight than you would understand.

Les: Yes we do know that.

You know and understand that we 'see' what is happening within your lives. But we cannot interfere.

You know that before you come to this lifetime, that you have chosen a life plan, but you also know that because of your free will, many choices can be made. Therefore, although you travel to one destination shall I say, the choices to be made are great and many. We help to influence, we try to encourage, but in the end, your free will must surpass all. You understand?

Les: Yes, we do indeed.

So you must understand that although we are aware of the choices you will ultimately make, we cannot interfere with that choice.

Les: No, we have to learn our own lessons, don't we?

That is why you have your physical experiences. So you should not say, '*why does this happen?*' You know why it happens, because *YOU* have made the choice, *you* have created the conditions, *you* have chosen that pathway along which you must travel.

Les: Even though we are unaware of having made that particular choice.

That my dear friends is the difficulty, that is why all of you find it difficult to understand life's patterns, because you still cannot fully accept that you have total control, total control. Can I make you understand?

Les: It is difficult for us to understand.

I know, but you must think upon my words.

Les: I think we have to think in several directions, because a little while ago, you told us about intuitive or spiritual thought, **(Of course.)** and in hindsight now, I know that I was receiving that some months ago. But I was not exactly ignoring it, but I wasn't giving it the attention it should have had. **(Yes)** Had I done so, my resent illness would not have occurred, I can see that now.

And did not my dear friend—were you not told to have some healing? (Yes) Why did you stop? Why did you stop?

Les: Frankly, I don't know. I seemed to have recovered and had been all right.

Yes, but you were not listening, you were not listening. That is what I say to you all my dear friends: You must listen, you must gain that intuitive knowledge, which you have, and use it to its fullest. Once you have accomplished that, your life's pattern will be so much more simplified, in all aspects of your living; (Spoken gently) in your health, in your partnerships, in your working, in all aspects of your living, will life become more simplified, if only you would learn to listen.

Les: Again it comes back to what you have told us, that we must consider ourselves more often, as spiritual entities, rather than physical beings.

Yes, not more often, *always*.

Les: True, I accept the correction.

Always, always first you are spirit—remember, and all physical aspects will fall into place. I know these ideas, these concepts are difficult to take in. I try to simplify it for you, I try to keep my words simple for you, in order that your understanding might come gradually and that that understanding stays with you, until such time as recognition of my words becomes a part of you. You Understand?

Les: Yes, I would think we all owe you an apology. I know you don't want it, but I'm sure we would all like to give it, for all having been so dilatory in our acceptance of what you have been telling us, of the need to think of ourselves as spiritual beings.

As you open your eyes in your morning, *feel* the power of that spiritual being, *allow* it to work with you/through you, *be* yourselves, and all with be well.

Les: I must admit that I have been feeling it during my recent incapacity and I believe I'm right in saying at one time I was taken over to you during my sleep state and allowed to witness what was happening to me at that time. I didn't fully understand it, but I know full well, I was experiencing it.

My dear friend, nothing happens by chance. Your recent '*illness*,' as you call it, had a purpose.

Les: Yes, I'm sure.

I think I need say no more to you. Opportunities opened up to you, that you would not have expected and in saying these words, I know that your understanding grew just a little more.

Les: Yes you're right there too.

So you see, do not think of your life in any way, as problems, or actions to be sorry about. Remember that even as you say '*unconsciously*' these acts take place, that *you* have been responsible.

Les: Yes that is the difficult part of course, for us to understand.

Yes, so you see try to think upon my words this time, try always to be honest with yourself—allow the spiritual self always to be to the fore.

Les: Yes and I must confess, I have been mentally chastising myself, for not having recognised that some months ago, when I should have done.

We understand, but you have been too harsh with yourself—do not be too harsh with yourself. After all, none of you are perfection, otherwise you would not be here. So accept that you can learn more. Always seek the spiritual side of life and the physical will fall into place. And by saying these words, I cannot promise that your physical lives will be all, how would you say, '*milk and honey?*' Of course it would not, but your understanding and your tolerance of life would be such, that each experience would be a growth for you.

Les: True, and I have to agree with that also, because again in the last two weeks, I've been thinking a lot and it has become abundantly clear to be, that when you've told us that there is no such thing as a coincidence, that has become apparent in my thinking and understanding, during the last two weeks.

So your understanding has grown, even through an experience of life, which you feel you could have done without.

Les: Yes you're quite right.

Yes! But how are you to know, that in having these experiences that you have grown more spiritually? That is the importance of life; that is what matters.

Les: And I remember also some of your early teaching about us only having to plant the seeds, not to be concerned with the product.

We will help the growth, if you would all plant the seeds.

Les: Which I was able to do and perhaps you are also aware of it.

You will not fully know, what you have achieved during this span of illness—you will not know. But I can assure you that you have grown and let me say too, to all of these dear friends, that they too have grown in their thinking, because in your illness, it has given them the opportunity to view their own lives. Is that not true? (Agreed) You know that (?) Now dear friends, I will not take questions this time, as previously. I would like to work quietly, to work with this instrument and ask again that no sudden loud noise be allowed to happen, but to tell you that there will be no speaking. I leave you all with much love and my thanks for allowing me to join you once more, in the knowledge that we will be together once more. (Thanks + farewells)

~27th April 1998~

This was an unusual meeting, in that for the first 40 minutes there was no communication at all. Salumet then came briefly, followed by more quiet time:

Good evening. (Welcomes)

I join you my very good people, in order that we may thank you for your stillness, your quietness, and most of all, your dedication. Within these quiet times, much has been happening. Your (?) will reach its fruition in your coming months and we want you to know, each one of you, that you have been a most important part of what is to take place here. We ask only that you remain quiet until the end of this meeting, in order that this instrument be fully returned to you. (Agreed) It is important that you understand that in trying to achieve that which we will, we must take great care, because you do not fully understand that these instruments are fully charged in a way not familiar to you. So I will leave you with these thoughts and ask that this instrument be allowed time to fully return.

Les: Certainly. Before you go I want to thank you for all you've done for me.

We require no thanks. You know we will stay with you. (Voice very faint)

~11th May 1998~

Good evening. (Welcomes)

Your patience this time is admirable, for this we thank you all. By now you know and understand my dear friends that these silences are most important to the work planned.

Les: Yes we do understand.

Each time we come close to you much is achieved and it is not always necessary that words be spoken to you. I do not wish to speak on any topic this time. But rather that you all my dear friends, look deep

within yourselves, in order that your search be fruitful, in finding out a little more about the real you. Whilst I work with this one, I would if you so desire, like you to look deeply within yourself and allow to come forward what is there. If our dear friend and guide, who sits here will ask each individual to open up his heart and to seek what each one finds. Is this acceptable to you?

Les: Is this acceptable to everybody? (*Agreed*) Meditation and personal examination I think one could say; is everybody quite happy to do that? (*Agreed*)

It will be good for each one's own development, if they can speak out to you, but to speak quietly, without raised voices, whilst I work with this one please. (Certainly) Next time we will discuss what each of you has found out about oneself. (Right) It will be good to have a little light relief next time.

Les: Thank you. I'm being asked everybody, if you experience anything unusual and of which you are uncertain, please say so quietly and I or someone with me, will try and clarify for you—don't be afraid to speak out.

There then followed a period of silence, before Les spoke:

Les: I'm being asked to say to you collectively, when you examine within yourselves, be honest and sincere and if there is something within your ego or psyche, or whatever you wish to call it, that you don't particularly care for, bring it out. You don't actually have to speak of it, but bring it out and mentally try and discard it for good. Each of us has within ourselves something we would prefer not to be there. Now is the time to try and eradicate all of those undesirable things, that you know are there, but you ignore and cover up, rather than try to eliminate.

Les then went round each person to see how our elimination's had been going. We spoke of feelings and visions and after the last sitter had spoken, Les spoke again, with reference to Margaret, who spoke of feeling so happy that she could not explain how she felt:

Les: Now, you heard what Margaret said about feeling so happy, I've been asked to tell you to spend a few minutes now, as and I quote, 'a reward' just congratulating yourself on what you have achieved. Look inward again and look for the lights which you yourselves have kindled *within* yourselves. And don't mistake gratification for having done that; don't mistake gratification, permissible gratification, as a reward, for pride. You do *deserve*, if I can use that corny expression, 'a pat on the back,' each of you, for having achieved what you have achieved. These are not my words, they're being given.

Les' voice then changed as he began to channel:

That you should congratulate yourselves upon your achievements and upon your spiritual development, because as has been said, the feeling which cannot be described, the feeling of happiness is due solely to your spiritual growth, over the past years, my friends. You are entitled to congratulate yourselves gently, upon those achievements in each of you. Feel happy within yourselves, that you have absorbed the teachings of the master, which now enables you to be aware of the greater peace, tranquillity and beauty of spirit, which resides within all of you, and which should more frequently be brought to the surface of your consciousness, so that you become more frequently aware of the beauty that does lie within each of you now. Do you understand this? (Affirmed) Now that you have achieved that degree of enlightenment my friends, it is only just, that you should be permitted to enjoy what you have yourselves created. Relish those feelings of happiness—do not try to understand them, you never will. Accept them as a blessing from the Great Creator, of whom you are now much more aware. Do you understand? (Agreement + thanks) And for all those who surround you with their love, I bid you farewell, I wish you happiness, I wish you constant awareness of the growth within you all and I wish you success also, in your elimination of those undesirable characteristics, of which you are still aware. (Thanks expressed) God be with you my children, guide you and keep you, God bless you at all times. (Thanks + farewells)

~18th May 1998~

Good evening. (*Welcomes*)

Let us first begin this time, by giving welcome to this new one who is amongst you. (*Mary*) I have to tell you my dear friends, there is a little apprehension with this one, but it will disappear.

Les: I'm sure it will. We have had a couple of talks together, but of course your appearing like this, is quite strange to the lady.

And for that reason, we will keep our conversation this time, more simplified. I would say to this one, that she is a little reticent with what has been brought before her in this lifetime, but that is not unusual, amongst you human beings, in any case. But although there have been many discussions and she is quite loathe to discuss deep feelings upon these matters, her thoughts until now, have always followed what you call the 'normal' pattern. But I will say this to her: Thank the one who has brought you to us, (*Sallie*) because at last, you will realise and will find what *Truth* is. That is all I wish to say to her this time.

Les: Thank you for that, it will give her confidence I'm sure.

Let us say for the benefit of this lady, how it is that so many of us from different stations in life, have come together in this *union of thinking*—how such different peoples have a commonality of purpose. I would say to you all my dear friends, it is not what you *are* in this lifetime, but it is the *unity* of the *spirit*, which has brought you together, not only in this time, but as you know, in times gone by.

Les: Yes our new lady is not aware of all that has been said about our pasts yet.

No, but the thought patterns would suggest that wondering why different peoples come together and what it is that brings you here.

Les: Yes to confirm that what you have said, when I was talking with the lady a couple of evenings ago and she asked whether she might join our group here, I was confident that the time had come for her to begin the work.

Yes, many words have been spoken by our dear lady known to us as Sallie, and for this she must be grateful, because now she will begin to grow spiritually, in the correct fashion. She is a spiritual being, who has rather lost her way until now—not that she is not a spiritual being—I do not mean that; you understand? (*Affirmed*) I play with words, but she has not fully understood the purpose of life.

Les: Well with your tuition, now she will begin to learn as we have learned.

I think for this time, I will take questions before I begin to work with this one.

Les: At our last meeting you said that on this occasion, you were going to discuss our last instruction that we should think and look within ourselves. (**Yes**) And you were going to ask—I believe you said it would be a little light relief—you were going to ask what we had found.

Yes, that is the purpose of the questions.

Les: Thank you. So would you like us to begin self-revelations?

I will leave the organisation my dear friend, to you.

Les: I was afraid you might. (*Chuckles*) Right well let us start then individually, if that's agreeable to you, is it? (**Of course.**) Right Sue, are you with us? (*Sue as usual was in deep trance*)

No, please leave this one.

Les: Right, Margaret, what did you find in your self-examination?

Margaret: Well as you know, I felt very happy about life—it has changed my life completely. I don't think I could go on, without coming here on a Monday. It has relieved me of lots of agonising questions and things like that. I would be unhappy —

I would like to interrupt briefly to say, of course your life would continue, but we know and understand fully what you mean, because in the unison of all spirits here, the upliftment is much greater. Continue to know and to understand that that upliftment can only grow. (Thank you.)

Les: George?

George: During the session, I found myself going back in time and thinking about my earlier life and things I did as a child and later. I would not wish to do certain things now, but in those times past, I had a different awareness and I was influenced by others of different awareness—quite reasonably and I accept that those things were perhaps right at that time. But now I feel there's a different awareness and I would do things in a different way. Perhaps if I take one little example, when I was at secondary school, I had the choice of going into the cadets and learning some military tactics, or learning some Latin. I think now I'd choose Latin, but I chose the cadet force at that time —

Les: Never mind, we still won the war! (*Laughter*)

Of course you understand that throughout life, that your consciousness is raised, but do not be dissatisfied with life's, how you would say, 'deeds' you are not satisfied with, because all experiences contribute to what you become.

George: Yes I think I accept all that. **(Yes)** Yes I'm not unhappy about the past.

That is because your understanding now is greater. Good.

Les: Mark?

Mark: Yes like Margaret, I can't begin to describe the value that I get out of coming here. There's a balance here that I don't have in my day-to-day life. And I'm becoming more aware of when I'm *not* on the right path; I don't feel at all uplifted, when I'm on the wrong path—

Yes, but we do not want you to be dismayed. After all, you are human my dear friend, no one has said that you can be the *perfect* human being. But what is good, is that you have found *balance*. But that does not mean that you should be wholly satisfied, but that you should continue to search and to grow. Yes.

Les: Sarah?

Sarah: Yes I feel that this has been tremendous help to me, being in this group and it's helped me with my attitude towards other people; I think I've become more tolerant of other people and perhaps understanding people a little better than I did before. Perhaps I'm trying to be less judgemental than I was. **Yes, have I not tried to teach you, that you should judge no man, because you do not fully see the whole picture of their lives.** (Yes—absolutely!) **But you my dear friend, have I would say in all of the peoples within this group, the one who has grown most.** (Thank you very much.)

Les: Any contribution you'd like to make Mary? Anything you'd wish to ask? Don't be nervous—

Mary: I can't think of anything to ask right now.

Les: Right. Sallie?

Sallie: I think I heard it slightly differently last week. I thought I heard Salumet say about characteristics that we wanted to rid ourselves of, or to change—maybe that's just something I need to concentrate on myself—I imagined I'd heard that. But during last week's meeting, I was thinking about a particular personality trait that I have, where I become *resentful* and I've been trying to work upon that for ages. But after last week's meeting, I drove to work and I thought various resentful thoughts about a particular person, and just told myself, '*you don't need this anymore*,' and I got that really lovely feeling of warmth and light and support, which is very encouraging. I don't think I've done terribly well at it this week, actually, so it's something I've got to keep going at. But that's how I took it, that it was about something we wanted to work on.

My dear friend, you are much too harsh upon yourself. No one expects you to be rid of all disagreements in your life. You cannot suddenly become what you upon this Earth, call *Angels*; none of you will ever become that in this lifetime. But in saying this, we have to tell you, continue to work, continue to know yourself, work upon that inner knowing and all other aspects of your life, will begin to fall into place. Do not be too harsh, but *know* that you have the ability, to be the best that you can and to know and to work towards that goal. Look within more often; do not dwell upon what you call your thoughts.

Les: All right Sallie? (Thank you.) Lilian?

Lilian: Like Sallie, I've got resentments, which I do try to overcome and I do find the words that you have given over the last few years, a really great help and thank you for that.

My dear friend, I ask no thanks, I thank you all for allowing me to come into your lives. All of you have grown much—all of you *spiritually* have grown. That is the difficult part for you that you have not yet fully grasped that inner spiritual knowledge, which is *there* to uplift you, to uphold you in times of trouble. Once each one of you can fully grasp that inner sense of knowing, all would be well.

Les: Thank you. Now it comes to me. It's interesting that Salumet should speak just as he has spoken, because in my examination obviously I found many bits and pieces that I'd have preferred not to have raked up again. But accepting that each of those incidents was a method of growth, if I can say this without conceit, I forgave myself for the past. And I have concentrated more fully on what we have been told, about the responsibility for the *spiritual* self, being on the shoulders of the physical self, whilst we are here.

You'll remember that talk we had and I have found that in this last week, to be exceedingly helpful, in making me understand more of the reasons, for which these so-called 'peccadilloes' are visited upon us, during our physical being. They are not misdeeds, they are not necessarily wrong— (*Breathing changes as Leslie begins to channel*) —**they are all part of the preordained pattern, visited upon you as spiritual beings, when you returned for a further spell upon this physical life's plane. Has it ever occurred to you that growth would never be achieved, in the way in which it should be desired spiritually, if you did not have the setbacks, the disappointments, the regrets—the many things in your physical make-up, which go to make you what you are now at this moment? A diet of honey, however sweet the honey may be, would become very appalling to you, would it not, if you have nothing to off-set that sweetness? Do you understand?** (Affirmed)

George: Yes, we are learning the value of setbacks.

These 'disadvantages' as you call them, the 'mistakes' as you refer to them—the things you would rather not have done of which you have spoken, have all been designed in the great pattern of life, so that you may more fully appreciate and understand the sweetness that is there, to be yours for all time, when you learn how to enfold it within your spiritual selves. You have heard remarks this time, on the happiness that one of your friends wishes to retain. You have heard from another of your friends, the result she felt after discarding her previous thoughts. These are but minute things in what awaits you, when you have learned that the physical part of you is of no importance at all. The only purpose the physical body has, is to give you those disappointments, sorrows, mistakes, regrets—things which you would not obviously choose for yourself. Regarding them as part of an important physical life, they are important only in as much as they lead you, gradually perhaps, but lead you nevertheless, to an understanding of the need to concentrate always upon the advancement and the growth of your spiritual selves. Does this perhaps make your physical disappointments, mistakes, regrets, adversities, a little clearer to you, accepting as you should, that they are part of the pattern, which you must have in order to grow? (Agreed) **Is this clear to you?** (Agreement and thanks) **There is not one in this room, who would choose to lose a loved one; still you mourn, still you regret the passing of that one, instead of being grateful that the lessons of the physical life, have been learned and that one whom you consider to be lost, has in fact reaped a rich reward of spiritual upliftment, joy, blessing—all suffered in this physical life, will have been paid for in that one moment of truth. Is this clear to you?** (General agreement + thanks) **It is unfortunate indeed, that so much emphasis is placed—understandably so I agree—is placed upon the physical characteristics and attributes. And yet the purpose of that suggestion for self-examination was based upon the need for you to recognise now, that the physical problems are but a method of ensuring that you spiritually grow. Knowing that, would you willingly sacrifice all the problems inherent in the physical living, or would you accept those problems, secure in the knowledge that the spiritual reward far outweighs the difficulties, the disappointments of the physical living? Is it not worthwhile? Would you rather it be any other way?** (Agreed) **You would accept each of you, that the pattern designed for you, upon this physical plane, is not as unfortunate as perhaps would appear, at a casual glance. But having as I believe you have, understood the reason for the physical problems, you would not I presume have life in any other way, but to prepare you for the beauty, the unimaginable beauty, of a pure spiritual existence.**

George: That was very clearly put, thank you very much for that. (Agreed)

Would anyone have a question on this, while our master works?

George: As regards loved-ones departing this life, I feel there always has to be a certain sadness in parting, even in other circumstances of a friend moving away. With us there seems to be almost of necessity a sadness in the parting. Would you feel that this is reasonable? But in the case of mourning, this should not go on for a long time.

My friend, it should not even begin. It is understood that since you are so inured, enveloped in your physical circumstances like grief, is understandable. But the strength of your spiritual wish of your desire for the one who has passed on, that the desire that he or she should immediately begin to experience the

beauty of the transition—that should overcome any physical grieving that may be apparent. (Yes) I know it will not, but it should. Please concentrate upon this. Do not feel guilt at your joy that another has passed to us. Until you become much more spiritually aware, that grief will continue to be with you for a time. Dispense with it, disregard it, lose it as soon as you can my friends, because it is important to remember that the grief you display, will unfortunately react on the one who has gone, preventing that soul from travelling forward. If you wish them to be with you, to comfort you, to remove the grief which you are showing, so the very thing that you are hoping for, that all will be well for the departed, you yourself will be preventing. Do you understand this? (General agreement + thanks) Your grief places a shadow around each of you, when that grief is acknowledged and permitted and the one who has passed cannot penetrate that. That cloud of misery that you yourself have put unknowingly, to prevent the soul from returning to comfort you. That is why I say do not feel guilt, if you cannot produce any, what you would call, real 'depth of grief'—yes there would be tears of course, yes there would be sadness that is understandable; but deep grief, no, no, no. So do not let constant grief colour your judgement, colour your outlook, and in particular prevent the one for whom you are grieving, from progressing instantly in the new conditions in which he or she may find themselves. Do you understand this now? (General agreement + thanks) Always we ourselves are sorrowful, when we see the darkness surrounding those who are called 'mourners.' If only you could see it yourselves, you would realise how stupid it is, to continue such matters in a physical world, which in itself is full of misery. You but add to those conditions, and those I would hasten to add, are NOT part of the plan, which was intended for you. Forgive me, but talking of grief, has in it's very self brought it to me—it will go—please forgive me for a moment.

George: Of course. (Pause)

You may not believe that there are those who still suffer from their own grief, because of the grief displayed by those who mourn them still. So I say to you, if there is anyone amongst you, who occasionally recalls a grief, which was evident at the passing of a friend, or a closer one, discard that completely please. Do not even let it come into your mind; because however long that may have been ago, it will still attract and make unhappy, those about whom the thoughts are given. Is this clear to you? (General agreement + thanks) Now do you have any further questions? I think I have mentally chastised you enough, do you not think so also? (Laughter) Now, if you wish to question please do so? (There were no further questions) But I do beg of you, give very serious thought to the question of grief, at times when you would consider it should be shown. Never forget this. Your grief is a magnet, which draws back those for whom you are grieving.

Then if you wish my presence no longer, I will bless you my friends, encourage you in your spiritual growth. Do not as the master says, be too harsh upon your living. You are executing the plan prepared for you. You could not know of it before you came, you must experience it whilst you are here. God be with you my children, help you, uplift you, support you, give you happiness, that happiness may be passed by you to others—Bless you.

(General thanks, blessings and farewells)

There then followed one briefly through Sue:

I bring this for you. It is a flower of my realm. The colour is so beautiful I wish you could see it with your spiritual eyes. Leave it in this room and tell each of your friends that come here that it is here and it will grow and the colour will become vibrant. It is a flower of love and is given in love to each one who enters this room.

Les: And we shall nurture it with our love and we thank you again. God bless you.

Finally one briefly came through Eileen:

Before we leave you this time, I am instructed to tell you and thank you sir for allowing the communication which has taken place this evening. I am also asked to tell you before we leave you this time that each one of you is beginning to recognise the power of your own thoughts. I believe this is something which you all have been instructed upon. (Agreed) I know it is something which you all like to hear about, but I do have the feeling that these words for you people in particular holds great meaning.

With these words I bid you good night and thank you for allowing me into your lives for a short time. (General thanks + gratitude) I come only on the wave of love that each one of you sends out. (Thanks + farewells)

~25th May 1998~

Good evening. (Welcomes)

This time, because there are absent peoples, I do not wish to speak about any new topics this time.

Les: I see, you know of course they will be able to hear a recording of it?

I know, but it would be more beneficial that they be present, whenever it is possible.

Les: Yes I do understand and I'm glad you want to deal with it in that way, because I'm sure they would rather be here.

I wonder if you are aware this time, of the subtle blend of energy within this room. We have this time, full use of both male and female energy, in equal proportions. (Good.) Now for this time, I will take some questions, before working with this instrument.

Les: I don't know whether it would be opportune for you to talk to us again, about the responsibility of the physical, whilst the spiritual is on Earth. You did say you wished to do that one time.

I did, but I feel that because of the lack of understanding which was present, that that is something that should be spoken about, when all are present. There was much—not *confusion*, but not full understanding. Are you happy to do that?

Les: Yes perfectly happy thank you. Yes, I wouldn't question your wish to do it, because it's obvious that it's much better for them to be here. Right questions anybody please?

George: I remain somewhat confused still about past life segment of soul. I wonder if it would be possible to talk any further on this. Sometimes spirits come through to us who have had past life on Earth and I was wondering whether some of these would be termed '*past life segments*?' I'm a little confused about that identity. Would it be possible to talk a little further on that subject?

Yes I understand, it is a topic for confusion amongst many in your world. You know and you understand that the soul is not just one unit. We have discussed this and I think the confusion lies when the soul returns from past time. But what has happened there, is *that* particular aspect of the soul has not continued onward. Therefore it has the ability to return, until such time as it returns to the whole shall we say. I believe this is what confuses you. Once the aspect of the soul—that aspect of soul that has lived a life on this planet—once that aspect has—how shall we say, '*fulfilled all potential*,' then it must go forward. It can then return in another form at another time, but it is another aspect of the soul, not the same aspect. Do you follow?

George: Ah yes, so the same segment could reincarnate several times?

Not quite, not quite. This is a difficult topic, but it would not fully be the same aspect of the soul, although all aspects are united in spirit. Do you understand?

George: Yes that does help, thank you.

Do you *all* understand?

Les: No, I would like to go a bit further on that please. **(Yes)** Are we wrong then—I believe all of us at this moment, think that when we go on from this world, our soul will exist in the next plane of life. **(Of course)** But are we wrong in thinking that that is only *one* entity?

You must not think about the soul as entities. It is a much deeper broader issue than that. You limit yourselves, if you begin to think of the reincarnated aspect of the soul, as entities. Can you see? (Yes) I know it is difficult for you, that is why we take these things slowly, because as each thought comes to you, then when the thought is fully realised, then we can contribute to it further.

Les: So if we accept at the moment—if I can use that expression that the soul is composed of many parts, **(Yes)** could it be possible for some of those parts to be progressing onwards in your worlds, while some of the other parts have to come back here, at periodic times?

Of course, otherwise how can you make progression?

Les: No, because it would be impossible for one individual unit to experience all that has to be experienced. **(Yes)** Is that so?

This is why we have so much doubt about what you call reincarnation. (Yes) I think I would say it is unfortunate that it has been expressed sometimes, in the way it has been. But limited knowledge until now, has been mainly the cause and the lack of understanding, awareness and consciousness, of those of you upon this Earth.

Les: I see, so now we can understand that, there are many parts to that unit.

Although they may seem to be separate, of course they need to be part of the whole, to continue forward, to seek out the purity of the creative force, which we all seek.

Les: So, you have taught us that we are two completely different aspects of living, one spiritual one physical. **(Yes)** Now we have to go further I would presume, in thinking of ourselves, as many aspects of the spiritual, **(Of course)** whilst only one is here existing on Earth?

Yes, do not limit your understanding, to just this physical being and presume that this is the house for the whole soul.

Les: I think that's what we all have been doing, am I right? *(Agreed)*

Yes, and that is the error that most human beings make.

George: Yes I think the soul is much more complex **(Yes)** and more extensive than we have imagined.

Well, that is not to say, that you have been wrong in your thinking, only that your awareness has been rather, shall we say, 'juvenile.'

Sallie: Salumet, would it then be possible or probable, that the aspects of our soul who are on your plane, talk to us and guide us, and make contact with us and we tend to recognise those, **(Yes)** which are part of us, in a way?

Yes, your understanding is good. What is—let me speak a little about what you call your *higher self*.

What do you suppose this *higher self* is, if it is not that aspect of soul that is there to help and to guide you, whilst you inhabit these bodies? Look always to the help available, not only from what you call '*higher self*,' which after all, is that part of you, which is more *seeing*, more *knowing*, more *giving*, than you could imagine, whilst clothed here within this physical being. There are many aspects that are there to help and to guide you. Another mistake that has been put forward is that *all* help from spirit, comes from those who are *without* yourselves, when so often they are *part of* yourselves. Now do you begin to understand? *(Affirmed)*

Les: I was going to say, as you put it, we are *helping ourselves*.

Yes! *(Spoken slowly—clearly emphasising each word)* And when that realisation is strong within you, then you begin to understand why, when life's trials and tribulations seem to weigh so heavily upon you, why when you sit in your quiet moments, the answers come to you more easily, because you are listening to that aspect of yourself, that has lived and which has gone through these same problems.

Les: That gives us an entirely new outlook, doesn't it? You were going to ask something else Sallie?

Sallie: Not exactly ask, but just to sort of '*feel it through*' really. Would that possibly be why, sometimes when we start to get answers that we need, why they are *so* in tune with us and *so* perfect, because obviously I suppose it's *us* giving *us* the answer, isn't it? We know that aspect really inside, so well.

That is why my dear friend, so often in the past, you have been told to sit quietly and go inwardly. Do you see the connection?

Sallie: Mm.

Les: And of course it gives another meaning to the statement that '*all has happened.*'

Yes, you bring in another point, but we will not elaborate upon that this time, because I feel that the others need time to digest what has been said this time.

George: Yes, I've a feeling our concept of time enters into this in some way.

Always we will return to topics, which we have touched upon and each time we return to those topics, there will be deeper matters to understand. Always we will go slowly, in order that you fully understand what I come to bring you.

Les: Yes, I think we are beginning to appreciate the value and advantage of your constant reminder that we must take everything slowly, because though we all no doubt over the years that you've been coming to us, have come to the opinion that we know a great deal more, we're now beginning to realise I think, how little we really do know.

I would not *like* to say this to you, but of course when first I came, I came to you as individuals with some knowledge of spirit, but that knowledge was most limited. But the reason I came to you was not because of the knowledge you had acquired, not because of the *knowing* that you had of spirit, but that as a combined group, who have known each other in past times. And here I will say to you, *think* about that aspect of yourselves, which knew each other in past times. Try to feel the connection from those times.

Sarah: Does that include Mary? Was she part of it?

Not at the time you have been told about, but of course there has to have been the connection at other times.

Sarah: Thank you. Could I also just ask, if there are many aspects of the spirit, and one is here, could it be that another aspect is in another form of life, or do we just concentrate on this Earth?

Form of life, in the human sense?

Sarah: Well not necessarily, if it's on another planet, it wouldn't be human as we know it.

I have told you that there can be more than one aspect of the soul, inhabiting a body on this planet at the same time. You understand?

Sarah: Yes, thank you.

Try to see your true selves as a multitude. After all, I did tell you think of the diamond and the many facets to it, then you begin to realise that the soul has many, many, many, many more facets to it. It is the nearest we can come, to explain to you what the soul truly is.

Sarah: Right thank you.

Les: I suppose it might help us to remember too, or to understand, if we accept that here we are puzzling about the many ramifications of the soul, yet we are living in a body, which in itself is composed of untold ramifications; each soul having its own purpose, its own destiny, its own memory. (Yes) And yet we ignore that. If we try and think of a cell as a compound, as our physical bodies are, we might be better able to understand the impossibility to understand it clearly.

And may I add to that my dear friend that each part of the human body *can* function individually, without always the need for other parts. If you can take your hand for instance, it is possible to use one finger, without the involvement of the others, but that one finger, still belongs to the whole hand. You understand? (*Affirmed*) That is a simplification of course, but that is what you must try to realise.

Les: Yes, it's helping me to realise a bit more.

This is the difficulty that your thinking has to be expanded, in order that you can take these things in completely.

Les: I'm being shown—I think this must be relevant, because I'm being shown an enormous plain and there's a tremendous herd of buffaloes. One has just died; every other individual in that herd is instantly aware of its passing. I merely pass onto you what I am getting; you must put your own interpretation on it. It was so vivid I had to give it to you.

May I say something more, before I work with this one? (Yes please.) That is part of your development, your evolution, that each one of you has the power to think individually, that what is your understanding and your conception, is not always what is suitable for another. So I would say to you my dear friends: Seek that which helps to bring to you the understanding of what is being given to you. It does not affect the result, but it is individualised for you and for your own understanding, in order that consciousness be raised, in your own way. What my dear friend has said to you moments ago, was his individual understanding of what has been said. Seek your own, and understanding will come to you. I hope that it has helped. My words I try to keep simple, in order that understanding comes more easily, because these things we speak about, are indeed deep, deep

matters and not made aware to all who are there to be given advice; because you see, and I hope you understand that these philosophies are given to you, because and I hope you do not think I praise you too much, but this group of people here now, is ready for *Truth*.

Les: Thank you very much for telling us that and for that we are very greatly indebted to what you have taught us.

Sallie: Would it be all right to ask something very briefly, before you go and do your work? (**Yes please.**) It was just a couple of months ago, that somebody came through Sue and was on the same sort of subject, who'd come through as an aspect of one of my parts. I was told about Jonathan and I was told to ask if it wasn't clear to me and I just want to know I suppose, if there's anything more I can be told about Jonathan, because it sounded as though I should be looking out for him. Perhaps I misunderstood it?

Let me say this to you, my dear friend: You know and fully understand that you have been and will be of different vibrations, energies; you have existed as male energy and female energy. The name Jonathan given to you, as one aspect of yourself, was indeed a part of you that has lived in another time. I do not see the need for you to seek that part of yourself, because it is done with. But know that you are joined to many aspects of your being. It was not given to you, in order that you can *find out more* as you put it, but only to allow you to know that the spirit, the soul, is more than one aspect. (Thank you.) Do not seek—that energy is now part of the whole and will be known to you, when you eventually return *home* my dear friends. (Thank you.)

Now I must ask that I be allowed to work with this one, for a short time. Open your hearts and see what is available to you all this time.

Les: Thank you for your patience. We hope we haven't kept you too long.

What is time? I wish I could give you more, but for now, we must stay with what time is available.

(Thanks expressed)

One then came through Eileen with a message about two people, but none of the sitters present could connect with the information.

~1st June 1998~

Good evening. (Welcomes)

Les: Thank you very much for being with us and I'm sorry we're so low in numbers tonight.

Let me say this before we speak this time:

Let us give thanks for quietness and peace of now. Let it enfold us all in perfect stillness and a humbling.

I say to you, numbers are not so important now, but it means only that I would refrain from any speaking that is important for all to hear. So for this time, I will speak to you and as usual allow time to work quietly with this one. (Certainly) What I would like you perhaps to think about this time, is that as your earthly years go forward, I want you to consider how it affects your spiritual selves. For example, is the realisation there that as you approach say, for instance you my dear friend, who is now in the winter of your earthly years, how much it contributes to that lightness of the spiritual self. Have any of you considered this matter?

Les: Yes, I have the advantage there of course, being the oldest here. And of course the onset of years, which is so inevitable, has made me think much more profoundly of the spiritual content of myself here and hopefully what I am going to experience when I come over to you.

Yes, but do you not also understand how much more you can give to those who are younger in their years?

Les: Oh yes, I beg your pardon.

Continue please.

Les: Yes I do accept that too and I have often thanked those in your world, for the privilege I have had during my lifetime here, of passing my information and learning onto others.

Yes, but that is why we on this side of life, speak so often to you as being *beacons of light*, because as you grow older in your earthly years, so that spiritual light becomes stronger and is more amenable to others who *seek* this knowledge. As you become older in your earthly years, so the spirit comes to the fore and the earthly body, the earthly thinking, should begin to take second place, you understand?

Les: Yes I think we all understand that. But of course, we can never fully understand it until we reach the age when we can accept it, without even having to think about it.

That is the purpose of life, is it not, that there should be no seeking, but that the inner self, the inner knowledge is completely at one with itself?

Les: Yes, you put it better, that's what I meant when I said I have the advantage of years, because my colleagues here cannot possibly yet, have experienced, what I've experienced, because of the additional years I have.

But I would say this to you all: Why fly with the wings of the sparrow, when the power of the eagle is within you all, no matter what your earthly year? That knowledge is innate within you all, from the time of what you call birth and what from our side we call 'death,' as you would phrase it in this world.

Les: Yes that we do accept and understand.

That knowledge and power is within each of you, from that very beginning, but what I say to you my dear friends is that as these earthly years pass, so the mirror of your lives, of *spiritual* lives, should become much clearer; that all mists and—how can I say to you, all *distrust* of the earthly body, should manifest itself, in allowing the truth of spirit to come forward.

Les: Yes I think I would be right in saying—and I'm sure my colleagues would agree that even though they haven't my years, because of your teaching and the teaching of others here on occasions, they have become more aware of the ability to fly as an eagle, rather than as a sparrow, than they would have had, had they not been privileged to have your teaching. I think you all would agree with that wouldn't you?

(Agreed)

Of course as we spoke before, the inner self, that part of you which is the real you, *has* this knowledge; but when you are clothed within these physical bodies, so much is lost to the thinking. That is why I have come to teach you about the power of your own thought; that is what has been lost, that is what must be found, if you are all to truly fulfil your true passageways in this world. You have to allow that inner self to come forward in every area of your lives and thinking.

Les: Yes you have told us a number of times that we must always think of ourselves primarily as spiritual beings and not as physical beings.

I will always reiterate it for you, because it cannot be expressed often enough to you, because your earthly memory is not good at retaining the vocal words used here, you understand?

Les: I think everybody follows Salumet, don't they? *(Agreed)*

I will take one question this time.

Les: Right, I have been thinking a lot about what you have told us in your various lessons, because of the disastrous earthquake you undoubtedly know in your world—I'm sure you've many helpers waiting to assist those who are coming over to you. **(Yes)** Now, I want to take a hypothetical case of a man who has died in that disaster in the prime of life. You've told us that we choose our parents and our life here on each occasion. Would that man have been aware that he was going to be cut off in his prime, before he came back, even though he would have forgotten it in a physical sense?

You cannot answer these questions so black and white. You—when your soul chooses to return, it returns to the condition most appropriate for the learning of the lessons which the soul needs to return home. Why do you say, the 'prime' of life?

Les: It's an expression which we would all recognise of course.

Yes I see, yes, well the soul before it returns, knows the extent of the living, which it has to do. Once it has acquired life's lessons—and again we will use your case as an example. That soul need not

necessarily be aware that that *time* on Earth, would be the time of his departure. Only if life's instruction had been completed, then conditions would arise for him to depart this world. Do you understand?

(Pause) No?

Les: No I'm afraid I don't.

No, I see, let me explain it to you further. (Thank you.) The soul is aware of the conditions to which it returns, in order that it may fulfil those lessons needed for spiritual growth—you know and understand this? (Yes —) But again we must return to the free will of the soul clothed within the human body. That free will enables the soul to take many paths, which it perhaps had not had foresight of, when still in spirit. The choice belongs to the human being, you understand this much? (Yes) There are pathways in life upon this planet that are pathways not chosen by the soul, at the time of—shall we call it rebirth? (Yes) Therefore there will be occasions when the soul has lost all knowledge of what it should be trying to achieve, because of the free will given to it on the return to the human body. You understand so far?

Les: Yes I do. Everybody understand that? (Agreed)

I am trying to keep it simple for you. If that individual has completed life's tasks, then the soul, without the knowledge of the human being, will see that he is placed within conditions, which will return him to us. Do you understand now?

Les: I see, yes that is clearer.

It is a difficult thing, it is not so clearly '*cut and dry*,' I believe you would say, because of the free will of the human being.

Les: Yes, you have said before that there is no *black and white*, no one answer to any question that we might put.

The task has to be achieved—once life's conditions allow for those lessons to be learned, then conditions are put right with influence perhaps, that that individual be placed in those conditions which will help him to return *home*. Whether it be a natural dying, or what you term '*tragedies*,' which we have spoken of in the past and which are not *tragedies* at all, because all is known—but there are conditions, which are needed to help so many over at the same time. You must remember that each soul may not necessarily come for their own individual good, but for '*group good*.'

Les: Yes you have explained that before too.

Yes, so it is difficult always to single out one individual, without seeing the wider picture; without the wider knowledge, you cannot see what is happening within this world.

Les: No so again we have to remember what you've told us, that the soul for us ourselves has many horizons, many paths, not just the one.

Of course and it would not always be good for that individual aspect of the soul, to return solely for its own growth. You have to realise that in giving of yourself to others that is where the major growth comes from. (Yes) In giving love, in sacrificing for another, although I do not particularly like that word '*sacrifice*,' because it seems to indicate that the soul would feel *sorrow* in doing such deeds, when in fact it should indeed bring *joy*. Do you understand? (Affirmed)

Les: I agree I don't like the word *sacrifice* either.

I hope it has helped you a little in your understanding this time?

Les: Yes it's certainly given us a lot to think about and—I speak for myself of course, it has made me aware of the need to depart from individual thinking, or thinking individually.

Yes, if you singularise that thinking, then you will lose so much.

Les: Yes I think that's a track that I am tempted to go on, rather than thinking of the universal consciousness.

Yes, once you allow the mind to expand, then these ways of thinking become nullified—the whole being is encompassed by universal thinking, which brings greater understanding to all and encompasses you *all*, in a much more refined type of living and giving of *Love*.

Les: Does everybody understand that more now? (Affirmed) Well thank you very, very much for that, it's added to our knowledge of course once more and we are grateful for it.

I will leave you all my dear friends, with that *Universal Love* I have spoken of. I hope that each one of you can be filled to the point where you *feel* this love surround you and within you, to allow it to sustain you, in all that you try to achieve.

Les: Thank you and God bless you.

~8th June 1998~

No Salumet this week as Eileen was away, but there were interesting communicators through Sue:

With your permission, I would like to speak to you and give you a little light relief this time and perhaps give another small insight, into what you will be seeing in time to come, when you join our realms.

Les: Yes that would be very interesting, thank you.

Can I ask please, that all the friends here, try to clear a space in their higgledy-piggledy minds, and listen and try to picture what is being relayed to them. I will wait a moment and then I shall take you on a little journey:

The audio link for this and many other meditative journeys is freely available from the meditation section of the website www.salumetandfriends.org

In this world that you inhabit, you have what you term, your four seasons. Although we do not have seasons as you would imagine, there are changes occurring through our time-span also. I would like you please, to picture in your mind's eye, a door. This door is white, but not the white that you know of here. I can only ask you to think of it as the white that you see, on a snowy day in your realms, when snow has ceased, and the sky breaks and a sunbeam comes down and lights upon the fallen snow. Imagine the brilliance and the sparkle from those ice crystals and try to put it upon the door I am asking you to view. There is a handle, a beautiful golden handle on this door and I ask you to reach out and turn it and gently push the door and let it swing open. This vista you will see before you, is what you would call winter. In your winter, you have bare twigs, you have dark clouds amassing in your sky and you have rain. None of these things are wrong, it is just the season and what is expected, but in our realms it is not quite so sinister. Ahead of you is a beautiful tree; look up from the bottom bark, let your eyes lift. The boughs sweep out either side, like a magnificent cloak and the bottom branches are touching the ground. It is winter, but look at the leaves, see how they sparkle with the dew; look at the brilliance, though they are not green as you would expect in springtime, neither are they the mottled oranges and brown of the autumn, no. Look again, see how they shine—clear transparent. Each one is like a miniature mirror, go up to the nearest bough and look into those leaves and you will see your reflection a thousand fold. Gently rub your hands over those leaves and listen to the wonderful music that that creates. FEEL the soft dew upon your fingertips and BELIEVE that that is the tree of our winter. Now return slowly to the door and gently close it behind you.

Now we move to the next door, for the season of spring. This door I would ask you to see, as a shimmering silver green; a new colour which denotes a new growth—touch the handle, push the door wide. In front to you now, are much smaller trees. Look at them, look upon their branches and see the buds. Now, carefully watch, as each bud opens slowly before your eyes. See how it shimmers with the colour of the door. See how each leaf unfurls and grows and offers a promise of things to come. Look, look up and see the new butterflies as they rest upon the new leaves, their colours more vibrant, more shimmering than the best and softest gossamer. Listen, as they beat their wings, listen to the music of spring. This is the season of rejuvenation and those that wish it feel reborn, as they watch the tree give birth to new life. Walk back slowly now and close that door behind you.

The next door is for the summer time, a time of warmth, a time of laughter. This door I would like you to see, as a bright golden yellow. Feel the warmth coming from it, as if it was the rays of the sun. Once again push open the door. Before you once again is the most magnificent carpet of flowers. See how the gentle breeze moves their petals, so the colours intermingle and become a shimmering light. What colours do you see? Every colour of the rainbow and every colour that you have yet to see—colours that you cannot identify, but will in time to come. Listen as the petals stroke by one another, listen to the music of the summer time and feel glad. There will be no need for you to pick these flowers; that is not

the purpose of their growth. Stand a while and breathe in their perfume; it is as you have never smelt anything before. It will release in you all, the joy for living. Slowly say farewell to the summer time and close the door.

And now the final door—this door is more than one colour. See how many you can see mingling on its surface—golds and copper, browns, greens and reds. Open this door and what is before you? Look, look as a carpet of leaves unfurls before you. Raise your eyes and see how they come down, gently coming down, swaying and touching and apart and touching, until they reach the earth's surface. Listen to the murmuring of them, as they come down. Look through them and you see another tree. But look, not one leaf has dropped from its boughs, not one. It is still as vibrant, as it ever was, but more muted, more gentle, coming to the quiet time, to the quiet time BEFORE the winter comes. Put your hands down and lift the leaves and let them fall in front of your face. Smell their perfume, so different to those of the flowers, but no less beautiful for that. And now stand back; move your eyes from right to left and what do you see? All four of the seasons, all mingling together, becoming as ONE. And rejoice in the knowledge that you will be surrounded by all of these senses. Listen to the music of the trees, smell the perfume of the flowers, listen to the murmurings of the leaves, as they fall and rejoice, for this is the Spirit of Life.

Les: Thank you very much for those descriptions.

There was then some discussion about how in spirit realm all these seasons can be produced with the power of thought. We then thanked our guest and said our farewells.

A young child then popped in briefly through Sue for a light-hearted chat before we closed.

~15th June 1998~

Good evening. (Welcomes)

It is good that we have so many of you together this time.

Les: Yes it is nice isn't it, to have almost a full meeting again.

We welcome back the one who is forever seeking and know that he has grown from his experience.

Paul: Thank you.

I would like this time if you will permit please, to speak a little more about the power of your thought.

Les: Yes please do.

You know from past meetings that thought I have told you, is the most powerful thing you possess, not only in this lifetime, but in all of your living. Thought is the real you, in all its many forms. I know each one of you have thought long and hard about my words on this subject, but this time I would like to introduce to you another avenue of thinking and it is this, my dear friends: Have you considered how intrusive you can be upon another's thinking? Can any of you say that you have thought about this to any deep degree? (General negative responses)

Les: I can't say so.

No, because you have not.

Les: You did say to be *intrusive* upon another's thought, did you? (Yes) Thank you.

Another's thinking.

Les: Another's *thinking*, yes—

Now I hear you say, how can that be, because you know dear friends, that you must be responsible for all actions taken by yourselves. But also you must be aware of the power of your own thoughts whilst here within these bodies, because as you grow spiritually in strength, so too does the power of your thought. We have discussed this have we not? (Yes) But it is also possible for you when that sensitivity arrives, for you to be sensitive to another's thinking, and unconsciously perhaps you might say, 'but that is not quite true,' because in the spiritual sense, each one of you is aware of your thoughts. You *can* direct your thinking to try to alter another. Do you begin to see what I tell you?

Les: Yes I would accept that, because I have done it on a number of occasions, when people have telephoned me for a healing appointment and I have been thinking of them afterwards and when they've arrived they have said that they'd begun to feel better, after having spoken to me on the phone.

Yes, that is not *intrusive thought* though, my dear friend.

Les: But wouldn't it be intruding upon their thinking?

No, because it is for good. What you must be aware of, is if you become sensitive to another's thinking and desire to change *their* thoughts that is when it becomes intrusive and that is when you must take control of your own thoughts. It happens all of the time, without many people knowing or understanding what they are doing. But once the recognition and the understanding of the sensitivity to others is there, then you must be careful in how you allow your own thinking to be directed towards them. Do you follow? I feel it is a little confusing for you, but I hope that you will think upon these words, because my dear friends, it is only another discipline in your spiritual growth. To control your own thoughts, helps you to understand and to know that all of you as individual beings, has the right to remain so, without intrusion from our side, or from those on this planet.

Les: Yes I think we begin to understand. I'd like to ask a question please, (Yes) so that we can clarify perhaps. I would think that none of us here at this moment, are sufficiently developed spiritually, to be able to control another's thoughts, or to be intruding upon another's thoughts?

No, no you are not, but that does not mean you should not have the awareness, because the time will come, when each one of you has reached a stage, when that temptation may arise.

Les: That's making it clearer. (Agreed) So there may be a conversation from another person later on in our lives and we may then perhaps have the ability to influence that person's thought, without them knowing, is that so?

Yes, remember always that each soul on this earthly planet, have their own lives, have their own individual thought patterns, and it would be wrong to interfere, or to try to change a thought from their own free will.

Les: Yes of course we would agree with that absolutely, because it would be interference.

Of course, and I have told you that we from our side of life, are not allowed to interfere in your lives, only to influence but not to interfere. (Yes) So those same rules must apply, because after all you are still spirit. Remember, most important word: You are YOU, but you will only remain clothed with these bodies, for just a short time.

Les: Thank you for forewarning us. So are you suggesting that in future, we shall have developed sufficiently spiritually, to be in a position to intrude on another's thoughts and alter them?

I am telling you my dear friends that all possibilities, all 'gifts' as you say here, of the spirit, are available to all. Whether you develop—have the ability to use—that is entirely up to each individual soul. What I say to you is this my dear friends, that I give you this knowledge beforehand, in order that you can ponder, at your leisure if you will, my words, in order that you are prepared for any eventuality of this kind.

Sallie: Can I just ask one thing on this please? (Yes) When you talk about influencing others from your side of life to us, you may influence but not intrude. (Yes) So would that be similar to actually suggesting a thought pattern to somebody, but not actually trying to change their own? I'm trying to work out the difference between influencing and being intrusive.

Influence is the act of encouragement, for that soul to create the thought that is best for them.

Sallie: Right —

You seem unsure my friend; it does not make sense obviously to you. When someone is influenced, we influence them, we encourage them to create their own thought patterns that is leading them in the correct pathway of life. That is influence as opposed to interference, which would direct in one way or another. Does that help you?

Sallie: Yes I've got it now, thank you.

Les: Because we would then be deciding their future for them wouldn't we, (Yes) which we must not do. Right, well we do thank you for the forewarning, it is certainly something we have to ponder on.

It is just one more thing that you should try to understand. *Thought* as you know, it is the most important thing you possess and always I will return to it.

Les: Yes, thank you. Now, we understand I think about the possibilities of our thoughts influencing the thoughts of another, in their spiritual development. I'm going to ask a different question if I may. How can the power of thought affect our physical bodies?

It has the power to change all things within the body.

Les: It has that power has it?

Of course, it is the most powerful thing you possess; if the thinking, the power of the thought is right, constructive and for good, then it will materialise into the physical being.

Les: That answers a question I've had in my mind for a long time.

Yes and it has taken you so long to voice those words.

Les: Yes you're right! *(Chuckles)* We can't get away with anything can we, with you?

Your thinking is *YOU*, the thought is *SPIRIT*. Go away from the physical thinking, when we speak of thought, we are *spirit*. Spirit can change *many* things within the body, if the thought is strong enough to create that change. This is where the *physical brain* tends to interfere; the brain, or the *human being* shall I say, tends to be negative and to try to side-step the thought of *spirit*.

Les: So in fact then, spiritual thought is all-powerful?

All-powerful—do not doubt it.

Les: Thank you for that information.

We are helping you my friend.

Les: You certainly are.

We are helping. *(Spoken gently)*

Les: Yes I'm sure of that and you understand why I asked the question, because I know you have been helping.

Yes, we need not use words this time, but know and understand fully, that *many* ARE with you, many, many are with you. *(Pause)* Now —

Les: Is there any question anybody would like to ask on that? I think Salumet wants to be sure that we all understand the extreme power of thought.

George: Yes I think at a physical level, we are aware that a powerful speech can alter the thinking of others and it seems to me a small step, that the thought behind that speech, can also alter the thinking of others.

Yes, it can to some degree, but the difference lies, when the spiritual power of thought, is directed towards each individual, rather than general speaking—that is what I am trying to get across to you. But yes, in human life terms, there always will be those strong speakers, who are capable of influencing the thinking of another, but that is slightly different, you understand? (Yes)

Les: That would be on a physical level, wouldn't it?

Yes, but of course the thought is still involved, but to a much more immature degree.

George: Yes, that clarifies that, thank you. (Yes)

Les: Now I come to a very delicate question: If in future we have developed spiritually sufficiently, to be able to influence the thought pattern of another, how are we going to know that our efforts to influence that person are correct for that person?

You would have the '*rebound of thought*.' Remember always that what you give comes back to you, do you understand?

Les: So, it may sound contradictory, but if we were trying to influence in what we considered to be the *right way* for that person, but in fact it would be the wrong way, **(Yes)** we would be made aware of that, would we?

You would have understanding of it, yes—(Good.) the understanding would come. If you have reached such a state that you are capable of attempting these things, then your own thought patterns would—it is difficult to tell you, but it would be *rebounded* back to your thinking.

Les: That's comforting to us all I think, because I'm sure that we all at some time, if we do attain the ability to influence others for their own good, I'm sure we'd like to do so. But I'm equally sure, **(Yes)** that none of us would wish to do so in the wrong way.

Of course not. I do not explain this thing to you, in order that you feel that you would do wrong, but in order that your understanding of yourselves becomes clearer—that is the purpose of the telling.

Les: We appreciate the reason for it, thank you.

Now my dear friends, I would like to work with this instrument this time, for just a little time. Perhaps each one of you can devote the time to your own individual development. I will leave it to you to decide what is best for the rest of this meeting.

Les: Thank you. It won't affect you, if we do discuss this quietly?

Yes please, provided there are no sudden noises. I leave you all my dear friends, in the knowledge that each one of you is encompassed with our love, with our teaching and our knowledge. Know always that you will be helped, if your purpose of life is for the good.

Les: Yes, thank you very much indeed and God bless you. The love of all of us goes with you and though you don't want it, I'm going to say our very great gratitude for what you do for us.

A quiet discussion then followed, with comments from Sallie:

Sallie: It's interesting what Salumet was just saying, that we would always be helped, if what we were doing is for the good. I was just thinking sometimes I suppose it's a question of keep questioning yourself inside. But sometimes I'm not always sure that what I'm doing is for the *good*. I think it is, but there are so many different facets of looking at things, aren't there? It's just working out what actually is for *good*, I suppose.

Les's breathing then characteristically changed as he began to channel a response:

Yes may I answer your question dear lady?

Sallie: Thank you.

Earlier during discussion this evening, it was emphasised that when, WHEN we achieve sufficient spiritual knowledge to be able to influence the thoughts of another, then we must be careful that we do it for the right purpose. Do you recall that? (Yes) Thank you. I suggest now that you are still thinking in physical terms. Do you understand? (Yes) With respect, you as have all the others here, still have much to travel, before you have developed spiritually sufficiently to be able to alter or to influence the thought pattern of another, in the way you might think desirable for that person. When you have achieved the spiritual ability to do that, then you will not even have to question whether you are doing it correctly for that person; you will KNOW whether you are or not. That you cannot do at present, because of your physical thinking, not the spiritual context. Is this clear?

Sallie: I believe I understand that. The bit I was confusing myself about slightly was when Salumet was saying right at the end before he went that we would always be helped by that side of life, if what we were trying to do was for the *good*. And what I was confusing myself with, is sometimes I ask for help, because what I'm trying to do, or *think* what I'm trying to do, is for the *good*, so I ask the spirits to assist me, I ask for help. But how do I actually *know* that what I'm asking for is right? Am I doing it for the *good*? I'm not making any sense, because I don't understand it myself.

We do understand your confusion dear lady. May I suggest that you do not give us sufficient credit for knowing whether we are aware of your desire to do it for the good of another? If it is not for the good of another, then I would suggest that it should be obvious that we would not assist you upon the path of thought which you are emitting. Do you follow?

Sallie: Yes somehow that makes it very simple now you've said that.

You are sure that you are satisfied? We wish you to understand these things very clearly for your future development. Are you happy with what you have been told, or do you wish to question further?

Sallie: No, it feels comfortable what you've said—I don't have a question about it, thank you.

Thank you, as long as you are satisfied, then we will leave that particular subject. (Thank you.)

Now are there any further questions any person would wish to ask, whilst I'm here? (Pause) Or have you absorbed so much that you're altogether satisfied with your knowledge and acceptance of what has been told to you this time?

George: Yes I think it is true to say that we in the physical have always upheld the principal of influencing the thoughts of others, through *example*. Clearly this is a physical route to influence, but I would guess there are *thoughts* behind that example and the direct thought into action seems to me —

May I interrupt sir? You are becoming rather confusing in your statements. Could we simplify it please?

George: Yes I'm sorry. The thoughts behind our actions, if they interact directly —

Sir, sir, sir, you too are going along the physical path. The thoughts behind your actions are from your BRAIN, are they not? (Ah, yes.) Your brain is your physical aspect, is it not? (Yes —) So you are still thinking in physical terms and you are not applying spiritual awareness. Does this answer your question before you ask it?

George: Yes thank you—I was into another area of confusion, thank you.

We were aware of that, which is why we rudely interrupted. You understand the reason for our interruption I hope? Not that we wish to be rude, but we do not wish to waste time.

George: Yes this is clarified, thank you.

Thank you and is there a question from anybody else please? (Pause) Then I would say you must have encyclopaedic minds my friends! That is comforting to us, even though we cannot accept such as statement. (Chuckles) Then if you have no other questions I will take my leave and leave you to talk amongst yourselves, about other matters perhaps pertaining to the knowledge which currently is overwhelming for you, in that you have no questions. God be with you my friends. (Thanks expressed)

George: Thank you for clarifying those matters.

Thank you for listening. We hope that it has been of help. (Affirmed) God bless you all, goodbye.

Another followed immediately through Les:

You lot don't half muck them about you know—don't half muck'm about. (Laughter) They come here with all their good intentions, good knowledge, wanting to educate you, but you don't bloody well want educating. Why don't you ask questions mates, when they want to answer them for you? Ay? What gets into you all? You don't know it all, do you?

Lilian: We don't want to make a fool of ourselves, I think.

Sallie: If you ask a couple, you don't want to ask any more, because you feel like you're taking up the whole meeting—everybody's got to have a go at it.

That's just an excuse, just an excuse. You don't take up the whole meeting, questions take up the whole meeting, not two of them—go on, you're not getting away with that one girl! (More chuckles)

Mark: I feel that they expand the thinking so much that—

And you ain't getting away with that either.

Mark: No but it's just so incredibly—it's doorways that haven't been opened yet.

Give em a shove and open em a bit more. Ask questions about it, that's what you've got to do when the door's open. Don't just look around the corner as though you're scared—push it and ask questions. I don't know what I'm gonna do with you—Bloody well leave you I suppose.

Margaret: Oh no, don't do that.

Well have you got any questions, I can answer you?

Mark: On that theme?

Anything you like mate, anything you like.

Mark: I was just wondering if I was thinking along the rights lines on this: In the bible I think Jesus was—

Oh god, now you've got me—(More chuckles)

Mark: —Jesus was given the awareness that someone was going to betray him. He was given the awareness presumably from spirit, but he let the person (*Judas*) carry on and betray him, because that was presumably his growth? He didn't interfere with his growth, as he needed that experience of being a betrayer.

Of course he did and of course he got the information from spirit about being betrayed. Where do you think he got it from?

Mark: Yes, so he didn't try and interfere with that thinking, even though it was actually going to hurt him.

No, but he did try and influence him didn't he, by telling him he was going to?

Mark: He influenced but he didn't interfere, yes.

That's right, he was influencing by letting him know he knew. But he didn't say he ain't got to bloody do it, did he?

Mark: No, but he did have the power I suppose to if he'd wanted to, but he was —

He didn't have the power mate, he didn't have the power. If he did, what was told you tonight—it would REBOUND on him, if he'd tried to influence that man against what he should be doing.

Mark: Ah, it would have weakened him, right.

Yeah, he'd of been aware that he mustn't do it. You don't listen do you? (General agreement + laughter) Anything else you want cleared up?

Mark: That's all for me, thanks.

Anybody else want putting in order? No, well I'll go back to my fish and chips.

Sarah: Do enjoy them.

I shall don't worry, don't worry. I can still have them when I want them—that's my treat. I spoils myself now and again. I bloody hard day's work and I have a nice fish and chip supper.

Margaret: What work do you do?

Cor! What work do I do? What don't I do? For a start I comes and mucks about with people like you. I follows on where the big ones tread; try and clear up the bits of mess left, cos you won't ask questions. That good enough for ya?

Margaret: Yes thank you.

I go to other places as well, you're not the only awkward ones, don't think that. But I don't suppose there's any much worse than you. (Laughter) Still that's life that's life. I've gotta earn my fish and chips. Cor! They aren't half good over here too! (Laughter) Now nobody has said to me, why do you eat fish? See, another question you could've asked.

Sallie: I was thinking it though.

Well why didn't you ask it?

Margaret: Well, you enjoy it.

Sallie: But the fish don't.

If you thought I shouldn't eat fish, why didn't you ask why I eat it?

Sallie: Well because you're a bit sort of forceful, aren't you and I thought you might bite my head off, to be honest.

You're not near enough. (Laughter)

Sallie: Yes why do you eat fish when you don't need to?

Ah! Got her got her got her. You ain't been listening to the power of thought girl, have you? I THINK it's fish—

Sallie: You *think* its fish—that makes sense, that's all right.

Oh good, I've said something right.

Sallie: I feel happier about that.

I THINK it on my plate, I don't go catching it.

Sallie: So it's not a real living fish that you're eating?

T'is to me, t'is to me. I've got the thought powerful enough to make it seem that, but it hasn't killed the fish. Does that satisfy ya?

Sallie: That's fine, thank you.

Now ya know what the power of thought is. (General agreement + chuckles) And I don't have to even dig the bloody potatoes either, but I have some lovely chips. I'm going back to em now. I can almost smell em. Oh well if you've got no more questions I'll go, thank you. Nice to have met you mates, nice to have met you. (General agreement + thanks for coming)

Hope it hasn't upset you, me coming? (Expressions of 'Not at all' + 'Come again!')

If you're gonna ask questions, perhaps I shall. But I'm not putting you off asking questions, don't think that. You ask em, you think about what's been told and you ask questions. That's the way you learn

mates. I've had to learn like that. Ah well, that's enough bullying for one night. I'll say cheerio to you all.
(General goodbyes + thanks + 'Enjoy your chips!')

~22nd June 1998~

Good evening. (*Welcomes*)

Is everyone comfortable this time? (*Affirmed*) There have been heavy hearts with some of you, since last we met. I hope that each one of you knows and understands that by coming together as you do, do you realise how much each of you are given from each other, to each other?

Les: Yes, and I don't think anybody has any doubts about that, have they, that they are giving and taking from each and all? (*Agreed*)

But are you aware that the interaction and exchange of energies which occur within this room, helps in your growth and understanding of life itself?

Les: Yes, I think it must do that and would I be right in suggesting that not only is that growth and understanding applicable to each of us here, but by its very nature can be used for the growth of others outside this room?

That is where your work begins, not in the exchange or interaction of your own individual energies, but in taking forth from this room and giving to another. That is the work that each individual one of you—that is each one's responsibility. But in coming together as you do, it—shall I use one of your common sayings, '*recharges each battery.*'

Les: Yes, thank you, we understand that.

Of course, I do not speak about the physical, let us be clear about that dear friends. I again speak to you on a spirit level. Are you aware of this interaction, or I fear *some* of you may not fully know or accept that this is so, yes?

Les: I can only answer for myself, yes I do.

I wait for the lady's question.

Les: I beg your pardon—

Sallie: It's something to do with, we're learning from each other in the interactions, apart from recharging spiritually, each one of us is teaching/giving something to somebody else in the group—knowledge or understanding—

Of course—you have it. Not only are you giving to each other spiritually, you give to each one here, that energy which perhaps they are lacking in. Now do you begin to understand? It is a mutual exchange of energies with each one of you. It matters not what stage of development you have reached spiritually, but it does matter that you allow this coming together, to give of your time in order that this process can take place.

Les: So even though some of us may be unaware of this, our reaction to people outside of this room in the course of our physical daily work, daily life even, this could be taking from us some of the spiritual knowledge and energy, which we acquire from each other at these meetings?

Yes my dear friend. You exude the spiritual energy, which is—I will not use the word '*recharged*' again, because it is innate within you all, but it needs to be used wisely. And of course you would not always be fully aware of what is happening in the meetings with another. After all, have I not told you that there are no chance meetings? (*Agreed*) Therefore when you come to meet another human being, always there is a spiritual purpose.

Les: Yes, you have made it clear in the past too that it is the spiritual part of that person we may meet, that is being attracted to our spiritual self, even though neither of us may be aware of that.

Yes, you should by now at least be aware a little that these interactions are taking place. I believe my dear friend that at times, all of you have the inner knowledge that someone known to you perhaps, is in need of some of your help; that is the spiritual drawing to another person. You human beings tend to name it *coincidence* or *accident*, when in fact spiritually you know that you are being drawn to that person for a good reason.

Les: Yes, I think it will be interesting for us all to have an individual reaction to that, if everybody's agreeable. Jack, have you experienced that?

Jack: It's what you'd normally call *intuition*, I suppose. **(Yes)** It has happened in the past certainly.

Les: Doesn't matter if you do call it intuition, it's basically the same. Sallie? I know you have, haven't you?

Sallie: Yes I have and sometimes I think it comes through dreams as well. Perhaps if for whatever reason you are not taking enough notice of what your intuition or a spirit guide is prompting us to do, then sometimes you'll get another prompting in sleep state.

We have discussed this matter have we not? When you know that something is repeated to you constantly, that you must heed it and know that you are being helped to understand. We have spoken at length about this matter, have we not? (Agreed)

Les: Mary?

Mary: Yes, I think I do, but I think I often don't listen enough, but I realise afterwards that I should have listened.

Yes, the lady—her logical thinking sometimes interferes with what she should be feeling. But no matter, each one of you has experienced these things. It matters not what title you put to it, know my dear friends that it is the *you*, the real *you*, that is at work. This lady has much to do in time to come.

Les: Sarah?

Sarah: I think I'm getting better at listening to what's been coming, I'm much more aware now than I was before. I think since we had the talk on it, I've been made more aware.

The purpose of helping another is firstly of course to recognise the awareness, but to allow yourself not to question, but to—how can we say—*automatically* be drawn to what you know is to be of use. Too often you humans withdraw from your way of thinking and feeling. It should be spontaneous. You will always be drawn to the right person in need of help, if you will allow those thoughts that I constantly and repeatedly speak about, if you will allow them free rein, they will always guide you to the right directions.

Les: You remember the talk about intuitive thinking Sarah? Some time ago Salumet spoke about intuitive thinking as opposed to physical thinking. **(Yes)**

Les: Paul?

Paul: I sometimes get a feeling with people, but I think I'm too inhibited sometimes, **(Yes)** to go with the flow.

He is reserved at times, but can I say this to you, that sometimes with your reticence, it matters not, because you give forth much, my dear friend and those energies will be taken, if your intentions are good. So all you need at times is to be a little more forceful with yourself. Do you understand?

Paul: Yes, I think so. Sometimes it's difficult to find the right words for things.

Yes, that my dear friend, is your human failing. Work upon it and you will be helped if you so desire. But you need to *want* that help. Can you understand?

Paul: Yes, I'm becoming aware that that's an important part of the growth, yes.

Do not be too concerned, but it is good that each one of you is aware that these subtle energies are always at work.

Les: Mark?

Mark: Yes, sometimes I've noticed with a lot of people I find there's not much impulsion to talk to them, but I get the odd person, and it surprises me, that there's been quite a free channel of conversation.

Yes. You must remember also that numbers are not important. If you can help but a few people within this one lifetime, then I say to you all my dear friends, your task in helping another cannot be dismissed. Do not feel that there is any gratification in numbers. Do you understand? (Yes)

Les: George?

George: I was at a wedding at the weekend and I felt there was a very good energy at times. **(Yes)** It left me with a very nice feeling as well and timing seemed to be important. There seemed to be a *right* time to talk with an acquaintance.

Yes. Can I say this to you, that many opportunities are placed before you in your lifetimes upon this planet. You, my dear friends, remember what I have told you, that your free will is all-important when it comes to making decisions; you either can go forth and offer yourselves for good, or you can retreat back and withhold those vital words of contact. But each one of you are given the opportunities to grow and allow your spiritual growth to touch another human being. When you feel that interaction of good, are you not left with that feeling of upliftment? Do you not know that that time spent in contact with another human being has raised you to greater heights? *(Agreed)* The feeling is always one of good.

Les: Margaret?

Margaret: Well I've become a good listener and I was asked to talk to a lady who lost her husband a year ago and in the last three weeks I have made her a lot happier and that's made me happy too.

Of course, again I would say to you, it is not always necessary to use the spoken word—a look, a touch, a gentle gesture, is enough to uplift another. It of course depends on each individual situation placed before you.

Margaret: The first time she came to see me, I gave her a big hug and she said she hadn't had that since her husband died, so I was quite pleased that I could give it to her.

And do you not see the rebound effect that you have had, my dear friend? (Yes) Not only have you helped the lady, but in helping her you have helped the departed one. Do you all understand that?

(Affirmed) **Because, my dear friends, that is important to understand, that what happens within your world, also is like a mirror image in ours. Do you understand that? (Affirmed)**

Les: Lilian?

Lilian: Yes, I can see the interaction now. It's much more clear and you've already answered my question, on the feeling we get when we have helped someone. I guess that's the spiritual upliftment.

Yes, remember that what you give out, so do you receive and that is why the feeling of joy and upliftment is greater, when you have taken forth and done your work well.

Lilian: It makes much more sense now.

Les: I won't go into a lot of detail, but in the last six months, to confirm what Salumet has said about there not being accidental meetings—in the last six months, I have had five people contact me, who over a period of time going back to 18 years, received help either for themselves, or for a close relative and the last one happened today. It has surprised me each time, until I remembered, about there not being such a thing as an accidental meeting. I must confess I felt very happy each time I was speaking to each of those people.

Yes, and do you not see my dear friend, that because of your going forth in your years of knowledge, that others in return, do not need you to go forward but are pulled towards your *energy, your light, your goodness*? That is why *they* come to you. As in all of the other cases, when people—perhaps you would say *unexpectedly* come and you are able to help them in some small way. But because of your many years of dedication my dear friend, more often than not, at this stage of your development, people are drawn to your *light*.

Les: I'm very happy to learn that of course. Obviously I am always delighted to help them again.

Know that you have worked well. There have been occasions, which I will not go into, but which in time you will recognise that you have missed out on, but of course as human beings, that is quite natural, so do not be harsh with yourselves, when the time comes to stand forth on judgement of yourselves. You understand? (Affirmed)

Les: I hope everyone feels better for that '*discussion*,' shall we say, on personal revelations; it can only have helped us. *(Agreed)*

You can only have helped each other. You counterbalance each other when you meet in this manner. I wish I could show you all the colours and the energy that is within this room at this moment in time. If only you could see the blending of your energy, it creates something that would dazzle you. So my words to you this time my dear friends, are these: **Come to know yourself well. As you know yourself, allow that part of you, to go forth, to allow others to know you, to be strengthened and**

uplifted by you, to take forth all that you have learned, but never to force your thoughts upon another—this too we have spoken about. *(Agreed)* Be careful in your thinking, but to allow freely, to give of yourselves freely, in order that your spiritual energy can be blended with another in need of such energy. After all, my dear friends, you are all but **energy**. See yourselves thus and you will find greater knowledge of all things.

I would ask if I may this time, that as I leave you, that each one of you sit quietly for a few minutes of your time and feel those energy patterns that you are. Come to recognise them and then to allow them to expand to each one in this room. See my dear friends, if you can feel the blending of those energies. I withdraw from you this time, leaving you with my love, *love* that belongs to all Creation; an all-encompassing love, not only for you this planet and all others, but to know that as I leave you, I leave part of *me*, with each one of *you*. *(Thanks + farewells)*

Les then began to reiterate something when one spoke through him:

Les: Before we go into silence, I'd like to remind everybody, including myself of course, of what has been said so many times: You never know what seeds you are planting and you cannot know what the result will be. And if you remember that every time you have occasion to help anybody—*(Les then channels)* —**you can never know the extent to which those seeds you have planted will flourish and will in their time, produce growth, which will of course in time produce further seeds—and so the cycle is never-ending. Think not that when you help one, it is one only who is receiving your thoughts, your love, your energy. It is not your individual energy, as you have been told tonight, it is the universal energy of all within this room, who have, though not aware, have themselves benefited from the seeds planted by others, who you do not now remember. Do you understand this? (Affirmed) You are the growth, which is now in turn, able to produce the seeds for future growth, and so the cycle continues. Is this clear?**

George: Yes, beautifully clear, thank you.

Free your minds of the thoughts, that the help you give is a personal effort. It may pass through a personal channel, but always it is a universal consolidated effort; the effect of much in the past, which also has been consolidated and was universal. Is this also clear? (Affirmed) Is there any question you would like to ask, if not we will go into the silence as requested. (No questions)
God be with you all. (Thanks expressed)

~29th June 1998~

Good evening. *(General welcomes.)*

Les: We're very pleased to welcome you.

I await your questions this time, before I work quietly with this one.

Les: Right thank you, would anybody like to start the questioning?

Sarah: It would be nice to know what Salumet thinks of this changing of fruit with genetic engineering.

Yes, my thoughts my dear friends, have been given to you on previous occasions regarding human links with genetic interference. It differs not with your question. I will say only that man must stop interfering in the manner that he is so doing. He will find the error of his ways.

Les: I think you're referring to genetic changes now, are you?

Yes, mankind must realise that *all* is already perfection that has been provided for you upon this earthly planet and any such interference, whether it be human, vegetable, mineral, whatever—he must realise that although he seeks betterment at times, he is failing in his heart-felt desire for such.

Les: I don't think he will better anything.

Of course he will not. But the seeking and the searching, is what is uppermost in some human minds. Does that satisfy your question?

Sarah: Yes thank you very much.

Les: Any more questions?

George: We have talked about the soul and the way it is made up of past lives, or in a way it is made up of past lives, but these past lives will be from different time periods. I was wondering if any further discussion of this might help us to understand the nature of *Time* more.

You will never fully comprehend the time factor as described to you here. After all, the soul does not belong only to past times, it is with future times also—that is where the difficulty lies. The soul encompassed past, present, future—all is intertwined. We have gone into this at certain times and I have said to you, we shall return to it on many occasions. But at this particular time, I do not feel that you are ready for more detailed discussion.

George: Yes, thank you for your words on that.

I hope you are not unhappy, but we shall seek for you, in your understanding of the time-scale.

George: Yes, thank you.

Remember the soul is without *time*, do you all understand this my friends? You must fully realise that the soul is *timeless*. (Some agreement) Are you sure that each one of you understands?

Les: Yes I think we shall have to accept and understand that we shall never understand in this life.

No, you never will, but we can help you to understand just a little more.

Les: Yes I agree.

George: It's nice to have your statements, because that does make us more certain of those few facts that we have grasped.

Yes, in pondering these facts, then your knowledge will automatically grow within you, yes.

Les: As a matter of fact this isn't a question, but it follows on: I was thinking of you—well I've thought of you quite frequently recently Salumet —

Yes and I thank you for that.

Les:—and it tied up with something my lady Ruth used to say when things weren't quite as we would have liked them to be. She would say: *'Well I always remember what I was told by someone who was very knowledgeable: If you can't have what you want in this life, always make the best of what you've got.'* (Yes) That doesn't sound much, but it's quite profound.

And I will tell you, that is still her thinking philosophy; it does not alter because your state is altered.

Remember how important your *thinking* is.

Les: Yes I think it would do us all good to keep that constantly in mind, because if we do try and practise that, then we are inevitably fulfilling our desire for spiritual growth too.

Your spiritual growth will become natural to you, if your thinking is correct. It follows—it *has* to, that if the thoughts are following the correct pathway of your lives, then your spiritual unfoldment also will follow. Can you see, it must always be connected with your thinking?

Les: Of course it must.

I always will stress on many, many occasions, the power of your thoughts. After all, you are pure thought. Do you understand my words?

Les: We understand what you are trying to make us understand. (Good.) I think we accept that we never shall fully understand, but we must, by making the best of what we have got each day of our lives, we automatically are progressing towards a greater awareness of what we do have ultimately to understand.

You have much, much to understand. But my dear friend, when first I came to you—and that was in this month of your year, it was said to you both, that we must go slowly, slowly, slowly, in order that the understanding for each one of you, in differing states of development, would be enabled, to understand at their own pace, that the information and wisdom that I was to bring to you, would be devoured by you and readily accepted by you. I wanted you to grow slowly, slowly, in order for this information to be digested properly, and I will say this to you my dear friends: My heart grows full each time we meet, when I see how much each one of you has grown. You may not all be aware, but your spiritual lights now are so much brighter.

Les: Thank you for that I know it's very comforting to us all and thank *YOU* for it. I know you say you don't want thanks, but let us have that physical acceptance.

I accept them (?) but it is not necessary my dear friends. I have come to you on a wave of spiritual love and have been accepted by you all and you have returned fully, that love which I have brought (?) each time we meet —

The recording had become very faint/fuzzy by this point as Salumet withdrew in order to work quietly with Eileen.

There then followed one through Sue, called Sister Veronica, who explained that she had brought along some children in need of healing. These children had suffered much whilst on Earth and were given healing/comfort from the sitters who were each assigned one child to work with. Any despairing thoughts were to be released with love.

~6th July 1998~

Eileen was away this week, so no Salumet, but there were other speakers of interest, the first one coming through Sue:

Good evening. (Welcomes)

Les: Thank you for being with us.

I have been in this room before, but this is the first opportunity I have had to bring speech, as well as my powers of healing. I have worked closely with you my friend, over many of your years. I was often with your lady and since she has been on our side of life, we have continued with the work together.

Les: I'm very pleased to hear that and I'm sure she's delighted.

You can imagine I'm sure, how she reacted when she could put a face to that that she has felt. Do you understand me?

Les: Yes I do.

She could feel my presence, but when she came to us, then the last pieces of the jigsaw were put into place.

Les: That's very nice for her I'm sure.

It was equally pleasant for myself and my fellow workers to be able to welcome her into our realms.

Les: Yes I'm sure it was a wonderful welcome, because she was often saying how she looked forward to meeting you all one day.

Indeed, and I say to you and I am sure you are aware in any case, that she now has great joy in what she does. We would be lost without her, you understand me I'm sure.

Les: I'm very pleased to hear that, because she was a wonderful lady when she was here and it can only have been emphasised when she has the opportunity to use the additional power in your world. I'm sure she's doing a great deal of good work.

That goes without saying, but she still has an unbreakable bond with yourself, as I'm sure you are aware.

Les: Yes I'm often aware of her with me and for that too I'm grateful.

Since you have brought your healing evening to a close—and may I say and I know you will accept my words in the spirit they are meant: About time to! (Laughter) Since you have curtailed that part of your work, we have moved away to your protégés, do you understand?

Les: Yes I believe they're doing quite well and the healing is all going quite well with them.

Of course. We are there to guide and to be used for the purpose of bringing comfort and aide to those who so desperately need it.

Les: Yes there are so many and I have no doubt at all, that you and your colleagues would continue to work with them, as you worked here and for that I do thank you all and I apologise for not having given up that work earlier.

***As your dear lady would say: 'You are a stubborn old soul.'* (Laughter)**

Les: Yes I can imagine her saying that, but I'll have one back on her and say, well she hadn't *asked* me to give it up—I know I had the warning and it's entirely my own fault.

We are with you very closely and we knew that when the chips were down, you would come to your senses.

Les: Yes I did, didn't I?

We can't afford for you to be under the weather my friend; we aren't ready to welcome you just yet.

(More chuckles)

Les: Well as long as you keep me quite healthy here, I'm quite happy to work as I have to.

You are closely guarded my dear, dear friend and we feel sure that in times of need and tiredness, you can feel our presence around you.

Les: Yes I can indeed, I agree with that and again I'm very grateful to know it.

That is not to say that we are with you constantly, we haven't got time to be with you all minutes of your day, but we always hear the call and respond to it when required, as I'm sure you know.

Les: Yes I do, that's why I use it discreetly and not at every minute.

We know, we know. You are a precious and most important part of our work. We couldn't do what we do, without your guidance and leadership here and we know that all your protégés are following well in your footsteps.

Les: Yes I have been very lucky in that. They are all very capable now of carrying on when I have to leap off; I have no doubts about that at all.

Some of them still can't quite believe that they have found themselves on that path. But as we have said so often in the past, what is meant to be is meant to be. There are no chance meetings are there my friend? When the call comes, you find yourself answering it, even if you are unsure at the beginning, exactly where it will lead.

Les: Yes that's quite true and I'm sure it's true of everybody here, it certainly was of me when I began.

We bring them from all walks of life and we nurture them on the way and then suddenly they find that they are part of a big happy and serene family. Is that not so?

Les: That's right, I think everybody would agree with that, wouldn't you? (Agreed)

I would like please to ask you if you would be prepared pleased for the rest of this meeting, to be taken over with some healing thoughts, for some people we feel would benefit from your help. Is that acceptable to you all this time?

Les: Would everybody agree with that? (Agreed) To devote the time to mental healing and that means for whoever you wish of course.

With your permission I would ask if each one would take a person who I shall name and ask them to give healing to them. Will you do that for me, as well as the people in your own hearts, that you feel require our own help?

Les: Certainly, yes of course we should be pleased to do that.

We were each given the name of someone in need of our healing thoughts and the reasons they were in need of a little help. For example, Les was told: I ask you my friend, if you could have your thoughts and love surrounding a young gentleman by the name of Raymond. I can only say to you that he had problems with his mind, when he was on this Earth and we feel that he would benefit from some thoughts from yourself.

We worked quietly with those allotted to us, during the time available. There then followed a communication through Les:

I have been instructed to continue the work requested by my colleague. In order that those whose names have been given to you may benefit more fully from the power which can be brought for each, I wish you please for you to imagine your particular charge, to be standing in front of you. Address each please by name and tell each the purpose for which they have been brought into your presence. You will not be aware—they WILL be aware of the love and the light which radiates from each of you to them. I wish you could see it as they will see it—as my Raymond, at this moment standing in front of me, sees the light and the power of love coming from me to him. Please do this, because then the combined effect of the love and light, which will be available, can more easily be distributed, not only to each, but to ALL. And that, because of your own love to them, can enhance beyond your knowledge, the power that you are able to bring to them, for their recovery from each individual problem. Have I made myself clear to you in this matter? (Affirmed) Thank you. Then I will not encroach further upon your time. I will leave you to bring them to you by your thoughts, to stand before you, to feel your love, your lights can be seen and they will benefit more than you can imagine. God be with you my friends, thank you for the power that

you can give to each of your charges. God be with you all. (Pause) Do not be afraid to talk to each mentally, so that with your help, they may discard the problem for which they have been brought here at this time. Please emphasise that their acceptance of your words, that they can now dispense with their physical problems. Tell them please if they would do that, it would give you great satisfaction to see them well and fit and healthy, as you would wish them to be. They will delight not only in their own recovery, but in the pleasure it will give you, as instigators of that recovery.

We then continued in silence for the remainder of the time. Finally, a merry control came though Sue, to report back on the good work achieved, before we closed.

~13th July 1998~

Good evening. (Welcomes)

Before we continue this time, let me say this to you my dear friends: All of you have different lives, as the individual peoples that you are, but can I say this to you: That once you have gathered together within this room, you become as *one*. So I would ask you my dear friends, that if there is any discord, disharmony within your daily lives, can you please leave it behind you, before you enter this room?

Les: Everybody clear on that? (Affirmed) Good.

I understand it is not always easy, but for the sake of our work together, it is imperative that you come with open and glad hearts.

Les: Thank you for telling us.

I would wish to welcome one of our wanderers, but of course as many do, they always return.

Jackie: Thank you.

Now for this time, I will take your questions.

Les: Right, it may be more of a debate than a question, but it all revolves around your teaching. A couple of days ago there was a terrible incident in the country we know as Ireland, where sectarian hatred has caused the death of three young boys. I began thinking about what you've said about the effect of our actions returning to us and the need that we shall have to compensate for our actions, when we come over to you. When that person comes over and is shown his life pattern, it is surely not going to be sufficient for him to say, *I'm remorseful*. I imagine he'll in some way have to atone for that terrible deed. Is it possible for him or her to atone in the next world, or will he be compelled to come back to the physical world, in order to do that?

I understand your question.

Les: It has a lot of answers no doubt, but I'm sure you'll be able to help us on this.

I wish to return to words spoken to you previously: **There is no compelling, there is no compulsion to return, unless that soul so chooses. That must always be the way, but of course there come into force other factors. The soul is made aware when he returns to our world, of all good, and I will not use the word 'evil,' but 'wrong-doing' that he has done, whilst upon this Earth. The soul will make the judgement, the soul will decide when awareness comes to it, what that judgement and that atonement must be; the soul is never compelled. After all, have I not told you that we cannot interfere?**

Les: Yes you have, this is one of the things, which puzzled me.

Yes, this applies in our world also. He will be guided, he will be shown what is best, but always he is a free spirit in his thinking. Do you all understand these words, because they are important?

Les: So he would be able to choose his method of atonement?

He can make atonement within the spirit world.

Les: He can? (Of course) I thought he might be able to, but I wanted to clarify that, because during rescue work, I've told many people who have suffered for what they did here, that they can continue to evolve, after they have made atonement in your world.

It always depends on the damage done to another soul. (Yes) After all, you are prejudging the damage done to another soul, when in fact you do not know what reaction that soul has.

Les: No, this is where I got all bogged down in my thinking. I was going round and round in my mind, on all these aspects.

You are making the physical assumption that the wrong-doer has damaged seriously the soul of the other person.

Les: Yes I must admit I was thinking that.

Always look at these questions with spiritual eyes—they will become much clearer if you do so. (Yes) We know and we understand that the atrocities of your world lean hard upon your physical beings and thinking. But after all, are you not spirit here and now? Can you not make your spiritual judgements, rather than fearful ones?

Les: Yes it comes back to what you have so many times said, we must think of ourselves as spiritual beings. **We know it is not easy, but I will always return to the power of your thought, to not making judgement upon another and always to be open to give love to ALL, even those whom you would term 'evil' people.**

Les: Yes you're right, that is difficult for us.

But you must attempt to give love to all people, after all the only way you will grow spiritually whilst in these bodies, is to be of service to another and my dear friends, that does not only mean giving love and good thoughts to people whom you like, but indeed the greatest joy comes from extending and giving of love to these souls who are in much more need. Can you see?

Les: Yes we do understand what you say, but of course as you've also said, it's extremely difficult for us (Yes) to bridge that gap between the physical and the spiritual.

Yes, but you must never stop trying to make sense of it, otherwise your thinking would stagnate and then where can you go? After all, whilst you remain upon this Earth, truth can never reach, it cannot make lodgement in closed minds, remember this please. Have I answered your question?

Les: Yes, thank you. I said it might be a debate more than a question, because it did lead me to think about the many wars that have happened and undoubtedly will happen and how people have to atone for the killing they do. I think we can safely assume that in the conflict, some people abhor what they have to do—what they've been ordered to do and must do. Others are comparatively indifferent and others as I understand from what I have read almost enjoy the killing. Surely the reaction upon those three different aspects of killing, must be different in each case?

Of course, you cannot make one sweeping statement about these things, there are many factors involved, as I have said. You must remember that the actions of each individual, is dependent on their own thinking; this must take priority in their actions towards another.

Les: How about a man who has been ordered into the army, ordered to kill and does so, knowing that if he didn't, he would probably be shot for disobedience?

It must be taken into account that that individual is governed by overriding authority, and of course that is different from the man who wishes to kill for pure pleasure and for his own upliftment—of course there is the difference. When each soul looks upon its life, it will instantaneously know whether those actions were for good or evil.

Les: So the degree of atonement they would have to be responsible for, would vary in the differing cases then?

You have to remember all souls are at different stages of their spiritual development, and their actions so follow. You have to look individually at all cases—you *cannot* say that all people who have killed or maimed another, have done so for all wrong reasons. How would you deal with the mother, who helps the child to die, from pure love? Is that not the same as the soldier in a position, when authority is bearing down upon him?

Les: Yes, so they would come within the same bracket (Yes) and be given the same understanding of the reasons for which they did it?

Yes, you cannot put all actions under one heading.

Les: No, I didn't imagine it was possible to do that, but it's nice to have the confirmation. So atonement for apparent crimes here, is not necessarily obligatory in all cases?

No, you have to understand my dear friend, that the soul views the *whole* life, the whole life and not individual instances as such.

Les: No, there's a balance sheet, isn't there?

There has to be some balancing, to make sense of that life. We speak about difficult subjects because there is no one straight answer.

Les: No, I imagined you wouldn't be able to, there are so many answers aren't there? But you have clarified it a lot for me. I hope it's been clarified for others, has it here? (*Affirmed*)

If you have questions about this, then let us sort them now.

Les: Anybody have a question?

Sallie: Only in so much that when you were talking about the atrocities in Ireland, it's possible I believe from what Salumet has told us, that those who were actually killed, it could have been part of their own pathway and plan—in so many ways it's not necessarily as things appear. Am I on the right sort of track there?

That is right, that is why I say to you: You cannot judge the reaction of the soul, who you think has been wronged. How are you to know? That is why you should not pass judgement on any other human being. You are quite correct in what you say. This I have taught you and I hope it is beginning to make some sense within your thinking. (Thank you.)

Les: Any other questions?

Jack: Yes, so basically you're saying that we are responsible for our own actions and that only basically—we only answer to ourselves? (**Yes**) Yes, right—that would seem extremely logical, thank you.

You cannot when you return to our world, say I was *made* to do this, unless it is in the case of the soldier who has authority bearing down upon him. I do not take that case, but when you return to us, you cannot place blame upon another soul for your action. You are the sole responsibility for all that you do.

Jack: So would that be right to say then, that basically there isn't a right or wrong to anything, except the right and wrong you put on it? Your actions are judged by your conscience basically—whether they are right or wrong that can't be judged, can it? You can't say if something you do is right or wrong, you can only say whether the intention of what you want to achieve is right or wrong?

You can only evaluate right or wrong by your own judgement.

Jack: Correct, that's what I thought.

I understand what you say, but that is physical thinking again. The spirit that you are, knows what is truly right and what is truly wrong. It is only when the awareness, the consciousness is raised, when the soul comes to our world, that the soul then recognises what it has done, you understand?

Jack: Right, I do yes.

Les: Any other question? (*Pause*) You said at the beginning Salumet that you asked us to leave behind any physical disturbances for the sake of the meeting. So I think I would be right in presuming then from what you have told us about the soul, that though we are apparently individuals, we are all in fact part of the soul, not only in this room, but effectively in the whole of Creation?

My dear friends, you are the blending together of the bigger blending of Creation. As individuals, you are individual souls; but your light of spirit when you meet in places such as these, become heightened and are attuned and joined to that very creative force to which we all belong. We need your lights to be harmonious, if the blending is to be successful. Of course each one of you are part of each other. I think you would find this difficult to accept at this time, but imagine yourselves as individual *beams of Light*, who are joining together to make one huge *beam of Light*.

Les: We could come back to your description of the diamond and the facets; the Creator is the diamond and we are just one, each individual of an infinite number of facets.

Yes, and I have told you that within each facet, lies many more—yes. Of course, we are all part of each other.

Les: And of course each facet is joined, isn't it?

Of course, but at the same time, can be individualised. My friends, this is a really deep matter to discuss, but I know that your thinking touches upon the very heart of Creation. And therefore I wish you to know, that each individual facet that you are can exist without another, but together you have the strength of all Creation. Do you understand?

Les: Yes, I think we understand that, don't we? (*Affirmed*)

That is why I have said to you, that you must if you can, enter this room in the purest state that your minds can provide, in order that the blending here, is as pure as it possibly can be, in order that we on this side of life, can utilise you to the best of our abilities, in order that the work we hope to bring is enabled to be strengthened, and that we can go forward in our endeavours to teach you and to bring more from our side of life. It is no little task I assure you, but I know and I am sure that much can be achieved, but it is an important part of our work that each one of you begins to learn that *purification*, which is within you all and which can be brought to you.

Les: I'm beginning to have a vision if I can put it that way, of each of us being primarily an individual facet, but when we come together like this, each individual is merged into one complete facet, which mustn't be sullied by any impurity. And that facet—the amalgam of all individual facets here, that one facet in turn, becomes an amalgam of many other meetings like this, all ascribing to the same degree of development. Does that make sense to you? Everybody understand that? (*Affirmed*) So if we think of this room as one comprehensive combined facet, which in turn is linking with others, in a way which we are quite unable to understand but which is happening, I think we might get a clearer idea of what Salumet is trying to tell us. Anybody have any questions on that, or any disagreement with it? (*Pause—no questions*) Thank you Salumet.

I hope it has given you more to think about my dear friends. Always as I have told you, there is never one clear answer, but as we move forward in our learning, each step should become clearer to you. That is why it is important that perhaps we retrace our steps in what has been spoken, in order that each time we speak, it becomes a little more clearer to you.

Les: It has to me. (*Agreed*) Any more questions on it? (*Pause*) No? Good.

How well informed you are becoming. (*Chuckles*) My heart goes to you all. (*Thanks expressed*) Now let us speak a little more about *Truth*, and this we have spoken of on many occasions. And too often still, your thoughts reach me as to *why* you cannot reach out and touch another and tell them of what you know. I have said earlier this evening, that *Truth* cannot reach closed minds and that really is the basis of it all, that your understanding of another's development is such that you would not understand what that closed mind can accept. So I would say to you only this, my dear friends: Do not waste your time upon those with closed ears, because if they reject then they are not ready. Leave them with the *thought* and allow that *thought* to be digested slowly. I say again, if the seed is left, then the thinking of the soul is there to ripen—that is as much as you can do. So I say open your heart, give love to all those you come into contact with, but never try to force what you know as *truth* upon another person, because again I will say to you, if you do then you are on the boundary of interference. (*Agreed*)

Now my dear friends, for this time I will leave you all with much love, with light for your lives, until we come together once again, I will leave you with much love.

Les: Thank you very much for all your explanations again and for all your understanding you give us. God be with you.

~20th July 1998~

Salumet did not come through this time, but Eileen was still used, along with others who had not been used much before as mediums. It was therefore more of a development session. The first came through Eileen:

Hello. I'm pleased to be here.

Les: I gather our usual friend (Salumet) isn't going to be with us?

That is my instruction to you. Other instruments will be used I think. I'm being told to tell you just to follow your instincts this time.

Les: Right, we'll do that, thank you. That doesn't mean you're leaving us at once, does it?

No I will stay for some time. (Thank you.) I am only being used to bring this to you, that what you may have been expecting this time, is not about to happen. I'm not being told any reason for this, but only that I should come to tell you so.

Les: Well thank you very much for coming.

I believe now that it is to bring awareness to more of the instruments with you, to try and encourage them in their work and to see what can be done with them.

Les: Good, it makes a change, doesn't it and I'm sure they'll be very happy to go along with that.

Now I will just withdraw for a little time, but I'm being told I will come back to speak with you.

Les: Thank you. In the meantime we'll see who else may be wanting to speak, shall we?

Yes please. (Right)

The next communication came through Sue:

Les: Good evening to you.

My name is Herod. I am not here to talk to you, I am here as gatekeeper this time. (Thank you.) ***But I can say I am overwhelmed at being given the opportunity to come to a place I have heard so much about, as gatekeeper. I thank you and now I will stop talking and will continue with my job.***

Les: I'm very pleased you're so happy to be here and we all welcome you.

There then followed attempts to use mediums not usually used. There was then a short message through Sue, expressing their delight at being able to use Mary as a medium this time. The one through Eileen then returned:

I want to say how much I admire your patience.

Les: Mine? Well, after all these years, I should be. (Chuckles)

I am not making jest with you, I say these words to you most sincerely.

Les: Thank you very much indeed.

Because I don't know if you're aware, but I might be you could say, your 'equivalent' on our side of life.

Les: Ah, that's nice to know!

I don't know if you are aware of the work that we are involved in?

Les: Yes I believe it has many similarities to what we do here, except of course in a different perspective.

I have to say my heartfelt thanks to those novice communicators this evening, because I have spent much time with them and to see it come to fruition has made me glad.

Les: That's very nice to hear, I'm pleased too and are very grateful to the novices, for what they have done.

I have to admit to you, I have not always had your patience—let me assure you that even in this side of living, my patience is something to —how shall I say—to be improved upon.

Les: Well, mine is too!

So you see how happy I feel that those I have helped to communicate this time—it has helped me greatly and in watching you at your work, from this side of life, also has shown me something too.

Les: That's nice to hear and I am very pleased. When I do it, I'm always very happy when somebody new begins to speak through an instrument.

I would like just to say one thing now that I have found my voice. I would like to say to the other lady, it is time now for you to begin.

Les: That's you Mary.

No, the one you call Sallie, is now ready to be used, but her mind is a little active at times. Now, be thankful that you are here, with this very good gentleman, because I don't know if I could have the same patience. (Laughter) But, my very dear ones, she is ready now.

Les: Thank you for letting me know.

So next time the opportunity is given to you all, let me say, perhaps you will see that she is being used.

Les: Ooh! We'll be after her! (Laughter)

We have been after her for some time! (More laughter) But she will not contribute to the work, yet.

Les: No, we must see for your sake, as well as ours, that she does not get away. (Yes) We'll do that.

I have been whispering my name to her, but she has not been aware, so far.

Les: Oh, well perhaps she will now be more open to your whispering. Do it when she's asleep tonight, will you?

Ah—I may not have the patience this evening; I do think I've worked hard enough for one time.

(Laughter) I'll not be brow-beaten—no—yes, but I hope you have not been disappointed, because I'm now being told that you look forward to someone who comes to you each time. I am not aware of the person, but I am just being told this.

Les: Well, we'll look forward to it next time, thank you very much. But we're very grateful for you for having been here tonight and if we all say a little prayer, that you should be helped in your attempt at more patience, you wouldn't object, would you?

I will be grateful for all that comes my way. (Chuckles)

Les: Right, well can you give us a name that we can remember you by? It needn't necessarily be your own name, but something we can include in our prayers for you.

Well how kind you are and you can know me by the name of Marianne.

Les: Thank you Marianne. We shall all think of you tonight, before we go to sleep

Well, with all those blessings and thoughts, I should be hopping everywhere, won't I? (Laughter)

Les: I hope it'll be helpful to you anyway.

You have been an inspiration to me sir and I feel that I owe you those words.

Les: Thank you it's nice to have you and I'm very pleased to work with you.

I know sometimes no matter how well you wish to work, sometimes a little gratitude goes a long way.

Les: True, it does; it's nice to have a pat on the back, yes.

Yes, I like one, so why shouldn't you?

Les: Yes thank you very much; well you've got one.

Well, it has been my pleasure to join you and I will leave you now and thank you again for your kind thoughts.

Les: You know you're always welcome to come and visit if you wish Marianne.

Thank you I may well do that at some future stage, but I am quite fully occupied with so many who need to be taught to communicate. I think sometimes, people here assume communication happens just like that—it is not always the way.

Les: No, it depends on the individual, their desire to do it, ability to do it, their spiritual development — there are so many factors, aren't there?

Yes and they need to be helped and shown the best way of using the instruments available, and it is the work of our dear gatekeepers, to keep them in line. I am only thankful that I have not chosen that task.

Les: No it's a difficult job, isn't it?

Perhaps when I have reached a few more steps upwards, perhaps I will offer myself, but until then I will leave it safely in their hands.

We then said our goodbyes and closed as usual.

~27th July 1998~

Good evening. *(Welcomes)*

Les: Good evening and thank you for being with us.

I thank you for your welcome once more. I wish to bring to you all much love and to give to each one of you, power to your thinking. (Thank you.) **We have spoken on many things, my dear friends.**

Les: Yes, we certainly have.

And I would like to say to you this time that many thoughts are coming to us, about the existence of your planet Earth. I will repeat to you once more, that mankind has unreasonable thoughts, of his own power to destroy. I say to you once more: Mankind does not have this kind of power. He *can* destroy much, but he *cannot* extinguish the energy given to this planet, by the *Great Creative Force* that each one of you knows as *God*, or the *Great Creative Force*. **Man will not destroy this planet. This is what I wish to reiterate to you once more, my dear friends.**

Les: Thank you very much, that's comforting. I never thought for a minute that he would be able to. Mankind might superficially damage the surface of the planet, and perhaps to some degree, beneath the surface, but he would never be able to destroy it completely.

He has put too much into his thinking, that mankind is now all-powerful. Let me tell you, mankind still knows very little.

Les: Oh absolutely, I would agree with that completely. And unfortunately we don't always know the responsibilities we are creating for ourselves. We mess about with nature and physical forces.

I believe my dear friend, that by now those of you present here, know and understand that mankind has much to learn. (Agreed) But those of you in your world, who are able to acknowledge and try to understand the teachings of those from our world, will *know* that much can be done to help mankind in the right direction, in order that this planet follows it's true evolutionary path.

Les: I'm sure we can be helped enormously.

But we have spoken about these matters before, but because of the many thoughts coming to us from your Earth, I wanted you my dear friends, to know that my words do not alter; (Thank you.) what I have told you, still stands. If you so desire this time, I think it might be good that we have questions on any subject that I have brought to you and that perhaps you still have some thinking about, or doubts in your own minds. I would like to dedicate this time to answering your questions.

Les: Thank you. Sallie, if I might start with you. Is there anything you were thinking in your period of meditation in Wales just recently? Did you find anything in that time, which associated with what you have been taught here?

Sallie: I found everything that I discovered while I was away, was very compatible with what I've been taught here. It is not necessarily identical, but I believe it all leads towards the same point and in some ways it enriches the teachings here, because everything I pick up and read or spoke about, all came back to this point, in what we learn here. So do I have any questions on it? None which are in my head at the moment, though thank you for asking.

Les: Right, anybody else have any questions?

Lilian: There is one—it's about thought and animals. Those of us who've had dogs or cats or whatever, (Yes) you say they understand us, but is that their picking up our thoughts, more than what we actually speak to them?

I have said that what keeps your animals close to you, is a *love bond*, which is expressed in what you call your *auric light*. This is what your animals who have gone before you, blend with—not so much the spoken word turned into thought-form, but the natural love energy, which already exists.

Lilian: I see, thank you.

All energy is *pure love*—this applies not only to your animals, but to mankind generally. There will be no *break*, no undoing of a bond, whilst there remains a true love-bond. It is one form of energy, which is so strong, that nothing can separate it. Is that helpful to you?

Lilian: Yes, thank you.

Yes, remember again, think of yourself in the spiritual form, and you will blend with those who have gone before you. Do not think of the *physical* thinking so much as the *spiritual thought*—the all-knowing thought of spirit—there is a great difference. Are you clear? (Yes) Do you need more help?

Lilian: No that's fine thank you.

Les: Right, I'll come in with a question then: You have told us Salumet, when we have spoken about *crop circles*, you did say that so-called 'aliens,' were amongst us at this time, though we weren't aware of it. Recently I was listening to a discussion and it was said that in the county of Wiltshire, which is quite close to here, there had been discovered another 20 examples of these crop patterns. But of course there is still no specific understanding that we can have of them. Is this proliferation of them, an indication that our friends from outside of this world, are proposing to visit us in more numbers? Or is this an indication that they are going to do so?

Let me say this to you: Your world is changing. Those beings from other times, other energies, other planets who sustain more knowledge than yourselves—of course they have the opportunity to travel in this *space* area, many, many times. But at this present time in your Earth's history, the intention of these beings is that more contact be made. As each of your years pass, more and more communication will take place, but because of mankind's natural inhibitions and fear, this must be done at a slow, slow

rate. Beings from other times have shown themselves upon this planet, but in the main, as in most things not fully understood by humankind, it is being ridiculed. **The time is coming, when human beings must accept that they are not the sole forms of life within the cosmos.** They will accept, they will begin to understand and they will lose all fear of foreign beings; although using the word, '*alien*' or '*foreign*,' is not useful to you—better that you say '*brother*.' Their form may be slightly different, but the energy within, is the same energy of which you exist, but to a much faster degree of evolution, on their part.

Les: I see. What has surprised me is that they have not so far, given us any intelligible understanding of them. I should imagine that they are sufficiently wise to know our language and to be able to speak it, or write it, if they wish?

Let me say to you, my dear friend: That is not always the case. They may have more advancement in their travel, but you are an entirely new world to them. Would you go to another planet and expect them to understand, or would you understand their language automatically?

Les: No, we would probably understand their thoughts, I should think, if we are sufficiently developed spiritually.

Yes, now we begin to have an inkling of what this is about. Contact being made, is on a *higher* form of energy, therefore they are expecting mankind to retaliate in the same way, although they know them to be, how shall we say, '*lesser*' beings in their development. Of course, humankind cannot respond, because they do not have their knowledge. They have left many '*pictures*,' I believe you would say, in the form of their writings in the fields, (Yes, they have.) but it is mankind's downfall, that they do not understand these forms. It will come, there is already amongst many of you, an understanding of what is being done. It is being used in many forms, as the ancient civilisations in your world, used to use drawings, in ways of pictures, in order for others to understand.

Les: Yes, they could use sign language or picture language, but they haven't apparently, tried to do that to enlighten us. I would have thought it would be possible for them somehow, to have left a picture of themselves, as they are now, if they can achieve those crop circles?

My friend, they have shown themselves to mankind; they have shown themselves as they truly are. Not only is it in the crop circles and other phenomenon, but they have shown themselves to man, to those people who they hope, will understand and pass on the truth, to the rest of mankind. Do you not know my dear friends, that many in governments in your world, have witnessed for themselves, what you call '*aliens*'—and I do not like that word, I would prefer for you to call them *brothers*. They have witnessed for themselves many of these beings, but because of their fear for mankind, because of their lack of understanding, much has been kept quiet. Do not assume that only corn circles are the only form of communication.

Les: No, that's all we've *heard* about.

Yes, that is not all.

Les: That's interesting.

I think I would say, that in many areas of this planet, there are more of these showings, of these crop circles, because of the entry of the spacecraft, in the same way that your antiquated aircraft need pathways of flight, so too do the spacecrafts. It is assumed that these crafts can lift and fly and go in any direction they wish, but I can tell you, they *have to* follow the airways of travel. That is why there is an abundance of these happenings in certain areas. The *time* and the *place* is most important and certain times of your days and nights, in order for them to enter this planet.

Les: I see, that's something that none of us knew.

They also have to abide by the cosmic energies, which are available to them.

Les: So, they follow specific energy lines then?

Of course, otherwise at such speed they could create much damage within your spheres.

Les: Yes, well that's certainly something new for us.

But I assure you my dear friends, communication *has* taken place. Much has been shown to all governments within your world and much is being *denied*. But the time will come, and I will not say that

it will happen in 100 of your years, 200 of your years, but it is a gradual introduction of new beings. As your world has become a smaller place in knowing each other, so too the time will come when interchanging of beings from other planets can take place.

Les: That's a very, very interesting thing to look forward to, because we shall be looking at it from your world. But I wish one of our brothers, would show himself to me! (*Laughter*)

Well, what is wrong with your thought? Have I not taught you that anything can be achieved, with the power of your thinking?

Les: I'll have to start thinking then—hopefully. I have been mentally exercising for my own health and I must admit, I think it's working.

I will stress to you all once more, at risk of being tedious and repetitive, that it is the most powerful thing you possess. Use it wisely—we have discussed this also, use it wisely and there is nothing you cannot achieve. But be sure that that powerful thought, is all that you truly desire and is for good reason.

Les: Yes, well mine is still that I might be of benefit to other people, before I come home to you.

That is the way of your thinking—that is why you can see results; if your thinking is good, then the thought is reality.

Les: Thank you for all that information. Now something else which has reminded me of what you told us when you have spoken about judging people. Recently, there have been two physical deaths. One was of a financier, who had very doubtful antecedents and was regarded as something of a rogue, in the way he used to make money. The other one which is not publicly known is a man who had spent many, many years promoting spiritual healing and spiritual awareness generally. Of course, both have gone over to you and I began to try and wonder how they are going to react to the conditions that they are going to find. And of course being physical, I was crediting the spiritual chap, with a very, very happy beginning and the other one, with a not so happy beginning, until I remembered what you'd said about not judging, because we cannot know the reasons for which they decided to take that particular physical life this time.

You are correct—judge not any other man, because you do not know the reason behind their living, or why such things occur in their lives. You must not look at another human being and decide that one is better than another, for you do not know, you do not see the full expanse of their lives. And remember, when you speak of the events of one lifetime, you are speaking only of one iota of energy, of that part of the whole. So, who is to say that the one you would deem 'irresponsible,' and not so 'good,' is not the brighter diamond of the two?

Les: Yes, this is what came to me. I thought, well, I can't say, he might well be—

You cannot take a part of the whole and make judgement upon the whole. This is the problem, that when you judge man as you know mankind, you are judging only that one part of the whole. You do not know how the whole *shines*, or what the whole has achieved in past time. So you are wrong to make judgement; never pass judgement, and have I not told you my dear friend, that what you find distasteful in another, is a fault within yourself?

Sallie: Excuse me—I feel it's right—I know we're not passing judgement as such, but when you are with a person, or with people—I suppose it is passing a judgement, when you see the good in them? It's still a judgement, isn't it? But you're actually seeing—

I would say to you, my dear friend, it is not a feeling of judgement, but in seeing *good*, there is a 'knowing.' There is the *knowing* of the goodness of another, without *judgement*. Do you understand?

Sallie: Yes, that makes sense.

In the way that we have spoken of like being attracted to like, and in the way that opposites are attracted; it is the *spiritual* search for what they do not have. So, if you find fault in another, look inward to your own thinking. I hope this is a lesson that each one of you has thought much about, because in doing so you will come to a fuller and greater understanding of yourself.

Les: Yes, it occurred to me, after I had been thinking about these two *deaths*, that what we are here trying to do is to understand a complete book, by only reading one chapter.

Yes, that is a good analogy, that is most apt and perhaps more understandable to all of you, if you look at it that way. I believe you have a saying in your world, *'Do not judge a book by its cover.'* So, that too should apply to human beings. You cannot know the full story. Has that helped your understanding?

(Affirmed)

Les: Yes, it has me and I hope it has everybody else. Well, I think I've taken up enough time with my questions, any other questions from anybody?

George: Could I just go back to the crop circle question? A number of the crop circle diagrams, are diagrams from our past culture, going back thousands of years. (Yes) So, our friends from space, they would seem to have a considerable knowledge of our culture and thinking, over long periods of time.

Is that not a good way of showing that they have knowledge of your people on Earth, that they have superior knowledge, of what has happened in your lives? (Agreed) It is only a beginning.

George: Yes, I was wondering about those past diagrams and it's another little surprise for me, that it's from their knowledge of us, and not some other more direct interaction.

I think what I have to say to you is this: That because of the great difference in their appearance, they tend to hold back, because mankind has not reached the state of acceptance of *all* life. Mankind on this Earth, has many unsubstantiated fears—he fears himself, most of all. So, how do you suppose he would react to the seeing of another being who does not conform to his way of thinking of human beings?

George: Yes, I can understand and accept the problem of our very different ways of thinking (Yes) and difference of advancement.

Slowly it will come—do not doubt it is happening, do not be waylaid by those in authority, who try to push these things under carpets. There is more to energy, than this planet, your humankind—we are speaking of many galaxies, of a cosmos reach in life in many forms, but which all ultimately belong to a source of energy, which is creative in many forms and to which we all belong. Again, do not pass judgement, but allow your minds to remain open and loving, to all who enter your world, with love. As in mankind, there are many degrees of *good* and *bad*. So also there exists in other forms of energy, *good* and *bad*. Remember this well, because my friends not only is this planet open to the good and decent forms of life energy, but it lays its pathway open, for those who also have not good intentions, (Voice begins to fade as if communicating from afar) but this I will not discuss with you this time. But keep an open heart and mind. Remember my words well, know that many are here already in communication, many who wish to offer help where they can, who can and will adapt to your ways of communication, in order that their task and help be made known more widely and that the governments of your world, will accept them readily, because not only do they bring higher awareness to you, but they can bring to this planet, much knowledge and good. If only you will accept them, as brothers and not as some strange creatures to be ignored.

Les: Thank you, I'm sure all here would be happy to do that. (Affirmed) Perhaps we might even get an opportunity?

If your heart is open my friends, you can find much. You can attract to you, all that you wish, provided there is love in your hearts. I will this time my dear friends, take my leave of you. I thank you for your questions this time. I am happy to be part of your learning, happy that you allow me and those from my world, to enter your lives for this short period of time. Without your love and trust, it would not be possible for me to sit among you, to feel that unselfish love which you exude towards me. For this my dear friends, I offer myself to you, that I may be of help to each one of you, in times of need. Until we come together once again, *may all that is good stay with you all.*

Les: Thank you very much indeed once more, for all your teaching and your love. God be with you always. Then a communicator came through Eileen, called Andy. He had a message about a pig, which none of us could take, but it was amusing anyway, helping to lighten to mood in the room, before we closed.

~3rd August 1998~

No new teachings this time, as Salumet wanted to speak individually with each sitter, but these sessions may be of interest/applicable to you too:

Good evening. (Welcomes)

I wish to say to you this time dear friend that you are a little tired, but we will draw close to you. (Thank you.) Because we are fewer in numbers this time, I do not wish to embark upon any new teaching this time, but rather perhaps we all can consider what each one has come to know of themselves, since first I came to you.

Les: Certainly.

Each one of you is on their own pathway of development, but now I do feel the time has come for each one to analyse himself or herself spiritually, in order that we may move forward and grow together more closely.

Les: Yes I understand. Would you like everybody to give you their individual conception of how much they have improved, since we began?

I would wish that and in doing so, if they have questions for me, then we will use this opportunity this time, to help them on their way.

Les: Thank you very much indeed. Shall we start with you Sallie?

Sallie: Well I think the last time we spoke on this subject, Salumet was saying that I had grown more in understanding more about myself and I think since that point, I've gone through various lessons of my own making perhaps and probably the one I'm in the middle of at the moment, is letting go of attachments. That's my understanding of what's going on at the moment, with me on a spiritual and physical level.

You find that you cannot separate spiritual attachments from physical attachments. Is this what you are telling me? (Pause) Yes.

Sallie: Yes.

Do you begin to recognise that you—the spiritual you, has power over the physical thinking, if you so desire?

Sallie: Yes I know and feel that spiritually I can affect my physical environment.

Therefore your life's pattern is beginning to take shape. You still stumble my dear friend, over many things physically, which you should by now be able to place to one side. I hope that you can see that your spiritual self—and this is all important, that the spiritual self must grow. What do you feel you have achieved within this lifetime?

Sallie: I have achieved I suppose, what I wanted to.

No, you have not. If you had achieved what you had intended, you would not be sitting here. Can you see this? Can all of you understand? (Affirmed) Only when you fully understand yourself, only when your lifetime's task is completed can you say, I have achieved what I intended to.

Sallie: I understand what you're saying, I probably didn't explain myself. What I meant was, I have probably only achieved up till now, what I've wanted to achieve. I don't mean I've finished achieving—I don't mean that at all, far from it.

In that understanding then I say to you my dear friend, continue. Give some of your daily living, in knowing that spiritual all-important aspect, that is the true you. Each one of you at this time in your living, must give some time to spiritual growth, conscious spiritual growth. Of course you grow unconsciously shall we say, each day of your living, but now we would wish that you devote some time to conscious growth. Do you understand the difference? (Pause) No?

Les: It could be called a sort of meditation Sallie, when you're consciously trying to develop. (Yes) You understand Sallie?

Sallie: I'm not sure what the unconscious growth is though?

Les: That is your spiritual self.

That is working without conscious effort. The generosity, the smile, the helping hand, that are all spiritual attributes that are done spontaneously, without conscious effort. That is spiritual growth. Do you understand? (Yes)

Les: It might make it clearer Sallie, if you were to go back to what Salumet has told us some time ago, about the dual responsibility that the physical has for the spiritual, and what the spiritual has for the physical; you may remember that talk. Each has responsibility for the other.

Whilst you are in these human forms, spirit must use these physical bodies. But in order for the spirit to grow, it is necessary that you to live your lives to the full, that you accomplish all that you came to do. Most of the time, that spiritual growth is an unconscious effort, but when you reach the time of development which each one of you has now, the time is ripe the their conscious spiritual growth to take place. Do you understand what I say?

Les: Perhaps I can add to that Salumet, if you permit?

Yes please.

Les: Thank you. What I've found to be very effective and I've done it for quite a time now: Once we were taken through their land (*spirit realm*) and I saw a coloured waterfall, and I was told it was not a waterfall, it was energy in the form of a waterfall. Since then—to capture what Salumet says about *conscious* spiritual development, I sit every morning, not attempting to meditate, but I walk into that waterfall and *will* myself to absorb the spiritual energy, which is there to be taken. That is a *conscious* effort to develop the spiritual awareness. Is that clear? (Yes) I think you might find it advantageous perhaps, to do the same thing. I have found it worked. Right, Mary?

Mary: I think that I have begun to understand that I'm responsible for myself, for my past self, for my present self and I will be responsible in the future. I try daily to put effort into what I do, to try and give out something of myself to the people around me. I don't know how well I'm doing that, but it is a conscious thing that I'm doing. And at night I quietly try to go over my day and see what I've done that I'm pleased with and to examine the things that I'm not so happy with. I don't know if I'm growing, I—

Let me say this to you all, before we continue: I have told you I hope often, how much each one of you has grown. Your spiritual lights are bright, they change of course they do, but each one of you has grown much, since we met first. Do not doubt, you could not be sitting here as you do and not grow spiritually; please my dear friends be clear about this. What I am asking you this time, is to recognise your own awareness of your growth. Never doubt that spiritually each one of you has grown much. I am sure if you looked around at one another, each one could give you something of the other, in the way of change, in the way of recognition of the others, which they have noticed since first we came together. Remember also, that this coming together of all of you is not the first time. Remember also that this lifetime brings you the opportunity to expand in one aspect only of the whole self. So YES my dear friend, you have grown much, do not doubt this, and what you are doing I can assure you, is the way forward in your own spiritual growth.

Mary: Thank you. May I ask a question?

Of course you may.

Mary: I'm one of the newer ones to this group —

But that does not matter. Who are you to say how old or new you are in spirit?

Mary: I just wondered if I had a connection with this group previously?

All of you have come together, not always in the one lifetime, although most of you have, as I have told you previously. But there has to be the connection in past times. Did I not say, and perhaps this lady was not present—I told you all that I have waited a long time for the right conditions to come to be.

Les: Yes you did tell us that in the early days.

That many would come and go, which our dear friend can verify for you over the years, and who has shown great patience in waiting for many things to happen. But I'm sure also, he will tell you that perhaps one of his own life lessons, is perhaps to have a little more patience.

Les: I think that's right. All right Mary?

Mary: Yes fine thank you.

Les: Jackie, I know you haven't been back long, but do you have a question you'd like to ask?

Jackie: Well, not really a question. I feel that people come to me, so I feel that I'm probably quite good at talking to people. Friends come with their problems, but I think it's difficult to say, because your private

lives do interfere. We all have our problems and we all can't help think about them, whether we are on the right paths—I'm sure we all think that, don't we? (*Agreed*) We've all got so many personal problems in life.

Sandra: Yeah I don't understand why all of us have had such a hard life really, with personal problems.

Jackie: To make us better people, I know I'm a much better person now.

Well, have you not answered your own question?

Sandra: If we didn't have the problems, we could work better, more spiritually?

Why would you need to be here, if you had nothing to work upon?

Jackie: So you think we all come here, because we all have our problems in life?

I do not think, I know that each one of you has chosen your life, in order that you may work through many problems. There I hear you say, 'why do some peoples have such sweet lives, while others have many difficulties?' Again, I will repeat, who are you to be the judge?

Jackie: No I'm not saying I'd like a simpler life, what I'm saying is that I've changed a lot and I think for the better. (*Yes*) I don't know, perhaps I feel it should be a rewarding time perhaps, it would be nice if something went well for a while.

Sandra: It's difficult to explain—a pat on the back or something, perhaps that's humans, isn't it?

Yes it is a human failing. Why should you receive gratification for what you have chosen in your own lives?

Jackie: So we choose all our problems?

Not necessarily, but the power of your thinking can alter your life's pathways.

Jackie: But we have paths, don't we? And these problems must be on the paths, mustn't they, to make us better people?

You have chosen obstacles in certain areas of your lives perhaps, in order that you grow spiritually. That is the important area, not that physical living can be free of worries, or that physical living can be easy.

After all, if life was too easy, what would be its purpose? (*Agreed*)

Sandra? I know there're people who are a lot worse off.

May I suggest to you my dear friend, (Yes) the best way forward spiritually, is not to allow your thinking to dwell upon the self.

Sandra? And the *past* as well, isn't it both?

May I suggest to each one of you, that the ego, the physical self, must be placed where it is best dealt with, and that is *far* from your thinking. Is this clear to you all? (*Affirmed*)

Mary: In the last two weeks, there have been various things coming up in my life, that seem to—I'm going through them, but I have a very strong sense that I'm not going through them alone, that there's somebody there guarding me, because some of the things—it seems that things are resolving themselves, almost with my faith that they're going to be resolved. But I'm always aware that there's somebody near me, you know that there's a spirit that's close to me helping.

All of you do not stand alone. Surely you know and understand this from the beginning?

Mary: I think I've always known this, but it just seems so strong right now.

Because your own spiritual self is allowing positive energy to exude from you, so those who stand close by can blend with you more easily—that is why. When you retain negativity in your lives, do you not see that you create barriers to those of us in our world? That it becomes more difficult to help you and remember dear friends, our desire is to help you, to uplift you and to guide you. *You are never alone.*

Sallie: I'll tell you what I've noticed with regard to *help*, is that when I think that I've done everything I can in a situation and then somehow I've found some energy or some spirit to make me do a bit more and it seems that nothing I do is effective; suddenly it seems like I have a *magic friend* and I get given a huge chunk of something, which is much more than I could ever have imagined. It doesn't happen that often, but when it does it's quite amazing.

Yes, that is because you are allowing yourselves to be open to our help—you offer yourselves to us for help. If what you desire is for the good, is for your spiritual growth, there are many who will be by your side. Do you all understand this? (*Affirmed*)

Jackie: Yes because when I first came here on a Friday Les for a coffee, and Les said that so many people were trying to help me, but I wouldn't let go of the past and they couldn't get through.

Yes, you create that barrier.

Jackie: Yes, you're not aware that you're doing it—

But that is where conscious spiritual growth must help, that is what I would like you to try to achieve at this point in your developments. If you will only open up to us in our world, your lives could be much more simple, because no matter what troubles or what problems come to you—and I do not say your lives would be trouble-free, but I do say this to you my dear friends, that your lives would be easier, because spiritually you are stronger. That is the difference.

Les: Sandra?

Sandra: No, I know what I've got to do Les, I've got to give a bit of time to relax.

You must give more time.

Sandra: It's just that I run around too much, I know it's what I've got to do.

All through life, too often in your lives, excuses can be made. (*General agreement + chuckles*) You have the free will to alter this.

Les: You could find time for what I told Sallie I do.

Jackie: Yes I'm going to do that.

Les: Right, Sandra?

Sandra: I just said that I'm going to make some time to try and relax and develop that way.

Les: That's all you want to say is it? (Yes) Fine, well if you do the same thing—think of the waterfall as energy and consciously walk under it and absorb it and you'll be astonished at the reaction you get.

Sandra: Right, I'll have to, yes.

Les: Paul?

Paul: Yes I think generally that's one of the things for me as well, to spend more time relaxing.

But how do you feel you have changed? How have you grown spiritually since we first came together?

What is your understanding of yourself? You do not look deeply enough, you must question and find the true spiritual pathway that you are treading. Look deeply my friend, to find that true self and the recognition will be shown to you; it will be shown to you in a way that you had not imagined.

Paul: I was wondering about—to eliminate the distractions, I had the thought of doing a *vision quest* or something, for three days, getting completely away?

I would say only this to you: I will help each one of you when I can, but you must each one of you, find your own individual way, your own pathway, that which you find easy to adapt to. So if you feel that is what you must do, then *follow* that instinct, or can I say not instinct, but *inspiration*. You do not always *FEEL* what we try to give to you my dear friend. I will help you.

Paul: Thank you.

Les: George?

George: I feel bigger than this physical frame. I've increased in knowledge, I've increased in awareness.

These qualities seem to run side by side, with a deeper love—compassion and humility also come into the equation. I feel a more sensitive being, I think that's how I feel I've changed over the last four years.

Yes my dear friend. That your words are knowledgeable, because you see, those of you who seek the more spiritual way of life, do become more *sensitive*. Your words please me, it shows that you recognise the changes within you. That the spiritual aspect of yourself comes forward more often than it did. So I say to you my dear friend, ponder upon your own words and consciously act upon them, in order that that growth may continue and that you become a useful member of this group here together now.

George: Yes I think I probably need also to find more quiet time.

Yes, all of you must give more *conscious* effort. These words I speak to you this time, do not put them aside when you leave this room. It is important for each one of you, that that spiritual growth, that conscious effort now be made, at *this time* in your development. Please work towards it, you can only be better for it and not only will you grow, but all those you come into contact with, will be aware of that spiritual glow, which you will exude.

Les: Margaret?

Margaret: Well, I can only say that since I've been coming here I've been a happier person. I understand other people's problems and my own problems. I can't tell you how happy I am in my life, because I am happy. Whether that's good or bad I don't know, but I feel contented with my life. I think I could be a better person, but I just don't know how to do it at the moment.

Can I say this to you, my dear friends: Of all the people within this room, including our absent friends, you are the one who has grown the most. I do not say those words lightly and in saying them, I do not mean you are the most spiritually evolved, but you are the one who has taken the furthest steps in your growth. (Thank you.) Know that in your time to come, you will continue to feel and to know the goodness that surrounds you and the many who come close to you to help you.

Margaret: Thank you very much.

Les: Right well now me I suppose: Well in my lifetime I've had to learn a great many things that I'd never have even *conceived* of learning. But I know it has helped me in many, many ways to do the work I do with you and others. And I've had to learn the patience as Salumet has said, because I know in my youth, I was one of the most intolerant of the intolerant. (*Chuckles*) You don't have to agree—(*Laughter*) At 20 I knew far more than I did at 40. (*Laughter*) That's often the case, but I'm grateful for having had the lessons, because it's enabled me to give a great deal to other people. But what has surprised me is in how the last couple of years, the proximity of our friends in the next world has grown. And as Mary said, she feels there is somebody with her; I don't FEEL that, I'm *AWARE* of it constantly and I have remarkable instances of this being so. It may sound conceited—don't think that, I merely give the facts—some of you may have seen it happen, that often when I'm saying something that I want to confirm, I'm taken over instantly. (*General agreement—many had witnessed Les begin a conversation in his own voice, and finish it using another's voice while channelling the words.*) That has happened to a greater degree, in that when I was talking to my son last week—they came down in their caravan and stayed at a local site, and we had a lovely week together—He had a problem, somebody came in and helped him to put that right and that hadn't happened before. Then my daughter phoned from Canada and thanked me for some tapes I'd sent and instantly someone was with me, answering her on the telephone. Now that's never happened before, but I'd emphasise this to Mary, that she's not wrong, neither is Sallie wrong, in thinking that the help is *there*. What is wrong, is that we don't, as Salumet says, open our spiritual selves and in fact our physical awareness, enough for them to get that close. So I'm very, very glad and grateful that I've had the opportunity in helping YOU, in your development, to enhance my own development to that extent and for that I'm very grateful to you all.

Thank you, and with those words, I wish to say only this to you, my dear friends: Each one of you interacts with each other. You are united within this room, but when our meeting time is over, you should take with you that love, that knowledge, that spiritual upliftment, which you feel in this short time together. And you should allow all peoples that you come into contact with, to share that pure spiritual love, because my dear friend, as you grow in spiritual knowledge, so you become the pure energy of love. And do you remember what I have told you about love, not the physical emotion of love, but the *spiritual* aspect of love? Take it with you, let it *shine forth* to all who cross your pathway. Remember no meetings are by chance, each meeting has a purpose and if that spiritual light which shines from you all can be utilised by another, then indeed my friends, you are achieving that which you came to this lifetime to do. In helping just *one* person, *one* person, with love in your hearts, with unselfishness and no thought for self, then you are beginning to achieve *true spiritual worth*. May I leave you this time, knowing that each one of you is surrounded and bathed in spiritual love from all in our world, who desire to help, not only those who are known to you, but to helpers who have devoted their time in trying to help all people on this planet, who desire to be helped. I know that you will ponder this night, upon each other's words and know my dear friends that as always, I will be with each one of you.

Les: Thank you very much for all your wisdom and your love. Our love goes with you and God bless you.
One immediately followed through Eileen:

Good evening. I will not detain you too long. I come to ask you that you join me in giving thanks for all that we have.

Les: I'm sure we'll be very pleased to.

For each one of you, I ask that you are all-seeing, that you gain the wisdom of silence, to know and to understand how precious your words can be, to ask that love in your hearts be magnified, until it is overflowing ... (?) I ask for each one of you to know and to bestow kindness towards another in your daily lives. I ask finally, that each one of you be shown your own special pathways, that when you come to us, your colours are bright. I thank you all for your patience with me and thank you all for the opportunity to join with you.

Les: Thank you for doing so and God bless you.

This was the end of the tape. However one other did come through Les during our tea and biscuits, while talking about reincarnation. The communicator touched on the main points regarding reincarnation, reminding us how it all depends on our spiritual progression, which Salumet has explained on previous occasions.

~17th August 1998~

No Salumet this time as Eileen was away. However there were other interesting communications, the first of which came through Sue, the audio link of which is available here:

https://www.youtube.com/watch?v=GH7_mFGQEdI

I thank you so much for your kind welcome and the words, which you have spoken to me.

Les: It's very nice to have you with us.

I am a little concerned at the moment, because my surroundings do not feel quite comfortable.

Les: Is there anything I can do to make them better for you? Is the light too much?

No your room and your conditions are not at the root of the problem, they stem from my side of the curtain. But I feel that I can continue without too much discomfort.

Les: Good, I'm glad to hear that thank you.

Before I say who I am, I wish to be made perfectly plain, that I will answer no personal questions, in relation to my life when I was on the Earth.

Les: That's understood.

I hope you do not consider me to be impolite in requesting this?

Les: No not in the least.

But when I tell you the name I was known by, I hope you will understand my reasons.

Les: Yes, that's quite okay.

It is not because I am ashamed of my life, or because I do not wish to tell you,

Les: But you don't want all those memories resurrected?

Yes and there will come a time when the history of my family will be told to you, but it will not be from my lips.

Les: I see—yes we're quite happy with that.

I have been permitted to come to you, as shall we say a stepping stone in the process of my family's story. It will—how would you say, 'sharpen the appetite' for more information and I can assure you that it will come.

Les: Thank you very much.

If you would be kind enough to be interested in a little of my life on this side, then I will be happy to tell you a little of it, but I do not wish to outstay my welcome, or to bore you with my little insignificant life.

Les: I don't think we would be bored and I don't think you would outstay your welcome, and I think we would all be interested, would we not? *(Agreed)*

I will say to you that since I have been on this side of life, I have learnt a great lesson in humility, but I cannot change my carriage, or the way I sit or stand or move around. But I have learned humility and that surely is one of the greatest lessons mankind could possibly learn.

Les: You're quite right, so few of us do learn it.

I came to the new life very full of self-importance, very sure that people, many people, were way, way beneath me on the ladder. Can you understand this?

Les: Well that's how you were brought up, wasn't it?

Indeed, and that possibly was the undoing of my family, but that is enough of that. It was a very hard and painful journey, through many steps, many hard steps. I know I caused my helpers, my guides much distress. I have been brought back to the physical on one occasion, to try to help them, to help me. I'm afraid to say that on that occasion, I was returned un-helped—I was unhelpful, and that is something I bitterly regret. But over a period of many of your years, not our years you understand, but YOUR years, (Yes we do.) I gradually had my haughty exterior broken down piece by piece and I can say to you quite truthfully, that when the final piece came down, I could see light and love, as it should be for the very first time.

Les: Of course you were so insistent, that those who were trying to teach you, were wrong in their outlook, weren't you?

I am ashamed to say that I was utterly convinced that I was in the right.

Les: Yes I know and do you recall coming through and speaking to me, many of our years ago?

Was it you my friend?

Les: Yes, and at that time you still retained your costume and a stick and you explained about your hats.

I cannot quite remember, but I think that it is quite possible, because I was very much in favour of headwear, you understand my meaning? (Yes) But because it took many years to break down my barriers, I have not always remembered the past. I feel that it is a lesson that I learned and it was put into a dusty corner of my mind.

Les: And at the same time you asked me to support a certain person, in their work on this Earth.

Forgive me, but I do not wish to remember. Are you sure it is what I asked you?

Les: Yes, if you are who I think you are.

No, I'm—I apologise I do not wish to appear as if I am trying to hide anything from you, but my memory of that, I must admit is a little hazy.

Les: Yes I don't want to put it any more strongly, in deference to your request that we shouldn't ask anything about your life.

I was led into light and love, by some wonderful and caring souls and I am honoured to say that since I have become more human—you realise what I mean by that— (Yes) and less of a glass ornament, I have been permitted myself, to give the kind of help I received, to others of a similar nature.

Les: Good! And you're giving that help in your world, are you?

Indeed I am and let me tell you, I am so ashamed of how I behaved, because now as you say, the boot is on the other foot and I am having to deal with people I so closely resembled many times ago. And it is not easy, in fact if I could, I would tear my hair out.

Les: Yes I know how you feel—not quite, but I believe I do.

I'm sure at times when you've been doing your rescue work, you have thought to yourself, how on Earth can I get through to these people. Well as you know because you do it constantly, eventually you do get through. I am giving a living proof of that, but goodness me, I feel deep, deep remorse for all the problems I caused my beloved carers and I can only continue in my life, helping others in recompense for my past ways.

Les: Yes well that is all anyone can do, because as I said at the beginning of our conversation, you weren't responsible for your attitude, because that is how you were brought up, that is how you were indoctrinated into the feeling of superiority, (Yes) through your whole life.

Yes, my one concession to my previous earthly existence, is when I feel the need to have four walls and a roof around me and of course I can if I wish. I do have rather beautiful and luxurious accommodation.

Les: Well, you were used to it, weren't you?

But gone are the sycophants that surrounded me. I have to cope alone and I thoroughly enjoy it and when I am replete of the luxurious life, I remove myself from the trappings of wealth and go on my way; it is a little indulgence that I feel I have earned.

Les: Yes I would agree with you, we would all feel the same I think. I don't think anybody would have any objection to that, would they? We understand, don't we? (*Affirmed*)

Thank you. Next time I feel the need to surround myself with fine furniture and velvet, I will think to myself that my new found friends would not object to a little decadence for a short time.

Les: No we wouldn't, we'd love to share it with you! (*Chuckles*)

Perhaps in time my friends perhaps I will welcome you all to my little palace.

Les: We would look forward to that. Now I'm going to ask you a very personal question, which you may prefer not to answer, in which case I understand. Do you still use make-up to the same extent, just as a hobby? (*Pause*) (**No**) I'm not criticising, it just gives me an indication as to your being.

No, it is not something I feel the need to indulge in. I cannot say that it is an important part of my existence.

Les: No I know it wouldn't be, it's just a little fad to go with your surroundings.

No, if I had another luxury to go with my beautiful little palace, then it would be fresh fruit. I hope you don't find that amusing?

Les: No, we're all in favour of it.

And fine wine, which perhaps I should bow my head in shame for my—

Les: No not in the least. We all like little indulgences, but we can't of course go to the extreme that you do. But we can quite understand why you would find it a method of relaxation, in your arduous work.

But I said I WOULD choose that as an indulgence. I have to say, that so far I have resisted the temptation. Good, aren't I? (*Chuckles*)

Les: But you would feel much more comfortable, if you *did* have the indulgence now and again.

Does that mean I have permission to go and indulge myself, with some wine and not feel guilty, (Yes) because my new found friends have told me that it is quite in order? Goodness me, that's all I needed to know! (*Laughter*) I think I shall presently leave you and see if I can find someone who will join me in a small indulgence.

Les: Yes, well we would join you in a toast then, while you do so.

Of course, you know it is all in the mind. I do not anticipate taking a glass of wine and putting it to my lips, but I will THINK I am putting a glass of wine to my lips and that will be just as intoxicating to me. As you know, it IS the mind, when you come through the curtain.

Les: Yes, absolutely.

It is thought that takes me into my beautiful palace, it is THOUGHT that removes me from my beautiful palace and puts me in the real world.

Les: Yes, and of course you had the difficulty when you were on this Earth, of not being able to express those minor indulgences, because of those around you, whom you thought would disapprove.

All I will say, is some would have disapproved, but many others would have gone to the other extreme and indulged themselves too greatly.

Les: Yes they would have.

And that is all I wish to say.

Les: But they would not have expected *you* to do it, (*Pause*) Well this is very interesting and we much enjoy your conversation.

Before I leave you I would say to you, that shortly into your room if you will permit, will come a member of my earthly family. And I am almost certain that they will divulge to you historical information, which I feel sure will be of great, great interest to you.

Les: It certainly sounds as though it would be.

But I have paved the way. It will be a little more difficult for this person to come. At present there is much still to do, before they come through the curtain to speak with you.

Les: They have not been here before, have they?

Ah yes, you unfortunately have got hold of the wrong piece of wood. I speak of someone who has been on our side, for many of your years.

Les: Well that'll be even more interesting. We look forward to it.

So with your permission, I will return and tell the people who are working so hard to bring this to be, that you give permission for them to come to speak to you.

Les: Certainly we do, we welcome them. Thank you very much.

It will be of historic significance that is all I will say. Now I feel I have been here with you a little longer than perhaps I should have. I do not wish to outstay any welcome that you give to me. It took considerable effort to bring me through here and we do not wish to take too much from the kind lady, who has allowed me to come here this time and converse with you.

Les: No, we do understand and we thank you for the consideration. Perhaps you'll come back and talk to us again one day. You'd always be welcome.

If our plans reach fruition, then there is a possibility that I may come, at the same time as another. I would not speak at length, but may come to introduce you to my family member.

Les: That would be very nice.

And I hope that when I return, part of this evening will come back to your consciousness.

Les: I'm sure it will.

I am honoured to have been accepted into your private quarters and thank you for taking the time and having the patience, to listen to the ramblings of someone like myself.

Les: Well they certainly weren't ramblings and we've all been most interested. I don't think anybody would deny that, would they? (*Agreed*)

George: It's been delightful, thank you very much.

Then I offer you farewell and hopefully it will not be too far in the distance that I am back here in this beautiful room.

Les: We hope it won't be too long and we wish you every success in the work you are now doing, in ridding others of the shadows in which they are walking.

I am happy to make it my life's work, until they find me another niche, for any talents I may have.

Les: Of course *they* will develop, as you do your work for the others.

My final words to you are: Always have a little humility. Do not plump yourselves up, with unwarranted self-importance.

Les: No, I think we all try not to do that. We've had many lessons to that effect, but we take note of your words.

I am not in any degree criticising any of my lovely new friends.

Les: No, we understand that.

I just give you some heartfelt advice. And now I will leave you in the fervent hope, that it will be very soon, that I come to introduce another to you.

Les: Thank you very much indeed. As I said, we look forward to that. God bless you.

We then began to discuss who it was/might be:

Les: That was most interesting, wasn't it? (*Affirmed*)

Sarah: She didn't say who she was though.

Les: No, she didn't want to. Anybody have any ideas?

George: Queen Mary?

Sarah: I thought it was Elizabeth 1st.

Sue: No, I'm sure—I can't—

Sue begins to channel again:

It is just as well I had not completely departed, is it not? I apologise, I did say at the beginning I would give my name, but no history of my earthly life. I do not wish to give my first names, because and I jest here, you would be here all night, I had so many. I will if you are interested, give you the last name. I would imagine you will all recognise it and let me say, I am nowhere near as old as Queen Elizabeth 1st.

Sarah: I apologise. (*Giggles*)

My surname was Romanov. I will leave you now.

Les: Thank you very much for telling us.

Sarah: Thank you.

Sue then shared her feelings/emotions that she'd picked up during the session. It had left her quite tearful. Les explained to George that he had also thought it was Queen Mary, which is why he'd commented on the hats. Sue noted at the time that the one through her was a little confused by Les's comments, but did not wish to appear rude. Sue felt that it was paving the wave for another member of the family and who she felt would be Tsar Nicholas. But the moment she'd uttered the name Romanov, Sue experienced extreme feelings of cold and shivers and she felt that the Tsar had a far greater lesson and it would take more time for this one to come through. We discussed what we knew about this part of Russian history, when an unexpected and highly charged message came through Les:

Good evening to you my friends. From your conversation, I would gather that you've been most interested in the communicator, who has spoken with you this time? (Affirmed)

George: Yes we are very interested and she spoke beautifully.

I would remind you of lessons you have had during the past meetings here, when it was more than once explained to both meetings, that humility is one of the prime lessons, which must be learned when you depart from this life, into ours. (Yes) And yet to our surprise you are still astonished, when so called well-known, victorious or otherwise significant people return to you here. Let it be understood, that the auras which surrounded them—and I talk about imaginary auras that you humans place around people on this Earth—they no longer exist, they are quickly dissipated when you come to us. That applies to all, irrespective of birth, of previous experience upon this Earth, or what you call the higher echelons of society. It is absolutely of NO IMPORTANCE WHATSOEVER!! The only thing which concerns us when you come to us, is your degree of spiritual development, not the trappings of so-called civilised life, which some of you still bring with you to us. And we despair sometimes at seeing how many stratas we have to clear away, from the spiritual person underneath. Nevertheless it has to be done and it is done. Now we come to the point of my visit. Many times you have been told that you would have no idea of the extent of the work that would be done within this room, is that not so? (Affirmed) You still can have no idea of the extent of the light, which is generated through the years of dedicated work, which you have given to us. And each time a meeting is held within these walls, so that light is increased. You cannot possibly imagine its radiance. And as you upon this Earth, flock to your chambers of music, your libraries of learning, in order to devour as much as you can of the knowledge which is there— in order to appreciate as much as possible the gorgeous music, which is available for you; so upon our Earth, or our plane, as you say—so upon our plane of existence, are the lights of varying degrees from various meetings such as this, from churches, from chapels, from synagogues, from what you call the fringe religions—ALL emit light to a certain degree. But I will say now—and I do not wish you to take this in any form of conceit, but I will say now, I know myself, of no place, which radiates light, as does this.

(Referring to the room we were using) And our realms are full of light my friends, light unknown to you; light and all its colours, all its shapes, all its patterns and all its beauty. But because of your work, light from this chapel, from this church, from whatever you wish to call it in a religious sense, this temple—light exceeds everything that I have known. For as it is that those, who for long have been with us, who have suffered much in many ways, are attracted to the supreme light which calls them—much, much more will be done here. Many so-called famous people wish to and will visit; be prepared for this. Do not think yourselves honoured, but if you wish, be grateful to those who on our side, have through the years, taught you what spiritual development should be. Do you understand? (Affirmed)

George: Thank you for telling us this, we are indeed grateful.

I leave you my friends. God's blessing be with you at all times. Do not hesitate to continue in your dedicated work. Goodnight to you, God bless you all. (Thanks expressed)

~24th August 1998~

Good evening. (Welcomes)

I would like to say this time, that we must return to some things already spoken about. But firstly I would say to the gentleman known to us as Jack: My dear friend, I feel your inner turmoil, I will come close to you to help you, to bring to the fore of your thinking, much clearer thoughts.

Jack: Thank you.

My friends, I wish to speak this time about seekers of *Truth*. We have touched upon this subject many times, but still I feel some present, do not fully appreciate what they are seeking. What is *truth*? I say to you all, truth is truth—there are no new *truths*. What there is, is *knowledge* that is available to each one of you, dependent of course on your ability to receive. But my dear friends, all *truth* is innate within each one of you. So when you seek out *the truth* as you call it, remember nothing is new. But still you are surprised when something new to your consciousness arises; you question, you doubt —that is no failing on your part, only your human frailties. I want you all dear friends, to *know that each one of you has the power and all knowledge of truth*, but once again I repeat to you, *you must look inwards*. I will take some questions at this stage if you will agree, in order that this topic can be put to one side.

Les: Right, I was speaking to one of your colleagues some time ago on the subject of truth and we were told that there was no such thing as final truth at present, because the universe is still evolving, and as it evolves, so too will what we call truth alter in accordance with that evolving.

No, no, no; no, no, no, no; no—what is evolving is *knowledge*. Truth is truth and has always been. What is changing is the *knowledge* of truth, which is available upon the raised consciousness of each individual.

Les: I see well that answers that question, thank you, because I couldn't quite understand it.

Are you clear about this my dear friend, because it is so important for your understanding, that each one of you knows that *truth cannot change*, it has always been.

Les: Yes, I believe we did speak about this some time ago, as you said (Yes) and I was puzzled as to the difference between truth and knowledge. Now you have explained —

It is the acceptance of the knowledge of truth, which grows; it grows with the understanding, with the growth of consciousness as to what you can accept.

Les: So would it be right for me to say that as physical human beings at this stage in our development, it is not possible for us to understand truth?

It is possible only in as much as your understanding of how you have grown in this lifetime; your knowledge of *truth* cannot be exposed to you, until you return to us and see your full vision of who and what you are. Does that make sense to you?

Les: Yes it does make sense, but it leads me to another question (Yes) and I don't know how this will be explained, or whether we'll be able to understand the explanation, but I'm sure my colleagues here have the same thought, when I say, '*what is Truth?*'

Truth is the all-encompassing vision of life.

Les: (Pause) I see.

You sound puzzled.

Les: I am still a little puzzled yes.

Yes, your understanding of the true meaning cannot be accepted, in this state of your development.

Les: No, because to accept your—and I say this with respect of course, to accept your explanation, is contrary to what our physical minds would consider (Yes) to be truth.

Yes, always whilst you are upon this Earth, your physical minds will always doubt, but you—the true *YOU* that is SPIRIT, should know what we term 'TRUTH.'

Les: So truth in fact is an intangible thing and you say it is the all-encompassing light of creation, is that so?

Yes, which cannot be altered; you cannot change what always has been and always *will be*.

Les: No of course not, so we'll have to accept and learn and understand the difference between our conception of truth and our acceptance of knowledge.

Yes, this is the difficulty of using human words; it is more a feeling, a spiritual feeling, a spiritual knowledge.

Les: So really to accept truth, it would have to be an *awareness* rather than an understanding of it?

Yes, knowledge can be understood, truth is as you say the *spiritual awareness*; the innate knowledge, the knowledge that lies within the spirit. It is a difficult topic and one I know each one of you struggles with, but I hope in having these question times, that it can be made a little more clear to you.

Les: Yes I'm sure it can. I think everyone would appreciate that, wouldn't they, (*Agreed*) that each time we learn a little more, even though we must accept that we shall never fully understand. But as Salumet says, we're adding to our knowledge; that is the important thing I think at the moment, and not just try to reach the impossibility of understanding the greatness of truth.

Sallie: Could I ask something please? (**Yes**) If I go within myself, I can find my understanding of what truth is. If another person goes within themselves, they can find their understanding of truth. (**Yes**) But our separate understanding of truth may be different?

Your understanding of truth is dependent upon the spiritual awareness that you have achieved. What is your truth may not belong to another. Yes, you are correct, but remember when you speak of truth, do not confuse it with the availability of new knowledge.

Sallie: It's an old truth—it's a truth that's inside that you just *know*.

Yes, yes this is the difficulty that you confuse the *availability* of knowledge, with truth that has always existed. I think the confusion lies in using the word '*truth*.' I would prefer that you *seek* for the *inner self*; that is TRUTH. Do you understand?

Sallie: Yes I do.

I think the confusion lies in using the human word *truth*. (*Agreed*)

Les: Yes it must do, because if two of us read a chapter in a book, to one of us it might seem to be true, to another it might seem to be a lot of nonsense.

Yes, but may I say my dear friend, you speak about *human truth*. We are endeavouring to teach you about *spiritual truth*.

Les: So to come down to brass tacks then, when we are speaking with each other and we are doing it so far as we know physically, in all sincerity, and we could say that what I've told you is the absolute truth, it could still be in human terms a lie, or a misconception?

Yes, it may be absolute truth to you, but not acceptable to another. You cannot be so dogmatic in your views, I'm sure you understand this. (*Yes*) But the *truth*—and I use the word, because it is the one you use, the *truth* I wish you to think upon, is the all-encompassing truth, which is life, *spiritual life*, not *human life*. You see the difference?

Les: Yes, so it comes back to what I have said many times to people who have been beginning to learn the subject, that whenever you read, remember you must allow for the bias of the author.

Remember dear friends, each one of you upon this planet, is an individual, an individual in human terms. (*Yes*) But united you may be in a spiritual light, but in human terms you are so different from each other, that there has to be these differences of opinion, in what is right, wrong, truth, good, bad, evil—you name it and there has to be those differences.

Les: So it would seem that all those differences, which we might regard as truth between ourselves, are merely stepping stones to assist in our spiritual progress?

Of course, that is the plain fact of the matter, that because of your individuality, each one of you has your own pathway towards truth. Do you understand?

Les: Yes, so truth as such is going to be an infinitely long way in the future, before we can be fully associated with it then?

I might add that we all, no matter how long, how much we have grown, are always seekers of the truth. How can we fully know such an important thing? Each of us in my world, continues to grow in knowledge, which ultimately leads us to truth.

Les: Yes I can understand that and I fully appreciate it and that must continue ever upwards, because as you've said, there are many planes of existence, (**Yes**) and I suppose the seeking for truth, or for the

ultimate truth, leads on through those many planes of knowledge, **(Yes)** and more understanding. But is it a fact that one *can* ultimately become fully integrated with the ultimate truth?

There is the possibility to attain much in the way of truth, but you cannot have the ultimate, because the ultimate truth is the creator of all life. And although there comes a time of blending, which you upon this planet, would find hard to accept, there is a blending of spirit, where truth is the greater part of that seeking, where the blending of spirit becomes that purity of light, which none of you here could know of. But I would have to say, as far as I am aware, that blending of spirit, never reaches that point of existence within the light of creation, to be able to say that they have become the purity of truth.

Les: No, I can understand the way you put it —

(Voice extremely faint/gentle) **There is much that I cannot explain to you, because in those realms of existence, the individuality of spirit, the unity of selves, do not exist; there no longer exists there any individuality of any description. But there is a blending of love, of light, but still in that highly evolved condition—and this is more difficult for me to describe to you—there is *still* that striving, there is *still* a knowing, there is *still* a desire to grow. I can't explain it to you—**

Les: No, I appreciate that, please don't try, we do understand.

It is much too far in existence for me to bring to you.

Les: But I feel you have been very close to it.

I (Pause) **I am still striving my friends, but my awareness knows of it, but my purpose is to bring to each one of you just a little more knowledge whilst you abide upon this Earthly planet, in order that when you return to us, that you can say we have been instructed well.**

Les: We certainly have been. *(Agreement + thanks)*

I must leave you now for this time. I must go, but I hope that each one of you will once more ponder my words.

Les: We shall certainly do that. *(Thanks expressed)* And our love goes with you again.

There was a few minute's pause before Les channelled this follow up message:

I have come to tell you because the master never would or will, that all in this room are exceptionally honoured, by the constant visits of a very, very, very highly evolved soul. This visit of his tonight, was a great effort, which you will never fully understand, until you have spent much time within our realms of light and love. Let his bearance with you tonight, envelope you in the love and light and knowledge that he brings for your acceptance and spiritual growth. I myself have been honoured to convey this message to you my very dear friends. I trust that your spiritual development will benefit accordingly from what has been left with you on this occasion. May God's love be with you my friends. Goodbye. (Thanks expressed)

George: We very much appreciate the teaching and we appreciate your message, thank you.

I my friend, am of little account, but I thank you very your kindness.

~31st August 1998~

Good evening. *(Welcomes)*

To you my dear friends I bring the blessing of much love to each one of you. *(Thanks expressed)* This time with your permission, we would like to encourage each one of you, in a conscious effort of your individual development. But firstly this time, I will answer any questions you may have for me.

Les: Thank you, would anybody like to question, or shall I start? *(No comments)* Right, I'll start then: You have told us a number of times Salumet, that we are more than one being. I take this to mean that our soul

has many aspects. Would I be right in thinking that some of those aspects could be existing upon this Earth at the same time, unknown to the other aspects of ourselves?

When you begin to realise the nature of the soul and its many, many aspects, then it would not be surprising that more than one aspect of that being, should coexist in the same lifetime. Of course, the soul has prior knowledge, but the life form of the human being, may not have that awareness. So yes, that is possible—it, I have to say does not happen so often, but the possibility exists for it to be.

Les: Yes I thought it must be so, because of the omnipotence of the soul. I couldn't see any reason why it couldn't be so, particularly as you have told us in the past, that soul-mates form a contract as it were, before they come back here and ultimately at some time in the physical life, meet again. But they are actually *soul*-mates and not *physical* mates. **(Yes)** So this led me to wonder if other aspects could also exist at the same time, without our physical knowledge.

Yes, you are correct in that assumption. I believe when we spoke my dear friends on soul-mates, I tried to dispel that soul-mates are only two opposites in the human form—that is not a soul. You can have soul-mates, either of sisters, brothers, strangers—there is nothing to do with male-female connections. After all, the soul recognises no such gender. I hope I made this clear to you last time, but I reiterate it for you now.

Les: Thank you, yes you did make it clear and something cropped up, which made me remember what you'd told us and that led me to ask myself a question that I have now asked you, about there being a number of aspects possible of soul, upon the physical Earth at the same time and each being unaware of it physically.

It—perhaps we can explain it when the woman being meets complete strangers and instantaneously there is a bond, which cannot be explained. I do not say in all cases this is the reason why, but often it is the reason, that the two parts of the soul recognise each other. Do you understand?

Les: Yes we do. It's very interesting, because that would explain the very definite attraction as you say that one has sometimes without any apparent reason. **(Yes)** So we would not recognise ourselves, as being part of that whole self?

The possibility lies within you all to have recognition, but I would say on the whole, that you would not have that recognition, unless your awareness was such, that it was greater than it is at this present time, in order that that awareness could recognise its own—shall we say *part* of the soul, which it, as I say *knew* beforehand was coming to this lifetime.

Les: Yes, well thank you very much for that, because I was also thinking of what you have told us about not only being more than one—how shall I put this—you have told us that we should never judge another, that we should look within ourselves, because we are part of the *reason* for that *need* to judge another.

Yes, if you judge another, if you find fault, then you should look towards yourself, as to why you find this judgement to be necessary.

Les: Yes so all that is tied up with my question then and your answer, about there being many parts of us on this Earth, or the possibility of many parts being on this Earth, at the same time. So our actions in a case like that, could well be responsible for the actions of another?

Yes, we come to deep waters here my friend.

Les: Yes we do, don't we.

But I am happy that you have raised the point. I do not feel that at this particular moment in our time, that the others would understand the answer to that question. So can I say to you, continue further with your deep thinking, because you are seeking out deep, deep matters here. I congratulate you my dear friend, because you are entering a phase of deep knowledge. You will find coming to you much, much more than you had dreamed about and I can say you would never have imagined possible in your lifetime. Take my words my dear friend and be thankful that you will be given the opportunity for such deep thinking.

Les: Yes I do appreciate it and thank you for telling me. The other question I would like to ask: Today is the anniversary of the death of Diana, and you gave us very profound information, about the absurdity—and I put that advisedly—the absurdity of all the mourning that has gone on. And I have felt very sorry for the

lady, because I could imagine that all the mourning, is contributing to her being called back in spirit unnecessarily.

Can I just say this to you: We have said it is not wise that when spirit comes 'home,' that those left behind, should mourn for too long. We on our side of life, celebrate the return home, of each individual spirit. So of course when there is an extended period of mourning by so many people, the soul is constantly pulled closer to the earthly plane. But I can say about this particular soul, that the love that was extended to her, has helped her to realise that the mourning that has been created amongst many of your people, is something that she has begun to understand and she has accepted it and put it in its proper place. So do not be concerned for this soul; not only is she aware of this happening, but she seeks the love also that comes to her. Do not be afraid for her, she is well.

Les: Good, I was concerned that she should be being pulled back to this Earth and not be able to do anything about it—not letting people know that she *is* well and happy.

I will tell you only this, that this soul had knowledge of afterlife; she knew that our world existed, she knew and understood great depths of emotion, but her understanding has helped her. She knew the reason why she came to this life and why she left this lifetime. Do not be sad for this soul, she has completed what she came here to achieve.

Les: Yes, I thought that must be so and it's comforting to me anyway and I'm sure it is to my colleagues here, to know that is the case.

She knows and understands that many of the people in this world have no knowledge of our world, and having that knowledge helps her to—shall I say, being returned constantly, by those people, who still grieve for her. She exists on the wider areas of love and thoughts that are sent to her.

Les: Good, that's nice to know and I'm very glad, because it could be otherwise, had she not known, but you did tell us a year ago, that she had a premonition of her passing.

Yes she did, she knew her life would not be a long one. She is well my dear friends, do not mourn. I say this for *all* people, not just this particular soul. She may have been special to the people in your world, but she is special in our world, only in as much as she is what she exudes. Do you understand? (Yes I do.) There are no rules of importance in our world as there are in yours, only the love of the soul, which shows it's true self, when it returns home.

Les: Well thank you very much for those explanations, I think we all appreciate it, don't we? (*Affirmed*) Do we have any other questions for Salumet?

Jack: Yes can I ask for a little bit of assistance please? (**Yes**) I've been meaning to ask you this for a little while: Can you tell me about this inner voice that you have? Is it a spiritual voice telling you what you should or shouldn't do, or whatever it tells you? I think mine's blocked up, or I haven't got one or something. Can you enlighten me a little please?

Yes my dear friend, (Thank you.) I have known of your confusion for some considerable time. You seek too much too soon; the still inner voice is within each one of you, but to know of that inner voice, you must *still* the human form and I have to tell you, your mind is rather active in this area.

Jack: I would concur with that.

What you need to do my dear friend, is spend more time in quiet isolation and allow that stillness, that quietness to surround you. Only when the thinking becomes still, can you '*hear*,' as you put it, *hear* and understand that inner voice. It is a *knowing*, it is not a voice. You understand this I know.

Jack: I do, it just doesn't seem to work.

Yes, because you are seeking too much too soon. Be patient, I have been trying to help you, but as in all matters of the soul, we must take each step slowly. It will come, but you must have patience—and I don't mean to be unkind with my words, but it is something perhaps you could also learn—a little patience.

Jack: Probably true yes.

Yes, but we will try to help you. (Thank you.) Now that question brings me to what might help you this evening my friend, because I ask that each one of you, consciously sits to try to allow others to impress upon you, to help you in your understanding. In order to do this, perhaps you will go into the quietness

and the light and see what comes to each one of you. Can I leave this with you my dear friend and I will work quietly with this one. (Eileen)

Les: Yes of course and as usual, if need be we shall talk quietly, but there will be no loud noise.

I would be most thankful. Know that I leave you this time, know that I am here to help you if you need my help at any time.

Les: Yes thank you and we do appreciate that. God be with you and our love goes with you also.

We then sat in silence to see what would happen and Les suggested that we imagine a light coming down and surrounding us. He then began to give advice to some of the circle, about various things:

He gave advice to Mary concerning her finding more time to follow her spiritual path. He suggested that Paul should write the pros and cons of things down, to help him make decisions. George was asked to be less intolerant and Sarah was told her development would increase and be considerably greater and will approach the standards seen in others, but work in other directions has to be done.

There then followed one through Eileen:

I wanted to say to all of you, do not be discouraged by your spiritual development, because I can tell you—all of you, that your development surpasses what you probably believe to have happened, with each one of you. I speak from experience; I devoted 60 of your long years, when I trod this Earth, in devotions, in solitude, in many menial tasks and I thought I must have a place in God's house that befitted my life when I lived here. Let me tell you dear people, that the work you do, far out does anything that I achieved in those 60 years. I just wanted you to be encouraged. Be patient, listen to your hearts and know that one day you will gain what you truly deserve.

Les: That's very, very kind of you to come and tell us that, it does give us encouragement and we appreciate you being with us.

I desire only to help and uplift you.

Les: You certainly do that.

Having the knowledge that you have, is all you need to help you forward in your spiritual task. Keep this in mind and know that each step of your way, there is always someone with you. (Thanks expressed) I will not end with God's blessing, I will only say know yourselves. At last I too have learned this great lesson. I thank you for your time and your patience and I desire only that you continue in your quest for spiritual unfoldment.

Les: We can assure you that we shall all do that. And again we do thank you and our love goes out to you. God be with you.

~7th September 1998~

Good evening. (Welcomes)

I thank you for your welcome once again. I feel there has been among some of you, much serious thinking.

Les: Yes, you're probably right.

I want to say to you my dear friends: Do not be so harsh on yourselves. You, each one of you, are travelling in the right direction, but may I say that this knowledge that you gain sometimes leaves you a little serious about earthly living. Remember my dear friends, that life here should be balanced with your own spiritual growth. After all, you came here for a purpose and there is nothing which says that your life should be so serious. Remember each one of you, that as your day on this Earth closes, if you can truthfully say, you have tried your best, that you have caused no ill to any man, either by word or thought, then indeed you should be grateful for that. So, be like the small children on your planet; seek but find pleasure in that seeking. Happiness my dear friends, is your right. So you see, take each day and thank the *Great Creative Force*, for the opportunity of growth and the opportunity for happiness in your lives. If I may say this to you, patience amongst mankind is not something that is widely spread amongst you, but it is something that each one should try to cultivate in their daily living. Do you understand my friends, what I say to you?

Les: Everybody clear on that? (*Affirmed*)

Know that you grow, but know also that happiness and light are your right. So if I may use an expression from your world and say to you all: *Lighten up my friends*. If only you could see the shadows which you bring to yourselves, in these moments of harsh judgement, you would quickly dispel those thoughts, and again we return to the power of your thought. So I am saying this to you, because of the deep work which we do and the nature of the deep thinking, I want to say that for the next two times we come together, there will come from my world, those people who will show you the joy, in being light-hearted. It is something to be cherished and I hope that having this break from these deep matters, it will help you to understand the joy in this world that is yours.

Les: Well we shall certainly look forward to that. (*Agreed*)

And if I—do you wish to continue Salumet?

Please speak.

Les: It's interesting that you should say that, because your instrument doesn't know that at our meeting last Wednesday, it was devoted to light-heartedness. And children I saw—well there was a communicator from the other side whom we know as Norman, who looks after children and brings the spirit children to us. And I knew something out of the way was going to happen, because I saw him with me, and the children decided to have a fun evening. Believe me it really was hilarious and they were presenting everybody with picture-book details, that they had read here and everybody was being visited by various animals, who winked at them, sat on their laps and all the rest of it. It was really the most amusing Wednesday we've ever had I think—I can say that without any doubt and they must have heard the laughter next door.

Yes, I want you to know and understand that joy and lightness and what better for you than your laughter—these things were given to you for a reason—they are part of your living—they should be used to the full. And I do not want you to think that in your spiritual development, it is necessary always, to be so serious in your thinking. Some of you—I have received your thoughts, that you are discontented, by the progress which you make. My dear friends I say this to you: Be dismayed *not*, because you cannot see your own spiritual lights. I have told you that you have come far and although your own awareness is not such that you can see these things, I would like you to accept my word, in telling you that each one of you shines more brightly. So we will show you some more light-heartedness from our world and although sometimes it may seem a little bizarre or strange, what does it matter, if it brings laughter to your hearts, joy to you—light-heartedness—has it not achieved what it was meant to achieve? (Of course.) So I say to you my dear friends, make great use of what is coming to you and afterwards when I return to you, then we will spend an evening on much more deep matters, which we have not previously discussed. So perhaps you would say, you are having another one of your earthly sayings, *a lull before the storm*. (*Chuckles*)

Les: Right we have been warned—we certainly look forward to that.

So if you have questions this time, I will be happy to answer them for you.

Les: Thank you. I'm going to step in first if I may, to follow on from our talk last week about the many aspects of the soul. We all here are aware that at times we have seen a person, which has brought into minds the saying that we have here, that *'the eyes are the mirrors of the soul.'* I think everybody has experienced that, haven't they? (*Agreed*) Now is it possible for that particular aspect of the soul in that person, to express itself through the physical eyes in that way?

I see—can you be aware of the spirit within the human being, through those physical eyes. Is that your question?

Les: That's the question yes.

Yes, well of course, can I say firstly that the physical eyes belong to the physical being and as in many aspects of the human form, you can be deceived, unless you have the awareness of what is truly coming from within the other person. But of course it is possible for, shall we say the goodness of the soul to show itself, through the eyes of the human being.

Les: Yes I thought it must be, because I have experienced that a number of times and it's a wonderful thing to see, or be aware of.

But it is only because your own awareness is such that you are able to judge truly, what is coming from within.

Les: So again it is the spiritual reacting to the spiritual?

Yes, always remember you cannot have the two aspects, the spiritual and the human form—you cannot have one see the other because the spirit after all, is the force behind the human form. You have to have the spiritual awareness.

Les: I see, so in that case then, one person could be aware of the intensity in that person's eyes and another one might not be?

Yes of course. Is that helpful to you?

Les: Yes thank you that does answer what I wanted. Any other questions?

George: Yes, we talked about our space brothers and the symbols in the corn fields, as a means of communication. And I wondered after that, if they have evolved so differently from ourselves, that communication is really difficult and the symbols in the crops, is one of a very few possibilities of communication. Would that be a true perspective, or would there be many possible ways of communicating?

Yes, thank you for your question my friend. Have I not told you previously that many new forms of communication would take place, all over this planet?

George: Ah yes.

Yes, there are many ways to communicate, although you are not fully aware of them at this moment in time. But those who come, who try to make contact with you on this planet, they are limited not by their own knowledge, but by the limitations of the human being. They have to find a way of making you understand what they are trying to bring to you. It is not my purpose to come here to tell you—and of course I could, but it is not my purpose to explain to you, what your brothers are trying to do. That my friend, would be interference from me.

George: Yes I see that.

But yes, many forms of communication are to come.

George: Thank you.

Les: Any more questions? *(Pause)*

We have so many thoughts, but so few words. Do not be concerned. I hope that you will think upon my words this time, because I *feel* from you the seriousness in your lives, which you must try to dispel a little.

Les: Right, any other questions from anybody?

Sallie: There's something I've been thinking about. It's not necessarily what we've been talking about recently, but it's to do with *regression therapy*, where in order to perhaps understand yourself more, or for whatever reason, you work with a therapist, actually going back to a time before you were born in this lifetime. And I suppose—I know we're here for a purpose, but there's a part of me that thinks, would I be cheating in doing that? And part of me thinks no, it's not cheating to go back in that way—I don't know, what do you think Salumet?

Yes, I understand your question. I would say only this to you: Be careful when you undertake such things. There are occasions for the soul to be helped in these cases of regression as you call them. But I would say this to you, they are very few. After all, why do you suppose that when you come to this life, that all memory is blocked? Do you not see there is a purpose?

Sallie: Yes, yes my understanding of that is that if we had the memory, it would be very simple for us to try and achieve, yes.

Yes, I do not say it is wrong, but also I cannot say to you it would be right for you. Would it not be better that your own consciousness, your own awareness, work towards that understanding of the soul, whilst in this lifetime. Much more credit would be given to doing it that way. Do you understand?

Sallie: Yes I do.

I feel there is disagreement, would you like to speak further please?

Sallie: I don't think the disagreement is from me. I'm fairly open to the possibility of regression therapy, or otherwise. It was merely **(Yes)** the feeling that—I don't know, whether it was necessarily a good idea to get involved with that, or as Salumet was actually saying, working it through yourself is probably more credible.

It is not something that should concern you greatly. I would not say that the soul who undertakes such things—how can I say, should feel badly, of course not, if the reason behind it is for good. But so often these things are done for experimental reasons and can I say only this, that the soul can become disturbed. Perhaps we can speak on this matter some other time when we have longer, but it is not something that the soul should feel ashamed about. Do you understand?

Sallie: Yes, yes I do. **(Yes, Good.)** Thank you.

Les: Yes I would be very glad if we could have further discussion on that, because I've wanted in the past to ask questions about hypnosis too, because I personally am opposed to regression sessions and hypnosis, because there is no guarantee so far as I can see, that what is allegedly produced by regression, is in fact so, because there are so many possibilities that could intervene, particularly when you consider deep mediumship.

Yes, that is why I say the soul can become distressed. We will discuss this further.

Les: Yes thank you, we'll look forward to that, because it's a very complex subject and I think it's one which we'd all be grateful to have a greater understanding of.

What I would say quickly this time, is that regression for happenings within this lifetime, is a separate matter. It is when we begin to seek past lives as you call them that problems occur.

Les: Yes, this is what I've felt for a long time.

Sallie: So what you're really saying is, somebody who's working with a therapist, trying to unblock something in this lifetime that's creating great distress or a problem?

Yes, that is fine, because it belongs to this lifetime. It is no different than the soul who seeks spiritual healing in this lifetime. Do you understand?

Sallie: Yes I do.

But the problem lies when the soul wishes to go further.

Les: Yes it could cause a lot of problems, couldn't it? **(Yes)** Particularly as most of the people I think who do this work, are not sufficiently qualified spiritually, to be doing it.

That is one of the issues we must discuss of course. We are speaking of the interaction of two souls and its obvious inhibitions, problems, which it can bring. There are many situations we must discuss.

Les: Good, that's splendid. Any more questions for Salumet?

George: Just adding to that, there was a case history of a man who was born into this life with a limp and he was cured of the limp, through past life regression therapy. But perhaps it would be better not to cure in that case, because the soul may have decided that he should be in this life with a limp. Is that a fair example?

Yes, that is why memory is blocked. The soul as you know, chooses the life it comes to and all the problems it brings to it. (Yes) Yes, what would or perhaps *could* happen, when the soul returns to our world, is that soul returns once again, with that complaint, if you wish to call it such, in order that it work through a lifetime, as it should have done. Do you understand? (Affirmed)

George: Yes I see that.

It is a difficult topic, but one I feel we must discuss more fully.

Les: Anybody else? *(Pause)*

Well my dear friends, I will leave you, I hope this time, with lightened hearts. Know I stand close by you all. I will not speak with you for two further meetings, because in front of you, there should be much lightness and laughter, in order that you can see for yourselves, that love and happiness is within our world, and all is not serious *development* if you like, of consciousness.

Les: I was told a long time ago, to bring your sense of humour with you when you come to us, you'll be much more welcome—I've never forgotten that.

Well I would not say you would not be allowed, but of course if you have lightness of spirit, then your placement amongst us, will be much easier. After all, you are surrounded by those souls who are lost in despair and hopelessness, who have nothing but heavy hearts and grief. If only we could give to them more happiness, whilst they tread this planet, how much greater would their lives become. So can I ask you this time my dear friends as I leave you, that this night when your thoughts are sent out to those in need, that you think of all those within your world, and within ours, who have heavy hearts and who need upliftment and light. Can you spare one thought for them? *(Affirmed)*

Les: Yes I think we can all promise that.

My love and my thanks stay with you all.

Les: And our thanks go to you, for all you bring and tell us. We shall miss you in the next two weeks, but we do understand. *(Affirmed)* And we look forward to your return. Thank you and God bless you.

~14th September 1998~

This is the first of the two light-hearted evenings promised. There is much laughter throughout, due perhaps to the way things are said and the amusing 'chemistry' of the various personalities. It's probably not an easy thing to relay in print, but hopefully the reader will get the gist of what these two evenings were about:

So you are breathing. *(Loud, cheeky voice)*

Les: Yes, sorry I didn't know you were there—my apologies for keeping you waiting.

Should think so too! Not many parties held here now is there? You're like a lot of quiet little mice.

Les: We're usually quiet and serious, but not tonight I hope.

Well if you are, I'll be going. *(Laughter)*

Les: Oh no, you stay please.

I've been looking round and there's only 10 and there should be 11.

Les: Yes you're quite right there should be another one, but she's tending her son's wedding I think. Mary's in France, isn't she? *(Affirmed)*

What the devil's she doing there?

Les: She's at her son's wedding.

Damned inconsiderate when there's a party going on! *(Laughter)*

Les: She's asked me to do a tape tonight, because she didn't want to miss it, but neither did she want not to go to the wedding.

Well I hope it's a bit livelier than this one. *(Chuckles)*

Les: Well we're waiting for you to liven us up now.

No I've come to the party, and there you all are sitting there quiet and sitting in the dark, I thought what have I come to here, for goodness sake. Where's Elsie?

Les: We don't have an Elsie here.

Well you'd best be finding her.

Les: Best be finding her?

Yes, you be finding her—come on.

Les: Perhaps she's from your side?

Yes.

Les: Are you with us Elsie?

Elsie then began through Sue:

Elsie: ***I'm here.*** *(Much quieter and more refined voice—sounding a bit posh)*

Les: You're there are you?

Elsie: ***Mrs Elsie Macintosh.***

Les: Mrs Elsie Macintosh, welcome. Is that the Elsie you wanted?

Yes

Les: Well we'll dispense with the Mrs Macintosh from now on. You'll just be Elsie.

Couldn't you dispense with Elsie? That would be better! *(More chortles)*

Les: Oh no I don't think we want to dispense with Elsie.

Elsie: *You asked me to come with you. We're going to a bash you said. I'm waiting to find out where we are having this bash, cos it isn't here.*

Yeah I know that's the problem. Don't say too much because they're all so happy.

Les: We're quite happy really. You haven't told us your name yet, would you like to?

Nosey bugger! (Laughter)

Elsie: *I had to tell him I was Elsie Macintosh, you might as well tell him who you are, otherwise he won't let us have any fun.*

I see, well I'm Stuart Macintosh.

Les: You're Stuart Macintosh are you?

Stuart: Yes.

Les: So you belong to the same family and clan.

Stuart: *Don't you associate my clan with hers.* (Laughter)

Les: What were there 2 Macintosh clans?

Stuart: *Don't know, but I'd rather think there was.*

Elsie: *Notice that I don't speak like what he does.*

Stuart: *I don't speak like he does—ho ho ho, aren't we funny.*

Les: Are you part of the same family, or are you separate Macintoshes?

Sarah: Maybe they're husband and wife?

Stuart: *May the good Lord strike you down! Who could suggest such a thing?* (Laughter)

Elsie: *If you could see him you would know that that is not happen. If you could see me, you would know why it could not happen.*

Stuart: *Many a good woman chased me in my time, I'll have you know Mrs Maccintosh.*

Elsie: *With a frying pan in one hand?* (Laughter)

Stuart: *More like a shotgun.* (Chuckles)

Les: You were one of those Macintoshes, were you?

Stuart: *Excuse me?*

Les: You were one of those Macintoshes? Just a jump ahead of the gun?

Stuart: *Huh huh huh! I had a good life.*

Les: Did you? It sounds as though you did.

Stuart: *But we're not going into that now—*

The tape continues in this vein for some considerable time and on side B others come through of similar light mirth. One through Eileen gets sitters to recount some of their amusing childhood memories and Les recalls a few of his school boy pranks etc. Then a sweet little girl came through, talking about her love of the fairies and suddenly four appeared in the room and did a little dance for us, though unfortunately none of us were able to see it. Sarah came through with another child and the evening was brought to a close by a Sister through Eileen.

~21st September 1998~

This is the second of the light-hearted evenings that Salumet said we would have as a break from the usual evenings. The first came through Eileen to explain the plans for the evening. We were asked to talk amongst ourselves about anything, and others would join in later. One then joined us through Eileen and we talked light-heartedly, though a few serious subjects were broached:

Good evening—let me say one thing to you all please: The preparation of food for others, is done with love—no matter what your thoughts are on organic food, or otherwise, the preparation done for others, can only be good. So keep that in mind my dear friends.

Les:—I asked a question on that subject years ago, because they used to come through my wife quite frequently in the kitchen. And I asked why should they choose that room, which was untidy after a meal and so on. They said the very thing that you have said, the kitchen is the room which expresses most love of any in the house, (Yes) because of the preparation of food for others.

Can I make a suggestion here as well? If you good people are going to have disagreements, don't do it in your kitchens—I'm being quite serious now for just a moment.

George: It'll spoil the energy of the kitchen.

Yes and the preparation of the food. So bear it in mind, if you want to have a good old argument, go in the garden.

Les: Yes, we shall take note of that.

And then you'll have to answer to the little nature Spirits, but that's not my problem. (Laughter) Carry on.

Les: Can't you carry on now? Have you seen the little people in the gardens?

Of course I have, I know all about them—but don't let me stop you talking.

Les: No, we've had enough of our own talking. We're looking forward to hearing from you and your colleagues. Are they ready yet?

Don't ask me.

George: Do the little people mind us going into the garden and having an argument?

I should think they probably would. The answer to that, I should suggest is: don't argue. (Agreed)

George: We'll call it a discussion.

Well he is the diplomat of the group, if ever there was one— (Chuckles)

There then followed a young girl who came through Eileen unexpectedly, drawn by our earlier discussion about food. It seemed that she did not like to eat much when on Earth and had carried that through into spirit, still making her weaker and less energetic than the other children in the spirit world. Les was able to open her mind on the benefits of eating fruit, and she went away the happier.

Our discussion continued with our desire to see fairies. We were a little confused with how to go about seeing them and whether it would be something for the physical eyes, or something more subtle. The word 'hallucination,' was used, which drew more useful inputs from our unseen friends:

—No, no, no, no, no, no, no—no hallucination, no, no, no, no, no!

Les: Thank you very much.

Oh no, no, no, no, no, no, no!

Les: I'm glad you're listening. Has my definition been reasonably correct?

Yes—oh dear, dear, dear, dear.

Les: That gentleman (George) will bring his physical mind into play. (Laughter)

When you become part of the tree and nature, then you will have the awareness. Don't breathe it in, become part of it. Be blended—

Les: This is why I say, let it permeate.

Yes—oh hallucinations! What are we going to do with him? (Laughter)

George: No I didn't mean full hallucination as such, just a touch of it.

No, well just a little bit's too much.

George: Yes right.

You just remember it. (Chuckles) I'm not really telling you off am I?

Les: No as I was saying, you have to let it permeate George and there's the difficulty, learning how to do that, to become part of the energy, which surrounds you at all times—and to try and stop putting physical representations on it, because the whole of life is energy, as you know.

Oh I wish I had more power, I could turn him into a fairy! (Laughter)

Les: That would be lovely.

Wouldn't that be fun?!

Les: Yes it could be done, couldn't it? Rather a cumbersome one though I fear, but nevertheless a fairy.

Yes, hardly a light-footed one! (Chuckles) Dear, dear, dear.

Les: I just hope he can learn to become a part of the energy around him. I don't know whether you could offer us any further instructions, apart from meditation of course, and seeking the quiet and the peace.

Yes unfortunately I don't have that knowledge to give to you. I know it's there, but I can't change anything you don't already know.

Les: So we're on the right track anyway, in trying to absorb it, and be absorbed into it?

All I can tell you at this point, is that more females than males, tend to have this ability.

Les: Yes I agree absolutely.

Yes, it's all to do with the female energy I think. But I can't go into details, I don't know—

Les: No, but I would agree with you that females are much more able to become associated with the essence of creation, rather than males.

Yes. Now we don't want any women power in the room. We've not come to that stage now, have we?

(Laughter)

Les: Not yet.

George: But we all have both energies.

Yes, but it depends on what is the majority of the energy, in the life you're living, you see? And I hope you're a male! (Chuckles) God bless him.

Les: It's a fascinating subject, isn't it?

Yes. You are a charming crowd.

Les: That's very nice of you and we do have some very charming people come to speak to us.

Do you?

Les: Including you.

Ah well, we'll have none of that, I don't need to be hearing all that.

Les: You don't need to be flattered —

No I don't need to be told all of that stuff. I'm very pleased to have come.

Les: It's true, we do feel that.

Do you now?

Les: Yes we do.

Right.

Les: We know you weren't expecting or looking for it, but it's the only way we can thank you, to tell you what we think.

Well as long as it's all good, I'll accept it.

Les: Thank you very much—oh it's all good, all organically grown.

Now, now—we won't go into that again, will we? All forms of life is beautiful in its own way, isn't it now?

Les: Yes it is, you're quite right, but we haven't been educated sufficiently, in order to recognise the beauty in much of life that is around us.

No it's not so much you haven't been educated, as that you've lost it all.

Les: Yes you're right there, because a piece of rotting wood, we wouldn't regard as beautiful, but in its energy patterns it would be, because it is serving the purpose for which that rot was necessary.

Everything has a purpose. Don't forget that, every single thing has a purpose in life—even the people that you don't particularly take to, remember they have a purpose too, so don't go wishing them away!

(Laughter) You're grand people, but you're no angels! (More laughing)

Les: We are very grateful for the lessons we have had over the last few years. Your colleagues in your world have taught us a great deal, for which we are ever-lastingly grateful.

Well, our purpose is to help you all. If we can, we only desire to help and if it's accepted, then it gives us great joy. If it's not, well we just have to try harder.

Les: Or go to some more receptive people?

Well, that's kind of taking it the easy way out, I would say. You've got to have a challenge sometimes.

Les: Yes, you had many, didn't you?

Of course, but I'm not here to talk about me.

Les: No, but you weren't very well liked by some of them, because you also insisted on others facing up to those challenges, didn't you?

Oh you're determined aren't you, to talk about me! I might have guessed. No wonder they called you 'sharp,' at the beginning. Now I can see why—you little devil! (Laughter)

Les: No—they loved you, even though they disliked you sometimes, for your determination on their behalf—just as you're determined on our behalf.

Yes. It's taken me a few steps forward, but it's also taken me some back! But nevertheless I was fairly content with my live I think, even though I could have done much better.

Les: Well aren't we all like that? Feeling that we could do much better—we may have a chance to examine what we have done.

Yes, that's why I'm always happy to come back to people such as yourselves, to try to guide them on the right path, because it's so easy to go off of it! As you all know!

Les: It certainly is. Please don't remind us.

We won't go into that either now, will we?

Les: Must better not to, I think. But you're much better now, are you?

Of course, who wouldn't be?

Les: Still looking for challenges—well not looking for them exactly, but accepting them when they come?

They are kind of put in my path and it's up to me whether I take them or leave them. And sometimes I think it would be best if I left, but it wouldn't get me far.

Les: Yes but I don't think there are many you refuse to go for?

No—you'd be surprised what you want to do when you come here. Your expectations change and you only want to do what's best, not only for yourself, which normally comes last, but for other people.

That's the challenge, that you place yourself last. Does that make sense?

Les: Yes it does absolutely. It is a challenge, always to remember that, isn't it? And to always work for the benefit of others without reward for oneself.

Yes. Now look what you've been doing, you've been making me become too serious—that's not why I've come! I've been told these people need a little light-hearted relief and there he's going on about me.

Les: And you were quite light-hearted yourself quite often when you were here, weren't you?

More often than I should have been.

Les: No I wouldn't agree with that, because it served a very useful purpose, because it drove away many of the shadows that were around other people who came to you for help.

Yes, you're quite right, but I felt as though it happened too often, you know what I mean?

Les: Yes. Of course I can't argue on that, but I wouldn't have thought so, because it was so important for the work that you were doing.

Laughter IS important. I hope you all realise how important laughter should be in your lives, not only in happy times—if you can laugh at yourself in times of trouble, you see it all dissipate away. It's easy to be happy when all is well, isn't it? But if you can be happy in times of trauma and disappointment, be happy within yourselves, well—you've got it made haven't you? (Agreed)

Les: Yes if we can learn to do that all the time. It's a great asset if we can laugh at ourselves.

Well if you don't, WE all have a good laugh! Yes!

Les: I bet you do that, particularly when people are hallucinating! *(Laughter)*

Well now, we're not going into that again now are we?

Les: I don't mean it unkindly.

Poor little man.

Margaret: He's not little.

Well no, but I didn't like to say that now, did I? (Laughter)

Les: Just to change the subject just a little if I may, because the lady on my left here I feel wants to ask something, but she doesn't like—doesn't feel she ought to. Have you got a question Jackie?

(No) Haven't you got something you would like to ask our friend here? ***(No)***

This is a lady can I tell you, who needs to laugh more in her life. Perhaps that's what you were thinking?

Les: Yes, I knew I had to go to her, to give her the option.

Yes, she does need to laugh a little more, but that could apply to many of you. So you know—laugh, laugh and be happy, because you see, when you laugh, your vibrations change. They do! I promise you. I

know it's spoken of lightly, but know if you are happy, the whole of your body energy will change, only for the good.

Les: Do you not laugh much nowadays Jackie?

Jackie: I don't think you laugh as much as you get older, I'm sure you don't.

Margaret: Oh you do! (Agreed)

Jackie: I have a good time —

We're not talking about good times. Try to laugh more. Be like the little children. That's something else said in your world, that's quite true: Be as the little children. Can you understand? (Affirmed)

Jackie: You can enjoy yourself without laughing, can't you?

Les: You should do it a bit more, let your enjoyment come to the surface a little more. (Yes) Like me when I look at myself in the morning in the mirror, I say 'Oh god not you again.' (Laughter) I can't do anything about it, so I just laugh at myself and apologise to my reflection—stupid, but it works.

Paul: I enjoy playing hide and seek with the nieces—I'm sure I enjoy it as much as they do.

George: Because there's a bit of laughing involved. (Agreed)

Lilian: Children certainly lift you.

Margaret: They do, don't they.

That's because they're spontaneous in their enjoyment of life. That's what it is, it's not so much the games, or what you're doing, but it's the love of life!

Jackie: It's finding time too, isn't it?

No, no, no, no, no, no, no!! (Giggles) No we won't have that from you! There's all the time in the world for laughter.

Jackie: It's finding time to put yourself out. I get home from work and then I get in and I work some more and —

(Said with much gusto) Yes, why don't you stand at the washing up and smile!!

Jackie: Because I'm angry with the kids for leaving it all to me.

Yes!! (Laughter) Here we go.

Margaret: How old are they?

Jackie: Old enough to help—13-14.

Margaret: Well if they don't help, they don't eat.

Jackie: They sometimes cook their own.

My word, we come round again to eating! What am I going to do with you all! (Laughter)

Les: When you have minor accidents Jackie, do you get really annoyed at it, or do you—

Jackie: I haven't got a temper—I just don't laugh enough.

Les: You just deal with it and don't see the funny side of it. I used to be like that, I must admit. But nowadays I can see the funny side of it.

Jackie: I'm not miserable, I just don't actually laugh a lot.

Les: You're not miserable physically, but it's not helping you spiritually.

Inwardly, that's what's important. The laughter is an outward thing, but it changes the energy patterns within the body—I wish people would realise that. It is! Laughter is a wonderful thing!

Sallie: We laugh a lot at work, because we deal with quite difficult things, so therefore it's all a bit strange and we're always doing something a bit silly, to survive I think—so we laugh a lot.

Yes. Don't be too worried about that remark dear sir sitting next to her. She doesn't mean she doesn't laugh, now do you?

Jackie: That would be telling, wouldn't it?

We can have no secrets here—

Les: I think we often condition ourselves into resentment, instead of laughter you know.

(Les then recounted a funny incident with his sugar bowl, which he chose to laugh at, rather than get upset about.)

—That is the secret that if someone else was to do it, you would find it amusing. (Agreed) Yes. Please try to laugh more, all of you—it is so good for you. Now I think I've spoken enough.

Les: We've enjoyed having you and for your philosophy and teaching.

And my telling off—I do beg your pardon, I do forget myself at times. I was quite renowned for my 'no, no, no, no's,' at one time, and I'm afraid in coming back, it tends to come to the fore.

Les: Never mind, we are laughing with you and at it too. ***(Yes)*** We're very grateful to you for having been with us.

There you go again, thank you, thank you, thank you. I don't require 'thank you's'—thank you!

(Laughter) There! I'm going to do it myself! It's been a pleasure, you've been charming.

Les: We've thoroughly enjoyed it, haven't we? ***(Affirmed)*** We've enjoyed the laughter too.

Well let me tell you, I'll be watching for the rest of the night and if I don't see smiles on your faces—

(Laughter) I'll devise something. Now good people, you'll remember what's been said?

Les: Yes we shall remember that.

Remember to smile when you feel at your lowest and you'll be amazed how much it brings you up—

Les: We do have a saying, 'Cry and you cry alone, laugh and the world laughs with you.'

Yes, you are never alone, let me tell you that. I don't want anyone to think you are alone.

Les: We're only talking in a physical sense of course.

Yes, when you are at your lowest ebb, there is always someone nearby. Never despair. But it is so much nicer, it you have laughter, rather than despair.

Les: Well I think we can promise that we shall all try and remember what you have said and act on it. It will do us all good.

Wouldn't it be the ultimate, if someone passed, and you all could have laughed!! Wouldn't that make us all happy? It would show the world that it was something joyous, would it not?

Les: Quite! Which it should be.

Which it should be, but we know it can't be so—

Les: It's going to take humanity a long time to come to that acceptance. ***(Yes)*** But we can still keep working at it.

Yes of course, that is just my wish, because we are very joyous when somebody comes to us.

Les: I'm sure you are.

Yes. Anyway, you've got me on a serious note again—well now I really must go—(Fond farewells)

~28th September 1998~

No Salumet this week, as Eileen had a heavy cold. It was said that conditions were not good and the power was low. It was explained that power could be transferred between the various spiritual groups, who worked on the physical plane, if needed. This communication came through Sue:

We feel this time that we have slight lack of power in your room.

Les: Yes, we are short of members unfortunately.

Normally this would not cause us any inconvenience, but different circumstances this time, have caused a 'down' in power.

Les: That's a pity. Different circumstances here?

No—mainly on our side of life. As you can well imagine, there is much happening, much scurrying and hurrying on our side and sometimes this causes a slight breakdown.

Les: I see. But you are hurrying and scurrying because of the changed conditions here tonight?

No. There is much happening, surrounding other groups and it is difficult for me to explain, but sometimes power is taken and used elsewhere.

Les: Is it though? ***(Surprise expressed)***

Yes. Not all power, but imagine that you are the generator here and power is, shall we say, 'siphoned off,' you understand my meaning? (Yes) When we feel it is required.

Les: So at least we are contributing to something.

Oh my dear Mr Bone, why do you suppose we are siphoning your power here? It is an enormous power source. You contribute even when you do not become aware of the fact.

Les: That's very nice and we all very much appreciate you telling us. It's nice to know that we do contribute to that extent.

If I could perhaps try to enlighten you just a little.

Les: That would be nice.

When your group meets here, I know you have been told on more than one occasion, that the light from this particular meeting shines forth as a beacon.

Les: Yes, we have been told that.

Then you probably will understand when I say to you that in your world, to use an electric light needs charge of electricity. Am I right?

Les: Yes, you're quite right.

Therefore imagine that the light from this room, this group of people, is an electrical current, which in its turn, lights up other groups, other meetings, other rescue groups. Do you understand me?

Les: Yes we do and we are very happy to know that you are able to take power from here, for that purpose.

On some occasions and it is very rare, if there is a 'downturn' of power here, if it is a severe downturn, which let me absolutely assure you, does not occur very often, then sometimes you need a boost from another group.

Les: That's very interesting to hear. I didn't realise the transfer of power was done in that way. We're very happy that we can contribute, as I said before.

For is it not right that everyone here on this Earth that is involved in spiritual matters, is working towards a common cause?

Les: Yes everybody is—(There was a brief pause as the phone rang—normally this is switched off.)

You are such a vital part of the organisation. I can only say to you, compare yourselves and other groups, like the arteries and capillaries and veins of the human body, each one interacting with another. And all of those, am I not right in saying, have the common cause to keep the central heart activated?

Les: Yes, you're quite right in that.

Therefore, that is what I say to you, all your power interacts with other powers, for the cause of keeping the spiritual heart pumping, so that all spiritual matters on Earth, can continue.

Les: Good. That's very nice to know.

I would ask one thing of you please this time? (Yes) Would you please be agreeable to have someone brought here this night who needs some help from you?

Les: Yes of course we would.

It is what you would refer to as a rescue. There will only be the one, but as you are fully aware, others will also be helped, from the one who will be visiting you.

Les: Yes we do understand that and we're very pleased that it works like that, because so many can be helped.

Again I refer you to my previous words, capillaries and arteries and veins, all interacting to help each other.

Les: Mm—I do understand.

I take my leave of you this time and will bring the one, who I'm sure you can help.

Les: Yes, we shall certainly do our best and thank you for what you've told us.

The expected rescue then followed through Sue, while Lilian dealt with another rescue through Sarah, at the same time. This particular one was distressed at being 'switched off'—it seems that they'd been kept alive on a life-support machine, which they had witnessed being turned off, without of course, understanding that it was time to let go of the physical body and return to the spirit realm, or as we have come to know it, 'returning HOME.' Sue then channelled, a bubbly, bright spirit, (Jess) who came for a light-hearted chat. Each sitter was introduced and there was plenty of laughter.

Finally, one came through Les:

Good evening my friends, good evening. (Welcomes)

You have been told many times by the master (Salumet) that numbers do not necessarily affect the work, have you not? (Agreed) I think you will agree that this meeting, on what you call this evening, has been a very good object lesson, to amplify what you have been told. (Agreed) Also no doubt, it was of very great interest to know, that the power you generate within these walls, is not confined only to this immediate environment, nor to just the work which is so excellently done here, but you were told, it can be distributed in many ways, of which you are entirely unaware. I wish to refer to this, so that you can be content with the work you have done over many years and which we hope you will continue to do for many years more. (Agreed) You are frequently told that you will never understand all the complexities of life whilst on this Earth. But it is only fair, that you should at least be given a little inkling, into shall we say, the 'mysteries of existence.' Particularly the fact that what you generate here, out of the kindness of your hearts and souls, can equally well be used in other places, of which you have no knowledge and probably, will never be aware, exist. But you can be happy in the knowledge that the power you generate because of your work, is never, never wasted. It is always used to the best possible advantage, for those who are in need of such energy and power. This I hope makes you very pleased with your efforts.

George: Thank you for telling us this. We appreciate that.

It is my pleasure to be able to give you that little 'encouragement' shall I say, though I know you don't need it, but it is a little encouragement for you to take with you and for you to nurture, within your own selves. (Thanks expressed) Now having done my duty I will bid you farewell my friends and I'm pleased to have been the bearer of such good tidings for you and I hope it will remain in your minds. (General thanks + blessings)

~5th October 1998~

Good evening. (Welcomes)

It gives me much joy to be with you once more.

Les: It gives us much joy to have you once more, though we did enjoy the two light-hearted evenings, which you promised us.

It was much needed my friends. It happens that sometimes you need to have some lightness within your lives. After all, your lives here are meant to be well-balanced, and although my task is to bring you fresh knowledge, we must not forget the light-hearted side of life.

Les: No, it was quite a pleasant change and I'm sure we all felt better for it.

I would like to say this time, that I will not embark upon fresh topics, because of the decrease in numbers here.

Les: Yes, that's understandable, thank you.

But of course if any of you wish to ask any questions of me, then I would be happy to answer them for you.

Les: Thank you. I did have one, which I too will leave until we have a full attendance here, because it is quite a complicated issue and I have made a note of it, so I will leave that. Has anybody a question that they'd like to ask Salumet?

Sallie: It's not a very serious question in some ways, but other ways it could be considered so. It's to do with the power of thought and creating our own reality, by the thoughts we send out. **(Yes)** I know from the discussions we've had, that we can send out healing thoughts and we can think healing thoughts about our own bodies. I was just going a bit further in this and it may sound a bit silly, but if I believe it, if I really believe it, is there any reason why I can't grow a new tooth?

There is no reason at all, why you could not. There is at this time within your world, I will not use the word 'experiments,' but 'constructive work' in field of human tissue renewing itself. I will go no further at this stage, but only to say that mankind is reaching a stage of development, where new technology is available to him. Of course it comes from our world, as you may well know, but there should be no reason. It may sound farfetched to you and I would completely understand any disagreement that peoples would put forward for it, but the power of your thought can create all things.

Sallie: Salumet, is it also something to do with the fact that although I might meditate and concentrate, upon that particular thought, within me there are years and years of conditioning, aren't there?

And doubts.

Sallie: Yes.

Of course.

Sallie: Which would hinder that process, I would have thought.

Humankind has not reached the point where he will easily accept any of these things, but let me say only this to you: Mankind has all the innate powers that we in spirit possess. We have touched upon the subject I believe and I think that must be as far as we can take it this time. Do you agree?

Les: Yes I agree and I agree with what my friend said, that it is in our own doubting, which prevents the full application of our power of thought, **(Yes)** because taking that a step further, the ability to grow new parts of the body, already exists in the animal kingdom. **(Yes)** As you know, some lizards can replace their tails, some spiders can replace a leg and there are other instances of part of an animal's body being replaced. Sharks replace their teeth.

Yes, and after all, what is mankind, if not a larger animal? (Of course) Yes there is the possibility of all of these things, but because of the doubts and fears which lie within you, it is not something that would be easily accepted, and this we know and understand fully. I want you my dear friends —always I have said to you, I will return to the power of thought, because it is the most powerful thing that you possess.

Les: Yes we look forward to that, when we have a full meeting. And at our last meeting, it was very interesting that something happened, which follows the power of thought train. We were told that power was reduced at this meeting, and I thought it was because of lack of members. But the communicator said no, there was such tremendous power here, that often they siphon it off, for use elsewhere.

Yes, do you not upon this planet, feed one battery to another, when one is low? (Yes) That is a simplification of course, but you see the possibilities?

Les: Yes and we were very pleased to know that we do generate it to that extent, that it can be used elsewhere. And I was thinking about it afterwards, that that is merely a physical extension, if I can bring physical into it—a physical extension of what you have repeatedly said about the power of thought, **(Yes)** because it is only the power of thought creating that energy, and the power of thought from your world, which is transferring it for use elsewhere.

Yes, not only the power of your thought my dear friend, because in the years that you build this energy, you unknowingly build *spiritual* energy, which is much easier for us to use. (I see.) Unknowingly, you are growing—you cannot see your own lights, your own power sources. It is possible to see, but I don't think anyone here, is at that stage yet.

Les: No I can't, we did discuss the aura afterwards, **(Yes)** and that is a partly visible thing, under certain conditions, and as we were told, dependent upon the spiritual development of the one who wishes to see it—that's quite understandable.

It of course is ever-changing, moment by moment, the light you speak of, but I speak of a much deeper spiritual energy, which is around you at all times. The auric light you speak of is almost like a shadow of light that is gleaned from you, dependent on so many things. You *are* a powerhouse, you *are* spirit, you always will have that cosmic energy. You are part of the whole energy.

Les: Yes of course.

Do you begin to see?

Les: Yes we are inclined to forget that, aren't we?

Yes, I like to remind you sometimes, that you are more than you think you are.

Les: Yes I think we're beginning to realise that. And it's a marvellous thing that we can think about.

I am sure if each one of you was to place your hands towards the centre of this room now, you should feel this energy, which is building here now. Try it my friends, you should be able to feel the build-up of the energy, each one of you exudes. Allow yourselves to be open to it, be part of it and let it come into your very being. (Short pause—Les comments that he could feel it coming up through his arms into his shoulders, vibrating.)

Les: Well I must say we're all very, very happy that the work we do does generate that power—very pleased to be a part of it, thanks to your instruction.

Do not thank me my friend. You have made yourselves available to it, that is the important thing, that you are allowing yourself, the true spiritual self to come forward each time we meet, as we do here—that the spirit is the stronger of the two elements, whilst we join together. This is what you are feeling now. All of you should feel that the physical is draining from you and that the true self, is to the fore. Can you feel it, my dear friends? You should be able to.

Sallie: A sort of warmth and a glow? **(Yes)** Yet there is something of the physical that remains, because in that sort of warmth and glow, I keep getting these little pictures of a new tooth, so I don't know —

Les: It would be interesting to hear everybody's personal feeling on this, but I feel that something is exuding from me and embracing you all bringing you closer to me spiritually. *It's wrapping itself around everybody here, and you all become a single unit, which is approaching me.*

That my dear friends is the blending of love energy, which exists amongst you all. You no longer are individual units, but you come together as one, as the words just spoken have explained to you. Allow yourselves to become as one, feel the power of the love, which comes from you all. Allow yourselves to be absorbed by that light energy.

Pause, before Les begin to speak softly:

Les: I don't know if anybody has an awareness that I have at present, which is that the physical is absolutely of no importance whatsoever. I get the feeling that the physical is a necessary encumbrance, which eventually of course will be discarded. And I feel that I'm looking down on a lifeless thing, which could be the physical. Not the physical body as I know it, but a physical awareness. Right, well since we have to keep a balance, I may get so far and not get back, so has anybody else a question for Salumet?

Sallie: I've been reading this book about Zen, which as far as I can understand, is not incompatible with your teaching, but I haven't finished it yet. There is a section, which talks about the empty heart—about going beyond the knowledge of the self, to that sort of place, described as '*nothingness*,'—the empty heart, which will then allow you fuller knowledge, of a more spiritual nature—I'm not really sure what my question is, it's just —

My friend, let me say this to you: That is the point at which you should have reached this time—the blending of the true self, in the knowledge that there exists beyond the physical being, that area of existence, which takes you further along the way of spiritual development. You should have felt this time, the leaving behind of the physical being and taken the step into that *empty heart*, as you have called it, but what I would rather term, *the next stage of existence*. Do you understand?

Sallie: Yes I think I understand, but I seem to be having a difficulty, actually wanting to give up my physical existence, because I get a lot of pleasure from—

Unfortunately there was then a loud cough and suddenly another came through Eileen, to explain the sudden withdrawal of Salumet:

Good evening. I must apologise, but the one who came to you has withdrawn. I am here to make apologies to you. It is for the benefit of the instrument and the one who came to serve you.

Les: Thank you very much—it's one of those unfortunate things. Thank you for joining us.

I am told much instruction goes on here.

Les: Yes it's quite true it does.

Can I help you with your questions?

Les: Yes please, we'd appreciate it if you can. We were talking about Zen and the empty heart Sallie? **(Yes)** I think it is a physical definition, of something of which we have to be spiritually aware. Would you like to repeat the question for our friend here?

Sallie: Yes actually, I think it's a bit of confusion I know I have, where I know we are spiritual—we're spiritual beings, though we're in physical form, for various reasons. I sometimes am a bit concerned, because unless things are going pretty badly, I actually really enjoy my physical form and things that I do, and I find it quite hard to completely go into a spirit mode as such, to separate the two—they seem very

joined to me, but perhaps I'm just not experienced enough yet. But I'm wondering if it's a problem, if it's very joined, or if I should be reaching for that separation of the two?

Why should you be unhappy, if you feel joy in your living? Life is not meant to be unhappy. Do you feel it improper to be happy?

Sallie: No, I think it's very good.

Let me just say this to you madam, if I may: Joy and happiness, brings its own kind of love. It shows that you are dealing with your physical life, in the correct manner. You should feel joy and happiness, in times of adversity, and in times of happiness and love. So why do you place upon yourself, this troubled thinking?

Sallie: I think it's to do with the fact that so often when we talk in the group, it's spoken about how we should forget the physical, and concentrate on the spiritual. I'm not saying I disagree with that, I'm saying, why can't they be together?

They are together. Why do you feel it should be separate?

Sallie: I don't you see, but I thought that was the general idea going round in our group here and that's why I've been trying to do more to separate the two, but I don't feel that I need to.

No, do not. Your spiritual growth will grow with you, provided you live life as you should be doing. You cannot separate the two whilst you are here. Does anyone else think you should?

Les: No, the master who teaches us normally has said many times, that we have to keep a balance.

Yes, that is true.

Les: So, what is your problem Sallie? Enjoy both.

Yes, do you not see madam, that in your joyous living, you are giving to others, which in turn creates a great spirituality within you?

Sallie: Yes I think somebody—or I'm being confused by someone, because what you're saying makes perfect sense to me.

Yes, don't be concerned about being happy in your life, that's as it should be. I am unaware of all these misconceptions in your land, as to what you should do and what you shouldn't do, it's all rather confusing.

Les: Yes it is, isn't it? And we make it more so for ourselves quite often, because often, if life goes very smoothly for many years, we almost get a guilt complex, as to why it is doing that.

Yes, and you punish yourselves. (Agreed) Human beings are hard to understand at times.

Les: You're at liberty to say we're stupid also, if you wish, because we know we are! (Chuckle)

I would not impose that upon you. That is not my place.

Les: No, but we know we are sometimes and we do get very confused in our thinking.

You cannot ask for more madam—to have your life run in parallel, both spiritually and in human progress—you cannot ask for more, whilst clothed in these bodies.

Sallie: I don't want more, I'm just happy to have that thing confirmed.

Yes, do not allow others to displace your own correct thinking.

Sallie: Thank you.

Be happy—I say this to all of you, be happy and joyous in your living, because each task that is placed before you, it makes it lighter if you accept it with laughter and with joyousness.

Les: We've been told many times Sallie, we should always use our sense of humour, so that IS the answer to keeping our balance, you see?

Sallie: That sounds fine.

Les: And the other will follow naturally.

Sallie: So the actual separation isn't what we are trying to achieve at all.

Les: No, no, no, no.

No, no madam.

Les: If it was, I'd give it up. No, it has to be a combination of the two and the art of living, is to recognise that combination and glean from both the maximum that we can whilst we are here. Whilst we're here we're learning a lot of knowledge and a lot of happiness and tonight you've been told how this is

developing in the physical strata. We also by having a sense of humour, can increase the spiritual awareness of ourselves, by using that sense of humour properly.

Spirituality and growth does not need conscious effort, it can be of use I think sometimes, if the act is conscious, but the most profound act, is the unconscious act. That is what attains you spiritual growth. Can you see that? (Affirmed) Yes? Good. I'm pleased I've been of some help.

Les: You've been a great help. And another thing Sallie is you see, we are still self-centred in our thinking. With respect to anything you have said, it has been self, you have been considering, hasn't it?

Sallie: I am at the moment yes.

Les: But if we accept that going through life, doing what we can for others is giving them happiness in many ways, even in little things—if we give of ourselves that is creating happiness in others and it's giving, or should be giving the giver of those actions considerable happiness in so-doing. Now, *that* is spiritual development—forget the physical side of it.

Can I say something madam to you?

Les: Yes please do.

There is a saying in your land, that what you give you will receive back. Can I say that you will receive 100 fold in spiritual growth, in happiness and joy you bring to another.

Les: I've many times used a simple explanation, when people have wanted to know how they develop mediumship. I said that mediumship is only giving or helping another in some way. If you merely assist someone to cross a busy road, you are a medium. A medium is only a channel for good. A very simple explanation, but if you develop on that, you'd see how simple it is—to give, whenever it is possible to give, without thinking.

That is the key, that the effort best be unconscious, because you rather lose something, when the action is done with conscious effort, in order that you may gain points, if you like. Of course, when you have the awareness that you have, it's difficult not to think along those lines, I agree. But it is the unthinking act, which is more creditable to you. The smile, the gesture, the look, the helping hand that is done by you 'automatically' I think you say, (Yes) they are the gestures of most good.

Les: And of course we come back to what we have been asked to do at night, whenever we are giving out our kind thoughts or prayers, whatever you want to call them, to spare a thought for those who are homeless, distressed in this world and also for those in the next world, who should be coming out of the mists and the darkness—give your thoughts to them also. You remember? (Yes) And do we all practice that?

Sallie: Occasionally, not always.

Les: There comes the physical again —

Can I say something to you before I leave? If you could travel through this lifetime and forget the word, 'I,' then you have ACHIEVED—but that is not an easy task for anyone. Forget the 'I' and what else do you have, but ALL OTHER PEOPLE, yes, yes, yes.

Les: I'm afraid the main problem is that we do let the physical intervene far too much.

I thank you for allowing me your time; I am being told there is someone else who wishes to speak to you, through another person.

Les: I see, well thank you very much for having joined us and for all that you've said and we do appreciate your visit.

Thank you.

Les: God bless you.

Thank you.

There then followed a quick one through Sue, who had been recently before and who gave the name of Jess, reminding us in her own special way to remember to LAUGH—even through our tears.

Finally there was another through Eileen, who brought a message for one of the ladies (Mary), about a trip to Switzerland.

~19th October 1998~

Good evening

All: Good evening.

My dear friend, I have been close to you this day.

Les: That's very kind of you.

I wish to say to you all this time, we are reaching a point in our coming together, when new knowledge will be brought to you. For too long mankind has been chained by his own thinking. (Agreed) We have reached a stage in this Earth's development when mankind must break free from these shackles, these misconceived ideas, which he holds onto.

Les: Yes you told us a long time ago that it would be happening and it certainly is. Many, many instances we hear about now throughout the world.

Yes I did tell you that what I tell you here will be uttered throughout your planet, in many corners. The words used may vary slightly, but the whole idea of *Truth*, cannot alter.

Les: No—yes I've thought of you quite a lot, because I've been watching a program about the Catholic Church called, '*The absence of truth*.' They comment on the infallibility of the Pope and all that nonsense and while watching, I thought of what you have said, and how that will all be discarded.

We are in early days. Each of your world's religions—if it brings comfort to the spirit, then we must not say too much about it, at this present time.

Les: No, that's understandable.

But of course the time will come—I can assure you of this, that *Absolute Truth* will govern all religions.

Les: Splendid.

After all, there is the truth in all religions—it is up to each individual soul to take from it what he may.

(Agreed) So at this time, I will not say all religions must go, but each step being taken, is going in that direction. (Yes) For too long has mankind allowed these chains of religious teachings to bind him.

Les: You're absolutely right.

Instead he should be free to feel the spirit that he is, to allow religion to be part of him and not the other way. You understand? (Affirmed)

Les: Yes we do. We should live as the primitives lived, the so-called *primitives*.

They, as I have told you in time past, were closer to the all-pervading Truth.

Les: This is what I mean, we should be the same—live in the same way.

Unfortunately mankind sees himself on a pathway of development. It is this thinking which we must try to reverse for you. That task my friends, will not be an easy one. In so many areas of your world, has this materialistic view taken such hold, that mankind now sees himself as a power source, do you understand?

Les: Yes, he does realise though that if he thought a little more deeply, he would realise that it is a power source for his own destruction.

Yes, this is why at this time in the Earth's evolution, many of us are gathered here, in order that this time, mankind cannot destroy what is being laid down for him.

Les: Nice to hear that again, because somebody through my wife told us that many, many years ago, that the abbots and others had gathered for this very reason.

There are many throughout this planet that is why my words will be reiterated around this globe. There are many of us gathered here, in order that the Truth this time be known. There cannot this time be any denial of Truth.

Les: I'm hoping that at some time—I know I shan't be able to do it, but I hope that somehow, some time, all that you have taught us and which is on record, will be published somehow.

The opportunity will be given. (Thanks expressed) And the knowledge, which will be spread throughout this planet, will be seen as it is meant to be—simple, simple truth.

Les: Yes, that does please me a great deal, because I would hate to think that all you have told us, is going to be lost, even though it's recorded.

My dear friends, do you not understand that that is why you have been chosen to hear these words, that we know each one of you, can be an emissary for Good. The love you possess, the knowledge you hold, is great, but still we cannot interfere with your free thinking, but you *have* been chosen, because we know and understand, that the words given to you in time, will reach others.

Les: Good. (*Agreed*) That does make me very happy, thank you.

Dear friends, do not be fearful of speaking to others, we are behind you, we will help you and guide you with your words.

Les: Thank you. (*Thanks expressed*)

If at first someone denies what you say, do not thrust your words upon them, but leave them in their thinking—that is all we ask of you.

Les: Yes we shall do that at every opportunity.

That is why we have brought you together again, this time. That is your purpose—I say to you my dear friends, do not fail in this task, because it will be the most important part of your living. It will be an achievement of spirit, something which you chose to do.

Les: Good, I'm very pleased to hear the opportunity will arise for all your words to be published.

Now, there will be another to speak to you this time, through this lady here, so if you have any questions for me this time, I will be most happy to answer for you.

Les: Thank you, yes if I might start, I'd like to ask one on the subject of Thought again, of which you have told us so much. We know that our personalities remain the same for some time, after we go over and of course that applies to everybody. Now I wonder—to give a simple example, I meet occasionally a chap in the village, who talks so rapidly, that one would think he was running out of time and I have had to ask him to slow down sometimes. I don't want to hurt his feelings, so I put it as nicely as possible, but on the other side, if I met somebody like that, if I thought, '*I wish he would speak more slowly,*' would he get that thought, or would I have to in some way *direct* it, so that he would get it? What I'm leading up to is, all our personal thoughts, at the moment we could imagine they would be available to anybody and I don't think that would be the case.

No, let me first say this to you: We have spoken about thoughts, which could be harmful to another, and that these thoughts can be intercepted, if that must be. But my dear friend, let me please ask you a question.

Les: Yes surely.

For whose benefit would you send out these thoughts, for yourself or for the other person?

Les: Well for me primarily so that I can understand fully, what is being said.

But can you not see, that it would be interfering in what *HE* has tried to do?

Les: Yes, looking at it that way, it would.

Yes, so you cannot have black and white—again we come to this question, that there are never clear cut answers to any questions of this kind. The thought you send, if it was a good thought for the purpose of helping another, then of course he would accept and receive it. If the purpose of the thought was for self-gratification, then that thought would be dissolved into the thought energy pattern.

Les: I see, so there is an over-riding power that governs this thinking then?

I would not say, '*over-riding,*' but a '*guiding.*'

Les: So, we needn't worry that somebody is going to be adversely affected by our private thoughts?

I would say generally no. You could not do that much harm, unless the other person was open to all thoughts—and again we must speak about this. There are some peoples in your world, who are open to many avenues of thought; they do not fully accept and understand what '*dangers,*' perhaps I can use the word, they are tempting into their lives. But generally I would say, do not be afraid of good thought.

Sallie: Salumet, sorry to interrupt, but I don't understand about people being open to thoughts that could be dangerous to them.

Yes let me try to elaborate that for you.

Sallie: Thank you.

You have peoples within your world, who shall we say, '*experiment*,' with what I believe you call drugs. *(Agreed)* Who give to themselves drinking habits, which leave their spirit open to all kinds of thinking. There are many peoples in your world—we have the purity of children sometimes, who are exposed to evil thinking. Again we cannot have a clear-cut explanation. Does this help you? *(Pause)* No.

Sallie: No, not exactly, I thank I understand that if we alter our minds too much through drugs and alcohol, we may have our own strange thought patterns.

No my dear, you leave the spirit open to all those thoughts that are available. We are coming to a difficult topic, which I think we must devote one whole time to, if we may.

Les: Yes that would be very interesting we would welcome that some time.

Perhaps next time, yes—it is a deep matter that which you have raised and I will explain more fully for you.

Sallie: Thank you very much.

But be assured, there are those poor souls upon this Earth, who do expose themselves to unnecessary—after all, you know do you not, that not all spirit is pure?

Les: Yes we do know. We used to—well I used to make that mistake in thinking so, until we had your teaching.

Yes, therefore always we have to have the balance, of the positive and the negative at all times, and this involves *thinking*. Can you begin to see?

Les: Yes I can and I was thinking of this when I was watching the program about the Catholics, and wondering how they reconciled the adverse effects of another, with *their* thinking, which caused those adverse effects.

Yes, they would, when they come to our world, recognise that the teaching they have expounded upon others, has been wrongful, but you have to remember, they too have been exposed to wrong teaching—so they are not solely responsible.

Les: No, they were indoctrinated, weren't they?

Yes, so you see that we have adverse effects upon other people and it continues onwards and onwards and onwards.

Les: Well the whole foundation of the structure was wrong, in thinking of the infallibility of the pope at any time—how could that be?

There should be no idolising of any human. I have told you this before and I will repeat it to you once more. But next time we will speak more—more deeply about the power of thinking.

Les: Yes, we shall look forward to that.

Now I will leave you this time dear friends and allow the other one whom I have brought to you. I hope you will allow them to speak.

Les: Yes of course, we shall welcome them now and thank you very much again, for all that you have taught us tonight. *(Thanks expressed)*

Know always dear friends, I am close by.

Les: Yes I become more and more aware of that myself and I hope others do. God be with you.

There then followed our expected guest through Sue:

Les: Good evening to you. Thank you for joining us.

I wish you a good evening. (Welcomes) You must forgive slowness of the words, but your language is not common to me.

Les: Thank you for using it, I'm sorry we are not able to speak yours.

All speech seems strange after the many years that I have used only the mind, to communicate.

Les: Yes of course, you don't use the languages now do you, not in speech form.

I come to offer healing to anyone here or who knows anyone requiring the power of healing.

Les: Did everybody hear that? Does anybody know one who needs the power of healing? Does anybody wish healing to be given to a person?

Mary: I know someone.

Les: What is the name?

Mary: The name? D Scot.

But please lady come and place hands upon these of instrument and repeat, please. Contact is most necessary. (Mary did as instructed) Please give name of person.

Mary: D Scot.

Please speak in your mind, his problem. Do not say aloud. Then please return to seat. (Long pause) Do we have another?

Lilian: Could I ask for one?

Name of person please.

Lilian: Gladys Inglefield.

As before, silently give requirements. (Pause)

Do we have any others requiring healing assistance please?

(There were no further healings.)

I have come from great distances. I can offer healing, but can also bring healing learning—I cannot use right words—I can offer to those who wish it, a little of my healing knowledge.

Les: Well I'll be greedy so yes, I would wish it, if you can.

Your path has already crossed with mine dear friend. (Thank you.) I have in the past been at your side, when you were healing others. Therefore my knowledge has already passed to you, although you have been unaware of my part in what you have done.

Les: Thank you very much indeed. I was pretty sure somebody was doing quite a lot for me.

I feel I can only stay for short time now, but I will say to all those that wish to help others, to feel more—well—to those who wish to bring a steady mind to those who have troubles, hold out your hands when you feel the need to help others and I will ensure that your hands feel the heat of the healing power.

Les: That's very nice, did everybody hear that? *(Agreement + thanks)*

Every person has the ability to help, but not all persons can find the time.

Les: You're quite right. We know it's inherent in us all. It's just finding the time in our physical lives, in order to use it. Thank you for the help you give to us all.

What I give to you all this time, will help yourselves and others, through many of you here.

Les: Thank you very much indeed and thank you for having been with us on this occasion. God bless you. There then followed another communicator through Eileen—one who particularly valued the use of speech, and healing through words, who had spent a lifetime without speech:

Good evening.

Les: Sorry to have kept you waiting.

You haven't kept me waiting. But I feel I have to interrupt, before we leave, just to say a little more about healing.

Les: Yes, please do.

So much has been spoken about the touch, about the thinking, but I would like to advocate speaking. You see whilst I lived upon your Earth I could not speak, so to me speaking has become quite important and I love it when I hear other people saying kind words to another, because that is a healing. (Agreed) So my dear ones, speak as much as you wish, because in the spoken word, is given much Love.

Les: You're quite right, we would agree absolutely, yes.

Ooh, what I would have longed for, to just have spoken a few words. But now I have the opportunity to come to you dear people and to speak non-stop. (Merry chuckles) So if you would be guided by me, just open those dear mouths and say something kind, every day to someone.

Les: Well we shall certainly try, because words are living things, aren't they?

Oh yes, they are the expressions of your thinking. Well, perhaps sometimes, I will not say always, that's not quite true. (Gentle laughter)

Les: That's when we must learn to be quiet.

Well that can be difficult for some. But that is all I wanted to say to you.

Les: Yes we were talking about healing earlier, before the meeting actually and some people still insist on using ritualistic methods and speech and it's so unnecessary.

Yes, but what does it matter if it helps, that is my philosophy now—whatever good, in whatever way it comes, that is only good for you.

Les: Provided it's done sincerely, for another person.

Oh yes of course! You must have the sincerity, otherwise it would be best to be a nun. (Quiet giggles)

Les: Of course the interesting thing is in any case, whatever method we adopt physically doesn't make a scrap of difference, because *you* are doing the work.

Well we are behind what you do of course, but you are the instigators of the actual doing.

Les: That's right, but you provide the *power*.

We provide the help, by inspiring you and by being beside you, when we are as two peas.

Les: Yes we love having your company.

Well don't invite me too often, because I do love to speak.

Les: Well would it surprise you to know that we love to hear you?

Well, I find those words most heartening. I'm sure not everyone would agree.

Les: Well we're not interested in everyone agreeing, we know what we like.

But anyway, I want you to know how important words can be.

Les: Yes, quite seriously we do accept what you say and we do fully understand the need for words like that. Thank you for reminding us.

Yes, it need not be a barrage of words like I use, but the gentle one or two words at the right moment—that is what is important.

Les: Yes, that is the secret isn't it?

Yes, the knowing when, yes. Well I will now take my leave and thank you for your most generous tolerance of me.

Les: Thank you for coming and you have an open invitation to come, whenever you wish.

George: And you have a lovely voice to listen to, I might say.

Well, yes, I know his words are quite sincere. (Gentle laughter) I must leave you. (Thanks expressed)

~26th October 1998~

Good evening. (Welcomes)

Les: I'm very pleased to say we have a full meeting for you this time.

I thank you all this time for such a warm welcome and great anticipation for what we say this time. I have told you last time that we will embark upon new knowledge when there is suitable opportunity.

Les: Yes you have indeed.

We have gathered you all in order that each one should hear this time, what I have to tell you. It is little known in your world, that within our world we have what we would call a 'Temple of Thought Patterns.' This is not known to many, because the awareness of such a temple is given to those who would use it wisely and for the good of all. These temples hold energy patterns of thought, not only from your planet, but from many, many, many. So you understand that this temple would be situated only in the highest form in our world.

Les: Yes that's understandable.

I have mentioned to you previously, that there are those in our world, who work with the interception of thoughts that can harm another, yes? (Yes) Those souls who have that capability would be among the few who would access this Temple of Thought. I would not expect you to understand the 'mechanics,' I think you would say, of how this temple would work, but we wish you to know at this time that it does exist, that this is limited knowledge within your planet, and I ask my dear friends that you accept my words in telling you so.

Les: Of course we do.

All of you strive within yourselves to come to know that part which you call *Higher Self*, that part which ultimately belongs within our realms—it is the thinking patterns of that Higher Self, which have the power to reach the *Temple of Thought*. You know and understand I think, that your thought patterns whilst on this Earth planet is the same energy, but of course it is working at its crudest level and you know that many thoughts that are sent by you, by the human self, the mortal self, can if they are erroneous thoughts, rebound back to your physical beings.

Les: Yes, you've made that quite clear in the past, too.

These are not thoughts that would reach the Temple of Thought within our world. So now you are thinking what thoughts are so collected there.

Les: That's true.

Every thought that reaches and comes from the spiritual aspect of each one of you, travels to our world, because the thought has become more '*purified*' if you would like to think that way. The energy has the power to travel deep within the spiritual realms, although all thought is, how would you say, instantaneous? (Yes)—It is not always dealt with in that way. That is why so often within your world we hear, '*Our prayers have not been answered.*' Now I come to the purpose of the Temple of Thought: Because the access to this temple—and I call it a '*temple*' purely for your benefit, because within your planet the temple is known to you my dear friends, as a place of solitude, silent thought, is it not?

Les: Yes it is.

I ask you to try to visualise the power that lies within this temple. Only those souls who have attained the awareness of consciousness, have the entitlement to use and to transmute that energy—only able to transmute that energy, if it is for the purpose of *helping* others. It is not given randomly, it is used wisely and these transmuted thought patterns then become the inspiration and is returned to your Earth through many avenues. Do you understand what I am trying to tell you?

Les: Yes, I am beginning to understand and I hope everybody else is.

If you do not, now is the time for me to try to help you to understand.

Les: If I could ask my colleagues a question in another way—everybody has wondered no doubt where inspiration comes from, is that so? (*Agreed*) So would I be right Salumet in saying that when we wonder where inspiration comes from, would that be from the thought patterns transmuted by those while capable of doing it from that temple?

The thought patterns can be transmuted and then returned to you as inspiration, either by those Higher Selves, which you know is just the more aware part of your being, or by those people who have chosen to help these energy patterns return to your planet. This is something we have to discuss further, but for this time, I would wish that you could try to visualise your thought patterns as being living, *tangible* things.

Les: So one of the many parts of us—and you have emphasised this many times—one of the many parts of us, would be sufficiently advanced to be able to draw upon the energy of the temple, is that so?

Not necessary so, but one aspect of yourselves may be able to receive.

Les: We'd receive from those working within the temple?

Yes, very few have the awareness to actually enter into this Temple of Thought. I am speaking here of something, which to your thinking, is far beyond your understanding, but we are trying to give you generally new concepts of our world.

Les: You certainly are doing that. I may be quite wrong, but I believe I have been privileged to become aware of one of those temples on two occasions, when two of our members on separate occasions, were taken into a gorgeous room and they were overcome almost, by what they saw and felt in seeing it and becoming aware of it, but I knew in spite of what they thought was the ultimate experience, that this was only the anteroom to the Temple in each case.

I have to say to you my dear friend, within our world there are many temples of learning. The temples you speak of are indeed open to all, once they have attained that awareness, that consciousness of spirit, to be allowed to enter. But I have to tell you once again, the Temple of Thought is not open to many. It is a temple there for a purpose, used only by those of great consciousness, who have travelled

within our worlds for many aeons of time. Now this may become difficult for you as I speak, because I have said not only this planet, but many, many more send thoughts to our world of thought; so we are speaking of something beyond your understanding. (Yes) Even to those with greater awareness within our worlds, are not aware of this Temple of Thought. I am giving you knowledge of this temple in a very small way, in order that you may understand, or begin to understand why thought is so powerful. Always I have tried to tell you there is nothing more powerful than your thinking. This is my thank you to you all for listening to me so patiently, sometimes without question and always with your love. My dear friends, you are this time being shown something which is little known not only in your Earth planet and many others, but even within our world of spirit.

Les: We are very humbled to think that we are allowed to share that knowledge and I was thinking of you and thought a couple of days ago when someone phoned me and wanted to come and see me. I remembered what you had said about the power of Thought and in order to try and get him to understand, I said try and think what is holding the planets in their orbits in the universe, if it is not the power of Thought of the Great Creator.

Now you are beginning to reach the very heart of the matter, are you not? All Thought must return to its very creation. It has always been, it can be transmuted, it can be used in many ways, but it cannot be destroyed. That is why I want you and *wish* for you to try to begin to understand that no matter what else is taught to you from our world, you will never have more knowledge than that which is said to you:

Be prepared to work on the power of your thinking.

Les: I think we have to dispel the idea of those who work with the power of Thought in those temples—we must not think of them as persons as we know persons.

You cannot.

Les: They themselves are thought emanations in themselves, are they not?

We do not speak of physical beings—no we do not. Even as you understand spirit—*(Eileen coughed several times interrupting speech)***—Thank you. Forgive my withdrawal, but it is always difficult to be using an instrument.**

Les: I am so sorry it interferes with what you were saying.

It is but a slight hiccup, but I have to say imminent withdrawal is necessary, when any physical condition interferes, not for any harm done to us, but because of the change within the instrument. I will discuss that in greater detail with you on another occasion. (Thank you.) I have to tell you my dear friends that the source Temple of Thought Patterns, is far from the knowledge—*(Voice fading)* I don't feel this time I can continue with this subject, because the distance and the explanation is too complex now. So let us my friends, discuss what you need to know.

Les: Yes. Am I right in thinking that within these temples, we have to accept something we cannot understand because thought working there is self-creative?

Thought within the temple of thought is the highest form of thinking, the purest form you can imagine, the most powerful form of thought—the thought energy has reached its ultimate form—perhaps that is an easier way for me to explain it to you.

Les: Yes, because it's something we cannot possibly understand.

That is why only those who have so reached that multifunctional state are allowed to enter. I know these ways of thinking for you now must be so difficult, but as I have said, it is the generality of it we wish you to know.

Les: Yes, I think we can grasp that to some degree and I certainly have never heard of the Temples of Thought described like that—I'd not even heard of them, as you have told us.

No, as I have said my friend, it is from me to you a small '*thank you*' for your time and your devotion in listening to me. There is much we can bring you in the way of new knowledge, but you *have to* know and understand and be open to these new ways of thinking, if the world is to move forward now as indeed it will—for I have told you that many of us have gathered. The time has come for old ways—narrow ways of thinking, to be expanded, for this Earth planet to have greater understanding, wider knowledge and

the opportunity for each individual soul to travel forward, *not* with blind beliefs, but in certain knowledge, that what he knows is Truth. Do you understand my friends?

Les: Yes, I think everybody understands that, don't they? (*Affirmed*) And we feel very privileged that we can take the part we are taking in this development towards the Truth throughout the Earth.

I know that what comes will be difficult for you to accept so easily, but each one of us who have chosen, have chosen people whom we know to be open to that Truth. As I said to you last time, *that* is the purpose that is the purpose of your being together again this time.

Les: Good, and I had a very good insight at our last meeting of the *Wednesday* group, because we did a rescue which involved a lot of people from many hundreds of years ago and I was aware then of something I've have not been aware of to that extent, of the way in which the work we all do here is almost perpetuating itself beyond here and in your world.

Yes, more and more will you come to recognise that what was once thought of '*help here*,' is in fact *inspirational help* from our world—the two must go hand-in-hand as you well know. But it is beginning to change in the way that you are being used. That awareness may not be with all of you who are involved in this work, but if you will allow yourselves that quiet time, much more will be given to you in the way of understanding. (Good.) I have to say and I hope my dear friends this does not sound as if I am reprimanding you, but more of you could give just a little more of your daily lives to opening yourselves to— (*Recoding very faint*). There is a time in each of your lives, when you will come to recognise that although there must be balance of both your material and spiritual lives, there comes a time when you must open up the pathway to those aspects of yourself which are waiting to help you at every opportunity; and for some of you, you are not doing that. But that my dear friends is where again your own responsibilities lie, and we cannot, however much we love you and wish to help you, we cannot make you do whatever you do not wish to do.

Les: Does everybody fully understand that now? (*Affirmed*) I'm fortunate being retired that I *can* make the time as Salumet suggests. I would always beg of you all for the sake of your development that you do indeed—

Les begins to channel: —make the effort for your own selves, to give that time that is necessary. The time needed is little—the rewards for that little time can be great. Do you understand? (*Affirmed*)

Les: Sorry about that interruption.

Sallie: That's alright.

Before I leave you this time, I would say only this to you: No matter which pathways you follow, in the time that each one of you has left upon this planet, the contact which you have now made will never be severed. So you see my dear friends, how great is your responsibilities to yourselves. My wish for you all will be that when the time comes for you to come *home*, that each one of you can truly say, I did my very best. They are few words, they are simple words, but they are full of knowing. Remember this lifetime is but one small aspect of yourselves. Remember that whet you achieve this time, ultimately reflects upon the whole. Think upon these words my dear friends, because in thinking about them you will begin to understand how simple and how complex this part of your living is. I will take my leave this time. I know and I have much to give to you, but for now I would say to you only this: This night allow your spirit to soar, because this new knowledge you have found, has given you opportunity within our world to reach out to those who are there to help you in the knowledge that you can reach to them.

There was then a brief blessing/prayer by Salumet before we closed, but unfortunately the voice had become so faint and the recording too unclear to transcribe accurately.

~2nd November 1998~

Good evening. (*Welcomes*)

I hope our discussion last time has led you to much thinking.

Les: It has me, I don't know about everybody else. (*Some agreement*)

I would like this time to say a little more about your thoughts.

Les: Yes please.

At this particular time on your planet, comes to us much thought about what is happening there. So many negative thoughts, when there should be more acceptance for natural happenings.

Les: Yes, well I do understand that, because it occurred to me that many people, because of these recent natural disasters are going to start blaming God again, is that so?

Yes, unfortunately mankind needs someone or something to blame.

Les: Yes, that's true.

You must remember my dear friends, that as you evolve, so too is this planet. There are, have been and will be, many changes—emotional, climatic and spiritual changes within this planet. What I ask of you, those of you who know and understand a little about your own spiritual progress, is to try to refrain from your negative thinking, on these planetary matters. As always I ask you to think positively and to try to encourage others to do so.

Les: Yes, that is going to be very difficult to do that, isn't it? We can but try, because another problem, I'm sure you're aware of, and would be one of the negative thoughts of which you speak, is the fact that because of these disasters, many of those who are left, are going repeatedly to say, that there cannot be a God, he wouldn't allow this to happen. So that is another negativity which has to be broken down.

It is a form of thinking, that sometimes amuses some of us, because they deny any existence of a creator and yet then 'disasters,' as you term them occur then they need that very thing they have denied, to blame.

Les: This is the absurdity of their remarks, because in another breath, they will say, *'Thank God it didn't happen to me.'* (Of course.) So, which way do they go?

We understand how they feel and we must have compassion for them, because they do not have your knowledge. I will correct myself, they *do* have the knowledge, but it is not brought to the surface of their thinking. So I say to you all my dear friends, as you progress along your lives, accept that your planet too is part of you, accept it is a time of growth—not only for this planet, but for those of you within it. Encourage others to think more deeply. I have said to you, that within the next 1000 of your years, much change will occur, not only in your thinking, in the change of spirituality amongst you, but in the shape of this planet. Do not be negative about it. We are here to help and to uplift you at each stage, each development. So know always you are not alone. Ask for help in your thinking—it is available to all people.

Les: Yes, I do frequently ask, that my thoughts might be guided along the right channels, because it is difficult for us to understand, in spite of your respective teaching, why we should choose to come to a planet, still in its early stages of development and suffer the possibility of 'disasters,' such as have been happening recently. This is of course very difficult for us to understand. So personally I appreciate any help I can get from your world, in fashioning my thoughts and accepting that the fact that we are here, was of our own choosing.

Of course. All of you chose to come, have chosen the time to come, but let me reply to your remarks, my good friend: This planet is very young in terms of the cosmos and so too my dear friends, are the aspects of the soul, which you all belong to. You have returned the very juvenile parts of your beings. That is why you have returned to this very young planet. Can you understand? (Several affirmatives)

Les: Yes, I would say I can accept, but of course I couldn't say that I understand, because we don't fully understand (No) the complexity of you the parts of ourselves.

That is the difficulty.

Sallie: Excuse me, would it be something like when we go to learn something, we go to different areas to learn—we might go to a library, or we might go and have a driving test. Would the different aspects of our soul, go to different planets at different times, according to what it is we are trying to learn?

What the main purpose of your incarnations are, are that the soul is allowed to develop its 'weakest points,' perhaps I could say to you, to simplify it for you. The soul seeks to grow and because of the many aspects which belong to it, then it will choose the area where growth is most likely to happen. So

yes, your theory in part is correct. You would not put a young child in one of your universities and expect it to come out knowing all that would be expected of an older soul.

Les: No, of course not.

Then perhaps you can think along those lines. It is difficult I know for you to accept that these bodies you inhabit, these *beings* on this planet, are in fact mostly souls who are seeking their very best to grow. Of course, there are those in your world, who have more knowledge, but for those souls, their pathway has been chosen for a different purpose; for the purpose not so much for their own growth, but in helping others to grow.

Les: Yes, that is something we have had to come to terms with. I think we all accept that possibility, don't we? (*Affirmative replies*) —That the existence here is not solely for ourselves, but for unknown reasons, for the benefit of others.

Are there questions?

Sallie: Does it get to a point, where we stop doing this, ever, sort of choosing places to develop ourselves? Do we ever get to that point, or will it just change in different ways?

You mean on this planet? Of course the time comes when the soul has grown enough, that it need not reincarnate into bodies such as you inhabit—yes of course that happens, but it takes many, many lifetimes.

Sallie: So, when that actually happens, then what do we do, when we don't have to come back anymore? I feel we must still continue to grow and change and do something.

Yes, you can still—the soul will grow in our world—there are many ways of growing. That is why I say, the 'primitive' aspects of the soul, choose to return within bodies. Does this make sense to you?

Sallie: Yes.

Les: And would that growth continue in your world, accepting that there are many, many planes of existence? (**Yes**) Let us say that the soul no longer has any need to return to a physical conception of itself.

(**Yes**) Would it, as it learned through the planes of knowledge in *your* world, have to return to a lower plane occasionally, in order to learn other aspects of itself, just as now it returns to the physical Earth?

No, it can return to lower dimensions, but it would not move forward, only to return. That would be foolish.

Les: Yes, I had wondered about this.

That would not be allowed. You cannot move forward, until such time as you have earned that growth. You can of course return to lower dimensions, to meet with others, to help others, but you would not remain; in the same way as I have returned to you, through this one. (*Eileen*) I do not belong here. Does that make sense?

Les: Yes, that does clarify, thank you very much. I had wondered whether it was a repetitive cycle, returning and going on, which went through—effectively, through eternity.

Remember, once you have returned *home*, you re-join the soul in its entirety. Only then does the soul decide what growth and what knowledge it has gained. But once you have reached the state of non-return to the physical being, then the soul must work, to grow in our world.

Les: Yes, thank you for that, because that answers another question, which I've not asked before—a point of view which has occurred to me several times and I did a long time ago, comment on the fact that many millions of souls have been through this Earth, but there are not so many millions of physical bodies, for them to inhabit at this time. So in my thinking, they must be progressing in your world, but not having to return here.

Yes, that answers too, the questions asked about how the planet has grown in numbers. It is not that they are all new souls, which is the usual thinking, but aspects of the *same* soul. Do you understand?

Les: Yes, because to me in my thinking, there was bound to have been a time, when there was simply no physical room, for the amount of physical bodies required, to accommodate those souls. (**Of course.**) So I came to that conclusion, though I asked a question about it, I came to the conclusion that at some point in what we would call '*time*,' there is no need for the soul, or any aspect of it, to return to the physical surroundings. (**Of course.**) Thank you very much and that answers two questions.

George: Would it be correct to say that Jesus the Christ, had no need of reincarnation, for his own development, but chose to return as a teacher?

That happens to all masters, if I may say it and that is what Jesus the Christ had intended, to return to grow and to help many. That was one purpose for his soul's growth. But there was no need to return to the physical body any more.

Les: The same condition would apply to what you are now doing for us, wouldn't it?

Yes of course. We are not returning in physical bodies, only through instruments in order to instruct and help. But we do not belong, our own 'growth,' if you like, is 'secure' within our world, but we have allowed this one aspect to return within the instrument, in order to help this planet.

Les: And for that we are very, very grateful. Now, I'm going to ask you a question on behalf of your instrument. She has not asked me to, but when she was taken so far away at our last meeting, she said when she returned that she had the feeling that she was in a golden dome. Now, I can understand that expression, but are you able to give us any significance of that golden dome?

I will say this to you, and I will say also that the instrument I am using, would like to deny what will be said, but the aspect of the soul which she has been using this time, comes from a very old soul. This being she inhabits, is one which at this part of her soul's growth, gives her the opportunity for much growth in this lifetime. Last time when I used her, we spoke on very high matters. You were given knowledge that is very little known to others and because of this, it so happens that I had to place her to one side, further than normally I would do. In so doing, she recognised, what in fact was part of her own being. That is what caused the emotional distress, because in recognising that part of her being, she knew that she really belonged elsewhere.

Les: Yes, thank you very much for telling me and I'm sure she'll be only too happy to have that explanation too, because obviously I haven't the knowledge to explain exactly the reason for that feeling.

She, I will tell you now, will be embarrassed by that statement, because one of the reasons she was chosen as an instrument for speaking through, was that she possesses an innate modesty, which she will deny of course, but which we know to be for good.

Les: And that's why you can use her.

But I am sure that when she hears these words, she will want to deny them.

Les: *(Quiet laughter)* Yes, well we shan't accept her denial, because we love her very much and we're so grateful for the work she allows to be done through her.

I would like to say to all of you, the potential within each one of you, is great. So, my dear friends, allow those hearts to remain open, allow your thinking to be open, close out that negative thinking and when the opportunity is there, help others to understand. There are so many thoughts coming to us at this time that we need your help in these matters. I know you will think upon my words. I know your thoughts will be positive, I know that your loving kindnesses to others will be shown.

Les: Yes, that leads me to another question, if I may—anybody else have a question before I put mine?

(Pause) At our last meeting on the Wednesday, we were told that we don't always as has been said in the past, go over to your world—much as we'd like to, in order to help with the knowledge we have gained here. Now, I find that rather difficult to believe, in view of the fact that our knowledge could be most usefully applied to others in your world, who do require help.

My dear friends, what you must remember is this: That in this side of life, there are many stages of development and growth. Any knowledge gained, any growth attained, cannot be lost, cannot be contained for the self, it *has to be* given to others. You cannot contain knowledge and growth for yourself, because then it would become a selfish act.

Les: Of course it would.

So I have to say this to you: All knowledge that you gain upon this Earth, will be taken with you and of course, when you come *home* to our side of life, your natural response when you have chosen your rightful place, will be to help others, who have less knowledge than yourselves.

Les: Because I remember some time ago, you asked us most definitely, to give our thoughts when we say our prayers, to those on the other side, who are in need of those thoughts.

Yes, all too often it is asked of you, that you think of the people on this planet, who are in much need of help. But did I not say, remember also those in our world, who are striving, who are lost and are also in need of much help.

Les: Yes you did and I have been trying to further that by thinking as you asked us and that is what puzzled me, when I was told we don't always go over, because what would be the point of asking, if those thoughts can't be used?

Yes. You must, my dear friends, if I may say so, if you have—I will not say ‘doubts,’ because of course, only goodness can be within this room, but there can be given by some, a little confusing information. If you are in doubt, question please.

Les: Yes, this is why I have done so now.

Yes, please question the one who is giving you the information.

Les: Yes, I'll do that in future.

Always I have said to you my dear friends, whatever we give you in ways of knowledge from our world, if you feel that you cannot fully accept, then do not, because it means you are not ready, or that the information coming, is not the full extent of the knowledge. After all, I believe I have told you that only knowledge can be given, by those who have grown so. But remember, there are many stages of development within our world, as there are here.

Les: Yes, I wouldn't suggest for one minute that the information was deliberately misleading, (No) but as you have said, they can only give the information or knowledge, to the degree to which they themselves have learned.

It may be the informant thought that was the correct way. It is not that they mean to deceive, because that would not be allowed. It is only that the informant is young in their growth. That is why my dear friends, there are so many misconceptions about these spiritual matters on your planet.

Les: Yes, there are many, aren't there?

And we are trying now and there will be no going back, because the time has come, when this planet must at last know the truth and hold onto it. In the past, it has been given to many, but it has been denied.

Les: Right. I was puzzled because even though we may physically be aware of it, I'm pretty sure that because of our outlook and our wish to help others, that part of our spiritual self, would be allowed to go into your world and help, because of the sincere desire to do so.

That is the most important word you have used this time, the ‘desire.’ If you have the *desire*, then you will be allowed to use it.

Les: Yes I'm sure—Thank you for that, it's given me a lot of comfort, because to me if it hadn't have been permitted, then a lot of what we all would wish to do, is just being revolved into negative thought.

You cannot waste knowledge, you cannot waste truth, you cannot waste the *desire* to help your fellow man! That is the purpose of your living.

Les: So all of us here then can be happy in the knowledge that if we do ask for the ability to help those in your world as you requested some time ago, then the opportunity will be given us, because we sincerely wish to do it.

Of course. (Thank you.) I can tell you now, that the few of you within this room already are doing just that.

Les: Good, that is nice to know.

Although you may be unaware of it, because when you come to our world in your sleep states, then you are not being idle; you are given opportunities, which are there to be used. After all, in the body's sleep state, is the time for the soul to be active. You understand?

Les: Yes, that's very comforting to me and I'm sure it is for all of us, isn't it? (Agreed) Yes, thank you for those answers. Would anyone else like to ask a question?

George: Yes, I think there are a great number of us, who would like to have done more for some of our relatives who have passed on, who we've known rather well. And it's a very comforting thought that it isn't too late, one can still help them.

Yes. If only people who are left behind, who are grieving so, if only they had the knowledge that they could but help those who have gone on, to leave those loved ones behind, in order that they can go forward—so much more, so much more happiness would exist within your world. After all, the grief and regrets of you upon this earthly plane, I have to say, can be responsible for grief in that loved one who has gone to our world, because of your distress. Let them go, be happy—but of course, it is in the nature of the human being, to feel sorrow, to feel lost and alone. But what you should not do, is to hold onto that grief, for any considerable time. You understand? *(Affirmed)* But of course, you can help those loved ones as they too can come to you and help you, if they so desire, because you see, their knowledge becomes so much greater—they see the wider scope of life before them.

Les: Yes, I of course, have felt times of loneliness, but on the other hand, I have on several occasions over the years, had wonderful reunions on the other side, I know. **(Yes)** And I have come back absolutely uplifted, because of them, **(Yes)** and it's a wonderful experience.

Yes. Mankind has to—I do not like the word 'suffer,' but mankind has to experience the gamut of emotions. How would you recognise happiness, without the sorrow? You always have positive and negative energies to deal with, whilst you are on this Earth. So if you recognise them as such, it will help your passageway through this life, to be much easier. You are most harsh upon yourselves, my dear friends. You allow sorrow to engulf you, unhappiness to eat at you, distress to upset you—so many emotions that are destructive to your soul. May I suggest to you, that perhaps with qualities, that you pick one of them and consciously work with it, to see what you can achieve? Do you understand what I try to say?

Les: Yes, because of that recognition, out of that destruction of the negativity, we are of course, automatically increasing our growth potential, aren't we, by that fight?

Yes. You will dispel the negativity and return to the harmony, which the soul requires.

Les: And having won that battle for ourselves, automatically, we are able to radiate the benefit of what we have learned, by so doing to others.

Of course, because then you become, my friends, like a mirror of them. In seeing you, they can begin to see, what they also can achieve.

Les: Yes I must admit, it's very difficult to get it through to some of them.

I would like you all—I know I have told you before, but I wish to say it again, that you are emissaries for Spirit—use it wisely, be guided and you will have those opportunities placed before you, in order that you may help others, in their seeking of what life is about. And there are many I have to tell you, who are lost in this world, who know not which way to turn. They are not fortunate in the knowledge that you have, but within each one of them, is that spark of life, which is waiting to be used and to be helped, in order that they may too, may go along life's pathway, as they have chosen.

Les: Yes, I must admit, I have one—and I'm not mentioning names of course and I'm trying hard to do that and frequently I would love my physical reactions to take over, but I'm afraid your teaching always gets in the way and stops me doing it! *(Laughter)*

Ah! We do indeed have some growth, do we not? *(Chuckles)* That my dear friend is an achievement, if you can at least recognise that there is a problem.

Les: Yes I'd love to let the physical reaction come out, but as I say, your teaching always stops it. *(More chuckles)*

I will say, I commend you for your actions. It heartens me to hear these words.

Les: I still keep trying.

We cannot ask for more of you, we know that these 'problems' as you call them, beset all of you. But I know I see the light that comes from you all, and I know your potential and your love are there for all to share. Do not deny it, because if you do my friends, if you do not recognise the opportunities given to you in this lifetime, there will be many regrets, when you come to our side of life.

Les: Yes I'm sure there will be.

But my dear friend may I say, continue to try hard.

Les: Yes I shall have to you don't allow us any option, you know. *(Chuckles)*

We will be close by next time and help you in your task.

Les: Thank you very much.

And I do not wish to hear the words, 'I am only human.' (More laughter)

Les: I promise I won't say it. That's no longer an excuse, after what you've taught us.

No, you cannot return to those words and not know within your hearts, that it is indeed an *excuse*.

Les: Yes it would be, (Yes) thank you for reminding us.

I will my dear friends, leave you this time. I hope you will continue to discuss amongst yourselves what we have been talking about and I ask that I may have some quietness this time, with this instrument, before you close this meeting.

Les: Yes certainly.

My love is always with you. As always you are surrounded by goodness and light. And so my friends, until we come together again, I will leave you now.

Les: Well, from all of us thank you for a wonderful evening once more. (*General agreement + fond farewells*) God be with you.

After a quiet discussion, another came through Eileen, bringing relaxed merry laughter and a message/advice for Margaret about her knee and also her eye, before we closed for tea and biscuits as usual.

~16th November 1998~

There was no Salumet this time but another came through Eileen, who was able to explain why Salumet could not join us this time:

(General welcomes—our guest had an old-English dialect)

Les: Are you joining us tonight, instead of our usual friend?

Well, you've taken the words out of my mouth.

Les: I'm sorry.

Yes, I've come to tell you, they won't be with you, whoever that might be.

Les: That's a pity, never mind. I'm sure there'll be some other work done.

Ee, I can't get over how hard that was.

Les: Have you not done it before?

No.

Les: Well, congratulations anyway. It's always a bit difficult the first time, I'm sure. But you've managed it, that's the main thing.

Aye, aye I have. Now then, yes—ok ok—my goodness some people are impatient. I've only just got here and they're hurrying me back.

Les: Yes they don't let you waste time, do they?

—Because you've been not quite fully fit, it's being said that the one expected, will be with you next time. So everybody here this time will have something. (Thanks expressed) They should all have something to tell you.

Les: One question I would like to ask: You said that because I'm not fully fit, how would that affect our friend coming?

Yes—let me ask—yes because quite a lot of your own energy is used.

Les: For him?

Yes.

Les: I see, I wondered if that might be it, but I didn't want to presuppose that that was the reason.

Although it's taken from all of you I'm being told, you provide a large part of the energy.

Les: I see, well that's quite understandable and thank him for his consideration.

Yes, but he'll be expecting you next time so—all right all right, they are saying I've got to go.

Les: That's a pity. I hope you've enjoyed your short stay anyway.

Very much so, though I didn't realise it would be so difficult.

Les: No, well perhaps you'll visit us again in the future? You'd always be welcome.

Well with permission, perhaps I will. (Farewells)

There then followed a lovely Sister through Eileen, with some advice and wise words: (nice gentle ringing voice):

What a wonderful glow there is here.

Les: Good, we're often told there's quite a lot of light.

Yes indeed, most beautiful it is too, most beautiful.

Les: Thank you for telling us.

May I give you my dear one, some gentle and loving thoughts, from one who comes to me often and who has my own given name. I hope it is recognised by you, it is Veronica.

Les: Sister Veronica, yes!

She comes to me and teaches me in many aspects of my living. My purpose here this evening, is to give to you her much love, because as you know, because as you know she has moved on.

Les: Yes she's a very old friend of ours.

Yes she has been aware she has told me, of your recent illnesses and she wished you to know, that although she has been far from you for some time that the memory is ever close to you.

Les: That's very kind of her and I do appreciate it. Will you thank her for me please?

I will and I have come this time, to bring a little upliftment to one of your ladies—the lady who is at the far corner of the room, who is in need of a little cheering this time.

Les: Thank you, that's you Sallie.

Sallie: Mmm.

Yes, she is surrounded I might say at this time, by one of those sisters, who works with me. The lady I believe is unaware of Magdalena, but I am here to tell her, that in times of need, shall we say, that Magdalena is around her. If she will think of her, she can be much uplifted and much given to her.

Sallie: Thank you very much.

She is trying very hard to make herself known to you, but at this time, because of conditions around you, she is unable to do so.

Sallie: I will try talking to her and see if that helps.

Yes yes, she if I may say so, is a wonderful soul. We admire her greatly for the love that she exudes to others. She is an inspiration, not only to people in your world, but also in ours.

Les: It's very, very nice to know that she is with us to that degree. And we do appreciate her thoughts and her help.

She finds in this young woman, much potential that could be worked upon. That is why she has decided to make herself available to you.

Les: Yes the lady has been told before, that she has a lot of potential, which is ready to be used.

Yes, I think I would be permitted to add, that most human beings, use only about 10% of their potential.

Les: Yes, I'm afraid they do.

It is a pity is it not?

Les: Yes I agree with you absolutely. We are frequently told that we don't use nearly enough of our potential that we should and are capable of doing. We keep letting our physical requirements interfere, with the need at the time, to develop our potential.

Yes, if only you could adapt your lives, to a more equal amount of time, in service to your Spirit, then much would be better, within your world.

Les: Yes we are frequently told that and we find it difficult of course, within our very busy physical lives, because of the demands of the physical beings, to give the time.

There are always problems in many ways, no matter which way your life unfolds. I devoted my time in prayer and in what I would say, reaching out for God. But now I have a wider view, I can see that I missed out on much of the everyday things of living.

Les: Yes that is the problem isn't it? If you give yourself too much to the devotional side, then you do miss out on physical things, which are necessary for a complete learning, of the reasons why we are on this Earth, at this time.

Yes, but of course it was my choice, but I will tell you that my next return, will be much more fundamental, in the ways of everyday living.

Les: Do you think that you'd have to return again then or are you wanting to return again?

I have chosen, not yet, but at a time that I will return, in order that I may fulfil those earthly tasks, which were missing in my lifetime.

Les: Do you think those tasks you will have to perform, for your own spiritual development, do you?

Not only for my own, but for those I will be in contact with.

Les: I see that's interesting, because you've just confirmed what we've been told on a number of occasions, about returning to this Earth, but not solely for our own purposes.

Never can you be so—what is the word I am looking for? So insular, that you cannot be alone. I have to care for others, how else could you grow? That is the purpose of living.

Les: So you have already decided that in some future time, you will be returning to the physical Earth, to complete the tasks you missed?

Of course, but more importantly, I will be helping another one in particular. I cannot give you more detail, because it is something that is ahead of me.

Les: Yes, does it not worry you sometimes, to think that you have made a decision, for the development of yourself and others, but when you come back to the physical world and acquire a physical body again, you will have forgotten the reason, for which you chose to return?

No it does not worry us, because that is the condition of a new incarnation.

Les: So you accept the condition?

We may not always be completely happy to return, but we know and we fully understand that it is for our own growth and our own development. So of course there is no force to return, the main pathway of all living, is left to the soul. Does that make sense?

Les: Yes it confirms what we've been told quite frequently. Going back to our own problems of being able to give more time to the spiritual development—I think one of the disadvantages for all of us, is that even though we might be able to give time physically, our brains are so active that they are preventing our minds giving the quietude that is necessary, for that period of silence.

Yes, but I would have the advantage I feel, that I have previously lived in solitude. Therefore hopefully I will carry that attribute if I may call it that, with me to another time.

Les: Yes that is possible, isn't it?

It is more than possible, it will be probable. That is why it is important that each individual strives to their utmost, to use the potential within them.

Les: Yes I quite see your point. But of course we come back to the difficult fact of reconciling the demands of a physical life, to that of spiritual growth.

Yes I have to say, I feel that that is possibly why we return on many occasions, because we do not devote enough time to developing that spiritual side of ourselves, whilst we are of this Earth. That is my thinking of course—I do not speak for others, but that is the thinking that I have reached, at this point in time.

Les: Yes that's interesting and you found your period of solitude while you were on Earth last time, you found it of help to your progress now in the next world?

Oh yes of course, I have no regrets on the solitude, but I did have some regrets that I did not see more of the earthly living. But the choice was mine.

Les: And one can only go by one's own choice, because interference is not allowed in any way shape or form, is it? You must choose your own path?

That again I would say, is where your free will comes into action, because of course when I look back over that time, I can see many times, when I could have been persuaded perhaps to look a little further, and I declined. But the opportunity was there, do you understand?

Les: Yes I do

But because I had chosen that way of living, then that is what I stuck to. So who can I blame? You must my dear ones, remember that everything within your lives, you are responsible for. Whether you are aware of it or not, you are responsible.

Les: And we have also been told not only that we are responsible for our every thought and action, but in many ways, we are also partly responsible for the thoughts and actions of others around us.

You have influence upon others of course, in the way you conduct your lives. Yes you must also accept that responsibility. That my dear ones, was something I found very difficult to accept when I came here, because I thought that my solitude, my reaching for God, was so all-encompassing, that how could I be responsible for other people? I had a very sharp lesson indeed on this and in fact may I say that the dear Sister Veronica, as you know her, had much to teach me along those lines.

Les: We all find it very interesting that you should say that, because only a few meetings ago, another person who had spent much time in solitude and contemplation, was also very surprised when she came to your world, to find that she certainly did not have the place in your world, that she thought that her devotions entitled her to.

Yes, that perhaps is a lesson for you all. You should never assume that you have reached such a state, that you are entitled to anything. My dear ones, I have to say that you may be disappointed, if you think along those lines.

Les: Quite possibly, because who are we to judge what we are deserving of, or what we have earned?

You know not what lies within another's thinking, another's heart—how much hurt you may have caused a fellow man—you know so little in fact, when you live in this world. You may think you do and I have to say dear ones, that many are shocked by their own behaviour, when they think they have lived an almost perfect life.

Les: Yes I can well believe that.

So if you would accept a little advice, always ask for help, in the direction of your thinking. Do not have any preconceived ideas of any entitlement, for who are you to?

Les: No, you're quite right.

Accept what is given, strive to do your very best, seek that solitude, because I have to say, it does bring you closer to our world, and allow those who need to come to you, to be closer.

Les: Yes I quite see it must help them, to be able to cut through the mists and the turmoil, which surrounds us all, in this world.

But if I may finish with a few more words my dear ones, I would say only this to you: Do your best with loving hearts, try to control any thinking in the way of good thoughts, and you cannot do more. We see too often, especially those of you, who have some little knowledge of our world—we see you berate yourselves, when it is totally unnecessary. You bring upon yourselves worries, fears, depressions and all kinds of negative ways of looking at life.

Les: Yes we have been told that quite a number of times too, that we are too harsh on ourselves.

Yes, be kind to yourselves, because unless you are kind to yourself, how can you be kind to any other?

Les: No, you're quite right...then of course we ask ourselves, if we are going to express kindness to ourselves, how do we avoid doing that too much, to the extent that we might be self-complacent and arrogant, in our thinking of ourselves.

That would not happen, unless you allowed the ego to come forward too strongly.

Les: Of course that is something again isn't it that is difficult to avoid, it's a constant battle.

No, I think within each one of you, there is an innate knowledge that would tell you so. No, there cannot be enough kindness. There is a difference between kindness and self-indulgence.

Les: This is what we all wish to avoid of course.

Yes, that is why I say, there IS an innate knowledge, if you would but call upon it. But now my dear ones, I have spoken long and I must leave you now.

Les: That's a pity, because we've enjoyed your talking to us and your lessons.

I hope that they have been constructive for you. But I must leave now and allow others to come forward. I have been most pleased to have met you all. I have much to learn as you also have much to learn.

Les: We certainly have that.

But I know that the one who has brought me here, who has travelled on, is indeed a soul of much knowledge and I feel privileged that I have been allowed to carry her message to you.

Les: We are very grateful to you for doing so and you go with our love and our thanks.
One followed through Eileen, bringing messages through from two others. The first message was from someone called Agnes, with a message for Les, that his wife had been around him a lot this week and that he needed vitamin K. The other was called Malcolm, saying that Les had helped so many people, and they wanted to express their thanks—he also said that Les had another grandchild on the cards.
The evening finished with one through Sue, who reiterated further about the many people who wanted to express their thanks to Les for his help over the years and to close the evening with love and light to us all—to keep looking to that light, and all our dreams will come true.

~23rd November 1998~

This meeting gives some very good pointers as to the keys to inner silence/meditation, as well as giving us further encouragement to bring meditation into our daily routines:

Good evening. (Welcomes)

It is good to be with you once more.

Les: Yes we missed you last time—we do understand the reason, but nevertheless we did miss you.

It is always our purpose to look after those of you who help us. So my dear friend, I hope that your health this time is much better.

Les: It is very much better thank you and thank all your colleagues for the help they have given me. I have been very much aware of it and I do appreciate it.

We need no thanks, but I know that each one of you is ever grateful for any help given to you. I would wish to give a welcome to the one this time who has come to visit us.

Anne: Thank you.

Because some of our members are absent this time, I will not discuss the topic that we talked about some many weeks ago. I would wish that all were present before we embark upon that subject. So for this time, I will take any questions you may wish to bring to me.

Les: Thank you. Does anybody have a question? *(Pause)* Right, well I'll start as usual then: You have told us many times about the power of Thought, but I think we all find it a little difficult to understand the mechanics of the power of Thought. For instance, we are using physical brains, which presumably is acting on physical impulses, but the power of thought to which you refer, must of course come from the spiritual ability to control the thought. That is what you mean isn't it, from a spiritual power?

Of course without spirit, there would be no physical being.

Les: Of course not. So if we—and it would be commonly asked I expect, if my colleagues could speak of it—how do we ensure that the power of thought that we are using, can have its affect upon the physical body? For instance, if we are sick, we presumably would all try and cure ourselves physically, by the power of Thought. But that we know would be operating through the *spiritual mind* and from that, to the *physical brain*.

Yes I understand, let me say this to you: As you meet with us in the states of meditation, you have to allow the spirit to come forward, do you not?

Les: We do indeed.

Therefore when you are giving healing, or self-healing, you must first reach that state of attunement, with that spiritual aspect of yourself—that must be your first task. Without that attunement, the thought is from the physical thinking, which can act on its own, but needs the spirit to activate it in the sense of its *being*. Do you understand?

Les: Yes I do, it must have that extra power, in order to be effective.

Once the attunement with your spiritual self is active then the physical brain will automatically follow in that thinking. Is that clear to you?

Les: Yes, does everybody understand that sequence of events? *(Affirmed)*

Without the attunement of spirit, then the physical brain will of course continue to have thought, but they will be random thought.

Jackie: Are we all capable of doing this?

As in everything in your lives, you must dedicate the time—without the dedication you will not go forward. I have told you this often and I do not offer apologies for repeating it.

Les: No you have emphasised that and it does bring me to another question I was going to ask: You have emphasised the importance of quiet periods, when we can draw closer to you and your colleagues. **(Yes)** You may well know that I do this regularly each morning, but I think it would help my colleagues here to have a greater understanding of it. Is it necessary to try and do what is commonly called meditation, or is it sufficient just to enter a silence and peacefulness within oneself, without a physical attempt to meditate on something or other? I find that just relaxing into complete silence and stillness, without any physical thinking at all, is very effective and I know I'm drawing closer to you.

Yes, that I would say comes from your own spiritual knowledge. Most of you I have to say have difficulty in coming to the silence completely, because your physical brains, your everyday living, interrupts. But I would say silence, as you have described it, does not come easily to most people, but that is the course you should take, if you wish to allow those who come to you, to draw close.

Sallie: The other way of doing it though—I would agree that that's probably the most effective way, but I tend to find sometimes, when I can't get to that state for whatever reason, if I just go into my heart and ask that you can have the same **(Yes)** sort of reaction, or something similar.

Can I just say to you my dear friend, in whatever way you find most accommodating, that is the best way for you. It matters not which way you travel, what is important is that you eventually communicate with those around. That is the purpose after all. So I would say to you, do what you find most easiest, yes—let us continue.

Les: With your permission Salumet, I would like to follow that further, because I have a very strong feeling that some of us here, are not fully aware of the desirability of sinking into a silence—if I can put it that way, of 'hearing' a silence, which sounds paradoxical—rather than try to establish a mental conception of meditation.

Can I say, it is a little foolish to try to analyse silence, because it is an all-encompassing thing. (Yes) You immediately recognise when you have entered this state of your being. But as I have said, it comes with daily practice and of course your free will once more enters into this. You *have to* teach yourself to be still and enter the silence.

Les: Thank you. Now does anybody have a question on that, because I do feel still—and I say this with all respect to all of you of course—that some of you are not aware of the basic requirements for meditation. Would anybody like to question that?

Sallie: I'd just like to clarify what my understanding of it is, if that's okay. At the beginning, particularly early on, when you're trying to get into that meditative state, where you have the physical thoughts going through our heads, my understanding is that you don't try and push them away, you actually just try and place no importance to them—like an observer—and then you can sort of drift beyond that. If you concentrate on the physical thoughts—because they're going to continue to do that, because that's how the brain works—it's only by letting them pass that you can actually slip into a deeper state of silence if you like. Does that make any sense?

That is the state most people are in, when first they come to what you call meditation. But let me say this to you: There is a form of meditation, when you are reaching your sleep state each of your nights. If you can capture that period of *non-thinking*, that is the beginning of true silence, true attunement with Spirit. Try to aim for this state and of course you *will* achieve it, because those who come to you are there to help. Is that helpful to you? (Affirmed) Again, you must give of your time—that is the prime part of your silence—firstly you must devote some time to it.

Les: I believe a few weeks ago, we were talking on this subject and someone through me emphasised—in fact I think the words were: '*I beg of you to give the time to it.*'

Yes. I have to say that as a whole, you *have to* give of your time each day; it will not work for you, if it is spasmodic in timing, you must make it a part of your daily living. After all, what is more important, physical living or spiritual growth? You all know and understand why you have come. What is important about your daily living? How can you be helped by those who come so close, if you will not allow them

too? How will you come to know yourselves better? You cannot, if you do not give of your time. This is not a criticism my dear friends, but these words are given, in order that each one of you may help yourselves.

Les: Have you tried to give the time, since that last speech about the desire that you have to do it and the need for you to do it? Has everybody really made a determined effort to find the time to do it?

Margaret: I find I can't do it at the same time every day, but if I do sit down quietly, I can go off for about an hour and when I come back, I just feel so wonderful.

Les: You are emphasising what has been said before and what has been said from the other side: *You must give the time*. You give the time to eat a meal, don't you? (Yes) You're getting the physical nourishment—well you must also give the time for spiritual nourishment.

Margaret: Well I find I've benefitted from sitting quietly.

Les: Yes, I can understand what you mean, because as I said I do too. Perhaps I should have said, it might have been clearer if I'd said I can FEEL the silence, I FEEL the power around me approaching—it's difficult to explain, but if you can enter into that state of FEELING what is there, rather than trying to UNDERSTAND what is there, then you are well on the path. Does anybody else get that feeling that Margaret has described?

Sallie: I don't exactly get that feeling that *you* were talking about, where you can actually feel an approach—a sensation of someone drawing close to you. Yes and you do feel quite wonderful—

Margaret: Sometimes I think, '*where have I been?*' I don't realize I've been relaxed for so long, though sometimes I can only sit for 5 minutes, it's just one of those things.

Can I say this to you my dear friends, that silence as you call it, is *Living energy*. So in that sense, it is almost tangible. So think upon those words. Do not think of silence as being nothing, because that would be so wrong. In your silence there exists all things—people, energy and after all, if you would devote the time to your spiritual growth, so your *physical lives* would then fall into place.

Les: Yes, I think perhaps there's a general misconception, of the need to '*go into the silence*,' if we use that expression, at the same time each day—that's not necessary. Neither is it necessary, and Salumet will correct me I know if I'm wrong I know—it's not necessary to have the same *conditions*—you can enter the silence, sitting in your bath. You have to learn *how* to detach the spiritual mind from the physical brain. I can remember—this sounds a bit coarse perhaps, but when I first began in this work many, many, many years ago, I was rather astonished to hear a platform medium say, that because of her physical surroundings—bringing up children, dealing with a husband etc. etc.—she found difficulty in finding any time to herself. But she did find that even going to the little room, (*toilet*) for a few minutes each day, was sufficient for her, to discover the value of silence and drawing close to the spiritual self. (*Amused giggles*) Now that sounds rather shocking, but if you go into it, you can understand what she was meaning. The same conditions at the same time, are not necessarily required; it is helpful, but not obligatory. It is the essence of the spiritual mind, overcoming the physical limitations of the brain. Do you understand?

(*Affirmed*) I think Salumet would agree with that, wouldn't you?

I would. Of course you must once again—and forgive me if I seem to remind you so often—you have to remember that the spiritual aspect of yourself, belongs to no *time*—*forget time*. Again we will speak that your yesterday, your today and your tomorrow, coexist in Time. So in tuning to our side of life, remember that Spirit is *timeless*. Perhaps this will help you a little.

Les: Any more questions on this subject, because I think it is something, which has needed airing, for the sake of everybody's development.

Paul: I was just thinking, so really there is no technique, it's better to find the inner silence in whatever way you can?

Les: This is what Salumet said earlier, find your individual path.

What is best for you my dear friend—there are so many misconceptions in your world. I feel saddened sometimes, that so many of your peoples are being taught, in ways of—shall we say '*Spirit*,' when in fact it is *organised teaching*, and you should remember that it is such. Of course I will say guidance is helpful, but remember that each of you are *individuals*—remember this always, because you come to this life as

spiritual individuals and you lead your lives as individuals. So therefore you must find that pathway that you have chosen, in your own individual manner. Of course be grateful and thankful that there are those in your world, who are able to guide and to help you, but beware always, of those rules and regulations.

Les: Yes, you used the word 'technique,' Paul, didn't you? (Yes) Yes, you have to disregard that. Don't try and think about a technique, remember that—*(Voice changes as someone speaks through Les)—the ESSENCE of what you are attempting, is already within you; this is what you FORGET—it is part of you, it is THERE, you have to call upon it. Go into the SILENCE and recognise that it exists within you NOW. Do you understand?*

Paul: Yes.

Do you all understand this? (Affirmative replies) Why do you seek externally for something which exists within you NOW and always HAS? Do you understand this? (Affirmed) Is there one amongst you who is not clear? Please speak if it is so.

Sallie: I understand it. I can't answer the question, apart from what Salumet said, about the fact that while we are on this physical plane, it is the stronger force for us. And even though we understand spiritually, when it comes to a *competition of wills*, for want of a better word, we are physical beings and the draw physically —

Please, please, please, please, please, please, please, you are not physical beings, you are spiritual beings in a physical clothing—(Yes) this is what you must remember. You place too much emphasis upon the physical necessities of life and not enough upon the need to accept that you are spiritual beings. Do you understand this?

Sallie: Yes, it doesn't answer the question though, as to why it is so hard, does it?

The question dear lady is within yourself, whether it should be hard, or whether it should be easier for you to understand.

Sallie: The understanding is there, but the actual doing of it is hard, that's what I mean.

What is the difference between the understanding and the doing?

Sallie: What is the difference? It's like we can understand a great many things, but we don't necessarily actually follow that through—it depends on many circumstances.

Of course, because you are not following the right path, you are giving too much credence to the physical aspect of yourself and not enough to the spiritual.

Salumet begins again:

May I interrupt? (Yes please do.) My dear friend, these things happen, because spiritually you are not fully in control of your own spiritual powers. That is why it is most difficult for you, when clothed in these physical bodies—it is a power struggle—that is the problem. But I have to tell you my dear friend that that struggle belongs to you and you alone. You have charge of your own spiritual growth, it is up to you to take control; no one can do it for you. Those who come close may help, but again they cannot interfere with your life's path and you have those choices, do you not?

Sallie: Yes I do.

So as you see it as a struggle, continue to fight your own spiritual war. You CAN and you should succeed.

Sallie: But I suppose it would be unrealistic of me, to expect to succeed all in one go?

Yes, do not place too much emphasis on gaining too much at one time. You have before you, not one lifetime but many, in experiences. Therefore my dear friend, take one step slowly at a time and the time will come, when not only your understanding, but the actions that follow, will fall into place. I feel my dear friend, that you are too analytical, in your own pathway of life. What I would suggest for you, is that perhaps you think less, think less and do more, in the way of silence. (The instrument-Eileen then coughed) I will take my leave this time, because of the little problem with the instrument this time. I thank you all dear friends, for listening. Know that I am always here to help you, as are so many others. (Thanks expressed) Until we come together once more my dear friends, I encompass you all in that spiritual light, which holds you dear to us. (Thanks expressed)

We then continued our discussion on meditation, some of which has been included:

Les: I try not to think, I accept that I am being drawn in, to a power that surrounds me—not engulfed, but I'm being drawn into it and become part of it. One can hear the silence, or rather, one can feel it. That is I think, for me anyway, the way I find most satisfactory —

Sallie then talked about how her Yoga sometimes helped her get into a peaceful state, conducive to meditation. Les reiterated the importance that was being placed on it at this time in the group...it's not a suggestion, it's a legitimate request for your own development and until you accept that, then you've got that blockage ahead of you all the time.

Sarah: One problem I have Les, is that if I sit to try and relax, I nod off.

Les: It doesn't matter, by nodding off you are subjugating the physical aren't you? You are letting the spiritual take over. So don't worry, I know I do sometimes. When I go to sleep at night, I know I'm going to dream, but if I sit down in the morning and an hour goes sometimes, and I haven't a clue—I just go off—not a dream, not a communication—I think I've only been there a couple of minutes. So don't worry about nodding off.

Others voiced various worries/queries, but the general idea, seemed to be that you had to just put in the time and whatever occurs, as you learn to still those thoughts and find peace, is part of the learning process...you just have to make the time, in order to progress.

There then followed one through Sue:

Can I say something please? (Yes please.) It is just a small thing, but it might help. When you suffer from human coldness and you shiver, you wrap yourself around with something, a cloak, a coat, a blanket, do you not? (Agreed) Try to think of wrapping that around you, and you feel warmth, do you not? It comes from within, and the shivering stops. Try and consider the Spirit as an enfolding cloak and warmth that you feel and the comfort that you get from it, is SPIRIT. Can you understand a little of what I mean? (Affirmed with thanks) Warmth, comfort, love of the Spirit—it is all one and the same. Forgive me for intruding upon your conversation.

Les: No, thank you for the suggestion. *(Thanks + farewells)*

There was a little more general discussion, before we closed.

~30th November 1998~

Good evening.

All: Good evening.

Les: I'm sorry we're three people short again unfortunately.

(Eileen had a tickly cough and some adjustments were made) **Thank you for your patience. You may find that adjustments with this one may be necessary at sometimes. It is nothing to be concerned about—we will take care of it.**

Les: Yes, thank you very much, I'm sure you will. I hope it doesn't inconvenience you too much.

Now we know that it is difficult at times, to have full attendance at these meetings. So this time I will speak to you about a subject which we promised to speak about and that of course is what you call Reincarnation. It would have been better if all had been present, but we can return at another time if necessary. (Yes) Now, I know there were many questions waiting, when last we touched upon this subject. Now is the time for it to be aired amongst you, in order for you to see more clearly what this is all about. Would someone like to ask the first question, upon which they are troubled?

Sallie: Well with reincarnation, from what you've taught us and what I think I understand, we choose to come back, not exactly the same way, and we choose our parents and our situation, which is best for us to work on whatever it is we have decided we need to work upon. Somehow, I've got the feeling or the understanding that when we come back to work on that, we almost continually bump into other facets of ourselves, or those we've known before. My language is a bit crude on this, but you probably know what I mean?

Yes, yes, this is—I will not say a problem for you human beings, but it can create within you, obstacles in your living. They should not, after all there are many aspects of yourselves, which coexist in your daily lives. This is something we need to enlarge upon at a later date, but you are aware that you are not a

single entity, you are not alone, you are many parts. Therefore it would not seem that it would be unacceptable for those aspects of yourself to encounter the human form, in any one lifetime. Do you understand?

Sallie: Yeah, I think so. Is it feasible that there's always a desire for those aspects of oneself to come across each other, because of that feeling of unification?

It is not a desire my dear friend, it should be your *goal*, that each aspect comes into harmony with each other. It should not be an obstacle in your living, it should become part of the living—the intelligent spiritual part of your daily living, in order that these many aspects of your being, can help. Do you understand?

Sallie: Yes, thank you.

I think without fuller knowledge of these other aspects, you may be a little confused this time. But it is something we must embark upon at another meeting.

(Another sitter then began coughing)

Is the lady okay please? (Yes—sorry.) Others may feel this time, small irritations within their throat area. Please (not) to be concerned about this, there is a good reason for it, you understand? (Affirmed) Is the lady happy, with what I have told her?

Sallie: I am—there's something else though. I haven't really got anything to back this up, other than feeling and instinct, but it feels like that at certain times, different parts of my connection come towards me and at this particular time—I've felt this before—it's almost like you've got to put yourself in a situation where somehow I'm supposed to be helping that particular aspect, or teaching them something and I feel so damned inadequate myself, that it's almost like you think, well if I mess this up, I'm probably doing more harm than good; should I step aside, for a more experienced part of me to take over?

Yes, you have named the problem. You should allow these things to happen naturally. What you are doing my dear friend, is allowing the physical thought to interfere. Again I must stress to you, think *spiritually* and once you begin to do this, you will not be so harsh upon yourself and your life should fall into place. It is a matter of again, going into that silence, where you can be guided.

Sallie: Sometimes in that silence, and when it's very, very clear, as you say, and you come back to physical thought, I can almost feel quite ridiculous, in what I think I'm supposed to be doing, because it seems such an honourable task.

Yes, but of course, that feeling belongs to your physical thinking. (Yes) You must try to separate your physical thinking, from your spiritual knowledge—there is a great difference. You are beginning to recognise it, but you punish yourself far too often.

Sallie: I'm afraid of doing harm.

No, no you will not, do not be afraid, (*Spoken very gently*) do not be afraid. Allow it to come forward, allow those many aspects of your soul, to comfort and help you along in this lifetime. In fact, what you are truly doing is creating blockages for those many aspects of yourself. Can you see this?

Sallie: I'm not sure if I can see the blockage at the moment, but I'm sure I will if I think upon it, or go into myself about it.

You must ease up on yourself, you are much too harsh; you must allow it to come naturally to you, yes?

Sallie: Yes, thank you.

Les: If I might follow on that theme: You say—and we understand and accept this, that we are many, many parts, so we come to the spiritual thinking—again you told us we must try to emphasise this in all our actions and thoughts. How do we separate your inspirations to us, from our own aspect of self, which might be giving what we think are instructions, or inspirations from your world? This sounds awfully confusing, but are our physical selves, or part of our physical selves, responsible for the thoughts, which come into our spirit minds and therefore affect the physical living?

You cannot separate your *physical* thinking, from your *spiritual* thinking, whilst in these bodies. We have touched upon this subject before and you all found it confusing I know. Whilst you are in these human forms, of course your physical thinking has a great deal to do with how you react, even though the spiritual part of yourself has greater knowledge. Remember that within these human forms, you also

have been granted freewill. The one interacts with the other. You cannot whilst you are in these forms, separate them. The thought, which is the spiritual thought-form, can create goodness, or it can be discarded, by the physical thinking. Do you understand this my friends?

Les: Yes we do and it certainly is a complication, isn't it?

It is difficult for you to understand I know, but you cannot separate the two, whilst you are restricted by these human forms—that is the difficulty of human living.

Les: Yes you did tell us some time ago of this problem, that the physical is responsible for the spiritual and the spiritual is responsible for the physical.

Yes, you cannot separate it, it is impossible—the two are joined together, whilst you have this living to do. Of course the spiritual form has much more knowledge and is trying most hard, to encourage, to uplift and to help you, in all aspects of your living. But because of the human freewill, mankind creates many difficulties for himself. Spirit cannot interfere with your living, I must stress this to you all again my dear friends. We can try to help, to uplift, inspire you, but we cannot interfere, once you have made your decisions. After all, what would be the purpose of your living?

Les: We come back to what you have told us, about the need to go into the silence, in order that the spiritual self, and the spiritual thinking may develop —

Now, I beg your pardon, but this is a most important point. At last you have reached the understanding, of why going into the silence, is most important. It is not so much for your growth in the physical body, but in order that the spiritual aspect of yourself can come forward and *help* you.

Les: Yes, so it can gain strength through itself, whilst in that silence?

Of course, of course—is that clear to you all?

Les: Does everybody now appreciate the reason why I've been asked earlier to go into the silence more? It is for the development of your spiritual selves.

Yes, once you allow that spiritual aspect of yourselves to become stronger, to become the main force within your living, then your physical lives will fall into place—life for you should be easier. I wish I could stress more to you how important it is, that the spiritual essence of yourselves, be allowed to come to the fore. It would matter not, what life problems came to you, whether it be emotional problems, problems of health, or problems of everyday living. They would disappear into the background of your lives, because the spiritual self knows, that these things are mainly unimportant. Do you understand my friends? (*Affirmed*)

Les: Whilst we're on this subject then, another aspect of the questioning: You of course have far greater knowledge of the future, than we can have in a physical sense. **(Yes)** Therefore you must know which path would be desirable for us to take, in our daily living. **(Yes)** Presumably knowing that, you would attempt to influence us, if I can use the word 'influence in that way, **(Yes)** as to which path we should follow. But that I imagine, is not construed as interference, in your world?

Of course not, because ultimately you as human beings make the choice.

Les: Yes, we come back to freewill again, don't we?

You come back to freewill—you can be inspired, but it is up to you whether to go in one direction or another. That is why my dear friends, you must be totally responsible, for all that happens in your lives. Can you now begin to see the connection? (*Affirmed*)

Les: Yes and of course, there is the further connection, that the more we do go into the silence to allow the spiritual selves—in plural, to develop, then you are presumably, better able to influence us, in the right direction, and *our* thinking, would be parallel to your desire for us, without it being interference?

Not only *our* desire, but your own desire.

Les: Our own spiritual desires, yes.

Yes, I point that out to you. You would recognise, when going into the silence and meeting all aspects of your soul, that you *know* the correct pathway that you should take. *That* is why it is most important each one of you feels responsible for one's own soul's growth. You dear friends, have that great responsibility. We can help you if you allow us to, we can guide you if you allow us to, but of course I say again, we cannot interfere. I hope this has clarified this for you?

Les: It has for me, does anybody else have a question on it? Any point you're not clear on, please ask now.
(Pause) So presumably everybody understands fully the need for development of the spiritual selves, is that so? (Several affirmed)

What is important also my dear friends, is that you begin to see, that all parts of my teaching to you, begin to take shape, that you can see that each teaching, belongs to another, that it begins to take shape as a whole, for your spiritual growth.

Les: Yes you're quite right, you did mention this a long time ago, that each teaching was dependent upon another.

Yes, it takes much time and you are patient, you belong to a group with much dedication; therefore it is now up to you to process what I have given you, in order that you may help yourselves. Do you understand my dear friends?

Sallie: Are we just helping ourselves though, is it just for us?

No, no we have discussed this, your purpose in this life of course, is dependent on why you have returned, but it would be a selfish life, would it not, if it was only for your benefit? All people you come into contact with, benefit from each other. Remember, that you have chosen your life's plan before you come. The soul knows that plan and it is up to the soul to guide you, if you will allow it to.

Les: Does everybody understand that now? (Affirmed)

(Les reiterates the importance of our answers, so that our unseen friends who are also present at these meetings, know whether we understand/accept the teachings or not.)

I only wish that I could show you, the many who surround you, who are with you and are there to help you, if you would but accept their guidance—you should never feel alone, in any situation in your lives. When mankind begins to realise this, then he truly will be walking the true pathway of living.

Les: Everybody clear on that now? (Affirmed) If I might put it this way, you have a responsibility, not only to yourselves and your own spiritual growth, but a responsibility to those who are trying to help you, to permit them to come close to you. Again we come back to the importance of the silence.

Sallie: It's an endless silence though isn't it, because although we have a responsibility to those people or those spirit forms, who are trying to help us, it runs on down, because although we are working on our own spiritual growth, we're also working with other facets of humanity, other parts of ourselves, and it's like an endless circle, isn't it?

Les: Of course it is. 'No man is an island.' Who said that?

Sallie: I don't know.

Les: I forget, but it sticks in my mind—some well-known author and it's quite true and with the teachings we're getting here, that should be of paramount consideration, always, that we are part of a whole, we are part of the creative energy. So how can we be separated? We cannot.

This is what most find difficult to accept. They see themselves as human forms, if you like with the spiritual aspect, some vague thing, that belongs to them. Instead, you should be looking my dear friends, at the other aspects; you should be Spirit first and foremost. The physical being is the lesser, remember this always. It is a convenient vessel for your soul, in this *one lifetime*; that is all. Try to keep this in your minds.

Sallie: Salumet, would it be logical then, or correct to think that every time we go through this lifetime, at the moment—I don't actually want to think about the others, because this seems to be quite enough for me at present—we just go on to a slightly harder or more complex task, because we perhaps mastered or understood another step along the way. In fact it doesn't get easier, it probably becomes harder?

You are partly correct, but again you are approaching a deep subject here. I do not wish at this present time, to follow that pathway. Yes, it is something to think about, that when you have mastered so much, you assume as physical beings, that it becomes easier. You are right in your assumption, that it in fact becomes more difficult.

Sallie: I thought I might be.

But I do not wish to discourage anyone at this present time. We are speaking on deep matters here and I do not feel that the majority of you here are ready for such topics. The time will come of course, but for now we must leave that there.

Sallie: Okay, thank you.

Les: Going back again to the spiritual development overcoming the problems and drawbacks of physical living, I think it might be useful to us all, to think at times of the martyrs, who have been sacrificed for their beliefs, in the course of history. What is it that gave them the strength to go through the terrible suffering, some of them did have? Joan of Arc for instance, being burnt at the stake—a mere girl. What was it in her make up that enabled her to experience that, and to accept it? It's obviously to me anyway, not a physical strength, it is something which far exceeds it. Wouldn't you agree? (*Agreed*)

George: Yes, with Joan of Arc, I think I read that she heard voices. So she would have gone into the silence—we are back to the silence again.

Les: Yes, quite, we don't know how many lives she'd been through, to acquire that degree of spiritual development, to enable her to withstand such torment. And not only Joan of Arc—many others have suffered throughout history, because of their beliefs. What gives them the strength, apart from the spiritual development?

Sallie: It must be a sort of spiritual strength, but I'm sure you'll tell me if I'm on the wrong track, but to me, it doesn't seem any braver, than living a life and going through the everyday things that we all go through and trying to do the best that we can. To actually give up a life for a cause, doesn't seem any greater. It seems equal, perhaps—I'm mistaken?

Can I interrupt please? (Yes) Let me say this to you: We return again to one of my teachings to you: Do not judge any other, because you know not what their task in any lifetime is. Therefore you cannot judge or know what they are about. So I would say to you, each one of you, focus on your lifetime now. Do your utmost to develop that spiritual self to the best of your capabilities, in order that each day upon this planet, is a good and successful one that you may come home to us each night and say, 'I have tried my very best.' You cannot do more my friends. If you can look back upon one day in your life and say, 'I have done my best,' then you cannot chide yourselves. You can only go forward, you can only grow in strength spiritually, in knowing that you have tried your very best. So I would say to you, do not be concerned about the development of any other one being. They have chosen their pathway. Do not judge; never make judgement on any aspect of living of another human being. Do you understand? (*Affirmed*)

Les: Right, any other questions on this topic please? Or is everybody clear in their own minds now, of the *essential* need to concentrate as Salumet has said so many times, upon the fact that we are spiritual entities and not physical? (*Agreed*) We are all going to slip of course, but if we can try constantly to remember that, particularly when you are going into the silence, which I hope you are doing, then we should develop what we should develop. Any other questions?

George: I wonder if I could ask a question about healing, which may just connect, I'm not sure. I know someone who has the condition known as Dystonia, also known as '*writer's cramp*.' It would seem that the brain allows use of the hand muscles, for anything except writing. I simply wondered if this condition is amenable to healing, or would it in some way arise from a directive from the Higher Self?

Again, I must say to you—and we have discussed this some time ago—again I will stress to you that mankind must accept responsibility for *all* that happens within his or her own lives. I know you find it difficult when it comes to illnesses amongst yourselves. Mankind always looks for something or someone to blame. I have to tell you my dear friends, that mostly responsibility lies with each individual, whether it be from choice—and it usually is, or whether it is from some emotional blockage within the being; well there are many considerations to be thought about. But the mind of course, has much power over the physical being. We have discussed this have we not? (*Agreed*) If the mind has the power to create illness, the mind has the power to undo it. That is my answer to you, my dear friend.

George: Yes, thank you. I suspect it has to do with emotion—thank you for your answer.

You can of course have emotional blockages within your physical lives and these can be carried forward from previous times, but we must not make generalities, because each one of you is an individual. You cannot assume that every illness has the same cause, do you understand this?

George: Yes, thank you for your answer.

But I will say again and I do not apologise for it, that each of you my dear friends, is totally responsible for your lives. And it is an acceptance that you must make, if you are wise. It is hard I know, I know you find it difficult. Illness in particular, for you human beings seems to be something you do not look upon, as a growth of the soul, but in fact it can be. Can you understand?

Les: Yes, so if we're looking for somebody to blame, it's quite simple to look in a mirror. *(Laughter)*

I thank you very much, I would not have thought of those words. Yes, total responsibility belongs to each one of you.

Sallie: But while we're looking in the mirror and being accountable, we can also forgive ourselves, can't we. We haven't got to blame ourselves, too harshly?

Of course.

Les: Yes, providing I would say, we have done what Salumet says, and each day, be able to go to sleep, comfortable in the thought, that we have done our best during that day, for all around us.

Lilian: That's a good idea.

I would say perhaps, that—I will not say '*fault*,' but one condition you humans have, is that you allow your physical brains to overrun. You do not allow time for each thought to enter, it is galloping, galloping, galloping all of the time. It would be a good lesson for you all, to take control of your thinking.

Sarah: Salumet could I just ask one thing? If a child has an illness, a child hasn't really had a chance to bring that illness upon himself. Is that something that is left over from a previous life, or is it a chance for the child to die to help others, or maybe to help himself?

Again, you cannot make assumptions. That child is a soul—a soul perhaps of many lifetimes, so you should not judge, what that soul has come to do. Again, you are thinking on physical terms, because children to you human beings, should follow the pattern of growing to old age, as you all hope to do. But this my dear friend, is not the pattern of true soul's growth. What of the baby within the womb, who returns home, without even being born into the physical life? There is a purpose, even though you cannot fully understand it. You will confuse yourselves, if you try to judge every human being—you must not judge.

Sarah: So an illness that a person has, they haven't necessarily brought it upon themselves in this lifetime, it could be from a previous life?

Yes, you must not look upon illness as something tragic; that is where you go wrong. So soul has chosen for whatever reason, that way in their lives. I know this is a most difficult subject for you all, it always has been and still mankind finds it difficult. How many people have you known on this earthly plane who are stronger because of illness? *(Emphatic agreement)* Can you not see that that strength is a spiritual strength? *(Agreed)* So the soul has grown *because* of that condition. *(Agreed)* So do not always look upon illness, as being something destructive, it is not.

Sallie: So why Salumet, is it necessary to go through so much pain, in order to evolve?

You do not *have* to. It is the soul's choice—not everyone suffers now, do they?

Sallie: There's different sorts of pain though.

Yes, of course, but a lot of what you call '*pain*,' belongs to the physical being and not the soul. That is the choice made within the human form. The emotions belong to the physical, and I would say mainly, that human beings suffer emotional distress, because they are not listening to their own selves. A lot of what you call suffering, *cannot* be left unattended, but for much of your suffering, it is unnecessary.

Sarah: On the subject of suffering, if somebody tortures somebody else, are both souls consenting to this?

Not always—again my friend, you are trying to generalise and again I say, without knowledge of the soul's own life plan, you cannot judge. That is why you must not judge another. You find it difficult I know—all of you do, but pain is not necessarily destructive to the soul. Does this make sense to you?

Sarah: Yes it does, it gives you strength.

Les: I think we constantly make the mistake of thinking of the one aspect of a person suffering, instead of trying to remember, that we cannot know as Salumet says, the reason for that and what its effect is going to be upon many others, who the soul is probably trying to help, by accepting those particular disadvantages or difficulties.

Sallie: Ultimately though, why are we doing all of this, because ultimately we come from that original loving Source, (Yes) so what's the point of all this, why can't we just stay with the original loving Source? Why are we doing this?

Why are you living?

Sallie: Mm.

Because to obtain soul's growth, you have to experience both positive and negative energies, to become pure. Again, my dear friend, you touch upon deep matters, matters which you could not possibly understand, that you would need aeons of your time, to begin to understand. Remember that the all-creative force is energy, energy in both positive and negative senses. But to attain that purity, you also have to experience negative energy, and that is one purpose of human living.

Sallie: When we've done that, I'm sure you're not going to answer this really—it's probably not the right thing to do, but when we've actually done that, what do we do ultimately? What's there at the end of it all?

My dear friend, I cannot answer, because I have not reached that point and I know of no being, but again, I use that word 'being,' reservedly, because you reach the state of 'non-being'—in ever reaching out to that creative force, you are going on a journey, that is as yet to me unknown. So I cannot answer you that question. Is that helpful to you?

Sallie: Thank you, yes it's only my physical frustration. (Yes)

Lilian: I can understand, I've thought that too. (Chuckles)

Sallie: It's not my Spirit, it's my physical irritation, at the thought of doing this for such a long time and am I ever going to get anywhere.

Les: You could ask what created energy? What created the Great Creator? We shall never know the answer Sallie.

Sallie: We all did I think, didn't we? We're all part of the same thing?

Les: Well, as has been said yes, and when Salumet says about going home, we go back to our origins in creation.

Sarah: Could I ask one more question? Salumet you said you've never been a human being. How do you get your negative experiences?

I have said I was a conglomerate of beings. That is a most difficult question to answer. We are a form of energy, not used as human form upon this planet. But our knowledge is such that it is extensive, in knowing what is happening, on not only this planet, but on many others, within the universe.

Les: Alright Sarah? (Yes) To simplify that if you wish, think of an artist—a 'master' as they're called in painting. How can he tell you of his knowledge or his ability to create those marvellous pictures? He can't, he can only do as Salumet is doing, to do it in another way, try and illustrate, what he is feeling or capable of doing or passing on. You see the finished picture. Do you follow me? (Yes) But you cannot know what activates that man or woman, to produce what they want you to appreciate and enjoy and to learn from. Does that simplify it a bit?

Sarah: Yes slightly, it's just that Salumet must have been at a lower level than he is now.

Les: Why must he? He needn't necessarily have been on any level that's known to us. You see we're thinking on physical terms again, which we must not do. Accept that there is an existence, an existence far beyond our comprehension, but just accept it.

Sarah: Yes, I obviously had a wrong concept of it, because I felt that once we'd broken away from that home as it were, you came down and had to work your way up, to get back there again.

Les: No we mustn't think like that, because it may never have been so.

Sarah: Right, so there are many ways of—

Lilian: Of reaching the same source?

Sarah: Yes.

Lilian: Many pathways?

Sarah: Not so much the pathways, I mean I know we're humans and we live on this Earth and there are other people who live on other planets, but I didn't realise that there were beings who were totally different.

Les: Well look at it in another physical way then. You know how radio programs work from radio waves in the ether? (Yes) How many of those exist and of those that exist, how many are used?

Sarah: Yes.

Sallie: It's a bit like our brain, isn't it? We only use a certain percentage of it. *(Agreed)*

Les: Right, I don't know if Salumet wishes to say any more?

I find your discussions most interesting, but for this time, I must leave you. *(Thanks expressed)*

~7th December 1998~

Good evening. *(Welcomes)*

It is good to be with you again.

Les: It's certainly good to have you. I think I can say that we all look forward to these evenings very much indeed.

This time my dear friends, I would like to discuss with you a subject, which I promised to return to some time ago. (Thank you.) It in part, follows our discussion last time, but what I wish to talk to you about this time, is what you call Regression. Do you remember our short talk some time ago? *(Affirmed)* There are many disputes in your world about this subject, so I think this time we might answer some of your most pressing questions. Although as you know, each one of you has the choice of returning to another lifetime, and many of you in this world, have returned many, many times, you also know it is not always so. So let us speak a little bit about what you call *Regression*. (Thank you.) Do not assume my dear friends, that when you are under this regression time that you are absolutely returning to past lifetimes—it is not the case. Indeed there is not much difference than any communication between any instrument upon this planet. That is not to say of course, that returning to a past lifetime is not possible—it is, but the dispute within your world is this: That you assume that any information from past times must automatically be a past lifetime of each individual.

Les: Yes, you are quite right, that is the general assumption, but I have never been able to accept that myself.

Well, I would say to you my dear friends, hold on to what you feel, because you are partly right, I would say. Regression is possible, but there has to be a purpose for it.

Les: Yes, I was going to ask that question.

Well, let us now begin with your questions, now that I have outlined for you, the generalities shall I say, of this subject.

Les: Yes, thank you. I have never been able to accept the fact that automatically the information given by a person under regression, would be that pertaining to a past life, because there are so many improbabilities, that I don't see how it could be. Also in my thinking, the power of thought of the person responsible of the regression of the 'patient,' shall we say, that thought could also I think intervene in the information being given.

Yes, of course once more we return, do we not, to the power of Thought? (Yes) And yes, you are correct that sometimes the person who is doing this regression, has influence with their thoughts. I would say the majority of your regressions are indeed information being shown to the individual, but not necessarily their own past lives. Of course what we hear then is, '*But it is so vivid.*' But is not any communication between any medium upon your world when contact is made within ours? Then of course *that* becomes reality at that moment in time; always bear this in mind. But of course, then we come to those genuine cases where the individual is allowed to be shown, I would say, *one* past life, not many, for the purpose of freeing their soul, in order that their life this time can be helped. That is the only purpose in being shown any past life, to, shall we say, '*unblock*' any emotional or spiritual blockages

that have been taken from that past life and is hindering that soul, in its pathway in the present time. Does this make sense to you?

Les: Yes it does and I can accept that absolutely, but that presumably would only be permitted under certain circumstances, if the information was in fact for the benefit of the progress of that soul.

Yes of course, any spiritual, any emotional blockage which the soul would sustain into this present lifetime, then of course that information would be permitted to help the soul.

Les: So that would be parallel to what you have told us about being counselled before we return to any life on this Earth? You did once say that we would receive counselling as to the best physical return we should have.

Each soul knows and understands what its life's journey is about, but sometimes the soul is unable to free itself from spiritual blockages, emotional blockages, which have occurred and belong to the soul. The soul brings it with them and is unable to free itself in the present existence. That is the only permission that would be given to allow the soul to see a past lifetime, whilst it inhabits this human form. Is that clear to you? (Agreement + thanks)

Les: Which leads me to the next question: If it is only permitted on certain conditions, would I be right in thinking that other information, which is supposed to be coming from a past life, could in fact be communication from your world to the person under regression?

Information given of past life, of course is monitored from our world.

Les: Yes I thought it must be.

Of course we have to protect the soul; that is another point you must take council with. Yes, you must remember the soul's progress is what is important. You could perhaps place a parallel with your healing—only those who would be allowed to be freed from illness, would secure what you term a 'cure.' It is on the same parallel, only those souls that are permitted to be freed from illness would be freed; the others would remain, because that is the pathway they have chosen. Does this become a little clearer to you?

Les: Yes it certainly does. Does that mean then that if somebody from your world wished to give information to the person under regression that would be equivalent to one of our physical beings here, being used by somebody in your world and then being given information, which *they* can give us—so much which is supposed to be coming from the regressed person's past life, need not be so?

In the true regression, where permission is given, I would have to say the information is given from another aspect of the same soul. It is slightly different when you speak about healing and other matters. Although the information for the help comes from our world, it is not necessarily in those cases, from the same aspect of soul. Do you understand this, or am I confusing you?

Les: No, because it rather confirms what I have suspected to be the case, that a person under regression, is, to my way of thinking, equivalent to a person in the physical world, allowing themselves to be taken over (**Yes**) and pass on information given from your side, which need not necessarily have anything to do with their own past lives. Is that correct?

That is correct—that is the majority of cases that you call regression.

Les: Thank you for confirming that. I have suspected it for a long time, which is why I have always been opposed to so-called regression being considered as such, because to me it is merely another aspect of mediumship as demonstrated at these meetings.

Yes of course, but you must not say, *no* regression to past lives do not exist. There are genuine cases, but the majority of the cases, you are correct, they are receiving information, but it does not belong to that soul.

Les: Now, we come to a most difficult question, which you may not be able to answer. How would one distinguish between the two factors of general information and honest information from a past life?

Because the past life truths would free the soul as I have said, from emotional and spiritual bondage, which could create in the physical being many problems, many phobias, many fears; the soul would then be free from them. That would be the indication that the regression was a true one.

Les: So it would have to rely on the physical reaction of the person after regression?

Yes, because then the soul is freed from any blockages, which it has brought.

Les: And that would be reflected in the physical differences? **(Yes)** Thank you very much, because that does explain how the two could be separated.

That is the only way—the soul would know. It is difficult when human beings are trying always to—and I use this word reservedly, 'prove,' something. It is not always easy, but the soul would be allowed to go forward on its pathway that has been chosen this time. You understand?

Les: Yes, because that ties in with something else I have often spoken about over the years. We hear frequently of a person saying, '*I have been here before and I have done this, that and the other,*' and it is often presumed without query, that that person is in fact returning to conditions and places, which they occupied or were present at during a previous life. Again I have maintained that the information they have been giving to listeners and investigators, could well be merely information from your world and nothing to do with their past lives. Do you agree with that?

Yes, you must remember the power of thinking. I will always return to this again and again, that the power of Thought can create whatever you so desire. And in these instances, the individual is a channel—that is all—a channel.

Les: Yes, this is what I have often suspected. I think there no doubt are genuine cases, but in the majority of instances, I have been inclined to think, are information which could be obtained by anyone in this room.

Any individual who allows their minds to be raised, can be given any information they so desire, but that information does not necessarily belong to that individual soul. This is what you have to differentiate between what is genuine past life and what is merely information of past times. You have to know the difference (*between*) information in general and information of past lives that belongs to the individual soul. There is a great difference.

Les: Yes, there must be and so one should not accept all these cases at their face value.

Always stop, always think—use that thought wisely. Do not accept all that you are given so easily. And there is a way of thinking within your world that is seeking that is searching for more knowledge. We do not wish to dispute this, because any seeking can only be good, but what we do say to you my dear friends: Be a little bit more cautious in your seeking.

Les: Yes, you have probably gathered from what I have been saying that I always have been.

Yes, but not all people are so cautious. You must be, in order to—not protect yourself, but in order that you find *Truth*.

Les: Yes, this is what we all want to do.

And, that is my purpose in dispelling some of these disputes in your world.

Les: Yes I am very, very grateful to you—I am sure we all are. As far as I am concerned, it has pulled back the curtain quite a bit.

That is my purpose that all of these matters become more clear to you.

Les: Does anyone else have any questions?

I think my good friend the gentleman last time, did ask the question last time. I hope I have answered his question for him—if not, please let him speak now.

George: Yes, this has helped a lot—I do try to imagine sometimes the past life in relation to the soul. You have demonstrated in the past that a past life can be plucked and presented through a medium, yet the past life is a part of the soul. It would seem that the soul is a collection of past lives and yet it has a unity. **(Yes)** Does that make sense?

Yes, but do not concentrate so much upon past lives. They have *gone* as you would say, they have attained hopefully what they should have attained and the individual unit, which now exists in present living, is the Soul, is the Spirit that matters at this moment in time. Past lifetimes belong to another time, although they are part of the same Soul. Unless it is necessary for the Soul in the present lifetime to have access to one past lifetime, then past lifetimes should remain where they belong, in *past times*.

Les: Yes, I think one could relate that to one's normal physical breathing, because the breath we draw in, serves its purpose for a limited time, whereas when it is expelled, it's of no use to us or anybody.

You do not seek it back, do you?

Les: No, it has served its purpose, therefore we take a fresh breath and to me, I have always related that to what you were saying, George—the past is gone/finished (**Yes**)—it's served its purpose and I am always looking forward to the future, whatever it may be.

Remember past, present, future belong together, but you are living in the moment with this one aspect of your Soul, which is seeking growth. That is the purpose of life and that is what you should concentrate your efforts upon. Do you understand? (Affirmed)

Les: Any more questions on it, because it is a very important aspect of living?

I fear sometimes human beings, because of dissatisfaction within their daily living, seek the 'excitement,' I believe you would say, of finding past lives. It has almost become within your world, an exercise of pleasure; this it should not be. So I would say to you my dear friends, live for the moment. There is no reason why anyone of you within this room, should be seeking knowledge of past lifetimes. It will never be given purely for an interest factor.

Les: Yes I'm sure of that, because there would be no point in so doing, would there?

It is, if I may say so, it is wasting—

Margaret: Time?

— Time and energy—yes madam, you are quite correct when you say this —

Margaret: Whatever has happened in the past, you can't do anything about it, can you?

Sarah: You have got to look forward to the future.

You *can* in a little way, rectify what has happened in past times, because after all, you have come to, in some cases, rectify previous lives. But it is living in the moment, which is important.

Les: Yes, it has a bearing on this—When my first wife died I can remember the '*horror*'—and I use that word advisedly—of my fellow workers, because of the fact that I went into work the day following, when I was told I could have three days off for a funeral. I said I don't want three days off—I explained that it had *happened*—what could I do? But they couldn't understand it.

Yes, because they did not have your knowledge. You have to forgive them for their unknowing—I will not say '*ignorance*,' that is not a word I like to use. But because of their unknowing, they would find it difficult to accept what you were doing at that time, because it is against the normal patterns of human behaviour.

Les: Quite, but I know my wife would have understood completely.

Of course, of course and may I say it helps if only all of you would understand, if you can send your loved ones on their way with happiness and joy, but of course being human beings you also have human frailties and human conditions of emotion. But in this understanding of this work, you should know and understand my friends, that sometimes you are shedding your tears for yourselves, not for those beloved departed ones, because after all, are they not returning *home*?

Les: You are quite right it is a selfish action and if only people realised that, the severance would be much less painful.

On *both* sides yes, (Yes—) but as I have said, the emotional energy within you human beings is a strong attachment and it is not easily controlled, but that is something my dear friends, you can work upon. It does not mean that the love-bond is any less stronger than it was when the beloved one was upon the Earth, it means only that you have more *spiritual strength—spiritual strength*—that is what you should work towards.

Les: Yes, it is strange really how we get bogged down in the past, in what shouldn't be a ritual. I have a neighbour who lost his wife about 3 years ago and still takes flowers to the grave and is miserable doing so, because it brings back old memories. I've tried to explain to him that it's simply a waste of money—far better to send that money to the local hospice for the benefit of somebody—where it could be used—(Yes) but it just doesn't penetrate—that is the ritual, that is the thing to do, so he does it.

Yes but my friend, have compassion, because he is not ready for this knowledge. You can offer him seeds of advice, but you cannot make him take it. He is so engulfed with his grief, that he has entwined himself

if you like in energies of grief, but what he does not realise is the departed one is also constantly drawn back to him, because of his grief.

Les: I try to explain to him, **(Yes)** for *her* sake.

You will not, because he is not ready to accept. (No) You have done your task in sowing the seeds of truth, but it is up to each individual. Remember if they are not ready to receive then find another who can be helped.

Les: Quite! Yes, I don't have any feelings about it now. **(No)** Years ago I used to be concerned that perhaps I wasn't doing enough to help them, but now I just accept the fact that they are not ready, as you say.

No, give compassionate thoughts—again we return to the power of your thought—and that is all the help you could give—he is not ready. You will come across many peoples in your lifetimes—all of you—who you would wish to help, but they are not ready, they will not receive. It is no fault on your part, you have done your best and you must leave it there. You must not chastise yourself, you must not be too harsh upon yourself, if you have sown seeds, then you have done much.

Les: Yes, you have made that quite clear in the past, that all we can do is to sow the seed, we shall never probably see the flowering.

You can never know what help you have given. It is only when the soul returns to us, that the full extent of the help is realised. He will know and understand when the time comes, how much you have given to him. That is something for you to all remember. Do not ever doubt that the words you give to others in truth and knowledge is ever wasted—it is not, it is not, and recognition comes when those souls return home.

Les: That's the main thing, isn't it? **(Yes)** Again it comes back to what you said earlier, don't wonder about the past—if we have done what we could, then the past is gone—

You are the result now of past times. You may only be one aspect of it, but past times belong in past times. You are trying to achieve things in this life, things which have gone before and perhaps are unattainable to you.

Les: I suppose logically, if we keep thinking about the past and wondering about it, we are in effect holding ourselves back.

Of course, how can you go forward, if you are constantly spiritually stuck in past times? You must allow the soul free expression in this present time of living.

George: Perhaps it is permissible to review the past with a view to learning from it. We can see our mistakes in the past and it can help us to learn a better way sometimes.

But that is not the purpose of your life. If you knew what you had to do it would be pointless in returning to a lifetime, would it not? Life would be too simple—what would you learn? It is like telling a young child all the knowledge of its school days in one instant. What would be the purpose? What would you learn? Do you not see?

Les: I think we have come George, if I can add to this bit, what we have spoken about in the past, the difference between the spiritual and the physical. To review the past is a physical attitude and we have to accept that our soul, which is incomprehensible to us in many instances, has learned from the past and our physical expressions don't matter anymore. Do you follow? **(Yes)** Reviewing is a physical attitude, but we've got to accept that if we have been living properly as we should, then the soul has absorbed the lessons, which we have learned in the past.

It is not necessary for the physical thinking to know what the soul has learned—it is not necessary. It is the soul's instruction, which is important and after all, what the soul expresses, shows itself within the physical living. Again you cannot separate the two; that is what you are trying to do. I think sometimes you see the soul as a separate being from your physical being, and this is most wrong. You cannot have a physical being without the soul. Is this clear to you? I think it is something we must discuss further, because you will not grow if you look upon the soul as a separate entity. You are spirit first and foremost.

Les: Yes, this is the thing we keep forgetting, I'm afraid.

You have to realise—that is the most important fact that you are soul, first and foremost. We will discuss this further; I feel this is something that perhaps is not quite fully accepted yet.

Les: Yes, that would be interesting to do. I think we also forget that the lessons we have learned whilst here—we are not necessarily aware of them, but we should be more conscious of the impact of our physical upon other beings here. As Salumet says, the soul and the physical are two and the same and if we considered more the impact of our actions upon our fellow creatures, then we perhaps might become more aware of the development of the soul, rather than consider physical reactions.

I would say if you have to stop and think, then it is not the soul at work. Perhaps that is something you can keep in mind, that any action truly from the soul, is spontaneous—it is important you understand this. If you have to stop and think with your physical brain, then think carefully. Do you have more questions?

Les: Well I seem to have monopolised the evening, anybody with more questions? *(Pause)*

I would rather that this topic be finished with this time, because we have many subjects to speak about and it would be most helpful, if you can be sure of what I have told you this time.

Les: Everybody quite clear on how to regard regression? *(Affirmed)*

Paul: Can I just recap a little bit, in case I'm not clear. So there's no reason for anyone to have past life memories, unless they're experiencing difficulties and they need to seek out that past life, in order to be cured of the problem.

Yes, if the soul is restricted spiritually or emotionally, then past life will be given, in order that the soul is freed, and that this present lifetime can continue in the way it was planned. If you wish to go under regression with the help of another, you must accept that what you may get could be in fact only communication, in the same way as you would receive it, as our dear friend has said, in the same way as anyone here would receive communication. Do not assume that it is automatically past lives, belonging to the soul. It may be past life of another individual.

Paul: Just one other thing, was it said once that some people are born with many past life memories, from childhood and that they do retain it?

That is possible, but it is of no use. The memory may be there, but it serves no purpose.

Paul: So they'd probably be better off forgetting about it and concentrating on this life?

Yes, but that possibility exists, yes of course. It would of course depend on the growth of the soul, as to what can be retained. But yes, that is a possibility, but it serves no purpose. Is that clear for you?

Paul: Yes that's clear thank you.

Les: Any more questions on it? *(Pause)* So everybody is much happier now with regression?

Yes, I do think that my words will continue in your thinking for many days to come and that can only be good. So I will say to you now my dear friends, I will take my leave of you, I know you will ponder my words and I know that you will be helped in what I have given you this time. *(Thanks expressed)*

Know my dear friends, I am always with you. *(Thanks expressed)*

~14th December 1998~

Good evening.

All: Good evening.

I would like to say to you this time, as you approach your time of festivities in your world that my dear friends, I once more will withdraw from you for a short time. But as always it gladdens us to see so much love extended to each other, at this time of your year.

Les: Yes it's a pity it doesn't happen all year, isn't it?—I believe I said that last time.

Yes it is—perhaps something each one could work upon, but nevertheless, any opportunity to extend love to your fellow man can only be good.

Les: Yes of course.

So I think for this time we will my dear friends have any questions you may wish to put to me that you are confused or would like more information on, that we have discussed in past times.

Les: Right, does anybody wish to start, or shall I?

Sarah: I do have a question, but you carry on first.

Les: Right, some time ago Salumet we did touch on the subject of cloning and you said then as we expected, that though there may be physical cloning, each clone would be used by a different soul. Now I've been thinking quite a bit about that recently, and you have told us also that the physical and spiritual cannot be separated. So in my thinking, if cloning is possible, then surely the spiritual side of that, would affect the personality; not only would it be a physical similarity, but if the spirit is going to be involved as well as the physical, I can't see that cloning would ever in fact be achieved.

You are perfectly correct. It of course will be achieved *physically*, as you say, and of course in doing so, you must remember as in your world so too in ours, there are like-minded spirit; and that spirit which would inhabit a cloned physical body, would be as close to that original spirit as was possible. Yes that would be the case, but again although the physical cloning will be how your scientists will say, 'perfect', that is not the case. It cannot, each soul is individualised.

Les: Yes, that confirms it thank you, which brings me to the second part of the question, which is very pertinent, because there is a great deal of discussion these days on genetic modifications. The genetic make-up of a person is usually associated with the physical, **(Yes)** but if the soul is occupying the physical, surely the genetic make-up, would be of a spiritual nature as well?

Of course, you cannot separate it—that you must fully understand. You cannot make two entities of it, it cannot be separated.

Les: So our scientists would be quite wrong then, in thinking that the genetic make-up is physical?

The genetic make-up is partly physical—physical is motivated by the spiritual.

Les: So the controlling influence in any case, would be spiritual?

Yes, until your scientists in this world, begin to realise that the human make-up as you call it, is more than physical, they will always be faced with many problems. And I would have to say this to you, that their journey towards genetic interference is not a good one.

Les: No I'm sure it isn't.

But there are many, many within our world who are dealing with this problem in yours. Mankind is coming to a stage in their evolution, where their knowledge is at times being abused. But I have told you my dear friends, that there are many from our world, who are enabling goodness to come to the fore and as all knowledge is gained, then it is our task that any knowledge given, be used for the purpose and the good of humankind and not abused by the few.

Les: Yes, that has happened in the case of atomic energy already, hasn't it?

In many instances throughout mankind's history, yes. Mankind almost is self-destructive at times, but there is much going on in our world, so do not be afraid.

Les: That's comforting to know, because I've given a lot of thought to the genetic implications that are arising now and it could go horribly wrong I'm sure. **(Yes)** So it's comforting to know, you are watching it from your side.

Of course—we are, we are.

Les: We unfortunately in our search for knowledge and our arrogance in that search, we just don't realise the forces we are playing with.

Mankind can only go so far.

Les: Good, that certainly is comforting and I think everybody else will find it so, won't they? *(Agreed)* We are grateful for the information Salumet and we do thank you. Sarah, I think you had a question for Salumet?

Sarah: Yes, I think Salumet we did touch on this before, but I can't quite remember what was said. If somebody is Schizophrenic and they do something 'bad,' how is that treated?

To simplify the answer, you should not be judging anyway. You cannot know what that soul's purpose in life is. You do not know and remember my dear friend, there is cause and effect. Never judge another human being, for you know not what their purpose is.

Les: So would a schizophrenic here then, have been deliberately created by the soul, or is it an accident?

We have discussed this before. You cannot take circumstances so literally, because what the soul does, is chooses these situations that will arise in a lifetime, to allow the soul to grow. So what you would term an 'accident,' may be an opportune moment for that soul, to create its own soul's *growth*. Do you understand this?

Les: Yes I do and this had occurred to me, because as you rightly said, we had discussed this quite a time ago, (Yes) but what puzzled me, was that if accepting that premise, what happens to the soul if the physical being has murdered another?

In that case, all aspects of circumstances would be viewed by the soul. You have to understand that freewill in your world has a very important part in your daily living. So if you are speaking about a soul who you say and call 'schizophrenic,' it would depend on the circumstance of that situation. There are cases where the soul would find that life situation, the one that they have chosen. In another case, the person may quite well be by their own freewill, capable of such deeds, that should not have happened. You cannot generalise, you cannot generalise. That is why you should never, never judge another.

Les: No, so it's what we would classify as a grey area then?

I think you would have to leave it as that yes. There is no clear cut way to answer this for you.

Les: No, I ask because there was just a snippet on the news this evening—somebody who was a schizophrenic murdered somebody and has now committed suicide —

You HAVE to remember, these people are suffering; they are suffering not only emotionally, but sometimes spiritually too. That is an area that we must touch upon another time. It is something I think, you do not fully understand in this world. Their physical is governed by the spiritual, but the spiritual too, is activated at times, by the physical deeds. It is a subject we must touch upon, another time.

Les: It's certainly very confusing to us, (Yes) to try and analyse all these aspects of the soul and the physical, but each time, we learn a little more.

Yes, that is the best way, take one step at a time. We can always return to it, to analyse and to expand upon your knowledge.

Les: That would be very helpful in the future yes, whenever it's convenient for you to do so, because it raises another question of suicide and we know basically that suicide is not a good thing, because it holds us back from development, (Yes) but there are cases where if suicide is honestly for the benefit of another person and not to escape the traumas of this life, then that individual is not punished, for having committed suicide.

No, again we are in what you have just termed a 'grey area,' a grey area in the sense of explanation. You cannot have clear-cut explanations, in many of life's situations. As much as I would like to explain away your fears and your doubts, it is not always possible to do so in your understanding. So in many cases you have to accept that not all that is given to you, can be fully accepted by you. I know that may seem unsatisfactory, but spiritual growth to the physical mind, is a most complicated subject. Do you understand?

Les: Yes, if we were more enlightened in the spiritual aspects of existence—I won't say 'living,' because that would presuppose physical living—(Yes) then these things would not be grey areas, because we would know the underlying purpose.

Yes, if you were more enlightened my dear friends, there would not be these questions.

Les: No, quite—we wouldn't need to ask them, would we?

No, you are human, you are at your state of evolution, you are in this particular time still in the state of much learning.

Les: Yes I was watching a program last night, about the various ice-ages of the Earth and scientists were talking quite glibly, about 400 million years and so on, and I thought then of what you have said, about the number of lives we have to experience—in fact it's a constant re-living—and our spiritual growth could be effected by those climatic changes, which have been happening, because living in an ice-age, would be so completely different from living in that tropical country now—(Yes) and I just gave up. (Chuckles)

Yes, you are always evolving, but does it not put into perspective my dear friends, just how short a time, the human age of one lifetime is? (Agreed) If you think upon that, then you begin to realise—and

remember also that this planet is a very young one—just how insignificant one lifetime is. *(Agreed)* Then you might begin to grasp the immensity of it all.

Les: I don't think we ever can grasp it. We have to accept what has been said by various masters, **(Yes)** that faith is necessary—faith in the development of the soul.

Not 'faith' in the physical sense, but *spiritual knowing*, a *spiritual faith* that all is already known. And that what we come to try to teach you, is knowledge being brought, an innate knowledge that the soul already knows. It is a most complex subject, but I think we are gathering knowledge fairly well, within this small group of people.

Les: That's nice to know, because at the moment, it's like we are trying to understand the bible, or the Koran, by reading one chapter, or one page.

Yes, if I may say, if you master one page, then be pleased with one lifetime.

Les: Well thank you for the comfort you give us that we *are* learning anyway, otherwise we'd be awfully bogged down. *(Chuckles)*

There is much more for you to know, but as I said when first I came to you, we must go slowly, slowly.

Les: Yes I think we all fully realise that now and how important it is. You also said, if we missed one lesson, we would have to go back some time, to retake that lesson, **(Yes)** because it was all part of the whole.

Yes, you cannot make separations, there is so much to know. Now my dear friends, I think for this time, I will take my leave. I wish you all much love and happiness within your lives, until we come together once again. *(Thanks + fond farewells)* I have to say I feel most joyful that I will have this short break. My love is with you all. *(Thanks expressed)*

Les: And ours with you and we wish you great happiness, God bless you.

There then followed another through Eileen:

My goodness what a quiet lot!

Les: Thanks for coming again, very nice to have you with us once more.

Can't you liven them up! *(Laughter)*

Les: Can't you please liven yourselves up? How about that? *(Laughter)*

That's better. Last time I came, I thought you were all dead! *(More laughs)*

Les: It's just that we've had serious learning beforehand and we're still thinking about it, you know...

I know I'm joking with you.

George: I think you gave us a name last time, was it Mackintosh?

Umm, I change it all the time—what you like, that's the best? I say, call me—*(Laughter)*

Les: We'll call you our friend.

Well don't go that far—

There was more laughter and jovial chatter, including mention of his whisky still in the cow's booth, which was mentioned at his previous visit. He wished us well for our approaching festive season, finishing the evening on a light note and reiterating the need for laughter in the world.

~21st December 1998~

As expected there was no Salumet, but another communicator came through Eileen, saying that the time was right to give all the sitters a festive message. We were told to sit quietly and see who came close to them. Each was given brief messages of advice and encouragement. The advice given to Les has been included as it relates to the following week:

I'm wondering why there are so many ladies who surround you! *(Laughter)*

—This referred to Les's mother and his two late wives, the most recent being Ruth, who was also an accomplished medium whilst on Earth—

They are saying nothing, only that they are with you often and one in particular who was last to go—especially around this time of the year. *(Les was very appreciative to have them around.)*

~28th December 1998~

Les explained at the beginning of the tape, that he'd felt very ill over Christmas. (So poorly, that he'd questioned whether his time could be up) He had to ask for help from the 3 ladies, who he'd been told were looking after him from the Spirit realms. It had a dramatic effect and as he was recounting it all to us, the voice changed and he seemed to drift in and out of spiritual communication/trance:

Les: —the 3 ladies were responsible and probably others and I had the most wonderful feeling I've ever had of—**absolute complete and overwhelming love and compassion and everything that we as humans** would consider beautiful. The tears were just streaming and it was the most wonderful experience. So it looks as though you are stuck with me for some time! (Much laughter and loving chat)

Then one came briefly through Eileen:

I have come to say, be prepared for the return of the one who comes to you, next time. (Thanks expressed)

Then a softly spoken one came through Eileen:

As you come to the end of another one of your earthly years in this part of your world, we feel it would be appropriate for you to dwell and try to recollect, what knowledge you have gained, from this past year. We were most interested listening to you, at the beginning of this evening. I would say only this: It is something each one of you should bear in mind, that no matter what stage, no matter where you are in your lives, what difficulties, sorrows or happiness—whichever stage you stand at, remember always you are never alone. If you will keep this in your minds, you will be freed from all fear and of course we know only too well, how fearful each one upon this planet can become.

Les: Yes you're quite right.

Life brings to you all kinds of difficulties, many types of distress and sorrow. But know always that there is always someone close by you, who is there to help, if you will but allow them to. There is much to come I am being told, for you all. That is not to say, that your life will be smooth, it will not. It is the troublesome difficult times, which bring growth. But those times, need not be times of great fearfulness. I would say only this now, before I leave, that this evening, we give you the opportunity with us standing close by you, to discuss in whichever way you decide, to speak of what you have learned, in this past year. And as your year closes, can you truthfully say, I have done my very best? I have shown love to many, I have looked into my heart, I have shared myself with others, without any thought of reward. My friends, I say to you, analyse your souls and move forward, as does your years. I thank you for your attention and I will bid you all much happiness, much knowledge, but most of all, I bring to you peace.

(Thanks expressed)

We then began to discuss individually, what we felt we had learned throughout the year, the points are summarised below:

Les: I have done a great deal of self-analysis over the year, particularly in regard to my own privilege of being what is called your leader. I don't look at myself as that, but only as one of you, who happens to have a little more knowledge and has been permitted to pass it on to you. So I have done a great deal of self-analysis and questioning, hoping that what I do in the way of teaching has been correct, properly administered to your thinking and that you have benefited from it. I have also become much more aware, of a closeness of our friends. They repeat this many times and I can say with much emphasis, that I am much more aware of it now at the end of this year, than I was at the end of last year, because I've had many more experiences and I'm fortunate in being able now, to be very much closer to them and therefore enabling themselves to be very much closer to me. I also have come to the conclusion, that it's quite impossible to understand the complexities of spiritual living, or the ramifications of the soul. So I accept without question now, much of which I would have questioned 12 months ago. I think that is a fair summary, it's not everything of course, otherwise we'd be here all night —

Sarah then added that Les had been a very good leader, to which we all agreed and he replied that much of the leading came from the other side, rather than from himself.

Eileen: What I feel probably sounds very general, but I feel that each time I listen to the tape of Salumet, I'm amazed by the content of the subject to begin with, but in a sense I'm not surprised. It's almost like its natural. Does that sound very strange? (No!) But at the same time I do believe I've become much more

humble this year especially. And I feel I've become a stronger person and I feel that anything that comes to me now, won't be any kind of shock, that I'll cope with whatever comes—it's this feeling of knowing, which I don't say puzzles me, but I find it a little strange, that I've accepted it all so very easily. But I would say probably humility is what I've felt most.

Others agreed that they had also felt this.

Les: But I would not be surprised Eileen, if the Salumet that speaks to us through you, communicates that knowing, as you call it, because you are part of the Salumet soul.

Eileen: That's a wonderful thought, but—

Les: Well I have thought this before actually and you have not confirmed it, but acquiesced in what I thought, without knowing what I thought. I think it's quite possible that you are one of the parts of the soul of Salumet—

Lilian: I look at the human race in a much different light, especially with the judgement thing. You can't judge others, you have to remember they're spirit, no matter who—things that happen in the world, you accept it more. Things that we thought were really quite dreadful—that we've chosen that pathway that seems to help there. Lots of things, but that perhaps is the special one for me.

Margaret: Well last year I felt I was so happy with my life and it just gets better and better, and I don't know why. I sit down and think—well, if I believe what we've been taught, and accept things as they are and don't criticise, it's much nicer. I find that I have no one from here to talk to about things, during the week, and I come here with so many things to say, and then I learn more and—I just live a happy life, and I think it's wonderful. When I walk into this room, there's an atmosphere of joy and happiness and there's not many people who can go through life being happy. I try to do the best I can for others, but I think someone's doing the best for me and that's wonderful.

George: My overall impression is: One started with an acceptance of how things are in spirit and how we are all spirit beings. And then a bit later on, one can have a deeper acceptance and a deeper acceptance, and you can't imagine that it's going to get deeper, but it does get deeper. And one seems to get carried along with this feeling. The bumps and happenings in the material world, they don't seem to have quite such significance, as one used to attach to them. The odd knocks, they become less important somehow, or less sinister—I accept that there are many things we can't understand, not in any detail. I accept that we can't understand the full nature of the soul—

Mark: I feel I'm very lucky to be able to come to this group. Related to that, I notice more people in my daily life, I marvel at the fact that they don't have a group like this to come to, and yet still manage to be really nice, good people. I think I've got more respect for people, because I know I've needed it very much. I feel so much—sometimes when I come here, almost the thought of coming after work and everything, almost seems like an effort, but I know I've got to come and once you get here, once you hear all the beautiful knowledge, it's a great privilege—I know I'm battling to make more time for the silence. A lot of the time, this is my only silence in the week, which is a terrible thing, but I know I've got to battle a bit harder to create that silence—I feel much more integrated in my work environment. I suppose that comes from a bit more understanding of people—

Sarah: I feel very much like Lilian re the judgement thing. Last year I know I was beginning to not judge people so much and to try and see the good in them. And I think that's continued and I do find if I am trying to judge someone, quickly I feel aware that I'm doing this and try and stop and see the good side. So that has grown a lot this year. I've also become a lot more confident in being able to pass on the message. Last year I was accepting it, this year having really accepted, I find it much easier to tell people about it, whereas last year, I was quite hesitant, I didn't quite know how to go about it, I wasn't quite sure—There are a lot of things I still find it difficult to explain, but I'm able to get the general gist over, to help others who are in difficulty, or just when somebody's said something, and I've thought ah, you don't quite know this and I'm just able to drop in a word. And I'm finding that much easier than last year.

Paul: I think I'm getting a lot of help from the silent times, now that I'm trying to do it more regularly. When I do have problems during the day, I can take them in, to that silent time and they do dissipate and I end up smiling at them, all the worries of the day. And I think in the everyday life, I have been pretty cut off

in the past and a bit numb with my daily life. But it's beginning to go a little bit, there's still a lot more I think, but I'm beginning to enjoy life now. Things don't make me so angry or scared. I think in certain parts of my life, I'd just given up on, or tucked them away or something—I think now things in the world are generally—it feels a warmer place to be. It's all the power of thought.

Mary: I feel very young in this group—it's been about 6 months. I was just thinking when we were all talking, about how gently and how easily this group took me in and how comfortable it was coming in. I guess the biggest difference in this 6 months for me, is the letting go of judgement and also letting go of anger. In my day-to-day life, I find that I don't get angry with people, socially or in the workplace. I'm able to understand and I see them differently—I don't know if that makes sense? (*Affirmed*) Also, I can't explain it, but there's a calmness in me, that wasn't there before and also I don't doubt myself as much as I used to. I think I accept myself better than I did. Also, along with not judging other people, I'm not judging myself, in the same way that I don't judge others.

Anne: (*A guest from America, who hadn't been here long*) I would just like to say thank you for letting me come here. I can only tell you when I came to England I was in an awfully big mess—I'm not going to go home as big of a mess, but I am gonna go home with more tools, to work with. I'd like to ask a question though. I've talked to Mary about this, I don't want to stop when I go home, but I don't know where to go?

Les: Well, I'll give you an address before you go and if you write to them, they'll put you in touch with associations in your part of the States.

Anne: I appreciate that, thank you.

Mary: Leslie, something else in my life, and I did mention it to Anne—if I need something, and I'm not talking about material things, but if I need something in my life, and I sit back, it's there—It always appears, and it's getting to the point, where I'm expecting it to appear. If I need help, with thoughts or feelings, or whatever, someone always comes along to help.

Les: That's why we have been told, as was said at the beginning that never think we are alone. You'll not necessarily have a tap on the shoulder and someone say, this is what you should do. But the help can be given in a variety of ways and it might well be channelled to you, through another physical person —don't forget that. So many people think help is going to be some mysterious word, appearing on the wall etc., but help comes in many forms, and the most convenient form, best for your particular need at that moment. We do make the mistake of presupposing the way help is going to be given.

Mary: The word faith has taken on a new meaning, since I've been with the group.

Jack: I'm a bit like—it's the judgement thing again, I think I've become someone less cynical. I probably have some way to go, but it's getting better.

There then followed one through Eileen:

Good evening. So often we are sent thoughts of what is knowledge. Can I say to you, knowledge is action. What is action, but the formation of thought. In your words tonight, you have demonstrated to each other, that not only have you gained knowledge, but you are learning wisdom. We wish to say to you all, take heart, know that you grow, know that what is given to you, is individual to each one of you, that you cannot all grow together, but you must take each stage at your own pace. You have within your midst, someone here, who has expressed humility and we say look after him, because he has taught many, many people. He will tell you it all comes from our side. Let me tell you, we cannot work alone. So I will say, perhaps on each one's behalf, that he is given many, many thanks, not only from yourselves, but from many in our world. Those who stand close to you, have listened and are telling me now, that they are pleased at each one's development. (Thanks expressed) You must take the credit, because although you stand not alone, you have the power, the power of your freewill, to either learn or not. So I say to you all, God be ever present with you, in whatever form, you wish to know your God. I bid you goodnight and thank you once more for your comments and your attention. (Thanks expressed)

~January 4th 1999—first meeting of the New Year~

Good evening. (Welcomes)

I am pleased to join you once again in this one of your new earthly years.

Les: Thank you we are very pleased to have you, we hope that you feel refreshed after your withdrawal.

I thank you. Yes much has been achieved since last we met. But more importantly, I know that the time spent in my absence from you, has been fruitful for you.

Les: Yes, I'm sure it has for all of us.

I would like to say to you all this time, there is much ahead of us in this coming year. I cannot say to you, that life will be free from strife, but what I can tell you my dear friends, is that in this coming of your new earthly year, that each one of you will grow in spiritual strength.

Les: That's a very happy thing for us to know, at the beginning of our new year.

I hope it is accepted by you all. (*Agreement + thanks*)

Les: It is yes and we're very grateful to you for telling us, because it does give us encouragement.

Yes, that is why you should know, you have been dedicated members in this work and I think that all of you have felt the benefit of the knowledge passed to you. (*Affirmed*) Therefore, I wish to give my thanks to you all and wish you to know that spiritually, you are ever-growing, ever-growing. (*Thanks expressed*) I do not wish to embark this evening, upon any new subject, I think it is enough that we blend together this time and perhaps next time, begin our serious work. I know also that life is still difficult for many of you, at different times. Let me just say this to you my dear friends: As you become stronger, come to know yourselves more, come to realise that you are part of a whole, then truly life will be more settled for each one of you—that physical conditions of living, will seem at times to be very insignificant. I could not use these words to many, but I am happy to say that the power for growth has been given to you. Now you must utilise that inner knowledge, not only for the best of others, but also for yourselves. It is all before you and now I say to you all, use the knowledge you have gained. No longer can you stay back and deny the power within your grasp. You now my dear friends, have the responsibility, to use what has been given to you.

Les: Would I be right in saying that this is going for all of us, to be the year of fulfilment of a duty?

If it is not, then I will not say 'blame,' but you must accept that each individual is responsible for the outcome of their thinking. This year, should be a landmark for each one of you, if you will so allow it to be.

Les: So the exercise of our freewill, is going to be paramount for all of us, during this coming year?

Yes, you can never erase the function of your freewill. You are responsible for all that you do. But as I have said, the power is within your grasp. There is much to be gained, if you will but allow yourselves, to be open to the spiritual knowledge that has been placed before you.

Les: So the opportunities are going to be presented to each of us in differing ways no doubt, during this year?

Of course, because you are at different stages, it will be given to you at the degree that can be accepted.

Les: And so it is then up to us to utilise the knowledge that you and others have brought to us, (Yes) during the last few years and to justify you and others, having taken the trouble to give us that knowledge.

Yes, there is much work for us to do, but although we have given much to you, you cannot remain passive, you must grow in that knowledge. This is not meant to be harsh words for you, but the time is imminent, when your co-operation, your spiritual strength, will be much needed. Each one of you my dear friends, holds responsibility, not to myself, or the others who come to you, but to *yourselves*. You must now use your soul, you must use the knowledge and *you must not look back*. This is a time, where we can learn much together. So my parting words to you this time my dear friends, are these: Live your lives in love and peace, because in peace and love, you can overcome anything in your physical lives. Remember all that has been brought to you thus far, and you will not go wrong. For the rest of this time, I would wish to work quietly with this instrument. I am sure you can find many things to discuss. All I ask is that it be done with quiet talk. I look forward to our meeting next time.

Les: Certainly, and before you go, I would like to thank you again, for all that you have been doing for me during the last few days and weeks.

My friend, whilst mind retains the purpose of this work, living will be easier for you. We are there to help you, if you so desire.

Les: Yes I know I've been receiving a lot of help with my health problems over the holiday period and I'm grateful to everybody, who has been so close.

Yes, you understand why, because you have begun to realise the importance of Thought. You my friend, have reached a milestone in your living. I will say no more, because there is no need. My love is with you all, until next time. (Thanks + farewells)

We then discussed how we could pass on the knowledge, recognise opportunities and ask for help in finding the right words, for the people around us. We discussed the difference between physical and spiritual thoughts and how the first 'gut feeling,' is the spiritual one, and the other thoughts, as we think about it, is the physical thought. We must learn to follow the spiritual thoughts, which come to us.

There was then one through Eileen, with a message for Jack:

—He is surrounded by a little mist—we feel some darkness, he brings to the surface of his thinking at times, moments of despair, which I would like to say to him, are mostly unfounded. He must not allow himself to be drawn down by these negative thoughts. We are ever with him and we wanted him to hear these words from us, to know that we will try to uplift him. But he must play his part and allow the light to come to him. We do not want to elaborate on these things, only to reassure him, that we are always close by.

Jack: Thank you very much, it's much appreciated.

We know, but we felt you needed to hear the words from us. May many blessings be with you.

Jack: Thank you.

~11th January 1999~

Good evening. (Welcomes)

This time I will take questions from you, but I would wish to work quietly this time with this one. There will be communication through other instrument.

Les: Thank you, yes I would like to put one question: At our meeting on Wednesday, a statement was made from someone from your world, that I couldn't accept and I would like some clarification. The subject of healing came up and as you know after healing, the healer cleanses themselves as it were, by brushing away any possible contamination. It was said that that wasn't the right thing to do, because the pain which could be removed by that, could be picked up by another person. I jumped on that straight away, because I don't think that's possible—we are talking of two different things, the possibility of contamination spiritually, being removed, but pain itself, does not exist, except as a thought in the brain, warning us that something has happened to the physical body. So it can't be a tangible thing that can be given to somebody else. So having queried this, the communicator then said no, you wouldn't know it's possible, because it's very, very rare. But I still cannot accept that pain as such, as we know it, could be transferred to another person, out of thin air.

Yes, may I say this to you: If someone feels that they are accepting someone's pain, they should not be allowing themselves to be used for the purpose of healing. I would say this to you: The thought that pain is transferred from one to another, must be discouraged—it is not so. What is happening is that the physical thinking is interfering. Is that clear enough for you?

Les: Yes, you have confirmed what I told the healers at the meeting, to ignore it and continue doing what they have been doing, for many years.

If the people being used for healing—and healing after all, belongs to the spirit, then you cannot accept any physical pain. It is as clear as that.

Les: Yes, thank you very much indeed, that confirms what I told them.

Unfortunately my dear friends, as in many subjects about spirit, there are many anomalies. You have to for yourselves decide what is acceptable and what is not. Also in our world, there are some who would, I will not say 'mislead,' but can misguide you.

Les: Yes I did explain this to my friends also, that they can only give information, according to the information they themselves have acquired up to that point.

Yes, it does not mean that they are wrong, but only misguided.

Les: Yes thank you very much for clarifying that.

Yes, may I say this to you: That as I have said to you, this coming time, will bring to you much new information, information I believe you will not be aware of. And so my dear friend, I will say to you, that our next meeting together, will start off, by bringing some of this new information.

Les: We look forward to that, thank you.

Now is there any anything more, that someone wishes to say, before I work quietly with this one?

There were no further questions and Salumet withdrew at this point, to allow others to speak, the first of which came through Sue:

Good evening. I trust everyone here is well. I understand that at this time of your year, you do suffer in your human body, from some aches and pains and different ills—

Les: We certainly do.

Yes, I myself used to be afflicted at this time of year. But of course, you can overcome these things, with the mind, as well as the cough linctus's and the tablets, can you not?

Les: So we are told, and we try, but I don't think we are as successful as we'd like to be.

But we must bear it with fortitude, must we not?

Les: Yes I'm afraid we do rather accept that that we have to bear it, because we can't dispose of it.

No, never mind, your time will come.

Les: I'm looking forward to it—I can't speak for everybody else. *(Chuckles)*

Come, come you are not ready quite yet—not quite yet.

Les: No.

We'll let you know.

Les: You'll let me know, yes I expect so!

On a more serious note, I have come with a request. Have we someone here, who is familiar with a gentleman called Francis? (None could connect with that name) No matter, do not rack your brains, it will come. I ask that when you recall this person, you send to him kind thoughts. He has been some long time, in the grey part of our world and we are pleased to say, he has come forward now, into the light. I—one moment please—He could also be recognised by the name Chuck. Perhaps in the meantime, in quiet times, before you take your rest this evening, you could all send out loving thoughts to this person please. And then in time, the bond between him and another, will be forged, I am sure. Thank you. (Affirmed) I'm sure you are familiar with Anna?

Les: Yes we certainly are.

She wishes to send great love to you all.

Les: Thank you Sister.

And says she misses her little chats with you, does that mean something to you?

Les: Yes, I'm glad she did, she's a very old friend of ours.

—You are aware of course that she has moved on a little and is involved in other spiritual matters.

Les: Yes we were told that some time ago. You are heavily involved in the same work, aren't you?

I am privileged to say that I have been given the opportunity to do good work in my world yes, and I am honoured to be able to do such things.

Les: It's a great pleasure to have you here and I'm going to ask you if I may, to give my friends here, a little information as to the work you do, because it is rather unusual I know and I'm sure they would be most interested to hear it.

I would be most honoured to speak to you on this matter, but may I brave your indulgence and ask if I may return one other time, because it has been agreed that I shall return to you on two occasions, to discuss deeper matters concerning my work and that of others. I do not feel I have enough time this time, to give you enough information. Do you mind if I refuse this time?

Les: Of course not, we shall look forward to hearing of it another time.

If you will forgive me, I will say to you dear friend, that you this time have, how do you say, 'jumped the gun'? (Chuckles) I am aware that you can, shall we say, 'pick-up' on thought waves, and I was going to ask you whether I could return to discuss my work and you came in a little quickly.

The conversation then emphasised the importance of humour, which has been discussed in detail elsewhere. They then spoke of those of the church who pass over:

—It is with sadness that we see so many people, who think that they are doing good work in the name of the Lord and really all they are doing, is making themselves miserable. They would not agree that they are miserable of course, but we can see the auras around them and they are not as bright as they should be.

Les: No and we can understand this, it is their own thought pattern, which creates the dimness.

Indeed, and some do take a while to come out of that mist when they join our realms. I am pleased to say that with my somewhat cynical outlook on life, when I was in the order, when I was on the Earth, it took me only a short time, to throw off the dark garb, and put on the bright robe. Do you understand?

Les: Yes I do.

Even some of the good sisters—and they ARE good, I am not decrying them, they would feel better, if they were allowed to dress in a brighter, softer colour, can you understand?

Les: Yes we understand perfectly...

There are some who dress in white, but predominately it is dark and that is a great sadness.

Les: Dark, black, brown, grey...all miserable colours.

But we hope in time, that we can bring enlightenment to the religious orders, not in your lifetime, or the lifetime of everyone here, but it will come, we are sure.

Les: Yes, so we have been told, it will come.

We are hoping that there will be sisters who come through to our realms, who will be prepared to return to a similar life, but with greater knowledge, so that they may educate people, to the right path in these matters, do you comprehend?

Les: Yes we do comprehend.

We have several now, who are doing such work and it is difficult to explain, but the other self looks on and also learns, does that make any sense to you? You are aware that your Spirit is not one, so I think you will understand a little of what I say to you.

Les: Yes, we have been taught that the soul has many parts.

So you have one part that was, shall we say a dour and stern Sister and another part that has been born and gone back to the religious sect, with a much enlightened mind. And both parts learn from each other. It is difficult I know to comprehend, but it is something, that will benefit your world.

Les: Yes I think we're all beginning to learn and understand a little more, of the complexity of the soul.

I must say I have still very, very much to learn, but I'm sure you will agree, it is great fun having your lessons, is it not?

Les: It certainly is, we enjoy it.

You have your lessons from your master who comes here and we are learning all the time, from many, many different teachers. It is great fun learning, great fun.

Les: I'm sure it must be. As well as the serious work, we get a great deal of joy and happiness, from what we learn here. (Agreed)

That is what learning is all about, enjoyment, satisfaction, the ability to take one small piece of information and store it and know that it can be used another time, for good. It is exciting, is it not, to learn?

Les: It is exciting, when I know that the work we do here, if it were based upon the type of attitude one finds in most churches, I wouldn't have been in the least interested, but when I knew that it had a sense of humour and you in your world also have a great sense of humour, that appealed to me, as much as anything else.

Yes, I look forward very much to my next visit. I have been told that I will be coming with another and for two of your meetings, we will be telling you something of what we do and why we do it.

Les: We certainly look forward to that.

Until then I will leave you. May I give you my name? My name is Sister Veronica Madeleine.

Les: Sister Veronica Madeleine—you missed out one didn't you? Sister SUPERIOR Veronica — ***I don't like to boast.***

Les: I know you don't, but you're entitled to the authority, you've earned it.

Perhaps you do or don't know that although I am known as Sister Superior Veronica Madeleine, I like to be known as Sister Maggie.

She departed shortly after this and there then followed an amusing pair, through Sue (Mary) and Eileen, (Jim) who did a lot of work with the 'poor' children, over in the spirit realms. They both worked with Sister Maggie.

~18th January 1999~

Good evening. (Welcomes)

Before I speak with you this time, I would say this to you all: That next time, there will be someone who will answer your questions on the arrival of the new human being.

Les: Thank you that will be interesting.

I understand your doubts, but wait for what is said to you, before you question further. It will be given to you in understandable terms, in order that you understand fully, the workings of life.

Les: We shall certainly look forward to that.

This brings me to what I wish to say to you this time, my dear friends. We have spoken much on this your planet, the evolution of this planet and many others within the universe and the cosmos. What you perhaps do not know and understand is this: That each inhabited planet is overseen by those of us, who have been guided to oversee the evolution of these planets. There is I believe amongst you all, a vision of one guidance for all.

Les: Yes, I believe you would be right in that.

Of course, I must emphasise at this point, that there is only one *Creative Force*, from which we all come. But I do not think you understand that many planets are guided individually, by many principles and forces.

Les: I had suspected that that might be so, speaking personally, because I have often wondered how angels came to be considered as helpers in this world, if it were not for people—I say '*people*' reservedly—if it were not for *entities*, having been given control, just as you have told us. Various entities are given control over the flora and fauna of this planet.

If I may say, in each individual planet's control, if I may use the word, perhaps you are familiar with, there is '*hierarchy*,' from the lowest to the highest, which governs each planet. But what I wish to tell you, is that the over-ruling guidance, comes from a number of beings—from great, shall we say '*consciousness*,' higher consciousness, than you would perhaps expect.

Les: I see, so it is a chain of command, as it were?

Yes. These beings would not be known to you, in any form at all, because they guide and oversee the evolution of each planet in guidance from that higher force, from which they take command.

Les: Yes, that's very, very interesting for me and I'm sure it is to the others and it does confirm what I have long thought, to be the case.

This thinking is disputed by many, who can only see one overriding guidance. You must understand my dear friends that the evolution of different planets, are at differing stages.

Les: Yes, of course.

So guidance must come from the higher consciousness of those, who are able to help and guide.

Les: Yes, and that doesn't surprise me at all, what you say. Is everybody clear on that, the chain of command from the Creator—any queries?

Sarah: So they know what we are supposed to be doing, how the planet is supposed to evolve?

Les: They would be aware of it, they have that knowledge, I'm right, aren't I Salumet?

Yes, yes, the evolution of each planet is known, but as you also have come to know, individuals upon each planet, can affect many changes, with the power of their *Thought*. But what I would like you to fully understand, is that many of us who come to help, have chosen this pathway, in order that the greater scheme of life should evolve in each planet, in each individual form, and to cosmically follow the right pathway. The state of being that many of your earthly masters feel, comes from that consciousness, which individually controls the planet and not from that greater source of consciousness, as you may have assumed. Am I making sense to you, my dear friends?

Les: Yes, you are to me. Does everybody else fully understand that? (*Affirmed*) Let us say that responsibility is devolved, just as it is on Earth, in the human chain, everybody clear? (*Affirmed*) And to emphasise that, you've only got to go through your knowledge of history, to recognise that many people have been *aware* of underlying influences, right from the earliest time of history, but have not been able fully to describe them accurately. The description has just been given to us. Am I right in that Salumet?

I believe your words to be good and correct. I will not go too deeply this time, but I wanted you to have the understanding that there are many forms of consciousness, of which you could not be aware at this time. So I will say to you my dear friends, take these words I have given to you, think upon them deeply, and when we continue, I hope there are some questions for me that I can help you with. You have to try to begin to understand that there exist many forces, that as until now, you may not be aware of, but which I hope I can bring to you, to form a fuller picture of your life and usefulness upon this planet.

Les: Good, we look forward to hearing it.

Do you agree that you have enough to think upon this time?

Les: Well, I would love you to go on with your explanations, if you can do that and I'm sure we would all like that, wouldn't we? (*Agreed*)

I will go a little further then.

Les: Thank you very much.

When we have spoken in time past, of visitors to this planet, I have told you, that that indeed exists and I believe you now fully accept that many forms of life exist throughout the cosmos. (Yes—)

You must now accept that these '*space travellers*,' as you call them, are also governed by higher consciousness, from their own worlds. You have to now accept that they too belong—and I will use the words of my dear friend, they belong to a chain of command. So what visitors you have to this planet, have already been guided here. As we speak about these beings—and I will tell you that these beings of consciousness, have never belonged to any individual planets—I will now tell you there have been visitors to this planet for many, many hundreds and hundreds of years.

Les: Yes, that doesn't surprise me at all.

So, what you think of as a new situation is not. We have within many galaxies, beings of intelligence who far outweigh many of your so-called 'masters' upon this Earth.

Les: Yes I can well believe that!

So, you see that whatever you feel this Earth planet is meant to be doing, it is fully controlled and helped by many forms of consciousness, within many galaxies. So, do you begin to understand, how small a part you play, in the scheme of existence?

Les: Yes we do. And what you say is quite logical to me, because you have explained many times, that our soul is of many parts. To me, it is quite understandable that if we are reflections of part of the Great Creator, then the Great Creator must itself be a soul of many parts and those parts are the consciousnesses, who are responsible for the evolution of the planets and for the carrying out, of the wishes of the soul, The Creator. Does that sound too complicated?

I think perhaps, to the others, but you my friend, I know think deeply. You have my friend, attained much knowledge in other times and which is innate within you. But I feel, with the others, they must think upon each point more thoroughly, in order for their understanding to come. The Great Creative Force is not known to me in any form, but I will say this to you: (*Voice intensity increases*) **You are part of the Great Creative Force, therefore you ARE the Great Creative Force. You are that**

element, which comes from the release of consciousness, from the *Great Force*. There are many forces and many principles—many forms of consciousness, which emanate and are created into human form, into many planets, into many forms of existence—into all forms of life. You cannot describe that force, which has been created, because I do not know of any consciousness, which could give description to it. It is something that all consciousness works towards, but in so doing, it opens more horizons of *thinking*.

Les: Yes, we have come to accept that too. That the more we question, the more we learn, the more there is to learn.

(Voice becoming faint) But in learning you are being, in being, you are absorbed, in being absorbed, you become part of an aspect, in being part of an aspect, you become part of the Whole. I could continue, continue, in the many steps of all Creation, but I do not wish at this time to confuse you.

Les: No, we do understand that and we thank you for your consideration, but I think my colleagues will accept that throughout history, each individual attempt, has been made to understand, what you have been telling us tonight. Each individual existence has its own interpretation of what it is trying to understand. The Egyptians in the 'Book of the Dead' and the transfer of physical objects in their graves—the belief that one is taken across the River Styx, by an oarsman and the other day I was watching a programme on television, where a 1600 year old corpse was found in a lead coffin and to the astonishment of those who found it, it had a coin in its hand, to pay for its passage into the next world. So everybody throughout history has been trying to understand, but never has been fortunate enough, to have the explanations that you are now giving us. And for this, we are extremely grateful.

But, my dear friends, does it not show you that this Earth planet, is reaching a point in its own evolution, where knowledge is being given around your world, in order that you can evolve, in the same way that many, many others have?

Les: Yes it's true.

You are very young, in as much as knowledge goes. You know very little in the way of existence. But your time is coming, and that is why there has in your time, come the emergence of others, to show themselves to the human beings of this planet, in order that you understand that much greater knowledge is known by others, throughout your universe.

Les: Yes. Well we consider ourselves fortunate that we are having that information given to us now.

You must analyse it for yourselves. Your understanding even within this room is individualised by your own knowledge, your own development and your own acceptance of what is coming.

Les: Yes. I think I can say we all look forward to the acceptance of what is coming. I don't think any of us would have any hesitation in accepting it, since we have learned so much from you. Is there anybody here, who thinks that they are *not* able to accept what is coming to us, in the way of knowledge? Are there any restrictions in anybody's minds, to the acceptance? *(Agreed)* Everybody's quite happy about that—it is important? So everybody is quite happy that there will be no mental restrictions, placed upon an acceptance of knowledge that is going to be brought to us. If you have any doubts, I would remind you, if I may, of what I have said a number of times, in the course of the years, that I was told many years ago, when someone said, 'Why can't you give us proof?' And the answer was, if you have faith, you will receive the proof. Hasn't that been born out over the time we have been together? *(Agreed)* So I would suggest that if you keep hold of that, then your acceptance will not be difficult, however strange the truth may seem. Is that understandable to everybody? *(Affirmative replies)* Good.

I will say only this to you this time, before I leave you: I when I first came to you, begged for your patience, in what I had to bring you. We have reached a point my dear friends, when we can give you more, but what I wish to say to you all is this: That whatever your fears, your doubt may be, each one of you here has been chosen for some mission in your life. It may not be completely clear to you at this time. I know in past times, some of you have felt that your lives have been insignificant. I am here to tell you that these thoughts must be banished from your minds, in order that each one of you can go

forward to complete the tasks that you have chosen. On these words my friends, I leave you with the love that enfolds you all, at all times.

Les: Thank you very much and God bless you.

~25th January 1999~

Mark's wife had recently given birth and it had been predicted by someone that it would be a boy. In fact it was a girl and Salumet therefore begins the meeting by talking about this and the nature of prediction:

Good evening.

All: Good evening.

This time, I feel that I must give to you, some explanations, because of the confusion within your minds.

Les: About the baby?

Yes, I have decided that it best come from me, in order that this matter may be laid to rest.

Les: Yes, we'd be very happy to hear from you about it, thank you.

Firstly let me say this to you all: It also applies to the coming of the new child, but within your world, there are many communications, there are many communicators.

Les: Yes indeed.

All of you know and understand, that the soul decides for itself, when it should come into the human form. I have told you that many times a pact is made between the parents and the child, before any of you decide to inhabit the human form, have I not?

Les: You have indeed—you've made it quite clear in the past.

Each one comes to the human form, with the knowledge of what your life should bring to you. But each one of you knows, that those pathways are not always truly followed, that because of freewill, you have many choices in your lives.

Les: Yes we do understand that and of course the freewill of the parents also, would have an effect on the potential child, wouldn't it?

That is what I will come to. But firstly let me say this to you, why these many confusions occur? I would say to you my dear friends, unless information is given to you by those of us you call 'masters' —but which I would reserve my judgement on those words—those of us of ascended consciousness who give information, you may be assured it is correct, because of our wider knowledge.

Les: Yes, we did talk amongst ourselves and say that the information did not come from you.

Yes, so that is the first point to keep in mind, that is not to say that any communicator that you come into contact with, wants to confuse, wants to fool you, wants to deceive you; this I tell you now is not so. But what they do bring to you my dear friends is the situation of the 'moment' and here we come to the crux of the matter, the situation of the *moment*. You all are by now well aware that *Time* is ever-expanding, that what was the thought of one moment ago does not exist now. Until you fully understand the complexities of *Time*, you will always remain a little confused. So I say to you this, my dear friends: When communicators come to you, they bring to you *truth*, as they know and understand it, at that *time*. And as *time* is ever-changing, ever-expanding, so do situations. Do you follow me thus far?

Les: Yes we do, no queries on that, are there? (*Affirmed*)

Therefore, let me come to the child in question. At the time the communicator spoke to the gentleman, (*Mark*) there was much doubt and fear within the lady's mind.

Les: You're absolutely right.

And of course I have told you my dear friends, how powerful *Thought* can be. There you were told, a boy child was waiting and of course you know and understand that the soul has no gender as such. You fully understand this? (*Affirmed*) Are you sure?

Les: Well, it has taken us some time to accept the possibility, but now I think we all do, don't we? (*Agreed*) Though we still think of the soul as partly he or she, because WE are humans, male or female, I think it's gradually sinking into our consciousness, that the soul has no gender, as you say.

The soul has no gender, therefore, *therefore* the communication between male and female energy upon the Earth, is of much importance. But it is not of overriding importance—that belongs to the soul. Each one of you has male and female energy, you understand this? (*Affirmed*) Because of the doubt and fear within the mother and the time-lapse of the communicator and the actual conception of the soul, change was made. The soul decided that the opportunity would be best left to another time. There *WILL* be a boy child.

Les: I thought there might be. (*Chuckles*) Thank you.

Please accept my words as being true. Please do not remain confused. The opportunity was there for another soul and because of the situation and the period of time between communication and conception, the soul decided that it would take form mainly as female energy.

Les: Am I right in thinking that the soul in doing that— (*Les begins to channel*) *was aware that mother, would have greater affinity with that soul, (Yes) than she would have done, had it been a boy?*

Yes, this is where the difficulty arises, that you have to understand each of yourselves as energy without gender. There comes a time to make the blending for the right conditions of the soul. Can you understand this just a little?

Les: I can, can you Mark? Because I think the basic structure of what has been said, is that unknown perhaps to Isik, (*Mark's wife*) there was still a latent fear within her, about the delivery of a boy.

There was fear about any delivery.

Mark: Yes, I was going to say, there was no need for her to know that there was a sex at all, if there was going to be fear of it maybe, I don't know.

No, the fear and worries come from another time. This is a complicated, not as simplified as I would like it to be for you, but it is important that you understand that no mistakes, no deceptions lie here.

Mark: Right, because presumably there wouldn't have been time to actually let us know. The only thing is, it was a little embarrassing, because I told everybody at work, thinking it was true, you see.

You must realise my dear friend, that you have learned a great lesson. You should always be more careful, you should think deeply about the matters I have taught you, and then these things would not be so strange. I have said that each one of you has a pathway in life, that each one of you comes to these human forms, with a purpose, but because of your freewill many *changes* happen. Life is ever-changing and until you fully understand the complexities of *Time*, I feel it will be a little difficult for you to know, that the communicators who come through to you, *come to help*, not to confuse. But they can only give to you, the knowledge that they have attained and the vision that they have. That is why I say to you, only if one of *ascended consciousness* speaks, do you *fully accept* that this can happen, without any difficulties, because their knowledge is far greater.

Mark: Thank you, I wouldn't want to appear ungrateful, (**No**) I'm very grateful for all the wonderful knowledge that has come through.

You have known one of life's experiences now my dear friend, it may have brought you confusion and embarrassment, but may I say gently, this has been of your own making, you understand?

Mark: In that I talked about what I'd heard, yes, (**Yes**) but we are encouraged to do that.

Yes of course, on the basis of knowledge, but not of prediction. There are many in your world who will give you predictions, but can I say that most of you in this world will have been told something that does not come to fruition.

Les: Yes, you're absolutely right, so far as I'm concerned.

But it is difficult for you to understand this I know. Again I will repeat to you, unless it is given to you by one whom you call a *master*, then you must realise that any information given, which lies in what you call your future, can alter. Time is ever-changing, situations are changing, the cosmos is ever-expanding therefore nothing stands still.

Les: Because of those changes, the duties of the soul required upon this Earth at any particular time, obviously are going to alter, aren't they? And the requirements are going to alter—

How many times have each one of you said, '*I will do this sometime in the future,*' and it does not happen? (*Agreed*) If you try to simplify it for yourselves and realise the power of thought—and

remember the soul, the unborn soul, has much greater vision than you, upon this Earth. It can see the situations change, it can see the change amongst the physical bodies, the physical being, the physical thinking. Therefore, you have to give that soul—the purpose and the knowledge it brings—you have to allow it to come, knowing that it's consciousness is greater, whilst in that ungendered state. Do you understand each one of you, what I say? *(Affirmed)*

Les: And Mark, particularly remember what was said about the soul of the boy was waiting—waiting can be indefinite.

Again we return to the complexity of *Time*. I do not think he fully understands, but I know that much happiness awaits him.

Mark: Thank you.

Les: That's nice to look forward to Mark—and Isik, (Yes) that there *is* a soul waiting. But don't put a definition of *Time*, upon the waiting. And as Salumet so pertinently says, never predict; even if you have been given a prediction, doesn't mean you have to pass it on—keep it to yourself. I'd like to add a little bit that's relevant. When I used to work so frequently with Ruth, we had a lady whose daughter was pregnant. She was anxious to know what the child would be and a communicator through Ruth, said wait a minute, I'll try and find out and after a minute or two's wait, she said I'm sorry, I'm not allowed to tell you, but my own comment to you, is it wouldn't be a bad idea to buy a football. It turned out to be a boy, who was madly keen on football. But that was the communicator's *personal* comment, and that was made quite clear.

There also has to be some realisation, that many communicators are themselves being fed information from many sources. Therefore, you have to allow for all of these things. Certainly I would say, knowledge and truth given by communicators, is mainly acceptable, because it is that truth, at that moment in time, but the difficulties do come when they are telling you of forthcoming events.

Mark: Then I would say that perhaps these people should couch their offerings in terms of, '*at this time—it may change*,' (Yes) because then one wouldn't feel tempted to talk to people about it. (Yes) Or if one did, one would be covered, as it were.

Yes, again my dear friend, I know and acknowledge what you say, but in communication, you have to understand that the communicator also is working for the good of others, and does not mean to cause hurt or resentment in any way, but they are also operating through their free wills. Can you understand? (Yes) It is difficult I know, and I hope that the wider issue is understood by you all. We hear so often and you are right to say, that it makes you *feel* that what is given—and I will use your word, '*rubbish*,' but my dear friends, that is not the way to proceed. It is a lack of understanding that is the problem when we are dealing with human issues.

Les: Thank you very much for all that. Anybody any question on it, anything you're not clear on, because I know Salumet wants it put to bed finally. *(Pause)* Everybody happy about the explanation? *(Affirmative replies)* And if we are honest with ourselves, we must say that the information which is given, has been given to us in the past a number of times. How many times have I said to you, if you have half a dozen descriptions of a holiday, you'll have half a dozen different descriptions, all of which to the person giving that description, is an honest endeavour at the truth. Always keep that in mind.

You see, the communicator at that moment in time, knew that the soul was waiting for the opportunity to be born, but at that moment in time, as was said, the male energy was the overriding factor. But in the interim, those happenings changed. If conception had happened in that moment, then you would have no doubt, that that male energy would have shown itself. Can you understand? It is a complex subject; we have the soul, we have the complexities of time, we have the limited knowledge of communicators and all of these things cause much confusion in your world.

Mark: So there wasn't an over-statement of the sex of the child? My confusion is that it doesn't quite seem necessary to state the sex, if it's uncertain—

But it is not uncertain, there *is* a boy child who will show himself to you. The timing this time was not right; perhaps that simplifies it for you. No, what was given to you was not incorrect, what happened, was that situations, fear and Thought and many other factors have changed that.

Mark: And would you say that it was all meant to be as well? The thinking that it was a boy, was actually helpful in some way?

It has been a lesson for you my dear friend, in jumping to such conclusions and not thinking of what has been given to you in the past. By not analysing and realising what I have taught you, you my dear friend, jumped to conclusions. Do you understand? (Pause) No, we still have confusion, do we not?

Mark: I'm still a bit confused, yes. Maybe I could have—you can't say that it was six of one and half a dozen of the other? That the message wasn't terribly clear and that maybe I didn't think of all possible outcomes? **I understand the confusion that you felt, in having such a communication, of course we do. But what you have to understand is that when things do not work as you so desire—and this happens many times in your lifetime—you have to understand that these situations are not as clear-cut, as you would wish them to be.**

Mark: I certainly understand that now.

Yes, you could say the communicator was wrong, but I do not wish to say that.

Mark: I don't want to say they were *wrong*, but—

But you feel they should be more reserved, yes?

Mark: Possibly, it was a little ambiguous, maybe a bit too ambiguous.

This is what happens I have to tell you, and as you know, many communicators and I am sure this good friend will explain to you, can become over-enthusiastic in their communications. But it is not because of any desire to confuse or deceive.

Mark: No, that's important to know.

But what you have to understand, that there were complexities of many things and the overriding fact, remains with the soul. Energy and time are two things, which you will always find difficult, but which I hope we slowly can bring to you, in some form of understanding. I fully understand that you all were confused. But bear in mind in any communication, which I believe you say '*forecasts*' the future, is always liable to some flaw.

Les: Yes I would like to back-up what Salumet says about that, I think it's highly relevant you should all know it now. Years ago I was told we would have Direct-Voice Communication, you know what that is, don't you? (*Agreed*) It's never happened. Some years ago—and I didn't tell anybody but those in the circle—but some time ago when it hadn't happened, I asked the reason and I was told there were many factors operating to prevent it. Particularly, there were those on their side, who considered that it would not be appropriate at this time, full stop. Now, add to that the fact that Salumet has given us the invaluable knowledge that he has given us, and you I hope have absorbed it to the greatest of your ability, but you would not have had that opportunity, had direct voice been given. You follow? I was disappointed at not having direct-voice—I don't mind admitting it, but obviously my desire for it, wasn't right. But I've never for one moment regretted, that the time has been given, to your development and mine, in another way. So far as I can see, it will be more beneficial for everybody, because you will have heard repetitive voices, but you would certainly not have got the information, the *deep* information and *insight* that we have had, that we've been fortunate enough to have, because of the time available in which to have it. So I imagine now—I would never have done so, but I think the time is right for you all to absorb what I have said and accept that we are merely an insignificant part in the scheme of things. What we want, what we'd like is not necessarily what is *right*, for the overall development of the soul. Any questions? I apologise for interrupting Salumet, but I felt it was quite important.

No, my dear friend, you find words, which do not always come easily to me. You understand the language. I know what I would like to say, but I know also that the capability of you all is limited. And this is the strongest barrier between us that we find it difficult to tell you in simple terms, many, many deep matters, but it should become easier, as your own consciousness grows. You will understand situations, which at one time would have left you confused, but as I have said and I will repeat before I leave you, unless information comes from one of *ascended consciousness*, then you must realise and understand, that the whole of *life* is *changing*, moment by moment. That is the difficulty, that those of limited knowledge, those who see a little further than yourselves, but also are limited in their

knowledge, can give to you information, which to them at that moment in time, is correct—that is what you must remember. But I do understand your human feelings of confusion and I say to you my dear friends, put aside your human emotions and bring forth spirit, and in doing so you will better understand the way of spirit. I hope this time I have helped you to understand. I did feel it important that I myself bring to you the explanation, in order that you can clear it for yourself, within your own thinking. I will leave you all this time; I want you perhaps, to think upon my words once more and try to see the wider, wider scope of your thinking. I leave you all, I want you to know, that I am always with you. *(Thanks + farewells)*

Les: Just going back to direct voice, to finally put a cap on it—yes I was disappointed, I had to accept that it was not going to be and I also had to accept, that had it happened, it would as I have said, repetitively taken voices from the other side, of those very close to us, *NOT* masters, they would never come through. So, which is the more advantageous for the group as a whole, repetitive communication which is very nice and a bit of laughter and so on, personal information—

One then slipped in as Les channelled:—or the depth of spiritual development, which you have had. We know about the disappointment of this one who speaks to you, we know too now, that in his enhanced spiritual awareness since you have had the master teaching you, he is glad that what was promised, did not in fact occur. He knows that your spiritual development has far exceeded what would have been possible in the time available for instruction, had direct-voice communication been permitted. Therefore, if I may suggest to each of you, if a physical disappointment is of concern to you, please, please always look for a spiritual background to that disappointment. Is this clear? (Affirmed) Then I wish you farewell my friends. God bless you, give you enlightenment and lessen the impact of any physical disappointments, you may receive in your life upon this Earth.

George: We have received great gifts, God bless you.

Thank you, I'm glad you look upon it as a gift. It is rewarding to those who come to teach, to give of their knowledge freely, in the hope that you too, may eventually aspire, to the beauty of the enhanced consciousness, which they bring with them. God bless you all my friends. (Thanks + farewells)

~1st February 1999~

Good evening.

All: Good evening.

This time, we will not embark upon new issues, because we are lacking in some numbers this time.

Les: Yes, we are two short.

Therefore I believe it would be of benefit if we discuss your questions this time.

Les: Certainly. Right, who would like to start please?

Sallie: I'm not sure how to phrase this in the right way. We are not here to judge people, because we don't know what we've done before—I'll try and get to the point here. I'm talking about sexual perversions and I don't understand really why people do things like that. I'm just trying not to judge I suppose—I'm having problems with it.

Yes, when you find it difficult to withhold judgements, you are expressing that most physical trait, which holds you back from spiritual expression. I have spoken before about this and many subjects, which you upon this planet find most difficult. If you will look back over my words, you will find that the explanation lies within the spiritual realms of your being. What is being sought is light, in those who retain darkness. We have discussed this matter before and rather than have lengthy discussions this time, may I suggest that you listen to my words, of past time? *(See transcript 29/01/96)*

Les: I can go through that with you afterwards Sallie.

Sallie: Thank you.

Les: The question arose when we queried why we had the paedophiles to contend with. Salumet explained then that it was their spiritual self seeking the light, which surrounded those children. He emphasised that

the physical free will overcame the spiritual requirement and he also emphasised, the need for the spiritual to look after the physical and the physical to look after the spiritual, do you remember?

Sallie: So in some way that individual's spiritual side is not being listened to at that point in time. The physical side is actually being the stronger element?

Yes, they are allowing the physical element to take over. But always you must look upon these matters, from the spiritual aspect.

Sallie: The difference with my question was—I won't drag this out, but I wasn't thinking of people who go and rape little children, I can understand from what we discussed, about them being attracted to the light. I'm talking about individuals, who have sexual perversions with adults, which can be painful, or sickening—

Yes I understand what you say my dear friend. It comes down to one issue, that of physical self-gratification, without any thought or feeling for another human being. They will take what they feel to be their right, but spiritually they are wrong. Do you understand?

Sallie: Yes, so although I mustn't judge, because I don't know what I've done or whatever, I am right in feeling—not in judging, but the actual feeling of—or am I right in feeling that it's wrong, there is no right and wrong, is there? I've answered my own question now I think—

Les: There is right and wrong, there must be, otherwise one would not negate the other. But if I might suggest Sallie, you are still looking at things, too much on a physical plane, **(Yes)** rather than spiritual.

This will always be a difficulty with you all, that still you do not *question* actions or thought, on spiritual levels. Whenever you doubt or question yourselves, place yourself into your own spiritual thinking, and then your answers should become more clear. Do you understand? But I feel the lady needs to be reminded of my past words.

Sallie: Yes thank you, I'll listen to them again.

Les: If I can remind you of something else Salumet said not too long ago Sallie, he asked us to give thoughts to those who are distressed here, and in their world, before we go to our rest. Now, I have remembered this a number of times, because recently we had that earthquake, which was ghastly in a physical sense, and I felt almost in tears about the poor children etc. etc. I had to prevent myself feeling that and tell myself that my responsibility is to send my thoughts to them, that they may be helped in whatever way is best for them, by those who are there to do so, not to distress myself physically, because I can do nothing but that.

And may I add to those wise words, also that in expressing *physical* distress, not only are you sending those thoughts into the ether, but they are being picked up by those already in distress. So can you see the problems that are created by these physical feelings?

Sallie: Yes.

Do not feel my dear friends, that as you sometimes say in your world, that you show hardness—that is not true, you are showing your true spirits, but denying the physical hold upon yourselves. Can you understand this? (Affirmed)

Les: Not clear are you Sallie?

No she is not.

Les: May I suggest another one. What I do at night, is knowing that I physically am quite incapable of helping those people, as I am incapable of helping those recently lost in the mud-slides, floods and whatever—any natural disaster. I ask rather that those whose task it is to help those who are suffering, may receive the power and inspiration to do what is necessary, for the ones they are serving physically. Do you follow?

Sallie: I do yes.

Les: I don't think any of us can do more than that. We are forgetting I think, and I'm guilty of it sometimes also, that the power of thought is not only a power for good, it is an ever-lasting ongoing power. And as Salumet said, thoughts go into the ether, and as he's said in the past also, there are those, whose duty it is—

The rest is channelled by Les: to direct those thoughts, where they are most beneficial, for those who are in need of that help. Is this clear to you now? (Affirmed) You do not accept always, that thought is an

ever-lasting, living power. You treat it like a page of words, to be examined and ingested, a little at a time, and the book then closed. Do you understand this? (Affirmed) Thought is not one volume, thought is the complete and utter knowledge of the universe.

Sallie: If my thoughts haven't been very kind about a particular person in that situation and I feel I've sent these thoughts out in a negative way, is there any way I can undo those thoughts, or should I just try harder to be more positive?

You have answered dear lady, you must be more positive in your thinking, in the spiritual sense, rather than the physical. Thought is ever-lasting, all-creating, all-pervading, and what you do not realise, all-knowing. You do not necessarily have to issue the correct words physically, for your thoughts to be understood, if your thoughts are directed in the right way, to those who may need the benefit of them. Do you understand that?

Sallie: Yes I was just wondering if there was any way, I mean by actually concentrating very hard to try and make your thoughts better, because you've sent out some thoughts, which aren't very kind. What I want to do is negate the nasty thought that I've sent out, (*Chuckle*) but I don't suppose I can do that that easily, can I?

You do not need to send nasty thoughts—that is the basic thing you must understand, there should be no nasty thoughts. Have you not been told in the past by our friend here that if you cannot alter a condition, do not attempt to force an alteration, STEP BACK.

Sallie: Yes I think I've messed up a little bit. I was just trying to see if there was any way that I could undo it. But maybe it's just a lesson.

If it is not done in the first place, then there is no need to undo it, is there?

Sallie: Yes, I agree yes—

So I suggest dear lady that you attempt always to NOT put a nasty thought from you, or to judge. As you become accustomed to doing so, it will become much easier for you. Is there any further question you wish to ask on this matter, before I depart?

Sallie: No, I've got to think about it I think, thank you.

God bless you my dear, God bless you.

Sallie: Thank you.

Now, with apologies to the master, I will withdraw.

Les: Right any more questions for Salumet? Somebody must have one, I can't always monopolise the evenings.

George: Perhaps I could ask a question about the Earth entities, which was a recent teaching. Since then, I have reread the account of St. John's vision of the future, on the island of Patmos, in the book Revelation. I think he describes some of the Earth entities in that account. He talks of 24 elders, and 4 beasts and a number of angels. Would these be the same Earth entities that was part of your teaching?

*I understand your words my dear friend. Have I not told you that on this earthly planet, there have been many masters of vision? I believe we discussed at great length, the subject of those who have what you term, fore-vision. And I will say to you only this: That in accordance with their visions of the time, they were open to much misinterpretations. They could only at their own time in existence, express their visions, in the terms of that particular time. What is at fault in this day and age of your planet, is that mankind sees himself, as the all-knowing, when in fact in many instances, he sees only what he wishes. But I will say this to you, it is of great matter to you I know, but I am puzzled why it should be so. Yes, that vision *had* its parallel, with what you see today and what has been said. But remember always my dear friends, that much has been said in your world about those masters of vision, which has been fabricated, it has been used for their own ends. Do you see?*

George: Yes, thank you.

Les: And it still happens George—listen to some of the church sermons, if they are not fabrications, what are?

But also much truth is given, but the problem I believe is in sorting out what is truth and what is fabrication; that is the difficulty in your world. But I hope my answer has been helpful to you.

George: Yes, thank you.

Les: Don't forget that the effort in those days, was to give descriptions, not necessarily of what he saw, or was aware of spiritually, but to give a description, which his illiterate followers could understand. (Yes) So forget it, it's gone past, dead; it doesn't matter what he thought or said. You will never get to the essence of his spiritual knowledge, or desire to educate spiritually. How could he do it other than be parallels and parables?

Yes, may I say a few words to you all my dear friends? (Yes please.) What I would wish to say to you this time, much has been written of your future, much has been said of visions my master upon your Earth. I will say this to you, and I hope my words sink deep within your soul: What you should be thinking about my friends, is *this* moment in *time* — *THIS* moment in time. Why are you so interested in what is to come? Are you not wasting those precious moments, when you could be living *now*, not in past times, not in time to come, but in the *here* and *now*? That is where your best efforts should be concentrated. After all, your future as you call it is the result of today. Do you all understand this? (Affirmed)

Les: George, may I go back on what you asked, I think it applies to us all at different times, or has done: What use is it for your spiritual development, is the constant questioning of the past?

George: Well it's just that I've always had an interest in the teachings of the masters and the visionaries of the past and it's been an interest and I've felt that there has been a reinforcement of the truth of the present, in some of those old teachings.

Les: Yes, but you have progressed beyond that or should have done, by attending this group. So why keep treading on the heels, when you could be leading what they did? Is that a sensible statement?

George: Yes that is a sensible statement. I have been writing a book, which attempts to link the past, the present and the future and hence my interest in past statements, and being able to present a case involving knowledge from various times.

Les: Yes but you're still going back into the past. Why not let the future itself emphasise the past? It would be automatic. I can see your point and I don't wish to sound as though I'm criticising, I'm merely trying to understand why you spend so much time in the past, when you could well be concentrating more perhaps, on your possibility of automatic writing, which is more important.

George: Well I still assign time to that.

Les: But your mind is still full of the past, so those who are trying to use you George, are being blocked. Had that occurred to you?

George: Well no I don't think I accept that. I don't live in the past, I only have passing interests—

Les: How do you know it's not affecting your mind? You say you don't live in the past, all right I accept that, you live a daily life, but you obviously are spending a lot of time dwelling on the past mentally, when you could perhaps be giving more time in the silence, or to be asking for help in being used.

George: Well I do devote daily time to that.

May I speak please? (Yes please.) This is a hic-up of an educated gentleman, who seeks correlation between all times. There is nothing wrong with this, but what he does not fully realise, is that he needs no affirmation, of what has been given. What you must do my dear friend, is allow your own spiritual self to come forth, and then all information, past, present or deemed for the future, will take shape in your spiritual thoughts, in order that there is no *necessity* for the constant seeking. You must allow that inner knowledge, because each one of you has this knowledge within, if you will but allow it to come forward. Each one of you if I may say, knows within what has gone, what your present time should be and what you should be seeking for in your future. You seek only the future, in order that you may grow, that you may grow *spiritually*. Again I have to say to you my dear friends, there is too much separation, between what we call spirit and the physical being. Your physical selves should become but a mirror, a part of that spirit, which should shine forth, as you grow in understanding. But in each of you, there lies the difficulty in understanding what I say to you. You must allow all physical interest, to be placed where they belong, and I know you will say to me that you are living physical lives. Yes of course, but *WHY* are you living these physical lives? Because your spirit has returned you to this planet, in order that the spirit may grow, that the consciousness may expand, and in this lifetime my dear friends, in order that each

one of you, may in your own way, spread the truth, the ultimate Truth. *That* is the purpose of your lives and until you can place your physical beings where they belong, you will always have these difficulties. I am trying to help each one of you. I can only do so much, because again I have to say to you, that your freewill obstructs much that you can gain. Although we have taken great strides since we came together, there is so much still you do not grasp or understand. You *HAVE* to find yourselves, you *HAVE* to go within, you *HAVE* to know what is important in this lifetime. And I say to you, let us begin with dwelling on this moment *Here and Now*.

Les: If I might carry on Salumet for a moment, (**Yes**) perhaps my own experience might help my friends. I don't talk a lot about what I do or think, but I went through these problems many years ago and I had to decide of course, as Salumet said, what is the difference, and how to separate the physical from the spiritual. It can't be done in a physical sense, so we come back to thought. Years ago, when I used to get all hot and bothered about things, and get the typewriter out and do a nasty letter to somebody about something I objected to on TV. Then I began to ask myself, will it make a difference? I came to the conclusion that my pitiful letter, amongst the many thousands I get, possibly taking an entirely different view was pointless. So I came back to the question of Thought. I am trying to usurp the powers of other people, who can direct those thoughts. Let me do so and so, when I pray, when I ask for help in this direction or that direction for somebody, that my thoughts be issued, that they should be helped by those who have the power, the knowledge and the ability to influence the thoughts of others, not by physical pen and paper, but by mental persuasion in some way or other, which is beyond my understanding, but which I accept can be done, if it is asked for in the right way and for the right purpose. Is that clear to everybody? (*Affirmed*) And I would suggest that if you also instead of getting hot under the collar as you must do sometimes being physical beings; disregard that feeling and think well, what's the point, if it's not affecting the person, whoever it is those thoughts are directed against from me, it's only affecting me; it's negative thinking and that is denying my spiritual growth. So accept the fact that there are those with much more knowledge, much more ability and much more wish to do, what I wish to be done—so leave it to them. You don't put a car in a garage for an overhaul and then stand there telling the mechanic what to do, do you?—Unless you're a BF—leave it to the man who knows, leave the application of the right thoughts, to those who surround us and who have the ability to take our thoughts, into the right direction, for the right purpose. Any comments on that or can you accept what I am trying to say? (*Affirmed*) So disregard the physical and one's own physical desire to kick someone in the pants, it doesn't serve any purpose. Pass the responsibility, which you are entitled to do, to those who have far greater knowledge, far greater ability, to perform, what you wish to be performed. Follow? (*Affirmed*)

George: Yes, reinforce *their* ability, with your good thoughts.

Les: Absolutely, you shouldn't have bad thoughts anyway, as was said to Sallie, if you don't have bad thoughts, they haven't got to be undone. So try and make sure—and it's not easy I know, but try and make sure that the thoughts are not bad. Right, any further questions for Salumet?

I think this time my dear friends, there are enough thoughts being studied. So I would say to you all, that I hope my words once again, bring to you time to think, time to come to know yourselves a little more. After all, it is only in so doing that you will realise that each one of you, each one of you at your own stage of development, also have your own thoughts, your own problems to think upon. But if you allow yourselves to come forward as I have told you, then none of your problems would exist. I would say kindly to you my dear friends, that at times you truly make your own lives most difficult, by your thinking. So I will leave you once more, to ponder on what we have spoken about this time and know and understand, that as we continue, many things will become more clear, but only when you allow that spiritual self to shine forth. You are beacons my dear friends, it is time now for you to *shine* and allow others to see; not from your words, not from your actions even, but from that spiritual glow, which surrounds you all when your thoughts are in place. Know my friends I am close to you, and until such time as we come together once more, I say to you only this: Allow your thoughts to be of purest kind, hurt not another one of mankind, because they after all, no matter what their physical situation, belong

to that same energy and as such, deserve the same kindness and caring that you would wish for yourselves.

Les: Thank you for those words and for the wisdom you have given us tonight. *(Thanks expressed)* God be with you.

~8TH February 1999~

Good evening. *(Welcomes)*

This time, I will not speak many words, but will work with this one. But I wish to say to you this time, especially to you, my dear friend: There have been many around you, since last we met.

Les: Yes, I have been quite aware of them on a number of occasions, and I appreciate them being here.

Not only do they come close to you, but you have come to us many times.

Les: Good, that's very nice to know, because I have been hoping that that has been happening

You know and understand that this is so.

Les: Yes, I have been following what you asked some time ago. It is as I say, very pleasing to know that it is happening.

I will leave it with you this time. What I wish you all to know is next time we come together I will bring to you someone who will discuss more fully with you about colours and light. (Good.) This I promised to you some time ago, (Yes you did.) and we do feel that now the time is right. So be prepared next time, for someone of knowledge about, light, colour and vibrations.

Les: Good, because we know that that does have a very important impact on living here. None of us fully understand the benefits which we can get from it. I have been personally trying to absorb the gold and white during the silence that I've been having and I feel that it has been very, very beneficial to me.

Yes, well I know that your understanding will be greater when the explanation comes to you.

Les: Good, we'll look forward to that.

It was necessary that your understanding was more fully developed before we could bring this to you.

Les: Yes, we can accept that, because much as we wish to learn and much as we have learned, at times, they are still only words, **(Yes)** which do not have the spiritual impact, from which we could benefit.

That is why there have been many repetitions of the same advice, because in the repetition, there comes knowledge or understanding.

Les: Yes, you're quite right.

But now I will say this to you, there is someone to speak with you through this other lady. I ask only that whilst I remain working with this instrument that there be no sudden outbursts of noise, please.

Les: Quite, yes we'll keep it all at one level.

Know always I am with you.

Les: Yes, thank you. *(Les becomes emotional/tearful at this point)* And I would like to thank those you are with my son, **(Yes)** and his wife; I know they come in with them—they are on holiday locally at the moment, and I can't explain the feeling of the group which comes with them.

Yes, I know there is no need for explanations. Accept what is—accept what is.

Les: Oh yes, I shall—I do. It's a wonderful experience being aware of them coming in with my children.

This is your spiritual awareness reaching new heights. With it, with the spiritual awareness comes the human frailty of emotion—but accept what comes to you.

Les: I do and I am extremely grateful for it.

We know and that is why your consciousness has raised so much in the past few of your years. Know and accept what comes and what is to come.

Les: Yes, I accept it very, very gratefully.

It is hard for you humans to know and understand that spiritual light which is around and about you at all times. In the darkest of your moments, there is light. In the joyous moments, there is light, and I hope, next time, to bring to you a little more of the understanding, which will help you to understand the words you have uttered to me now.

Les: Yes, thank you very much indeed. God Bless you.

There then followed on through Sue, giving information about tapestries in the spirit realm:

Good evening (Welcomes)

It is a great honour that I come and sit with you. I hope you will be happy with what I say to you.

Les: I'm sure we shall be.

Please forgive me if I am a little hesitant to begin with, because it has been some considerable time since I have worked in this way.

Les: Is that so? We are very happy that you should have decided to do it for our benefit again.

I think we are becoming compatible this time now, the lady and myself. Yes, I feel that we are bonded—this one and myself. Have you ever been told about the life tapestry? Has anyone ever been here and told you about the workings of myself and my ladies?

Les: No I don't recall it. We have had people in the past telling us that they were making tapestries, but they were doing so as a communal effort, in order for them to be displayed elsewhere. But we have never had any in depth teaching on what you do.

I have not come to teach this time, but if you and your friends are interested I can tell you a little of what we do, but it is not teaching in the manner which you know. Let me begin by saying that since Creation there has been what you would call a scroll depicting everything that happens in all the different spheres of life. You understand what I say to you.

Les: Yes, are you speaking about just this planet at the moment?

For myself, yes, but I am sure you are aware that whatever myself and my ladies do, is mirrored in different parts of the cosmos.

Les: I'm sure it would be.

Since Creation, every aspect of Creation if you will—let me say that it is not quite the right word but it will suffice. Every aspect of Creation has been noted and there has been someone to write down everything—I believe you are aware of that—you know of the books of knowledge, you have heard of this before?

Les: Yes we have.

There is also the life in picture form, can you understand this?

Les: Yes—one picture can be much more evidential than many hundreds of words.

You are quite correct in that. I can only say to you that there are many, many people involved in the tapestry life. It is their chosen work, you understand? (Yes) Some people will work on it for many, many of your years, others for a short period of time, as a learning process. They may work on part of life that they have been unaware of up until now, do you follow? (Yes—) Therefore they are learning about times past that they have had no knowledge of.

Les: Yes, I understand.

Some work in groups, others alone—it is difficult to explain to you, because your knowledge is not quite sufficient to understand how they put the life onto what you would call a canvass.

Les: Yes, am I right in thinking that although you call it 'writing,' it is not physical writing as we understand it. They are transposing words from thoughts of themselves and thoughts they are receiving and those are being transposed unto the tapestry, without the need for physical writing.

You are partly correct, but I must say to you that the word 'writing' is not correct. The writing is done in the mighty tomes of knowledge—the tapestry is as you would know a tapestry on this Earth, it is picture form, not words.

Les: Yes quite, but it is formed by thought.

Indeed, yes I am sorry, it is formed by thought, you are quite correct.

Les: And your various ladies have responsibility for the correct thoughts being positioned onto the tapestry.

That is so. We can go back to the start of civilisation as you know it and it is all there for anyone to see. And it changes—I cannot explain fully, but imagine we are working on a period where there have been great wars, you understand?

Les: Yes, we understand.

The start of the tapestry for this time may be done in darker shades of colour—by that I do not mean ‘dark’ colours you must understand, I am talking about a darker shade of a bright colour. But as the person who is working on that particular ‘scene’—I use the word to make things easier for you—as their knowledge of that time becomes greater and their awareness and their understanding—then the colours that they are working on brighten and lift, as does the knowledge of the person working on that piece. It is a continual round of understanding and knowledge which brings happiness. We have people who work on the tapestry who come from a darker plane, you understand—they have come into the light and they work on the tapestry; possibly they are working on a time that they were physically involved in on this Earth. And we all know that if it was a dark and terrible time or they were doing dark deeds, then they have to go through a process of reconciliation—you know of this I am sure.

Les: Yes we do.

They would start to work upon this tapestry and the colours would be darker.

Les: Because the whole period was darker and all the thoughts were darker.

Although of course after having come into the light, their thoughts would be lighter and less traumatic, but still they would work in darker colours. And then as their understanding and their understanding of forgiveness goes into the mind, then they see as they are working, the brighter colours shining forth, and like an aura surrounding them. Can you begin to imagine a little of what I’m saying?

Les: Yes I think we can all imagine a little of what the work is, that is being done. Now we come to a question. What happens to the tapestries when they are completed? There is never completion I know, but each portion of the tapestry is devoted to a certain aspect of living here. So what happens to the finished article?

It is never finished as you mean—finished and perhaps hung for those people to look at. Past and present and future I know you know are like—intermingled. Therefore there is always a changing pattern. But I understand your meaning when you say finished. It is taken into the halls of higher knowledge and people, who wish to continue with their spiritual education, go there and watch as the tapestry changes before their eyes.

Les: I see. And who is responsible for those changes occurring, your ladies?

My ladies are also those who go to look. As greater knowledge comes to them, they see the changes occurring. Some people may go to the tapestries to a certain time that they wish to have more knowledge of and nothing alters. Nothing changes, they can be withered, they can sit and meditate and look at the beautiful workings and the picture stays the same. They can move on to another time and as they arrive and look at this tapestry, there will be an alteration, because they have understood what they were looking at. It is a complex and complicated thing to try to tell you, but believe me when I say it is a most wonderful form of education.

Les: I’m sure it must be. And are the tapestries available for anybody who wishes to see them?

Nothing is hidden to anyone who wishes to see; and by that I do not mean ‘look,’ I mean wishes to ‘see.’ There is a difference, do you understand?

Les: Yes, quite! Yes I do.

Looking and seeing are two very different aspects.

Les: Yes, looking is merely a superficial acknowledgement of what is there.

You can look at a painting in a gallery and you can appreciate it. But you can see a painting in a gallery and you can see and you can feel the presence and the soul of the artist, would you not agree with me?

Les: Yes you are quite right, I would agree completely. Right, I’m going to ask my colleagues if any of them would like to ask a question on this? (Pause) No?

I cannot believe that I have been so succinct that everyone understands what I have said. (Chuckles)

Goodness me I am quite proud of myself. I apologise for the humour, but I cannot expect you to understand fully the workings of the tapestry makers. It is something that cannot be fully explained in physical terms.

Les: No, we do understand that.

I will perhaps confuse you a little further, by saying that those that 'see' the tapestry can 'enter' the tapestry. Can you understand a little of what I am saying here?

Les: Yes it is a process of their wishful thinking, to become incorporated into the thoughts which have already been incorporated into the tapestry.

Indeed, they can become part of that particular time, especially if they wish to understand something that escaped their knowledge at a previous time. They can learn from it by seeing what has always been there. We all know that we miss things, do we not? There is a saying I believe on your plane: 'It is as plain as the nose on your face,' am I not right?

Les: Yes, you're quite right.

But it is not always easy to see what is in front of you.

Les: No, because we are trying to see with a physical brain, whereas those who are fortunately enough to be there to see the tapestry are approaching it with a spiritual mind.

Yes they are, but of course there are some that still have a small part of the physical mind and until they can see, see what is in front of them, they cannot lose that last vestige of the physical life, you understand?

Les: Yes, we understand that.

I am sure you—I know you have worked in 'rescue' and you have spent many, many hundreds of hours explaining this to poor souls, have you not?

Les: Yes we have indeed.

So you will understand, if there is a tiny part of the physical mind that needs to be gently pushed away.

Les: Yes, that leads me to another question I was going to ask. If they go into a time in the tapestry, which was very traumatic for them—say a great war—would they not feel those conditions again, by being involved in the tapestry?

If it was their desire to feel it, if it was necessary for them as a learning process—but it is not traumatic for them in that respect, it is—how would you call it? There is a word, 'déjà vu,' yes? It is opposite to déjà vu.

Les: They would be sheltered from the trauma whilst they were learning?

Indeed. My ladies are there to shelter and protect. I have many, many ladies from many orders, who spend all of their time in this work. I cannot tell you what rewarding feelings we have when we do this. And let me say the tapestry is always moving and changing for those that can see it. It is something that I hope in time you will be able to appreciate yourselves. I will be honoured to welcome you all and explain fully the workings of the life tapestry. But jokingly I say to you, I don't wish to see any of you for some time.

Les: No, we understand. *(Chuckles)*

I am too busy you see, far too busy. You will have to wait until it is your turn.

Les: Yes, and I think I would be right in saying— you say the tapestry is moving all the time—well of course it is a thought of Creation, isn't it?

Exactly.

Les: Or a creation of thought, I should have said. It is not the formation of a tapestry by needle and thread, as we understand it.

My goodness, wouldn't it take a long time—

Les: I wanted to make that clear for my colleagues.

I know, sorry I should have explained that at the beginning. You're not using needle and thread, it is—

Les:—the creation of the combined thought of all your ladies—

—coming through unto—I use the word 'canvass,' but you understand it is not as you would say a canvass.

Les: But it must be focussed for our benefit, otherwise we would not be able to observe what is there. *(Of course.)* So the canvass is merely a focal point for the thoughts that have created the pattern, which constitutes the learning that we have to accept.

Indeed. I will say to you the one factor on each part of the tapestry is LOVE. In dark times there is always LOVE and when you see the tapestry, Love is the first thing that comes towards you, you understand?

Les: Yes, it is not a tangible thing, but those who are examining the work, feel an involvement with the Love that has permeated the work which they are examining.

Indeed. The tapestry here is also here, can you understand that? Behind and to the side and up above—

Les: Yes, we don't actually look at it, we enter it, enter the radiations of it.

Indeed, and that is how the knowledge comes to those that wish it. They Live that part of the tapestry—they live it, they breathe it for as long as they wish it. And then when they have absorbed everything that they wish then the tapestry subsides. And then if they so wish, in time they can go on to the next part and the next and the next.

Les: It is something we shall look forward to.

It is quite amazing, even though I do say so myself on behalf of my ladies. I say one last thing to you: If in your quite times you project your thoughts towards myself and my ladies, I will endeavour to into your minds a picture of what you may see in time to come.

Les: Good, that would be very interesting for all of us.

I give you a name if you would like, so that you may call upon me in your quite times.

Les: Yes please do that.

My name is Sister Beatrice Mary, but please do not hesitate if you wish to call me, call me Sister B. I find Sister Beatrice Mary a little bit of a mouthful.

Les: Right, we'll call you Sister B.

That will be most pleasant and just call upon all of my ladies and they will hear you, just call for Sister B's ladies and they will hear you.

Les: We shall certainly practice that in the silence, won't we? (Agreed) Thank you very, very much for your description and explanation.

I am most proud to have been able to come to you this time. I hope that one day I may return and perhaps explain a little more about our wonderful tapestry.

Les: Yes, we would be very pleased —

We work in conjunction with the 'Book Writers,' you understand. (Yes) No one has a separate job, everything as I'm sure you are aware, is intermingled and is all part of Creation.

Les: Yes, it's all interwoven. Just for the benefit of those whose ability to understand one particular thing, can be catered for. I think I would be correct in saying that some who wish for knowledge, would prefer to have it from a book as such in their thinking, while others can penetrate the tapestry as you have said. And yet others go to other halls, where they are much happier with the spoken word.

Of course, it would be strange if all our spirits were the same, would it not?

Les: it would be very awkward and very boring I should think.

And wouldn't there be some long queues?

Les: There would indeed.

You are quite right, not everyone would benefit from the tapestry, any more than they would benefit from pouring over the books. It is as you say, each to their own particular ideal.

Les: Quite—and to the development of their spiritual awareness.

Of course. Not everyone wishes to develop at the same pace. We all know that some can go quickly through, others return time and time again—others stay in the same place absorbing knowledge for eons of time. Everyone works to their own abilities and desires. It is the same in all spheres of life and spirit and cosmos.

Les: Of course, it must be.

I leave you know. I hope I have given food for thought.

Les: You certainly have.

And I say once more, how proud I am to have come here this time.

Les: That's very kind of you Sister B. We feel very privileged to have had you with us. Isn't that right my friends? (Affirmed + thanks)

I send you all much love and I will endeavour to show you all a little as soon as you ask me to. I bid you farewell for this time. (Farewells + thanks)

There then followed one through Eileen requesting us to sit in complete darkness and focus on the centre of the room. We sat for about 10 minutes as instructed until the one through Eileen returned. We then tried to describe what we had seen with our spiritual eyes. Sitters described what they had seen in various ways, such as lights like little fireflies—sparks of gold + movement, crystal patterns, yellow circular patterns, kaleidoscopic repeating patterns, fluorescent mists, energy balls, swirling lights—
Les suggested afterwards that they were trying to show materialisation.

~15th February 1999~

No Salumet this time, but other communications occurred, the first of which came through Eileen, briefly explaining that conditions were not right this time for one who wished to speak to us about light and colour. One then followed through Sue:

Good evening.

All: Good evening.

I cannot stay long. I was not expecting to come to speak to you.

Les: We thank you for coming at short notice.

I am what you would call the understudy this time, am I not?

Les: Well I wouldn't say that. You are an alternative speaker.

This work is not particular common to me. I may be hesitant when I speak to you.

Les: Don't worry about that. What type of work do you usually do?

As little as possible! (Chuckles) No, I joke but I am not what you would call, one of the worker bees. I suppose in our own ways, we all work, do we not? But I have no specific function in the work that you are aware of. I do speak to those in my world, and I think about experiences in the physical—the small groups, who I am told need some physical awareness, do you understand my meaning?

Les: Yes, they still hang onto the physical requirements.

Indeed, that fortunately was not a problem of mine, I was only too pleased to shrug off the overcoat, in fact I think I ran to the new life, at quite a gallop. But I am sure you are aware through previous work that you have done, that there are other souls, who find it more difficult to accept the new life.

Les: Yes you are quite right, there are many.

So we have some little groups and I sit with them and we discuss past life. And I ask them what was so special about their lives, that they must keep going back and back and thinking about it, you understand?

Les: Yes I do understand—they are reluctant to let go of it, aren't they?

Most certainly some are. I do have a few failures, but not many and I'm sure you have had a few failures in the past.

Les: Yes I'm sure we have.

But it is most rewarding is it not, when one looks at you and says, 'Goodness me you are right!' (Yes—)

Of course I am right—always, always right.

Les: Yes, this is the one occasion where you're not right, isn't it, saying that you are *always* right?

Oh that is just a little deep, is it not, but I do understand your meaning (Chuckles) and yes, truth to tell, it is a failing of mine. But don't you sometimes find you could shake them?

Les: Yes I do, well I have done in the past, since then I've learned that it doesn't matter; we can only teach, whether they accept the teaching is entirely up to them. It shouldn't reflect on our ability to teach others.

I do not use the word 'teacher,' in my work, because I feel I do not teach I 'listen.' Perhaps it is a form of teaching, I don't know.

Les: But you must answer also sometimes?

Well we do have discussions and I give them the benefit of my knowledge, which in some respects is great and in others, is non-existent, but we are all like that, are we not?

Les: Of course we are, we can only pass on the extent of our knowledge, at that particular point. In addition to passing on that knowledge, or teaching as we call it here, we also have to learn, in order to undertake further teaching.

Indeed, and don't you find it is like a wheel going round. I have a success in one of my groups and then they are so overwhelmed at the light that comes in through their minds that they go and speak to someone else. And that is how it goes on.

Les: Of course it does, passing on the knowledge from one to the other.

That is why I say I do as little as possible, because I feel it can be continued without me.

Les: Yes, but still you must be there to begin it.

I have that privilege yes, and although I make a jest and say that I am perfect, of course no one is. But it brings a little lightness sometimes to a dark discussion.

Les: Yes of course it does.

We have a group at present, that I am on the fringe of, because I feel it is a little beyond my capabilities. We have people who are clinging to an old regime, an old regime of fear. They caused fear and feel that they are still in control. And of course we now have to rid them of that.

Les: Of course you do and it can be quite difficult, can't it.

We cannot have the rule of fear, it is not acceptable, it is not permissible, and it is not good.

Les: And it is not going to be permitted.

Absolutely forbidden, excuse me for using such a word, it is forbidden, but my knowledge is not sufficient for me to be able to take control of this group. I am on the edge, I am there to take someone, should they see the light and guide them onto a different path. But I cannot as yet, take control of that group.

Les: No, but you're learning all the time.

Indeed and believe you me, it is quite an eye-opener at times.

Les: I'm sure it must be.

I don't think anyone is fully aware, of how fear can rule a person's life.

Les: Well the master who teaches us here, has emphasised that point, that we are our own worst enemies, by accepting fear into our lives and our thoughts.

But when people rule by fear that has got to be stamped out.

Les: Oh yes of course. Unfortunately there is too much of it in this world today.

It is a problem, a large problem, which I will say to you, has caused much concern in our realms. But we believe and when I say 'we,' I mean a much higher deity than myself, believe that there is a light at the end of a very long tunnel.

Les: Yes and one has to keep trying to ensure that they do approach that light.

Indeed, but in my lifetime, I have seen much that has pained me, and at the time I believe there was nothing that could be done, to rectify the situation. But as we all know, Love can conquer all things.

Les: Yes, that's absolutely true.

Love, the most important emotion, in all, ALL aspects of life.

Les: Absolutely right.

I had much guilt when I came into the golden realms. I could not wait as I said, to arrive. But I had much guilt, that I did not do enough to combat fear and I believe that is why I am involved now, in this particular group. It has helped me to see, that it is not always possible for one person, ONE person, to make a difference. But ONE person's love, can start a chain, can it not? (Yes) It can start a chain of help, yes it can. So I say to all of you, never think I am not good enough, I cannot do this alone. You perhaps cannot do it alone, but you are the start, or the middle, or the end of a chain, that can and does make a difference.

Les: Yes we believe that fully. Good, well we wish you every success in your activities with your group.

I would ask please that if we require your help at your next meeting, could we please bring someone that requires a little more than we are able to give, on our side of life. (Yes of course—) I do not mean your next meeting with these wonderful people here, but you have another group I believe?

Les: That's right, and they are quite welcome to come to that group.

Thank you that's what we were hoping for.

Les: Yes, we shall be pleased to have them and deal with them.

So, if you are willing, then I may return with them, at your next meeting—

Les: Yes please do.

Have I been succinct in my speaking—I am not used to coming into these realms?

Les: Oh yes, I think everybody has understood you completely, haven't they? *(Affirmed)*

I feel a little strange and my voice is nothing like I remember it to be.

Les: No, you are using an instrument, of course.

And of course, vocal is not used to any degree in our realms. But if I have been clear and succinct, as I used to be whilst on this Earth, then I am pleased that I have been able to come.

Les: Yes you have.

I did not wish to waste valuable time in mumblings, it would not be fair to you all, who give up your time, to come to these meetings.

Les: No, it's been quite clearly understood, thank you.

I will leave now and return to my people and will tell them that you are willing for them to bring one or possibly two persons, for help if required.

Les: Yes please do that, we shall be very happy to meet them.

I look forward to returning to you, so we can continue perhaps after you have helped and I can tell you a little more, if you are interested?

Les: I'm sure our other people, would be very interested.

But please do tell me, if you are unable to understand my diction.

Les: No, we understand you very clearly.

I am pleased, I wish you good evening and thank you so much, for all you have done in all I know you do—and please forgive me for being, how can I say, a little self-centred and egotistical. It is only my way of breaking the ice.

Les: Thank you very much indeed, we do understand, goodbye to you and God bless you.

There then followed another also through Sue of a much lighter note, talking about working with children in the spirit realm, teaching them and taking them to see the wonderful nature and animals, in what she called the 'new world.' She was joined briefly by one of the children through Eileen, who gently said to her teacher that it was sometimes the children who taught the teachers. They were lovely gentle characters who helped to end the meeting on a light-hearted note.

~1st March 1999 Les, Lilian + Eileen~

Due to Les's health problems, several meetings were cancelled over the next few weeks and Les made an extremely difficult decision that his health was getting to the point where it was time for him to move nearer to his family. His son lived on the coast and it was hoped that as well as providing support, the sea air would do him good. In the weeks that followed, preparations were made in readiness for the move. In the interim, Les, Eileen and Lilian met and were surprised when Salumet came through. The recorder needed to be quickly switched on, which is why the usual greetings are missing:

Firstly, let me reassure you that the work will continue, if all those who come together are so willing. I have to tell you my dear friend that the commitment from our side continues.

Les: Good, I'm very pleased to know that.

There have been many doubts amongst you, but let me say this especially to the lady: Do not fear for yourself or anyone within your group, because I remain with you. I shall continue to help this one I use, in order that knowledge may continue—if people come and go as I said from the beginning, that there would be many who come and go. What I would like you to understand my friend—I told you before

that there was much to be learned this coming year—those plans will not change. What I wish to say is this: I said there would be many things to learn, much new philosophy, and that will be. But may I say this to you, that the changes around you at this present time are one of teaching. You may be unaware of this, but let me tell you that you have by your own decision, taught the others the strength of freewill. All were not aware of the power of change which can be created by the use of that freewill—now they understand. You my friend, I bring to you a little guidance, if I may.

Les: Yes please.

You know I do not come to tell of your futures —you know this has never been my way.

Les: I do indeed.

But because of your great dedication over many of your earthly years, I will tell you just a little.

Les: That's very kind of you.

Life's decisions are not always easy, as you fully understand. But sometimes these life changes are created for the soul's growth, although you tend I suppose, to feel that they are for physical reasons only. Let me tell you my dear friend, your own freewill has created for you the pathway which was meant to be. So let me say to you, you must dispel any doubts that you harbour, because you have been. But let me say this to you: Your work for us has not finished.

Les: Thank you very much indeed. My tiredness, my physical tiredness has caused me to have doubts I agree, **(Yes)** but I have been hoping that I shall be allowed to continue the work in the new place.

We are working for the opportunities to be presented to you.

Les: Thank you very much indeed.

All I ask of you my dear friend is that you recognised the opportunities when they come and again I cannot deny your freewill, please do take them up.

Salumet then gave a little guidance concerning Les's family, which has not been included.

— You know you are surrounded by many in our world. You were told earlier that many ladies surround you and *still* they surround you, until such time as you feel more upliftment.

Les: Yes, it has been a very traumatic time for me of course, lacking physical sleep and so on, I have got despondent I admit. **(Yes)** Though I have tried to keep in mind that my friends in your world *are* with me the whole time—but it is difficult sometimes to deal with it.

I will help you in your sleep time when I leave you this time. (Thank you.) You must try to keep upliftment—you must for the sake of your spiritual growth.

Les: Yes, now that you have spoken to me tonight, I can do that, I know.

It will start from now, you should feel upliftment move through you.

Les: Thank you, yes you have given me wonderful hope and encouragement in what you have told me this time and I am truly, truly grateful; it will enable me to face each day as it comes, secure in the knowledge that I still have work to do and that I wish to do.

Remember to give out the thoughts to those who surround you, in order that they might enable you to feel uplifted in times of doubt. Know also that knowledge such as yours cannot be wasted; in uttering just a few words can change the pathway of another's life.

Les: Well you have given me great happiness Salumet my very, very dear friend and I do thank you for it.

Yes, I wish you to know that I will always *stay* with you, until such times as you join our world.

Les: Thank you, that's very, very nice to know.

Lilian: Lovely, isn't it—

Les: It does give me encouragement and I look forward to going to my relatives, because of the love there and because it will give me a holiday from the work in some part, because I love the sea and I shall be near the sea.

Yes, and that is upliftment in itself.

Les: Yes, I was hoping that I might be able to spend some time like that and enjoying it and now I can keep that in mind that I shall be doing so and I can't tell you how grateful I am that you have broken the rule not to tell the future.

I could not allow these meetings to end without coming forward to speak to you. I have not been with you for some little time, because of the changes taking place, but I do feel it necessary my dear friend, that you know and understand that this contact, which I told you when first I came, took much time for it to happen that I come to you. (Yes —) That contact will never be broken.

Les: Thank you, I do thank you in my thoughts every night for being with me and for the help you give; I do hope you get those thoughts.

I know all of your thoughts my friends, it is the one great lesson that I have tried to teach you all. There has to be adjustments—I direct myself now to the lady and say there will be change, but there is no reason why we should not continue our long-standing friendship, in order that I continue to bring you more teaching and information.

Lilian: Thank you very much.

If you have just one iota of the command of this gentleman, then all will be well. There has to be some changes this time, because of the power, but I will say this to you, that as time continues, my control of this one becomes much easier.

Les: You will be able to use her in the future then, in other places?

I will continue to work with her, I will not say that it will always be easy, but we can make adjustments.

Les: Thank you, because I'm very, very happy to hear that, because I know she has such love for you as we all do, and she will be so happy to know that you are going to continue to work with her as your instrument.

Yes, as I have said to you my dear friends, once the contact is made, it is not so easily broken. If there is love and dedication and willingness to grow, then always from our world there will be people to help.

Les: Good, that makes us both very happy to hear that.

Your teachings my dear friend will live after you, as do all of the best teachings in your world. Know as you go about your living that the many you have given knowledge to, go forward in their own knowledge to spread what they know. You cannot but see how much you have given, over your years of dedication to us and how they in their turn, have spread the word of truth.

Les: That's very, very happy for me to know. I'm so glad that it has been so, because I regard it as a privilege to work with you and to pass on the knowledge that you have given.

May I say from all of us who come to you, not only to you my friend, but to all of our dedicated workers, how privileged we feel; it is not one-sided, without you we could not do our work. So I take this opportunity to say thank you to you, but I will not say goodbye, (No—don't.) because as I have said to you, there is work for you still. It may not be quite what you have been doing, but whilst you have words, there will be much teaching.

Les: Good, that does encourage me enormously, because I was worried about my health deteriorating to the state where I couldn't do it, but I know that it was planned that I should move to my family.

Yes, you are continuing on your life's pathway my dear friend. (Good.) Do not feel that by making this choice, because of your health—I would rather say to you, your health has helped you to make the right life choice.

Les: Yes I believe you, because I would not have chosen had my health not deteriorated.

No, this is sometimes what happens, that because of the physical condition the soul becomes rather set in its ways and finds difficulty in going forward. Do you understand what I say?

Les: Yes I do indeed—I can cope with the physical, so as I know I'm going to continue with the spiritual work.

Yes, remember that no matter what life brings to you physically, it is the spiritual growth which counts most. There is much for you my dear friend, much, much.

Les: Good, well I shall certainly sleep a lot happier tonight knowing that.

Remember I will be with you. (Good.) You may find whenever I am close to you, you may find that your dream state is much more vivid, because you now and have been told that you join us in our world much more regularly now.

Les: Yes you have told me that and that pleases me greatly.

Yes, but if you allow the physical tiredness and the moments of doubts, then it will prevent this wonderful souls growth taking place.

Les: I won't allow the physical doubts to interfere. Now that you have spoken to me, it's given me great comfort and I can look forward now to you future.

That is my hope for you my dear friends and I know the lady will inform the others that our work will continue, if not perhaps straight away, but in time, when I have made arrangements and slight changes, in order to work more easily with this one.

Les: Yes, I shall let the others know.

After all my dear friend —and we were aware of much speech amongst you. We know that it has been your doing in bringing so many together over the time that I have been allowed to come. Therefore before I leave you my dear friend, I will say once more, 'thank you' for allowing me to continue upon my pathway.

Les: Yes we appreciate your thanks, but there is so much love between us, that they are not necessary as you tell us. We are so happy to have been able to work together and now I look forward to the future again.

Because my dear friend, I can tell you that when the time comes to join us, you will be able to look over your lifetime, without too many regrets.

Les: Thank you.

You noticed I did not say 'any' regrets, but not many.

Les: Well I cannot tell you how much I appreciate what you've told me and I will try now to dispel *all* the physical doubts.

We understand—we know that you human beings are liable to these things. We understand that what we try to achieve is that at least you feel the upliftment from us at times—

Les: Yes I do feel it—thank you again and God bless you and I look forward to speaking with you again sometime somewhere.

With your permission, I will speak with you again and I will next time, give some advice to the lady.

Lilian: Thank you very much, I could do with some.

General farewells

One then followed through Eileen—an old friend Sister Veronica through with a brief message that tonight when he was in bed, he may feel warmth around his chest.

~8th March 1999~

This is the second of two meetings involving only Salumet, Les, Lilian and Eileen:

Les: Good evening to you.

I wish to say to you this time, thank you for allowing me to join you once more.

Les: It's a great pleasure to have you on these occasions.

We are making adjustments, which are necessary this time. (Thank you.) I promised to speak with the lady (Lilian) and say some words to her. All around is change, not only for the people within this room, but also coming to you. Many thoughts have been going through your mind, especially of late, I think you would say. Let me say this to you that the one who concerns you most, although this one has expressed many wishes to join our side of life. Her fear keeps her on this earthly plane. I think that you do not fully understand and I include you too, my dear friend, that when the time comes for each one of you to come to our side of life, so often we hear that when your time is here, then nothing can prevent it. (Yes) Can I say to you my friends this: As there can be adjustments in the time of the birth of each soul upon the many planets, so too can there be an area, a timing to come to us—not one single moment. You are guided as always by your thoughts and your freewill, which can keep you here longer than you need be. Do you understand?

Lilian: Yes I do.

So you see, the desire is not quite true within her—her fear holds her back. We understand that you speak a little with her, but her understanding still is vague.

Lilian: Yes, it's difficult sometimes—I want to say so much, but I realise it's pointless in some cases.

No, that is why I come to speak with you this time. Nothing is ever useless. You will be given the time when your words will be helpful, even if they are—how shall I say, unacceptable at that time. Her fear is holding her back from joining us. So I want to say to you this my dear friend: You must not take aboard yourself, of all of her fears and worries. What we need and would desire of you is that you continue to place those loving thoughts with her and give to her the knowledge you have attained over these past times. There is not one second of time that is given to your passing; remember what I have told you, that your thoughts are all-powerful; they are the most powerful thing you will ever possess.

Lilian: So if I continue to ask for help for her that will help—

Yes, it will help to dispel those innermost fears that she is feeling. It will help her transition to this life, to be made more easily.

Lilian: Thank you for those words.

But we say once more to you, you must to take aboard yourself her fears.

Lilian: I'll try.

We know it is difficult when human beings are close, but always you must remain true—always to yourself and to your own thinking.

Lilian: I think the most difficult thing is seeing the body wearing out and seeing the things she can no longer do.

Yes, this disturbing to most human beings. We see so often the desire to remain whole, but after all, again we must return to accepting what you have yourselves created and what you have taken aboard in this lifetime. Again I know these words seem harsh to you human beings, but you must always accept that you are responsible for your lives while on this planet; not only the life you have lived, but what have brought with you. Do you understand my friends?

Lilian: Yes, I do.

It is difficult we know, but if you will look at all of these things on a spiritual aspect, then you should see that there comes to you some understanding of life. I know I repeat these words so often, but it is necessary you remind you. And I do not say this unkindly, but it would seem that you human beings need to be reminded so often of what is innate within you. Do you know and understand. *(Affirmed)* You each have the knowledge within you, but sometimes it is easier for the positive self to deny what you know, because not only is it the positive self, but the negative side of yourselves, which you must acknowledge. Do you understand? *(Affirmed)* And you see, the negative part of your being is the part of you that has to be worked upon, whilst on this planet. That is why have always said to you, you must never judge another, because in judging, you are failing to acknowledge that the fault lies within yourselves.

Lilian: Yes, I can see that quite a bit.

Les: And what we forget too, is that if we concentrate too much on the negative, the negative paradoxically becomes the positive.

Of course, always you are positive and negative, that is the make-up of the human being and you have to fully acknowledge that these two aspects of the soul exist in this one living time. I know it is difficult, that is why it is so necessary for us to repeat the same words to you, over and over again.

Les: I've become very conscious of that the last 10 days or so with this move that's going on. If I've begun to have doubts and I've just pushed them aside—but no—if it's true it can work—it may not be quite, but it is going to happen. I still keep thinking positively about it.

That is what you must do and that is what the lady with respect must do with her dealings with her loved one. You are the one with the strength to survive these conditions. She is fearful and must be given your support.

Les: I would suggest that perhaps when she next says '*I wish I could go,*' you could say to her, well why do you worry so much about going? (Yes) Or why are you fearful of it, if you want to go? (Yes) Bring the subject up.

Lilian: Yes, I do actually try talking to her about what we've learned here quite a bit.

Les: Yes but you've got to overcome that little doubt as to whether you *should* talk to her. She's got to do in positively I think Salumet, hasn't she?

Yes, she must exude the positive attitude—the all-knowing that she has, because she can tell if you too have reservations. She is quite astute in her perceptions that one. (Oh Yes.) So when you speak, you must speak with a firmness of knowledge. Don't worry she will take aboard much that is being said to her.

Lilian: Anything that will ease her into spirit world when her time comes.

Her time can be now if she so desires—that is what I am trying to tell you, that her fears hold her from joining us. That is why I say to you, there is time given to the passing of each soul, as there is time given to the birth process. Do you see? (Yes) I am sure you have experienced in your time on this planet, when people have been told they have died and return. Why do you think this happens? It is the power of their will which returns them. Can you understand and accept this? (Yes—) There is a time-span of course and your lives are mapped as you know, but there is not one definite moment for all people. Do you understand?

Lilian: Yes I do understand—you've certainly given me food for thought.

That is why people with spiritual knowledge, who truly, truly understand the ways of spirit, know that when the desire to leave this planet—when that time is here, they can go by their own freewill.

Les: There was a case recently in North Delhi. He lived to be 100, died about 10 days after it and it came out that he was very desirous of having the queen's 100th birthday telegram. (Yes) Now, until that happened you see, he was hanging on.

And in the same way people can do the same, when the soul desires to be born into a human being. The time must be right and it is the desire and the knowledge of the soul, which creates this situation. I believe we have experience of it within this group recently, when we had a new soul join with one of the group and they were disappointed to know that the sex of the child was not what was given. But you see, the soul decided that the time was not right for that birth to take place. You cannot have situations so set—this is the difficulty that I feel you human beings have, that you want everything to be as you say, in *black or white*. (Agreed)

Les: Yes, I know I've been having similar thoughts myself, with this problem of health. **(Yes)** And I thought well, I can't go until I've finished this move, because of the children; it would be too much of a traumatic business for them to take over, if I die—so I must hang on—I don't say I'm going to die when I get there, but I don't expect to go over until this is all settled.

And you will not come to us my dear friend, until the rest of your work is completed. (Thank you.) So you although have given time to these thoughts, you know deep within your heart that the time is not now.

Les: That's right, you're absolutely right, I do know—I still have more to do.

Yes, therefore you have been '*encouraged*' if I may use that word my dear friend, from our side of life that you must continue, however disagreeable your physical conditions may be. (Yes) You deep within your heart know that there is more to do.

Les: Yes I'm quite happy to carry on until I know it's time to come to you. *(Pause)*

Lilian: I was just thinking, how did we cope before Salumet started coming to talk to us?

Les: We had a fair old lot to learn, didn't we? *(Chuckles)*

Lilian: Yes!

Les: I shall be eternally grateful to him.

Lilian: There are no words, are there?

I am the one who must be grateful to all of you, in allowing me your time, your listening and your understanding. But as I have said to you, there must be much repetition of words, for understanding to grow within you, (Yes—) because I know and understand that much that I have brought to you in new to your thinking, but I also know that each one of you has grown much and this brings us great joy, because the more the philosophy of life is given and accepted, then the more we can bring to you.

Les: Of course, yes.

And the more that you can give to others.

Les: It's constantly a two-way thing, isn't it?

I when I first came to you said that this time, truth would be known, that it would never be denied again and still I will stay with those words. Much within your world is growing, the spiritual aspect of life is taking hold, slowly, but it is happening and that is why for those of us who decided that the time had come to join you in this world, who were prepared to spread the word—we took much time in deciding who to join and again I say to you my dear friends, many, many thanks for that. But still there is much for you to learn.

Les: Good, there is plenty to learn, yes.

And although there will be parting of the waves for you, the contact will never be broken spiritually.

Les: That's very, very nice to know, it's merely a physical parting, not a spiritual one.

Yes, if you can keep this in mind, then there can be created a bond between you, although there is distance in your earthly lives.

Les: Yes, we must certainly keep that in mind.

Lilian: Just a speck in time.

I wish now to say to the lady that there is much help coming to her for the work ahead. You may be surprised in time to come, how much more expansive your own knowledge seems, you may even be surprised that you can find words, when indeed you thought that they were absent. I say to you my dear friend that the time has now come, for your own spiritual unfoldment.

Lilian: Thank you.

Les: Remember what was said to you recently, to have confidence in your ability that you can do it. (Yes)

There will continue to be much coming of myself and from others in my world.

Les: That's very nice to hear!

It will not stop, it must continue even if there have to be changes made.

Les: I'm very, very happy to hear that Salumet.

You my dear friend, will be kept informed of what is happening, when you depart from this house of Love.

Les: Good, I'll look forward to hearing that.

It is important that our work continues, that knowledge continues to be gathered, and when I told you earlier that this coming year *will* be filled with more philosophy of live, I again repeat to you that this must be so.

Les: Good, it's very, very encouraging for the future for us. I certainly look forward to speaking to you again, sometime some place.

I am never far from you, my dear friend. (No) Remember, keep the positive thoughts in control, (Yes) acknowledge those negative points, because they also are part of you. Never feel ashamed to have those thoughts or feelings, because in acknowledging them you also dispel them. Do you understand?

Les: Yes.

Do you my dear friend?

Lilian: Yes.

Always there is light and there is darkness, but one does not exist on this earth plane without the other.

Les: Of course not.

That is why you are human beings. But your task is not to deny the negativity within you, but to acknowledge —

Les: And to overcome —

And to overcome and therefore to dispel it, you understand. I say to you then my dear friends that is all I wish to say this time. *(Thanks expressed)*

May you both remain with light, with love and with hope. Know always that you are never alone, you are surrounded by many, who desire to bring to you both, the love and the lightness of spirit, that you both need at this time.

Les: Yes I do try to keep that constantly in mind.

Lilian: Yes—quite difficult times—

But, never be ashamed of those negative events—they are part of you to work upon and to change and to grow with each passing day. I leave you now my friends, with those words. (*Thanks + farewells*)

~22nd March 1999~

Again, just Lilian, Les and Eileen met. No Salumet this time, but 2 other communications spoke through Eileen:

Are you happy with winding machine? (Referring to Leslie's old reel-to-reel recorder)

Les: Yes thank you, it is working properly now.

I will try to speak quietly. I did not expect to be joining with you this time. I was warned that this voice might be troublesome this time, but I come to you my dear one to say 'how are you'?

Les: Oh, not too bad. I don't feel too well—I get a lot of trouble of course with breathing and sleeping, but I look forward to going to my family and in that part of the country I may begin to find the benefit of different air and the sea atmosphere.

Yes, it is something that many of you lack, is good air. This was never a problem in my time. I have come to you both this time to say are there questions you need to have answered.

Les: No, I don't have, but the lady (*Lilian*) but I'm sure the work is going to continue—in other places, in different ways perhaps, but I think the lady would like reassurance that that is going to happen.

I am told that this reassurance has already been given to you.

Les: Yes it has but I think the lady would like it implemented.

Ah ha, I see.

Les: We don't doubt what has been told us, but being human there are always doubts as to whether it will.

It will continue. Much good work must continue. All learning cannot be denied. You may dismiss it, you may place it to one side, but it cannot be forgotten. It is up to you and your choices whether you continue or whether you leave it be.

Les: That's where our free will comes in, isn't it?

Yes, I do not wish to tell you what you already know but for the sake of the lady I am happy to say that once again you can be at peace and know that all learning will continue.

Les: Good, very nice, because I know that everyone in the two groups is very anxious to continue the work in the best possible way. I've had some lovely letters and comments from them all as to how it has changed their lives what they have learned here and they wish to continue to learn more.

Learning is a never-ending process and to think it is, leaves you well mistaken in your thinking.

Les: I agree—learning is a constant on-going thing, isn't it?

We in our world continue to learn—each moment shows us new teachings. No one should assume that they know too much.

Les: We were told a long time ago that if we ever thought that you would stop coming to us!

If you were to so believe that your knowledge was such that you needed no more, then why should we come? We would leave you to your own ego.

Les: And our own ignorance.

Yes.

Les: Yes, I agree. No we shall never fall into that trap.

I know this—I know.

Les: In all the years that I have been learning, what it has taught me more than anything else is that there is so much more to learn.

Yes, I can assure you because I too am still learning and I have never fallen into the trap of believing that I know too much.

Les: No, it is such a fascinating subject, and it has been going on since Creation, so of course there is so much to learn and we have lovely teachers who come to us and we greatly appreciate what we have been told in the course of our years here.

Yes. It can only get greater the knowledge that you will be given. Many desire to come to help each one who has been given the opportunity by such as yourselves, who have created many groups around your world.

Les: Yes, there are many people like us who wish to teach others and I am hoping—and this is not a question for you to answer, this is merely a statement, that when I do get into my new house, I shall still in some way be able to be of service.

Yes, I am told once more, yes you have been given this answer.

Les: Yes. As I say, I did not want you to think that this was a leading question but I am pleased to know that I shall be able to continue in some way.

(Eileen coughed) Excuse this voice. It is troublesome, is it not?

Les: Would some water help the instrument?

No, no, we will deal with it, thank you.

Les: Thank you. Yes, it's nice to know that I shall be of use again.

Again? Why do make that statement, 'again'?

Les: I'll continue to be of use—my apologies, wrong statement.

Yes, that is better, yes—you have never ceased.

Les: Just a temporary break and then I can continue.

Break? You have no break—you continue to work on our side.

Les: Good! Yes, that's very pleasing to know also that I am with you at night.

You will be aware when you join us friend, of how much each one of you contribute to your spiritual lives although mainly unaware of it.

Yes, I feel the wind in your hair, I see great light in your eyes, I see great joy in your heart.

Les: Yes I know I've made the right decision this time—to go.

Why do you friends have such difficulties in making these life decisions?

Les: Yes it is a problem. Last year, when my children were broaching the subject and wanting me to go, I didn't realize that my health would deteriorate and I thought I could carry on.

Always struggle, struggle, struggle—we see so many of you struggle, when you should be inwardly knowing, inwardly know.

Les: Yes, I knew this time that it was the right thing to do.

Yes. I am saddened sometimes that my own race of people upon this planet have lost so much in the way of going inward and finding correct answers to these many difficulties which beset you at times.

Les: They have become materialistic have they?

Some—it has been difficult for many to sustain the knowledge which had been gained over many, many lengths of time. Circumstances have changed and I have to say they did not adapt well to these changes.

Les: It must be disappointing for you to know that and to see it happening.

Of course, but we cannot allow disappointment in our world, otherwise it would be served badly upon those whom we think upon. But yes, it saddens me at times.

Les: It must do, when you realise that so much could be gained.

So many of the people in your world are now beginning to realize how they must return to the thinking of older civilizations. It is coming.

Les: It is happening isn't it—it is coming more and more so.

Yes, yes. May I speak to the lady now?

Les: Yes, please do.

Yes. I would wish to say this to you—and let me say I am more prone to speaking with the gentlemen. It is something that still remains with me when I return to this physical condition that women never were spoken to for advice. So, if I speak abruptly to you, I ask your forgiveness.

Lilian: That's fine.

It is not the lack of knowledge, but the conditions, which bring my speech a little harshly to you. Yes, I see a future for you also bright, not perhaps what you have anticipated, but nevertheless a future full of love and brightness and a new understanding of spiritual matters.

Lilian: That's the important thing.

Yes. There have at times been along your pathway some little doubts as to the authenticity of some things given, but I can say to you now, you have reached a turning when many matters will be clarified for you. Go, go forward with renewed hope and understanding and love for all your fellow man.

Lilian: I'll remember what you've said—I'll keep it in mind.

Yes, you have the opportunity now to take great strides forward and as always the choice is yours. Thank you for listening to my words, friend.

Lilian: Thank you for the encouragement, it's a great help.

I am always, if I may say so, still bemused by women in your world today. I do not say this with disrespect to women, but in my time men were the great speakers and great doers, but of course women did have their place of importance if a little known.

Les: In many respects I think the women were much more important than the men.

Yes, I now agree, but of course when I lived upon your earth I would have disputed those words, although I have to say I could see great spirituality in our women.

Les: It always puzzled me why men should think about women like that, because if it hadn't been for the woman as the mother, man with all his knowledge would not have existed. So he was dependent upon the women anyway.

In the physical sense yes, but man, especially men on the planet at the time when I was here, believed that women were only given these great opportunities because of men and the Great Spirit. We denied them in a sense their true identities. Although we offered much to the Great Spirit, we did wrong at times by our own women folk.

Les: Never mind that's all past now and of course, in the present circumstances in which you live, equality is recognized, isn't it?

Equality does not exist, because we all are male and female, so there is no such thing.

Les: No, no—it was the wrong word to use, it's a physical word.

No, no I understood your meaning, but I wanted to make it clear to you. I will leave you now. I have been warmly welcomed by you both. I hope my words have brought some comfort to you.

Lilian: Yes they have.

Les: They have, indeed and we are very, very grateful to you for having visited us and of course your words, as you well know, are being recorded and they will be passed on to other people and to your instrument.

Yes, I have to say winding machine is still a puzzlement to me. Breath in the air I understand, but winding machine is most puzzling.

Les: It's very useful, because many have been able to learn of your words by hearing the recordings that have been made.

Yes, I know and when I say puzzling, it is puzzling whilst I am in this condition, you understand?

(Affirmed) I do know and understand of course, but when we return to earthly conditions, much becomes clouded—most strange.

Les: Yes, it must be like a fog to you.

Yes, but as I leave you now I have to say to you that Great Elk asks of you.

Les: That's very nice, he is a great friend of mine.

Yes, and I will leave you with those words.

Les: And I look forward to meeting him one day.

You have many to meet. Yes—and thank you lady. (Thanks expressed)

Another followed through Eileen:

I've been most interested listening about what you want in your tomorrows and I felt I had to come and say just a few words to you both. That it takes some time to realize that tomorrow is the result of your desire today.

Les: Of course.

So I want to remind both of you that each moment is being created and making your future. It would seem to me that there have been many discussions about what your future holds. That is why I decided

to come to you both this time. May I just say to you: Do not keep your thoughts too much for the future. May I suggest to you both that your thinking remain in the NOW.

Les: Yes, I understand what you mean—I think you do Lilian too, don't you? (Yes) Now is the future. *Yes, what we have spoken of already is the past and that cannot be changed, but the result of the past, the desire, the thought, is created for the future. Therefore it is most important that you do not allow this moment in time to be wasted with fruitless thoughts of the future. Do you follow what I am telling you? (Affirmed) It is distressing to see so much distress in your world, because people are unaware of their own wasted thoughts. So I just wished I could come to you to tell you this, to live for this moment—*

Les: Yes we do understand.

—and I don't mean live in the moment selfishly. I know you understand what I am telling you. Therefore, please remember when you are distressed, when there is stress in your lives, bring yourselves back to the thinking of the moment. Please, please take these words seriously, because we see so many from your world who have regrets—regrets because of it. You cannot capture what is passed, therefore to make a brighter future for yourselves, may I also suggest before you allow extraneous thoughts and words, to think carefully and allow only those thoughts of good to come to fruition to create your future.

Les: Yes, that certainly is very good advice, because one day we shall have to face that future.

Yes. I would perhaps add, because there is a lot spoken about Karma in your world and what is Karma if it is not the result of your desire and thought. It is your tomorrow—that is all. I would like dispel some of the thinking about what you call Karma, but that is not my task this time.

Les: I see. Well, we do appreciate what you have told us.

I will leave you now. Know that I am surrounding you with beautiful thinking of each of your futures. It has been a great pleasure to me to join you. It is not often I am allowed to join such a small group and I have to tell you I feel most comfortable with it. Now I bid you good night. (Thanks + farewells)

~12th April 1999—Leslie's farewell~

(Welcomes)

My welcome here has always been one of abundance.

Les: Thank you, we all take great delight in being able to welcome you to us.

For this I would wish to say to you this time: *Thank you.* This for some time will be my last visit with you.

Les: That's unfortunate, but we do understand.

There is much preparation ahead, not only for myself, but all others who wish to work with you. I would say this to you my dear friend: Although your absence in the physical form will be noticeable amongst the others, I would wish you to know that you will feel my presence always around you.

Les: Good, that's very comforting for me.

It has not been evident of late, because you are doing what I have tried to teach you not to do so often, and that is to be so fully aware of the physical being, not to allow the spirit to come forth.

Les: Yes, just at the moment, with all these problems of moving house, it has been difficult to find a restful time.

I know and I understand fully, but in saying so my dear friend, I would wish that you could hear from within yourself, the words that I have spoken to you, over many, many of your months. You must always when there is difficulties in your living, allow that spirit to rise forth and to smooth your pathway for you.

Les: Yes I do try to do that.

Now, you are seeing how difficult it is, when you do not allow the spirit its true nature, when it is not used each and every day of your physical living.

Les: Yes you are quite right, because I have felt loss of energy—I put it down to all the other circumstances of course, but I'm looking forward to getting down with my son, because he too wants to participate more in the work with me now and I'm very pleased to know that.

You should have realised—all of you—as one of life's doors closes, another will open.

Les: Yes I'm sure it's going to and then I shall really rest a great deal and allow the spirit to take over.

Yes, that is what is needed at this time, but I will not say to the others to do so, because they have much work ahead.

Les: Yes they are all getting organised now, to run their groups. And I'm sure they'll be delighted to have you visit them now and again, when you can.

Lilian: Yes we will.

It is not a matter of now and again, but there are matters which I must attend to. I will be with them, no matter what and I am sure they will be only too happy, to tell you of my words.

Les: I'm sure they will be.

There is much to be given to you and we cannot allow any breakage in that knowledge.

Les: Good.

Lilian: Nice to know.

When I say I will not be with you for some time, it is only a matter of what you will call weeks—it is but a blink of the eye. But take faith and know I will be working with you all.

Lilian: We're very grateful.

Les: I hope you get my thoughts every night, because I never go to sleep without thanking you; I know you're there constantly.

You will as time continues, be much more aware of my presence, in some form or other. And I say this to you, to each of you, that my presence can take many forms. It is something we have not spoken about, but which I intend to, at a future time. There are many ways you can feel my presence. So remember always to keep your mind open to these words.

Lilian: Yes we will.

Les: Yes I must admit, that recently during the heavy work I've been having, and the problems associated with the house moving, I have sat down at times and just spoken to you mentally and asked for strength from you.

Yes, I will say to you that you *are* going along the road you have chosen. (Good.) Have no fears, know that the physical body is *becoming of age*, as you would say, but that should not prevent the work of spirit. It can be annoying, it can be upsetting, but there is no reason why it should be allowed to take hold and push aside the true nature of your being.

Les: No, I absolutely agree and I have been working on that basis.

I would say to you before I leave you, because my friends, I did wish to join you on this last occasion, whilst we still have the gentleman's physical being with us; I wanted to come, in order that you will know there is much work for us to do.

Les: Good.

Lilian: Yes, we'll look forward to that.

You know, if you have listened to my words, that the power of the thought, divides no soul. Distance is nothing, when you have the power of your thought.

Lilian: Yes.

Les: Yes that's right. We are all constantly thinking of what we are going to do in the future. We do thank you for having made that so abundantly clear to us, over the years we have been together.

There is much to give, much to learn, much to develop; there is so much we hope we can bring. We have over time, and I will say that time for you all, is the most difficult aspect of all. What to you may seem such lengthy time, is *nothing*. Therefore we have much to do and much to achieve. I will repeat my words, that you have gained the opportunity for much phenomenon in your world. It is coming, if you have patience, if you have love and you have dedication. We now feel that the opportunity and the time is coming, where much can be given to you in the way of words and also in the rising of your own senses. After all, you have been imbued with all of these gifts, *now* it is time to bring them to the surface. Therefore as I leave you my dear friends, let us join in our thoughts and give thanks to that Great Creative Force, to which we all belong.

Les: Yes, I'm hoping that one day in the future, my son and I will have the pleasure of you visiting us?

I will be around. His *desire* is great, but there will be times when physical living will take command for him. But be patient, all will be well.

Les: Yes, good. Thank you very much for telling me that and God bless you and thank you very much again, for all you have done for us.

Before I leave you, I will give to you some little information, that the gentleman you speak of, has been much-blessed in this lifetime and we would wish it known to him and perhaps you can make it your task to tell him, that throughout his life he is *guided* if you like that word, I do not, but it is a well-known saying in your world—he has been *guided* by his maternal grandfather.

Les: His maternal grandfather? **(Yes)** I will tell him that, thank you yes, he knows that he HAS been guided; **(Yes)** he has told me that he is certain he receives guidance and help.

That is some little information to help him along his way.

Les: I shall certainly pass it on to him, thank you very much indeed.

There then followed one through Sue, relaying the message that there were many waving, not waving 'Goodbye,' but saying 'We'll see you soon.' She emphasised how happy and excited they were— not a sad time, but a happy one. There then followed one through Eileen, who came to say thank you to Les, for helping them out of the 'mist' in a 'rescue,' years ago. This was immediately followed by another through Eileen, who talked warmly to Les, thanking him again for work done over the years and touching briefly on topics such as thoughts being alive and the need to avoid negative thoughts.

~14th June 1999—a new start~

First meeting in the room in Lilian's house:

Good evening. (Welcomes)

I am happy to be with you my dear friends once more.

Lilian: Thank you for coming.

This time I will be with you for a short time only. I will wait for the others before we begin our teaching once more. I would ask you my dear friend that some conditions be held in order to make my presence here with you a little more comfortable. (Yes—)

I ask that when I am present amongst you that there be no variation of light. (Yes) I ask also—and this you already know, that there be no sudden loud noise. (Yes—) Other than those two things, I am so happy to be joining with you once more.

Sarah: It's great to have you back! *(Strongly agreed)*

Much is being done to inspire and guide you my dear friends. I wish you to know that though my words have been absent, you all have been gathered with me within the loving light which I extend to reach all of you.

Lilian: Thank you, we appreciate it.

I know there are questions to be answered about why there must be change and I intend my dear friends to answer these questions for you fully, in order that you understand why these things must happen. With these words this time I will withdraw in order that others may come to you this time.

Lilian: We look forward to hearing from you again soon and thank you for coming.

We will begin the work which I promised you in earlier times. You cannot go back on what has been given. I leave you knowing that I am always close by, that you seek love and inspiration, that you call my name in times of troubles; you know also that what you desire is not always what you will receive.

Lilian: We understand, thank you.

Now I will leave you my dear friends in the knowledge that now we have made this contact, all will be knowledge for your understanding and upliftment. *(Salumet's voice was fading away)*

Lilian: Thank you very much.

There then followed one through Eileen who explained that the rest of the evening would be for individual development and we discussed various impressions/feelings that we were given.

~21st June 1999~

Good evening. (*Welcomes*)

My dear friends, I bring to each one of you great blessings. It is good that we have come together once more. (*Agreed*) I wish to say to you, my dear one, (*Lilian*) put to one side any fear, any apprehension that you may have, because your time is here for you to grow in a new way. You have shown to us much devotion over many of your years. You may find in coming weeks new awareness of what you need to do. (*Good.*) So look towards us and let us guide you and we will continue with this work which we have started. I would like to say to you all my dear friends that many have wondered why these changes have come. Let me say: Change is growth—that is all you need to know. It is foolishness to try to analyse the way and workings of Spirit. Know only this my dear friends that each one of you will individually grow to your own degree of spirituality, but as you know and from past words I have spoken to you, we need a united light, love and thinking if we are to achieve the work which is ahead of us. Therefore I say to you this my friends: Look to the silence; I have to tell you that there could be much improvement in this field. Too many refrain from this act of silence. I ask you my friends to try to find time in your daily lives to give to it, because in the silence that is when you can grow and be guided.

Lilian: I think we can all try a little more.

I know you will. We need from each one of you united thinking when you enter this room. I have spoken many words about collective growth. Therefore there is no need for me to reiterate again what I have previously said. I hope that each one of you understands more fully now that no one person is indispensable when it comes to the working of Spirit.

Lilian: Yes I see.

When the work has to be done, no physical person, no physical situation will stop the process. Do you now all realize this, my dear friends?

Lilian: Yes, that's nice to know.

Because there has been fear, there has been apprehension as to whether this work would continue. I have felt much love from each one of you in your thoughts and for this I thank you my dear friends. Know that all I have given to you in words will become stronger within your thinking. As time continues, each one of you will grow stronger in that spiritual knowledge. Already you have found the strength to speak many words to others, and individually each one of you has become much stronger in their own emotional thinking. You must, my dear friends become stronger, not only in body but in mind and in body. If you have questions for me this time, I will be happy to answer them for you.

Lilian: Any questions?

George: Firstly let me say it's a great joy that you have been able to return to us. Unfortunately for me, I have become rather deaf so I cannot always hear your words in session, but happily I am able to listen to the tape afterwards. I would still like to put a question sometimes if I may, but it's very likely that I will not hear your words during the session. Perhaps it would be good to begin with the brief war that has been going on in Yugoslavia. We have all be much saddened by this and many of us would have preferred a spiritual solution to the problems in that country as opposed to a military solution. There have been our prayers and hopefully these will have had some effect. I know that a suggestion was put to the American President that a large team of people skilled in transcendental meditation should go into the country and meditate locally. With this in mind I wonder if you would like to say something on the relative qualities of prayer and local transcendental meditation and indeed the attempted military solution?

Yes, let me say this to you my dear friend: Again we return to a subject much spoken about, but I will on this occasion try to clarify for you some points. There are, at this time of you world's evolution, many problems, many problems caused by mankind himself. This we have discussed many times. Prayer, as you know—thought cannot be wasted. Collective prayer and thought brings more power to it; this you know and understand by now I hope. (*Yes indeed.*) What I wish to say, of course continue with your prayers for the sake of you your brothers all over this planet— prayer is never wasted. But what is more important for you and for each one within this room is that you must rise above individual catastrophes,

calamities within your world. You have the power my dear friends, to do this. You must *see* your world, your planet as it sits within the cosmos; it is but a small area. You understand this? (Yes) Know that all things are governed by the one law and that is the law of Love. You wonder why prayers seem to go unanswered—they do not. But what you seem to be unaware of are the negative thoughts of mankind who has lost that sense of Spirit, of goodness, of all knowing. Therefore you have Truth, knowledge and Light against darkness and what you humans would term 'evil.' Do you agree?

George: Yes I think I heard some of that.

Yes, it is difficult I know for you, but hopefully when you hear my words repeated, the understanding will come to you. You cannot as individuals change things in your world in an instant. But awareness is on your planet now, it is growing. There are many such as yourselves who send good thoughts to those of us who can help to influence the leaders in your world.

George: Yes I think we are beginning to understand and it struck me that it is a good sign that the idea of transcendental meditation was even *put* to the American President.

Yes, because you cannot, as I have said to you in past times, you cannot stop Truth this time. Mankind on the whole is becoming more *aware*, more spiritually aware, but until such time as *all* mankind have changed, there always will be strife, there always will be unkind deeds, man against man. We have spoken, so I think for this time I will stop there and let you think about the words I have said to you in past times.

George: Yes, I'm sure your words have helped to clarify this, thank you very much.

It is my hope, it is our desire that each one of you grows to a state of realization that you can be larger than this planet itself, if only you will give of yourselves to the knowledge and light of Truth. I think for this time I have spoken enough. We have much to do, we have much time to achieve it. I know each one of you brings great benefit to each other within these meetings. I leave you now dear friends and say to you offer yourselves to that Great Force which encompasses us all, that great energy called Love. Find yourselves enveloped within it each day of your living. I ask you now, may remind you please that there be no sudden noise or light until this one (*Eileen*) has returned. (*Agreement, thanks + farewells*)

~28th June 1999~

Good evening. (*Welcomes*)

I wish to thank each one of you for your warm thoughts and welcome which has been extended to me my dear friends since last we met. Because we are few in numbers at this time I will not teach you anything new; this I have told you previously, because it is most important that all be here whenever there is new teachings to be given.

Lilian: Hopefully they will be here next week.

Yes, there are too many absent this time, (Yes) therefore I will say just a few words this time. (Thank you.) I know there are many questions that you wish to place before me; these we will deal with next time. I would also say this to you, my dear friends that I have been aware of your loving thoughts towards us and I would like to discuss further why each one of you still feels so much grief, so much distress when one of your human beings returns home to us.

Lilian: It is probably just selfish of us; we know that we are going to miss them.

Yes, we have discussed this topic on another occasion, but perhaps the time has come to elaborate just a little why human beings feel the way they do. So there is much for us to discuss next time before we continue on our pathway to knowledge. So I will say this to you my dear friends: For the rest of this time this evening, we will devote once more to individual development in whichever shape or form that may take. Therefore my dear friend, I will leave the rest of the time in your most capable hands. (Thank you.) Again I ask only that a little time be given to the return of the one I use, that no sudden noise, no bright light be used for a little time. (Yes certainly.) You need not be quiet, but perhaps you will keep my words in your minds. There is no need to remain in silence, but to allow the work to continue as it will this time. Know, once more my dear friends that I encompass you all within this group with my love and my light. (*Thanks + farewells*)

One followed through Sue:

Thank you for your patience. I come to say that although you have heard from the master who comes here that he will talk to you at your next meeting about, shall we say, human weaknesses, I will just say a few words concerning the step through the door from this world into a greater world. Your thoughts and prayers this evening have been duly noted. You have spoken about fear to let go—a natural and understandable reaction at the end of the human life span, but as I know you are aware, it is the easiest thing for the spirit to return to its natural habitat, you would agree, yes? (Yes) You don't understand because the lives you have led this incarnation have not experienced the journey, but I know you are aware that you are never left to make that journey alone. My dear lady, it is something that is well understood in our realms, but whenever one of them has the opportunity to return and give some words of encouragement we will do so, and should you be in the situation where you yourselves can offer words of encouragement, then they will come easier to you if you will remember words of myself and others, do you comprehend what I say? (Affirmed) Fear is the key to all the holding back, physical fear. But let me say to you, the souls are old and wise, they are ready to return, but of course there is what you call a cord between the human shell and the soul and it is like perhaps a piece of elastic and although the soul is willing and able to take the step, they are sometimes held back as on elastic, because the human mind will not quite release that band. You understand? (Yes) I do not say this lightly, but sometimes when the mind finally releases the soul, depending on the circumstances, it can sometimes be like a human catapult, you understand me? (Yes) Whoosh, it causes no problems to the soul. They are expecting it but it can sometimes affect how quickly they return to their habitat, the habitat that they left aeons ago.

Lilian: So in the case of maybe an accident or in the case of war when the person is certainly not expecting it, is that with a whoosh?

Because the mind has let go, perhaps unintentionally, you understand me, it hasn't had time to expect and wait for—the soul is suddenly is returned into the realms. (Yes) So, yes, it takes with it a fragment of the human mind and therefore has adjustments, which are not always necessary with an easier passing.

Lilian: So those are the 'rescues,' as we call them, are they?

A small part—I am only generalising here, it is not the case in all, it is mainly, mainly where the human mind is strong and does not want to release the soul—that is mainly when the catapult feeling occurs—not, and I say, rarely, when it is a sudden, as you would call death. That is a different aspect entirely, but of a similar push through the curtain, yes? (Yes) But we come into difficult and complicated ground, part of which our master will speak to you about, possibly at your next meeting or at another given time. (Yes) I just came here to explain that we are aware, and we are always there to ease through the passing when the mind releases the soul. You know without me telling you that you are never alone, but it is something for you to hold onto and remember, should the need arise for you to help someone through that door. My voice is something that perhaps you will not forget and it will be in your mind and some of my words may come through and be of benefit, you understand? (Yes) There is just one more point I would like to make before I leave: Never forget where your origins lie and they are not of this worldly planet, you understand? (Yes) Always think spiritually, always return in thought to your origins. You are aware I know, that the incarnation you have now, may not be the first of your spirits.

Lilian: Yes, we've been told this.

Your spirits can be multitudinous and you may have other parts, which you will join with in time. Think of these, think although you do not know who or what you may have been, it is a good lesson for you in quiet times to think of your origins and wonder a little about what you may have been. I can only say this to you, because it is deep waters and I don't think I have the words at this time to explain further, but it will help your other parts of spirit, if they feel that you can join in mind with them. Do you understand a little of what I say?

Lilian: Yes, it is interesting.

You are aware I know of perhaps one incarnation.

Lilian: Yes, we've been told of one. (The monastery – see 30/06/97)

You know therefore that that particular part of your spirit has well gone on to other realms, but is still joined to what you are now. (Yes) That cannot be severed no matter how far on in the realms other parts of your spirit go. They cannot be separated from what you are now. You are joined, joined by a completely unbreakable cord, which can shall we say in human terms stretch infinitely, but cannot be broken. And they will—I say ‘they,’ to make it easier for you to understand, ‘they’ will know if your thoughts are with them. It is complicated I know and I hope in future meetings we may be able to elaborate further on this subject, possibly through myself or possibly through someone who has greater knowledge and can explain more fully. But I ask you, will you do this for yourselves and for your soul?

Lilian: Yes we will.

In quiet times, give a thought to what you once have been, and who knows, in quiet times you may be able to visualize what you may have been. Would that not be quite an achievement?

Lilian: Wonderful yes—we will see what we can do.

Now, if you will forgive me, I must leave you. I hope I have given you some food to think upon and I thank you for your time.

Lilian: You certainly have, thank you very, very much.

As I say to you, always give your love to those that need it and other’s lives will have a smoother path. I send you love from spirit and wish you health and happiness, until I come to speak with you again.

Lilian: Our love goes with you, bless you.

~5th July 1999~

Good evening. (Welcomes)

Thank you once more for this coming together. Thank you for all of your thoughts and I know my dear friends that once more we have many, many words to speak together. This time I wish if I may speak to you about the emotional body, which envelops you all at the time of what you call ‘*earthly death*.’ I spoke briefly last time and there was communication from another briefly on this subject. The time has come my dear friends, for you to understand a little more of the workings of your emotional body. You know that the emotional body is at times intertwined with your spiritual thinking. This is as it should be, but what is lacking within your human beings is this: That you do not fully have control of your emotional thinking. I am sure each one of you would recognize these words and what I try to say to you. Let me continue therefore and say this to you my dear friends: Each one of you here knows and understands well that when you leave behind these physical bodies that you continue within our world, that you are coming *home*; you know and you understand this—this is not the problem. The problem with many of you is that you do not have control of your emotional thinking. Know also that when you come to our world, you do not instantly change, and that is because of your lives upon this planet and the way you have allowed your emotional thinking to take hold. Can you understand and accept what I say? (Affirmed) This is why in times of earthly death you feel these great surges of emotion rise to the surface of your being. Why should you feel pity and sorrow for a soul who is returning home? Should not instead you be giving thanks to that Great Creative Force for returning that soul from whence it came?

Lilian: Yes, I can appreciate that. I do feel that a lot of the sorrow we feel is a selfish sorrow for ourselves.

It is indeed, but of course as human beings you were endowed with freewill and with all the earthly emotions that go with the human frame, but that is not to say that you should allow the energy of emotional thoughts to control your lives. If you are to grow spiritually my dear friends, you need to capture the strength to control your thoughts and emotions. Once again I am stressing to you the power of thinking, the power of each individual thought, not only the affect that it has upon you, but the affect that it has upon many other people. You must take the power into your own hands; this is most important for each of you.

Lilian: So could we help say someone who is dying, could we help that person with their thoughts and prayers?

Of course you can, but that is not what I am speaking of, I am speaking of control of your own individual emotions. You know the power of collective thought, you all have understood and accepted this aspect

of thought, but what you have not fully grasped is the fact that individual thinking is your own *responsibility* in all things in life. Until you take control of your thinking of your own emotional body, there will always be stress, there will always be distress, there will always be hurt within your hearts, and after all as I have said, why should you grieve for the soul who is returning home? I wish to go further now my dear friends and say to you this—and this may be something that has not entered your thinking to date, but what you grieve for when you grieve for one leaving this plane, is in fact the memory of your rebirth into this world. You have not given much thought to this, have you my dear friends? (No) This is what I would wish you to think upon this time. We will return to the subject when I will give you the opportunity to put questions to me, but for now I wish that you take my words with you this time and think about them carefully.

Lilian: Yes we will.

I will try to make it clearer for you in your states of silence, if you will but think upon my words. But we will return for questions another time in order that you can fully understand. I hope for all time how important it is for each individual to have full control and full power of their own thinking.

Lilian: It would certainly make life much easier for us.

That is not the purpose if I may say, the purpose is that you grow spiritually stronger, that is the real purpose. So now I will leave those words with you this time. If you have any other questions, I will be happy to answer them for you and then we will allow some others to speak if they so desire and allow each one of you time for your own individual guidance and development.

Lilian: There is just one question. Our old friend who has just moved to be with his son—at this moment I think he is puzzled as to why he had to move so far away. Perhaps you could give us a few words that might help him.

So far way in the physical sense you mean? (Yes) Yes, I understand the question. He has not moved far from you. The essence of his spirit remains with you, but I accept that changes are for some people not always what they would desire, but I have said to all of you recently that *change is growth* and although what you ask for is not always what you receive, let me say this to you my dear friends: Again your own freewill has much to do with what takes place in your lifetime here. We can influence, we can help as you know, but ultimately the freewill of the individual takes precedence at the time of choice. I would say this to you and perhaps my words can be given to the one intended for, please.

Lilian: Yes they will be.

I know that each one of you has missed the physical presence of our dear friend, but although his knowledge was greater in a sense, and I do not say fully, but in one sense greater than your own, it came to pass that it was—and I say this strongly to you: The time had come for him to make new ground, because he had achieved much within this place with many peoples over many years. What I wish to say to you is this: That the choices each of you make within your lifetimes, are choices you feel are good for you physically in the main. Not many of you human beings look to change from the spiritual aspect, although I would say the gentleman in question knew within his heart that spiritually his work was to continue in another phase. He may not recognize it, but spiritually he does and although he feels a great loss at the absence of the physical contact of many of you, spiritually he is in a new phase of growth. I say to him look within, to spend his remaining time in the spiritual thinking in order that new words come to others from him, that there is an area within his life which is waiting to open up to others. He may deny, he may not fully understand, but he has reached a stage of his lifetime when new contact was necessary. I know and understand that he feels the family ties are important, but I say this to him: That was not the reason for his leaving you. His own continued spiritual growth, the recognition that life does have ups and downs when least expected; it is a lesson he had to learn. It may be a lesson hard to accept, but I say to him, he has grown from this lesson. This lesson of loss, this lesson of missing what was so regular within his life—this is a time of spiritual growth. That is all he needs to know. He knows fully well that to try to analyse the way of spiritual workings is not the correct path to take, therefore I say to him my dear friend, look forward to your experiences, look forward to many new aspects of knowledge, to a new awareness, a new feeling of growth, which will come before his days are upon this

planet are ended. I ask that you pass these words to him. I am sure he will find comfort from them, because at this time that is what he seeks. Not only was this change necessary for him as an individual, but for each one of you to find anew, the strength which is within each one of you, to know that the work of spirit continues, that nothing can stop what has begun. I know my dear friends that my words will travel with you this night that each one of you will in your own individual way try to make sense of what I have said. Know always I am with you and know that we will discuss further the words I have given to you this time. I leave you now in the knowledge that each one of you is encompassed within my love and my light and the love of that Great Creative Force of which we all come. *(Thanks + farewells)*

~19th July 1999~

Good evening. *(Welcomes)*

I wish to say this time how happy we are about the new conditions created within this room. I want you to know my dear friends that soon I wish to embark upon new knowledge for you. Until that time it is imperative that the energy that is utilized from each one of you is used to its best and that each one of you is so willing to be used also. Therefore on this occasion I feel it would be good if each one can offer themselves to be used in the best way possible. We thank you for the unification of this group, we thank you also for the dedication shown by the all for the continuation of the work. This time we ask that each one of you open yourselves to the influence around you in order that we may use your spiritual energies to the full. I am not speaking of your human fears and doubts, I am asking you dear friends that you allow that spiritual side of you who is all-knowing, to come to the fore of this evening. Therefore if you are agreeable this time, perhaps each person, excluding the instrument I use, to be placed within the centre of the room and to allow that encompassing energy to surround in order that they can be used. In this way we can better see how the combined energy of you all can be used for our new work.

Lilian: So we should sit quietly?

Each one be placed in the middle of the group please—each person by turn. Do not feel afraid if you feel anything that is unusual to you.

Lilian: Would it be better if I put a chair in the middle?

Yes, thank you. This exercise my dear friends, is of the utmost importance. We can take this information and use it to the best—it will enable us to assess what and how best we can use this combined energy. I will speak no more this time but I would say to you that much time will be needed this time in bringing back this instrument. I will leave it to you. *(Thanks + farewells)*

We then took turns sitting in the centre of the room as directed for the remainder of the meeting.

~16th August 1999~

Good evening. *(Welcomes)*

I wish to say to you how pleasing it is to be with you once more. *(Thanks expressed)* I will say this to you, I speak with you just a few words this time my dear friends. I hope to use this quiet time in working with this one, *(Eileen)* but before I do I say to you this: There has been and there will be in the coming two years of earthly time many changes, many endings, many beginnings; but it will not change what I come to teach you. The new knowledge I have promised to bring to you, this will continue now we have established contact with you. There will be no change in this area.

Lilian: That's nice to know.

I also wish to say to you, and especially those amongst you who have concerns about the lack of human male people. I will elaborate a little on what I have said in past times. Each individual human being is *Spirit* which consists of male and female energies. Too much emphasis my dear friends has been placed in past times about males and females who come together for the purpose of communication. I say this to you, it matters not whether all are female or male in gender, because the energy we utilize from each person combines both male and female energy. So I do not want you my friends, to be confused on this issue. All we ask is that there are people wishing to be used in order that communication can take place;

that is the importance of these groups. Not whether you are holding hands, not whether numbers of male and female be equal—all of these issues are trivialities my dear friends. But I wish you to know and to understand that the energy we use from you comes from that *Spirit* that you are and not the flesh and bone of the human being. Is that clear to you all? (*Affirmed*) For now I say to you my dear friends that very soon we will have new knowledge to bring to you, but before I leave you this time I also want to say that although the knowledge I bring to you I call '*new*,' there can be no new knowledge. Remember what I have told you, everything *is, has been* and always *will be*, therefore there cannot be '*new*' knowledge, only knowledge which has not been brought to the forefront of your thinking. Do you understand? (*Affirmed*) With these words then, I will leave you and I will say this to you: Once more allow your minds to be open to those who are close with you this time. I ask you my dear friend that you speak quietly with each one in order that they can bring forward that help which is being given to them, in whichever form that it comes to them. I would ask also that there be not sudden noises this time.

Lilian: Yes, and we shall look forward to hearing from you next time.

As always I am ever with you. (*Thanks + farewells*)

~23rd August 1999~

Good evening. (*Welcomes*)

I feel much love this time from each one of you. For this I thank you and reassure you that conditions such as these enable me to work more easily with you. Before I speak with you this time my dear friends, I would like if I may, to ask you a question if that is permissible? (Yes) I wish to say to you, and it matters not which one of you chooses to reply, but I would say to you all, what is your perception of this your planet, this earthly world? What is your own perception of it? Would one of you like to answer please?

Sallie: I think it has the potential of being the most wonderful place one could imagine.

I accept that—and it is a clever answer, which indicates to me that your consciousness is more raised than you yourself accept my dear. This world you live in is but very young in its existence as you know, but what differs from many other planets is that you people as human beings have so much influence over it.

Lilian: More than if we were on another planet, more than other people on other planets?

Because all what you are and the planet to which you belong, there *is* a slight difference. This I wish to try to explain a little to you this time. (Thank you.) You know my dear friends that as far as awareness—consciousness of that Divine Intelligence to which we all belong, the human race in this world is very young. I have told you, there are Masters who walk amongst you, but they are few in number; mainly the human being upon this planet is young in consciousness. But what I wish to explain to you this time is that what you perceive this planet to be is what this planet becomes. Do you understand those words, firstly? (*Affirmed*) You do?

Lilian: We have to take care of it.

It has a deeper meaning than being responsible for the planet. You human beings upon this planet were bestowed with your own free wills; this you know is essential for your living here. Therefore what you perceive is what becomes your reality. Therefore you might say if you accept this aspect of teaching that your world is in fact the conclusion of what each and every one of you think. Therefore you might say the world as you know it is an illusion. Do you understand what I say to you? If you do not, my dear friends, let us stop and discuss it now.

Lilian: Does everyone understand? (*Affirmed*)

Because you are spirit, what you perceive by your mind is in fact illusion within this world; because of your free will you have and use daily many thoughts, which are in fact not reality but illusion. Therefore I say to you my dear friends you are living now within a world of illusion that can be altered, that can be changed to your will. Therefore we come to the statement made by the lady: This planet has the potential to be what you human beings call '*heaven upon earth*.' Can you accept this statement? (*Affirmed*) I don't wish you to accept it lightly, because the meaning is deeper than you would at first

accept. (Yes) So we are in agreement; therefore if this world based on illusion of your own thinking—and again I speak of mankind generally—where do you go from here? Can you answer this, please? Do you know?

Lilian: No, I don't think any of us could answer that, can we?

Sallie: I know what I *think*. I think it is a question of raising awareness, (Yes) and as awareness is raised then the consciousness of more people becomes affected, (Yes) until enough of us are thinking along similar lines so actually affect a change in the illusion.

Yes! This lady speaks wise words. My dear you have grown much in past times, you are growing, growing, growing. She is right in what she says that because each one of you, each human being upon this planet is *Spirit*, you have the potential to become '*one*.' In becoming '*one*' you would be a planet transformed. If consciousness was raised to join together as one, then indeed you would be in heaven on earth. You follow my words so far? (Affirmed) Therefore I say to you—and I repeat words I have said to you but now perhaps the words will have more meaning for you—that to seek that divinity which each one of you *ARE*, you must go within, raise that consciousness so that illusion is reality, that you have the *means* my dear friends, to change all that is in, around and about you. Do you understand what I say? (Affirmed) Yes, what would the lady like to say, please?

Sallie: I suppose it's something I have got to learn to do better, but I have found that it's dangerous for me, that I alienate people when I speak openly about what I think and sometimes I think is better for me not to say anything at all, but that doesn't change anything though, does it? I suppose part of the price is to be alienated—its part of what you're here to do.

I would say to you my dear friend that this is happening because you are not yet aware of the reactions of your fellow man. You are being attracted to people not yet ready to receive. But do not be concerned, because with their freewill that is their right to reject what you say. But you should not feel alienated from them. Know that you have spoken words of truth and be happy for them. You will come to recognize the times, the situations, the happenings around your life when it is suitable for you to speak these words of truth. Too many times fellow human beings deny the right to speak what they know to be true; that I would say is not the correct path to take. So therefore I say to you my dear friend, do not chide yourself, do not be upset by the reactions of your fellow man. If you have spoken words of truth with kindness and with the correct nature of words, then you can only have done good, not only to yourself, because remember all things are retained by *Spirit*, and although it may seem that your fellow man has rejected, I would say to you this: That they have taken in, in Spirit form, that knowledge which you have passed to them. Do you understand?

Sallie: Yes I believe we all hear things at different times and there is a right time for us to make it part of us. (Yes) But part of me—it's the physical part of me—I end up I think with people becoming afraid of me.

No, no, no, no—no my dear friend that is not so. The problem lies not within you, but within the receivers. You must not allow yourselves to feel—you must protect yourself from negativity from others. You know within your own hearts that any words spoken in truth can only be good. Don't be afraid; what have I taught you my dear friends, about fear? (Yes) Fear will always hold you back, but remember, you are divine beings nevertheless but each one of course is on a level of consciousness of their own doing, but when this world of yours becomes raised and each one of you becomes more aware of that Divine Consciousness, that is what you should strive to do for not only yourselves, but this world of illusion. I want you my dear friends to think about my words this time, to see this world of yours in the manner which I have described. Try to find your place within this planet, try to seek within you what it is you need to do, what it is you need to change; not with the world but within yourselves. Only then is there the possibility that each one in their raised consciousness will become the greater and all expanding *one* consciousness. I will leave you with those words my friends, because I do not want to overload your thinking. We will return at another time and I will ask you to put to me any questions you may have. But I hope that my words this time have given you a different aspect of living upon this planet.

Lilian: Yes it certainly has. (Thanks expressed)

Sallie: It's very reassuring to hear you talk like that. I think sometimes you spend so much time with people who are not ready to accept anything like that, that you almost begin to lose faith in yourself and to hear you reiterating those things again, it does help.

Yes this is always what I will strive to do, because I know you humans have many frailties; you forget easily, if I may say so kindly. Therefore it is important that as we grow in knowledge that I gently remind you of words I have used previously, in order that you may come to see the wider scope of life. It is important for your growth I feel that we gradually incorporate each step slowly, that one picture grows to be much larger in your understanding, do you agree? (*Agreement + thanks*) And before I leave you to be used in other ways, I would like to take this opportunity my dear friends, to also again remind you, because we know upon your planet there has been much talk again of devastation. I wish to remind you that this planet will continue. Mankind has reached the stage of knowledge where it *can* be changed and I have said to you, *it will not be destroyed*.

Lilian: That's comforting, because it is a beautiful place.

It is a beautiful place only if you allow it to be. (*Agreed*) Now I will withdraw from you this time. Again I ask for each one of you that you think about my words.

Lilian: Yes, we shall listen to them again on the recording.

Thank you. Now I ask that each one opens up to those influences which surround you at this time. After all it is part of our work that each one of you be helped to unfold in your own individual ways, that as we go forward each one of you feels your own consciousness being raised. So my dear friends, allow that love and all within you to open up to whatever surrounds you now. (*Thanks expressed*)

~30th August 1999~

Good evening. (*Welcomes*)

How welcoming it is to be with you my dear friends once more.

Lilian: Thank you, we are very glad that you've come.

I will not discuss this time any new topics, but rather I would say to you because of your numbers that I will speak with you individually and answer any questions that you may have.

Lilian: Yes, that would be nice.

Then I say to you my dear friends, there will be some time for each one to develop their own individual pathway, so we will devote some time to this, this evening. I would ask also that at the end of this meeting that your concentration be focussed upon the centre of this room. We are trying to achieve much with you this time, but because of the numbers we might have to work considerably more.

Lilian: Yes, I understand.

So shall we begin my dear friends with each question?

Lilian: Margaret?

Margaret: I have a problem in my mind about when I die. I do not want to be buried, I just want to donate my body for medical research. I just got a bit worried about whether this was correct for me to do.

I understand. Firstly, let me say this to you that the expression of your words '*to give*' is a spiritual gift which you have grown with. I would say to you my dear friend that some years ago this would have been far from your thinking. But let me say this to you, that when you come *home to us* at the end of this physical life, the physical being matters not to you; it is as I have said before, a part of you to be disposed of. Therefore there cannot be anything wrong in allowing those physical parts to help others. (Thank you.) If this is a true wish, a true desire, I say to you my dear friend, go and think deeply and make arrangements with loved ones that this is what you desire.

Margaret: Thank you very much.

It is your last gift to this physical world and in that capacity I say to you, you are fulfilled in seeking to give with love. Thank you. (Thank you.)

Lilian: Paul, any questions?

Paul: I don't have any questions at the moment really. I think I'm thinking mainly about my next travel abroad.

Yes, well I believe much has been given to you about this subject, but let me say this to you my dear friend: There is much in your life that is fulfilled, but there is within you a part that is spiritually unfulfilled. Can you accept my words?

Paul: Yes, I can.

Yes, let me say this to you that as the years grow upon you as they surely will, you will find that from within there comes to you much thinking, much deeper thinking that will enable you to find your true spiritual home upon this earth. There is much within you my dear friend for you to find. Therefore I say to you, at this time continue to seek and you will find.

Paul: I'll do my best.

Thank you.

Lilian: Sarah?

Sarah: I have a couple of questions. Last week I did have difficulty in distinguishing from the physical and the spiritual when you asked us about how we perceived the world and Eileen said to me that if each of us do our best to raise our awareness, then there will be a snowball effect. I still have problems with the people who are causing a lot of trouble on the earth. I can put out thoughts to them to try and help them to do the right thing, but is this right what I am thinking? Is there perhaps anything else that I should be doing?

Yes, I understand what you are saying my dear friend. Can I say to you only this: That you are becoming too overly concerned about other people. That may sound contradictory to what I have taught you, but my dear friend, you cannot be responsible for another human being's actions. Please bear this in mind when you have these distressed feelings. You cannot but do your best in this life. If you can come to our world and say that you have helped but one soul, then indeed you have achieved what you came to this earthly planet for.

Sarah: Right, so I've got to concentrate more on what I can do and not on what other people are not doing. Yes, you must be aware of what you can achieve. You must concentrate your efforts upon your own way of living. In that way how you live your life will be mirrored to other people. Show by example my dear friends, that is the simplest way I can put it to you. I would say also that it is good to discuss amongst yourselves, your many ideas, your problems about your spiritual works and feelings. I have to say, I will always try to influence each one of you in the correct way of living, but again I have to stress to you all that your freewill has such a strong hold over your lives. Only when you free yourselves from the confines of freewill and free thinking—remember what I have said to you: Take control of your thoughts and your lives will become so much easier. But you my dear friend, you cannot take the burden of this world upon your shoulders. Do you understand?

Sarah: I do yes thank you.

Is that helpful?

Sarah: Yes that's very helpful, yes I've just got to focus more on what I can do, yes.

Yes, I would not say even on what you *do* but what you *are*. Do you understand?

Sarah: Yes, that's another thing actually I do have difficulty with looking inside myself.

Lilian: Yes, it's not easy.

Yes, we do not say it is easy, but with the knowledge which I hope each one of you is gaining, that gradually you can see that the spirit begins to come to the fore more often than the physical thinking; that is what you must all try to achieve. We know and we understand that your lives create for you many problems, but each of you has the power within yourselves and the power belongs to *this* moment in *time*. Do you understand? *(Some agreement)* You do not sound convinced.

Sarah: No, I am not quite convinced that the power is this moment in time because—

Where is your thought my dear friend if not but in this moment?

Sarah: That's right, but—*(Pause)*

You struggle with it I know.

Sarah: I understand that, but the past, present and future is all one, so—

But that is *spiritual*, that is spiritual knowledge, you my friend are confined to *physical* thinking also, which limits that spiritual growth and understanding; but you need to seek inwards to allow that spirit-self to take control of your living and to do that you must take control of all thinking; and what is thought if it is not each moment in time? (Yes) Therefore the power is in the moment. Do you understand?

Sarah: Right, yes I do, thank you.

Thank you.

Sarah: May I ask a second question?

Please if we have time, I am happy to answer. Please let us continue.

Sarah: You have said to us that we should think about people who've gone back to your world and give them our thoughts. Are they aware of our thoughts? For example, people who haven't realized they'd died and you try to give your thoughts over to them, are they aware? Is everybody who passes over aware of our thoughts that are being transmitted to them?

I would say this to you: It would depend on the state of awareness of knowledge to which they have passed into. Of course there are many who come to our world who are lost in their own ways of denial, who therefore find themselves surrounded by mist and are lost as you full well know. (Yes) That is why it is imperative that those of you upon this earth plane help us to 'rescue,' if I may use that word, to help these lost souls to understand what has happened to them. (Yes) Therefore they would be totally unaware of the love and the thoughts that are being sent to them. But these thoughts are not lost, I do believe I have spoken in past times about thoughts which are collected for the good of those lost souls, do you remember? (Affirmed) Therefore each good thought is collected until such time as the lost soul is able to understand and accept. Only then will they have the *awareness* which is their entitlement. Is that helpful to you?

Sarah: Yes thank you, yes.

Lilian: My question is about the monk: A communicator came through several weeks ago and during the conversation it was mentioned about the story of the monks when we were together before, and that we should remember in our quiet times and our prayers, that soul that has gone on. So, that is another part of us—they are separate parts, are they?

Yes, I understand and I understand fully that some of my words are not always clear to you all, but that is why we have these times of questions. We have spoken quite fully about the many aspects of the soul, have we not? (Agreed) Yes, I know this will always be a difficult topic for each one of you to fully take in, but let me say this to you: How can you justify in your own thinking that there can only be one complete soul? There has to be many aspects to the soul, to make sense of what you term 'reincarnation.' And I have told you have I not, that although it is not obligatory, for most souls it *happens*. Therefore I say to you, if you accept this, then you have to think carefully about many aspects to the soul. After all, we are only parts of that Great Divine Power which is the Creator of all things. It is not static, but it is ever moving. Do you understand before I go further? (Yes) Therefore to learn to become more fully aware, there has to be many elements, many aspects of the soul. Each aspect has to learn before it can join that structured part which belongs to that great divinity of power. I feel my friend I am going into deep matters here, which you will not at this time fully understand.

Lilian: No; we accept it but don't fully understand.

Yes. Please I say to you only this: Try to accept my words; think upon them deeply and gradually as we continue with our teaching, the understanding will become clearer to each one of you. I will repeat as often as I can *many* points which I have said before, in order that my words become acceptable to you all. Never be afraid to repeat any question which you have queries about. (Thanks expressed)

Sarah: Can I just bring up something in Lilian's question? If we were to go wayward whilst we were here, would we be letting down the 'team' of other parts of our soul? **(No)**

Sarah: So it's only that one aspect we would be letting down?

Yes, it would be that that aspect of the soul would have to relearn the task for which it came for. Never feel that you have injured the other aspects of the soul. They are 'insulated,' if I may use that word,

against any destructive forces which are created in the physical living of one part of the soul. Otherwise, do you not see much damage could be done?

Sarah: Yes I do. Do all aspects of the soul have to come into this physical world, or only some aspects of it? No, only some; after all we are speaking of sparks of divinity and we are speaking of growth, we are speaking of many, many aspects and there has to be that core of divinity which holds together the many aspects of it. Again we are coming to deep matters and something we will return to, but for this moment in time, I think it is enough that you accept the many aspects of the soul.

Lilian: Yes, we accept what you say, it is just difficult. (Yes) We won't fully understand whilst we are here, will we?

You can continue to analyse to try to understand, and in so doing that knowledge can be given to you. After all, it is within you, it is within you, it is not new knowledge it is knowledge which you have to seek for. Do you understand? (Affirmed)

I thank you my dear friends for those questions this time. I hope I have enlightened each one and I will leave you now. (Thanks expressed) Know that you are clothed in divine light and love. Know also that I am so happy to join with you on these occasions.

Lilian: We're so happy to have you come.

I will leave you now to allow each one of you your own individual development. I ask you my dear friend that you go with each one to see what they can find. And please to finish this time by focussing as I have asked you to do.

Lilian: Yes we will. Bless you.

Everyone did as Salumet asked and then focussed in the middle. Lilian felt that there was a surge of energy in the middle of the room. After some time, there was one through Eileen who said that 'she' was not supposed to talk. Lilian asked her if she was trying for transfiguration and the answer was "no, materialisation".

Afterwards Eileen said that she had never had an experience like that before. She said that her mouth opened very slightly and that she felt that the area around her solar plexus was being pulled out of her.

~6th September 1999~

Eileen was away as another grandchild had just been born, so there was no Salumet. However other mediums were present and the evening started with one through Sue:

I am happy to be here and wish you all good evening. May I say firstly what joy it brings us to have our little lamb returned to the fold and we wish you welcome my dear. (Sara Martin, who used to come regularly, was able to join us again.) They always return if it is required, do they not? Yes they think that their time perhaps has finished and their work complete, but believe me, once we have you, we do not relinquish you lightly unless you specifically ask not to be involved. And may I say, how infrequently that occurs, does it not?

Lilian: I'm sure it doesn't happen much.

Those who come as ships in the night are not necessarily required for the work and we let them go. That does not mean we are not grateful for what they have given, but what they give is not always required for this work. Do I make myself clear, you understand me? (Affirmed) Everyone who has passed through these doors and the doors of our dear Mr Bone and others in other groups unknown to you people here, everyone has had some purpose, even if it has been for a very short time. Others leave the groups and go on to other spiritual matters, but I say again, when we have you on the hook, we don't throw you back. (Chuckles) So, I jest but I seriously welcome our friend and know that anything that she brings to this group can only be good and useful. Welcome dear lady, welcome.

Sara: Thank you.

Perhaps you could tell our dear friend who normally sits in this position (Eileen) that at the birth of her baby, or should I say her grand-baby, there was a spiritual doctor on hand. We have been around the lady for some time.

Lilian: I will pass the message on.

It is not a problem, there is no need for any concern, but we did feel it necessary to have one of our people close at hand this time. But it may bring her some comfort if you tell this to her. Thank you.

Lilian: And she can listen to what you are saying, because this is being recorded.

Yes I believe you do some miraculous things with different sorts of equipment. We obviously do not fully comprehend the workings, but know that they do allow others to hear what we say. It is obviously of great benefit and can only spread the word of Spirit to farther, farther fields; am I not correct?

Lilian: Yes, it is very useful—

But also dear friends let me say that word of mouth is equally important, do you understand my meaning? (Yes—) I know that each and every one of you has been in conversation with others and you have also to yourselves. I would love to tell my friend, my doctor, my social person what I do, what I get up to, what I believe, but goodness me, it is difficult. They will only laugh, they will only consider me to be, how do you say, round the bend? (Giggles) But surely you realize that when the opportunity is right, someone gives you a little push and the words come tumbling out. Have you not all experienced something of that? (Affirmed) Yes, and suddenly you are speaking and people are listening and the message has been relayed to someone else, am I not correct? (Yes—) And am I not correct in say that in most instances every one of you in this room has become involved in the work because of what somebody has said to you? (Yes—) You were none of you born in the spiritual knowledge, it is only what you have been told by others that has opened your mind, made you ask questions and made you want to know more. And are you learning my friends, are you learning? (Affirmed) I did not need to ask that question, I know. I know that as the years have gone on, your knowledge has become greater and you have become more aware of what is around you and what there is to do.

Lilian: There is no end to the learning, is there?

I say to you dear lady, that no matter how high you travel in Spirit, each moment is a learning process. The gentleman, I use that word for simplicity, the gentleman who comes to speak we you through the lady normally sat here, (Eileen) he learns every moment and what he learns he imparts to others in a simplified manner, you understand? (Yes) He cannot, he cannot obviously teach you higher and higher subjects, because—and this is no detriment to yourselves, your human brain is not good enough to take in that knowledge. So he simplifies and teaches what he feels is beneficial, but as your years continues you are learning more and more and in some cases it is becoming a little more complex, is that true? (Yes) And that makes you ask questions does it not, in your mind, if not in your voice, yes? And that is good. Question, question, always question—do not accept it without question. That is not the purpose of his teaching. We want you to question. We want you to say to yourselves, well we have heard that, now let me see what I can make of it—why did he say that and what does it mean—and the more you question, the more you have a light come here in the mind and that shows you that Spirit is entering into your thoughts and that can only be good, can it not? (Yes) We wish, desperately we wish that we could remove all the shackles of your earthly body and let you see what is to come, but unfortunately we have to be as patient as you. It will come, greater knowledge will come, but at the present all that we can do is impart what we can in the hope that it will blossom in your mind and in your hearts and I can say quite happily that, without exception, that is what is happening to you all. It brings us immense satisfaction when we know that a tiny, tiny drop of knowledge which has come down like a tear —lands, and, like water, spreads out into a pool, because from a pool becomes a lake and from a lake becomes a sea and from a sea becomes a vast, vast, ocean. And that vast ocean of knowledge is available to each one if they wish to learn, and we are honoured, I repeat we are honoured to be able to impart what we know to people such as yourselves, who seem to have such a thirst to know what we can teach you. We thank you, we thank you each one, for allowing us to be with you. Even in your sleep state we do endeavour to teach you a little, a little every time. Now before I leave you I have to say there is someone here who is parting on a journey, am I correct?

Paul: Yes, me.

May I ask the gentleman if he is ready and prepared for his journey?

Paul: I have still got things to do, but I've got about a week. Do you mean mentally prepared?

Yes, I do not mean, my dear young man, my dear friend, I do not mean have you packed enough clothes. (Giggles) No I joke you, you don't mind if I have a little joke with you, it lightens the atmosphere. No, whether you have got your socks and whether they are in pairs or not I really don't know. No, you are right, I did mean, are you mentally prepared for your journey?

Paul: I don't have a very clear idea of where I am going, apart from a few jungle areas to see the wildlife. *Yes, well let me tell you, we know exactly where you are going, but I am not here to give you a map, no. I mean to tell you that we know where you are heading to, because it was the Spirit that has organized this for you. Do you not realize that?*

Paul: I realize that the Spirit is trying to organize it, but I am not sure whether I get the messages. *Well, that is human nature isn't it, always thinking to themselves, no that can't be right. But know, dear friend, seriously for a moment I say to you that your journey, wherever it will lead you, will be of great, and I cannot emphasize this enough, great spiritual worth. There is a reason you are going on this latest journey and it will become apparent when you are some way through it. I say no more, I do not want to put words into your mind, but I do ask you to open your mind. You have a very good, sharp mind. Please open it and listen to what you hear. Will you do that please for us?*

Paul: I will yes.

Now, do that and your feet on your pathway will be light and your heart will be singing, and finally I say to you, don't forget to pack what you call your sun tan cream!

Paul: Yes—thank you.

May I ask the older gentleman (George) please, how are you finding your new-found experiences?

George: Well, I've got a lot happening at the moment and the electronic hearing aids are enabling me to hear the words quite well. I have been disappointed in recent sessions that I have not been able to hear the words, although I have been able to listen to the tape afterwards. But now I am wearing the hearing aids for the first time in a session and happily I am able to hear the words.

I am pleased, but let me just say to you this: that is the physical hearing. You could you know listen to Spirit if you just enabled us to come in just a little further than you do. We are not unhappy with your progress; far from it, in fact you have surprised us all, and I do not say that in jest, or I am not being rude, but we are delighted with what you have achieved, even though you are sometimes unaware exactly what that is. But we would ask you please to listen a little more with your Spirit and not with your physical. But we are delighted that physically things are a little louder for you.

George: Yes, thank you, I'm much relieved that it's working.

But, please in quiet times sit and listen without your physical hearing. We are not saying that we expect you to stop everything that you are doing, but we recommend in your instance that you do try to find a quiet time now. It is time that you did this. Yes, will you do that for us please?

George: I thank you for that advice. I have been very concerned about my writing. I felt that the book I want to get published is linked quite heavily to the Work. I have found it difficult to apportion things between the physical mind and the Spirit in this context.

Yes I am aware of your problems, but please it is of no consequence and no matter. You will see in time exactly what you have achieved and why. I wish you good fortune.

George: Thank you for your words and I shall endeavour to do as you say.

That would be of benefit, thank you. Thank you for allowing me the opportunity to speak with you. Now I will leave you. I thank you for enabling me to speak with you this time and I apologize if any of my words you considered to be inappropriate, but I feel that at times it is necessary to show that the people in Spirit also have a bright and lighter side. It is not all doom and gloom and prophecies, far from it. I thank you once again for allowing me to come to your home. I wish you all God's love; may surround you all and the lightness of Spirit be in your hearts. (Thanks expressed)

Another came through Sue to bring a message:

Someone is saying that there is a little boy who has to be given lots of attention when he is older, because he is going to be very clever with his hands and somebody says that people won't realize and they probably won't realize what he wants to do. But you have got to give him lots of attention and

listen to him when he tells you what he wants to do, because he will know what he wants to do and he has got to do it. I don't know what that means but that is what I have got to say. They are saying that it might seem strange what he is asking for but not to be surprised. Let him do what he wants with his hands because it's going to be important when he is a much older little boy.

(This was a message for Sara)

~13th September 1999~

Good evening. *(Welcomes)*

I would like to say this time that there is some unsettlement. Therefore I am trying my dear friends, to make the situation a little more harmonious this time.

Lilian: We are sorry about that.

There is no reason for you to express regret, thank you. I would to extend my love to the lady who came some time ago and is now returning to us. *(Sara)* I wish to say to you this time my dear friends how each one of you struggles so in your lives. You struggle so with emotional ties instead of allowing that spiritual knowledge to come forth. This is something we have discussed many times, but still I feel you have not fully grasped the meaning of spiritual freedom. Does anyone have a question about this topic please, because I feel that each one of you in your own individual way, struggles with this knowledge.

Lilian: This is not a question but I do agree with you and for myself I must try harder. **(Yes)**

Margaret: I should try harder too.

Sara: Yes, snap.

Yes, can you understand that it is a power struggle of emotion? When you are encompassed by life's difficulties, what can you do? You should go to quietness and allow Spirit to come forward. Then all physical problems should disappear quietly to where they belong. Still each one of you finds difficulty in dealing with this knowledge.

Sallie: What is it that drives us to attract this particular disaster or upset, because we do don't we, we attract things to us.

Yes, it is a power struggle. We must understand firstly that in being Spirit we have only the finest attributes, but when you are clothed within these physical garments, then physical thinking, feelings, emotions are partly in control. What you must try to achieve my dear friends, is that although Spirit and physical life must run hand-in-hand, as you may say, you must allow that spiritual knowledge to guide your physical living, because without this guidance, always the physical emotions will overrun your thinking. You must have the balance in physical life. This is the problem I feel with you all, you do not allow that true self, that all-knowing knowledge to come forward, because within each one of you is the knowledge of what is best for you.

Sara: Is it unnecessary to feel hurt by someone else's behaviour in an ideal situation? Is it unnecessary? Is it something we create?

Yes, let me say this to you: the only one who can hurt you is *yourself*. What happens is this, that when you feel hurt or injured by another person, you are allowing the emotional body to take control of your thinking. This is what I try to say to you. No one upon this earthly plane can cause you harm, unless you allow them to. Each one of you has the power to protect yourself, whether it be physically or emotionally. When you understand these words, you can truly be Spirit upon this earth; you can be free from all harm, free from all hurt, freed from all physical ailments—you in fact become as close to Spirit as you can. Therefore, my dear friends, I say this to you: ponder my words this time, come to know yourself, after all that is why you came to this earthly plane, that you might come to know yourselves, that you might join with those you have chosen to be with in order that you can create this harmonious way of life. *(Said emphatically)* Each one of you has that power in this moment. Do you understand my words? *(Affirmed)* Does anyone not understand this?

Sara: Can I just clarify something? Presumably we must discriminate first in order to protect ourselves, or are you saying that there really is no person that we cannot get along with?

I say that spiritually you will be attracted to many and likely to want to stay free from others. This is your spiritual light. There is no need for you to discriminate as you say—discrimination is a *physical* attribute, it does not belong to Spirit. In all your decisions upon this earth, think spiritually and not physically. This is the concept that you each find so difficult.

Lilian: And we forget.

Yes, that is the problem that you forget what I tell you. In each situation in your lives, it matters not what that situation is, if you were to sit quietly and find that *spiritual* answer, there would remain no problem. Can you understand? (Affirmed) Does the lady across the room understand?

Sallie: I understand, but I ponder a little about it, because if we choose to come here and we choose to meet up with people in order to understand ourselves and our own spiritual growth and to interact with people whilst also trying to help each other—I suppose it is just trying to balance the physical with the spiritual. Sometimes it is as if you have to let yourself be very open and give the opportunity, which can result in choosing to feel hurt—we choose our own feelings. **(Yes)** But there's something inside of me that says: if I am not open to that then I am blocking my natural self anyway or my spiritual self. Do you sort of know what I mean?

If you open your self to another person that is your free will first and foremost. There is nothing to say that you must do this for every person you come into contact with—that is your judgement, there is nothing wrong with that. What I try to say to you is: if you are emotionally hurt by another person, you must look within yourself—you have allowed the hurt to take place; not that the other person has deliberately tried to offend or to hurt. Can you see the difference, (Affirmed) because there is a difference between someone deliberately trying to hurt and you being emotionally hurt without intent being there. This is what you must try to understand. I do not say my dear friends that this is easy—it is not, but it is something I wish you to work upon. It can only help with your own spiritual growth.

George: Would it be true to say that if the Spirit within has sufficient influence upon the physical mind, then one would not be deeply hurt anyway?

Yes, exactly my friend. That is what you have to cultivate. You do not have to try—all knowledge lies within you, all you have to do is allow it to come to the surface. If there is emotional hurt or distress, then I say again to you all, *look within yourselves*. This is not meant to be a judgement upon yourselves—do not think upon it that way, but rather that it is a lesson which you all need to learn, to use that spiritual knowledge within to greater use. Yes? (Affirmed)

Lilian: And that would go for guilty feelings? If we listened to the Spirit side, we probably wouldn't need to feel guilty about some things—they wouldn't happen, if we listened first to our spiritual side?

This applies to all emotions, yes of course. When you have learned to allow Spirit to come forward, then you will find that life brings you fewer distress and upset emotions, but as I have said, the power lies within yourselves.

Sarah: You said to Sallie about not deliberately trying to hurt, but if someone does deliberately try to hurt you physically or mentally, is that because we have allowed them in somehow and what we should do is just forgive them?

I would say that there is much, what you call *evil*, but that as I have said before is not a word I like, because you do not fully understand the whole picture. You cannot know what is within another's thinking. Therefore have I not said to you before: *never judge another man*? (Agreed) Therefore there can be much reasoning behind that type of action towards another. It is not for you to judge, to analyse or to know better. I would say to you, if someone does do you wrong, it is only that you have allowed your spiritual defences to be lowered—but to send love to that being who I might say to you is in spiritual distress. I know the physical world will say: *these people are evil*, but who are you to judge? So my friends, again I say, be careful with your thinking.

Sara: So we must try to understand that there must be reasons for the behaviour, if it is behaviour which we find difficult to understand? **(Yes)** We must know that there is something that we don't know.

You must first and foremost make no judgement upon a fellow human being, whether you think the action is—and I use your words again: *evil or distressful*, you must not make that judgement, because you do not have the full picture.

Sallie: Am I correct to think that it is okay to say to oneself, that I find that behaviour unpleasant? (Yes) It is not judging the person it's the action, isn't it?

Yes, there is nothing wrong in saying this, of course not. We do not wish to say that everything that happens upon your earthly plane is right, we do say this—of course it is not. There is much distress in this world. But yes, you must not judge another human being or the actions which they take; that is the important thing. Yes, my dear friend, you are correct in your thinking. You do not condone evil acts, but do not judge the person if you do not understand or know them spiritually. I know this is difficult for you, but I can tell you that until you come and return home to our world, you will never fully understand the ways of the human beings in this world. But the more we have people like yourselves, who are working towards giving Light, giving Love, and remember my words of some time ago, it is easy to love those you like, it is not so easy to love those who seem to cause you distress. But which do you think would be better? Do you understand what I say? (Affirmed)

George: I think we sometimes understand it better at a personal level than at a political level. I am thinking about the bombings in Russia that are happening at the moment. (Yes) I find it more difficult to understand—

Yes, I would say to you, as the lady has said: you do not condone the actions of others, but do not pass judgement, because you do not understand what is happening spiritually within that region. Remember my dear friends that there is more than the workings of Spirit with the people, but *karmic* effects of regions upon this world. Do you understand? (Affirmed) So, you see the wider issues are not always available to you.

George: Yes, I feel it must be a more complex spiritual pattern in the case of these large events.

Yes, the whole of your planet is troubled by many of these things. That is why so many of us have come at this time, to try to change the pattern of thinking within this human race. It *can* be achieved, it *will* be achieved, but as you know it takes much work, much dedication and much help from people such as yourselves, who are dedicated to this work.

George: It's wonderful to hear that and it's wonderful that you are able to come to us like this.

I will say only this to you this time, because I would like to work quietly with this one, (*Eileen*) that I ask each one of you to sit quietly, to think about my words this time and perhaps you can discuss amongst yourselves quietly what you are feeling. We will try to influence your thoughts. I leave you now my dear friends, in the knowledge that as is always, I will be with you when I am needed. (Thanks + farewells)

A very gentle one followed through Eileen, probably one of a number of Sisters, who visited occasionally: I have been asked to join you this time to end this meeting and to say we have been most interested in what you have been discussing. I myself spent many, many hours dwelling upon my shortcomings while I was in your world. I have to tell you dear ones, that I left your world still with many shortcomings. So I say to you, try not to be too hard upon yourselves when you fail, but I would like to say to you this: as long as you continue to try, you cannot do more. I am not aware of anyone who has left your world in a perfect state. So perhaps these words will enable you to try just a little harder, because indeed it would be wonderful to receive more people who had at least spent some time seeking their true selves. I thank you for your graciousness, your time and your tolerance of my words. Thank you and may God bless you all.

~20th September 1999~

Good evening. (*Welcomes*)

This time before I speak with you, I want you to know that I surround each one of you with great love. There are some here this time who are in much need of it. Therefore my dear friends, accept what we bring to you, feel that love and upliftment from within. (*Thanks expressed*) I would like to continue on some matters of which we spoke last time. I know that you have pondered about my words, but this

time I would like you to try to understand a little bit more about what you are. I will as always, keep my words simple for you, in order that your understanding be greater. We spoke last time about emotions and how these affect your living. What I wish for you to understand this time, is more of your understanding of what Spirit is. After all, you know my dear friends that you are Spirit clothed in these physical beings, which at time causes you much grief. But I wish you to think this time about the Spirit aspect of yourself, which is clothed in these earthly bodies this time. What is Spirit after all, but energy—divine energy. You know and understand this well. We have to talk a little about energy once more to begin to understand. Can anyone here tell me their interpretation of what energy is?

Sallie: It's a form of life.

Yes, but it is much more; it is a form of life, but it is much more than that, but I thank you for your answer. Does anyone else have an answer for me?

Lilian: Is it an energy that is all-knowing?

All energy is all-knowing. It is within and without.

George: It is love and movement and progress.

Yes, the gentleman has the correct word. Energy is movement. That is why—and I will keep this simple for you: without movement energy becomes static. That is why when clothed in these earthly bodies, so many problems arise, because your energies become static, which in turn manifests itself through into the physical being. Do you understand me so far? (*Affirmed*) Does anyone not understand?

Lilian: No, I think we all understand.

That is why when we have places such as this room, so many people enter and find that wonderful feeling of upliftment, of light, of love. It is because the energy is ever moving, partly because of those who come from our world, but also your contribution to the spiritual work. So the energy within these places becomes purer. Do you understand this? (*Affirmed*) Do you have any questions so far?

Sallie: If the energy becomes static while it's clothed in physical form, there are different ways of manipulating it though isn't there? And making or helping it move while it's contained?

You speak wise words, my dear friend. This lady has more knowledge than she uses. The understanding is there, but she does not fully utilize it. But, yes of course, as we said last time, the power lies *within*. The Spirit has the capability of using energy correctly, to prevent that static build-up, if I may use that earthly term. That is why the physical body has illnesses when energies become, how you would say, *stuck*. Is that the correct term?

Sallie: Blocked.

Blocked, that is a much better phrase, thank you. So can you see my dear friends that the Spirit, being all energy, all movement, has the power over all things if used correctly? (*Agreed*) Can you see the comparison now between Spirit and the physical being? (*Affirmed*) Can you see that physical problems which occur, can then be turned and used wisely for spiritual growth and movement? (*Agreed*) Spirit is ever moving—it has to, it cannot become still. Do you all understand this? (*Affirmed*) Therefore now you know that Spirit is another word for *movement*, always *movement*. Can you now begin to understand my dear friends the power that lies within each one of you? Can you begin to see the wider issue of your lives?

Lilian: Yes.

Sallie: Why should it be that we are taught the opposite? We are taught to suppress everything. Is it a political control thing? We are taught such rubbish here, aren't we?

Well, if that is your feeling, then that is your understanding. Can you accept this? What your understanding may be, may differ from another's viewpoint. (Yes) That is where, my dear friend, your own freewill, your own awareness comes into play. Can you understand this? (*Pause*) No, she cannot. She thinks deeply, but it also confuses her. Let me say this to you: When Spirit is clothed within this earth, when the Spirit accepts this body, this lifetime, it also accepts many limitations. That is part of the soul's growth. It matters not what limitations, what hardships, what troubles come before you; what matters my dear friend is how you cope with them. That is the important question. No one expects you to lead a perfect life, because life upon this planet cannot be perfect at this stage of its evolution. But

what I will say to you is this: That constantly you must seek your true self, that spiritual aspect which you know, and you know this innately, because it is all-knowing knowledge. You *have* to find it to understand and to seek a life which is trouble-free. Can you accept this? *(Affirmed)* You cannot do more than your very best. Therefore there will always be limitations placed upon you. There will always be conditions upon this planet, which you will find upsetting, but that is because you *are* physical beings. But what we discussed last time was the fact that no matter how distressing life becomes, you have the power in the moment to change your lives. You and you alone have that power, and this my dear friends is an important teaching for your all. So I say to you all, take these words I have given you this time, coupled with those words given to you last time; put them together and we will have further discussions and questions about it. Are you happy my dear friends with my words this time? *(Affirmed)*

Sarah: So when we look inside ourselves it gets our energy moving and when we attract other people it gets their energy moving and this brings the peace and tranquillity amongst us. Is that right?

I would say to you this: Before you become concerned about another energy, focus upon your own. And only when you understand fully your true self, your true Spirit or energy or movement—call it what you will, these after all are only words—when your own energy is as *pure* as you can accomplish, only then can you take on the energy, the movement of other people. This is a deep matter, you must take one step at a time in your understanding. What I have said to you this time my dear friends, are simple words with deep, deep meaning, and this is what I would wish you to ponder upon this time. I will leave you now, knowing that my words will stay with you until such time we have the opportunity to discuss them further. I will leave you now, be it still in that ever moving Light of Love. *(Thanks + farewells)*

Another then came through Eileen. She explained that she had been an unhappy young girl whilst on Earth, who had been very badly facially deformed on one side. She told us how much she had hated the people around her who had tormented her, particularly her pretty twin sister. She does not hate anyone now and she was sent to us to tell us that she now understands. She said that we should know that when she returned to Spirit life, she suddenly saw what her own hatred had created. Her hatred did little to the others to whom it was directed, but what she saw was a twisted figure which was her. Slowly she came to the realization that she had caused her own distress, because she had allowed all that hate and anger to distress her. The lesson we have to learn is to: *'be careful with our thinking.'* She hopes that we never speak an unkind word to any child, as they are very precious, because the damage created is like a boomerang—it has a way of bouncing back.

If you wish to listen, here is the website audio link: http://www.salumetandfriends.org/resources/1999_09_20-girlwhohadhate-twistedface.output.mp3

~27th September 1999~ Leslie's return 'home'

Good evening. *(Welcomes)* This time I wish to say just a few words, because I am aware of your many thoughts, which have been directed to that friend who has now returned home to us. I wish to say to you my dear friends this, and then we will allow time for reflection, by each one of you on much good that that gentleman has given to you all. I feel it is useful this time to say to you that the passing of this one is very good example of what I have been trying to teach you about Power of Thought. I say this to you my dear friends, it was not his time. Yes, you are surprised, I know. He had a few more of your earthly years left for work to be done, but let me say that the power and the guidance of his many thoughts over past time, had to create the opportunity for those thoughts to be realized. Do you understand what I say to you?

Lilian: Could you explain a little more please?

Yes, the gentleman in times past has often expressed the desire to be with those whom he loved in our world. When constant thoughts are given in this way—I have told you my dear friends, that thought is the most powerful component that you will ever possess. Each one of those thoughts created a situation, which eventually led to the power of the thought having to materialize. Can you see? *(Affirmed)* I hope that you can see from this example, how careful you must always be with your thinking.

Lilian: Yes, we can see that.

I also wish to say to you that although it was not his time, he will suffer no consequence from it; he will continue on his pathway. But I will say possibly happier until the realization comes that there was more to achieve.

Lilian: Yes, I remember you saying he has more work to do.

Yes and he had, but that is why my dear friends, I constantly remind you about the Power of Thought. Can you understand it now? (*Affirmed*) Your dear friend had much wisdom, but he was also human as each one of you are, but that should not stop you in trying to become more aware of your thoughts and your thinking. When thoughts become all powerful, there has to be a re-enactment of those thoughts. So you cannot say, 'why did this happen?' I know you fully *don't* understand why such situations are created, but again we have moved to deep matters. 'Why,' I can hear you say 'did he just not pass peacefully?' There are many complex issues associated with this and this is not the time for me to go into those deep matters, but eventually we will, my dear friends. When your understanding grows slowly, slowly, then we will again talk about these many things that cause you difficulty.

Lilian: Yes, we do ponder sometimes why we need the pain and so on.

You do not *need* the pain, but again it is the *thought* and the control of it which makes the difference.

Lilian: Yes—we've got a lot to learn.

I did feel that each one of you needed to hear these words this time, not to remind you of your friend, but in order to remind you of what each one of you is doing with your *thinking*. (Yes) I will leave you this time. I feel that too many thoughts are travelling with you and therefore I will not give new information this time, but say to you my dear friends, *thank you* for allowing me to come to you once more; and to allow you now some time, either to reflect or to speak quietly amongst yourselves, in order that your understanding may grow stronger. I leave you now secure in the knowledge that always I am with you.

(Thanks expressed)

One then came through Sue, who had been before:

Moon Feather, Moon Feather will see old friend. Moon Feather will be happy to see face to face and talk many, many long moons. We have much to say. Moon Feather very happy, can speak here. He comes with great love to all. Leave now, not easy this time.

Lilian: Will you come again and talk to us.

Have come many times, so will return again to speak and will one day come with friend and all will be happy.

Lilian: We look forward to that very much.

Leave you now—much to do. (A few words were spoken in Moon Feather's language before leaving.)

Another then came through Eileen:

I did not expect to make this journey, but I have accepted that I should return to you one last time, in order to give to you this news. Moon Feather has spoken with you I understand, but I feel that having known this friend for so long, that I would bring to you perhaps some joy. I am very old acquaintance of the friend who has come to us. I wish to tell you that he has been overawed by what he has encountered.

Lilian: Has he?

Yes, I tell you my name, only so that you may recognize me as being a true and trusted acquaintance. I am Sister Anna who over the long years of his earthly working, have visited with him on many, many occasions. What I wish to tell you, is that he will, in time, endeavour to make contact with you.

Lilian: That would be wonderful.

But as you will probably be aware, there is much for him to do and to know.

Lilian: A lot to learn is there?

Always we learn—(Amused tone)—that is something that is never ending, but we wish you to know this, that your time upon this place is fleeting, therefore do not express any sadness or sorrow for one who is now much more alive. Look to your own lives and know that your lives too are fleeting by the everlasting clock. (Yes!) Therefore I say to you, thank you for allowing me to speak with you.

Lilian: We're most grateful—we cannot express our gratitude to you.

We wish no gratitude, but we ask you to think good of those you have known, those you have lost, but we have found—(Recorder cuts off here but Sister Anna had nearly finished)

~4th October 1999~

Good evening. (Welcomes)

I have to say to you this time that I was attracted by your speaking before entering this room. All I wish to say at this time is that the lady (Sarah) who had difficulty in understanding must try to remove all restrictions of physical thinking. Until you are able to achieve in some part, you will always find difficulties in understanding so much. I will return to this for her to give you some deeper meaning and understanding.

Sarah: Thank you very much.

Because of small number this time, I will not speak with you too long, but will say that next time we meet I wish to bring to you some new knowledge, *new knowledge* for your understanding.

Lilian: Yes, we look forward to that.

For this time others will speak and I say to you my dear friends, if this time you feel, you sense, you see anything which you have not experienced before, will you please tell the lady quietly, because I wish to work with this instrument for the rest of the time, but we will be trying to achieve much.

Lilian: Yes, we'll do that.

You understand, therefore I will leave you this time. Each one of you has an important task this evening, even if you are unconscious of it. Therefore I will withdraw and allow others to come to you; but please, please, let the lady know; or if you my dear lady sees, feels or senses anything unusual, please to tell the others. My love as always surrounds you. (Thanks + farewells)

~11th October 1999~

Good evening. (Welcomes)

There is needed this time some upliftment for some of you. This will be given before you leave the room this time. I would like to speak with you my dear friends, about something I feel you may not have considered before. You know well that each one here has been associated in previous lifetimes. (Agreed) Therefore, have you considered that in meeting this time, why there should be differences in your spiritual awareness, each one of you on a slightly different pathway?

Sallie: Wouldn't we have been at different stages last time as well?

Yes, of course, this is the first question that you must pose, but to come together once more there has to be a unification of some spiritual knowledge, you agree?

Lilian: Yes, I think we can feel that.

What I wish to tell you this time my dear friends, is although the awareness is so different within each one of you, it is because each one of you seeks energy from another in order to combine, to create *one* spiritual energy for this work. In the same way as I have told you that darkness seeks light, so do each one of you seek the energy of each other. Can you understand this? (Affirmed) If you cannot please let me elaborate now.

Sallie: I think I understand what you're saying, but I don't quite understand why we repeat the pattern in the same soul group.

That is the topic of discussion this evening—that is what I will come to. What I am about to tell you this time is little known, but I feel my dear friends, that you now have the understanding to accept and to begin to understand. Therefore let me explain to you a little further. You know that all life, all energy, comes from the one source. This we cannot dispute—that is the pattern of life. We all accept that we seek to return to that from which we came. (Yes) It is a long task and many lifetimes to even begin to be on what you call *the ladder*. This we have discussed many times, but what you will not fully understand is that within the form of life's energy, there are many separations—and again, I am touching upon deep matters. Within that *one whole energy*, there are separations of energy, and those of you who have

touched each other's lives, not only in this lifetime but in many others in different forms, ***you belong to one energy pattern***. Can you understand this? (*Affirmed*) So let me say again, that within the energy life form, there are many separate energies. All of you here come from that energy pattern, in order that you can grow and therefore at some time in your existence you will return to that pattern. That energy pattern then would merge with other energy patterns at the correct time to continue forward in its growth, in its knowledge, in its understanding. Therefore to belong to one separate energy pattern, brings us to something else. Why, when you separate, when you take on these physical garbs, why are you not all united in the same knowledge and awareness? I say to *you*, my dear friends, you are, **YOU ARE**. When it comes to spiritual knowledge and energy, there is no difference between you. What makes the difference is your choice of life, *your choice* in this particular lifetime—that is all. But as spiritual beings each one of you has that *Divine Spark* of energy to take you to that separate energy pattern where you belong. Are you following me, my dear friends, are you understanding? (*Affirmed*) If you have doubts, if you have questions, please ask me now.

Sallie: Through the life choice we make, we have gained some sort of knowledge which is different from other members of the group because of the life choice they have made, (**Yes**) what about our spiritual memory, what we can actually choose to remember, because we have got it in our memory haven't we, to a certain extent?

I have told you, yes you have all knowledge. It is entirely within your power to remember and to use what you already know. That choice lies with you.

Sallie: Is that a choice we make before we come back?

No, you return to the physical life style with most memory erased—I have told you this before I believe— but that does not mean you cannot open that door to re-memory. This is part of your spiritual growth within physical living, you understand? (*Affirmed*)

Lilian: Is this partly why, well for myself, I feel very comfortable with everyone here?

Yes, because each one of you come from that separate energy pattern. That is why over many years of your time many people come, many people go, many people go who are suitable with you, but they feel and make the choice that they must go forward on their own. But there are those who you would not be compatible with, may I say and those are the people that you would not do much good work with.

Sarah: So does that answer my question, are we the only ones in this energy pattern, or are there some others who we have not yet met?

There will be people who come, who go. When I speak of *energy pattern*, you must remember that energy is ever- moving. So it cannot be static, I have told you, and that is partly the reason why we have discussed energy before, in order that you had the feel of movement and change. You have more questions? (*Pause*) **No?**

Mary: I understand that before I joined this group there was a meeting telling each of you how you fit in together in a previous life. (*We'd all been together as monks*) I joined the group afterwards. Did I also fit into that particular group?

No, you did not, but you still belong to the energy pattern. You were not part of that particular lifetime. You have not been together only once, but if you remember I said we would tell you of one lifetime together in order that you could begin to recognize some of your physical traits in this lifetime, to which I believe all of you could associate. (*Agreed*) The lady who has asked the question, she has been close with not all of you, but many of you in other times. This is what you must remember that *one* lifetime is not the ultimate lifetime. Each one of you has had many experiences of physical living. You have not always spent those lifetimes together, but that lifetime was given to you as an example and to help you to understand yourselves a little more.

Sara: Can I ask does the same apply to me, because I wasn't in the group either.

Yes, there are many, many not in this room at this time, who belong, as the lady has said, to this energy pattern from whence you come. It is deep matters my friends. I wish you to think upon it carefully, to *feel* that energy, to know that energy and to *know* that each one of you seeks energy from each other.

Mark: Are there many different energy patterns?

Of course; we all come from the *one Source*, but within that Source, there are many energy patterns, yes. This is little known knowledge. That is why I bring it to you simply and to allow you, each one of you, to take this knowledge with you this time, to think upon it carefully and to find where you belong in that scheme of life. You can know more if you will but seek for it.

Mark: Are the energy patterns becoming more or less distinct with time?

In what way?

Mark: I was thinking about whether people in general were coming together more or whether the energy patterns were merging more.

We have reached a time in this earthly evolution, when you human beings are becoming more aware generally, if that is what you mean. I told you when first I came to you that many times there have been great teachings upon this earth and many times has mankind thought he knew best. I told you, did I not, that this time all over you earthly world, many teachings are taking place that human beings are now becoming more aware, accepting what we say to them. But still, there is much for you to learn. Much has been denied, but we must work hard in order that human beings this time cannot deny the truth.

Mark: Does becoming aware alter the energy pattern?

Of course; you should know and understand this by now that you each one of you have the power within yourselves, not only to know yourselves, but to change all around you. Each one of you is an individual energy pattern. That is another subject, which we will enter into on another occasion. But for this time I wish you to know that each one of you belongs to the energy pattern of Spirit from which you all come to grow, to know yourselves and to work together.

Sara: So you can say that we have a spiritual compatibility? Is that a way to describe the feelings?

Yes, otherwise I would not be able to speak with you quite so easily. There has to be that union of Spirit and that is what each one of you possesses. I think for this time that I will leave you with my words. I ask you, my dear friends, to think deeply and perhaps next time when you have had your physical time of thinking, we can return and you can put your many questions to me. I will leave you now, I will continue to work with this instrument. I say to you, open up your hearts and your minds for the rest of this evening's time and allow those near and dear to you to come ever closer. I will leave you and let this dear lady be in full control of you now. (*Thanks + farewells*)

~25th October 1999~

Good evening. (*Welcomes*)

I feel your welcome this time and I say to you there is no need for thanks, after all, are we not well acquainted by now? (*Agreed*) I know each one has pondered my words to you last time and I would like this time to continue upon that subject of energy just a little more, but not perhaps in the way you would expect. The time has come my dear friends, for you all to take an active part in this subject of *energy*. Therefore I say to you this time, with your permission we wish to try to unify you all together in order that you can feel the power within each one of you. In order to experience this you must, my dear friends, discard in part your physical being and allow your spiritual energy to come forward. Therefore, this time I ask that each one here should hold the hand lightly of another. I would say this to you: This is not being done in the way that you within this *movement*, as you tend to call it, have done in past times in order to call upon us in Spirit. You know full well my dear friends, that this is unnecessary. Therefore when I ask you to join together, it is for an experience I hope you will not forget. I ask that you join together, that you give some time to discard the physical thinking, to feel the energy come from each person within your own being. I will remain here with you. None can come to any harm, but I do wish you all to offer yourselves to us to be used in order that you feel the power of Spirit. Are you agreeable to this? (*Affirmed*)

Lilian: We will all join hands, but we won't join hands with the lady you are using. (*Eileen*)

No, you must not in any way touch the instrument. You must form a complete circle. Please allow yourselves time to discard material thinking, begin to feel the power and energy to which you all belong; let it flow between you, until such time that each one of you should not belong to the individual, but

that each of you should feel as a whole. You may speak quietly amongst yourselves if you should feel anything extraordinary within the circle, but I do ask that the voice be quiet and controlled, in order that this energy not be disturbed. I will leave it with the lady now, but know that I will remain until the end of this meeting.

Lilian: Thank you.

We linked hands as instructed and after a short time, some sitters quietly voiced what they were experiencing. Lilian felt that she was being pulled upwards. Others said that they no longer felt their hands holding another's, but that they were merged together. Salumet then returned:

Who amongst you does not feel the flow of energy? You see how difficult you find it to discard material thinking?

Lilian: It is very difficult.

This is the problem, but the knowledge that each one of you depends on each other, can only be a source of help to you all. I would ask the lady now if you would place your hand upon the head of each one here please.

Lilian: Yes, I'll do that now, should I?

We would be most interested to know what they feel. Allow to flow through you.

Margaret felt very hot and felt the energy strongly in her hands. Sara also felt lovely and warm. Lilian and Sarah both felt they were being pulled forward and Sarah's legs had been lifted off the ground. All members felt great peace and warmth.

~1st November 1999~

Good evening. (Welcomes)

Lilian: I am afraid we are very few in numbers this evening.

This time it matters not my dear friends how many there are; this I have told you on many occasions. But this time, because so many are not here I will not give you new information and instead I feel it would be beneficial to you all if I answered some questions for you. I know there are many thoughts that have come to you over many, many months of your time. Therefore this time my dear friends, let me hear your voices in order that I may be of help to you.

Mark: There is a chap who asked me last week if he could join the group and you said before that a lot of people would want to come who would not perhaps be the right vibrations for the group and I just want to check with you if it would be right for me to ask him to come along?

Yes, I understand your question. There is no reason why this one should not join us. So, if the dear lady is willing, then I am happy to accept.

Lilian: I think one of our other friends has got someone in mind as well, but I will let her ask you I think.

Yes, I would prefer to hear the voice that intends to ask, please. I do not mean this unkindly to you, but it helps if I can hear the question from the one who asks, you understand?

Lilian: Yes. Any questions Doreen?

Doreen: Yes I do. I recently came into contact with a lady who was of a different nationality to myself and we therefore could not communicate except by a smile and, at the end, with the holding of hands, and for some unknown reason, I felt a desperate sadness when I departed from this lady. I was in another country at the time and I might be asking rather a lot here, but I wondered if you throw any light on the reason for such a strong emotion for someone I knew nothing of.

Yes, I would say this to you my dear friend: why are you surprised? (Chuckles) Yes, always, always you are surprised. You do doubt at times the sensitivity within you. This, if I might say kindly, is a little failing on your part.

Doreen: Probably quite a big one at times!

No, no, but you are a most sensitive person to all of these communicable vibrations. The lady you speak of —hold please. (Pause) Have you been told my dear friend of any of your past existence?

Doreen: I believe that I was part of a brotherhood of monks at one time.

Yes, but you have been part of much, much more. You my dear friend have, let me say this to you: been part of *travelling souls* at one time. I am not here to give each one of you personal experience of different lives. These dear friends who you sit amongst this time, know this well. I have provided them with one lifetime when they came together, but on this occasion, I will say this to you, that you have been a traveller in one particular lifetime, which has given you the sensitivity to others that you meet. This sensitivity has come forward to you in this lifetime. I do not want you to feel saddened by the experience. It is a knowledge you have within you, but because of your *earthly disposition* shall we say kindly, you tend to impose upon yourself many restrictions. Do you understand what I tell you?

Doreen: Yes I do indeed.

It is not necessary for me to tell you and I know you *feel* do you not, that this sadness was created by something you would term '*sad*' in your life—but that is not true. The sadness is within *yourself*, not sadness from another. Do you understand?

Doreen: Yes I think so. I was sad that I could not communicate with her and I felt at a loss.

But it has given you the opportunity to know and *understand* that communication needs no words.

Doreen: No the communication I think was in the smile and in the touch of the hands.

Yes, yes, but what you need to learn, if I may say so, is that communication when used in spiritual terms needs no words, no touch, no look.

Doreen: It is a touching of the souls.

Yes, it is a spiritual meeting which has created the sadness. It is a recognition of past times, when there have been many partings. Do you understand?

Doreen: Thank you very much indeed—yes I do, that has made it much clearer. I am very grateful to you, thank you.

Lilian: I don't know if you are able to explain. I was reading earlier before we came in here and we were talking about perception of our planet and so on. People on other planets, do they have free will as we do, or are they more spiritually aware and don't need the free will?

Yes, the awareness is given to every individual soul. Firstly let me say this to you: This planet, this world that you inhabit, is a planet of learning, is a planet of opposites. That is why mainly, human beings in their task of evolving were given free will. But of course occupants of *all* of the cosmos possess freewill, but because of their higher consciousness it is not always necessary in the same way that you upon this planet need to use your free will. Do you understand? (Yes) Without freewill, you people upon this planet would be confused, would be spiritually inept. I do not wish this to sound disrespectful—you know that is never my purpose, but this planet is so young. This planet is so very young that all souls who come to inhabit it, come to learn. That is what you must always remember about this earthly planet.

Lilian: So is there a time when perhaps we have been to this earth however many times is necessary and we have learnt all that we can learn spiritually, people who have been on the earth are we ever born on another planet?

You can be, but why do you need to be? Again we are going to return to the Power of Thought. When you have reached such a stage as full awareness where you no longer need to return to this school of learning, then of course you have the opportunity to grow, to become more spiritually adept. In those situations therefore, you would have the opportunity to be recreated on another planet, but not for the purpose of learning as you do here, it would be for experience of spiritual growth, never to return to relearn those lessons that you have left behind so many times before. That is why you return time after time after time. The power of your freewill creates the action, which brings the reaction or *karma* as is so often used upon this world. Do you understand? (Yes) Therefore the opportunity lies before you to be upon other planets, if that is your desire—but the desire is a spiritual one, whereas those who reincarnate upon this earth, do not always fully enjoy the task to begin with; that is the difference. Do you understand, if you do not, then please let me elaborate for you?

Lilian: Yes it you would please.

Often I have told you that you are *many* parts, *many* aspects to the soul, but it would not be the aspect of the soul which would wish to return to this planet, it would be a *higher* aspect of the soul which would wish to visit other planets of greater awareness. Does that make sense? (Yes) I am touching on new fields of knowledge here, which I don't want to enter into this time, but I hope it helps you to understand a little more how the soul works.

Sarah: All the while we are searching to better our soul, do we ever reach the perfection we are seeking? Do we ever reach our goal or is it always ever changing?

Yes, I have answered this question for you before, that because all life, all energy is ever moving it can never become static. Therefore there must always be *seeking* towards that *point*, that *point of energy* from whence we all became, when we began our '*lives*,' if you wish to describe it in that way. The energy patterns are always there for us to seek and many, many of us have reached a point of Light and knowledge, but none that I know of could possibly tell you that they had reached a point, where there was no more movement, no more action, no more energy. That question belongs sometime far within your future. The knowledge is there, after all, have I told you not that everything *is*, *has been* and *will be*? (Yes) Many, many times—but also I have told you that energy is everywhere.

Sarah: Yes, thank you very much.

Doreen: Could I ask another question?

Lilian: Please do.

Doreen: We have been told many times that because of all the troubles in this world, our friends on the other side were trying very hard to help with the troubles that are going on; I am talking about all the major disasters in worlds where there are a lot of refugees, a lot of really big trouble spots. I am just wondering whether they are having any success in trying to alleviate all the suffering that is going on throughout the world. I think it's a terribly difficult task.

Yes, again I think my dear friend, because you have not been within these meetings often, you would not realize that this subject has already been touched upon.

Doreen: Sorry for repeating—

Not at all—when first I came to you I said that I had waited many, many long times. I also said that there were many of us within my world, who came, not only here, but all over your world to help in order that the truth this time would be accepted. Our influence, I have to tell you, is slow, but I believe if you look throughout your world, you would find that spiritual consciousness, awareness is slowly being raised. That what you would call your traditional religions all over this world, are being questioned by—I say your words, *ordinary peoples*. When that asking began, that was the beginning of change within your world. There will always and I have said this to my dear friends before—there will always be natural disasters, because this planet also belongs to a cosmos, whereby this planet has its own evolutionary place within the cosmos. So, there will always be natural disasters, there will always be—again I use your terms, *karma* of this earth to be reckoned with. But I will say this to you and I have said it many times before, we cannot this time fail in our task to help you *people* upon this planet to *recognize* that *spirituality* within each one of you. Therefore my answer to you my dear friend is that '*yes*,' we are making progress in that direction.

Doreen: That's very reassuring, thank you very much indeed for your answer.

Margaret: Could I say something please? (Yes) Thank you very much about giving me advice about what I do with my body when I die. I have spoken to my family and they have agreed to abide by my wishes. It has made me feel so happy that I feel a bit guilty about it.

Yes, again here we have the introduction of guilt and fears. Why do you feel this way? It is the ultimate gift you give to mankind before you return home. To be able to consider, to think *clearly* upon your life—let me say this to you my dear friend, that in your deep thinking you, in effect, have freed yourself from these earthly chains. That may seem to you rather a large statement, but you, out of so many within this room, so many who have come, so many who have left—you my dear friend are one who has grown much. This I say to you with great humility and love. You have reached that point, when you can

offer to humankind those last remains which can help others. Therefore I say to you, now that you have made your decisions, accept it with love and you will be free.

Margaret: Thank you very much.

Now my dear friends, I think for this time that I will leave you. I will say to you all that each one of you abides within my thinking, within my love, within my protection. Therefore, as I leave you this time, allow yourselves to feel those who come close to you once more. *(Thanks + farewells)*

One followed through Eileen, to say that Doreen would be used. The expected guest began speaking through Doreen shortly after:

Good evening to you my friend. Well that put me firmly in my place, did it not?! This is not my usual place for speaking and I did not want to intrude, but now I know that I was meant to come here. It is very nice and it is nice to be with new peoples. I wonder if you would be happy to try a little something with me tonight. I do not know what you would normally expect, but I would like to see if we can create a little picture for you. I would ask you please to sit and concentrate just for few moments towards the centre of the room and I would like you to tell me what you see. You may sit with your eyes open or with them closed. I would like all of you to partake in this please if it is possible.

Everyone did as they were requested and the following comments were made:

Eileen: I have a picture of fir trees with snow on them and I am not sure whether it's a snowman or something like that, but it's got a very smiley face which makes me want to laugh.

Very good my friend! You should not necessarily see the same picture. This is, if you like, to help with your awareness. Does anybody else see a picture? Do not worry yourselves if it does not come. If it is something that you are not used to doing, it might not be so quickly observed. Can anybody hear anything?

Lilian: I can't hear anything, but I am aware of laughter.

Eileen: I can hear the sound of almost like a dripping tap. It is going drip, drip, drip.

You are very close.

Sarah: I thought I heard the sea.

Eileen: I think it is a waterfall.

Thank you my friend. Can anyone else hear the waterfall? Water is a giver of life; it is a great source of power. There is much natural power within your world as I am sure you are aware.

Lilian: This is why we are drawn to water, is it?

That would be one of the reasons, my friend, the same as you are drawn toward the green of the trees and the fields. Do you not remember when you have been to an area where there is much greenery, forests and such that you come away feeling more at peace with yourself, you feel revitalized? That is nature at its most wonderful; it gives so much and asks so little in return. There is much in your world that you call grey that you cannot take great spiritual comfort from and nature is the most giving.

The recorder stops just before the conversation finishes, but fortunately the main points had been made.

~8th November 1999~

Good evening. *(Welcomes)*

Forgive the delay this time. I wish to say to you this time my dear friends, that we offer welcome to the new guest this time. This one has oftentimes had restless heart, therefore if you are agreeable my dear friends, we will give this time to your questions. I feel that it will help the gentleman who comes to us this time. So, shall we have your questions please?

Sallie: There is a woman who I have known for a period of time who has expressed an interest in coming along here. I didn't know what to say to her, because we have only been formed as this group for a short period of time and Lilian thought it would be best if I asked you whether that would be okay.

Yes, we did speak upon this matter and I did express a desire to hear your voice. The lady is welcome to join us, but I will then tell you whether I feel she is suitable for constant—how can I put it to you—if she will be suitable.

Sallie: I would appreciate that, because I have no way of knowing—

Yes, you are kind of, how would you say, in a quandary over this one.

Sallie: Yes and it's not very polite for me to say that to her.

No, therefore I am happy to accept her here and we will make the decision if she is bonding with the others within this meeting.

Sallie: Thank you, I'll give her a call later on this week and tell her that.

Lilian: So if we invite her along as a guest for one evening.

Yes, I would prefer to speak with the lady, yes.

Lilian: Colin, do you have any questions?

Colin: I know you have been asked this question before, but if as I am led to believe, that nobody goes before their time and suicide is a transgression of natural law, **(Yes)** then how does that fit into the equation that nobody goes before their time?

Because, my dear friend, what you are overlooking is the matter of freewill. Each soul which comes to this planet is endowed with their freewill. Each has a course to follow as you have stated, but mankind is not always so out-looking as far as truth and knowledge go. Therefore they do have—and I will say this to you strongly, each one has within them the power of their own living. So I would say to you this, my dear friend, that man alone has the power over human existence. If he wishes to destroy his time upon this planet, then he has to face the consequences of those actions.

Colin: Putting aside suicide, **(Yes)** are there any other circumstances whereupon somebody went before their time, not through their own choice—I mean obviously how you live your life *is* your own choice, **(Yes)** but apart from suicide—I don't really know how else to explain it.

Yes, there are occasions of course when mankind has destroyed another of your kind before their time is up. We have had recently—and you would not be aware of this, my dear friend, of a gentleman of many years, who ran this group on many, many years and was in full knowledge of Laws of Spirit, but because of the Power of Thought, he actually passed to this life before his time was up. You must remember, and I will state it once more and without apology to my dear friends here, the power of your THOUGHT is the most powerful *thing*, the most powerful thing that you possess. Therefore, the Power of Thought can create for you, many situations in life which are not beneficial to you. Do you understand, my dear friend? **(Yes) Therefore, people have power over people, as you are well aware from the, what you call, catastrophes of your world. Mankind goes against his own kind. Therefore there are many, many times, when people come to us before their chosen time has arrived.**

Colin: Thank you. Can you be sure then—an example, say of a plane crash, when a large group of people are killed. How do you sort out in your own mind whether all those people were brought together in one instance, because it was *their time*?

Well, how are you to know? *(Exactly—)* Yes, I would say to you my dear friend, you are creating within yourself many questions, which you will never truly fully understand the answers to, until you do join us in our world. It is as I have taught, or tried to teach my dear friends here: who are you to know what is good, what is bad, what is wrong, what is right, without the wider knowledge of that Spirit that is the true *you*. You have to look within for all of these answers. *You* will never have an answer to these many questions, which will be clear-cut. It is not so simple; I have stressed this on many occasions. Are you happy with my answer?

Colin: I thank you for your answer, but I just like to know, you know?

Yes, you are ever seeking, ever searching. You truly are, my dear friend, a nomad of Spirit. Always you will seek, always you will search, but the time must come when you *accept* and *know* and *understand* that all cannot be revealed to you, whilst you are clothed within these human garbs.

Colin: I understand that.

Yes, so I would suggest kindly to you that perhaps you learn to accept a little more and not to question so.

Colin: Okay. Sometimes you need to ask, because you don't know which questions you *will* find the answers to and those you will not unless you look.

Yes, I do not say *'do not seek,'* there is a difference. You must always seek, you must always seek *within*; the answers to all of your existence lies within each one of you.

Sallie: Salumet? (Yes) Also there isn't one answer to anything, is there? There are so many different answers to so many situations, there's never just one answer to anything.

You are growing wise. Your reply encourages me to see how much you have grown. You will *never ever* know—have I not taught you that all life is ever moving, ever changing—never static? (Affirmed) So you cannot have any one situation that has only one answer, after all your perception may be entirely different from another of the same situation. You must always remember, you are endowed with this freewill. I know sometimes many of you feel that this freewill is nothing but, how you would term *'trouble,'* but it has been given to you for a purpose and that purpose is that you learn to grow, to allow your awareness to grow, that you make the right choices in this lifetime. So, although these choices and this freewill at times seems troublesome, remember that the purpose behind it is a good one.

Lilian: Any more questions?

Colin: I have one more. At the moment in this incarnation I am learning in a human being's body in a physical body. To gain *all* that knowledge that is there in order to go back to the Source, what other things must I do—I mean we have plant life, we have mineral life, we have animal life—to obtain the knowledge of the Source? Would I not need to experience those forms of life at some stage?

You *are* experiencing those forms of life. You, my dear friend, as each one of you are, are the *whole* of all of the elements that belong to this world and to the Cosmos. Every human being is a small part of the *Greater Cause*. After all, what does a human being consist of? You consist and need all of the elements around you, you need the air to breathe, as does animal and plant life and all sources upon this world; you need water, you need earth, you need fire and, you see, my dear friend, all of these things are contained within. Therefore, to find the understanding, to seek and to search, you must go inwards if you are to become focussed on that *Divine Energy* from which you come. *All* is within you; if only you human beings would realize this, so many of life's problems would disappear. You do not need to separate yourself from plant life, from animal forms, from the air you breathe, from the water you drink, because you see, you all come from the one *Source*, therefore you all have the same elements of energy. Do you understand what I say, what I am trying to explain to you? (Affirmed) Each one of you is individual and yet, as the others within this group know, you all need each other, you all *intertwine*, because you all come from the one Source. Therefore my dear friend, I say to you, look not outwards, but look *within*; there lies all your answers of this lifetime, not only this lifetime, but the many which have gone before. All knowledge is within you. Use it wisely. (Thank you.)

Lilian: Can I ask you about the food that we eat? It's quite obvious that more and more people are becoming vegetarian. Is that in any way helpful to the spiritual self?

I believe when first I came to you, this was one question put to me. If you can remember, I will state briefly for you what I replied then. My answer to you was this: That it would be best to refrain from giving animals for food, but it depends on the purpose of why you would wish to eat their flesh. In itself, it is not wrong, but for your spiritually, I will explain this once more. To have true compassion, you must have compassion for all things upon this planet. Again we come to freewill and your purpose for eating the flesh of an animal. If that purpose is to sustain life, if you thank that animal for the flesh it supplies, then you have in part helped yourself to that state of being, which helps you to gain more knowledge of the animal kingdom. Do you understand?

Lilian: Yes. Unfortunately, I don't think we remember that enough.

I would say to you, in this world of yours today, there is too much suffering when it comes to the farming of animals for food.

Lilian: Yes, but people are beginning to realize that, I *hope*.

As awareness grows, so too does the knowledge that the animals have as much right if not as much or more as the human beings who tread this planet. That would apply not only to the larger animals, whether they be domesticated or in the open spaces, but to all forms of life. Without respect for all things, you cannot grow; and remember too, that when you come back home to this side of life, you will

see all that you have thought, all deeds that you have done and you, and you alone, will be responsible for those deeds. So my ultimate answer to you is that it would be best to refrain from the eating of flesh, but again it depends on the reason why you do this. Again there is no *one* clear-cut answer and there is in your world much dispute about this subject, but be careful not to judge, because in judging unwisely you create another problem. So remember my dear friends, judge not, because until your awareness is such, you could be making a mistake about another human being. Therefore I say to you, judge only yourself if you must, and I say to you this: that in doing just that you also can be making an error of judgement. Do you understand? (*Affirmed*)

Lilian: In your earlier coming to talk to us, you referred to a group of people on this planet who are space travellers who are highly intelligent and so on, which was not known by people today. Watching a programme on television, there is a group of people who are looking for proof of such people who you have told us about.

Yes, have I not told you that all new teaching that I bring to you, will around your world be confirmed by many? (Yes) I also told you when first I came that many discoveries are still unfound, but as time goes along there is much that will be discovered. Many concepts and ideas within your world, have been, shall I say, *falsely* put to many people. The Truth is about to unfold in the many, many years to come. I told you also that this time the many Masters who have come to your world this time, have every intention of making sure that only Truth be known. There have been too many contradictions in your world.

Sarah: The medium that you are using Salumet, was talking to me before the meeting and she said that she had a very strong feeling that colicky babies, had a sort of resentment of coming back. Is that correct what she thinks?

I would not agree entirely with the lady, but in part yes, she could be correct. You know of course that the choice belongs to the soul, when it wishes to reincarnate into the human form, but also you have been told that some souls, although they know and understand that they need to reincarnate for the purpose of the soul's growth or for another reason—and there are many reasons as you know—some still feel that to have to return to the human form is not quite what they would desire, but they know that it is best for them. Therefore in returning to the human form, because of this feeling of—not resentment that is not a word to be used, but the feeling of *holding back*; it can create within the new life form many problems, which would take some time to subside. So in part the lady *is* correct, but not entirely.

Sarah: Thank you very much— (*Pause*)

Well, you are all very quiet this time.

Mark: I have just thought of one question actually. You mentioned that there are many reasons why a soul reincarnates, apart from their own personal growth. (Yes) I can think of one other reason that the teachers come down to teach us, I suppose, but what would be the other reasons?

The other reasons, there are many, many reasons why the soul decides to reincarnate. You know that in the many times there are connection with, for example, people who have a close contact to you in this lifetime, you may have been closely connected to in past times. It might be your purpose, for example, to join a loved one on this mission, if you wish to call it that—this mission of learning. To be supportive of another also enables the soul to grow, because it is done with love, without selfishness. There are many, many reasons. Yes, you must be aware that it is not solely for the purpose of an individual growth. In the same way as upon this earth, you grow from giving love and help and suffer to another—that is the biggest growth. After all, have I not just told you that everything is within you? All growth is *there*, all you have to do is seek for it. But in giving love to a child, to a friend, to a partner, then indeed you are giving much of yourself.

Sara: Is this where the greatest, deepest fulfilment and contentment comes from, giving of ourselves to others?

What is this—if you cannot give love, you have *nothing*.

Sara: Yes, so the greatest purpose (Yes) of being here is to serve others.

Unselfish love can only help you to grow. After all that is the purpose of life. Not only your own individual growth, but to help others, not only human form, but your planet. After all, the evolution of this planet is important within the scheme of all life. You must be aware of the wider issues *always*. Try to free yourself from this chain of thought, which binds you to *one* thinking, one part of the soul. After all, have I not told you that this lifetime belongs to one aspect of the soul only? So you must always seek that *higher* and *wider* awareness.

Sallie: And also, if as Sara was saying, that one of the greatest things we can do is to *give* to all aspects of creation around us, we are actually giving to ourselves as well, aren't we, because if we are all connected up, whatever we are giving out is being return to us in an extraneous circle.

Of course, that is why I teach you that energy is ever-moving. If you could but see yourselves on this scale, on this energy scale of always giving, then indeed your Light would shine brighter, brighter, wider within this scheme of life. You have to remember that, as part of that *Divine Energy* from which we all come, you are but very small within this scheme of life. All of you upon this planet are here to learn. Each one of you is given the opportunity many, many times. You are each given the help, the upliftment and the encouragement, but you, as the individual aspect of the soul, must also play your part. This planet, as I have told you, is very young in terms of its evolution. Therefore, the souls that are here in these human forms, have great responsibility for the welfare of not only yourselves, but the planet as a whole. Can you understand how important this is? (Yes) That is what you must seek for, not only your own individual growth, but that you become part of each other, that you radiate that knowledge and love which you gain to all corners of this world, this planet, in order that this planet *also* radiates out with love. We are touching on deep matters again, but for now we will leave it there. I would like you this time to think about this planet and its position within the Cosmos. Feel it become part of the *greater whole* if you can, and to do that you must go *deep* within. I would ask, my dear friends, this time that you ponder upon my words and we return to this topic once more. Would the young gentleman like to ask me any more questions before I leave you this time?

Colin: Yes I would, just one more. You say to go within. I think most people here probably meditate, but is there a more positive way of tuning in spiritually?

You mean is there a better way to find yourself than to meditate? (Yes) No. What is meditation? It is *prayer*; but it is prayer which is seeking that within. It is not external, it is a prayer of trying to know yourself. Therefore, in meditation you are allowing the human aspect of you as you know yourself now to be forgotten and the soul to come forward. You go deep within that spiritual light, that spiritual knowledge, which has the answer to all questions. Therefore I say to you, to meditate is the answer to all things, all things spiritual.

Colin: Would you be able to advise on a more suitable way for me to be able to relax and keep an open mind?

Yes, you my dear friend as I have said earlier, are a nomad—you are ever seeking, ever searching. You have in common I think with our dear lady known to us as Sallie, a very active mind. You have to allow the mind to become still and to become quiet. And to achieve this you must allow yourself to accept that meditation comes from practise of offering yourself to the *Divine Energy within*. There is no quick, no easy way. You have to allow yourself the quiet times of meditation, of prayer. You can of course call upon those who stand close to you to *help* you, to still that mind; but I would say to you my dear friend, in your meditation time I feel for you personally that the *outdoors* would allow you reflection time to create a peaceful mind.

Colin: Yes, I think I have proved that to myself, thank you.

Yes, you need the open space, you need that reflective time for yourself, then you can come together with others and allow yourself meditation time with others; but I feel for you at this time, it is difficult. Although you have much knowledge, have known much, but within you are still rather searching too much. Therefore, find yourself that freedom, that reflective spot for you—you will recognize—and I feel that soon you will know of somewhere where you instantly feel at home in order that you may sit quietly there; I think this will come to you shortly. There is much you can do, there is much you can give,

but I feel for you my dear friend there are many questions and answers that you must provide for yourself. That is the best source of information—*yourself*. Do you understand?

Colin: I do, thank you very much.

Now, my dear friends, I thank you for your welcome this time. I hope you will think upon my words and I wish for you that those words will invite you to continue in your thinking. I leave you now in the knowledge that I am always with you. (*Thanks + farewells*)

~15th November 1999~

Good evening. (*Welcomes*)

This time I would say to you that many divine blessings be sent to those individuals who are not present here this time. I have, my dear friends, been aware of many thoughts and questions from some of you. I would say this to you: that you will receive the answers to those questions in time. Because we are few in numbers once more, I will speak with you again for a short time and then we will devote some time to each one's own individual development. So, my dear friends, if you have questions for me let me try to help.

Sarah: Only one or two aspects of us come onto this Earth as human beings. If one part has done wrong and is back in Spirit World, is it possible for another part to come here to learn whilst that other part is back in Spirit world?

Of course. You might confuse yourself if you begin to individualize each aspect of the soul. I know this is probably the easiest way for you in your understanding. Although there are many aspects to the soul, until each aspect is joined in what you call *Spirit*, the knowledge of the other who takes the human form is separated from all knowledge of the rest of the soul. Try not to see the different aspects of the soul as individual—they are not; it is a whole which at certain times becomes separated. We are speaking of deep matters when we speak of the soul, because the understanding upon this earthly planet is such that you see only one aspect which is in human form. But do you not realize that all aspects of the soul, as you say, *are* within the human form, but to a minute degree. (Yes) The whole aspect of the soul remains in the subconscious of the human being. Do you understand or are we becoming too complicated for you?

Sarah: I think I understand, thank you.

It is not what you would term black or white. These answers I give sometimes may seem vague, but that is only because your understanding would not be capable of receiving the information—not at this moment in time anyway.

Lilian: Once we are back in the Spirit world, we do understand, do we?

Yes, a much wider awareness, of course and the conjoining of all aspects is of course quite natural. There is nothing separate or individual about that union.

Sarah: But when one part that has not done so well here—

May I be so rude as to interrupt your question? (Yes—) May I say this to you: You cannot judge whether a soul has done right or wrong, we have discussed this topic I believe on numerous occasions. So do not fall into the trap of trying to say what the soul has done right or wrong. You do not have that knowledge or the understanding or the awareness to make such a critical judgement. So be careful in your thinking.

Sarah: Yes, I wasn't actually pin-pointing anybody, but I thought that I understood that, if by chance you had not done as you had intended to here, (Yes) you went into a lower level, as it were, into darkness over on the other side until you could get out. You haven't then re-joined your Spirit? (No) How does that work? No, well, you must not consider that all aspects of the soul are at the same stage of evolution. We really are on deep matters here. Of course the part of the soul which has come to this Earth to learn, if that soul remains free of any teaching, of any learning, then of course when they return *home* they must take the station which they *deserve*. And of course, you are right, the aspect of the soul which remains, shall we say, 'unlearned'—is that the correct term? (Yes—) They would not return immediately to the whole aspects of the soul, but that does not mean that they are ever *lost*. But yes, I see your meaning now, yes

that one aspect of the soul would have to regain its status, if you like, before it can grow and join other aspects of the soul.

Sarah: So it would have to come back here again?

Not necessarily, we have spoken on this too. It is not always compulsory to return in human form, but most souls when they return to our world know what they must do for their own spiritual growth.

Lilian: Do they?

Of course. Yes, they are given advice, they are *helped* to come to the realization of what is best for them. But that is not to say that they are always keen to come back. (*Chuckles*) We have spoken briefly again, but they do know whilst they are in Spirit form what they must do. I would say very few wish to return to the human form, but we have said before there are many reasons why you would wish to come to this planet of learning, and of course, we must *give our respect*, if you can accept that phrase, to those who come under some degree of—how shall we say, I think you would use, ‘*pressure*,’ pressure, yes. I don’t feel that is an apt description, but it is one I think you might understand.

Sallie: Encouragement? They are *encouraged* to come back.

Encouragement, I thank you. Has that helped you in your question?

Sarah: It has yes, thank you.

Lilian: Sallie, any questions?

Sallie: It was something that Sarah mentioned and I can’t see it in the same way: Talking about *levels of darkness*, I don’t see that it can be like that, because we are, as I see it through your teaching, that we are responsible for our own judgements and we make our own judgements on our own behaviour, (**Yes**) and we have our friends like yourself who will encourage us to look at what we can do. (**Yes**) But these places of darkness, they are self-imposed aren’t they?

Of course—yes, you are the judge. Your actions in this world will determine your placement in the Spirit realms. Of course, no one places you in places of ‘*darkness*’—that is what you have sought for yourselves; it is self-inflicted, but many of the teachings that have been given to you human beings over many aeons of time, have described these places of what you term ‘*darkness*,’ not very well. They have been termed—shall we take an example of your Christian teaching, being called ‘*hell*.’ Yes, I think you are familiar with this term, and of course, there is no *burning fire* as that religion would teach you, but of course there is the hell of your *own* doing. But you are fully responsible for all places that you find yourself, but you are never left alone.

Sallie: We talk about forgiveness and understanding. (**Yes**)—if that’s the case, even if we have made grave errors of judgement in our behaviour whilst we are here, (**Yes**) I can’t see why it is necessary for us to put ourselves in places where we would go through mental torture—punishing ourselves—

I know what you are trying to say, but what you must remember, try to forget as I have told the lady about individualizing the soul. The soul is *energy*. What happens is that the soul who has led a lifetime of what you would call ‘*wrongdoing*,’ is in fact extinguishing the light energy until *all* becomes darkness. Try, my dear friend, to see this on the wider scheme of things. We are on difficult grounds, I know. If you try to see the soul as human, you will never fully understand; try to see it as light and dark. All is energy, that is why in times past, I have tried to explain the *wrongdoings* of others and why they poach upon innocence. It is in spiritual terms the seeking of the Light. Always try to seek the *spiritual* answer. Look within; try not to make for yourselves these complicated issues.

Sallie: I know you are right and I suppose it is just a human failure, but I could not bear the thought of—**Yes, I understand what you say and yes, if you look at it in that way then you would never, you would never, ever be able to forgive in that sense.**

Sarah: But you know yourself when you go over then you immediately see what it is that you should have done, so, as you say, *you* put yourself in that position yourself, because you know that is not what you intended to do.

Yes some souls, but those that are lost within the mists of their own wrongdoing, are not aware at the time of coming to our side of life, because they are in effect, *lost*. You should have some understanding, after all because you have done what you like to call ‘*rescue work*’ with those on our side of life. (**Yes**)

Therefore your knowledge knows that not all crossing is easy and instantly recognizable to the soul or others.

Sarah: Does that mean that all the rescues that come through that have got lost in the mist, have all done wrong?

No, no, you cannot class together all lost souls under the one umbrella of *wrongdoing*. Some are lost because they do not believe that there is existence after the human form. So, be careful in making judgement there.

Sarah: Yes, it hadn't actually dawned on me that, but when you said they were lost in the mist, I just put the two and two together—

Sallie: I suppose it's similar to people here on this Earth level. Some of us feel lost in the mists here, don't we?

And may I kindly say that that also is your own responsibility. Is that helpful to you? (*Affirmed*)

Sara: Even if by the time we leave this Earth, we have evolved much spiritually, do we still have to relive every moment of ignorance—all of the ignorant things we have perhaps done in our lives, even if we may think we have tried to correct some of them. Do we relive everything in our earthly life when we come over to your side?

Yes, all is made clear to you—

Sara: What a shame! (*Chuckles*)

Yes you cannot just see the good moments.

Sara: I don't mean just the good, but I wonder if *everything*, I mean the *whole* life.

Every second of your existence will be shown to you. (Oh!) Many things that would, at this time, seem very insignificant to you, all of these things become magnified. But do not despair, because most souls return to our world and realize how much good that they have done. When we speak of darker realms, I want you to know that it is the minority. Don't be afraid—do not place upon yourselves fear or guilt—we do not wish you to do that. Most human beings have more *good* than *wrong* within them. And after all it is the gestures that you are unaware of which spiritually are the greatest. You seem surprised?

Sara: So it isn't always a very harrowing or painful experience to relive the earthly life—to look again?

I would not say painful, but to most I would say there are some surprises. (I'm sure!) Yes, but all of this happens very quickly and quite soon after you come to our world.

Lilian: So, if there's something we're really, really, sorry about at that particular time, we can put it right, can we?

Of course, the opportunity—can I say this to you, that the *recognition* is the greatest part of the *putting right*. (I see—) In recognizing that your actions or your words are wrong, you have gone most of the way in correcting. But can I just say this to you, that if you *know* you have done something—and you *do* know, you intuitively know when you have—and I would say this to you before I continue, that the worst thing you can do is to hurt another human being, not only with actions, but with words and above *all* with your thoughts. I would say this to you, my dear friends—and this is important for you to know: If you can put right a wrong, then do so while you are upon this planet. And, I will repeat myself: it *can* be done with the power of your *thought*. It is much better for the soul if you do that whilst in the human form.

Sara: If you have a situation where you would like to communicate love and peace to another person, but you really don't know if they are receptive to the written or spoken words, then is it best to just send thoughts?

Again, you are trying to judge. If you know that you need to send loving thoughts, then by all means do so. The only thing I would say to you is you must *never* interfere with your thought onto another.

Sara: But you can send your love—

But if it is loving thoughts, of course you can. Loving thoughts are always good.

Sara: Yes, because occasionally there may be a situation where it may be more comfortable for me to send loving thoughts, than perhaps do it in a physical way—or it's easier perhaps?

Yes, this is a misconception that to put right something you know you have created that you need to create action; this is not right. The power of your thought—after all, what happens is that the spiritual aspect of yourself is in contact with the spiritual aspect of the other person. It is nothing to do with the human form. That is why it is much better to put right anything you feel you have done to hurt another. Use your loving thoughts to put all right.

Sara: That's very nice to know, because in many ways it's easier sometimes to use the mind.

If you use that thinking it is easier, then you will not create what you are attempting. Has that helped you? Sara: Yes it has.

Now I feel that for this time, my dear friends, I have spoken enough. There are many here this time.

Please allow yourselves to open to their influence and see how you can be helped individually. I leave you; as always know that I am always with you. *(Thanks + farewells)*

~22nd November 1999~

Eileen was on holiday and therefore Salumet did not come through this time. Sue said that she saw Leslie coming towards her and then going away again. Other members of the group also felt that Leslie was around. The first one came through Sue:

Greetings from the far realms—I have to tell you that in your room there are many, many Spirit doctors and physicians this time. It is more in one place than has been seen for many, many times. Even more than on your normal healing evenings and we are hoping that we can help some of those whose thoughts were given to us this time. We know in particular that there are some who are chronically sick and are suffering greatly and we are here this time to see what we can do, but obviously we cannot give you results immediately; only in time when people see whether these poor people have improved will you know whether this mass healing evening has been somewhat successful. Are you all willing that we should try? (Agreed)

I will please ask each one of you in turn if there is a particular name you wish us to focus upon. I ask please for only one name from each of you. You may silently ask for help for others if you require it but I ask please this time for only one spoken name.

Each sitter named someone and the control through Sue mentioned the name of the Spirit doctor who would be helping on their side.

If you could all please concentrate on your chosen people, speak to the doctor who will be at your right hand side and imagine please the healing blue light encompassing this room and all the physicians within. I thank you for allowing us to be here and we hope we can be of benefit to all those suffering and in need of help.

We did as was instructed for about 15 minutes, before the one through Sue returned:

Our doctors will continue but there is no longer any need for each one of you to concentrate your thoughts. The physicians will remain here and will continue their work. I have to say that you may find that their healing presence will be felt at times when you enter this room on other occasions. It has been decided that part of the Spirit shall raise a mirror image of this room will be made into a healing sanctuary. We feel that the love which is given into this room can be used as an energy source for healing power. So, it may be difficult for you to understand, but I ask you to imagine that a similar room on a different plane of existence, will remain and be used as a sanctuary for healing. It is a small 'thank you' for all you do and all you will continue to do. I hope it gives you a small feeling of worth. (Agreed) All of you should feel that you have some worth, because my dear friends, without people like yourselves, our work would not be as straightforward as it is. I use the word 'straightforward' but it is, of course, far from that, but we will not talk of complex matters this time. Let us leave here with easy thoughts and not too much questioning, you understand me? (Yes—) But be proud of yourselves, my children. You are all good souls, some of you very old souls, and we are proud to work alongside the likes of yourselves. We will leave you now and trust in the power of love—send out only loving and caring thoughts and be kind to one another. (Thanks expressed)

There then followed one through Sarah, who appeared to be speaking quickly in some unknown language. (Possibly Incan) One through Sue then returned and brought the evening to a close.

~5th December 1999~

Good evening. (Welcomes)

I thank you this time for your patience, but the instrument I use has a dryness of the physical throat, which I am dealing with. This time my dear friends, I want to say to you this: Your thoughts are never passed by, those thoughts which come to me are never forgotten, but I would say this to you, do not expect that we answer you as quickly as you would wish or in the way that you would desire, but know that your thoughts, when used correctly, reach me, stay within me and eventually I will do what I can to help each one of you. (Thanks expressed) As we approach this time of your earthly year, when there is amongst humankind much kindness, much goodwill, it gladdens those of us from this world who endeavour to help all of you to know that humankind has within its heart the love and the joy that each one of you is deserving of. It also saddens us that this goodness, this love that is shown to others at this time of your year, is not used *all* of your time. I know there are many such happenings and much talk amongst you on this earthly planet at this time, because of what you call a new millennium. Let me say this to you my dear friends: it is but a passing time. There has been upon this planet many, many millenniums, but what I wish to say to you in respect of the one approaching is this: That in the span of time of the Earth's next 1000 years, there will be many changes, many changes that humankind will be able to achieve. There will be a new time of thinking, a time of awareness of all things, of all matter and the changing structure of the universe as a whole. This planet will reach the stage in its evolution within the next 1000 of its years, where people upon this planet will *know*, will know that the only true pathway is within themselves. Your scientists and your physicists even now are struggling with new knowledge, which I hasten to tell you comes from our world. They are beginning to see and to understand just a little about the makeup of the physical being which houses the Spirit. They know already that there is more to life than the physical contraption of the human body. I tell you these things, because although my dear friends by then you will past to our side of life, I wish you to know that the work that you have undertaken will continue. This planet Earth at last has reached an understanding of the destruction that mankind has wreaked upon itself. This planet has reached an understanding that mankind is *more* than at first he thought. Mankind has reached the understanding that *all* religions are but *one*, and mankind will recognize that there are many who walk this planet who have come to give them divine teacher.

Lilian: And they will be recognized, will they?

They are recognized, but in this new time which so many are seeking, there will *be* much more awareness. Our work upon this planet will be far-reaching. It seeks out those people who have been lost before to this knowledge. Mankind has reached the time in the planet's evolution, where he cannot now deny Truth.

Lilian: That's wonderful news.

I want each one of you, my dear friends, as this '*New Millennium*', as you call it, approaches; I wish each one of you to look within and to know and to acknowledge that you have the awareness now of what lies before you, because my friends, you *do* have this knowledge and it is within each one of you. As always, at this time of your year, I will withdraw from you for a short time. I will return, refreshed I hope, with new teaching for you.

Lilian: We look forward to that.

We have had much coming and going in these previous times, but no matter what the number may be, the established link must now always be used in order that I can now begin to give you new teaching. Therefore, when I return to you my dear friends, there will be much for you to learn, to acknowledge, to dissect, because I know you have not yet reached the stage of *acceptance*, but I am happy that you will take the information given to you and think about. On these words my dear friends, know that you are surrounded always with my many blessings. I will endeavour always to help you if I can.

Lilian: We are grateful. Can I just ask you one question about the lady who came last week as a visitor?
Yes, please.

Lilian: Should we invite her to come as a regular?

May I suggest that the lady comes to you in my absence and when I return I see no reason why she should not continue, but it may be helpful if she comes to your meetings in my absence in order that she can slowly adapt to the knowledge which is given—but yes, she is acceptable. (Thank you.)

Now my friends, may the Divine Consciousness from which we all come, surround us all, help us in our unfoldment of Spirit, help each one of us in what we are endeavouring to achieve. For the rest of this time, I say once more, open your hearts to those who stand near, allow them to come to you, because there are many willing to make contact with you. Until we meet next time, my love stays with you.

~10TH January 2000~

Good evening. (Welcomes)

As I return to you once more my dear friends, I embrace you all within my love. It is good that we join together once again. I feel from some of you some pressures of living, but hopefully as we continue all of these many fears will dispel. As I left you last time I told you that in this coming year there would be much new knowledge for you. This will be but for this time I would like to say to you all, I want you to be absolutely sure that when I say new knowledge, I do not mean new truth—there is a difference. *Truth* always has *been* and always *will be*, but you can gain in knowledge and in wisdom, dependent upon your capabilities of acceptance and how much you wish to grow spiritually. Do you understand the difference my friends? (*Affirmed*) So therefore, when I say I will bring to you new knowledge, it will be new knowledge to you as far as your understanding has grown. Each one of you travels a slightly different pathway—this I know you understand. Therefore I wish to say to you, as new knowledge comes to you it may be that some can find within their hearts to accept more easily than others. But do not be concerned, because as time travels onwards, we will have much opportunity for questions. This I have always tried to do to make the knowledge simple in order that your understanding is great, that your intelligence is not demeaned in any way, but you accept these simple truths in the guise of new knowledge. So I say to you my dear friends, we have much work ahead of us. I hope that all of you as emissaries of Spirit will go forth as this new knowledge comes to you and let it radiate outwards to all you have contact with.

Lilian: I'm sure we will all do our best.

For this time I will not stay too long, so my friends, if you wish to speak with me, please do so now.

Mark: I have been asked to ask you if a lady called Maureen could come and see you next week? She is Colin's mother.

I am aware that the lady desires to visit with us. If her desire is genuine then we will make her welcome. Yes, I will accept the lady. Does the other gentleman wish to speak with me?

George: I haven't a question at the moment—one may come.

There is always in you some puzzlement I feel, but if you do not wish to discuss it this time we will leave it there, thank you.

George: I have been working towards publication of my book. There is always a certain amount of puzzlement involved in that.

Yes, may I say this to you my dear friend: I know you have heard it many times, but the word is patience—it will come to you.

George: Yes, in our earth lives I am aware that we are perhaps overly time conscious (**Yes**) and we like to meet what we set up for ourselves as deadlines, but I take your guidance that I should really be patient and yes, I have those inner feelings that one should really be patient.

Yes but in being patient that does not mean you should not strive—the two can go hand in hand.

George: Yes, it is proper and rational to strive and I should not get upset if things take a little longer.

Yes, perhaps this is the time to use a word perhaps I am not fond of but which is understandable to you all and I say the word *'faith'*. Perhaps better use the word *power of Spirit*, which can create for you all things. Do you understand? Have some faith in your own capabilities. After all when you are allowing the Spirit within to be confused, all of these feelings transfer to the physical being. This I also have told you many times, but I know you human beings, and I do not use these words unkindly, but you do need to be reminded so often of what you can achieve.

George: Yes indeed—

Remember my words of guidance to each one of you, this for your spiritual growth. I am not so much concerned about the everyday problems of your human lives, after all I come to teach, but in trying to teach you, I know sometimes you need upliftment in your daily lives. So, please accept my words kindly.

George: Yes indeed, thank you. I always hesitate to ask questions about my own personal things, but nevertheless it is very good to have a little guidance sometimes. (Yes)

Sarah: Yes, I was just thinking that the same applies to my husband as well in his situation at the moment—he needs to be patient as well.

Remember, my dear friends, in your own spiritual unfoldment, you can also be the examples for others. Remember always that most people will learn by example, therefore it is important that each one of you show that spiritual nature to all that you come into contact with. I think for this time I will leave you with all of the love I can give to you and when we come together soon, there is so much for us to discuss. Now let us give time for others to speak with you. (Thanks + farewells)

One followed through Sue:

Welcome with greetings from the hills and mountains. I bring you air and I bring you the Spirit of the sky and of the earth and I bring you much from the living quarters and the leaves upon the trees. New life is all around, buds burst forth, plants grow, animals produce and the life cycle which is eternal continues. These words this time are meant for the lady who will shortly have a bud burst forth of her own. My child, the one you hold within you will bring you untold joys as your years unfold. This little one has much to do. As his life progresses from childhood to adulthood, remember these words if you can: in a few of your years your little one will astound you and hopefully you will recall this night and you will say 'it was foretold'. No more will I say but as he grows you will become aware of what my words intend. And also, do not squash any ideas which may come forth from this child. Listen to him and believe what you are told. Even if some of the things seem fanciful to you, I say to you, they are words from the Spirit. Look at the buds bursting from the trees and remember my words.

Lilian had the intuition to reduce the light level at this point, as another spoke through Eileen:

How very kind of you—we obviously have mind communications. I just sat here thinking what strange creatures human beings are. (Giggles) Why must we sit in dark conditions, trying to communicate?

Ummm?

Lilian: It's more relaxing.

Granted.

Sarah: It's easier for you too, to come through when it's darker?

Physical darkness is difficult to explain—it is more for the protection of the physical body.

Sarah: Why is that?

Why? You see my opening words are true. If you are in communication of mind it would be most obvious, because the human body is frail and does not allow the strength of his Spirit to come forward. Therefore there is a meeting of Spirit and body, but it is the frailty of the human body which causes us concern. I did not intend to speak with you this time, but I sat here wondering when, WHEN will these human beings wake up. (Laughter) And so I found myself in communication with the lady, who instantly made full use of my thoughts and turned down the lights.

Lilian: So have you been a human being?

Let me just say this—again the lady is picking up my little discomfort at talking with you. So part of me knows and understands the human condition. Yes, it is not something I would wish to repeat, but it has helped in my understanding, but you have to admit, as human beings, you are most complex.

Lilian: Yes, we are. I guess that is the way things are meant to be.

No, no, no, no, no. I can tell you that the human race is going forward much more quickly than in any time past. I speak spiritually, of course. But in saying these things you have much to, ha ha, learn! So, forgive my intrusion into your quiet time, but I could not resist the opportunity to speak with you about you. (Thanks expressed) Well, I can tell you gentleman, this occasion will not occur again.

Lilian: That's a shame, we are very grateful that you've spoken to us.

So I will only say this as I leave: Good living to you all.

George: We have felt and become more aware of our complexity, but it is very good to hear the thought from other than, dare I say, a human being.

You force me to say this gentleman: Yes, it is KNOWLEDGE to understand others who are different from yourselves.

George: Yes, and this we very much appreciate.

You must not stop me going this time. (Thanks + farewells)

~17th January 2000~

Good evening. (Welcomes)

This time my dear friends, I welcome back lady who has been absent for some time (Mary). I also say this to you, my dear friends: Let us enfold this time the lady who is ever seeking and wishes to join us this time (Maureen—Colin's mother). To her we give warm welcome. I would like to say to you my dear friends, because we have with us this time lady who is ever seeking, I would like to say a few words about spiritual searching. I will take any questions you may have this time but let me say this to the lady who visits us: May I hear your voice my dear friend?

Maureen: Yes.

As my dear friends here all know, I do not come to give personal advice—that I leave to the many others who come to use many instruments of all kinds. My dear friends know and understand that I give my time to teaching, but to you dear lady, I wish to say this: You have had much Divine inspiration, have you not?

Maureen: Yes.

Yes. You have knowledge, you have much to give. But may I say with the kindest of words that what you seek you have to achieve by allowing that Divine inspiration to work for you.

Maureen: Yes, I understand.

You have as yet, not found the way to use this divine gift—to dispel, shall we say, the confines of matter, of living. Once divine inspiration comes to you, as it has to many people upon this earth, then what has to be achieved is a spiritual unfoldment, which allows your lives to help others and to allow life's experiences to show you the way to spiritual growth. Do you follow?

Maureen: I do follow you, yes.

I keep my words simple in order that each one—after all you are fully aware that each one treads a slightly different pathway. To you my dear friend I say this: There is something that you must understand. You are fully aware of the communication in meditation, but what I wish to say to each one here and which puzzles many, *how* do you know the difference between the ego 'I' and the Divine 'I am'.

Maureen: Very difficult.

Yes, this sometimes puzzles you, is this not so? (Yes) Yes, let me say just a few words about this: **The Divine 'I am', the voice of Divinity is quiet, is humble, is gentle, is loving.** Bear this in mind when each one sits quietly. Remember too, my dear friends, that if in doubt, remember I have taught you that that inner voice, that *Divine* voice, will always come forth, time after time after time after time. The ego 'I' will let go. Can you see the difference? Sometimes the ego comes forth and it is possible for the ego to confuse, but the Divine 'I am' always comes with humility, with love and in order to help others upon their own spiritual development. These words are simple, but their meaning is deep. Do you understand? (Yes) Do you have questions for me, because this time I will not give new teaching, but offer you the opportunity to ask questions.

Maureen: A lot of people nowadays want readings on a psychic level for their material life. What do you feel about this? Do you really think it is of any value to people? Are we possibly interfering with their free will, as opposed to mediumship linking those with their loved ones on the other side, which helps people realize that there is life beyond?

Yes. I have taught my dear friends, but I will repeat it for you: Each one of you upon this earth is Spirit, but each one upon this earth has psychic ability to a greater or lesser degree. If those abilities are developed to such an extent that the individual can help another, there can be no wrong in that, provided it is done with love and in the name of truth. After all, each individual treads a different pathway within one lifetime. Those who you call ignorant—and that is not a word I like, but for your understanding, many who are without spiritual knowledge still need help. If it comes in the form of *psychic advice* for everyday living, this can only help, provided the one who gives the information is genuinely there to help them. (Thank you.) Of course, when we come to what you term ‘mediumship’, then truly we have the communication we desire. Those who offer themselves as communicators from our world to yours—after all it is to help them recognize the Spirit that they are and what better way can we provide than to bring forward those loved ones who have departed? (Thank you.) You cannot interfere in another’s life. If that person comes to you seeking advice, you have not interfered, can you see? (Yes) But what you must be careful of is that you do not advise another to interfere in a third party’s life; then there is the danger then that interference can take place. Can you see the difference?

Maureen: Yes, thank you.

You must be careful in any approach that is given to another human being. But after all, each one of you upon this planet is responsible for their own development; in which way they seek it is entirely dependent upon their freewill. So, no, provided the motive is good, there is no harm. Can I say to you on a personal note, and this I do not give often—sometimes you do not follow your own instinct and advice.

Maureen: Quite right.

Yes, but do not be afraid. You are going forward in the direction meant for you. There is much that lies before you, my dear friend. I do not tell you it will be a smooth pathway, but after all, what is gained must be worked for. I see much goodness around you, my dear friend. Do we have more questions?

George: Can I come back to the subject of the power of thought again? I feel there is more that we can probably learn about this complicated area. I think we understand the power that thought can have. There are other types of thought: the story writer in constructing a story, the actor on stage—they will have their thoughts but there will be no intention that those thoughts should be projected in any meaningful way. Could you say something about the *types* of thoughts and their power?

Yes, we have touched upon this many times and of course I have told you that there are different types of thought. Remember although you are Spirit, you are clothed in physical garb. You also have a brain which is within that physical garb. The power of thought which I speak of is the thought of the Spirit; that is the power of thought. There is much thinking which is negligible within your lives—of course there must be. It is when you come to the *deep* thought that comes from the Spirit within; there lies the power of your thought. That is the power of thinking that you must be careful of, because not only can it do *good*, but you have the ability to affect many others also. You should be able to differentiate between the two and you have given a good example by speaking of the writer and the actor upon the stage; these are every day thoughts. Remember too in your dream state, many of your thoughts are *flippant* but many are *Spirit-inspired*. I know these many things confuse you human beings, but as life continues and your spiritual unfoldment becomes greater, many of these things become clearer to you. If I might say simply: The more practice that you have, the better you become. Does it not apply to many things in life? The more you practise, the easier it becomes. So too with your spiritual gifts—the more they are used, developed, the more you are in communication, the easier your judgement becomes. You will never in this lifetime, or at least very few beings will achieve that spiritual growth, which brings to you the love and the spiritual light which you try to achieve but never will, because of the thoughts and the emotions which belong to the physical being. So, remember, the power of thinking must be developed within the spiritual nature of yourself. Do not be afraid that every feeling, every thought is

captured forever; that is not quite true and it is misunderstood by many, many people upon your earth. Is this a little clearer to you?

George: Yes, I hope that we have all benefited from that. It has certainly clarified it for me, thank you.

I say, my dear friends that once more you become confused between what is spiritual and what is physical. I know it is difficult for you always to see yourselves as spiritual beings, but that is what you must strive towards. If ever you are in any doubt, go within. I have told you on many, many occasions, the answers to all things lies within you.

Lilian: I think we all begin to see that, don't we? *(Agreed)*

I will take one more question, please.

Maureen: It is about relationships—I have read different things. Some say that the main people/partners we come together within our life, we are meant to be with for a certain length of time whether it be forever or for a short time, and we learn from them and they do from us. What are your views about people who divorce? Does it mean that they have naturally come to the end of that time they are meant to be together or are they not seeing it through, as it were?

Yes, I understand your question. Let me say this to you that in this lifetime which you know and understand in many ways is a lifetime to *learn*. As you know, I feel each one of you before you come to any lifetime, agrees beforehand what life you will come to, *who* you will meet and to what degree each individual will help. As in all walks of life, people come, people go, but let me say you never meet anyone who is not there for a purpose. But in saying this, each individual has been endowed with freewill, so without having a clear-cut answer for you because there can be none in this human living, many people sever relationships because of that freewill. It is not always what they have chosen to do before they came to life upon this planet, but in saying this, each one accepts responsibility for their lifetime here. Accountability is made when each soul returns to our world. After all, before each soul comes to life upon this planet they have seen their pathway, but as in all destinations there are many routes and that is the responsibility of the human freewill. So I would say this to you my dear friend: If two people separate within a lifetime through what you call divorce, perhaps that was the soul's decision, but it also could mean that one of those two people had used their freewill to depart from the other. This is a difficult subject for you probably to understand—it depends on the soul.

Maureen: I understand what you're saying.

It is not always right or always wrong. Right and wrong is not the right words to use, because after all when each soul comes to this life, there are many decisions made beforehand and you cannot be responsible for the decision of another soul; you are only responsible for your own actions. So shall we take your divorced couple as you call them as an example? Shall we say that these two people have decided to come for whatever reason—and there could be many reasons why they decide to be joined in this lifetime, but we do not have time this time to go more deeply into that matter. One soul decides to follow the pathway straight as it should be, the other soul decides when within the physical garb, that he wishes to deviate along another pathway. The soul who stays on the course they have chosen, cannot be responsible for that change in the other soul. So there should be no anguish within that soul that their life's promise has gone astray, if I may use those words. Only when the soul returns *home* is it accountable for what has happened within this one lifetime, and remember, it is but *one* lifetime. Does this help a little in your understanding?

Maureen: Yes it does, thank you.

For this time, my dear friends, I will leave you. I will allow others who wish to speak to you. I say to you, seek only truth, seek only to help those in need, seek to shine forth to all those that you meet, but I say to you, do it with humility and love that you all possess. I leave you encompassed as always within my love. *(Thanks + farewells)*

~31st January 2000~

Good evening. *(Welcomes)*

Let us this time give thanks to that Creative Force for this union. Let me say to you my dear friends, this union between us is of much importance, therefore let us remember why it is so. You my dear friends, as emissaries of Spirit, know only too well that the purpose of my coming to you is not only for new knowledge for yourselves in this lifetime, but also that all peoples that you meet may see and may know the spiritual light which each one of you sends forth. I want you to remember these words daily, because as you grow spiritually, many more opportunities will come your way in order that that spiritual light be recognised among those who lack in knowledge of spiritual matters. Therefore, I say to you my dear friends, remember who you ARE. Now, this time I wish to speak with you a little about the concepts of *time*, or rather the lack of understanding among you of what *time* is. Time, as you know in this physical world, has been manufactured by man into many degrees of your minutes, hours, days, weeks, years—but let me say this to you, that time is your mental perception of what it should be. Would you agree?

Mark: Do you mean like when it would seem that time passes very slowly and other times it seems like it passes very fast?

Yes, you are correct. After all, as an example, shall we take one hour of what you call time. Five minutes of your time can seem like one hour, sometimes. Is that not true? (*Agreed*) But you see, it is your mental perception that makes it so. Do you understand? (*Affirmed*) You also know that time as you know it, does not exist in our world. But what I wish to expand upon this time is something perhaps you have not been aware of before and it is this, my dear friends: You know and understand that within our world there are many stages of growth. You all are well aware of this (*Yes*), but what you perhaps do not fully understand is that the mental perception—and after all it is the mind which is uppermost in our world—the mental perception of time in our world alters with each stage of spiritual growth. You know and understand, and we have discussed at some length, that energy is ever- moving. Therefore as you progress spiritually it is a quickening of vibration of energy, therefore the mental perception alters also. Are you understanding me? (*Affirmed*) This has been little discussed in your world, except by the many masters who have taught initiates of spiritual matters, but in general most people have not considered the change of mental perception of time in our world. Let me give you some examples, please. You know when first you leave the physical garb behind, not much changes; you still retain all the desires that you have become accustomed to. Therefore, if you desire to speak with another or go to another place, then the mental thought helps you to attain it. But with each stage of spiritual development, all of this gradually quickens, quickens, quickens until you are *one* with the actual vibration of *time*. I am speaking on difficult matters this time, therefore if you do not understand, we will stop now to enable you to ask the questions.

Mark: So then with the raised vibration, would you then be more in the flow of life, because I have noticed when you are engaged in something and busy yourself with something, time seems to pass more quickly.

Yes, that is the physical equation if I may put it that way. That is the closest you will get to an explanation in this life, but the spiritual vibration needs no mental perception of any time but that is the stage that is much advanced, and you could not possibly begin to understand. But what I wish you to know and would want you to try and understand, is that the perception of time also changes; it is not something that, when you come to our world—and as you know there is not time as you know it, but it does change with the quickening of the spiritual vibration. Therefore the advanced being within our world, would have no perception of time as you would imagine it—they become part of the *whole*. Can you understand or is this too difficult for you?

George: This is very interesting. I suspect there is a kind of physical parallel where the quickening vibration is concerned, because physical clocks which depend on a vibration in the crystal, the time that they register changes when they travel at great speed.

Yes, yes; you have the meaning of what I am trying to put across, but of course we are speaking physical against spiritual, which is always the problem. But yes, I agree with you my dear friend, that is a good analogy.

George: Yes, thank you, I was careful to describe it as a parallel.

Yes, yes but I wish you to know, my dear friends, that the understanding of time, because it is always a question that is asked of us who come from our world to try to understand a little more, to explain to you how time in our world works. But perhaps the simplest way to put it to you is that time as you know it does not exist. It is an energy, it is a vibration, which as you grow spiritually, changes also. That is the important point this time. I ask you, my dear friends, to reflect upon my words this time and we will return to it in order that we can construct for you a little more detail.

Sarah: When you first go over into Spirit, then, as you say, the vibrations are much slower, but during that time from the slow vibrations to the very quick vibrations when you become one, there still isn't any sort of feeling of time at all?

Time as you know it does not exist; mankind has created time. After all, in your sleep state you are not aware of time passing. *(Agreed)* Try to imagine it on that level and you *may*, just *may* begin to understand just a little that mankind has '*arranged*', if I may use that expression, man has arranged his living to work within what you call time.

Mark: Is it because we are not very developed spiritually, or not very in touch spiritually that we don't follow our urges to do things and so we need clocks to arrange everything?

Yes, as life is within your planet at this time of its evolution, time as you know it has become an essential part of your everyday living. This we know and understand, but as you also know, in your meditation states, are you aware of time? Perhaps then you begin to realise that the blending with Spirit eradicates the need of physical time.

George: It is probably true to say that as we move into Spirit, we leave the physical world behind and that includes the physical universe, which is the basis of our time measurement.

Yes, of course, it is the time when the Spirit comes to the fore and the realisation that the *Mind* is in charge of the physical. But we accept that because of man's use of physical time, it has created within his thinking many complexities that the understanding is great, but not always understood. Now my dear friends I think for this time I have spoken enough to you to enable you to reflect upon my words. As I say, this is something we will return to on many occasions in order that we can go more deeply, more thoroughly until your understanding is such that you feel you know a little more. Do we have any questions before I leave you? *(There was just one question of a personal nature)*

Now I ask you my dear friends to allow those who wish to come close to you, and I would say before I leave that as you continue upon your spiritual pathways, that your knowledge of those who come close to you will become much more heightened, that if you would allow yourselves to be more open, there are many who wish to help. The door, my dear friends, is being opened to you. Please do not close it.

I leave you with my love which not only encompasses you all within this room, but encompasses this planet with much love, with much healing and with much devotion in order that the Great Creative Force can continue on its way.

(Thanks + farewells)

~14th February 2000~

The recorder was malfunctioning at the start, making the voice sound slow/deep—several sections were inaudible:

Good evening. *(Welcomes)*

Do you feel the love and peace which is with you this time? (Yes) I have joined you this time on a wave of love, because of the many thoughts that each one of you has sent forth in order to help others. I would like to say to you my dear friends just a little about prayer. As each one of you has given of your time this evening, I would like us to speak a little more about the power and the answering of your prayers. Indeed it is a noble thing that prayers are sent for another human being, but why are they not always answered? This we hear in our world so many times. Firstly let me say this to you: Prayer should never be intermittent, prayer should be complete trust and the giving and the empowerment back to that Divine Force, which each one of you calls God. If only my dear friends, in your prayers for others, you

would not use such negative words. For example the words *'if you can'*. This we hear so often from you: *'Can you help, can you help if you can'*. Can any one of you explain to me why these words should be used, because in using them my dear friends, you attract negativity, because by using the word *'if'*, it implies that it is not possible and when you are offering yourselves and help for others to that Divine Creation, you should be *absolutely certain* that all things are possible. Do you understand how restricting words can be? (Yes) It is better that use from your heart the feelings of love towards another, that you place that love back to the Divine energy so that all can be made whole. Am I making sense to you my dear friends? (*Affirmed*) If you have questions, please let us have them now.

Sarah: So they may not be answered as we would have wished ourselves?

First, you are well aware I know that prayer as you know it is not always answered in the way you desire, but let me say: All prayers are heard.

Lilian: So the person would receive help anyway, though not in the way that we would have thought of asking?

You are not capable of seeing the full picture, as I have told you previously. Therefore you cannot know what is best for that soul—but your prayers are heard; of this you must be absolutely sure. After all, when you ask for (?) or for help for another human being, how are you to know if this is the desired way of the soul? (Yes) But in the saying and the doing of the prayer, you my dear friends, are helping yourselves also. So I come to what I wish to say to you and it is this: Your prayers should be offered ALL of your time, not only for help for others, but in your devotion, your *faith* if you like to call it that, in the utmost knowledge that the Divine Creation is all and (*Knows all?*), that there can be no *'ifs'* and *'if only's'* within those prayers. Prayer, after all, is individual to each soul and the contact made with the Divine energy is almost, shall we say on a personal level in order that the (*Unity, wholeness upon the other?*) That is true prayer, the interaction daily with the Great Divine Source of all life—that is prayer, not the intermittent callings that you make on behalf of others. True prayer comes from the Spirit and the soul. Do you understand what I say to you? (Yes)

George: —(?) Prayer can to unspoken with a feeling of wellbeing towards others?

Yes, you are correct. The unspoken word sometimes is much better, because it means that there is a melding of the love bond of the knowing, the absolute certainty that this love, this feeling, will blend with that Divinity to which...(?) It is something to be worked for (*The tape stops momentarily, then continues and is more audible from this point*)

...of so many of its troubles as each one of you has the ability to be healthy and strong by going within. Imagine what your world could be like when you give back that power to the Divine Creation. Do you begin to understand? (Yes) It is something not easily understood, because mankind has been taught over many times with many of your religions, that to utter some few words will bring about for you much goodness, but in fact it is much more complex than that. That is why so many in your world feel that your prayers go unanswered when in fact they do not. I will return to you on another occasion and explain a little about how these thoughts are reached by many in our world and how they are utilized for good in so many different ways. I think you will find it most interesting; we will return to it.

Lilian: So when people first pass into Spirit, do they still pray, ask for help for certain people, perhaps in the dark regions of Spirit. Prayer is still used?

Many, many people who come to our world as you know retain all the properties of physical living. If they have been dedicated to prayer as you know it in this world, then of course it will continue, but gradually they will see and understand for themselves the true meaning and understanding of what prayer is about. I feel this time I will leave you, I will say to you that others will speak and that before you leave this room this time, each one of you will feel a special peace that will overshadow you all and this has come about by the words, by the feelings that have been given out by you all this time. As always I leave you with my love. (*Thanks + farewells*)

There then followed one through Sue who said that Salumet's words this evening had been simplified to make them understandable to our human minds. She said that we learn every moment of our lives and that we absorb knowledge even if we are unaware of it happening. It is stored in 'mind' to possibly be of use

later. She also explained that the mind is big and is able to take far more knowledge than we give ourselves credit for. Her final advice was: *So absorb all that knowledge, be grateful for it and enjoy it! It is good to enjoy knowledge, it opens up vast vistas in your mind, in your subconscious and in your daily lives. And when your time comes and you come across to our realms, your knowledge will begin all over again. The learning curve will start at the beginning and provided you are willing to learn, so much will be yours for the asking. You have started well all you here. We would not have brought such a fountain of knowledge into this room and into your previous place, if we did not feel that you would put it to use and enjoy what you have learned. We are very proud of you all and we are looking forward to speaking to you on vast subjects—possibly only the tip of each subject, but it will be a starting point, for when your minds can absorb more. But as I'm sure you have been told before, take nothing at face value, question, always question. By asking questions, your knowledge can expand, and from expanse of knowledge, you will start walking into the Great Light, which is Love and enlightenment. I leave you with great love. You are all surrounded in your daily lives, by the love and protection of the Spirit. Reach out to it in times of trouble. Ask and help will be there. I wish you farewell, until we speak again. (Thanks + farewells)*

~21st February 2000~

Good evening. (Welcomes)

This time I have come to you more slowly my dear friends, because each one of you is in need of peace and rest. Therefore I have allowed you just a few moments of quietness. This time my dear friends I would like to speak with you about not your planet, but also of others which are close to you in your own galaxy. There is at this time and for many of your months to come, much activity, activity between many planets, and the results of these physical happenings will not become known to you on this planet earth until two more of your earthly years have passed. What I wish you to know is that as individuals, you know you have a pattern of evolution, as does your planet. Also I have told you I believe that this planet is intertwined with many others that this galaxy to which you belong is but a *small* part of a much bigger scheme of life. We cannot enter into too much detail, because it would not be understandable to you, but what I wish to say is that the galaxy to which this earth planet belongs is now in a state of its own spiritual growth. To that end there will be many changes. You will find that the men of this earthly planet will come to recognize that within your space-time much is happening. Not only are you in times of much development, but you are in a time of great evolution not known to you before, but which will take effect and will make itself known to you human beings upon this planet quite soon. You of course, depend upon the knowledge given to you by those you call scientists and, I believe, astrologers are the words you use. You depend much upon their knowledge. I can tell you my dear friends that those in my world are already working with them in order that this knowledge can be brought to them. The time has come for expansion and growth to be recognized not only on this planet, but those who are closest to you. And yes, there is much knowledge that can and will be gained. Therefore I say to you my dear friends this time that as you listen to my words, I would like you to take them with you this time and to think upon them and allow yourselves, my dear friends, to become part of the *cosmic consciousness* rather than of the earthly one. You can achieve this and the time is now ripe for this to take place. Of course, there are many already on this planet who have this ability, but now I tell you it is available to *all*. If the spiritual desire is there, it can be achieved. I feel your wonderment my dear friends.

Lilian: Yes I was going to say, are there any words that can help us to reach this state?

I and others will work with you in your quiet states, but you must *give* this to us if you wish to desire this for yourselves. And again, we cannot interfere with your will, but I am giving you the opportunity for the knowledge. Do we have any questions this time?

Lilian: Would this knowledge be being given to people on the other planets?

They of course will be aware as those upon this planet are also being made aware. Yes, it is spiritual knowledge of course although there are much physical happenings, of course there must be because physical and spiritual happening is always intertwined.

George: I think I understand from that that there will be an involvement of greater spiritual awareness to many on the planet at this time.

Yes, the opportunity is here. It is now up to the peoples of the planet to take the opportunity for knowledge and growth.

George: I imagine that this may well lead to a revision of a number of our old ideas, old ideas of government, farming, various avenues of life. Would I be right in thinking that this will be a time of great revision?

I would say to you that these things are already taking place. It is not new, but because of the time of the evolution, especially of this planet, those things will become quickened and man will become much more aware of what he needs to achieve. Those in your world who are so far not knowing of spiritual matters will find themselves opening to much, much that they have denied—and I speak spiritually, of course. Once the Spirit is awakened, then of course mankind will follow with the physical happenings which will result in the evolvement for betterment for the good of your world. I do ask you my dear friends, to think on these things and to *feel* for yourselves. The moment in time is great. We from our world have tried for so long to ensure that Truth be out and it is beginning to happen. It cannot now be denied; it has to be. And let me say as one who comes to try to help and to teach and to help you with your knowledge, it gladdens my heart to see the results of our endeavours. I will leave you this time. I feel that these few words will enable you to think deeply once more. After all, is that not my purpose, but to *help you* to open to new visions of Truth. As always I will leave you with my love and support in all that you try to achieve. *(Thanks + farewells)*

~29th February 2000~

Good evening. *(Welcomes)*

This time before I speak with you, I ask that each one feels the unity between you and those who stand close by you this time. I want you to begin to understand how important it is at each of our meetings that the strength of unity amongst you is of great importance to us all. I ask that we sit quietly in order that each one *feels* the quickening of spiritual vibration; and afterwards, perhaps this time, we will have questions. Are you happy to do this? *(Agreed)* If it helps you, I ask once more that you sit closely together in thought and feel that merging of energy amongst you. *(Pause)* Does anyone feel the unity between you?

Lilian: Yes, I think we all do, is that right? *((Agreed))*

In blending in this way the vibration of energy is quickened. This is what enables us to use you in the way that is necessary. It would be good for each one of you, if at the beginning of each meeting, you raised your awareness of this bond *before* we begin any work.

Lilian: Yes, we will do that.

I will leave it to you, my dear friend *that* this may be done each time we meet for just a few of your minutes. Now, because we are few in number this times, we will have some questions if you desire.

George: You talked to us recently about the quickening vibration in Spirit and the way the vibration quickens until it is *at one* with Source. It seems to me that there is a very striking parallel in the physical world. Our scientists can accelerate particles of matter and if a particle such as an electron, is accelerated to approach the speed of light, it is said to approach infinite mass. I prefer to think of it as becoming *one* with its environment which would seem to be a route to infinite mass, and again the tiny particle, we are told, can be regarded as a vibration. It seems that there is a very striking parallel between, shall I say, the edge of the physical world and the quickening vibration of Spirit.

I am not surprised by this equation you have made. You of intellectual thinking would see this connection. Of course, when you speak of particles and mass and electrons and such, you are speaking

of slightly slower vibration as compared to that in our world. I know you understand this, but the parallel is almost a perfect one—not quite, but I can see the way of your thinking.

George: It is almost, I would say ‘almost’, as if this edge of the physical world is reaching out as a bridge to the spiritual world. It is probably quite wrong of me to think that, but I am tempted to see it as that.

It is not a bridge. After all the physical and the spiritual world is intertwined. Can you not see that there has to be the passing from one to the other? Therefore you might say that the *higher* vibration of your physical world is the lower vibration of the spiritual world. You must not try to separate the two. After all, all things within your planet, within the cosmos, belongs to Spirit first and foremost. All vibration is spiritual in the sense that it is intertwined with all things material and physical. Can you understand this?

George: Yes, that’s an interesting thought, yes.

So, in your intelligent way of thinking, try to see these things as belonging to each other, rather than trying to separate them, then you will have a greater understanding.

George: Less of a bridge and more of a merging.

Merging, not a bridge, that is the best way to put it to you. I feel these words will give you much to think of this time. I know you will come back to me and we can continue along these lines. Thank you for your question.

Lilian: More questions?

Margaret: I just want to tell Salumet that I did what he said and spoke to my children about the way I want my body left and, since then, I have talked to several people who are going to do the same. I feel I have started a trend.

Yes, well let me say this, dear friend, that you must be true to your own *feelings*, your own *true self* and, after all, what is the physical garb, but something that is disposed of by all of you, and for those of you with the awareness in this room, this should not become a problem. Therefore, if you wish to tell others, then that is entirely your freewill. (Thank you.)

Sarah: I would like to go back to the quickening of Spirit. When I was talking to my husband and telling him that there was no time as we know it in Spirit world, and then went on to tell him about the quickening of Spirit, he said that that was time in itself. I didn’t know how to explain this to him.

You will not be able to at this time, because his awareness is not—although his understanding is great, he does not have the spiritual capacity to take on board these things at this time. Therefore I would say to you, leave him with the simple explanation for now and a little later we can, with help, explain a little more to him. He will not understand in the proper manner, what we would wish to tell him, because of his lack of spiritual knowledge at this time. It is not so much the *intellect*, because of course he has much of that as you well know, but sometimes the physical intellect *interferes with spiritual knowledge*. He may not understand this, so I would say it is best that the explanation for now be left. (Thank you—) I have to say to you this, that the concept of time in our world is little understood by many, many—even those with knowledge, because how can they understand something which they have not experienced. This is the problem in trying to explain these things to you.

George: You yourself obviously have an awareness of our physical time and wonderfully you come to us on Monday evenings, but does your awareness of our time present any difficulty at all?

No, no, the difficulty lies with you in understanding our understanding. Does that answer your question?

George: It’s something to think about! (*Chuckles*)

Good, that is what I am trying to achieve. If I send you from this room with thoughts of spiritual activity, thoughts of what you are truly about, then indeed I am beginning to achieve my mission here with you. But as always I say, it is good that we have these question times, because although I know each one of you seeks new knowledge—and of course you now understand that means not new *truth* but new *knowledge* to your understanding—it is best that we confirm for you much that we have spoken about. Therefore in doing this you will find that sometimes my answers are very, very simple.

Lilian: Would it be more of a thought process, the coming together of the physical and the spiritual? We know that we are going to meet here, so is it the thoughts that bring us together?

We, in my world—this again is connected with your time and your understanding of time—we do see time as you see it, because that is not so. But what we are aware of is the light which exudes from all of you and we know by the *joining together* which we do, that when the time is right we will be here. It is not *time* as you understand it. This is a difficult topic for you to understand. (*Agreed*)

Sarah: Salumet, would you be able to be in two places at once?

Of course I could, yes.

Sarah: And may I ask, do you come to any other groups on the earth?

Some aspects of me do, yes. You know of course that first when I came to you, I told you that I was a conglomerate of beings. Again we enter into deep matters. One aspect of my soul aspect is here with you—the aspect that is able to lower the vibration to *be* with you, to join with you. There are parts of my soul aspect, which would not be able to join with you in this manner. I do not want to complicate it for you, because it is complicated, but you are meeting with me and I am but one small aspect of the whole of the soul. Do you understand? (*Affirmed*)

Lilian: Paul, did you have a question?

Paul: There is still nothing on my mind at the moment.

Let me say this to our dear friend, that much of his thinking in his quiet moments are answered for him. You know and you feel this, do you not?

Paul: Yes I do! That's one of the problems, I think of these questions and then sometimes they answer themselves.

That is because we are around you when it is needed. It is better for you, if I might say so, that you continue in that way, because much comes to you in your quiet time. But do not doubt it—be influenced by it, be guided by it and know that you are surrounded by it.

Paul: Thank you, that's very useful, yes.

Lilian: Can you take any more questions? (**Yes**) Could you—perhaps not this evening, but if you could tell us who collects our thoughts and our prayers. How does that work?

What I will do—I knew that prayer would again be raised as a topic of discussion and what I would like to do, is to bring to you someone who works along these vibrational lines of prayer, who would impart to you their own knowledge and give you a little more insight into what your prayers are doing and what is being achieved and *not* achieved by them. Would this be of interest? (*Affirmed*) Let me say now to you that in two more weeks of your earthly time, when we meet again I will bring to you the person who will speak to you about prayer.

Lilian: On a much stranger note to me, I have been sitting in meetings such as this for a long time, I get this what I call '*head nodding*' when my head nods, (**Yes...**) and I do wonder why. Is it just to let me know that Spirit is there?

It is control. It is spiritual control and it is making, through the physical being, Spirit known to you; that is all. You know that it happens quite outside of your control, but it is only that the awareness of Spirit is within you; it is as simple as this.

Sarah: Is that the same as with my hands that move about a lot?

Yes, it is all to do with what you call spiritual power—what we call *blending*. And when a physical and a Spirit blend well, then it is that the physical has the awareness of Spirit within; that is all. And of course at times such as these when the blending of each one of you is greater, then we have more control. Perhaps I should not use that word '*control*', that makes it sound like you have no control over your physical being—of course you have. Shall we say it is the *awareness*, it is the *blending* of the physical with our world; that is all. It is nothing to be afraid of, although I can tell you that some people are; they are afraid of the feelings which it brings. You will find many within your institutions of illness who suffer or think they suffer from what you call madness and voices, when in fact it is that they are channels for us, but because of the human mind frailty of the physical being, they cannot accept.

Paul: It is such a waste.

Yes, you must not criticize, you must not judge, because they know no better. They are not guided in the proper way.

Sarah: And what about the people who say they have heard voices that tell them to kill somebody? Is that a bad Spirit coming through, or what is that?

You must not always assume that physical conditions come from Spirit; this has to be corrected within your world. There is mental illness within a physical being. There are many explanations which I will not enter into this time, but of course when you are within this physical garb, much that happens within your physical living can create disturbance within the thinking. So do not always assume that these things are *spiritually* motivated. Each one of you remember has control of your lives—you are given freewill to use in many different ways and you must, each one of you, be responsible; and you know this, we have discussed it many times. Each of you are responsible for the lives that you live. Therefore, if mental illness exists, it comes either with that being into this lifetime or it has been created by the thinking. Do you understand? (Affirmed) Be careful in giving Spirit, in giving our world judgement for everything that happens on your planet. Although each one is Spirit, it does not mean that every action is Spirit-motivated. Try to think upon this a little this time also.

Lilian: So it's freewill really?

George: I suspect that where voices, music and other things one might hear—I suspect when this is happening one often has control—one can listen or not listen, and one can even enhance the effect. I recall when I used to ride a motor cycle and the wind rushed past, I fancied I could hear music and I could concentrate or not concentrate on it.

Yes, let me say this to you my dear friend: Within your world there is goodness, there is love, there is light, there *is* music in the wind, there is Spirit all around you—in your water, in your blue skies, in all that is about and around you. And, yes, the gift of freewill to you human beings, *is* your responsibility. Shall we, for example, take the wind that you speak of. Inner freewill could either *feel* the beauty and the music of the wind, or shall we say the human thinking could turn that feeling of wind into speed and danger and perhaps even death. Can you see how much control your thinking has? (Affirmed) Beauty surrounds you all, but you must always become aware of it. Again we come to positive and negative thoughts and the power as I have told you on many, many occasions, *is* the most powerful thing you possess—your thinking, your *thought*. So, please, always try to see this in your everyday living. I think for this time you have much that you can think about and go over once more. I hope I have helped to enlighten you on some points of interest. (Affirmed with thanks) And as I leave you, I wish you much love and much Divine Light in your lives and as I ask you to think upon my words, I say to you all my dear friends that each one of you feel peace in your lives. Until we come together once more may I say that the Divine blessing always be with you. (Thanks expressed)

~13th March 2000~

Salumet told us two weeks ago that tonight he would be arranging for a guest to speak with us from Spirit world about prayer. The speaker described himself as an 'Integrator of Thought' and gave further wonderful insights into the nature of Thought and Prayer:

Good evening. (Welcomes)

I have been instructed this time to join you good people. You have been told that I would be joining you at some point in your meetings. (Yes) For the purpose of this visit you may call me Edwin. Yes, I come to you this time to speak about what you call Thought and Prayer. I know much has been given to you, therefore I do not wish to go over old ground, but I hope this time that we will be able to enlighten ALL of you on the subject of Thought and Prayer. I believe the one who comes to you last time explained how powerful your thoughts are and how your prayer and each prayer is not lost within our world.

Lilian: Yes, that's right.

But you were also told that there are many extraneous thoughts which, although do not disappear, are always gathered and integrated within the vibrational field. I hope this was made clear to you.

(Affirmed) If not, I hope to enlighten you about this also. I am what you perhaps would call an integrator of thought. After all, Thought and Prayer are but the same thing. The power of the thought dictates

whether it becomes prayer or just mere thoughts. Would you agree? (Agreed) Yes, I need in part to know how you feel about your whole thinking. So if perhaps we went to each one individually, perhaps we could gain some knowledge of what you feel and what you think. In this way I can enlighten you all on your own thinking. Do you agree? (Agreed)

Lilian: So basically you would like to know from each one?

Yes, what they feel Prayer is and how they feel it is dealt with in our world. I will then inform you whether you are right or whether you have some misconceptions about it.

Lilian you like to start Sarah?

Sarah: Yes, I think prayer is going from Spirit to Spirit, so leaving out the physical. Obviously you are thinking about it, but it's really trying to get the Spirit in this world connecting with the Spirit in your world and trying to *blend* together really—trying to pass on our thoughts from Spirit to Spirit.

Yes, of course, it is that, of course it is. After all, you are Spirit, are you not? (Agreed) We all agree on that, there is no dispute. Yes, the power of the prayer belongs to the power of the feeling, the emotion of the Spirit; that is true prayer. True prayer is the blending of the Great Spirit, as you like to call it upon this planet. That is what each individual is trying to achieve, whether they are aware of it or not, that is what is happening. As an Integrator of Prayer, I have to tell you—and I do not want this to seem that we interfere with the power of your thinking towards the Great Creator—we do not. We are only empowered to help those vibrational fields to reach their target if you like; that is the simplest way I can put it to you. I believe you have been told in past times that thoughts which are not only powerful for 'good' but can be powerful for 'not-so-good', we sometimes have to protect those where those thoughts are intended for. We are not interfering as such, but we are empowered to BLEND the vibrational fields; that is as simply as I can put it to you. So the directional field of thinking of your thoughts are helped along by those in my world such as myself, who are empowered to deal with it.

Sarah: Could you just tell me, if somebody is passing on a bad thought to somebody in your world and you are deflecting it or putting it off course, what actually happens to these thoughts, because they don't go away, do they?

No, all thought is collected in the aether but they can be diffused. If you ask your gentleman friend who sits next to you, he could give you an earthly explanation. In fact I can tell you that many of your so called 'scientists' who have come to our world, now join in this work, because they are interested in the actual workings of thought and vibration and all the vibrational fields which exist and which they did not know of whilst upon this earth. It is diffused, it is not dispersed.

Lilian: So prayer, if it is repetitive or a one-off, it makes no difference, it reaches you?

It depends on the power of the thought and what it is. What the lady is speaking about are thoughts—not 'good' thoughts shall we say, directed towards someone in our world. They need to be protected and that is our task.

Lilian: How about if we project a thought to someone in our own world?

You must always remember when you use the power of your thinking, whether thought or prayer, that what you send out is very often sent back. I do believe you have been told—and yes, I am being told you have been told, you must be careful in your thinking. (Agreed)

George: I think of prayer as projected thought and I think it springs from a desire to help people in need, and this can be on an individual basis or on a collective basis. For example, where world disasters are concerned—I think we automatically have compassion and feelings for people who seem to be caught up in earthly disasters. I think this is probably what I class as prayer. There is also another type of thought, which I think is more of a collective thing, which perhaps underpins our evolution on this planet; that may be something related. It is not prayer, but it would be a thought process.

Yes, I am understanding what you are saying. Can I say to you kindly that sometimes you people, when you send thoughts and prayers, as you call them, for the good of others—this is fine, but can I say underlying many of these thoughts and prayers is FEAR. Do you agree? —Fear for your own selves. Therefore I would suggest most graciously to you that that indeed is not true prayer. True prayer is thought sent, as I have said to the lady a little time ago, prayer is for blending, a blending of the Spirit to

that Great Creative Force from which you all came. *Prayer is the blending and the thanking for the life that you have—that I would suggest to you is true prayer. Do you understand?* (Yes) *So I would suggest to each one of you that you make a practise of what we call True Prayer each day that you exist upon this planet, because in creating True Prayer, you not only give of yourselves, but you blend together with those of us in our world and that is indeed Prayer which can create much good, not only in this planet but in many others. Do you understand?* (Affirmed) *I cannot become too technical with you, because I think it would be much too complicated. But true prayer, my dear and good friends, is the blending—blending without need, without want, without giving to another; it is indeed a spiritual blending of the highest degree.*

Mary: My thought about prayer is just that it's a communion of thought.

Yes, yes it is a simple answer and yes I think I have said enough to expand to you what that feeling is.

Paul: Yes I think some of my thoughts have been echoed about prayer. Sometimes I have a feeling when I am praying that I am sending out thoughts, it's like communion with spirits...

Can I stop you there? May I ask all of you a question? Why do you pray?

Margaret: I think it is because we have all been taught to pray from childhood. I don't think I understood it then, but I think I do now I think. You pray for the good of the people you live with.

But that is an earthly instruction. But why deep within your thinking, why do each one of you pray?

Because I can tell you that each person who exists upon this planet prays.

Mary: Because we need to be in touch with the spiritual and in prayer we are.

Lilian: Is it the Spirit side of us wanting to connect?

Yes it is the innate knowledge, which drives you to prayer.

George: And can I say, we like to feel that we are helping to make the world a better place?

If that prayer, that thought is genuine—without as I have said, fear—without cause for one's own good, then indeed that prayer will be used constructively. So much of your thought and prayer time, if I may say so, is diffused within our world, because the depth of Spirit, of emotional feeling is not great enough. As in all things, it DEPENDS on WHY you send out these thoughts. Can you understand? (Affirmed)

Sarah: Is another reason we pray, because we are not actually complete, there is only part of us here, and apart from the innate feeling, we are lacking something, lacking the rest of the whole?

It is a spiritual need, but it is something you need to be working upon. But too often you feel that you MUST pray; that is not the way to do things properly. If you are driven by NEED, then it is not a natural prayer. Do you understand? It must come from within, it needs no words, it needs no objective. It is as I have told you, a blending with the Great Source of Life. It is a natural feeling, which, if done properly, can produce much good.

Paul: Does it always have to be voiced?

No, no. You can voice it—again it is dependent upon what you are trying to achieve.

George: I think an example of unvoiced prayer might be a peace meditation, a feeling for desire for peace in the world, which one could say might arise from fear of war. (Yes) But sometimes that fear might be more akin to a compassion for the world.

Yes, now you have touched upon the word—'compassion', not 'fear' for the world, not fear for yourselves—compassion. May I give you an example, please of unsaid prayer? If you were to come upon a person who is unknown to you, but immediately your heart goes out to that person. Unspoken love is sent for that person; that is prayer. Do you understand? (Affirmed) *Because it comes instantly, it is natural and there is that great spiritual blending. That is GOOD prayer, if I may use that word. Can you see the difference?* (Affirmed)

Lilian: I was thinking of the repetitive prayers and thoughts that are spoken in our churches and all religions.

As I said, all thought or prayer is not diffused, but there is much extraneous thought which is unnecessary. That is why you have Integrators of Prayer such as myself, who work constantly. As you can imagine, so many thoughts bombard us and without giving the impression that we are controlling

thoughts—we do not—we are empowered as I have said to deal with the vibration of thought. This is deep matter as I have said and I will not enter into it this time.

Sarah: You have explained to us what *true prayer* is, so what we would class as *prayer* in asking for help as George has said for others, what would you class that as—not really prayer but just asking for help?

You can offer yourselves first and foremost, THEN you can give help. Do you understand the difference, because there is a difference? (Agreed)

Margaret: In your thoughts you're asking for help for other people.

You need not ask in words, it should come, it should come from here. (Hand on chest?) There should be no need for repetitive words, because of course, or I hope you do know, I hope you've been told and you do understand that ALL that you think is known anyway. Therefore this repetitious feeling that you have to continue to say words over and over again; each time they are said without true feeling they become less and less. Can you see this? (Affirmed) *One true blending of prayer can create much, much good in your world, because that true blending with the Great Creative Force, who knows all things, understands all things—of course it is understood and known what you desire.*

Lilian: Yes, that makes sense. Any questions Sue?

This lady will not speak, but she will understand when told.

George: Might I enquire how you regard the collective prayer from people in a church who are all speaking, thinking together?

Yes, it is difficult to give you one answer to this, because with so many people being individual spirits, they are praying in different way. You will have those who repeat words, because it is words they are used to saying. Those thoughts will have great impact, but there will be others within that congregation whose prayers and thoughts reach the targets that they are intended for.

George: It very much comes down to the individual.

Yes, I would suggest so, yes. It is wrong, and I have heard it said that churches today—it matters not what denomination—that churches have no use with these masses of people uttering so many repetitive words. Do not dismiss it so lightly. Much good DOES come from such people, those who are genuine whether they know of their spiritual self or not, because after all, it is the Spirit within which is at work. Do you understand this?

George: Yes, I have always felt that the church is an overt spiritual happening and it can set an individual on a particular course.

Yes you cannot dismiss out of hand all churches; many of your great I believe you call them cathedrals and places such like—mosques, all of these places, it matters not—it is what is in the hearts of those people. It is the blending of Spirit which counts.

Lilian: Yes, it makes sense when you tell us that.

So, again I would say to you—and I know this has been told to you many times: Do not judge others. Do not suppose that your prayers are any better than another human beings, because in judging thus you are erroneous in that thinking.

Sarah: If true prayer is working properly, does it still have to come through you, is there any sort of way—*Not always, no. True prayer will blend with the Great Creative Force without interference from us.*

Sarah: So you're really only dealing with that which is not quite right?

Well I would not use those words, but yes, I understand your meaning, of course, yes. (Thank you.)

I hope I have enlightened you a little. (Affirmed) There is a little silence, but it is a difficult subject to understand. We are talking about vibrational fields that you are not aware of as such, but it is, I feel, important for you to know that there those such as myself in our world who are there to help and to encourage when possible those of you on this planet. As I say this is something too which puzzles many, many people, because of course thoughts, prayers are constantly bombarding all of our world and, as in all things, there has to be ORDER. It is not interference, but it is ORDER. (Agreed)

Lilian: What about animals in our world? They must have thoughts.

Not in the same way. They have a blending with Spirit, but not to the same degree. It is different. I must take my leave. I am beginning to irritate this lady's throat. So I will say to you thank you my good friends

for taking the time to listen to me, I have enjoyed it greatly. I hope each one of you has learned some small thing and I hope that my task this time has been successful. I bid you good night. (Thanks + farewells)

~20th March 2000~

Good evening. *(Welcomes)*

This time I would like to extend the welcome back to our dear lady who has been absent from us for some time. I have been with her many, many times and I wish to say this to you, my dear lady: Your heart will become lighter. Keep close your own counsel and give of yourself to those who stand nearby. I hope, my dear friends that the visit last time by one from our world was of use to you all. *(Affirmed)* I would like to speak to you a little this time about what was said to you about rescue work whenever the time is appropriate. Within our world at this present time we have seen many come to us who are distressed and in much need of help. There is as you all know a lack of communicators with our world who are prepared to give of themselves for such work, even amongst the spiritually instructed, there is a fear of this type of work. Therefore, for some time to come, when the opportunity is there, we will use you. But what I have to say to you this time my dear friends is this: I was close to you last time and in fact was most interested in your discussion after your meeting. Many of us were listening to you and what I would wish to say to you this time is how much you have grown. It was most interesting for me especially to recognize how much each one of you, so different in your own individual ways, how you can discuss and collate information in a constructive manner, in a spiritual manner, because each opinion comes from Spirit, the thinking of Spirit, from deep within you, which allows each one of you to offer opinions and to be glad of it that each one can offer an entirely different opinion without feeling that each opinion has been outcast. This indicates to us my dear friends how much spiritual strength there is within this small group of people. For this, my dear friends, I thank you whole-heartedly, because, do you realize, not only are you emissaries of Spirit in the physical form, but your thoughts, your hopes, your desires are known to those in our world who also are seeking knowledge and help. I think you probably are little aware of my last statement. When the light of Spirit shines forth as it does from you now, there is much joy in my world for those who have been close to you who see the transformation from ignorance to knowledge and how brightly that light shines in our world for all to see. This, my dear friends, is something I wish I could show to you, but of course you know that is not possible until you come to my side of life.

Lilian: That is encouraging.

You should be encouraged; I feel most hopeful for each one of you. You have gained so much and all by your own endeavours. We can come to you, we can join you, instruct you, teach you, but we cannot give forth that spiritual light unless you are ready to receive and you are ready to give forth from yourselves. And in that one simple conversation last time, when you spoke of forgiveness in your world and your different opinions upon it, we could see from each one of you that deep, spiritual light emitting. I say to my dear friends, have happiness within your hearts for what you have achieved. I know you do not want credit, after all that is not what we are about. I have taught you much about thinking and humility and blending of Spirit, but sometimes because of the human element of which you belong, it is appropriate that you—how do you say, ‘pat yourselves upon your backs.’

I felt this time that these words were necessary for you. Now I say to you my dear friends that what I would like to do this time is to bring to you one from our side of life who will give you some more information about conditions and the way of life in our world. The lady who is near *(Sue)* is the one who will be used. Please allow a little time for the communication. I leave you always my dear friends and especially the dear lady—I give her upliftment and much love, because she is in need of both— but know that I am with you always and I do hear what you say to me. And remember that your thoughts are always heard. I will take my leave of you this time and know as always you are surrounded by my love.

(Thanks + farewells)

The one through Sue was unable to communicate with us this time. There were many apologies for this.

~27th March 2000~

Good evening. (Welcomes)

Before we begin this time, I want you to know that I have been aware of many thoughts coming to me. I say to you, my dear friends, they do not go unheeded. I feel much love and warmth from each one of you this time. I would like to say to you, my dear friends, just a little about yourselves. In your dwelling place upon this planet at this time you can see for yourselves new growth, new hope, much expansion of all that you call *nature*. To this I would make a comparison to yourselves. Yours—you see my dear friends that each one of you is also in the springtime of your spiritual unfoldment. From this time forth, each one of you will find new growth, new understanding, new ways of expression in all matters spiritual. But of course as each one of you is individual in lifestyle, then each one of you will, within that spiritual unfoldment, develop at different rates. This is entirely down to each one of you individually. I can tell you, my dear friends, that from this time forth many opportunities will come to you and it will depend upon yourselves in which way these opportunities are grasped and moulded for the betterment and good, not only for yourselves but for all others. I have told you on more than one occasion that you are not aware of your own soul's growth, but I can say to you my dear friends that many opportunities are coming to you and the opportunity is there for you to show the way to many others less knowledgeable than yourselves. Be aware of these words, they have much significance for you. Allow yourselves to open to all things new or happenings in your world and especially to your own thinking. Again, I am stressing to you the power, which each one of you possess, and that is your thinking. Use it for good, do not let it go, *grow* with knowledge, open your hearts and your minds to each other and collectively my dear friends you can become not only a source of *power* for good, but you can leave behind the confines and restrictions of these earthly chains which bind you, and allow the Spirit to *re-grow, rekindle* and to *blossom fully* as do all of your '*nature*' as you call it upon the earth.

Lilian: Thank you for these words, we shall wish to remember them as time goes by.

I can only help you. I can help and uplift you, but I cannot change you. The work belongs to each one of you. Next time I will bring you new information, which will help each one of you to think deeply about your place in this world. Therefore, before I leave you this time, are there any questions to be asked? (No questions) My words this time have been few, but I hope it has given you some indication of new thinking that is needed from each one of you.

Lilian: Yes, and perhaps with your help, we shall not let these opportunities slip by with other people.

You do need to be vigilant about your own inner feeling, if you are to *achieve* anything of great importance in your lives. After all, what can be of importance but that the Spirit shines forth much more than it does at the present time? (Yes) It is now time for each one of you to be fully responsible for that spiritual unfoldment which you are capable of. Not only within the confines of this room should you be aware of what you *are*, but each *breathing* moment the awareness should be there. Before you leave this room this time, each one of you should have felt a guidance of one close by. I say to you my dear friends that I leave you now as ever with my love and upliftment; I say to you, feel that spiritual bond which entwines you all. (Thanks + farewells)

~17th April 2000~

Good evening. (Welcomes)

This time before I speak with you: *Let us give of ourselves to the great knowledge and wisdom which is at hand for our use. Let us join together this time and give thanks for all that we are and what we are endeavouring to achieve.*

I feel my dear friends amongst you there is some tiredness and some little weariness of which I will speak, but this time I wish to speak with you and to clarify some issues with you in order that once more you can go forward with your own evolvement of spiritual matters. The first thing I would like to say to you my dear friends is this: There is much talk in your world about the new era which is coming to this

earthly plane. Much has been spoken about the date in your calendars which somehow mankind feels to be some kind of 'new' age. Let me say this to you, each new day upon the planet is *new evolution of your time*. Therefore I say to you my dear friends, take each *moment*, each *minute*, each *day* as a new beginning. After all, this planet upon which you exist has existed for longer than you can know. Therefore, the evolution of this planet has been unfolding from the minute of its creation. Do you understand what I am trying to tell you? (*Affirmed*) Each precious moment of your time, is time to be used in your own spiritual evolution. If each person upon this planet was to view life as such, indeed there would be much to look forward to. The spiritual awakening would be greater, not only for you human beings, but also in the evolution of this planet. You know also that this planet Earth is but a small planet in the scheme of life. So, do you see how insignificant it becomes when so many people upon this world speak about some *special year*, when indeed the miracle of creation is with you in *every moment of time*. Have you any questions upon this subject, my dear friends? (*Pause*)

Lilian: No, I don't think there are.

You have all become so knowledgeable! (*Laughter*) I do not mock you.

George: Looking back over the period of our history, there have been periods that one can look upon as special (**Yes**) in some way or other and perhaps the coming decade will be special in terms of the opportunity of new beginning. I take your point that there is a new opportunity every day. (**Yes**) We are aware of our mistakes through the 20th century and one lives in hope that there will be fewer mistakes in the years to come. Perhaps it is wrong to view any period as special, but perhaps it is a hopeful way for us to look ahead sometimes.

But do you not see my dear friend that as you spend time looking forward that you are missing the opportunity of now? I understand that mankind needs something to grasp hold of, to be special, as you say in this day and age. This earthly planet is still in turmoil as each one of you knows, but it is up to those of us who come to your world to instruct, especially people such as yourselves who have the beginning of awareness. We wish to direct you all in order that you too can direct others in the rightful way of thinking. Yes, I take your point, mankind does always seem to need to live with hope, but when you have the knowledge of the all-consuming power of Spirit, then these wishes, hopes and desires do seem to be rather needless. Do you agree? (*Agreed*) Yes, that is one point that I wish to clarify with you and as you are in agreement, that can only be good. Another point I wish to raise with you this time, we hear so often confusing messages given about the *life path* of human beings. I have spoken, I know, on different occasion about many things, but sometimes it is necessary for us to make clear to you anything we feel that is, how can say to you, *misconstrued* or not fully understood, by the people on this planet. One of these things is the *life path* of the human being. Are your lives fated? Do you have a life plan? Let me begin my dear friends by throwing the question out to you. What do you feel?

Sarah: I think maybe when we come here we have a plan of what we want to do and, but as energy is ever-changing, so we don't always keep to it.

I know what you are saying. Does anyone else have an opinion please about this matter?

George: We have inner feelings which probably link with our initial plan.

Closer! Yes, anyone else please?

Paul: We are all born with certain talents and I feel there is a certain place for us where we could *flourish* and that maybe is where we should be heading.

Yes, yes I take your point. Yes, the other gentleman, what do you feel?

Mark: Yes, I go along with the things that have been said.

You feel life is mapped out for you?

Mark: Not exactly mapped out, but you certainly feel sometimes that there are opportunities that you feel you have got to go for, you have got to try them. You do not exactly know why straight away, but you just feel you have got to make this step and then other things seem to unfold and then later on you can see why you did have to go and take that step.

Margaret: I agree with that completely. You can plan things and whether they come out fruitful or not, you are meant to do that to find out these things, aren't you?

Yes I take your point. Let me now say what I wish to say to you: There is much confusion in your world about the life path of the human being. Yes, you do *know* before you *come* to this world what that plan is, but it is the soul path, not the human being. I hesitate there because I want you to realize the difference. Too many people in your world feel that their physical lives are mapped out for them. Not so, not so. It is the *soul* who has the life plan. Therefore the human being can be totally unaware of the soul's path. If you do not understand what I tell you, please stop me and we will try to make it clear to you.

Lilian: So, if the human part of us takes the wrong path, does that disrupt the soul's path that it should be treading?

The physical being is activated by the soul, so as the gentleman has said, it is the *inner feeling* which should be the guiding light. Those people who are unaware of spiritual power are treading pathways which to them is negative and uninformative in their lives. It is the *soul* who knows and understands what pathway should be taken. Can you see the difference? (*Affirmed*) Do you understand that you can live a human, physical life without ever understanding what your pathway is? (*Affirmed*) That is why we hear so many questions, '*what is life about?*' That is the physical being crying out for the soul to help, but as you understand—and let me say I congratulate you on your understanding, that it is the *soul*, it is the *soul* who retains the knowledge of the life plan, not the *physical* being. The human physical being has freewill as you well know, but it is the *soul* who activates; so you must listen carefully if you wish to be directed correctly upon the soul's life path.

Lilian: The inner voice as we call it.

Partly, yes. After all the soul has to go through many initiations in the human living, if it is to reach that stage of understanding where it can go forward in our world. Each soul has that responsibility when it comes to this physical world; it knows what must be done, but because most of you have blocked memories, you are not fully aware of this. That is where the confusion lies. Too many people feel that their physical lives are mapped out for them. It is not, it is the *soul's* path.

Sarah: Salumet, would you say that the more times you have been back, the easier it is for the physical to listen to the inner self? Is it the very young souls that come here that are having the most problem listening to their inner self?

You must be careful my dear friend in expressing 'old' and 'young'. Yes, we do have old souls who return, but they are returning in part, remember, the part which needs to *learn*. Therefore it is a 'new' experience shall we say. So although the soul may be older, the human being may be completely new; the experiences will be those that the soul has not learnt. So I would not say it is *easier*, but the soul would be more aware of the difficulties that the human being is faced with. Do you understand? (Yes) We cannot interfere in human life. We can stand by as 'directional beings', if you like, to help and encourage you, but we cannot step in and interfere. Is that clear for you?

Sarah: Yes thank you.

Do we have any questions that perhaps you need to have cleared, because when I come to you next time my dear friends, I hope to bring you some new knowledge and new information. So let us make the most of this time with any questions that you have doubts on.

George: I had something on my mind which relates to the earlier part of your teaching this evening perhaps. Recently Pope John Paul asked for the forgiveness of the sins of the church in past times and these included the Inquisition and the violence of the Crusades and I felt this was perhaps a sign of our times: job well done, it cleared the air for the formal church which needed clearing. Do you have any comment on this happening?

I would say on this to you my dear friend, that those comments made by the Papal leader does denote, does it not, the goodness of his heart? To us it shows not so much that he has asked for forgiveness for others, but it has shown to us the magnitude of his love, it has shown to us the greatness of his Spirit. Therefore, whether his apology be accepted or not within your world, in our world it shows that this leader who has made these gestures of apology, he shows the way to many other leaders in your world. (*Agreed*) That is where his greatness lies—not in the apology, because of course you know, he cannot

obliterate and apologize for deeds done by others, but as a leader he has shown greatness by that great love and sympathy.

George: Yes, thank you for your words on that.

Do we have more questions? *(Pause)* I have to say my dear friends, your gentleness and quietness when we meet, makes me humble, but so many questions when I am not with you! *(Chuckles)* There has to be reasoning in that I suppose, but if you are content then I will leave you this time. I leave you in the knowledge that your awareness is ever-growing, ever-expanding.

Lilian: Can I say that when we read your words again from the transcripts then I think again and think of the questions probably. It begins to sink in.

Yes, it is good that these words are written down because sometimes the human thinking does not always fully appreciate the *true* meaning of my simplistic words.

Sarah: And our memories fail us too and we can't always remember what you have said.

No, that is why it is good that you *can* re-read these things.

Lilian: And our American friend *(Brent)* would like the transcripts again, so that's good.

Yes, always still he questions but that is to be expected in one with such an intellectual mind, but in saying that, every seed has to germinate. So, my dear friends I will leave you this time and leave you in the hand of this one *(Lilian)* who is most capable and beginning to feel much more in the way of leadership of this group. *(Thanks + farewells)*

~24th April 2000~

Good evening. *(Welcomes)*

It is with an open heart that I join with you this time. I feel your love as I hope each one of you feels our love towards you. This time, my dear friends I wish to speak with you about matters perhaps you are not aware of, but as we continue I will leave open to you time for any questions about the subject I am about to discuss. As you well know, my dear friends, the Divine Law always runs smoothly. There can be no discussion upon this point, because that is Truth. But what I wish to say to you is this: Within our world there has to be some kind of order, some kind of encouragement and upliftment to those who need help. Therefore I know that you are aware that there are many who you call '*masters*'; I would prefer for this evening to use the word '*teachers*'. We have spoken much about my world and so many aspects within it, but without the teachers within our world, it would not be quite so simple for those souls who are looking to grow and to go forward. Many teachers in our world are able to descend into many realms or planes as you call them, in order to help others. These souls do this work because the desire to help is great. They of course would be much more comfortable within their own realm of existence. What you may not know is that there are teachers of *many kinds* who come to teach in all areas of living. You have heard of the great halls of music, the great halls of teaching, our hospitals—you know all of these things, but what I wish to discuss with you is the work of some of the teachers which inhabit these places. '*What is a teacher?*' I might hear you say. They are enlightened beings, beings of heightened awareness and knowledge who come to give great love to all those in need. But the teacher I wish to tell you about this time are those beings who help the soul who has grown in awareness, but who needs guidance before they can join what you term a higher plane or realm within our world. These beings, these teachers have specific tasks. I do not think you are aware of them, my dear friends, are you? *(No)* No, because little is known of their work. You know and have been taught that thought is the ruler in our world, that thought creates reality. Yes, of course, but what you are mostly unaware of is the guidance behind that instantaneous thought, which moves the soul forward. There is wise counsel for these souls. These are the listening ears of the soul who reaches out for knowledge and awareness and desires to go forward. These teachers come from great planes as you call them. They descend to help others but their time is limited because of the density of the surroundings. Of all the masters who oversee so many things in our world, the teachers of *awareness*, they are indeed teachers of great magnitude, great love, great spiritual awareness. Before I continue, shall we have some discussion about what I have said thus far?

Lilian: These teachers, would they have gone through the stages which we all have to go through and then reached this?

No, these particular teachers as we are calling them, have no need of these earthly experiences, but they are aware and have great knowledge of *all* that drives the soul, they have a knowledge deep within which can expose the soul, which knows the very energy—basic energy that that soul has. So these teachers are not of your world, they come from much further. That is why I have selected them for you this time, because little is known of them. The reason I give you this information this time is that as your own awareness, your own divinity grows—and we know you have spoken on physical terms about how the soul should grow and how you must listen to that inner voice—these teachers sometimes are your inner voice, not only your own soul. They do not come often to this plane of existence, because as you know this is a plane of much density, of heaviness but you have heard I am sure of cases where people feel that it is not only their inner voice that they hear but something outside of themselves. Think upon these teachers, because they have much awareness that is little known to many souls. Do we have more questions before I continue?

George: I would just like to observe that it brings home to us even more just how small we are to the cosmos and how indebted we can feel toward other beings within it.

Yes, that is why I am speaking with you this time, because I feel that your understanding now has become much more heightened by the knowledge you have gained, that this new knowledge, not known to many, can be accepted by you and be taken and can be thought-provoking to you. That is why I bring it to you and, yes, within the Divine, the Divinity, the cosmos—all of you are but a dot. But that should not prevent you from trying to understand the greater scheme of life. After all my dear friends, I would say to you that since we came together your own spiritual awareness has reached such heights as you would not have imagined. I believe this to be true. I, of course, can see you as you truly are, but because you are clothed in this human form, the view of yourselves is rather blinkered.

Mark: Do these energies come to uphold the Divine Law and at the same they are part of the Divine Law? Of course. All law is the Divine Law, it always has been, but as energy is always moving, so is understanding. That is what changes, is the understanding. But the great teachers of awareness are the teachers of Divine energy. Their time which they give to all souls in their own personal development is limited, because they come from much higher planes of existence. Their sacrifices are great, their motives unselfish, their love abounding and, as I have taught you, overall there is no *one* soul more important than any other as far as the Divine knowledge goes—You have to look towards these teachers of awareness as beings of great love who offer of themselves much, who sacrifice much in their own personal development, only in the sense that they could go much further forward, but because of the great love they desire to help those less fortunate. And although within Divine Law their own souls *are* developing, it is still in a sense, and for your own understanding, a sacrifice which they make. Do you understand? (*Affirmed*) I do not wish you to look upon the word ‘sacrifice’ in the human sense—that is not what I am trying to tell you, but at this moment in time I find no more suitable word to use. Of course they are growing because they give of themselves, but the great love towards all souls is tantamount to no greater love that you could find upon this earth. So, for this time that is what I wish you to think about, the great masters or teachers of our hospitals or our music halls or our schools and each one is indeed a teacher and their work most important. But I wish you to think upon our teachers of awareness and development and growth. Do you have more questions, please?

Lilian: I was just thinking that it must be wonderful to be in the presence of one of these teachers, the feeling that would be there.

The soul in the presence of these teachers is quite comfortable. They cannot see other than the beauty of their guidance and their teaching and the soul instinctively knows that what help is being given is indeed correct for them.

Mark: So there wouldn't be any point in trying to distinguish between the voice of one of these and your own inner voice.

All is one when it comes to you with love, yes, but for your own *self-awareness*, we have to make some distinctions at this time. Do you understand? (*Affirmed*) Are you sure my dear friends? Do you understand what I am trying to tell you? If you have doubts or questions, now is the time for us to discuss them because I will not return to this matter again.

George: The teaching souls, they have their own continuing evolution (**Yes**) and it is part of that that they are sacrificing in devoting their time to teaching?

Yes, but of course be careful of the word *sacrifice* because they *are* evolving, of course, otherwise what would be the purpose? But at this moment in time I use the word sacrifice cautiously. It is a physical word, remember, and to the teaching soul it would mean nothing at all. Do you understand? (*Affirmed*) Any more questions, please?

George: These teaching souls would have had their past lives, albeit not on this planet and not necessarily on planets?

Yes, we are speaking here of the teaching souls whose evolution as you call it, their awareness, their growth, is such that all knowledge is known to them. May I put it to you in that way?

Lilian: Would any part of...

No, no; I understand your question. No, some of the other teachers have followed the course of physical living and continue in that way. In the halls of music, in the halls of teaching, in the hospitals then this case is correct, but for the teachers of awareness, of growth, of knowing the soul, then they are all-knowing. That is why I have taken them apart from the others. They are the teachers of knowledge least known.

Lilian: And when the soul is ready and they can come along and help move forward...

There comes a point when the soul needs to go forward that sometimes they are confused, they wish to remain in a comfortable level of existence when in fact spiritually they have grown. That is the time when the soul of teaching comes close. Try not to imagine teachers as you see them—this is always the problem also that they are made known to the soul but in an entirely different concept than you may imagine. But I do not wish to enter into that now—that would be too confusing for you. But the teaching soul would come close to the soul who is trying to grow and move forward and in an instant the soul would know what the teaching would be. Remember the concept of *time* is different, the understanding is greater, the soul is more aware of spiritual contact as it should be. Do we have questions, please?

(*Pause*) I think you need some time to digest what I have said. That is my intention for you, that it is a little more knowledge for you to ponder upon.

Lilian: It's comforting to know that we are helped even more.

The soul is never left alone. I sometimes feel that human beings think that the only people who surround them with love and knowledge are those loved ones who have gone before them or those people they have known throughout their lives and are known to them as guides or helpers. This is a very wrong impression to have, because do you not see how limiting that can be when there is so much that can be tapped into? The whole of the cosmos is within you, so much help, so much upliftment and so much love to surround you all. Try to view my words this time on the greater scale of life. Let your *soul* do the thinking, let your *soul feel*, let your *soul grow* and then the awareness and understanding will be greater. I feel that for this time the words which I have given to you are enough for you to contemplate this time. Therefore, I will withdraw and allow some quiet thinking time. I would say to you, my dear friends, that as you sit quietly, allow those who stand by you this time, to come even closer and I leave it with the dear lady (*Lilian*) that whatever you feel you may discuss and I say quietly please until this instrument is back with you—but quietly discuss between yourselves what you are feeling. I leave you as always with my love and my blessings until next time. (*Thanks + farewells*)

~1st May 2000~

Good evening. (*Welcomes*)

I am happy to join with you once more. I have been aware of each one of you more clearly since last we met. I wish to say to you this time that do you realize how much the connection between your spiritual growth and your physical living has developed? I know that each one of you is much more aware that

as—and you do not know how much you have grown spiritually, but I try to tell you often—but I know each one of you has become aware of the union between Spirit and physical life. Each one of you knows and understands that you have become more than just emissaries for Spirit, you have become within yourselves more Spirit, less physical. Each one of you, although each one is so different, but each one of you *has* the opportunity to voice the knowledge that you have gained. I know there is a fear amongst you that you are afraid at times to speak the words that you know to be *truth*, but this fear will go as you grow. There will be no fear and truth will come easily to be parted from your lips. Each one of you in your own individual way has much to give, not only to give but to teach and teaching of Spirit, remember, comes about in the most simplest of ways; a touch, a smile, to live your physical lives as you know you should. To dispel fear and doubt in all of your daily living will enable you to come forward with the truth of Spirit to those in your world you have become almost spiritually ignorant. I say ‘almost’ because there is a spark within all people whether they deny it or not, they know what truth is truly about. But to those people you can bring love and light and harmony and so also to yourselves does this not come back to you. So I say to you this time, my dear friends, continue to go forward; use your words wisely—many opportunities have been given to you thus far, and I say to you now, that as time continues throughout your physical lives, that many, many opportunities for each one of you will come. And it is up to you, my dear friends, because of course you have your freewill, it is up to you to be positive and to take those opportunities given for the greater good of mankind. I hope my friends this does not sound like one of your earthly sermons—I do not mean it to be so, but it is good for each one of you to know what you have fulfilled and what there is to come. So I say, do not be afraid to use your words when the opportunity comes to you; not only your words but, as I say, a touch, a kindness, a look—these are all spiritual gifts. Make use of them, bring love to your fellow man. These things are simple to do, but you have to make the effort to fulfil them. If you have any questions this time, I will answer them, but I would say to you, I would like you to give some time this evening to your own individual development if you are agreeable. *(Agreed)* So, my friends, have we questions this time?

George: Could I just recap on when we go within: We might hear the eye of divinity, the ego eye which needs to be subdued sometimes, when there might be influence from a Spirit guide, on very rare occasions there might be the voice of a soul teacher. Is that a fair statement in connection with going within? You have listened to my words wisely and for this I would say to you, there are many degrees to what you call meditation. You can have a group of people who will speak to you of different experiences during what you call meditation, but *true* meditation in the spiritual sense, of course you would always be guided by those friends, helpers and, yes, teachers of awareness at times. You are correct in your assumption. Meditation to be true, you need to give of yourself with love, with openness and to offer yourself to the Divine Creation to be used, to be used not as you will, but as that Divinity would have you do. Do you understand? *(Affirmed)* If you want to achieve meditation on the highest level, then you have to forego any physical traits of thinking, you understand?

George: Yes, thank you. There is another question I would like to ask about *time*. In Spirit evolution continues and in a sense therefore...

Can I stop you there, my friend? I know you use the word ‘*evolution*’. It is used mainly for physical living. If you are going to the higher realms as you wish to call it, I would prefer to call it energy expansion—there is a slight difference. If you wish to continue on that pathway, then by all means continue.

George: Yes, I was just going to enquire if there might be an aspect of time in Spirit, but in Spirit one would not be aware of it, there would be no awareness of time.

Yes, that is why I use the term ‘energy expansion’. The aspect of time by then would have disappeared if I may use that.

George: So, throughout various realms in Spirit there would be no time involvement in any of those realms. **Not as you would have it, no. But of course that is far off in your knowledge and would take much *time*, may I use the word again, before that would be achieved.**

George: Thank you for your term ‘energy expansion’, that has cleared it further for me.

Yes, I know the topic of time with human beings, it has been much maligned by many people on your planet. It is a confusing subject and best taken one step at a time, but I hope, and I know that you acknowledge the teaching I have given you about time.

George: Yes I merely put questions in order to help clarify for us.

Yes, that is why we have time for such questions in order that clarity of thinking can be achieved. Are you happy with that? (I am.) Thank you. I feel now, if you will, that time be given to each individual one. I, of course, my dear friend, will leave it in your most capable hands. *(Thanks + farewells)*

~15th May 2000~

Good evening. *(Welcomes)*

It is good to be with you once more. Can you feel my dear friends the bond which is with you all this time, which passes one to another. *(Some agreement)* Yes, this time it should be feeling stronger. Can we take just a moment this time for you all to feel this unison, please. What are you feeling, my friends?

Margaret: It's power in my arms and my hands. **(Yes)**

Lilian: Peaceful. **(Yes)**

Sarah: I feel a lot of energy. Just now I saw a star and I felt that the pointers were us and that you were in the middle of it.

Yes, good. Anyone else, please?

George: Almost a pressure. I don't know how to describe it other than that.

Lilian: I think it is the energy. **(Yes)** And it can feel heavy.

Margaret: My hands feel heavy.

Mary: It just feels like an emotional warmth.

Yes, good.

Paul: I have the feeling it was like a fire in the middle of the room and we were all getting strength from it—from the *centre*.

From the centre, good, yes.

Mark: I feel a cosiness/warmth/cosy feeling.

Yes, although each one of you has described individual feelings, I can tell you that these explanations are upliftment of Spirit and the feeling of the power which joins you from *our* side of life. It will help each one of you if, at the beginning of our joining together, you can quietly see yourselves as *one*. You may focus on the individual feeling that is suited to *you*, but what I wish you to understand is that you become as one, you understand? *(Affirmed)* I wish to speak to you this time, my dear friends, a little about your spiritual growing and your spiritual understanding and awareness. I want you to fully understand that as you grow more fully spiritually and the awareness becomes stronger, you may find that at times physical living also becomes a little more difficult.

Lilian: Does it?

You sound surprised dear friend.

Lilian: Disappointed, probably!

Disappointed—No, please do not be disappointed, because what can be achieved without striving for it? What becomes easier in life is not what is confronted, but in the manner in which you deal with it. You understand? *(Affirmed)* Perhaps you can equate it with children in your own world you gain in knowledge, but have to, shall we say, sit more difficult examinations. That is because of their growth in knowledge. Nothing stands still. Therefore, what I would like you to try to understand is that as the awareness grows, life too becomes a situation of difficulties in which you have to cope. But because of the growth of Spirit, all problems are dissolved more easily. Do you understand what I tell you?

(Affirmed) Is it clear to you? *(Affirmed)* So when life presents problems to you, I do not wish you to say 'why?'—I would like you to say 'Here is my opportunity.' You must make it—I do not like to say *challenge*, that is an incorrect word to use, but it is something that you must strive to work with.

George: We have the ability to rise above the problems.

Yes, and this is because of the spiritual growth. But because your growth and awareness has increased, does not mean life should become easier. So, do not be fooled into that false hope that as you grow spiritually, life becomes easier. I hope you understand—if you do not please let us discuss it now.

Lilian: I think we all understand, don't we? *(Agreed)*

Has anyone any thoughts upon this matter which we may discuss now?

Mark: I was just thinking that as you grow spiritually it would make sense that you would be able to carry more responsibility, maybe?

Responsibility in life becomes greater, yes, because of your knowledge and understanding. Your own responsibility is greater, say, than one who has little knowledge. You understand, please?

Lilian: Yes, it does make sense.

The gentleman hesitates, are you not?

Mark: Oh no, I am with you there now.

Lilian: Yes it does make sense, doesn't it? **(Yes)** And with the help of you people we can see the difference. *(Pause)*

Well, once more I see that each one of you is so well endowed with knowledge that we have no discussion. I am happy for you. Have we any questions at this time that you wish to discuss, because I do not bring to you new knowledge to you this time. Let us discuss anything that you are unsure of.

Mary: I have a question but I do not know if it is relevant. It is something that I have been thinking about lately. **(Yes)** I feel somehow that the children coming into the world now are much more spiritual than we were when I was younger and I feel that the adults around these children have a special responsibility to nurture them.

May I stop you there and say to you this: Yes, when first I came to you I said many changes would be happening in your world. There are many 'masters', as you call them, who tread this planet. In order for us to help you on this planet, there had to be, how shall we say, *many more* with knowledge in your world to encourage and to help those who had lost their way. One of the things that was decided from our side of life was that we would help to introduce more souls who would retain spiritual knowledge in order that they could help many, many others. Because when you have a child who expresses and shows spirituality in many forms, you, as human beings, tend to say, this is a *special* person. Let me say, this person is not special, they have come to this world to do work to help human kind. Yes, you are correct partly that many more souls, *older* souls from our world have entered this planet more recently in order that we can help the planet. So I say to you, my dear friend, your awareness is such that this has been noted well, but it is not to the extent that you would assume that every child is more spiritual—that is not so. But there are cases where the soul who enters the human form retains more memory, that is all. Our work must not fail this time as it has in time gone by. I told you when first I came that mankind had reached a time when knowledge and truth would come to him and there have been many ways that we in our world have joined with you to help in that task. Does that answer your question? **(Yes)**

George: One of our failings is that we are not very good with the use of our own words. We get a little confused sometimes. It is good therefore if we can have definitions of words and it would help me if we could begin by defining *soul*, which I think strictly is a Spirit or an entity in Spirit and I believe a small part of that *soul* may be involved in earth life, physical life. The greater part of the soul will always be in Spirit. Is that strictly correct for a start?

Yes, there is much confusion in your world about the use of the word 'Spirit' and 'Soul'. Yes, to clarify this for you, you are Spirit. We come from the world of Spirit—that is words used because it simplifies what we have to do. But the Spirit that is you here and now is but a tiny iota of the Soul. This is where the confusion lies, that many people feel that the Soul is *one* entity within the human form.

George: I think we sometimes refer to that part of the Soul which remains in Spirit as the Higher Self.

That is part of the Soul.

George: Yes, the Higher Self would be the greater part of the Soul?

Not the *greater*, but *part*. Remember, I have told you that there are many *parts* to the Soul and my dear friend, remember the diamond, the facets of the diamond and then you will begin to understand. One

facet of the diamond is perhaps the Higher Self of the Spirit that is here now. Do you understand? (Yes) We are moving here onto deep matters but I hope that will clarify it for you just a little. The Spirit here within the human form is but one spark or one facet or one small piece—choose your own phraseology, but it is but one small part of the whole.

George: And that small part can have several earth lives, may reincarnate several times.

Different facets—yes, yes.

George: I just wanted to clarify that that same facet of soul could have several lives.

Yes, yes, I understand. Yes of course, the one facet of the soul may return to your world many, many times. If the failure of the Spirit in the human form fails in its mission, then it will return or accept that another facet of the soul needs to return in its place for a certain length of time.

George: It could be either way.

Yes, we are onto complex issues here.

George: I think you also said that more than one facet could have earth life at the same time, but this would be very rare.

Yes, it is not—how should I say to you—*usual* in the sense you would understand, but yes, it happens, yes. But normally one facet of the soul returns to this planet at any one given time. Is that helpful to you? Are you happy with that explanation?

George: Yes, I was just wondering if the soul which itself is moving on... *(Pause)*

Yes, I understand.

George: I was just wondering if there was any further conglomeration of Souls?

Yes. You must also understand that as I speak of Soul, there are again many facets of Soul, which as we move as energy is also moving, will join and expand and increase. I think this is where you are falling down in trying to understand what happens to Soul. It is not Spirit returning to one Soul in one time. There are many facets to the Soul and the Soul belongs to a much—you use the expression, '*larger Soul*' but it is actually a joining with divine energy. These are difficult things to explain to you. The understanding cannot there and will not be for some greater time, but try to imagine that the Soul joins with the ever-moving divine energy. It becomes a much larger issue.

George: And you yourself have come to us from that further domain.

Part of me, yes—I am but one smaller issue from that Divine Soul, yes. It is difficult, is it not?

George: But it does help to make it clearer for me. Thank you very much.

Yes, I, as I am speaking to you now through the human form, am part of that Divinity which has come to your planet to help mankind expand its knowledge. I do not belong to the lower integrated smaller version of what you call Soul—no. It is something we will speak about further on another occasion, because it is a vast subject, which I feel you are not quite ready for. And I know your physical understanding is great, but I am not sure that the others would be able to interpret it so easily. I am not being unkind to the others, please be assured, but it is a vast topic. Do we have more questions this time?

Lilian: At our last meeting the first thing was a rescue of a child and I think she was 7 years old when she passed over to Spirit, but she appeared to have spent most of her little life in a *kennel*. She would not come out of this kennel, she obviously had a tough time. She wouldn't have *chosen* this life, would she?

Something must have gone wrong when she arrived?

Still, my dear friends, you have not grasped the—how can I put it to you—you have not grasped what Spirit is truly trying to achieve. You cannot judge what that Spirit has chosen to do. It does not pick specific ways of living perhaps, but it chooses parents because the opportunities are more likely to occur for the growth of that Spirit. You should not concern yourselves about individual rescues as you say, because your work has been done. Do you understand? (Yes) Try not my dear friends, to analyse what has happened, because you will only confuse your thinking. That soul I can tell you, did not in fact choose to be placed within that kennel, but that *child* as you say, chose to return knowing that it had a debt to pay to one of those parents and knew that the situation would arrive, where that debt could be repaid. So you must not judge; you cannot judge and if you try to you will more than likely judge

wrongly. Have I not said to you, do not judge another, because you do not have the full picture. You do not know or understand what has gone before. You find it difficult in your world to understand suffering and man-made disasters. I have told you that Spirit comes for many, many reasons and this is not for you to judge. What I would suggest to you my dear friends, is that when rescues happen—and we are most grateful in our world for that type of work—you must help and then let go. Do not analyse. Is that helpful to you? *(Affirmed)* I know there are many, many happenings in your world which, to the human being seems unfair, but who are you to judge? You cannot see the wider scheme of life. Who is not to say that the child you speak of grew in Spirit because of that experience? Do you understand? Although the physical happening hurts you, you have to see the wider issues. You have to focus on the Spirit and not the human happenings. After all, the Spirit survives, not the human body. And although for you humans that seems cruel—and that we understand, because you are human and you have these emotional bodies, you cannot help but feel that this must be wrong; but I can tell you that this experience has made the Spirit grow. So, do not be fearful but accept the help that was needed for the rescue work has taken place and all can only be well.

Lilian: Good. Yes, and I know of some other situations as well.

Unfortunately my dear friends you quickly forget my words to you and that is why it is important that we continue to have these question times in order that I can remind you of what I have already given to you and because you have human failings, you will forget many things that I have already said to you.

(Agreed) So I will take one more question this time and then I will leave you.

George: It seems to have become the fashion for us to have homes for looking after old people and it has become possible for our medical services to prolong life long after the physical body and the mental body has worn out so that a number of people are being looked after with no apparent reason for continuing in the physical life. I am sure these places are in a way ordained and they are wonderful places for exercising compassion. Have you any comments on this situation that we have developed?

Yes, well of course you know and can perhaps can remember that I have spoken about the human race and the fact that you should if all is well in the thinking, can live to a much longer age than you normally do. It all comes down to thinking. We have discussed illness and we have discussed responsibility and we have discussed the topic of doctors and medicine and the influence which comes from our world. We have spoken over these matters. Yes doctors will be able, as your evolution takes place, to be able to prolong life. Whether this is acceptable to you or not depends upon the way of your thinking. Each one you my dear friends, could choose the time of your leaving if you so desired, if you could only but reach that state of knowledge and awareness which tells you that it is time for you to come home, without any illness of the body or any *looking after* I believe you say.

George: I believe there are many in the East who are more practised in that than we are in the West.

Yes, there are some in your world, but it is possible—I know this seems a large statement to make, but it should be possible for each one of you and the *key to healthy longevity is your thinking*. Your doctors who are inspired from our world, have responsibility for all of those people who they have in their care. Each one of you has responsibility for yourselves as Spirit and each one of you has responsibility for those you are in contact with. If you want me to express an opinion upon this matter, I would say only that perhaps to people who have grown old and weary and try to keep alive in whatever form by the medical profession would involve someone with spiritual knowledge who could advise on spiritual matters. Do you see what I am coming to?

Sarah: I don't quite understand that Salumet.

What do you not understand dear friend?

Sarah: You said that if someone is old and frail and the doctors are keeping them alive, what was that you said about the spiritual?

It would be much better to have someone with the spiritual knowledge and awareness to be looking after them.

Sarah: Ah, right, yes, thank you.

Because then the Spirit would have the knowledge to release itself. After all, my dear friends, you well know and understand, why do you need to hold on to these old overcoats if your time is ready to come to our world. And people do, because of your own freewill you can—because of the power of the thought, and again I return to my favourite topic with you, the power of your thought—you can create many situations which would be best left behind. Do you understand? *(Affirmed)* But again because you are human, you cling to human life for all you are worth. But mankind—and there are peoples in your world who live to a much older age, much more healthily—but when the time is right, they release themselves.

George: This is perhaps the ideal.

That is what each one should strive for. It can be achieved but with much work. Thank you my dear friends, thank you for listening to me once again. *(Thanks expressed)* As always I hear your questions and cries for help for knowledge or understanding; they do not go unheeded, but again I remind you that I cannot interfere. I can encourage and uplift and influence, but I cannot interfere; but that is not to say I do not hear you. I leave you this time with all of our love and until we meet next time, know always that I am with you. *(Thanks + farewells)*

~12th June 2000~

Good evening. *(Welcomes)*

I am happy to be with you once more.

Lilian: We are happy to be together again.

Yes. Although we have been apart physically, spiritually you always will stay together. This is perhaps something you could ponder upon in your quiet moments, perhaps my dear friends to see how closely linked each one of you are in Spirit. I wish to say to you this time just a few words about this group in general. Whether you realize it or not, each person has undergone in the past two years of earthly time much learning. Although you would claim these things to be physical learning, you cannot separate it from the growth of your Spirit, no matter what each individual lesson has been, and they have been extensive. Whether it be patience, understanding, trust—no matter what the physical learning has been, you my dear friends, each one of you, have grown in Spirit. So again I will say to you once more—and I do not apologize for the repetition of my words—that each learning you undertake upon this earthly plane, you must not look upon it as hardship or some form of punishment—that is a word we hear too often—but understand that as you pass through each difficult phase of your human lives, that the Spirit soars and makes it place within our world. I am sure if each one of you was to devote a few moments of your time to think over the time gone these past two of your years, you will see how you have come forward and how much you have grown in understanding. Do you accept my words my dear friends? *(Affirmed)* Can you all see that you have grown? *(Affirmed)* In accepting this you also clarify for yourselves that indeed life is much fuller than the physical existence. I know there is no doubts with you now, but remember that I said to you a little time ago, that as you go forward these 'lessons', shall we call them, can indeed become more difficult than become easier. That is not to say that your physical lives will become more difficult, I do not mean that, but the understanding that you have to achieve for the growth of the Spirit, becomes more difficult. Do you understand? *(Yes)* Therefore, I say this to you my dear friends: We shall go forward. This evening I will depart to allow each one of you some spiritual development, but when next we meet I will bring to you some more philosophy from my world.

Lilian: Could we ask one question?

Of course.

Paul: Is it okay if we bring someone called Graham, my brother-in-law, next week? He has asked if he could attend one of the meetings.

Lilian: Sara, his wife, already comes when she can.

I have anticipated this question. I am only surprised that it has taken so long. I would be happy to include the gentleman, but let me say this that his mind will have much to think about. After all, he will join you as a group who have gradually, over time, been given much knowledge.

George: As you will know, he is very much the scientist (**Yes**) and he comes from an interesting direction. Yes, that is fine words, yes. But his intelligent mind will help him in the understanding of the words used. What we need to cultivate within him is his senses rather than intelligent thinking. That he has the capability of doing and I feel I will be happy to have him here. As I have told you before, my dear friends, many will come and many will go. Those of you, shall I use an earthly expression, who *stay the course*, are those of you who have achieved some attainment of Spirit, which enables you to continue. Those who leave and go forth on different pathways are not yet ready for my words, but that is not to say that we should not include them in this group. Provided I am asked, I am always happy to let you know who is suitable. He, I have to say, is not without some little experience in phenomenon, that one. Now, my dear friends, I will withdraw this time and I will leave you with our dear friend here who will, if she allows, speak to each one of you in turn. Let yourselves be free to express in whichever way whatever you feel, whatever spiritual needs, questions or actions, please discuss it with our dear lady here. I leave you now again with all our blessings. I look forward to our next meeting when I hope once more I can bring you enough words to create new thinking. Before I leave, I would say to the gentleman please, (*George*) you must make your lady rest a little more. You understand. She must rest please. We will help you in trying to help her but she must heed your words. (*Thanks + farewells*)

~19th June 2000~

Good evening. (*Welcomes*)

This time I would like to extend a welcome to the new gentleman.

Graham: Thank you.

At last he has crossed the threshold to spiritual knowledge. I would say to him, his awareness has been dormant for many years. His interest has been to the foremost, but it has happened recently that the Spirit has been touched and, as each one of you knows my dear friends, until the Spirit is touched, there is no healing, no knowledge. Therefore I welcome him although he comes to us at a time of much expanding knowledge, as you know. Therefore it will be that he may have many, many questions to ask of each one. We have awaited his arrival and now I am sure there will be much progress made spiritually. (*Thanks expressed*) You (*Graham*) will as time goes forward, perhaps understand not only written words, but you will come to *sense* what is happening in places such as these. You all have been told that you are emissaries of Spirit, that many will come and many will go, but those who tread the pathway to truth, perhaps if they stray, they will always return to seek out that which they know to be truth. Now my dear friends I wish to speak with you this time about a subject perhaps little known to you. As you know, before you come to this planet, you are aware of the circumstances to which you come. You have chosen those who you wish to join with in this earthly life; this each one knows and understands. But did you know, my dear friends, that when you reside in the world of Spirit, that before you entered into earthly living, you were shown the lifespan of this earthly creation? Let me explain: When your time has come to leave this planet to return home, each one knows that before you and what seems to be to you like an instant of time, there flashes before you all of your life's history upon this planet. You understand, don't you? (*Affirmed*) But let me tell you this, that before you leave our world you are shown in exactly the same way, and I will not explain to you at this time how this is achieved—that is a teaching of the future—but you are shown how important you have been in the creation of this planet; you are shown what part of the universal consciousness is. Therefore before you come to this planet, you *feel* the responsibility which all of you have towards creating a planet of love and beauty, because the Spirit understands, understands *fully* the message of *all* Creation. And all Creation, my dear friends, is **LOVE**. This scene which comes before you, joins with you in showing to the Spirit how the interaction of all life began. This is most important for your understanding. Do you realize the utmost importance of these words, because I do not feel that human beings have understood such visions before. Can you please take a moment of time to think upon my words and then I will accept any questions that you may have. Think about what I have told you and then we will enter into some discussion about it.

Lilian: If we are shown the life that we are going to live on this earthly planet, then when we come back to Spirit having lived that life, we are then shown where we went wrong and things we should have done and didn't.

Of course you see your life history flash before you in an instant, this fact is well known, but that is not the importance of this teaching this time. What you need to know is what *part* you have played in the creation of this planet—the correlation to the structure of the whole universe, that each Spirit has played a part in the creation of your own world. That is the point which you must try to understand. Is this too difficult for you my dear friends?

Margaret: It is for me.

It is?

Margaret: Yes.

Do we have questions or shall we leave it this time?

George: I think I understand that we know our life path before we have physical life on this planet (**Yes**) in relation to the part we need to play in the Creation.

But it is the insignificant part, the part that you will play when you come to this planet. What is more magnificent is that you see before you the part that you have played in the creation of this planet. This is the point I try to place before you that each Spirit has played before the creation of this planet, each Spirit has played their part and this knowledge is shown to you *before* you make your judgement to return. Is that a little clearer? I know that we have much difficulty in expressing your earthly words for your own understanding, but it *has to* remain simple words for you to grasp the meaning of my teaching.

George: And the part that we then play in based upon what has gone before.

Of course, is that not the way forward? (*Agreed*) Yes, always that is the way forward. But in an instant, you have seen all that has gone previously, all that stands before you, and all that you will return to.

George: All that can interfere with that is our freewill, which would in all probability only be a temporary aberration.

Yes, if you look upon it as such, then life on earth becomes simplified. Yes, of course, the freewill of the human being can be most troublesome at times. But of course you know that most of you return with memory blocks, because otherwise what would be the point, what learning would you achieve, if memory was retained?

George: Yes, I understand that man would expect some such causation; the difficulty is merely trying to express it in words.

Of course, that will always be troublesome, especially for those who come to try to teach you new knowledge. Remember, there is no new *truth*, only new knowledge, knowledge that you can accept. But I wish you to think about the knowledge that you *have*, before you return to this lifetime—many, many lifetimes and each time you are refreshed with the scene of the creation of this planet.

Lilian: That knowledge is within us anyway, isn't it?

Of course, but now in your understanding, is the time to bring forward these things to you so that the consciousness can further be expanded. After all, this is what we are trying to achieve this time, that mankind at last is listening and preparing himself for *Knowledge, Truth, Love*, that mankind becomes part of the consciousness of his own freewill. But of course, as always, mankind needs a helping hand. Have we more questions this time?

Paul: So, just to recap a bit: We have all played a part in the creation of the Earth (**Yes**) and does that mean we also played a part in the solar system as well?

Yes my friend, but you are going forward too quickly. Yes, of course, you have that knowledge, but with the knowledge that you have been, shall we say, '*creators of this planet*', there also comes the knowledge that you have *responsibility* for the *state* of this planet—that must go hand in hand. But, yes, when that stage of understanding is reached, you will go forward *knowing* that your knowing and knowledge and understanding is much, much greater than at first you realized. But, yes, you are correct in your assumption.

Paul: Does the Earth have its own Spirit as well?

It *has* been created in the world of Spirit before the physical creation. I have told you, have I not, that all things are created first in the world of Spirit and their counterparts are then brought into the physical existence, yes. So, do you see the connection between what you *ARE* and what you are *NOW* in the human form? (Yes) Can you begin to understand that there can be no separation from what we call the Universal Consciousness? Is it becoming clearer to you as I speak? I will help each one of you in your quiet times to come to the realization of my words this time.

Paul: It is sort of like we are part of the universe and could you say that we helped in the designing of the Earth as well?

Yes, you have that responsibility, therefore what you have achieved over the existence of the planet Earth, *you* and each one of you and every human being, no matter what their lifetime is now, each one of you has been responsible for the creation of this planet.

George: I think I can say there have been past cultures who have understood this and expressed it more clearly than many of us do today. (Yes) The Australian Aborigines call it '*Dream Time*'; (Yes) we call it '*Universal Consciousness*'.

Yes, there are many, many names used, Universal Consciousness is one that would seem to be understood by many. Therefore that is why I use the term, but there are many expressions or names for it. But yes, many of your earlier civilizations had much greater spiritual knowledge. We have discussed this on many occasions, but now is the time in the evolution of this planet for mankind to take responsibility, not only for earthly living but for *all* that this planet has become and to take responsibility in such a way that mankind can look inwards and say: '*Yes, this has been created, each one has helped to create what exists now.*' Is that clear for you my dear friends? (Affirmed) What I try to tell you this time is that you need, at this moment in your own awareness, to understand just how much responsibility you have. I want you to understand whilst here upon this earth plane, to understand the importance of your Spirit and how much power each one of you has within these physical frames.

Lilian: Any questions Graham?

Graham: Yes, in the physical world in which we live at the moment, will there always be a need for such a physical world in the future or as we grow towards spirituality will eventually there be no further use for the physical world in which we live now?

Yes, because you are new to this group I will explain to you but this has been spoken about. Yes, for the time being this planet is a place of teaching. It is necessary for the evolution of mankind. It is necessary as part of the universe, but the time will come when mankind has reached an awareness, an understanding, when this planet will no longer be needed. That is part of evolution, but we are speaking of much time, my dear friend. But I am sure if you need to look more fully I am sure the others will find for you my previous words about this matter. (Thanks) Have we more questions, please? (Pause) Yes, I feel that enough words have been spoken this time. I feel that what you need to think upon is quite sufficient for this time. We will go more deeply into this matter, but for now, please take my words, digest them, analyse them and if you can, accept them and I say, dear friends, we will return to enlarge upon this subject. (Thanks) I feel this time that as I withdraw from you that it would be good, especially for the new gentleman, if we can sit quietly for a little while and then to allow those who wish to come to join you. I ask only this time that the instrument be allowed to return very slowly. Until we meet next time, know that my love is with you as always, know that I hear what you ask and as always know that I will return with answers to your questions. (Thanks + farewells)

~3rd July 2000~

Good evening. (Welcomes)

It is good that so many join here this time. Since last we met I have been aware of much thinking on the part of you all as regards to my words to you last time we met. It has been most interesting for me to hear what your thoughts have been. Each one of you has put forward many ideas for the reason behind my words. So, as you are individual, so too have come your many answers to my speech. This I would

wish to say to you this time my dear friends: That the one word which has not entered your thinking about this topic is the most important one of all and that, my dear friends, is the word *'Love'*. Let us retrace our steps a little. When each one of you questions what life is about, we have discussed many things and I have said to you, have I not, that life mainly is service to another in order for your spiritual growth. But what activates service in all aspects of living is *Love*. I hesitate here my dear friends in order that the word *Love* occupies your thinking for a moment or two. After all it is the expression of love which initiates your working and living on this planet, not only for those nearest and dearest to you, but to those who you encounter upon your pathways. It may be but a moment of your time in living, but for each soul it can a lifetime of growth. In saying these words, let me return now to the topic which we had last time and simplify them to within a few words; the topic was your involvement in creating this planet earth. Yes. It was the love of the Spirit which enabled you to become part of the wider scheme of life; it was that love which activates you, which helped you to create this planet Earth in order that others could be helped—not only yourselves but many, many other beings. Does it now become a little more understandable to you? (Yes) By including that one word, that understandable word to you all, you now begin to see that the energy that you give off is indeed that which you call *Love*.

George: Would it be also true to say that our involvement in the Creation would be in the nature of a service to the Great Spirit?

All service is to that Greater Consciousness, yes.

George: And that itself would be love.

That is love. If I might return you to the words within one of your religious teachings and it begins: *'God is love'*. Let us dispose of the word *God*, because we know there are many forms that many people upon this planet honour and love and learn by; but let us say that *all* is love, then perhaps you can see the wider scheme of life. Does this help you, each one of you? (*Affirmed*) If not, let us please to discuss it this time.

George: I wanted to thank you for being so patient with us last time. It just took a little time for us to assimilate the teaching.

I am aware and let us say that time as you know it is of little importance. What is important is that all that I give to you is eventually, whether it be a minute, a week, a year, many years of your time, but as long as the understanding comes. I, I think I can say, have resigned myself that the little patience I have gained is something that you human beings have still to conquer. But we are aware and it also helps us to understand in our teachings to you to be aware of your many—I almost said *'faults'*, but again I hesitate with that word. Do we have questions please?

George: I wondered if we could recap a little in the following way. (**Yes**) If one goes back perhaps 4 or 5 billion years in our time before the physical Earth and before the Spirit body of Earth, we would have been Spirit...

Spirit— let me interrupt just for a moment—Spirit has always existed, whether you call it Spirit, energy consciousness, it always has been. Yes.

George: It probably would be incorrect to refer to us at that time as souls, because that word as we have come to know it involves past life which didn't exist then, at least not in the way that we know it now.

Yes, yes. Of course you speak of soul in that manner as this planet did not then exist—then of course the Soul in the manner that you understand it would not exist, but the soul belongs to Spirit. In a sense it has always existed in other forms. But if you speak of the soul on the earthly planet, then you would be correct that before the time of the birth of this planet, then the soul in the way you speak of would not exist. As always there is never one clear answer.

George: So as *Spirit*, we had thoughts and we *thought*, we played our part in the creative principle in thinking of the planet and the Spirit body of the planet came into *being* (**Yes**) and the physical planet followed. This, I would suggest, is not a unique happening in the universe, but a general creative happening.

It is the pattern of all life. The Power of Thought is a creative force behind all things and *Thought* belongs to Spirit. There always has and always will be *Thought*. Are you happy with those replies?

George: Yes, I was just attempting to fit our role in the Creation into the greater scheme of things and I can see that we as Spirit were part of that great creative principle.

Yes, it would seem to you human beings to be like a jigsaw, but each piece does eventually fit. It may travel around the board, but there can only be one place for each piece, which eventually slots into place. This is what happens with your understanding of all things. It is unfortunate, perhaps I could say, that whilst clothed in these physical garbs that the Spirit is so restricted, not only in thinking, but in memory and in all knowing. I have, of course, told you that all these things are innate within you. It is up to you all, my dear friends, to cultivate each gift of the Spirit, but I know and I fully understand how restricting these bodies and of course the physical brain interferes at times. Rather than help you to understand, it at times confuses the issue.

Sarah: I am sure it is all because of my physical thinking, but one part of us has to come back here to learn, but when the Earth has finished, when there is no more Earth, there must be another place where we can go to learn the same things because by the time the end of this Earth comes, there will still be some parts of some spirits that still haven't learnt properly so they need to go somewhere to learn. Or am I thinking too much along human lines?

Yes, my dear friend, you cannot see further that the Spirit has found itself so to speak, that when this planet Earth has reached its finality as far as the cosmic evolution goes, it should be that the souls who needed the experience—and after all, this planet has been created for the experience of those souls who needed it. By the time this planet reaches its finality, as you say, but remember—and this will be another topic—that nothing is lost. The energy of this pattern will return to its greater pattern, but there will be no souls as such who will need form of teaching.

Sarah: Yes, I can see it in a different way now.

Yes, you understand. (Yes, thank you.) Do we have more questions, because I would like to close this chapter if each one is happy with what they know?

Graham: We have been involved in the creation of our planet for our current learning and our current needs. Will we in the future, in other dimensions, go on to create other schools of learning in different ways in the same way that we have created this planet?

Yes, I have answered the gentleman previously that energy is ever expanding, therefore of course there will always be new creations, new teaching areas but in a different format. But yes, of course, there will always be learning; there has to be growth for the Spirit. Is that helpful to you? (Yes, thank you.)

George: Could I just observe that regarding love, in a much more physical sense and a scientific sense we have the word affinity. I have always felt that affinity is rather like a mechanical, scientific expression that is close to love, not the same as love, but it is to do with things coming together. I see it as an interesting scientific connection with love.

Yes, of course you must remember that we are using physical words again. We have to use words for the benefit of you beings upon this planet—that is your way of expression. Yes, I understand what you are trying to say. Love is of the Spirit, love is all, it is the creation that comes forth to all things. Affinity is something I would say entirely different in earthly meaning. You can have an affinity to something, but not actually be involved in loving. There is a distinct difference as far as I can see.

George: Yes, thank you for your guidance there.

After all, man can have an affinity to an object without the emotional feeling of love, which of course, you would recognize as being emotional in the sense that you understand it. Would you agree?

George: Yes, I agree. It is nice to have your comment on that.

Now my dear friends, if you are content with our words this time, I will quietly withdraw from you and allow others to come if they so desire. Again I wish to express to each one of you that always I hear and feel your thinking. I always try to uphold you, not so much in your daily living—as I have said before, I cannot interfere with your living upon this planet, but what I try to do is to uphold and uplift you so that your thinking becomes of the *Spirit* rather than of the *physical*. This, my dear friends, I am beginning to see that each one of you is expanding, is growing, not in words of wisdom, not in knowledge of this work, but in your own individual *thinking*. This, in turn, rebounds to others who come within your

pathways and in this way it should show you how much you have become messengers of Spirit. I ask, my dear friends, that as you retire, each to your own this night that great thanks be given for all love and knowledge which surrounds you. *(Thanks + farewells)*

~10th July 2000~

Before Salumet spoke, Sue had been describing her experiences visiting a 'direct voice' session in Reading, Berkshire.

Good evening. *(Welcomes)*

I was pleased to wait just a little time in order for our dear friend to tell you with some excitement about her experiences of Spirit. It offers each one of you the opportunity to once more consider and think about the workings of those from our world. Although my dear friends you have no need of proof as such, you can see from what has been told to you this time how important it is that when physical happenings occur, great care is taken of our chosen instruments, because as you have heard my dear friend say to you, the stupidity of some can cause much danger and harm to those who are used by our world. It also should reiterate for you all how time is insignificant when it comes to work of Spirit, that many of your years are needed sometimes—not always—for instruments to reach the point of being used correctly. Think about it my dear friends, because it should show you that loyalty and dedication to this work will always be repaid, not only in the growth of each individual Spirit, but to many others who can benefit from such knowledge. Are there any questions you wish to put to me about what you have discussed? I am happy to answer them for you.

Sue: Yes please, I would like to ask a couple. At the end of the meeting when the medium was coming back from trance, we have always been very quiet here in our circle, allowing the medium to come through quietly, but in this instance it was very, very noisy in the room. It didn't seem to affect the medium at all. Were the people being insensitive and should they have been more quiet or was it something that really didn't matter to the medium herself?

Yes, I understand your question. There is a reason for quietness and stillness and peace. It would have enabled the medium to return more quickly if there had been greater sensitivity. But, of course, having reached the stage of development in being used in such a way, she would be fully protected by our world spiritually although, as you well know, physical damage can be done. But of course we do protect those who we work with. But I would say to you on the whole that whoever is in charge should keep a firm house. It is much better for the medium to return in quietness. I do not say complete silence, because of her experience, but I would suggest that they should at least refrain from too much noise. It is a *jar* not only to the Spirit body, but much more to the physical.

Sue: That's what I thought, thank you very much. It was understood on Saturday that the voices were using a mask. Would you have agreed with that, rather than a box, because the voices were coming from all parts of the room we were sitting in and we were told that the Spirit isn't always happy using the mask because it is sometimes uncomfortable for them?

Can I just say this to you my dear friend? I have told you on previous occasions that the form of the mediumship was ever changing, that there would be many new forms of communication, particularly in the form of machinery which is available to you now. So, too, does the act of physical phenomenon change. The mask method that you mention has been around for quite some time of your earthly years, but any form of communication can be difficult for those as well as people in your world, difficult for those who wish to communicate. After all, *experience* is the most prominent word in all of these things. People become accustomed to many methods of communication. As you are quite well aware, communicators who use you, find it increasingly much easier, because of your *experience* and this is what will happen as time continues, that it becomes easier as each time this method is used. You know and understand communicators who have said to you '*what a small frame*' or '*what a large body*'. It is a little the same as that, except they are using what you call a *mask*. It is just the ectoplasm being used in a different way—that is all. Much and many changes are taking place within our world which should make communication much easier in time to come. I should tell you that physical phenomenon and what

you call materialisation also can take place now with light, but this is something that is being worked upon. But, for as long as mankind can remember, in the new era of what you call spiritualism—and again I would debate titles—physical phenomenon has always occurred in *darkness*, but as in life, all things change and alter and become easier. Is this helpful to you?

Sue: Very much, thank you.

Lilian: So would the sitters of that evening, there would have been a lot of energy used from them for this phenomenon as well as from the medium?

Of course, the main form of ectoplasm is taken from the medium, but of course all peoples within the room would be giving of themselves. All that is available to us would be used.

George: I was thinking about materialisation in general and the purpose of it and I thought the purpose of materialisation would be communication, and then it occurred to me that the reverse process would be very useful and necessary for space travellers. Is that fair comment that materialisation would be mostly for communication with physical beings and dematerialization would be a necessity for space travel?

Yes, I understand your question. Dematerialization as you call it is an attribute of Spirit; it is something which you all are capable of. I do not pardon myself for repetition of my words, but each one of you as Spirit has the capability of much. Materialisation as you understand it is of course for communication, it is a form of communication which satisfies most of the senses available to human kind. In that I mean you see with the human eye, you smell, you touch and feel and you hear—all of your senses are satisfied, therefore there can be no *dispute*, may I say, of what is happening in that form of communication. But as we have been discussing, it takes many years of human life to develop mediumship for that type of work. Dematerialization happens in your world by those you know as *masters*—I use that word lightly, but it happens—but when you return home to Spirit, dematerialization of many things become quite normal, because of your greater expansion of understanding. Yes, I agree with you that many space travellers have used what you call dematerialization for their own good and their own benefit, but what is more important is that you know and understand that it is an attribute of Spirit. To you human beings who have lost much of your natural capabilities, dematerialization and materialisation seems to be an exception to the rule; it is not, it is just a matter of retraining yourselves if I may put it so bluntly.

George: It is documented in a number of older scriptures.

Yes, nothing is new my dear friend, this I have tried to teach you.

Lilian: I suppose it is what we call 'out-of-body experience', is it?

No, no, you are speaking of something entirely different. Dematerialization is another form of spiritual life. Out-of-body experience is just the freedom of Spirit from the physical body—that is all that means.

Mark: Is it an out-of-body experience when you—I have had dreams sometimes when I've been flying and it has felt as if my physical body was flying. I wonder if that was an out-of-body experience?

Yes, all of you have what we would call out-of-body experiences, because, after all, in your sleep state my dear friend each of you leaves the physical body behind for a short time in order that the Spirit be rejuvenated if you like; but, to most people, this is not remembered. But when you speak of the physical body flying, remember my dear friend, that when you come home to Spirit you retain all the knowledge of your physical being. Although you are Spirit, you still feel like a physical being that is why you would feel as if the physical was flying. Is that helpful to you? (Yes, thank you.) Are you sure? (Yes) It is the Spirit flying, but the awareness of the physical body, that is all. It is not the physical body which is flying, it is the Spirit.

Sarah: You said when you go back into Spirit dematerialization and materialisation is a natural thing, but if you are just Spirit and no longer in the physical life, what is it that materialises and dematerialises in Spirit? **It is just—if you wish to go further, it is the Power of Thought. If you need to have it simplified *that* is all it is, but for the use of the words that is how I have tried to explain it. Is that helpful?**

Sarah: Yes, thank you. When I was typing back the script from last week, I noticed you said, 'Have you all understood *our* speech?' which you gave us. It made me think, do you get help from others when you are teaching us or is it just your knowledge that you are imparting to us?

Yes, I understand, I have anticipated your question, thank you. If you remember when first I came to you I told you that I was a conglomerate of beings. (*Affirmed*) I am not given information one-to-one, as you would say on this Earth, but the knowledge which I bring to you is, how shall I say, knowledge that has been obtained by many over many, many years of your time. That is why I used the word '*our*' rather than '*I*', or '*me*', or '*mine*' or '*my*'. Remember that what I bring to you is knowledge from a *Source*, not a knowledge of one being. That is what you must always remember, that what I bring to you is knowledge gained by time and beings of great knowledge; but for the benefit of you here on this planet it would have to seem as if I am one being. Do you understand?

Sarah: Yes i do, thank you.

I feel for this time that I will leave you, as always with my love, with the hope that you have new thoughts to travel with you until we meet next time. So I say to you my dear friends, once more know that I am always with you. (*Thanks + farewells*)

~17th July 2000~

Good evening. (*Welcomes*)

As I come to you this time I bring to each of you upliftment, for some are weighed down by earthly problems. I hope that before you leave this room those daily problems may seem a little lighter.

Lilian: I'm sure they will, thank you.

For the next few of my visits to you my dear friends, I, with your permission, will accept questions about many aspects of my teachings. I wish to do this with you in order that we may then go forward with some new information. Therefore, I would ask that each of you consider which part of the teachings you would like us to discuss with you. Then I feel it would be appropriate to continue with some further knowledge for you. So, do we have questions this time?

George: Yes, it was 11 years ago that I sat on the steps of a Mayan Sun Temple looking at the stars and contemplating the universe and its construction, and a message came to me from the collective consciousness or somewhere which said that this is all very well, you consider the universe as did Newton and Einstein, but the greatest thing in all the universe is *Love*, and it wasn't until your recent teaching about the creation, that I realised the full depth of that message. (**Yes**) Thank you for that and I guess that is your way of teaching to increase the depth of understanding all the time.

I believe, my dear friend, that I have said to you that if we—those of us who come to help you—can reach but one human being, then our work has to be blessed. Yes, indeed, to have that knowledge come to you is indeed what we try to achieve. Of course, we could use spiritual powers to bombard each of you with the knowledge, but that would be fruitless. After all, each individual Spirit has to find the realization that emotion which each of you has in order that you can accept and fulfil the teaching of the universe which is indeed such a small word within your vocabulary, the word of course is *love*. If you have found that realization, my dear friend, then I can only say to you that you can only but go forward. (Thank you.)

Lilian: Would I be right in thinking that the love in the physical sense as we know it—we really can't imagine what it is like at this time, it must be so much more.

Yes, you as human beings generally speak of emotional love, which mainly belongs to the physical. Spiritual love exists on a higher level. Of course that has to be, but that is not to say that you cannot experience spiritual love whilst in the physical garb. Of course you can and that is what my dear friend the gentleman has said, that his realization has now been reached. I could continue to say for many, many of your earthly years of what you should be striving towards, but ultimately that treasure belongs to you and it must be sought after. Do you understand? (Yes) I cannot place before you that experience. Are you clear on this point my dear friends? (Yes)

Sara: Is the compassion that we feel for others which enables us to feel spiritual love for all people?

Yes, compassion is a much better word to use in your world than the words *emotional love*. Emotional love begins with physical attraction, but compassion for mankind stems from spiritual love. Yes, you are correct.

Sara: And when we reach this state of being able to feel compassion for many, many people if not all people, is it that the heart chakra expands, is it felt in that way, very much in the heart?

I would say to you, if you have that awareness, yes that is what happens, but mainly most people are not even aware of that. It is part of the being that shines forth. You may speak of chakras if you like, after all, the Spirit body is *light*, therefore if any part of the Spirit grows and expands, therefore does the light shine more brightly. But, yes, you are correct. The struggle of course in recognizing compassion is the struggle against the physical living, when compassion can be forgotten all too easily. But, may I say to you kindly and to each one of you, that before you can expand compassion to any other being, you must first of all recognize it within yourself. Do you understand? (Yes) To give compassion, you must accept compassion. Do you understand? (Yes) Before you can give of yourself, you must recognize yourself. You understand?

Sara: So we see ourselves as equal?

Not equal, but you must recognize who and what you are, before you can give of yourselves, yes.

Lilian: Any more Sara?

Sara: I was just thinking about the last thing that Salumet said about recognising who and what you are. I'm wondering in what sense.

I know what you are saying. First and foremost you must recognize yourself as Spirit. Once that recognition is to the fore, then all *physical* aspects of your life become placed in the correct order. Your physical lives then become much easier for you, because you have recognized the Spirit. And, after all, when the physical garb has diminished then what exists but the Spirit, and the Spirit should know only love.

Sara: So when we live more to the dictate of our Spirit and we follow really what our Spirit tells us in terms of how we live each day, the difficult details that we sometimes struggle with are seen as very unimportant.

Very insignificant—they will find their place against spiritual knowledge, yes. If only human beings could know and understand that they create so many of their own problems, not only for themselves, but for those who surround them. Remember, what you give you receive. Those are simple words, but they are truth. Try always to remember, I have said but I will repeat, that each one of you, what you have in this lifetime is what *you* have achieved. Do you understand? Therefore, if your life is difficult, then look within to see what needs to be changed. I know this is a difficult concept for many to accept, but I do urge you to accept it and know that through that knowledge you *can* become much better human beings. If you find fault with another, then look for that fault within yourself.

Lilian: I'm sure we all do try—not easy sometimes.

But that, if I might add kindly, is a failing of the human being. That yes, you say, '*I will try*'—you may try for such a short period of your time and then it is all forgotten. With spiritual understanding, nothing is forgotten. So, I say to you once more, seek always, *strive* always to recognize that true self. That my dear friends is what you need to try to achieve.

Sarah: This is more of curiosity. A friend of mine is interested in spiritual work. She has been to see a medium this weekend—I have not talked to her since—who channels a race/people from space, not from our world, called the '*Paladins*', I think she said. She said that when this world was created, they didn't allow us to become more intelligent than them, because they wanted to have control over us and now they need us to be able to progress. First of all, I don't know if this is right, but it did make me think that maybe we are not only here to help each other here, but also we have created this world to help others who are creating, which I am sure is right.

Yes, you are beginning to understand some of my teachings, for this I can see only good. Let me say again that as I have told you previously, there are many worlds within this great universe and many others who have beings upon them, beings with much greater knowledge than this very young planet Earth. Of course those beings have superior knowledge, but let me say only this to you, that there is a little misguidance in as much as that race did not have the upper hand over Earth beings. They may have thought they did, but they, as you do, answer to a much higher and divine power. All planets answer to a

greater divinity; all is part of a greater plan. Therefore you are correct partly in your assumption that each planet exists for the good of every other. So I would say this to you my dear friend: The information that comes to these people are being given as truth, because that is the truth that the beings know and understand, in the same way as if contact were made with Earth beings, you can only give what you know and understand. What has to be remembered in all of these teachings from not only other planets but from greater sources, is that a true cosmic understanding is in place. So I say to you and your friend, accept what comes, but place it within the concepts of greater knowledge. Do you understand what I say to you?

Sarah: Yes I do, thank you.

You must always—I keep coming back to say to you, recognize yourself as spiritual beings, because within that realization lies the true understanding. People upon other planets may have more knowledge, but in fact they do not have more *knowledge* as such, they have more *understanding* of the knowledge. Remember, I have told you that within each one of you lies the potential for much spiritual, what you call, ‘powers’. It is only that Earth beings are reluctant to recognize and use those powers which are inherent within them. Do you see how slowly everything congeals together? (Yes) Has that helped with your understanding?

Sarah: Yes, thank you very much. When you begin to talk, I begin to remember things you have said.

Yes, always look to the wider scheme of life and to the wider truth. See all of these things with spiritual eyes and you will begin to understand them a little more. I know these subjects at times must seem alien to you, but in fact they are not. All knowledge lies within you. (Thank you.)

I would ask that before we meet next time, that each of you dwells upon anything we have spoken about and that you are not completely sure of, because I know there are many points that should be discussed. So before next time please, my dear friends, bring them before me and I will try to answer them simply and truthfully. (Pause) If you are all so satisfied, I will withdraw this time. I know you have much to think upon. I know that as you leave this room that each one of you will feel a little more uplifted. I will leave you and let us see this time what can be given to each one of you in your state of quietness. I ask, my dear friend (Lilian), that you ask each one what they are feeling this time. (Thanks + farewells)

~24th July 2000~

Good evening. (Welcomes)

As we join together this time, *feel* the surge of *Love* which touches each one of you. My dear friends, do you have questions for me this time?

Mark: They talk about *body clocks* waking you up at the right time in the morning, but I wondered if sometimes you were given a nudge from Spirit to wake up at the right time if you had to get up very early at a different time from the usual. Sometimes I find I have only just woken up in time to catch a ferry or something very early in the morning and it seemed to be uncanny.

Why should this seem so, my dear friend, after all in your what you term ‘dream state’ you have the freedom of Spirit which is more knowledgeable and aware of your own physical body’s requirements. You, of course, would give out the thought before retiring to your bed and that thought state would be known by your Spirit. That is why these things occur. It is not always a *nudge* as you say from another, but your own internal knowledge.

Mark: That is not a physical phenomenon?

It is the Spirit that more expansive knowledge and would know what the thought and thinking would be. Does this not make sense to you? (Agreed)

Mark: Yes it does. The thing that I was slightly unsure of was we have been told that our physical time is not present in Spirit, so I wondered about whether it could be done—it was that part that I found a bit confusing.

Yes, remember that the physical being is only the result of the spiritual thinking. It is the Spirit that is all-knowing, which is wise and which can achieve many things for you. Therefore, *time* as you know means

nothing to the Spirit and you know full well my dear friend that when the Spirit returns to our world in part of your sleep state time, the knowledge would be known and therefore when the Spirit re-joins the physical overcoat, that knowledge then becomes the reality. Do not always assume, my dear friend, that external influences are taking place. Remember that you have full control.

Mark: So the Spirit after it has gone into Spirit world, it just knows when to return to the physical being and then the physical being wakes up at that time.

Yes, it is simple, but you seem to make it more complex by your thinking. (Chuckles) Yes, I do not wish to confuse you, but yes you are speaking of the simple knowledge that the Spirit holds. You could if you so desired try these things on a regular basis and be aware of the thought that is being sent before you retire for your sleep state, and you will find that your Spirit will accept the thought and then create the reality. Is that helpful to you?

Mark: Yes it is, thank you.

Graham: I was reading through your teachings to last November when my wife was here and the discussion at the time was about loving thoughts towards those people who seem to, by their actions, hurt us. It was said that when you feel you cannot communicate by letter or by voice, perhaps the best way is to send loving thoughts. You replied that loving thoughts are always good and that no harm can ever come if you project loving thoughts. But you said something that I was hoping you would clarify: a warning that you must not interfere with the thought towards the other person and I wondered what that meant.

Yes, you my dear friend have been with us for only a short period of time. The basis of my teaching to all of you has been the Power of Thought. This teaching is on-going and we have returned to it on many occasions. The most powerful thing you possess is your thought. Thoughts are dealt with in many ways and we could spend this evening and many other evenings discussing this topic. What you are wishing to know I believe is that you must also be in full control of your thinking. It is easy to give out good thoughts, but you must be careful that there is no intrusion upon the thinking of another. Are you with me thus far?

Graham: No, could you explain that bit again please about the intrusion.

Each one has the responsibility for their own thinking. You understand? (Yes) Those who wish harm, those who give out vibration of wrong thinking can do much damage to the Spirit. Therefore my instructions to you all has always been that those who wish you harm should always be given only loving thoughts from you. You understand that? (Yes) Because, let me tell you, what you think will always return to you. But what you must also know and what you must also try to understand is that you cannot interfere in another's thinking. This is where the confusion lies is it not? (Yes) Yes, because of the power of the thinking, you can with another human being have stronger thought vibration than theirs. There is variations in the power of thinking, therefore if you have the knowledge of sending thought, then you must also be careful that you do not interfere in the thinking of another. Is it clear to you now because you cannot interfere in another's life or another's thinking.

Graham: Yes, thank you very much, I was looking at it the wrong way round.

Yes, I feel you have become confused. Again to us it is a simple thing, but to you human beings all of these topics become confused and therefore rather complicated. What I have tried to teach all of you is that with the power of your own thinking you can achieve all things, but in attaining that power of thinking, you must also realize the responsibility you hold towards the thinking towards another human being. That responsibility is a great one and one which you should think about and use wisely. I feel the gentleman needs to ask more.

Graham: I would like to think about what you said **(Yes)** and, if I am not sure, I will ask again.

Yes I will always give you my dear friends many opportunities to clarify my words.

Graham: It takes a little while to get on board. I feel as if I am doing a bit of catching up at the moment. But it is very enjoyable and I have enjoyed reading your teachings.

Yes, I hope that the words as you read them more often, and after all that is the reason behind the written words and the spoken words, that all of you, my dear friends, can look back upon what I try to teach and if there is a problem, then I hope that you can come to me in all sincerity and love in order

that my simple words can become even more clearer to you. Again, I do not wish to be seeming unkind but humankind have very short spans of memory. Again this is something that can be cultivated for your own good.

Sarah: I just wanted to follow on from what Mark said. When we go to sleep, does the Spirit automatically leave us or does it sometimes stay or is there any hard and fast rule or not?

No, the Spirit *will* return at some point in your sleep state to our world to be spiritually rejuvenated. It is entirely left to the Spirit body when this occurs. Some who have the equipment shall I say, to leave the body easily, like to leave it for most of the sleep state, but others will return to us without knowledge and without remembrance of that occurrence. There is no specific time or hard and fast rules for this.

Sarah: If the Spirit is not within the body and the body is woken suddenly, would the Spirit be aware that the body is going to be woken suddenly?

Yes, remember as I have said to our dear friend the gentleman, that Spirit has an expansion of knowledge which is not available to the physical. The Spirit is all-knowing, or rather all-knowing as far as the physical is concerned, not all-knowing in as much as all *knowledge*, but all-knowing for the particular time of that living of the physical being. You understand?

Sarah: Yes, thank you. My son was watching a television programme last night and it was about an American during the cold war trying to spy on the Russians. They tried to do it with telepathy with someone standing outside a building and trying to get information. Now not only could this American home in on this building that this person was standing in front of, but he could actually go inside the building. We were talking earlier about out-of-body experiences. Is this an out-of-body experience? How would he get the information from the inside of the building, when the other person was only standing outside the building?

Yes, again I return to *short memory*—we have in past time discussed this very thing. But yes there is and are a few human beings who have the capability of greater knowledge shall be say, but only from practise of using the Spirit rather than the physical. It is perhaps what you might term ‘mind power’. Again we have touched upon a subject which we have not fully entered into in any great degree, but we can do on another occasion if you so desire. Yes, if you would like to look back over my words rather than use time here and now, you will find my answer. But if you so desire, let me know and we will discuss this a little further. (Thank you.)

Lilian: I was talking to someone the other day about the Spirit leaving the body at the time of death. As I understood it, it was immediate as the body dies, so the Spirit leaves. She had the idea that it took three days of our time.

The Spirit leaves the physical body only when there is a severance of the cord. The Spirit can leave the body, which in your world can be said to be dead, but until that cord is broken, the Spirit remains close to the body and on some occasions this can take seconds, this may take minutes and even days. On most occasions I can tell you that when the time of what you call death, the Spirit is freed almost immediately, but again, you are both correct.

Lilian: You know that our old friend had two circles. It was in the other circle that this query came up. That is interesting.

Yes, remember my dear friends that you should never be so closed-minded that you cannot accept other viewpoints from other people, because there oftentimes includes many things from Spirit which are correct. So do not always assume that other people are wrong. If you have doubts, then please to ask questions of me. After all I am sure that each one of you here have heard many cases of someone who has been pronounced deceased, and returned to life. (Yes) So, the physical pronouncement of death is not always the actual moment of severance of the cord. Is this clear to you? (Yes)

Mark: Would it be partly the power of thought of the person?

Yes, not only the person, but the power of thought from those close by. And again we return to interfering thoughts. Do you now see some connection? (Agreed)

Lilian: So if in a particular religion it was said that it would take three days, so the thoughts from the people surrounding the body, would that affect it?

They can but they pull back the Spirit and try to keep them, but when the time is right, there is nothing or no one who can stop that return home.

Sarah: So, if that is the case, if people are brought back to life as it were, is that not their time to go then, otherwise they would have gone?

Yes, it is as simple as that. It is lack of knowledge of you human beings in understanding the process of what you term 'dying', but nothing or no-one can hold you here when your time has come. No person, no thought, no healing, nothing at all will keep you upon this planet if it is truly your time to return home to us.

Lilian: Thank you. Last week we did a rescue through Sarah and she did find it quite difficult to shake off the effects of this rescue. Is there anything more we can do to help her or anything that she could do?

No, you have done all that you can. The lady you speak of will find that with a little more experience that she can take more control of those who come to her. She must remember that these souls come under conditions of control, but we also need the control factor of her own mind. It will come with time, but let me reassure you my dear friends that there is nothing to be concerned about. It may take a little longer than you anticipated but always the lady will return free from any encumbrance or any leftover feeling from those communicators. (Thank you.)

Well, my dear friends, as ever I hope you have been completely satisfied with my answers. I know as time continues these question and answer times will enable you to become a little more enlightened. That is our purpose that is why we wish to help. There are many things to be achieved here, but again I reiterate to you that we must go slowly and it must show you I believe how many times I answer your questions over and over that that is the reason we must proceed slowly, in order that each point, each question that you have is fully answered and understood. Do you all agree? (Affirmed)

Mark: My baby, Robyn, quite often wakes up in the night and I was wondering whether she was asking her Spirit to wake herself up. Usually we just bring her into our bed, because we are too tired to wait for her to go to sleep and then put her back in the cot. I just wondered what the process was there?

Yes, I understand. Of course children in your world are to most people just babies who are here to learn, but of course you know and understand them as spiritual beings who have chosen to come, yes. But what you must also understand is that although they have chosen to come, these spirits in the small physical child's body are sometimes unhappy, because they still have remembrance of the spiritual life. There are some babies in your world who will be restless for quite some time of their young living. It may even continue with some for years, until the Spirit realizes that they have come here for the purpose they have chosen. So you see, it is slightly difference from what we have spoken of previously. It is a different subject altogether.

Mark: It's a kind of adjustment phase.

It is adjustment, it is a restlessness, it is in some children anger. That may sound strange to you, but the Spirit is angry that they have to be confined within these human confines. Can you understand?

(Affirmed) So I would continue with what you are doing and even if you can to speak with your thoughts to pacify and console the child—welcome the child to this world and offer your help to her. It can be done. So, it is something perhaps for you to think about this time. (Thank you.)

Lilian: Would that work in the case of my youngest grandson? He is definitely not into school at this moment. There were tears this morning—true his mother is not very well and I had to take him—but could it also help in this case with thoughts?

All thought must help. What you must not do is blame everything onto the spiritual being. Remember that each one has come to this world for the learning process and, as a child, they will behave as children. The condition within their own little living, can alter any child. Although the Spirit is always in control to some degree, the *physical* child must work within those conditions to which they have come. So, I would say that the child you speak of is making only adjustments to the conditions of living which are there in front of him. I would say to you this my dear friends that be careful that you do not always

make every action that is before you in your living — do not always assume that it is of a spiritual nature. Although you are Spirit, you are also a physical being with physical problems to overcome. Can you see what I am telling you?

Lilian: Yes I can, because he is happy enough until we get to the school gates.

Yes, it is a lesson for him to learn and overcome—that is all.

Sarah: You said that we may be surprised to hear that the Spirit was cross, was angry. If the Spirit knows all about the physical, why would the Spirit be angry, because the Spirit has chosen to come back and I know that it is confined to that, but it must *know* that it is being confined.

But no, it does not. Have I not told you my dear friend that all memories are erased, but in some children that memory remains. So that Spirit being within the child's body can remember the freedom and the love of the Spirit realms. So, therefore, although they have chosen to come, there is—perhaps anger is too strong a word for you—but there is unease, there is discomfort, there is a longing to return *home*. It is a *longing* perhaps—forgive me for the misuse of the word.

Mark: But it can be physically expressed as anger.

Yes, it would be interpreted by the parents or whoever is associated with the child as an angry child, because it is expressing itself in the only way that it knows how. Is that clear to you? (Yes) Always, this is the problem I find my dear friends to find appropriate physical words to describe to you feelings from Spirit.

Sarah: You do very well though.

Are there more questions or is there enough to think about? (Pause) May I suggest my dear friends that you think upon the words this time and take each one slowly. Perhaps to know and understand, quickly and quietly in your own time, and then, before we continue on more questions, you can return to those we have discussed if need be. I think that for this time my dear friends, I will withdraw. I will leave you in the hands of this dear lady. You can if you so desire discuss quietly between yourselves all those points we have discussed this time. I ask only that the words not be too loud in order that this instrument can return quietly. (Thanks + farewells)

~31st July 2000~

Good evening. (Welcomes)

We are slower this time because my dear friends those who stand close by you have been working with each one of you this time. There is weariness amongst you and when you leave you should feel the substantial benefit from their help.

Lilian: Yes, I'd like to thank our Spirit friends for this.

Know that always they stand close by you. Now we will continue this time with more questions which I know you have for me.

George: Yes, you have told us much about past lives and there were some words that Jesus spoke: 'When you meet your past images which neither die nor are manifest, how will you bear it?' That raises a further question perhaps and it is nice to read in the scriptures something which agrees so well with what you have told us, but is there likely to be any difficulty in meeting up with our previous images when we return to Spirit? Can you tell us something about that?

Yes of course, yes, the words were most apt at the time for understanding over continuance of life. You all know only too well that I have told you, when you return *home*, you yourselves will be the judge of all that has taken place—past, present and future. You understand that each one of those times is intertwined. Therefore when you come face-to-face, as you say, with past images, what is happening is that the vibration when you have returned *home* has quickened. Therefore you are able to assess not only past times, past existence, but you will be accountable for the life that has just gone. It is only a judgement within your own eyes, that is all. To simplify the whole issue, you come face-to-face with all that has existed within your own living.

George: Interesting. Perhaps this is another reason why we should not be judgmental in ourselves.

It is not that you are faced physically as you would know it with past images, but the inner knowing comes to the surface and all, my dear friends, becomes accountable. *That* is why the words were chosen that it would be difficult, because many of you, when you return home, are shocked and upset and sometimes very pleased with what the Spirit has achieved. It is a coming to terms with the inner knowledge of your very being. Do you understand? Is that helpful to you?

George: Yes thank you that clarifies rather nicely.

Mark: When I was working in the shop this week, a girl commented that she found Charlotte Church's voice very strange, because it was so well developed. I suggested that it might be evidence that she had worked in a previous life on her voice and had brought it into life and I wondered if you could say something about it. (*Charlotte was only 14 years old then*)

Yes, I will say only this to you my dear friend that *now* you *have* begun your teachings. Have I not told you that many opportunities would come to each one of you, that you would be emissaries of Spirit and this is only one instance of just that. You are, of course, quite correct in telling the lady that all experiences of past lives are always within the Spirit and many of you who reincarnate bring many of those gifts with you. Therefore, may I congratulate you my dear friend on your answer.

Lilian: It often puzzles me why some people seem very, very fond of animals—they don't mind what the animals do or get up to—and others really don't like them at all—I am talking more of the pets we have. Is there any explanation?

Let us say just this that when each one comes to your world they are prepared for many strange and unfortunate instances within their daily living. There could be a reason for dislike of animals. This is something which cannot be put clearly to you, because again there can be many different answers. It may well be that past times have shown no bond with animals and it is something that the individual needs to learn. Remember that your life upon this planet is a teaching time, a teaching time for love, not only to your fellow human being, not only to all that nature provides for you, but also to the animal kingdom. Those people who you have noticed have an aversion to these animals are lacking in spiritual love. It is just an aspect of Spirit that they will need to adjust and to learn, that is all. Does that help you? (Yes) Remember of course that each one of you is on a different pathway, that each one of you will have different likes and dislikes according to the growth of your own individual Spirit. Do you understand?

Lilian: So we mustn't judge.

I would reiterate once more for you, do not judge another. I know always this lesson is difficult for your human beings, but it is an important one that you would do well to try to at least learn. ***Do not judge***, not only others but yourselves. You cannot be the best judge of yourselves while you are clothed within the physical garb. So many times my dear friends have I told you this and so many times do you fall down upon this matter, but the more we speak of this, the more you will begin to understand. That is why it is important that we go over all the ground of the many things I have told you in order that it can become clearer within your thinking. Do you agree? (*Agreed*)

George: Perhaps a confusing factor in our society is that we have what we call *constructive criticism* and *destructive criticism* and this leads to perhaps the idea that out and out judgement is bad we know, but sometimes a criticism can be constructive and directed towards making a situation better. Would you agree that there are degrees of judgement in this way?

I would agree that there are physical degrees of judgement, but let me hasten to add for whom is the constructive judgement meant?

George: I was thinking about society in general rather than individuals.

Yes, but what I wish you to know and understand is this: When you make a so-called 'constructive judgement', who is the best judge, you or the other being? In whose mind is it constructive? Do you see what I am trying to say? Be careful in thinking that your thoughts, your opinions are the correct ones, be careful that you are not in fact making judgement classed under the umbrella of constructive criticism. Can you see the difference? (Yes) I understand what you are saying, but what I wish you know, is that be careful, who are you to judge what is constructive or destructive for another human being? Do you see? Is that helpful to you?

George: Yes, thank you for your words.

Always my dear friends I would say to you this: Before any thought goes from you, go inwards and see if that is truly how you feel, before you allow that thought to pass from you. Imagine yourselves in similar situations and perhaps your view would change. But it is difficult I know for you not to be critical, but even what you term 'good judgement' can in fact be an interference. You understand?

George: Yes, thank you. Could I just ask one about the stigmatic holy ones which is something which has come up before? I believe the teaching was that it was related to the power of thought. Would that be entirely the power of thought of the stigmatic one or would there be what I might describe as a Christ energy within the collective unconscious which also plays a part?

Yes you would be fringing upon the help of many others when those whose power of thought is so strong. Remember that I have told you that the power of thought becomes reality, but what also happens when the power of your thought is so strong is that those who are close to you and influenced by that thought can also collect in fact to help the situation be created.

George: Yes, thank you, I wondered about that.

Yes, there again is no clear cut answer, but remember that the power of thought is all powerful. Much can be created by thought alone.

George: Yes, that is always the primary factor.

Yes, but yes as you know there are many who are close to you and I have said that like is attracted to like. Therefore, those powerful thoughts would be attracting those from our world who have the same vibrational thoughts, which therefore creates a vibration which here becomes even more powerful. If you take the thought of one person within this room who used the power of thought, it would be strong, but the collective thought of *all* would create a much stronger thought vibration. We have spoken about collective thoughts in the process of healing the world and such things. If you think along those lines, it will perhaps become a little clearer to you, yes. Again I would say my dear friends, there are many avenues of thinking about thought—that is not a contradiction, it is an explanation of why the physical thinking is rather confused at times. Do you understand? (Yes)

Lilian: When children are singing collectively at a school or whatever—I went to a concert recently where there were small children on the stage and there is an emotion within me and I wondered if that is a physical emotion or is it a spiritual one? Just looking at the children and feeling—I can't describe it, but I wondered was a human one or was it a spiritual feeling?

You must remember that most children are closer to our world, therefore a collection of children that you have mentioned would be giving forth light of Spirit which hitherto is lost to many adults in your world. Again it would be a remembering of Spirit. Do you remember we spoke of the babies who were distressed because the memory of Spirit was still so near to them? It is an awakening within oneself of the childhood of Spirit. That is why the emotions come to the fore. Of course it is a physical act, the feeling of tears, but it comes from within—the remembering, the vibrational light of children. The power of small children gathered together could be used for great things if only they could be channelled in the correct way, but that is something which people upon this planet so far are unaware of, but I can tell you, my dear friends, it is an avenue that is being travelled.

Lilian: I wondered if it was something to do with Spirit children being drawn to them, but obviously not, it is their own spiritual light.

Spirit children will always be around where there is a gathering of earthly children—of course, that is natural. That is why you feel that awakening of Spirit, because the power of the child light is so strong. Remember my friends, although you do not *see* Spirit, we are always round and about you. Those who come to help you, uplift you, those who have loved you are always close. So of course, why not with the children? Do not be afraid of expressing the child within you, because each one of you my dear friends is child-like in Spirit. Do you understand? (Yes)

George: Yes, the collective power of children, is this something that we see in a theatre situation when a group of children are enthusing about one thing and one can almost feel the atmosphere.

Yes, if only adults in this world would stay as children, this world would be a much better place to exist in. It is only that the children are closer to our world than the earthly, materialistic ways of the world. They are natural, are they not, small children? *(Agreed)* They are free from prejudice and many of the earthly things which to you adults causes you so many concerns. Children, as collective power to be used for good, will come in time. It is something that within our world has been looked at, but it is difficult to change the thinking of earthly human beings after such a long time of really not respecting the love and power of children. It is a subject which we could, in another time, expand upon, but as I say it is an avenue being travelled down even as I speak. I know each one has experienced the love and the light which children bring to these groups when they return from our world. It is a natural light and vibration which is always with them. So, my dear friends, perhaps you will begin to look at children a little more differently from now on. They are beacons of knowledge.

Lilian: I wish I'd known that years ago! *(Chuckles)* Thank you.

I think for this time I will withdraw, allow you ponder my words, allow each one of you if you so desire to think about the Spirit within and the power of your own thinking. There will be no other communicators this time, but if you wish to spend the time quietly speaking or rather go within, I will leave it to your own good judgement. I will say only that until next time we meet, think carefully before you allow those thoughts to enter into the greater world. Think carefully my dear friends and come to know yourselves more closely. *(Thanks + farewells)*

~7th August 2000~

Good evening. *(Welcomes)*

This time we will continue with more questions, but part of this evening there will come to you through the instrument, who sits next to this one a communicator who we hope you will find most interesting. I would say to you my dear friend, the lady across from us *(Mary)* is in need of a little healing help. I would ask that if you will, that you place your hand on her back some time during this evening. Now my dear friends shall we begin.

George: Recently, in an American hospital, an experiment was carried out. 50% of heart patients were prayed for and 50% were not prayed for and the ones who were prayed for fared statistically better than the other group. I think you will say that this is not the way to use prayer, but nevertheless it will no doubt prove the value of prayer to some people. Have you any comment on this?

Yes, if only one were helped even by earthly experiment, then I can only say to you, this is good. You, of course, may not be surprised by these results; it is just a pity that so many were excluded. Of course, again we return to the power of thought, which is indeed the beginning of prayer. We have discussed prayer to some degree in past times and each one of you I hope by now fully understands that your thoughts for another person are never disregarded. But of course collective prayer is a little more prayer is a little more powerful, shall we say to use your everyday words. But the same effect is achieved by many of those within your world whom you call healers. Their prayers are sent to us so often for the safe and well-being of others. But prayer is there for each and every one to use. I did tell you, did I not, that many changes would happen within your world and these things are taking place as I speak to you. All within this planet are slowly, slowly becoming more spiritually aware.

George: Things are coming into the open and things are being reported in the media which is nice.

Yes, that is what is good, that a wider audience of people are now aware that these things can happen, that non-judgemental people have the opportunity to make up their own mind, that there is no dogmatic teachings which hold them back. This can only be good for mankind.

Lilian: Today on our television they reported that they have discovered some planets—10 or more of them—they said outside our galaxy, but I don't know what they mean, how far.

Yes, again I have told you that mankind has very limited vision when it comes to all of creation. Mankind upon this planet is so very young in understanding and awareness, but all of these happenings will come in time. But as I have told you always my dear friend, slowly, slowly all will come, yes, yes.

Lilian: Would this be one of the planets where the space people come from and form the corn circles and so on?

Let me just say this to you, that we have spoken of travellers from many areas of creation. Your scientists and your astronomers will discover much in time to come. That is because those from our world are there helping and inspiring in order that knowledge comes to them. It is not a new discovery—it has always been there. It is just that man's *awareness* has now reached a stage of understanding, that the instruments that they use have become much better and all this comes from our world, because of the influence that we exude. You understand?

Lilian: Yes, if only they knew, some of them.

But they are now they are beginning to discover and many old ideas have to be thought about much more carefully, because you see, horizons are again expanding. This will always be. For those in your world who seek more and more, it *shall* be given in whatever way in order that mankind finds himself again spiritually. It is a slow process we all know, but as more and more of you good people gather, gather in knowledge, then the expansion of that knowledge grows and grows and grows. Do you understand?

Lilian: Yes, thank you. Sarah?

Sarah: It was just an observation I made when I was typing back one of the scripts: Salumet said to try and be a little more child-like and I was thinking of some of the tribal people who, in my mind, seem to be quite childish and they always seem to be so happy and laughing and I was thinking that they are most probably more spiritual and have a greater understanding than we have in the West.

Yes. Remember that children have very few prejudices and if they have any at all, it has been taken from adults in your world. Children are pure in their thinking until such time they are taught or they see for themselves what this earthly world has on offer to them. They have much to cope with, your earthly children. It is not surprising that many grow into adulthood with many, many problems. But what I say to you all my dear friends is this: That if you can look at a child, see that gleam within the eye, that smile upon the face, that purity of heart, then strive for those things. That is what is meant when I say, try to be child-like. Search for the purity within you, because each one of you my dear friends is Pure Light, but it is clothed in the heaviness of physical garb with all the problems and troubles, which are within this planet, which weigh you down, which are burdens to your soul. It is up to each and every one of you to free yourselves. Again I say to you, we can help, we can uplift, we can encourage, we can inspire, but we *cannot live life for you*. When times are troubled, think of those words. Pick yourselves up, ask for help and it will be there for you.

George: And this is where the principle of detachment can be so important, I believe.

Yes, of course. You cannot bring to it any, how would you say, garbage, garbage? Is that the word you would use? You cannot hold on to this, you must be open, you must have no doubt that help is at hand for you. It is there, my dear friends, it is up to you to use it. If only you could but see those who stand close by you in times when each one is troubled, if only you could see the pain that they feel for you, because you do not ask for their help. Remember what I have taught you, they cannot interfere. Unless you ask for help, it will not be made available to you.

George: So the principle 'pain sharing' is with those who stand close. I have read about this in the Australian Aborigines where two people will endeavour to share each other's pain and relieve it in that way at a physical level.

Yes, on a physical level, but why not take it one step further; if they would but seek help from those of us from Spirit, the pain would disappear almost instantly. But yes, I do know and understand what you are saying and there are many people who can share this closeness, not only of pain but of love and understanding also.

George: Yes, I think we are becoming more aware of this.

Now, my dear friends, if you have no other questions this time, we will leave it there. Next time we meet, I will speak on another topic which I hope will be of interest to you, but we will have times when we return to your questions in order that each one of you in your own individual time and way, will fully

understand all that we bring to you. I leave you as ever with much love, with hope, with understanding that you may continue with your daily lives with a little more understanding and love. Know as always that I am with you. (Thanks + farewells)

The expected quest soon followed through Sue:

(Welcomes)

I am unsure how long I can be with you. This is a very, very heavy atmosphere. I have come with a specific purpose and I shall endeavour to tell you before the power is completely taken up. I tell you I am more than one. I am a part of each one of you here. You all know from past teachings that you are not one soul.

Lilian: Yes, we have been told this. It is difficult for us to understand but we accept what we are told.

I thank you for accepting this knowledge, it may help you to understand a little when I say to you that as this voice speaks to you now, it is made up of a facet of each one of your souls, yours dear lady and everyone in this room. The instrument being used is filled with a part of each one of you here, a part of each one of you that has never walked your physical plane ever in eternity. And it is part of your soul which has chosen to be—how can it be put for you to understand—each part has chosen to be a fragment of spiritual light. Can you comprehend that? I have no other words to give you that you could comprehend. I will be very, very surprised if your acceptance came immediately, but it was felt that to broaden your spiritual knowledge, we could give you this small thing to ponder upon to help you to grow and to question. I feel from each one you concern, no, not concern nor disbelief but awe.

Mary: Intrigue?

Yes, 'intrigue,' a word I am not particularly familiar with. But then I have not been down to your plane and, as I have said, I am not 'I', nor am I 'we', I am a conglomerate of you all and let me say to you, that each part of each one of you here is stretching out to their own and are trying to bridge a gap with silver light, trying to reach those they belong to. Can I ask you please to send love to your own soul particle, which has entered this instrument here? Try and feel yourselves in this room. I know you are confused, but I ask you to say, do you accept what has been said, even though you need to question it, even though it seems perhaps an impossibility—will you accept each one of you, that a part of your soul is with you here now? (Affirmed) Your individual facets of soul, which have been here this time have come through much heavy, heavy atmosphere to be here. But know in your hearts that they have come willingly to give you spiritual help and love, but find it difficult now to remain with this one, so if you will forgive, we can stay no longer.

Lilian: We are most grateful. Thank you very, very much.

I am sure that you will have much questioning and I have to tell you that the Master who teaches you will help you with your concerns next time, but do not dwell it to the detriment of other teachings. You have said you accept, please continue with that thought and things may become clearer as time goes on, but the Master will help you with any real difficulties over understanding. It is not possible to continue now, but each one who is with this instrument sends out the greatest love of mankind to their own and hope that each one can sense that love.

Lilian: I'm sure we all can. I know I can. (Thanks + farewells)

~14th August 2000~

Good evening. (Welcomes)

Thank you, my dear friends, for the love that is extended towards me this time. I would like to discuss this time a topic we have touched upon, but which I feel you are now able to digest in a little more detail. Firstly, let me put a question to you my dear friends: What is your perception of light and darkness? Does anyone have a response please?

Graham: I think of light as a place with energy and darkness as a place with very little energy.

You would all agree on those words?

Sarah: Not quite. I would say that light is the energy that *you* are giving out, your energy, rather than a place with energy—your energy or your lack of energy making the light.

So you see light and darkness as degrees of energy? (Yes) Yes.

George: We have our physical expression of light being a vibration **(Yes)** and darkness being absence of vibration but I think this stems well beyond the physical. There are vibrations that the physical world doesn't know about.

Would you see darkness as being without vibration, is that what you tell me?

George: I think that is our physical way of looking at things. **(Yes)**

Sarah: Could it be with and without love as well? **(Yes)**

Mary: Could it be knowledge and ignorance?

Yes. Let me say this to you my dear friends. Your responses here this time are what I would have expected from you. But let me say this to you, that each one of you have not yet reached the awareness of the picture of existence which contains light and darkness. Many expressions are used within your world. You say 'angels of light' and 'angels of darkness', or you use the terms 'good' and 'evil'. Let me tell you this my dear friends: Light and darkness are but reflections of the same vibration. That is not contradictory, but it is life itself, it belongs to the scheme of life. I hesitate here because I want you to absorb those words. Light and darkness co-exist, because they belong to the plan of all existence. After all, can you not see that perhaps the darkness—and we will use those words in order that your understanding is there—light and darkness—we will hold those words— without the darkness, which you feel to be destructive, yes? Am I right in that assumption, that you mainly feel darkness to be destructive? (Yes) What if I say to you my dear friends that clearing out, destroying, is sometimes the forerunner for rebuilding and recreation. Would you then view it in the same way? (No) No, then you understand that the vibration of darkness is necessary. The light and the darkness in your world needs to be finely balanced. We have spoken that darkness always seeks the light and that is because balance is necessary.

Sarah: So does light seek the darkness too?

Of course; if one is a reflection of the other, you must have the balance. I want you my dear friends to now consider that the Spirit beings of darkness from our world are in fact a necessity for the ongoing of this planet as in the universe. After all, without the lightness of your sun, would not this planet be complete darkness? (Yes) You need both. Are you beginning to see where I am leading you to? I want you rethink those thoughts that you have maintained and upheld for so long. You could call darkness I suppose within your own world 'nature', when you consider what you term 'catastrophes', when, in fact, the Spirits of Darkness are recreating new form. Do you understand? If you do not, we will stop here and discuss it further.

Lilian: The spirits of darkness—that is their job?

Let me tell you, yes. Angels of light and darkness are not far from reality. They are phrases that have been used in past times for the understanding of those at specific moments in your evolution. Light and darkness is definitely needed for the evolution of not only this planet, but of the whole of the cosmos, the whole creation of life. After all, without darkness, how do you know there is light? Do you have questions at this time? (Pause) You all have absorbed my words so easily! (Laughter)

Graham: I am a Geologist and I take an interest in the science of geology and now geologists are beginning to unravel some of the things that have been important in the evolution of our planet; **(Yes)** the death of the dinosaurs and how the death of the dinosaurs enabled other species and animals to progress forward and evolve. **(Yes)** If this hadn't have happened and the dinosaurs had still been around, then perhaps we ourselves would never have had a chance to evolve. This understanding is there and is going on.

Yes, the mysteries of your earthly living will gradually come to the forefront of the many minds in this world who seek knowledge; you are correct. But you see, to us there is not light and darkness as mankind has given it credit for—you see lightness and darkness as opposites when in fact they belong to the same creation. This is the point I wish you to think about this time, that you *find* the connection between light and darkness and do not view them as opposites. When you come to our world the only difference is that the awareness of light and darkness shows you that this blending is quite natural and should not be rated in the way that humans try to do. It comes from a lack of knowledge and, as the

gentleman has said, many of life's mysteries upon this planet—and not only this planet, but others—have come to the surface of thinking and that has been mainly through the influence of those from *our* world.

Sarah: Salumet, when we come over to your side, here we have light and dark, because we have the sun that gives us light and dark—we have dark moments and lighter moments, but the actual physical light and dark—so when we come over to spirit world, I am slightly confused, how do we get the light and the dark? Yes, you are confused my dear friend, because again you are speaking of *physical* lightness and darkness which is entirely different. I speak of the very essence of life, the lightness and darkness which is the very structure of all living things. Take a flower within your garden. You see it decompose and you see it spring to life. You could say that the elements of darkness has destroyed that beautiful thing, but the beautiful lightness of spirit reinforces and uplifts and recreates that beautiful flower once more. It is a working between lightness and darkness that creates the evolution of all planets. Do not confuse it with *physical* light and darkness—that is something entirely different. Think about it my dear friend and the understanding will come to you. Always I have to remind you gently my dear friends that your *physical* thinking interferes with what should come from within. Always try to *feel* and *think* on a spiritual level and the understanding will be greater. Mankind tries too hard to find answers for *physical* happenings, when if only he would go inwards, those answers would become so clear. But that is the pitfall of having human brains. I do not say that to be derogative to mankind, because that is part of the purpose of your growing, but you understand what I try to tell you.

Lilian: So spiritually each of us is a little of both, a little of dark and a little of light.

You strive to find a balance—that is human living. Of course you will have many falls, that is why we from our world, help to uplift you, help you in life all that we can, but ultimately the spirit has this job of work entirely on its own. You are solely responsible for how life follows (*flows?*) this time and many, many other lifetimes you take full responsibility for all that you think, feel and do. Do you understand? (*Affirmed*) I do not intend to go any further this time, because the words have given to you is food enough for you to consider.

George: Your analogy of the flower—it made me think of the religions of past times based on the spring time festival of renewal, when re-growth would begin through the summer months until the autumn comes and then the period of more darkness through the winter. Most populations are rather integrated to this idea in early times.

Yes, there are many ideas on all of these things, when in fact the answer is so simple. It may help you my dear friends to move away from the words of light and darkness, but to see them as one energy who is creating for you, life that you can lead to the very best of your capabilities, as all existence is in need of both energies to exist.

Mark: So it would be a bit pointless to try to distinguish between the two really?

It would be easier I feel for you if you could dismiss trying to create opposition between these two vibrations, but as you know, when ideas are formed, that it is difficult to dismiss once they have been created in the thinking. As we have said, the thought becomes reality. The reality reaches out into words and actions and mankind finds it difficult then to retrace that thinking. That is why I feel this time that these few words should suffice in order that you can think more deeply upon my words.

Paul: Some night animals might think it's the reverse, like a moth might see better at night, so night is like light to a night bird or a moth and they might see daylight as darkness.

As I have said my dear friend, yes, it is the *awareness* which creates the thought, yes. That is all the difference between mankind and those in our world, that because of their heightened spiritual awareness, it is viewed in a much different way, because you can see the wider scheme of life a little more clearly. But, yes, that is a good point that you have made. It is your *perception* of what you see.

Sarah: And also, us humans are looking for the opposite light in other humans, aren't we?

Yes, always you seek something really which does not exist. You have created opposites when you should in fact be seeing the greater good of all of these things. Remember that opposites need each other in order to become totally balanced. Remember balance, that is perhaps a fine word for us to

ponder upon—balance, finely tuned. After all, that is what you are seeking my dear friends, is the balance between the human form and Spirit. When that finely tuned balance is achieved, then you could say that all aspects of your life upon this planet would be supreme. You understand? *(Affirmed)* Are you sure?

Sarah: I thought you were going to say that when you have got a fine balance then it would be time for you to go back into Spirit, because you have achieved what you have come to do, but that is not the case.

You will never, you will never achieve that upon this planet. It would take many aeons of time to even achieve a great deal of balance; that is something we can discuss another time. There are measurements of balance, but I do not wish to confuse the issue this time. Have you more questions for me or are you all happy to think upon my words? *(Pause)*

Lilian: I need to think about it. *((Agreed))*

I hope I have brought to you some little more for you to discuss to think upon inwardly in your quiet moments. I hope that between us we can achieve a little more information, which will help you all, my dear friends, to go forward in your spiritual growth. Therefore, if you are content, I will leave you this time.

Mark: The Yin-Yang symbol demonstrates this very clearly what you are saying. **(Yes)** I wondered where that came from. Did that come from Spirit?

Yes, all the expressions within you world have been given or they have originated from different peoples at the time when they were ready to listen, but as you know, human beings are rather set in their ways of thinking so, each set of people have created in their own time their own description of light and darkness; that is all, it is as simple as that. Call it light-darkness, yin-yang, good-evil, whatever you would wish. What I am trying to achieve for you is for you to see on our way of thinking, that you should not have the word *opposite* in between these two things, because they belong together. They are not separate, but one reflection of the other; that is what you must try to remember. It is not destructive but creative. If you think along those lines, it will make your thinking easier.

Lilian: So when we talk about the dark regions in Spirit, where some put themselves shall I say, even that is not destructive?

No, because out of destruction comes light. The light will always seek to balance the darkness and the darkness always seeks the light, so can you see that each needs the other? *(Agreed)* You have to think deeply my dear friends—this is not as simple as it may sound.

George: I think we must accept light and dark in their spiritual form **(Yes)** and forget our light and dark physical expressions because they are not the same.

Yes, you must erase the preconceived ideas which have been created in your world about light and darkness. Again we have difficulty because of the use of words. They are but two vibrations which need each other for all of life to function. I hope it has helped you. I hope my dear friends, that when we meet again these words will have reached that point within you, when you can say, ‘Yes, I understand a little more.’

I will withdraw from you this time leaving you all with my words, with my love, with peace and upliftment and I ask each one of you that you continue to offer yourself to that Divine Goodness, which all of you are part of. *(Thanks + farewells)*

~21st August 2000~

Good evening. *(Welcomes)*

My arrival this time has been delayed, because it was felt that most within this room were in need of some peace and some quietness of mind. I hope that those people may leave this time, feeling spiritually renewed and with the knowledge that those close to them are aware of their needs. Because of this delay, we, my dear friends, will have some questions, rather than I embark upon knew knowledge for you. Therefore if anyone has questions this time, let me now answer them for you.

Sue: Thank you, I have one. I don't know if you are aware that myself and the lady you are using now, went to a 'Direct Voice' circle, a couple of days ago and saw some absolutely amazing phenomena. I just

wondered whether you could comment on it, how difficult it is on your side for this to take place and how difficult it is for people on our side to learn, if you like, how to cope with it?

Yes, we are not unaware shall I say. The opportunity has been put forward for you, not because it is necessary for you to experience phenomenon such as you have had, but to enable you, as two people who have given much of their time, to see what is possible and what they too can achieve, given that they are willing to offer themselves in service to this work. There will come to you my dear friend, other opportunities for new experiences in time to come. We know that not only within this room, but in another place that many, *many* of your years have been given, in the hope of some *physical* phenomena. Let me say this to you: There are always difficulties no matter what form communication takes. Whether it be clairvoyance, clairaudience—whatever and I have told you that many new forms of communication will take place. But the phenomenon you speak of, is one which from our world has always been available, but we have to have the dedication and the medium who is willing to be used in such a way, because remember that the medium used has no knowledge of what is *happening*. So firstly, my dear friend, let me say this to you: It is not so much *training*, as you have asked, but in the giving of oneself to us. We will do the training. Do you understand?

Sue: Yes I do.

For that type of evidence you must have people who are unselfish, who have given to us of themselves, without wish for any egotism. That, I would say, is the main ingredient of development of that type. You understand?

Sue: Yes I do.

I know my dear friends, that phenomenon of this type, is wonderful in the human eye. It gives credence to our world that so many people crave to see such things. But again, I stress, it is not necessary for people such as yourselves, because you have what you need to develop in your own way, and each one of you are indeed individual in your service to our world. There is much to come to you within this room. You know I do not come to tell you what is to happen; that has never been my purpose. My purpose is to teach and to enlighten each one who is willing to listen. But I will say, my dear friends, that if you continue to travel along the road of development that you have been travelling, you will be rewarded—you *will be rewarded*. Remember, I have said that communication is a two-way process. Without you, we could not communicate. Without us, there would be no communication. Therefore each is essential for the other. Many developments have taken place from our side of life, in order that mankind was willing to give of their time, was willing to accept our words. Mankind must understand that communication is the very essence of truth, if mankind is to begin to understand what all these things are about. Unselfish service, I would say, is what you should try to achieve, and my dear friends, I can tell you without this unselfishness, I myself would not be communicating with you. Therefore take credit for what you *are* and what you *have been* and what you *will be*.

Lilian: Thank you for those kind words. Could I ask a question? (Of course.) It's for the gentleman sitting next to me, who has a health problem. I know you don't come to sort our health problems out, but is there any word you could say that might help him?

Yes. I will say this to the gentleman: We are aware that he has not joined you for much of your time, we were aware of his coming and as you know, *all* is known within our world. I would say that all steps taken can only be of good, when it comes to spiritual intervention. What the gentleman must begin to realise is that he must go inwards, he must look to his true self, to know and understand what the problem is. I would suggest—and you know I do not give advice normally, I would suggest this gentleman would be a case for what you would term, '*Spiritual Regression*'. He would find this most helpful and can I say that although those in your world who do much good, much healing, he has not at this time found the right person. I will say no more than this, because I do not want to interfere in ones life's path. But I ask him to think upon my words and he will be guided.

Lilian: Thank you very much.

George: Mankind over the years, or in the past has had communication with other beings and I think in our literature we have given them names, such as angels and archangels. Would that be an accurate statement?

Yes. You know that I am not fond of names, but yes, I would say to you my dear friends, that those descriptions are apt enough for mankind to use. There are indeed, what you term angels and archangels, but probably not in the same way as you would think. I can tell you that true angels have never lived upon any planet. They are supreme beings, and because of this, it gives an aura of lightness, which creates in mankind's eyes, the look of an angel as you visualise them. Are you following me?

George: Yes I think so.

What would be your question upon this matter?

George: Yes. I just think it is nice to look back in our literature and observe that there has been communication with non-physical beings, **(Yes)** and mankind in the past has given names to these, perhaps unsatisfactory names.

Yes. I can tell you, my dear friend, that this part of what you call literature is indeed correct. This is a topic that we have not touched upon, but is a subject for a future time.

George: Thank you for your confirmation on that.

But let me tell you there are such beings in our world. They have never been 'mortalised,' shall we say, on any planet, because they are supreme beings. But they do come to many planets, in the form of help, and many people have become aware of them in your world, and as you have stated, have given them names, to which I might add, they are pleased to respond to. And if perhaps I could give one more piece of knowledge to the last gentleman, let him call on the one known to you, I am sure, on the one known to you as *Gabrielle*. If he will but call upon him, he will help. But we will touch upon these beings at a future time.

George: Thank you for confirming some of our records on that topic.

Lilian: I feel I want to ask, do they have wings?

You know the answer to that. *(Laughter)* Do we have more questions?

Mark: You've said that these supreme beings, they appear as light to us. I wondered if that was always the case with supreme beings?

In what way?

Mark: Well we were talking about light and dark last week and how we were to see them as continuous or not separate anyway. But if a supreme being always appears as light...

I have not said that any supreme being appears only as light. Have I said those words? (No) Thank you, I am not understanding you correctly then.

Mark: No, I thought these supreme beings that we were talking about, these archangels appeared as light and I was curious to know if this is how supreme beings generally appear.

Yes, well until we discuss them, I do not feel your understanding would be great enough just at this moment in time. But yes, I am beginning to see where you are going. We will discuss it more fully. But are you confused by the topic of light and darkness?

Mark: I wouldn't say confused, but I think I've got to think about it more.

Yes, I think you have. I think that you need to go over my words last time. You need to digest until the knowledge becomes more acceptable to you. It is a new concept of thinking I feel, for each one of you, what we discussed last time. I do not expect any of you to fully understand what I told you, without some questions. But when you speak of supreme light and supreme beings, we have touched upon a topic which is far in advance to what we have spoken of. Do you understand? *(Affirmed)*

Paul: Could I just ask one question about the dark and the light? As I understood it, they are one and the balance is the thing to aim for, so that presumably if a being had too much light that would be a problem, an imbalance, just as someone who is too dark would be imbalanced as well. Is that right?

Yes, thank you for your question. May I suggest that you take yourself away from the thinking of persons. Light and darkness are vibrations. One reflects the other and the balance would come automatically, because each would seek the other to keep that balance. There cannot be imbalance in

the universal laws. That would not be right, do you not agree? (Yes) Therefore light and darkness always seek each other. Is that helpful?

Paul: Yes, it happens naturally.

Yes because the darkness would always seek the balance of the light.

George: I think it helps me to see it in reference to a great painter called Rembrandt, whose speciality was to work with light and dark and achieve balance in his paintings. Of course without both, there would be no painting.

Of course. Look at all of life upon this planet. You always have the balance. That is why when first I came, when you found it difficult when I said that those who seek to—how do you say—abuse young children. If you can look at it from light and darkness, it is the darkness seeking the light. Always the Spirit will seek the balance. If you can put aside the human form and the human thinking, then all can become clear. It is a difficult subject, and not one that I would expect you to fully understand for some time to come. But I would wish that you keep it in your thoughts, until such time as it becomes clear to you. But yes my dear friend, that is a good analogy, that to bring the whole together, you need the balance of both.

Lilian: Yes we'll give it some more thought. Any more questions?

George: I have a very brief one, to which the answer is probably no. I have read that in regard to physical happenings in séance, a red light is a help. Is there any substance to this idea, or is the lighting quite irrelevant?

Let me say this: For those who are on the first steps of this development, it is something that has been suggested from our world, to help in the vibrations necessary for those who are within that group. But of course as you are well aware, there has been phenomenon in light. But these are exceptional mediums, who have been born and who have been chosen to do this type of work. They have been chosen and are fully protected by our world. But I would say that it is essential in the first degree of development.

Lilian: So what's the answer, say when someone's lost a partner or a child or whatever—I say 'lost'—they have gone back to spirit. Sometimes a person left on this Earth in a sleep state, just before they go to sleep or when they wake up, actually sees the person who has passed into Spirit, say at the bottom of their bed, or wherever. How does that work? Is it thought again?

No, not always. Again there are no straight answers. They can be seen clairvoyantly by one person and not always those in a room. But as you say, in sleep-state your consciousness is raised to such a degree, that you are more *aware*, you are more able to see with the Spirit eyes. Sometimes that is when these things will occur. It is a different matter from what the gentleman was speaking of. We are taking from the medium within those conditions, much of her own body energy, as well as spiritual energy. We are speaking on an entirely different subject here. You all know and understand of course, that when you enter the sleep-state, that the Spirit is free to remove itself from the physical body, and in the sleep-state, it is possible to see, to do and to achieve much. And remember, those loved ones who have passed over to our world, for some time after their removal from the physical being, are still very close to your world. So you see, the raising of the consciousness, of the one who remains and the closeness of the departed, are but a blink away. Do you understand? (*Affirmed*) I hope that has helped your understanding. Again, my dear friends, I hope my words have brought you comfort and knowledge and understanding, this time. (*Agreement + thanks*)

Next time we meet, we will embark upon something that is new to you and that I hope you may find of interest. I leave you in the knowledge that each one of you is surrounded by that great *Love*. And until such time as we come together, I ask that your thoughts be directed not only to those that you know and love, but to those many souls in your world, who are lost, not only in your world, but in ours.

(*Thanks + farewells*)

~28th August 2000~

Good evening. (*Welcomes*)

This time, although we are small in numbers, we are great in Spirit. Because my dear friends we are few in numbers this time, we will not embark upon new knowledge this time. But what I would like to say to you all, is still something that I would hope you, each one of you, consider when you leave this room. Often my dear friends, we have spoken of other beings who have interested you and who you believe to inhabit other planets; this we have discussed on numerous occasions. But my dear friends, what I would like you to consider this time, is a little closer to your own world. We have spoken of *Nature Spirits* I know, but how many of you know and understand, how many other beings inhabit this planet? Would anyone wish to comment, or shall I continue?

George: Could I just query, when you say other beings, is that other beings in Spirit?

In different form from the human being; *all* comes from Spirit. How many people in your world have dismissed the creatures of the Earth? The water? The air? The fire? What I wish to say to you dear friends, are you of the opinion that all these beings are only figments of imagination, or do you so believe that there is more than what you can visibly see? We are not speaking of spiritual beings, but different elements of beings. This is something we will discuss fully, when the other members are present, because I feel the time is right, now, for your understanding to grow, about your own planet. Who here would dismiss the fairies in the woodland? Who here would dismiss all those beings who help your nature? Who here would dismiss the fire elements? So many beings who inhabit this world with you. Would anyone now like to comment please?

Paul: I was just thinking when you're in a place that's quite wild, like a wilderness, you *feel* there's a *freshness* and an *energy* around you, more than perhaps when you're in a city or something, (**Yes**) as if the Nature Spirits are present.

Yes, so you do not dismiss these creatures?

Paul: No, I think there is never any gap with *nothing*. Everything is *full*, (**Yes**) full with beings and Spirits.

Yes, it gladdens my heart to hear you say such words my dear friend. This subject has been much maligned in your world. I intend to go more fully into this subject, as I have said. But what I wish you to do, my dear friends, this time, is to take these few simple words that I have given you and to think about them carefully, because when we return to the subject—I will not expect, that is the wrong word, but I *hope* that you have come to some conclusions, about the beings within your world; beings not visible to you, but who belong to a different energy pattern than yourselves. Because until you have these visions, you are not fully aware of what your planet is about. It is time, my dear friends, for your awareness and your vision to expand, for that inner vision to become clearer, because you see my dear friends, there is so much help available to you, from all these beings. Do we have more comments about this please?

George: Yes, I think again this is something that people of our past on this planet, have been more aware of, in times when life was less material and less complicated. I think those of our past have had a greater awareness of these Spirits of Nature.

Yes, but it is not only materialism that has closed mankind's eyes, but his fear and his own thinking, which have closed down his visions of these beings, who after all, are part of the whole existence of your planet. They are of importance to all of your existence, because without their help, life for humankind could not continue. I do not want to say too much without the others being present, but I want you just to realise and think about what we have within this world, which most of you at this present time, are so unaware of; so blind that all of that help cannot be appreciated, that your love cannot go to all these beings, who work so hard on your behalf. Do you understand my friends? (*Affirmed*) I know I am speaking about a subject as I have said, that has been scorned, that most people will dismiss as delusion. But let me tell you that those people are the deluded ones. So my dear friends, take these thoughts with you this time and think not only of Nature Spirits, which we have discussed in part, but see what else you can come up with. Think carefully, but more than think, *feel*.

George: Yes, I would have thought that our celebration of our springtime renewal, as it happened thousands of years ago, from the little bits that we do know of, it must have been quite a spiritual occasion, the springtime renewal.

I understand what you are saying my dear friend, but why only springtime? All of existence is constant renewal, renewal that is worked for, renewal that is given in love, renewal that is governed by that cosmic *Love*. Nothing within this planet remains ungoverned by that love. Therefore try not, my dear friend, to section only one part of living, because all of your existence is spiritual love, you understand?

George: Yes, thank you.

I do think you will find our discussion, when we have full numbers, to be of interest. It will give you more to think about. It will, I hope, open up those spiritual eyes, because it is the Spirit that needs to see. The physical eyes can see, but only if governed by Spirit, you understand?

Lilian: So it would be possible for some people to actually see these beings?

Of course, but only those spiritually aware that will see. But it is possible to see, of course, with the physical eye. But the main attribute is to offer that *unconditional* love to these many creatures. Their task on this planet is of utmost importance. And although many of these beings do not have the same opportunity of advancement as you human beings, their contribution to life is such, that they cannot be dismissed. Do you understand please? (*Affirmed*)

Paul: I think it connects to the work that goes on in places like Findhorn, where I think they work with these entities a bit more and there is more of a loving relationship going on, so that their vegetables grow bigger.

I would say yes, that is one aspect of what we will discuss and to take that example, is yes indeed a fine one. After all, I suppose it is known to all of you here, how that race known to you as Indians, *Red Indians*, how they communicated with these beings, who enabled their harvests to be rich and plentiful. Yes, so my dear gentleman, you have touched upon one source of what we will discuss. But there are many, many beings who will come together to work together with you, provided, and again I will say it, *provided* they can feel your *unconditional love*, they will work with you and for the betterment of your living.

Lilian: Does it sadden them sometimes, the different things which are done to nature, the trees and the pesticides and so on?

Of course and without going into too much detail, which is not my intention this time, I will tell you that yes, they have *feelings* perhaps, if I could use that word and they will react to anger and violence and all those negative feelings, that humankind is so prone to. Yes, of course.

Lilian: It certainly makes us see things much differently.

That is my intention, but I do feel that it is a topic that needs to be explored now, by each one in this group, not only a few of you. Therefore my dear friends, take my words with you, think about them carefully and perhaps you will be a little more enlightened by your own thought processes, before we come together again. I know it seems to leave you with half a thought, but that was my intention, because now you will have to work harder, to try to understand what I wish to tell you. So do not feel disappointed, that I have given you so little this time, because you will find that in opening your hearts and minds, that you could be influenced in the way of thinking, which I am trying to encourage. So I leave it with you, my dear friends, and we will discuss this a lot more fully, more deeply and I hope that by the end of our discussion, each one will be a lot more enlightened. Now, before I leave you this time, I wish to say to the lady who is leading you, that we would like to use you this evening, if you are willing, use you in a guided meditation. Please just allow yourself to relax and let those come close to you, who are standing nearby.

Lilian: Yes I'll try.

That is all we ask. You can do no more than that.

Lilian: Thank you once again.

My love as always stays with you. (*Thanks + farewells*)

Lilian gave each sitter a flower, following her meditation. There then followed a rescue through Eileen, involving a 7 year old child, who was looking for his dog. A nurse (Eunice) came with a lovely puppy and he was helped over, on his journey back to Spirit.

~4th September 2000~

Good evening. (*Welcomes*)

Your welcome this time is very strong. For this I thank you and say it is good to join with you once more. I do hope that those of you who were here last time thought just a little about what we discussed. Yes. For those of you who were absent, I would like this time to discuss with you about the existence of what we would call non-human *beings*. You understand I hope, those who were not present last time.

(*Affirmed*) Let me firstly say to you my dear friends this: There is much within your world which has been discredited by many and for this reason I feel now is the time to tell you, with the understanding that you have gained so far, that it is time to put right many of these wrongs in your world. Most of you will be aware of what you would term, I believe, '*Fairy Tales*'. Every country within your world has its own tales to tell. These have existed for many, many thousands of earthly years, but always it has been dismissed by most peoples as fanciful imagination. Let me tell you here and now my dear friends that these tales are based on truth. Thus far it has only been available to those who have clear vision and even those who believe in an afterlife in whatever form, have dismissed these tales as imagination. Let me tell you that these non-human *beings* are as much part of this earthly evolution as you humankind are. Without them you would not evolve in the way that you do. What are these *Nature Spirits*, because that is what they are? They do not originate in mankind's thoughts; they are, as you yourselves are, the creation of the Divine Creator, the great architect of all things. What do you say when you look at the trees and the plants and the flowers? You say, do you not, it's God's masterpiece? Of course it is, but these great things need workers to empower that masterpiece. I know each one of you are aware of the four elements in your world: the *Earth*, the *Air*, the *Fire*, the *Water*. Within these four elements there are many, many others. Now we come to the beings of these elements. They are created within their own elements. The Earth element, they are created in the Earth ether. That is why they are not visible to the human physical eye, that is why you need clear vision to be aware of them. Let me say, my dear friends, that all of existence interpenetrates every particle of life. Let us take the Earth. When you see those plants, those trees, those flowers, you are not aware of the workings behind them. You say, 'it is *nature*'. Yes, you are partly correct, but behind what you term 'nature' are those small beings who empower the plants, empower the trees, empower the flowers. And I will address the Earth beings by the common name that you would know them by. You know all too well my friends that we are limited when it comes to names, therefore we will call them *Gnomes* for the sake of your understanding. Without these small creatures who work tirelessly within your Earth, there would be no life substance as you know it now. Yes, these little *Gnomes*, as we will call them, have the appearance of tiny small men. They have been seen and they respond to harmonious conditions and to love. These Earth beings work within the Earth, on all layers, from the mineral they work on the jewels of the Earth, they work on many aspects of the Earth. But perhaps you will not fully understand, that unlike the human form which you possess, these beings are not immortal. They can exist for as long as one thousand of your earthly years or until such time as their task is completed and then they will return to a group soul, but they do not have the advancement of the human being—that is their only difference. You are most quiet my dear friends! Before I continue, do you wish to say anything at this point?

Mary: How does this tie in with the American Indians? Did they have a real grasp of spirituality?

They most certainly did. They called upon the *Nature Spirits*, not only *Earth Spirits*, but they truly believed in the *Fire Spirit* as you may well know. These *Spirits* we will call by the name known to man as *Salamander*. These Indians were well versed in spiritual matters. Because of their beliefs and their knowledge they had much success, not only with their animals but their crops. Yes, indeed, those people and even to this day those who remain true to that kind of living, have great success with *Nature Spirits*, because, as I have said, they respond to love and harmonious conditions. You will find them in many, many numbers in open spaces, in hills and woodlands and forests where mankind has not caused too many harsh conditions for them.

Lilian: And would those places feel peaceful because of them?

Yes, yes. If you send loving thoughts, create harmonious conditions, it should be possible for anyone who is spiritually aware, to see these creatures or beings or Gnomes or Salamanders. The beings of the air you would know as *Sylphs* and of course water beings you would know as *Undines*. I am sure each one of you is aware of these things, but all I wish you to know my dear friends is that they do exist. All I ask is that you think about these things more carefully, that you consider the working *behind* every element in your world. I know, especially with the Earth Spirits, that your geologists would give another explanation for many of the things that occur, but let me tell you my dear friends, they do not have the full picture. Do we have some response before continue?

Lilian: They are obviously very much aware of us as humans?

No, the Earth Spirits are largely unaware of human form. They are more aware of conditions, but they will respond, as I have said, to love and harmonious conditions. Under these conditions they will work well.

Lilian: So if we admire the flowers, they must be pleased. Will they pick our thoughts up?

If it is loving thoughts, yes. What you may not know, and I will speak mostly this time about the Earth beings, because on each element of beings, there is so much to be said. Would you know and could you understand that they almost live in their own way like human beings? They live as groups deep within your Earth. They exist on a type of *air* which is different of course from the air that you would breathe, because it is partly physical air and air in the *ether*, which is, of course, much finer.

Graham: Do they have children in the same way as humans do?

They are capable of having families, but of course not in the physiological way that human beings would. You must remember that all Nature Spirits are controlled by those other beings, non-human beings whom we would term Angels, and that is a subject we have to come to at a later stage; but they are governed by them. But within their own *element*, yes they exist as families and groups such as yourselves. I know these facts seem strange to you, but it is time, my dear friends, that your thinking goes more deeply, that your understanding of all of existence is widened, that you encompass all life as it exists within this planet. You are not alone. The evolution of mankind and this planet is not reliant upon humankind alone. That is the purpose of my speaking to you about non-human *beings*.

Lilian: Could we in any way harm them by different things that we do to the Earth?

Of course, it would not harm *them* in the manner that you mean, but in damaging and corrupting your planet, then you make their task doubly difficult. You would not of course know or understand that by the power of their thought, they also can change the way they look. They can become taller or smaller to suit the situation within which they work, but they cannot enter to another element. Earth cannot change into the Air element, Water or Fire; they are restricted to the element to which they belong. Am I making sense my dear friends? I sense that you are a little stunned by this knowledge. (*Chuckles*)

Mary: Am I right in thinking that they give out an energy which enhances our own energy?

Of course, because by looking after and appreciating the work that *they* are achieving, then you give back to them. Everything is penetrated by each other. Nothing is isolated. All form of life is interpenetrated. Can you begin to understand my dear friends what I am trying to tell you? I know it must be difficult. I have chosen the Earth Spirits this time, because I feel *that* is the element that is probably closest to most of you. Most of you have gardens. Most of you *feel* the beauty and the love which nature provides for you.

George: I think we have a feeling for nature and Nature Spirits. What concerns me sometimes is modern farming and farming methods (**Yes**) and this must be seen as a distortion of nature and I imagine this might well cause some problems due to lack of respect and deviations from the natural process.

Yes, let me just say my friend, that of course anything which causes disharmony within the Earth is distressing to Earth beings, of course and, such as they are, like human beings, they can be *mischievous*. This is where—let me give you an example, let me give you an example of the Fire Spirit, Salamander. Let us talk of the fires which rage out of control. They are absolutely ecstatic at such a thing, because they are vibrant, they are alive, but they are also *mischievous*. That is one example, if you come to the Earth Spirits who are distressed, then you will see a deterioration within that ground, you will see the

dying of the trees, you will see the plant which is diseased. This is all to do in part with conditions which are not harmonious to what you call nature. Do you understand?

George: Yes, I think we have seen problems arise within the farming process and this is to be expected and would stem from lack of respect.

Yes, if only mankind would acknowledge the work which goes on within the Earth. If only mankind could offer thanks to those beings who work so tirelessly and hard for *your* benefit, then things would be more acceptable to all. Can you see? But because mankind in his ignorance believes that he has total control of the Earth and what he calls *nature*, he is in fact destroying much of the good work that these Earth beings have created. When next you touch the soil, the plant, the tree, the flower, why not give thanks for all that they have done?

Lilian: Yes, I'm sure we will.

Think about it my dear friends that is all I ask of you. As always I will say, if you *cannot* accept my words, then leave them for another time, but I feel that now is the time for you to open your minds to the existence of these non-human beings.

George: I have a very special place in my heart for the bee populations. They are so industrious, they are so intricately part of the nature system, they visit so many plants and flowers and pollinate them that the natural order would be totally different without them. I have always felt that there is some sort of guidance (**Yes**) behind the work of the bee and its visits to so many plants and the way that it pollinates. **Yes, there is guidance, there is guidance in *all* things. You are correct in that assumption, but of course the bee belongs to the physical, it is only another aspect of what can be achieved in this world. But the underlying power lies with the beings of the Earth and I would say even more so the bee population is guided by the *Air* beings, the ones we would call *Sylphs* and who people have seen close by to plants and water and who do appear in smaller human form and with what would appear to the physical eyes as the formation of tiny wings. There are many beings, but we will speak of the *Air* beings another time. I feel your bafflement my dear friends!**

Lilian: We are deep in thought. I am sure when we are in our gardens we shall be thinking of them all the time and hopefully seeing one or two.

It is possible when you are spiritually aware. Speak to those people in your world who *have* evolved spiritually and I am sure they would be only too glad to tell you of all that they are capable of seeing. But again, because of much ridicule and disbelief in your world, they are loathed to speak of these things. They are afraid of being called foolish, they are afraid that their fellow man will think of them as not being quite '*the thing*', I think you would say, therefore they are hesitant of speaking of their visions.

Lilian: I must say, all this week I have been thinking, as you say all over the world, there are the little people in Ireland, in Cornwall it's the pixies and different names for different places.

Yes, all over your world, every country has its own *fairy tales*, yes.

Lilian: So how did they start?

That is what I say to you my dear friends, they are based on truth, but as in many things, it becomes distorted, it becomes to mankind in general a figure of fun, to be dismissed as fanciful imagination. I am here to tell you, my dear friends, that there are such beings in existence. As I say, I use the names which you would be familiar with, but all that they are, they are part of the Great Creation, which enables this planet and yourselves to evolve. You are not alone and never will be alone, because there is too much that belongs to the great scheme of life. Humankind has been at fault too long, in thinking that he is a superior being. This idea I would wish you to try to place within the scheme of the great plan of life and to understand that humankind is but one small part of what exists, not only on this planet, but on all others. You cannot isolate yourselves from all the other energies and beings that exist on this planet. Let me just finish this time, by saying that when you look into water, do you not see the power behind that liquid? Can you not feel it, can you not see it, can you not understand that beneath that power, there lies beings who are constantly at work to create a living force of that water? Water is very good element for trying to capture the power within. Think about those few words and next time we will continue this discussion and I will be more than interested to see how each one of you has interpreted my words. My

dear friends, there is much you need to learn and if I can open your eyes just a little wider, then I am sure that your understanding can only help you to grow. If this is so, what more can we ask of you, because in growing and understanding, with your vision how can you not go through this existence and not give to others what you have achieved? Would that not my dear friends be remarkable? *(Agreed)* With these words I will take my leave this time. I do hope that you have a little more food for thought, but we have much more to discuss, but I feel especially on this topic that we must go slowly, but I feel that we must discuss it as we go along. *(Thanks + farewells)*

~11th September 2000~

Good evening. *(Welcomes)*

This time my dear friends we will continue to discuss other the topic which we began last time. I hope each one of you has given some thinking time to our discussion.

Lilian: I am sure we have.

Yes. We spoke last time mainly about earth spirits. I said we would discuss the others. We discussed the four elements of *Earth, Water, Air and Fire* and I believe I told you that within those four elements there exist many, many more. I began with the Earth Spirits because I feel, my dear friends, this is perhaps the closest and more acceptable one to you, but what I wish you to know and understand is the relationship between yourself and these other spirits of this planet. I told you last time that you do not stand alone in spiritual evolvment. These spirits are not seen easily with the physical eyes, because they are within the ether—the Earth ether, the Water ether, the Air ether and Fire ether. All of these spirits are formed mainly from the elements to which they belong. Therefore let us take an example this time. Shall we discuss the Water Spirits, or sometimes in your history they have been called Mermaids in the larger expanse of your seas. Why should some see these things, I hear you ask, and not others? Well my dear friends I have already partially answered that question, because they belong to the ether and not seen with the physical eyes, unless with those physical eyes you have momentarily *clear vision* and only with *clear vision* will you view these creatures. The Water Spirit or Undine, can be seen on the waves of your seas, can be seen close to water of many kinds. Their task is to work with plants in water and the very motion of water. They are created from the ether of water. They can be seen as shimmering creatures in the smaller places where water abounds and upon the larger areas of your seas, then you have the larger Undines which are seen to many as the Mermaid. Remember I told you last time that these spirits have the ability to increase or diminish in size. Sometimes the Water Spirits will seem to shimmer as mist or fog. They are there again, as the Earth Spirit, they are completely captured by loving thoughts, by spiritual development. Now at this point my dear friends I would wish you to understand that the Water Spirits are drawn to the human Spirit by the very water element within man. And what is that, I hear you ask? It is the seat of your emotions. Therefore can you see that they would respond to good emotion? Let me try to say this to you, that when the waters rage, these Water Spirits are working to full capacity. They can be stilled, if you like, by the extension of love and the offer to work with them. Those human beings who have clear vision, who have love in their heart, who have the best intentions for all fellow creatures, not only their own kind, they will in their evolvment have the ability to have clear vision and to view these beautiful creatures. Their only intent is to work on this planet for their own spiritual evolvment, although it varies from your own, but they respond to human Spirit with love and kindness, but the Undines or Water Spirits will be found anywhere there is water, even on your marshy grounds where you probably would be surprised to find them.

Now let us speak of another element, the Air Spirit. Again it is fashioned from that element to which it belongs. The Air Spirit is known as Sylphs. They, too, can increase or diminish in size, but what is important once more is their involvement with human Spirit, with mankind. What would you suppose my dear friend attracts them to humankind? We speak of the air element.

Lilian: It's the love again.

All are attracted to love, but what is it within humankind that would attract the Air Spirits to you.

Mark: I was thinking the same as Sarah, the respiratory air/oxygen.

Yes, but it is the *mind*. The mind, the intellect, they are attracted to many artistic people. But the Air Spirits or Sylphs are indeed shown to you as beautiful creatures. They show themselves to you as tiny people or large people dependant on the setting. They are the ones that you would call *fairies*. Yes, who would have shimmering wings, because they are fashioned from the air. These creatures are indeed beautiful and attracted once more to love and beauty.

And last but not least we have the Salamander or the fire Spirit. We spoke briefly of the Fire Spirit last week, did we not? Yes, and of all the elementals, the Fire Spirit can indeed be mischievous, as human Spirits can be mischievous; why should there be distinction. But all Spirits, no matter what element they come from, respond to love and will always work with mankind, providing you give those loving thoughts. I would like to make clear to you, my dear friends, that oftentimes mischievous happenings have been accredited to human Spirit, when in fact it is sometimes the Salamander at work with his mischievous ways, especially when there is anger or trouble within households and such places. They thrive upon psychic disturbance. They oft times are amused when they hear of human Spirit taking the blame for their own mischievous ways. Think upon these words. I wish you to know, my dear friends, that you exist in a world, which is inhabited by many, not only the human Spirit, but those I have mentioned and many, many others; some who have the ability to evolve and some who will never evolve in the way that mankind will. But what I want you my dear friends, to understand: You upon this planet coexist with many others of various shapes and sizes, but all belong to *Spirit*. Each interpenetrates the other, no one group is isolated. Although mankind in his, shall we term '*wisdom*'—a word I am not fond of—considers that he is the sole beneficiary of this planet. Now is the time in your evolution my dear friends, and I know that I have approached a subject not easily accepted—but I do feel that you have reached a stage when you can at least begin to think and open up your heart and minds to other beings. Before you reach for the planets and the stars, look inwards to your own planet and those who are here to work for you in your own evolvment of Spirit. Therefore my dear friends I say to you this: Open your minds and hearts, give love and thanks to all those who are around you, and you will find that your lives will become enriched by the knowledge of these small creatures; their beauty is something to behold. And again I hear: '*But the Earth Spirit or Gnomes who we have discussed do not present such a pretty picture.*' But who are you to judge? Do you suppose my dear friends that you seem attractive to them? (*Chuckles*) So, once again I say to you my friends, do not judge, but accept and keep an open heart. I feel I have given you enough to think about, to open your minds and hearts, or if you have any questions my dear friends, now is the time to ask them.

Lilian: Would they be more aware of us than we are being of them.

Only if you extend your love to them—they would be most unaware of you. Disharmony would bring you to their notice—violent feelings. I must say, that the Air Spirits are greatly disturbed by what goes on in your atmosphere—the noise within your skies—but as all creatures, they adapt well, but of course they thrive more in conditions of harmony and love.

Lilian: So that's where we'd go perhaps to visit a beautiful garden, or woodland or stream.

If your love and your expectancy is for good, it is possible for your vision to be clear enough to see them if they so desire, but they, as all Spirit, know only too well those who seek them for the wrong reasons. Harmony, love and the right reasons will bring you into touch with them, but it is entirely an individual goal for you to achieve, but it can happen if you so desire. Again I say to you my dear friends, the *power* of your *thought* is crucial.

Mark: Are very young children aware of them?

Their awareness would be greater than those of you have existed on this Earth plane for a longer period of time, because you see, young children still retain some memory of Spirit. We have touched upon children in other matters and their psychic ability. Yes, they would be much more aware.

Mark: And I guess the elementals would be more attracted to the children as they are more loving and purer.

Yes, their purity of Spirit, their light and their love would be the attraction. That is why their awareness would be so much greater. Yes, you are correct. Again I say to you dear friends, if only you could behave as small children, then your awareness would be greater also.

Sarah: We are here together working for this Earth, but with the Fire—I can understand the other three elements, but with the Fire, are we trying to be careful of them and they are trying to antagonise us, or how exactly do they...

No, do not become confused. I have said that they can be *mischievous*, but the majority of their working time is for good. It is just the element of fire and fire is as necessary as water, air and earth. After all, when there has been fire, what then happens?

Sarah: Re-growth.

There is new beginnings, new life. So do not dismiss fire as some kind of hazard. It has its place in the plan of life, you understand?

Sarah: Yes. When you said, if we gave out thoughts to them, if there was a terrible raging fire and we gave our thoughts out to the fire people, the Salamanders, if our house was on fire, could we help to reduce the flames if we all gave out our thoughts, or would that be interfering?

Good thoughts are always helpful, but the Salamanders are governed by Angelic Beings. This is a topic we have not as such discussed but we will. They have the control over the Salamanders. Therefore I would suggest that if you were disturbed by any destruction, I would give thoughts to those Angelic Beings who would take control. (Thank you.)

George: The Salamanders must be rather different from the beings of the other three elements. Earth, air and water are nice permanent and stable elements, (Yes) where fire is much more starting and finishing and moves round quite a lot, so I would think the Salamanders would be very different for that reason.

Yes, I would perhaps use one of your earthly words to describe our Salamanders: *combustible*. Perhaps that would make a clearer picture for you, but what I wish for you my dear friends, is that you find the connection between yourselves and all of these Spirits—that is the point I want you to come to realise that *they* do not stand alone and neither does the human Spirit. That is the connection, that is *why* it should be imperative, I may say, for you to open your eyes to these other beings, to *give* them your love and understanding and help whenever you can. Give thanks for the work that they so tirelessly do for your evolution. I know that mankind has developed an intellect which allows him to praise himself to think that he stands alone. That is not true my dear friends, that is not true.

George: Modern mankind has tended to think of fire, not as an element as did more ancient people, but more as a process of oxidation (Yes) and perhaps we could think of the Salamanders as masters of oxidation.

Yes, I did say last time that your scientists and your, shall we say, more developed mentally clever people, would always give you explanations for all that I have said, but I did tell you, they do not know or understand or accept the full picture.

George: Yes, I think the truly clever people are clever enough to realize just how much they don't know.

Yes, to keep an open heart and mind, that is the intelligent person.

Sarah: I know this diverts away a little from what you are trying to teach us, but you did say last week that these Spirit beings can live for as long as a thousand years and then they go back to a 'group' Spirit, I think that was the word you used. Would you mind explaining just a little about that?

Yes, of course. Group Spirit—you know that Spirit has always been and always will be, there can be no altering that statement, but there are some degree of Spirit that it is not necessary for them to evolve. Those who I have mentioned will work perhaps for a thousand years, have completed their task. Humankind has much to evolve for. It is a much longer process, but the day will come, as I have told you, when the human form will disintegrate and you will become but thought form. It is only that these elemental beings have a much smaller task to complete and then they will join their group Spirit to become blended with that greater mind. Do you understand? (Pause) No.

Sarah: Yes, I understand that, but I am just thinking about the group Spirit.

It is just a blending my dear friend. Perhaps I have confused you by using 'group Spirit'. It is just that those who have succeeded in their task, will return to Spirit in the form that they know *best*. Is that clearer for you? (Yes) You all return to that part of Spirit from whence you came, and after all, you understand that you are more than one. (Yes) So too are these other elemental beings, so they immerse themselves in a group Spirit. Are you sure you understand?

Sarah: Yes, I think I do.

It is difficult I know. This is a topic much maligned by mankind and we see all too often so many people who think of those with clear vision as—how is your word, crazy, crazy? But that is not true; they are the ones with clear vision. You also have to accept, my dear friend, that although these Nature Spirits are different from yourselves, all Spirit returns home to the one source, whether it be a group soul, or individual group spirits, it matters not. What is important is that the task that is undertaken on this planet is done and dealt with and Spirit can return.

George: I think you inferred that the elementals of this planet are just a tiny part of the general cosmic pattern.

Yes, of course, as you also are. Mankind needs to begin to view himself as *part* of the planet, not as the *keeper* of the planet; this is what you must try to understand. I am afraid that mankind's intellect has interfered in his spiritual nature for far too long that now is the time to return to be childlike, to a simpler way of thinking. If you are to understand all that goes on within this planet, then you need to be simplistic in your outlook. Surely that is not a too difficult a task for you who are so intelligent!

(Laughter) Are there more questions?

Paul: I remember once we had a lot of moles in the garden and we put out the thought to them suggesting to them that there was another place they could go to a field nearby. I think we tried to do it with love, a loving thought that they could move to the field nearby and it seemed to work. Would that have involved any of the elementals?

Of course, the Earth Spirit would be helping, because of the love thought, yes of course.

Paul: So the Gnomes would have helped out there.

If the thought was given in love and for the benefit of the small creature, then of course you are being helped by the Earth Spirits. It is not only the power of your own thought in these instances, although I have taught you well I hope that the power of your thought is of utmost importance. It is just that you have a little help; that is what I would wish you to try to accept. You are never alone. Are there more questions, please? (Pause) You are all going home with your eyes wide open. I cannot ask more of you my dear friends, only that you dissect my words in any way that you wish. When first I came to you, I said, accept only what you can; after all you are each in your own roles. If you cannot accept my words, it does not matter, you will come to them in time. Therefore my dear friends, if we have no more questions this time, I will leave you and let you think about my words and I will leave the rest of this time in your very capable hands. Let us see what else is to come. (Thanks + farewells)

~18th September 2000~

Good evening. (Welcomes)

Before we begin this time, I wish to say to the one known to you as Mark that we will come to him in sleep-state, because he is in need of a little upliftment at this time. Now my dear friends, my purpose this time and my happiness at joining you once more is such that I hope you feel that this evening will be just as informative as others have been, but rather than give to you this time new information, I would ask all of you, my dear friends, to participate in some answering of questions to you. We of course know your thoughts and desires, but those who stand close to you would like to know what each one of you has gained in recent times from the instruction given to you. Are you happy my dear friends to speak individually to me? (Agreed) I, of course, know what is within your thinking, but others need to hear the spoken word to know how you feel, to help them in their understanding. So you see, it is again two-way help. They will help you and you will help them. So if you are happy, I will ask our dear lady to begin

wherever she feels it is suitable and ask each one of you what you feel you have gained and what you have learnt.

Lilian: Sarah?

Sarah: It has made me I think—I hope, less selfish. I am beginning to see that *giving* and good thoughts to everyone, how important that is and in return it is a vicious circle—not so vicious—it makes you feel happier and then in turn it makes it that much easier for you to give out good feelings towards others. I think I am beginning to see the reason for us being here, much more so than ever before. In understanding a little more about why we are here, that again makes it much easier to live, because you can see the purpose and that in turn helps, I hope, for me to go on the right path, the path that I should be treading whilst I am here. Generally I just find that the whole teaching has helped turn me around a lot.

Yes, can I say to you, my dear friend, that you indeed have learned the lesson of more *tolerance*. Would you agree?

Sarah: Yes, I would.

Yes. Please to continue.

Sarah: I find these evenings—I never want to miss these evenings. I just want to get more and more knowledge and hopefully in the long run to help everybody to help the world. That is another thing I hadn't realized how we should be part of the world and not the world here for *us*. So in every respect I think it has helped me along my way.

And of course, my dear friend, you know that when those from my world have you, we rarely let you go. (Laughter)

Sarah: Well I am very happy in them not letting me go! And it's nice also to be so aware that they are always with us and I find that very comforting and it's nice to pass the message on to others too who are perhaps in a little need and to let them know too that they are not alone.

Yes I would perhaps say to each one of you, if you are lacking in any way, it is that your awareness of those close to you is until now still not too clear, but as your awareness and knowledge grows, this will come more easily to you. Thank you.

Lilian: Paul?

Paul: It is difficult to put it all into words, but most recently I have noticed there is bit more control with my moods and things that would have made me a bit cross or tense, don't have that same power quite now and I can see how I would have got wound up by things, but now I can step back a bit more and have a little chuckle about it now and not take it quite so seriously.

Laughter is most important within your world, otherwise all matters would become much too serious. But I would say to you this, my dear friend: you are indeed a spiritual person. In many lifetimes you have brought this to the surface of human living, but within you lies a small fear that the human side of you is not in full control. This is something you must try to learn this time, but you are succeeding.

Paul: Yes, I felt a little '*give*' recently, yes.

And as time continues if you will but give time to your quiet moments, then in this lifetime you will place to one side that strong feeling of control. You understand?

Paul: I think so, I think I know what you mean, thank you.

Lilian: Graham, I know you're a newcomer, but...

Graham: Even though I have only been a member of the group a short time, I don't think I can begin to say how meeting in this circle has changed my life. Maybe I have had accelerated learning, because of all the catching up, but I really feel, and I am not exaggerating, that my life has been turned upside in many respects. Many times I used to think, what is it all about and where are we going, and I went about my life happy, but wondering, whereas I think that a lot of those questions have now been answered. I had no idea about the afterlife and all the things that are yet to come and I do look upon life very differently now. I think I see a lot more beauty around me, a lot more love, particularly in other people. When I meet people now I think differently. I think I used to feel upset by people; their negativity and my negativity bouncing off each other and I am finding now that I am learning to control that more and I don't feel as upset by things as I used to and that is something that I really have noticed. The knowledge that you have given us

recently about nature spirits and all the other teachings have, it is wonderful to spend time thinking on these matters in quiet moments and discussing them with my wife and daughter and we all feel that we are gaining a great deal out of it. We are very grateful.

Yes. You my dear friend have been a thinking, logical person and now you will begin to find that that thinking capacity can be used in the instruction of other people. That is what we strive to give to you and although your time here has been much shorter than the others, as you have said, because of your thinking capacity, you have caught up, if I may use that earthly expression, very well. It gladdens me so to hear such words from each of you, to know that yourselves feel this awareness grow from within you. Thank you.

Lilian: Mark?

Mark: I look upon these evenings as bringing me down to Earth really and it feels a bit like an umbilical cord to life. It's made me much more aware of my failings and I don't think that it makes life easier to live as such, but it makes it more understandable certainly.

Yes. Let me say this to you my dear friend: you are always like the bees in your world, busy, busy and this applies also to your thinking. We do not wish to bring you down to Earth, we wish to raise you back to our world, but yes, gradually you *do* know and understand that your quiet moments are most important to keep you grounded.

Mark: Yes, I don't get enough quiet moments certainly.

No you need to have more meditation time, but we know and understand that human life is busy, but again each one of you has the responsibility for your own spiritual growth. Each one of you here has so much potential to give to the world. We help all that we can, but without the help from you, we are limited in what we can achieve. To you, my dear friend, I say to you only this: continue as you are. Life of course we can never promise you will be easy, but if the awareness and understanding is easier, then what more can we ask of you? Thank you.

Lilian: Margaret?

Margaret: I can only say how happy I am to come here every Monday and think about you all week. I find it difficult to explain to people sometimes how I feel, but I just feel happy about my life, I don't know if that's wrong or not, but I am so contented.

Yes, you have travelled this lifetime, I may say, not always easily. Life at times has been heavy upon your shoulders, but at this stage of living you have acquired a new awareness of what life should be about.

You, my dear friend, give help to many, but what I would say to you is this: That not all can accept your words and therefore you need to become a little more discerning in who you speak with.

Margaret: I am learning that.

Yes, it is something we are helping you with, but again, as all of the others, you are travelling in the right way. (Thank you.)

Lilian: George?

George: I have a strong desire to understand life and its placement in the universe and to share that understanding with others. I think this is a way forward for many. I realize that this has been helped enormously by the teachings of course. I realize that I do not stand alone; there are many connections both here on the physical Earth and with those in Spirit. I feel that I have been helped enormously by many, many people, many, many of those in Spirit, in putting together knowledge and understanding and I do this without ignoring the love principle which connects with all things and it seems to me to be the way forward for me which I have felt for quite some time now.

Yes, let me say this to you my dear friend. You are what I would call a universal being. As the other gentleman, you have a thinking mind. Your gift is of the word, both spoken and printed. This we would not disagree upon, but what I would say to you my dear friend is this: Although your gift lies in the distribution of words, you as Spirit need to devote more time to your own expansion of growth of Spirit. To help others is admirable, but to help yourself grow is even more so. I do not say these words to make you feel as if it is pride, it is not, but in learning first within yourself, do you not see how the expanse of

knowledge can be even greater, because then the words that you speak of write come from the truth of within and not the knowledge of the outside world. Do you understand my words?

George: Yes, I think I understand that. In my seeking of knowledge I have looked in various corners, can I put it that way, **(Yes)** and I am aware that there have been teachers in the physical world, such as John Goldsmith, who upholds the principle that you have just stated, it comes from *within*.

Yes—it comes from within. What you have achieved my dear friend, is admirable and what you seek to do offers much to others, but what I say to you is *think of yourself*. Please take those words in the way that I mean them for you. Thank you. (Thank you.)

Lilian: For myself your words have turned my life right around for the better. I think the one that perhaps I remember the most is the judgement of other people and if I feel judgmental, I do remember what you have said—we don't know the reasons and I do try hard to remember that. And for me that is perhaps the most important point.

Yes, let me say this to you my dear lady: You have been involved in this work for many of your years. It is not something you would have anticipated in earlier times but let me say this to you: although your involvement has been steady it has only really come to fruition when you realized this task which you now undertake. You of all of these people have grown so much in such a short time. Although your involvement has been longer, the speed of your development in recent times has been great. We say only to you, continue, give of your heart, your time, your mind and all will be well with you.

My dear friends, let me say this to you: It has been for those who stand close by you, a very good evening of discovery. It has taught them much and we hope that in expressing your words to each other, you now begin to understand each other a little more, because it is only in expressing your innermost thoughts do you expose your true selves. Think about each other, exchange the love which exists within this room when each of you are gathered together. I leave you this time with all my love, with the knowledge that I stand close to each one of you, that I know your thoughts well and we have much work still to do.

Lilian: Yes, we look forward to that. Is there anything you would like to say to the lady that you are using? *(Eileen)* **No, she is aware of what we feel. If it was necessary then we would give you the information.**

May all of the love that you deserve remain with you until such time as we come together once more. (Thanks + farewells)

~25th September 2000~

Good evening. *(Welcomes)*

This time, my dear friends—my intention this time is to spend some time with this instrument *(Eileen)* in quite teaching, but I know that we have some questions which I am happy to answer for you, but there will be one other from our world who wishes to speak with you. I would say only this to you this time my dear friends: That in the past year of your earthly time many of you have encountered many of life's difficulties. This has not been without purpose, because each one of you has grown so. Therefore in the wider scheme of life and awareness, all of these experiences have been good for you. So, let us have the questions please.

Sarah: I was trying to imagine as I go along aside how many nature Spirits would be, for example, on a tree and exactly what they do?

If you are looking for me to give you numbers my dear friend you will be disappointed. There are many factors which determine who works within individual trees. This is a combined effort by all of the nature beings. Responsibilities as you may understand is given to individual nature beings when the time is right, and remember that it would depend upon earthly factors, such as situations and which kind of Spirit is needed. Remember that all Earth Spirits have the capabilities of working together or by themselves, but all is worked in order. Their purpose of course is to maintain healthy growth to see that the energy of nature remains as pure as it can be.

Sarah: And also one other question Salumet, my son (*Ben*) is very interested in coming. I think he would just like to see how the meeting is conducted. Would it be possible for him to come sometime or is it early times yet?

I have been aware of much interest. May I respectfully say, please leave it just a while longer. I will give you an answer at a later stage, but for the moment it is better that his interest remains in speaking with you my dear friend. (Thank you.)

Lilian: The lady next to you (*Sue*), she has a friend and she would like to see if he could come. He is into this kind of work.

Sue then channelled: It is the gentleman who is involved in the physical circle that this lady (Sue) has visited. This lady is wondering whether, during the month of November when his own circle for other reasons cannot take place, if he was interested, he could come and see how this circle operates; that is if Master you would feel it would be beneficial for both parties if this gentleman were to come.

Yes. I would see no reason why this dear friend may join us provided that each one of you, my dear friends, is happy with the situation. You must remember, although I have said it is important that the correct people enter this room, it is also important that each one of you is happy to invite them also, because all of this work as you well know, depends upon love and harmony. This we have within this group. So, I say to you, if you are happy to allow this person to come, then I see no reason why he should not join you.

May I return, my dear friends, to the lady who spoke previously (*Sarah*) for just a moment? This young man (*Ben*) has much awareness and it is good that so many of your young peoples are coming to this way of thinking, but when the soul is young in earthly years it is mainly just interest, because there is much in life which has to be learned. But I say this to you my dear friend, there is much potential with this young gentleman and you will find as life continues for him, that awareness will grow much stronger. That is why I have suggested a time lapse before allowing him to discover more. It will give him time to think, you understand?

Sara: Could I ask about my step-daughter Ashlea. She is also interested, but she is younger than Ben and I would imagine that you would say the same to us.

I would say yes, it is better that information is given via yourselves at this stage. You know of course that those from our world work closely with your young people on this Earth and when they are of such young ages it is easier for those in our world to have contact with them. So again I say to you, learn by the given word. Allow them to develop their senses, encourage whatever attributes of Spirit they show. When the time is right, all will fall into place, but of course you must encourage and you must keep the interest there. Do you not also see, my dear friends, that it is part of your own learning process in teaching your children? (*Agreed*) Now my dear friends for this time I will *not* leave you, because I will be working quietly with this instrument. I would say to you only this: That at the end of your time together will you please allow the instrument time and a little quietness to return?

Lilian: Yes we will, thank you.

The expected guest (Sister Veronica) followed through Sue, bringing young children from Spirit realm for us to work with:

How nice of you to allow me to come to this special place. I am honoured to be here and hope that I can bring you the love of Spirit, and trust that each one of you will feel enveloped by what I hope to bring to you. The love of Spirit is the most wonderful thing and we want each one of you to sense how much love for you all. You have learnt have you not that the most special love, the most uncomplicated love is that of the love of children and I say to you that the love of the Spirit children knows no bounds. They give their love unconditionally, especially those who have always lived in Spirit. I say to you now, that in this room, set at the feet of each one of you here is a little child. These children, with the exception of one, have never trodden your Earth. I will ask you please to send out loving thoughts to these children, individually and as a group. May I be permitted to give the names of the children here and who they are beside? Here in front of the lady Lilian is a little girl. She is four of your years. She has never lived on your Earth and is being raised in Spirit until it is time for her to be reborn. This little child is called in our world

Faith. Please Lady Lilian, send out loving thoughts to this child. She will be around you for some time and you may sense her in your rest periods. Lady Sarah, sat at your feet is another small little girl also never having lived in physical. She is six of your years and her name is Annabel. The three gentlemen, you have three young boys, all who should have been born on this Earth as what you would term as triplets. Unfortunately they were returned to Spirit earlier than they should have been. Their names have been given as Andrew, Jonathan and Clive. They are three of your years, are beautiful, beautiful children who love one another as siblings and love everyone and everything around them. Send out your thoughts to them please and they will send you back love a thousand-fold. Again you should feel their presence in your sleep state. To the other two ladies, I bring you two little girls, their names have been given as Felicity and Marion. Again they have not lived on this Earth but are growing beautifully in Spirit. They have long, golden curls which reach down to their waist and are wearing blue, shimmering dresses—it is the clothes they have chosen to be seen in. Give them out your love and feel their presence around you in your quiet times.

Sara: Can I ask how old they are?

Felicity is four years old and her younger sister is two years old. I ask you also to send loving thoughts to their birth mother who lost both these children before she was able to cradle them in her arms. Naturally there are reasons for this, but of course the dear lady is unaware of them.

To the lady sat beside me (Margaret), I say to you, that at your feet is a very handsome young man named as Marcus and he walked your Earth for seven years. He was brought back into Spirit and is progressing very well. He has a strong affinity with you dear lady. There is a connection, but I am unable unfortunately at this time to explain it further, but he is very, very much connected to you and is sending you much, much love. You should in time hear his name again and the connection will become more obvious to you, but this is in future times and I am unable to say more at this time.

The children are singing to you now. They have been practising for some time. It is a song of love of gentleness and music and colour. They have made the words themselves and I have to say to you that they are extremely proud of them. We realise it would be asking too much if you could hear them although I do ask you to feel the music, feel it running through your veins. They are very happy to be here and as I said previously they will be around you in your quiet times. They are now turning to each one and curtsying or bowing depending on whether they are boy or girl and each one is presenting you with a flower. Listen to it also in your quiet times, you may be more receptive when you are at rest. I have to say that it is a beautiful song and the children are so proud to be here and to sing it to you. Thank you for allowing me to bring my blessed children to you. My name is Sister Veronica. I hope in time I may return and tell you how my beloved children are progressing and perhaps bring some more to sit at your feet. I will remain here quietly until your meeting comes to its close, so please feel the presence of them in this very special room. I leave you now with my children and with my love. (Thanks + farewells)

~9th October 2000~

Good evening. (Welcomes)

This time my dear friends, as we approach your slowing down time within the natural world I would like each one of you to also slow down in your thinking, to recap on the many things we have spoken about in the past months. I suggest to you my dear friends that this also be a time of recouping energies.

Because we have a few absent friends this time, may I suggest to you that we spend this evening in discussing whatever topic you wish, but at the same time realizing that your thinking at this time must slow just a little in order that we can unfold to greater things. We have reached a time in all of your development when new happenings will occur. I believe I have told you my dear friends that many opportunities will be given to you, but as always these opportunities are governed by your freewill. So be aware my dear friends, of all that comes to you. Before we continue on with this evening's questions, I would like just to say to our dear friend, the one who is known to us as Mark, that he has been faced with many decisions in recent times, but I will say only this to you, that you are going forward on the

correct pathway. But you need to be aware of spiritual time—do not forsake it for the sake of Earth's physical living.

Mark: Next week I'm closing down the second shop so I think things will be a bit less demanding and I think I will be in a better position to organize my time.

Yes, your awareness is there, but although I do not come to advise as you full well know, I feel that just a little reminder that your spiritual awareness is of great importance. Thank you for listening to my words. Now, if you have questions this time my dear friends.

Sarah: I was just thinking about Salumet saying we should slow down and nature itself slows down, perhaps this is partly to keep us in tune with nature. Is that so or is it just to regenerate ourselves?

I have brought you along the path in recent times in trying to understand the world of nature a little more closely, because in this way your attunement to all things will be so much greater. Yes, as the natural world disintegrates and regenerates, so too does the physical being at times need times of quietness and rejuvenation of Spirit. So, if you can find that same connection, then all to the betterment of your own unfoldment.

Paul: I was thinking about when we are sitting in our circles and we do not cross our legs, when people meditate though, they often cross their legs. Is it important at all? I know when we have been sitting in a circle we have been told not to cross our legs as it sort of stops the energy flowing a bit?

Yes, I understand. Perhaps we can discuss this a little more. I am aware of many rules and regulations which feature within your organizations and to which many of you uphold these rules. Let me say, most of them have come from well-meaning people who have not always listened to our words of wisdom. Communication can take place whether the legs or arms or whatever else you wish to cross will take place, but let us look to the other side of the mirror and say that you all know that you are more than the physical beings that you see before you, that you are energy, and of course that energy is cloaked by the physical being. So when people speak of energy being disrupted, then of course they are partially correct. I would say this to you my dear friend, that it is probably more satisfactory for the human being to sit with their legs and arms uncrossed, not because it helps with communication, but it is more comfortable for the human being. Can you see the difference? (Yes) If you were to cross your legs now, it would not cut off communication with me. Do you each understand, because there is much said in your world. (Agreed) I would say, the important issue is that you are attuned properly, that your thinking is correct and that your motive is good. Communication therefore will take place whenever those conditions are respected.

Sarah: Salumet, when I have had someone through me and I have had difficulty in getting that person to leave, I have been told to cross my arms. Is there a reason for that?

Yes, because it is a physical happening, which then allows your mind to return to the physical. That is why. There is too much spoken about *physical* and *spiritual* conditions. You might say, why therefore are we in dimmed light? That is slightly different, because I am using a physical body and for us who come that little further, it is more comfortable. But that is not to say it cannot happen in full light—of course it can. But we in our world are aware that the physical condition can sometimes be affected. Is this clear for you? (Yes)

Lilian: The lady you are using went to a meeting whereby she was lucky enough to see an Angel. She was surprised at the size of the wings of this Angel—now she has no idea that I am asking you this question—I wondered, can the wings vary from person-to-person, is it in our minds or is it the being that shows himself.

Yes, you know of course that the thought is all powerful and the thought can create much. After all, when you come to our world then all is thought. But you do have to remember that within our world there are beings who indeed are indeed beings who are different from the physical beings as you know them. These Angels have never trodden your earthly pathway and yes, they do show themselves with what you would call *wings*. These creations are but variations of light. You have not been told about Angels thus far—I have told you that we will discuss it further—but you can tell this instrument whom I am using, (Eileen) that the vision that she saw is not of her own thought pattern, but actually the being

as he would be. I will of course, when we come to that topic explain to you why the beings known to you as Angels, would appear to have what you call wings. For now I would say that is enough for the lady to know.

Lilian: Yes, we will look forward to you telling us about the Angels. We were just curious and I think she was surprised at the size of the wings.

Why she should be surprised, I do not know, (Chuckles) but of course when each one of you returns to physical life, you tend to forget, may I say, what you have experienced in the physical in the spiritual sense. The spiritual and physical existence is so entirely different.

Lilian: Would I be right in thinking that we have had a visit from our old friend (Leslie) this evening?

Sarah: I thought that, too.

My dear friends, you should never be surprised at anyone who comes to you within these conditions. Many, many, many are attracted to you, but I would say to you that whilst I am using this instrument, those who would desire to speak with you are kept back may I say for a short time—but there are many. Do not focus on one being, because always there are many.

Lilian: Would they come to listen to your words as well as we do?

I of course am teaching many, many whilst I speak with you. Not only do they gather in our world to listen to many speakers, but they are curious as to what we try to teach the beings of this earthly plane. But why should you be surprised, my dear friends, the thought is ever expanding and just because I use an instrument who uses physical words, that does not detract from the energy of the thoughts. Do you understand? (Yes, thank you.)

Sarah: Last week we had a communicator through Sue and she said that at each one of our feet there was a child and she was explaining what the child was like and how the child was, but she said the child had never been on this Earth. I was curious why they should have a physical form if they had never been on this Earth and why they would wish this. Maybe they were just taking on this particular form to visit us, but it seemed curious to me why they should wish to do that.

Because when a Spirit takes on the physical garb, although that child does not walk the earthly plane, he has still chosen two people to be parents. When that child returns to our world, that interest is still there. Although they have gained in knowledge and that is all that they have needed to know, still the interest remains, because once that Spirit has decided to enter a new body, it is essential that they continue to grow in our world.

Sarah: So these are all children that have been conceived, but have not actually— (Yes) Ah, right, that makes sense, I hadn't realized that.

If the children had never been conceived, they would never return to this Earth plane. Is that clear for you? (Yes, thank you.)

Lilian: There is in this country at the moment Siamese twins—two little girls—but one of the twins she has no heart and a few other organs and she is virtually living off the sister who has got these essential organs. Is that one Spirit?

It is one Spirit but with physical complications. Remember that when the Spirit enters at conception, that it is now in the hands of physical living. We know that these problems confuse and upset many of you on this earthly plane, but that one child is probably not here to be living as a human being, but the purpose of that malformation is necessary, although you may not understand why—but it is but one Spirit.

Lilian: So if they were separated and one continued to live, the other would be nothing?

Yes, there are many questions in your world we know confuse you, but all becomes clear when you return to our world. All I say to you my dear friends is when you have such confusion within your thinking, then send out the thought to have it made clearer to you and you will find the answers.

Lilian: That is something we forget. We must remember it more.

Always—and again I do not apologize for saying that your thought is the most powerful possession you have. Please use it in a wise way.

Sarah: If nobody else has a question, this is a very personal thing and I don't really know whether I should be asking you and you have probably already answered it by telling me to use my thought. My daughter is about to go on a trip and I have just heard that there is trouble in the place that she is going to go. I just wonder if you could make any comments to me?

You are a natural physical being, a mother of a child. That love and concern would be most natural for anyone. I would say to you only this: Look deep within your heart and know and understand that the children sent to you are only borrowed, that their life pathway leads them to places you may not always approve of, but it is *their* pathway. Think carefully that although there are many places within your world where there is much trouble, much anger, much devastation, you *cannot* stop another from living their life. Your children my dear friend, are of an age when they know their own thinking, is that not true? (Yes) I would say to you, you have no worries. Let her go. (Thank you.) But it is difficult, we know, we know and understand the deep bond of love, but do you fully understand, my dear friend, that these children as you call them are also Spirit. They have chosen their lives, their parents, not so much as I have told you because of the people, but the opportunities that will be given to them, and may I say that this is one of life's opportunities for this one. Perhaps I can say again to each one of you, my dear friends, if only you would use your thought wisely, if only you would look inwardly when one of life's crises comes to the fore, if only you would remember my words, life would hold no fear for you, because you would be seeing life with spiritual eyes. That my dear friends is my mission here with you that each one of you who listens to these words will grow and unfold spiritually to a degree that is unique to each one of you. After all, your stage of development is very individual, but we have a common bond. Each one of you seeks *truth*, each one of you lives *truth*, each one of you wishes to spread *truth* and yet each one of you is held back by *fear*. This is my hope for you all that we can erase that fear from your lives. It is not a small task, but one that needs to be searched out quietly and slowly, but eventually I hope that when your time comes to return home, you can say, I have learned much. For this I only can give thanks to that Great Creative Force, which has allowed me the opportunity to bring you a little more knowledge. For this I will be eternally grateful. (*Thanks expressed*) I know and feel your love, my dear friends, and I will always be amazed each time I come to you, to feel encompassed by it. I feel for this time that perhaps we have spoken enough, but remember my words, allow yourselves to recap on all that we have spoken about, allow yourself that regeneration of Spirit as we approach the winter of your time and let us work towards that rejuvenation of Spirit, in order that we can learn more on what I have to bring you in time to come. My blessings are with you all and now I will take my leave. (*Thanks + farewells*)

~23rd October 2000~

Good evening. (*Welcomes*)

I have begun this time more slowly, because the instrument has small problem with her throat and I have been attending to it. Perhaps my dear friends this is an opportune moment to tell you that from our world at this moment of time, there is coming to your world many, many great advances within your medical world. Many of your so-called diseases of the Earth plane you know full well to be activated by mankind himself, but also you know and understand that most of mankind is looking towards medical people for help. This is, of course, offered by the people known to you as doctors, but also you know that it comes through those known to us as healers. Many of your doctors have the healing gift and through these people we are now working from our world with them in order that mankind not only has spiritual health, but earthly health also. Because by now my dear friends, you would understand that until the Spirit is touched there can be no health problems solved. You know and understand my dear friends that disease is the *dis-ease* of all bodies, the earthly, the etheric and the spiritual, but as I have said, mankind in general relies upon earthly doctors for their so-called cures of disease. To this end we are working in order that bodily needs be satisfied, but also that the healers within your earthly world can create for many people the opportunity to grow and understand themselves as whole beings. What I would wish to say this time—and this also applies to the instrument I use at this moment—that it is

good to give of oneself, indeed it is admirable to give of oneself to others—to give of the Spirit to the Spirit—but it is foolish to give of oneself and not to look after the Spirit and body of that same being. Do you understand what I say to you my dear friends? (*Affirmed*) It is admirable to give, of course, and that is what love is all about, but you must look after your own Spirit, your own development and only then can you *give* love and help to *others*. Not only are there many advances being made within the medical world—it will come to light soon in your world the many advances being made—but great strides also are being made in communication with all of your electrical equipments. I have broached this subject before I believe with you, but now we are beginning to see the results of our labour with mankind and there are many within your world who now have very good communication with others from our world.

Lilian: So would this be all over our planet?

Of course, there is no *one* place which has the attention more than any other. All races, all manner of people are finding that their use of equipment is being used in the best way that it can. It will become more widely known, but remember that I have told you so. There also comes from our world at this time, and there is a great surge of love towards this mission upon your Earth, and that is one of raising consciousness among all people on the Earth planet. I can hear you say, '*But has this not already taken place?*' Of course it has, it is an on-going thing, but at this particular time in your consciousness, in your Earth consciousness, there is an upsurge of understanding, of great seeking of knowledge.

Lilian: I think perhaps especially in the younger people.

Yes, in all areas of living, in all people, in all of mankind on this planet. We are working on many areas of living. We are trying to achieve to be emissaries of that Great Divine Love, to bring to you understanding, reasoning, hope, all of these things which are necessary for the Spirit to evolve upon this planet.

Lilian: We are very privileged that you tell us these things before they come into fruition.

Yes. Many times we have attempted within your world to bring greater knowledge, many times have we attempted to bring mankind closer together, but always there is strife, there is unrest, there is this power struggle—man between man—but I can now say that we are beginning to make great strides upon your planet and although I can hear you say, '*But it seems very slow*', in your time, yes I would probably agree with you my dear friends, but, as you know, *time* in our world means so little that these great strides being made now are happening quite quickly. Are there any questions anyone would ask of me this time?

Sara: Last night on television there was a programme about a lady who claims to live on light—on prana. Can you confirm whether this is possible or not, whether the lady is in fact genuine?

I understand what you say. Those of you who are clothed in earthly garb, have to survive with a physical body. In order for that Spirit to survive within that earthly body, the soul would have to use that body wisely and, although many people would claim to be able to survive on what you call '*life*', I would say to you that it would be impossible, unless that soul has existed before and has come to this lifetime with a particular purpose in doing so. After all, your earthly body needs what you call water to survive. There are I would say, a very few masters in your world who could survive for some time, but not all of your earthly time without sustenance. Does that answer your question?

Sara: Yes, thank you.

What happens, if I may continue, that when the body is deprived of earthly food, earthly water, that is what is needed to sustain the body, the soul then retracts and you become aware—you are in a higher state of consciousness, and many people attempt this in your world. That is no bad thing of course, but the soul has to return to the earthly body to survive upon your earthly planet, therefore it is not wise to neglect the human body for too long. If, indeed, that lady you have mentioned has succeeded for so long, she risks the health of the bodily overcoat and she may find that her lifetime expires more quickly than indeed it should do.

George: The nature of time still keeps coming up. (**Yes**) We call it linear time that we experience on the physical Earth (**Yes**) and it is different in Spirit. Does this mean that when the soul requires further physical experience, that it is free to choose that experience from any part of Earth's history or does the soul need to take account of earthly time sequence?

No, not in the manner that you mean. Of course, the soul is much more aware of earthly time and all that happens upon your Earth. Remember that when you leave this world, all becomes much more clear to the soul, but they are not *governed* in the same way as the human being is upon this Earth. But the awareness of course is there and they can utilize it for their own means. Is that helpful to you? Remember the Spirit does not return to your linear time, it is *part* of it. Can you understand? I know we have not gone into *time* too deeply, because I feel my dear friends, it is a subject that very few can understand until you discard the human form. (Thank you.)

Lilian: So we should be content until we join Spirit, maybe.

I do not say content, of course it is helpful to question sometimes, but what I do say to you is that my explanation to you would be limited because of your understanding.

(Lilian then asked individuals if they had any more questions)

I have to say my dear friends that when I leave you that I oft times am quite amazed by your conversations, because you often seem to find the questions when I have left you! *(Chuckles)*

George: This relates to the elemental beings that you talked to us about and to our agriculture and gardening. Probably the most widespread fault we have is using chemicals to get rid of slugs. These seem to present a great problem. It may be that there is a problem, because we have upset the balance of nature. It seems very hard on the slug to treat it with chemicals. Is this a problem to the elemental folk? **(Yes)** Are we right to see this as a spiritual problem?

Yes, I understand the question. Yes mankind has interfered in all areas of what you term nature, but mankind is beginning to realize that it is far better to return to more natural ways. Yes, the elementals, as you have said, would find the use of chemicals abhorrent. You will find the beauty in nature in areas where there are not chemicals used, where mankind has had little to do with it. Therefore that is why, mountains, woodlands, streams are much more beautiful places and where you are much more likely to encounter the elementals. So, I would say to you my dear friend, that until mankind realizes— because after all this planet has been provided with—how can I say to you—any problems that arise also has a cure—not only with mankind, but with nature. It takes but a little thought on the part of the human being, it takes much prayer and thought for those who govern your countries, to understand the seriousness of all that they allow to happen. That is why it is imperative my dear friends, that each one of you in your quest for knowledge and truth, seeks thoughts for all of this planet in order that only good emerges.

George: And as you say, the growing awareness is so very important.

Spiritual awareness is indeed what is necessary for all to be turned completely around, for man to understand his place in the scheme of life, in order that harmony returns not only to mankind, but to all natural things.

Lilian: There is just one other person who would perhaps like to come as a guest for one evening—my daughter-in-law. Would that be alright to invite her along sometime?

If, as I have said, all are happy with invited guests, then I see no reason. If I were to find any reason why, then I will tell you, but no, I am happy to welcome anyone who has genuine interest or knowledge or seeks truth.

Sara: Could I ask a question about auras? **(Yes)** It is about the main colours in Graham's *(Sara's husband)* and my own auras. I have never been told in this group and I would be interested if you don't mind.

I will listen to your question, yes.

Sara: It is really just to ask what are the main colours of our auras?

I have spoken about auras before and you do not have static colour within the aura. You have to understand that aura changes. It is but a light that reflects many aspects of your being. It contains your spiritual growth, it contains your medical health, it contains your emotional state; therefore there can be no true colours which remain at all times. This again has to be understood by people who deal with the aura. It is a reflection of the spiritual being at any one given time.

Sara: Because there are lots of books written by people who say that there are one or two major life colours **(Yes)** and I was a little unsure about that.

Yes. The only life colour which would be given I suppose, would be that of spiritual growth, but again, being human beings, being subject to emotional changes, will alter those colours. So be careful with those who give you readings, unless they fully understand the true and real nature of the aura. Is that helpful to you?

Sara: Yes, that is very helpful, thank you. So we can be any colour?

It changes from moment to moment. It would apply only to the time of what you call the reading. It is not a lifetime of colour. I would suggest perhaps that they are helpful in as much as they can show any problem areas within your living and it would perhaps give you the opportunity to grow from that.

Graham: Could I ask a question about auras? I don't really understand the nature of the light associated with an aura. Is it a physical light or is it some other type of light?

It is a spiritual light, but it can be seen usually by spiritual consciousness. All physical things have an aura, all living things, but it is spiritual light which is seen.

Graham: There was a photograph taken when we went to a reading once and that was very interesting, but again I wondered how that would work, because I guessed that it might be spiritual light and how a camera would take a photograph that is spiritual. Is this possible?

Of course, yes. Physical *can* capture the spiritual light. It has happened many times with cameras, where spiritual beings are seen. Remember all things are energy and perhaps then the understanding is made a little easier for you—but the light is spiritual. (Thank you.)

I feel for this time we have spoken enough and that I will withdraw from you, leaving you once more with my great love, and until we come together once more, I say to you all my dear friends, seek out that truth within yourselves, know that all things are possible with you and that I am always close by. (Thanks + farewells)

~13th November 2000~

Good evening. (Welcomes)

Thank you my dear friends for the love which you bring to us this time. I feel amongst you jubilation and some despondency. Throughout this time we will work with each one of you individually, in order that each one is uplifted in the way which is necessary to them. I know some of you have pondered the words I gave to you about the slowing down of nature in your surroundings and my suggestions to you that you try to accomplish something similar. Have any of you questions for me regarding what we have spoken about?

Lilian: I have certainly thought about it and thought what a sensible idea.

But do you fully understand why?

Lilian: Not really. Does anyone understand why?

Mark: Only superficial things like the weather is colder, there is less sunlight and we get less energy from there. It looks like there is less vibrancy in nature: the leaves are dropping from the trees and rotting and we haven't got quite such vibrant green around and colours from flowers, so there is a bit less upliftment from scenery perhaps.

Yes and do you remember my words about why this happens that in disintegrating it is the step towards rejuvenation? Can any of you see this process from a spiritual viewpoint?

Sara: Yes, I see it in our lives and I see it in the lives of others that the old has to fall away for the new growth to come through. I see it in nature and I see it in the changes in our lives.

Yes. Can you also see the purpose of why I should ask you to find that common bond between yourselves and what you term *nature*? Yes, you have the understanding of the physical means and the physical ageing of the body, but cannot you see the correlation between human and nature, in as much as each is part of the other? Can any one of you begin to understand?

Mark: I see now that you begin to make a renewed effort in spring to come out of the slumber of winter together with the flowers pushing up, I can see the parallel there. And then you feel in a summer flow almost, your energy is higher and you feel lighter and you do feel more vibrant in a way.

Yes, and why should this be, but only that the Spirit has been uplifted and rested. But again because mankind has freewill, he is sometimes afraid to let go and slow down in order that the Spirit be rekindled may I say. What I wish you to understand my dear friend, is this from the spiritual viewpoint: *Physical* aspect you fully understand, but what I would wish for you is that now you begin to *see* yourselves, to elevate yourselves above all things physical and become part of what you term *nature*. Only in this way will your understanding grow, will your understanding be such that you become part of the whole. Do you understand? I do not feel that you do, but perhaps if it is a little difficult, I will return to this topic at another stage.

Sarah: It is a *blending* of us and nature isn't it?

Yes! You may well say I understand, I know what it is about, but until you come to the state of *blending* as you say, you will not fully understand *how* nature truly works within your own world. After all, are you not part of this human nature? Why then does humankind find it so difficult to become of the whole? This my dear friends is what I would ask you now at this stage of your awareness, to take on board and to consider, each one of you in your own individual way, to discover what you can *give* and what you can *receive*. This is a spiritual task for you all my dear friends and as we come to this time of slowing down within your world, I ask you to take hold of your thinking and discover for yourselves what you are about at this special time of raised consciousness.

George: I have read about people in the Buddhist philosophy who would sit beneath a tree and think about a plant or a bud and they would almost become that bud. Their consciousness would seem to take on the consciousness of the plant.

That is precisely what I would wish for you all to achieve. When awareness is such, then you *are* part of the tree, you have the understanding of the tree, of the flower, of the bud. It takes much of your time, of your thinking, of your understanding to reach these stages of development, but my dear friends you *have* that power within yourselves, but only you have that within you to do these things. I can try to encourage, to uplift and to help you, but if you do not use that freewill, then you become static in your growth and this we do not wish for you. Think carefully my dear friends. I have been leading you up to this moment if you like, by speaking to you about the nature beings. There was a purpose for those discussions in order that each one of you could become a little more aware about of who and what you are.

Lilian: So it would help us to be in the quiet places where there are trees and water, would it?

Of course any time spent in quietness can only enhance your awareness. It is the way forward for humankind, until they reach such a state as the gentleman has just discussed. It is but practise, dedication and understanding. Does anyone have questions, please?

Lilian: I went for a walk the other day with the water, trees and the air, and I was thinking of these creatures, but I didn't see any I must say, but I was aware that they must be there.

Yes, any awareness can only be good for the Spirit, but it is all too easy sometimes when we have discussed these many things for each one of you to return to your earthly lives and forget what has been spoken to you. Forgive me my dear friends if I continue to remind you, but can you see that all of these creations and nature beings and yourself belong to one energy? (Yes) All that is needed is for the knowledge and the understanding and the utilization of that understanding to help you forward in your own growth. You understand? I think we will leave it here for this time, but I have promised you that I will speak to you about Angels, but I feel that perhaps until our new year in your world, that will be the time to speak further about this topic. I would like you my dear friends to consider what we have spoken about at this time. So, if you have any questions about anything other than what we have discussed, I am willing to answer them for you.

Sarah: When you said that we humans made the Earth because we needed it, when it was made was it perfect and then have we gone astray or was it slightly imperfect in the beginning and we are trying to make it perfect. I don't quite understand.

Yes, let me say this to you, that universal laws are always perfect in their planning—that is the first thing you must understand. But of course you know that this planet is an imperfect world, and so it was

meant to be, because those Spirits who come to the lifetimes upon this planet, do so for growth—that is why. But the plan for this planet was *perfect*. So, yes, the answer is both perfect and imperfect. Does that make sense to you?

Sarah: Yes, the plan was perfect, but in actual fact it did not turn out to be perfect.

Yes—no, no, no, no, no, your understanding is wrong. Natural law is always perfect, but this planet was provided for humankind with all its imperfections in order for the Spirit to grow. That is why mankind was given freewill in order that it be used to create perfection. Do you understand? (Yes) But remember all universal law is perfect.

Sarah: So the animals that are on the Earth, they are also here to learn, but they seem to be more perfect than we are. Is that correct?

Do you know this?

Sarah: No, but I just feel that their life is more ordered—I do see some things in nature with the animals that perhaps I don't think is very good, for example, some monkeys eat other monkeys, but generally they seem to be more ordered and they don't seem to have such a nasty streak in them as some of us, perhaps. **Yes, mankind has always been puzzled by the happenings within this planet—that is not for them to judge. All has been planned and of course mankind over time has lost his spiritual attributes to a great degree and has created upon this planet much that should not have happened. These things have happened because mankind has freewill. The animal kingdom in all its stages also is evolving. This is a planet for evolving, this is a planet of learning, this is a planet that because of man's thinking, has become one of much disruption and disease, regrets and all other human failings. That is not to say that the universal plan for this planet was wrong, only that humankind has abused those laws. But all works well. Mankind has to learn and *is* learning at a very fast rate, that he is responsible for the upkeep of this earthly planet—that knowledge is becoming more widely known. But yes, it is an imperfect place, but I would say to you this my dear friend, it is not for you to judge. As I have said to you so often, you do not see the wider scheme of life. I know that it is difficult to understand, but so often my dear friends you torture yourselves with many things that you cannot change. And let me reiterate for you that the best you can do is to send your thoughts for good; in that way not only are you growing, but you are helping all of mankind. Is that helpful to you? (Affirmed)**

Graham: Is it possible to encourage plants and trees to grow by communicating or attempting to communicate with them. We used to have a cherry tree in our garden and our neighbour, who was a dear old lady, used to communicate and talk to that tree every day; she felt she had a relationship with that tree and the tree grew better as a result of this. Is this true?

Why—you are continuing with what we have been discussing. That dear lady, as you call her, had an awareness that the tree would blossom from the love that she gave to it. If she were to go one step further she would be part of the tree and the tree would blossom as she herself would. It is an exchange of energy and love. So therefore, of course plants, animals and all of vegetable life respond to love. That is your key word for all of living, *Love*.

Graham: Yes, very interesting to hear you say that, thank you.

Sara: A lady I know who is advanced in years was surprised and delighted to find that she had a Spirit friend talking to her and helping her in practical ways. Is this quite unusual?

Let me say this to you, that as we have discussed before, children are aware of what you call *spiritual friends*, as are all mediums and those who give of their selves and their time. In some individuals who get to what you call *earthly elderly age*, they are reaching out to Spirit life, if you like. They are closer to our world than they are at times to this Earth. Therefore the opportunity is open to those who stand close by and who probably have been with her for many of her earthly years, but she would have been unaware of them. I would say to you that this lady has now reached the stage where her awareness is open, where her vision is clearer and therefore contact is easier. I would say to you that she is now probably closer to our world than your own. Is that helpful to you? (Yes, thank you.)

Lilian: Paul, do you have any questions about your travels?

Paul: No, not at the moment, thanks.

He needs no questions. He knows we travel with him. (Thank you.)

Sarah: You were talking about our medical advances and there was a programme on the TV recently talking about such advances. There was a programme about the Icelandic people who can trace their ancestors right back to the Vikings. Many suffer from cancer and they can trace back generations showing the deformed gene they all have. You said to us that we create the diseases we have in past lives or in our own life. If people come back with a defective gene, do we trigger off the problem with the disease whilst we are here by what we are doing now and can these people avert getting cancer even though they have a deformed gene by the way they are living today?

Yes, I understand your question. Yes, let me say this to you: In situations as you have discussed, these are of course *karmic debts*; you all understand that term I know. But of course you know that the power of thought that is given to each one of you when you come into this incarnation, is entirely your own responsibility. Therefore I would say this to you, that although this group of people have come to this lifetime with what you call a *deformed gene* and I would call a spiritual debt, people *have* the ability to change their lives and rid themselves of spiritual debt. That would explain why not every single one of them would trigger off the disease. The way they live their life will dictate whether that disease becomes ripe and vigorous, or whether it can be changed. Let me say to you my dear friends, that each one of you has the ability to change the very cells within your body. It is not easy I know, but you have the power each one of you, to change it.

Sarah: And would that mean that if we come with a spiritual debt we can rid the soul of that debt in this lifetime?

Of course, but again it belongs to you and to you alone, but with the help of the many you call *healers*, who are here to help and to advise you and to bring to you that touch of spiritual light, which is needed for you to dispel that spiritual debt.

Sarah: So that would be probably one of the reasons why they would come back, to rid themselves of that spiritual debt?

Yes, as a people they would have chosen that life. Is that helpful?

Sarah: Yes, thank you very much.

I think for this time my dear friends, there is much for you to consider. I thank you for inviting me into your lives. I hope that I have given you some new food for thought, as you say. (*Affirmed + thanks*) I leave you now my dear friends in the knowledge that each one of you will leave here feeling a little more uplifted and I hope with a little more purpose in your lives, a little more understanding of all that surrounds you. (*Thanks + farewells*)

~20th November 2000~

Good evening. (*Welcomes*)

This time my dear friends, we extend warm welcome to those who come to us for the first time. They are not unaware of spiritual matters, therefore I can speak with you my dear friends in a manner fitting to this group. I would like to say this time that within this planet many things are happening, many thought structures are taking place within your world. I have spoken to you recently about the world of nature which is around you, we have discussed the dying down and the rejuvenation of all manner of things. I would like to say this to you my dear friends, that within your world at this time, the awareness which is among you, the awareness of all that surrounds you, the awareness of your own nature is coming to the fore. You will say, I can hear, '*But why do we have so much destruction, devastation in our lives?*' Remember my words, that before there is rejuvenation, there is always a dying down. So too, this applies to humankind, and I can tell you my dear friends that humankind is beginning to see with those spiritual eyes and not with physical and materialistic ones. I have told you that many in your world will benefit from new medical knowledge, which of course you know originates in our world. So, too, will new knowledge extend throughout this planet, in order that mankind can benefit from all that he is given. There are many with you upon this Earth plane, who have come to uplift, to help and to restore harmony to this planet. They are not without difficulties, of course, and we cannot change the power of

your thinking in such a short space of time, but I have told you, and I will reiterate again for you, that this time mankind cannot ignore truth. He *is* beginning to understand, he *is* beginning to see that you are part of the whole. You are not separated from the rest of all of Creation. Until that is fully understood, we will always have what you call disasters upon this Earth plane. I do not wish to give new information this time, I will wait until we are gathered in with all of those who come to us on a regular basis. So therefore I feel it may be apt this time, to allow you all to ask of me those questions that you may have, questions as you always know of a philosophical nature, because I will just say gently to those who come to us this evening, that my purpose here with you is not to answer on any personal level, because there are many within your world who are here for just such a reason as that. Therefore my dear friends, if you would like to discuss anything this time, let us begin.

Peter: Is it possible to ask a question on healing, healing energies. (Yes) Why is that those with mental illnesses—it always seems harder to improve the situation with people who have mental illnesses than it is with more physical disability. I can understand energies vary and are used for various levels within the being of a person, but it always seems to me that when I try to improve a situation as a mental illness that I am up against the same thing—it's just to '*calm the mind*', which seems to be as far as I can go. If there is a chemical imbalance and there is a shortage of a certain chemical, I can appreciate that it may be difficult to make up that through the healing or the healing energies, but why is it that we can't make any lasting improvements where mental illness is concerned?

Yes, I understand your question. Firstly let me say my dear friend that all of you that are used for healing, we say to you a large 'thank you', because without your help we would be less than helpful within your world, although you know full well that the touch is not necessary for healing to take place. Let me just say this to you: you must understand that healing comes from our world—it is Spirit to Spirit to Spirit. Therefore you must not become too concerned with the physical condition. What you do not understand *fully* is that it is the *Spirit* which is being helped—you know this of course. (Yes) Yes, it is not always possible for physical healing as you would say, to take place, until the Spirit has been touched. That is the object of healing, you understand this? (Yes) You must also remember, that although you are the channel for any healing, *you* are not responsible for the outcome. Remember also that the person who comes to you, is in fact the one who has the greatest responsibility. Therefore when it comes to what you call mental blockages, these people sometimes come to this life, knowing exactly what they need to achieve. Therefore it is paramount that you encourage whoever comes to you with any mental blockages, encourage them to understand fully what they are about. You, my dear friend can only be used as the channel, and the best that you can do is to do your best with those who work with you. Do not try to judge why one will have healing and why one will not.

Peter: No, I don't do that, I was just concerned that with people with mental illnesses, you cannot talk to them in the same way as obviously you would to someone who is *compos mentis*, so therefore regarding anything that is philosophical, which would help in a spiritual way would be wasted. It is just that with the healing energies, can they adjust the mental imbalance or imbalance of chemicals that are causing it?

Of course, because you see within our world our knowledge is fuller and greater. Therefore you cannot judge what is taking place within that being. Remember because you do not see the outward signs of healing, that does not mean that the Spirit is not touched. This is the difficulty that humankind has with healing. You must give of yourself, you must give *love*, you must allow those influences from our world to work through you; you cannot do better than that. I would say to you this my dear friend, that those who work with you (*Slight pause*)—yes, those who work with *you*, realize that there is a little difficulty when it comes to patients of this type. May I kindly say to you—and I do not say this unkindly—but the fault lies within yourself. Look inwards and then you will begin to understand. Do you understand what I say to you?

Peter: Yes I do, I know what you mean. Thank you.

Think, go inwards and you will find the answers, but I would say this to you my dear friend, you cannot alter what is meant to be. I know when those of you that are used for the healing energy, you find it difficult when those who come to you do not respond quickly. But let me say only this to you my dear

friend, that only those who are meant to come to you will, and do you not see that those who come to you, come not to you for their benefit just, but also for your own soul's growth. (Yes) Can you see this? There is always a deeper purpose to all things. Does that satisfy you my dear friend?

Peter: Yes, I think I overlook things in my enthusiasm to try to improve the situation and one forgets...

Yes, you feel it deeply I know, but what you must do is to begin to look at it from the wider viewpoint. Look upon it as a spiritual problem and not one of the material world and this I know you can do. (Thank you.)

Graham: I think this is probably something you've touched on before and it was about personality and how children from the same parents can be so very different. I understand that part of each person's soul is coming through into the physical body, but the personality we have, is this something that is part of our soul or is it something that is engineered to help us with our life path and we have a particular personality to help us fulfil just our life path, so it is an artificial thing that is set up?

Yes, I understand. When you speak of personality, personality I would suggest belongs to the physical. Spirit comes to this world—as you know, it has chosen the pathway that it intends to take, not because of the people that it will be surrounded by, but because of the conditions which can be made for that lifetime. You understand? But when the Spirit joins forces with the two other human beings, then that personality is formed from the beginning in the material sense. What I think you mean, is does the Spirit bring with it anything from our world and of course the answer is yes. But personality I believe belongs to this world. Many factors form and kneed that Spirit in the human form. After all, you are both Spirit and you are human; there has to be a balance. But of course that Spirit brings with it many aspects of spiritual life, any memories which help to form what you call personality, but which in fact is not to the forefront of that human being's life to begin with. But many aspects of Spirit come forward as that person grows in knowledge and understanding. Do you understand? (Yes) There is no *one* straightforward answer to this—many factors are important. (Thank you.)

Paul: I had a question about animals that become extinct. Is it possible for any to be recreated?

No, you cannot change the scheme of life. If animals have become extinct upon this planet, there has been a good reason for it. We might say it has been the interference of mankind, but there is plan, there is a life plan for all of living and if these animals have become extinct, then there is no reason for them to return. This is a difficult subject for you to understand I believe, because we know that mankind has interfered so much within your world. But what you must try to understand is that these thing would not occur if the plan was not perfect in a way in allowing it to happen. Can you understand this my dear friend? It is difficult I know, but what would be the purpose in allowing an animal to return to this world once all signs and life of it have been extinguished?

Paul: Yeah, I think I understand. It is having faith in the perfect plan.

The perfect plan and after all it is part of this earthly world's evolution. Remember too that this planet has evolution and the life structure of it cannot be altered. Man can interfere, man can change, but it cannot change the overall plan of evolution. Does this make sense to you? (Yes) I know my dear friends that many of the things I tell you are difficult to understand or accept, but that is my purpose in trying to help you to accept and understand these things.

Jane: Can I approach the question of global warming, which I am sure concerns everyone in this room and is that going to be our pathway in the evolution of things that you have just described. Is this planet going to destroy itself and can we intervene as governments around this world anticipate they will have to do?

I will speak briefly to you my dear friend. This has been discussed at some length with those of us who meet. Yes, mankind has interfered in this world on this planet, but as I have had said earlier, there is a new awakening and mankind is now at this moment in this Earth's evolution, aware of the danger and the damage which they have created. Mankind, I can tell you categorically, will *not* destroy this planet, will not destroy this planet. Mankind has reached the point, when he is aware and beginning to understand, with the help of all of *you* and many people like you, who give of their time, their thoughts, to help this planet to a new beginning. All is known; all always has been, always will be. This aspect of time is a subject which mankind finds most difficult to understand, but I can tell you, all of you, that

mankind does not have the power of destruction over all of this planet. (Thank you.) Do we have more questions, please?

Peter: One of the things I have asked Spirit in the past, was whether there was destruction on a very large scale way back in time. There are various stories that have cropped up relating to floods and fire, and maybe atomic, I don't know. I was given to understand that there was such a thing, whether it was destroying the whole planet was not discussed, but whole-scale destruction did take place except for perhaps a few people who started up again or kept the race going.

Yes, let me say this to you. Much has been spoken about this planet, about destruction, about rejuvenation and many, many things. What you must understand is that mankind in past times has been destructive, we cannot deny that. We cannot deny, as the lady has previously said, about what you Earth beings call global warming; all of these things takes place. But what you must also consider, and it is just as important, is that this planet has a life-plan also, that the planet is evolving, that there will be natural disasters, not attributed to mankind, but to the evolution of the planet. You know I am sure my dear friend, the power of what you call nature and its forces. There will always be what mankind terms disaster and which my dear friends and I have discussed—who is to say what is a disaster? Who knows the purpose behind all life? Only those with extended knowledge in our world can know the full scale of what is happening within your planet. You speak of a small number of people who continued within this world, after so many disasters I believe this is what you said; if those disasters happened, then I would say to you my dear friend, that was part of the evolution of this planet.

Peter: So it is possible if there was such a thing then, it wasn't created by man, it could have been a natural happening or phenomenon?

Yes, but you have to accept that mankind has been destructive in his thinking. I am not saying that mankind did not play a part—of course he has, and throughout the whole existence of this planet there have been many changes—the extinction of many of the animals as the gentleman has said, has been down to forces beyond mankind's control, but all works towards the evolution of this planet. What mankind has to realize is that he is but a small part of this Earth. Forces of nature must play their part as does mankind. Again I would say to you, when you think my dear friends about these many matters, try to see it from a spiritual point of view. Do not view these things from the thinking, the human thinking of the human being, because then you become lost in the many aspects of earthly living, which will only confuse you. I would suggest again my dear friend, to continue to ask those who come close to you, to give you some explanation if you are unclear. But I will say to you this as I have told my dear friends here, that in accordance to the growth of Spirit, that is the information you will be given. You must know also that there are many in the Spirit world, who have less spiritual knowledge than you would do yourself, therefore what you must try to know and understand is that there are many degrees of knowledge and understanding. That is why it would seem so many pieces of advice given, which seem to contradict. You must remember that who brings you the information can only give you the knowledge that they have gained. But again I say to you, my dear friend, look inward, know and understanding what comes from within.

Peter: Yes, I realize that. Over the many years the awareness increases (**Yes**) alongside with the knowledge, but I get to the point sometimes—should I be asking questions on such deep philosophy? Is it going to do me any good or can I help anyone else with it? I think, as you said, according to the need really, therefore one should absorb the knowledge. If I told people about things that happened millions of years ago it wouldn't help them to sort out the emotional problem that they have today, for instance.

No, but the knowledge would be for own good. There is no doubt that as awareness grows, and we are well aware of it within this room, that the more that is given, the more you need to understand, that each seed that is sown produces another seed of doubt, or a seed of knowledge to be gained. But yes, awareness grows—it should never stay at one point, because whilst you are upon this earthly plane, your knowledge, may I say in all kindness, is very limited. Therefore, the more knowledge you can gain, the more your understanding can grow, the more you listen to those who come close to you, then the greater that Spirit will shine forth and the more that people will be attracted to you and then you can

extend that knowledge that you have to others. Only, my dear friends, when you understand yourselves, can you begin to understand others. This I have told you many times and I have told you also, as many of you here know and understand, that what I try to teach and bring to you is the power of your own thinking, the *Power of Thought* is what is the most powerful asset you have, because Thought belongs to Spirit. You all understand this, don't you? (*Agreed*) If there are no more questions this time, I will leave you and allow any others who wish to speak to come to you. I say to you my dear friends, I leave you with my love. I ask that each one of you have upliftment in your lives that each one of you goes forward in your understanding and with great love. (*Thanks + farewells*)

One followed through Sue, commenting on the energies in the room and how the new guests had added well to the mix and that they were very welcome to sit in the circle again if they wished to do so.

~4th December 2000~

Good evening. (*Welcomes*)

This time let us begin by giving thanks to that Divine Energy for this union. For this coming together this time we ask for upliftment in our daily living in order that we continue with the work and words which are given to each one of you. I feel my dear friends that each one of you in your own way is in need of some upliftment at this time. So I say to you that, as you leave us this time, you will feel the benefit of our combined love. (*Thanks expressed*) We are approaching the season of goodwill within your world and I have spoken to you recently of the slowing down process, which affects all of your planet, especially in parts of the planet which you call your winter times. I have explained to you that these times are of importance to you all in order that there can be rejuvenation of the Spirit within all things. I say to you my dear friends, the time is approaching when I also must take leave from you for just a short time, in order that we may also find upliftment and rejuvenation of Spirit.

Lilian: Yes we understand.

We too gather within our world at these festival times and we do have the same counter-parts as in your world, in order that each of us can return to our own place, in order to record and to learn and to discuss what we have achieved and what we have not. Therefore, it is not a time of just withdrawing from you; there is a purpose. I will say this to you my dear friends: I will come to you one more time before I withdraw for a few of your meetings.

Lilian: Yes, we do understand.

I know you understand that communication with you entails many complicated issues—much lowering of consciousness and vibration. It is good that those of us who communicate with you upon this Earth on a regular basis, it is important that we return at least in part to that vibration to which we belong.

Again, because we are few in number, perhaps we will *give* of this time to discussion.

Sara: Can I ask about bullying with children. Sometimes I am not sure what to advise children when they are being bullied. Is it good to tell them to send loving thoughts for one thing? Can you advise?

Yes, my dear friend, let me say this to you. Always you are a little afraid of physical happenings within your world—that is because you are most sensitive and the more you become *aware* of our world and all that it holds, the more sensitive you become to the happenings in the physical realms. When you speak of loving thoughts, I hope that I have taught each one of you that loving thoughts are part of your makeup, are part of your creation. Therefore to teach children these things should not require much thinking. Every child from the age of understanding should be taught about the power of their thinking. They too can create for themselves much good or much sadness within their lives by the way of their thinking. But let me also say this to you my dear friend, you cannot protect your children from *life*. They must experience *all* of those experiences of life, in order for them to grow. And although as parents you find it difficult to stand back, you must do so. Unless you see any danger to that child, you must allow the child to evolve in his or her own ways. I know this is difficult to accept, but it is a failing on the part of the human being. Remember what I have told you: you cannot interfere in another's life. You can guide, you can help, you can uplift and most of all you can *encourage* and you can *listen*.

Sara: Yes, thank you that answers the question.

But encouragement to give of oneself should be encouraged, especially in the thinking. You know full well my dear friend that all powerful thoughts never fall by the wayside. This applies to the youngest of children, until such times you depart from this world. I would say to you, if you wish to help this child that you speak of, then you must encourage her not to be strong physically, not to be hurtful with words, because that is not the correct pathway, but to become stronger from within, to begin to know from inside their own strength and, after all, even children have that knowledge from within of what is right for them.

Sara: Yes, I think she is strong in Spirit, because I think she has a very strong sense of what is right, but she suffers sometimes.

Nothing that is achieved cannot be achieved without some suffering. I hope each one of you understands this, that to achieve greatness of Spirit, you must have suffered to some degree along life's pathway. I hope you understand this my dear friends. *(Affirmed)* So I say only to listen quietly, to help her if she asks you, but to give her the knowledge that she is strong from *within*. When that knowledge is gained, then it is seen from the physical aspect and she will be known by her light and her strength. She is capable of understanding.

Sara: Yes, thank you very much, that has clarified what I felt—

Be guided always, not only towards children, but in everyday living, be guided from within and you will find the way and the correct answers to your questions.

Mark: I read in a newspaper about an experienced pilot who was flying in an area known as the Bermuda Triangle and apparently he looked out of his window and he was not where he was meant to be—he was miles off course and he looked at his computer readings and they showed that he was flying at something like 2,200 feet and somehow he had got over a mountain range that was 3,000 feet high. I think the suggestion was that he had entered this special zone and he had somehow entered a field where the normal laws of physics that govern this planet—gravity and various things, had apparently disappeared and he had appeared in another area. I wonder if you could shed light on that?

Yes, there are in this earthly planet many areas where mankind would say it goes against the grain of understanding. This applies not only to this planet, but to many, many, many others. We enter into the realm of *time*, my dear friend, the subject which I have thus far discussed little with you, because I have always felt that your understanding is not great enough as of yet. I would say to you that yes, there is a *time 'warp'*, I believe you would say, in many areas of this planet. Yes, I am aware, as are many others, that these experiences are baffling to many.

Mark: If you were looking at that plane as it entered that zone, whether the plane to your eyes, would just disappear.

To your eyes it would disappear, because it has entered another dimension of *time*. To our eyes it is a natural occurrence, it happens at all times. It is the ignorance of mankind about the times zones and the dimension of time.

Mark: And in an instant that plane suddenly is somewhere else?

Yes, it is another dimension of time, it is not unusual from our side of life. The understanding is not always understood by many here, but it is a time dimension not as yet fully understood by people upon the planet.

Mark: And I would guess that those 'zones', whatever you call them—the people who know and the energies that know how to use them can do their space travel and get to all kinds of places just like that. Yes, the understanding of time dimension is a difficult one for you, but yes, as I have said, there are many areas in your world which hold these dimensions of time. It is not unusual, after all, how do you suppose the future is seen if it is not the entering of another time dimension? It is a little the same I would say to you, but slightly used differently by those who have the awareness and consciousness of seeing what is ahead. After all it has happened if you can see the future. Do you agree? *(Agreed)* It is just travelling to another dimension, whether it be with the spiritual mind, or whether physically travelling as you have said, into the time dimension which is encompassed within your planet. There are many, many of them, but as of yet little is known about them.

Mark: I understand that quite a lot of people have got lost in them, **(Yes)** so I would guess that they are not on their life path, that they weren't meant to be there and I wonder what happens to them?

You should not make assumptions my dear friend. Who are you to say that it was *not* their life path? You cannot say it was something that was not meant to happen; perhaps for them that was their exit from this way of life. It does not mean my dear friends that you go into another time dimension and disappear forever. There are many in this would who would be able to tell you that they have entered another time zone and have returned to tell the tale. Therefore I say to you my dear friend, do not make assumptions, do not judge. Is that helpful to you? (Yes) The experience of time travel, time zones and time dimensions—call it what you will, is a very difficult subject for us in our world to try to explain to you, because your understanding as of yet is not great enough, but it is something that causes great interest within your world and many are being inspired to understand and to take aboard all of the knowledge that is being offered to them.

Sarah: My mother once saw something that she saw happen in the morning, but in fact the occurrence did not take place until the afternoon. So she had actually entered a different time zone. **(Yes)** So could she enter this zone at any time if she were so able to? Why should she just have that one situation? Was she in an area with a different time zone or is she capable of doing it herself with a little more knowledge?

Yes, there is a difference between entering a time zone physically as the pilot that the gentleman spoke about, and entering a time dimension through the *mind*—that is the Spirit coming to the fore. Not only can you move forward, but you can go *backwards* in time. There are many who could tell you of this type of situation. Many people are afraid to speak of these things, because they are ridiculed many times, or they are afraid that their own sanity is at stake, but in cases such as you speak my dear friend, that is the mind of the Spirit, which at any particular time can be to the forefront of consciousness, that is all. (Thank you.)

Lilian: Last week, through the other medium, Sue, someone came through and said that this group that meets here on a Monday and the group that she's met in Reading would be connected somehow. I wonder if you could tell us how they could be connected. It was the group that Peter came from.

I am not aware of connection between these two groups. Let me say if the communicator felt some connection between these two groups, so be it, but I say to you my dear friend, I do not see the connection in any way spiritually, other than an interest in what each other does.

Lilian: I must say I didn't feel there was going to be a connection.

I cannot say more than that. That is what I know and feel. (Thank you.)

Sara: I am not sure if the subject has come up before, but I wondered if you could talk a little about homosexuality and sex changes. I am just wondering, these are obviously a part of our life and we love and accept all people. Is it part of their intended life plan, to have to change their sex? I know it is only a physical happening.

Yes, I have spoken on the subject before, but I will speak briefly this time. Yes, we have discussed why there should be this, shall we say maladjustment within the person, who feels that they are perhaps trapped in a body sometimes of the wrong sex. When you talk of homosexuality, I believe you call it, there are many reasons. Sometimes the Spirit is anxious to return to this planet for whatever purpose and will enter a physical body a little too soon. Do you understand what I say? (Affirmed) And this therefore causes some few problems within the physical makeup of that Spirit. There is confusion and the physical outcome can create many problems for them. But once that Spirit has entered the physical creation, then freewill takes over. There is no one really explanation to give you, there are many, but these people have suffered at the hands of mankind, when, after all, what is important, but that you all do love one another and provided there is no harm done to each other, then I would say to you my dear friends, accept with love all human beings, because they also are a spark of the Divine Energy and who are you to judge? (Agreed) Again we come to judgement and you must try my friends never to judge another, because you do not see the full picture of creation.

Mark: Would you say though that it's not right to say there's a genetic homosexual, as some people do try to say?

I would say that genetics has little to do with it, but I know and understand there is much dispute within your world. All I can say to you my dear friend, is that from the spiritual standpoint, it is an urgency of Spirit to be recreated into the physical, which creates this problem. Do you understand? (*Affirmed*) After all, I believe if you were to speak to a person of this nature, what would come mostly to the fore, would be the emotional makeup, rather than the physical makeup. Do you agree? (*Agreed*)

Lilian: At the end of the day, it's the spiritual side that's the important part.

Of course. To give love to others is of more importance. After all, there are many types of human being that tread this planet—many types of people. And after all, *gender* is but a small part of the physical makeup. (*Lilian asks the group if there are any more questions, which there are not*)

I will take my leave of you my dear friends. I thank you again for your love and your welcome, which as always I feel so strongly. I will withdraw and work quietly with this one (*Eileen*) for a short time.

Therefore I will leave it with you to see what else develops. (*Thanks + farewells*)

~11th December 2000~

Good evening. (*Welcomes*)

I would like to begin this time my dear friends—that also includes those who are absent from us this time: *I would like to give thanks to that great Divine Spirit for the many times we have come together in this one of your earthly years, which is slowly coming to a close. We give thanks for the joining together of those hearts, of those minds, of those Spirits, who have sought after knowledge and truth.*

My dear friends to you I thank you for the love and the welcome that has been extended to me each time we meet. I will return *home* for a short time, in order that I can recoup of spiritual energy, in order that I may return to you—if you will allow me to—(*Strong agreement*) in order that we can continue with any teaching of new knowledge, which you can find acceptable.

Lilian: Thank you for coming as regularly as you do and for the love that you bring and upliftment.

Without you I could not do the work that I do. Therefore I say to *you*, my dear friends, my thanks goes out to each one of you. Although there are some of you who are not aware of those who come close to you, let me say that they also thank you for your patience, your quiet gratitude and your willingness to go forward with truth. You go forward fearlessly and each one of you has expressed to many within your world, of the truth that you have learned. At this moment in time, I am asked to thank the gentleman who has completed many words in book form. We know how much time, how much effort this has been for him and those from my world have asked me to extend their many thanks to him.

George: Wonderful! Thank you very much. I think it is I who should be doing the thanking, because I really have been helped, I know and if it is convenient later, I would like to give my formal thanks to those who have been in touch.

Yes, *they* are not deserting you now; you have more work, my friend! You may not be fully aware at this present time, but those who gather around you, have seen the potential for issuing forth spiritual matters and we cannot, how can I say, let you go! (*Chuckles*)

Lilian: We're very lucky to have him in our group.

George: That is good to hear.

Although each of you have many separate lives, each one of you is important to this work. Each one of you has gone forth in your own particular way at every opportunity. You are given the opportunity many, many times, but in seeking those opportunities, you must make use of them, and I tell you my dear friends, each of you has achieved this many times over. As we come to close for this one of your earthly years, I ask you my dear friends to reflect upon the many subjects that we have discussed—and they are many. We have continued on many themes which have been discussed some time ago, but that is the purpose of teaching, that you continue to uphold what has been given and then to take the further step forward. My dear friends, your foothold in this work is steady and sure. As you approach your festivities in this world, I would ask of you my dear friends that you consider the joy of your little

children, that you find within your hearts, that love, that joy, that innocence and try to recapture some of it within yourselves. After all, why do you think children are so full of joy? It is because the Spirit is closer to our world for some good number of your years. Have any of you seen the joy that shines from a small child's eyes with wonderment of life, (*Agreed*) the joyousness of living and the wonderful way they have of pushing aside any small problem that they have? I would say to you this my dear friends: try to recapture some of that Spirit within yourselves over this holiday time. Not only do I say dear friends, reflect upon these things, but go inward and recapture what is truly you, recapture that honesty of Spirit, that joy of Spirit, that truth of Spirit and then, and only *then*, will you begin to understand what we are trying to achieve with you. Now, if you have questions for me before I depart, I will be only too happy to speak with you.

George: Would this be a convenient time for me to give thanks those who have helped me with my writing. I would very much like to do that. In fact I have a dim red light here and I would very much like to read a small acknowledgement which I have in the book if that is in order?

I would say only that those who are close with you know of your words, but for the purpose of the others, then we will be glad to hear them. If you will give me a few moments I will withdraw a little further in order that you may have a little more light, but please do give me just a few moments. (*Pause*)

George: I would like to say this—this is from the book. I acknowledge with thanks the writings of all those authors whose works are listed in the bibliography without which, this book would simply not have been possible. Those works embrace a great many subjects which I list, and I go on to say: Many of the writings have been inspired and my debt is therefore not confined just to Earth plane. In fact, in order to adequately research our connection to Spirit realm, I was drawn to sit in with a Spirit/healing circle; a most excellent circle that had already enjoyed several decades of dedicated work. I have continued to sit regularly during the six years of working on this book. My thanks to Leslie and all concerned. As a result of this I have found myself in the privileged position of being able to seek answers to certain questions or confirm information, through Spirit communication. (*All recorded and transcribed*) In this way it has been possible to make clearer statements on such puzzling topics as: the Tunguska event, the Noah's ark story, and a number of other items listed. I am therefore deeply indebted to many information sources, both in this world and the next. Now I would also like to say that I feel much more like an editor than an author, because I have received so much help. In the early days there were two psychic readings, in which a Siberian guide who was named Achinac Fervos, and my father came through and gave me some initial guidelines regarding the book. And then there is the work of Leslie of course, our old friend, and I hope that he has the awareness that this book has now been published and it includes the words, or some of the words, of a North American Indian gentleman named Long Shadow and people who Salumet has very nicely organized to come through for us: Mary Stuart, Sophia known as Catherine the Great, a Light Escort Edwin, who talked to us about prayer and one who talked to us about the bible code. And then there is of course Salumet, to whom I feel very much indebted and, in thanking Salumet, I realize I am thanking the whole diamond and the logo that is on the jacket of this book is enclosed in a little diamond in token of that. I hope that his book represents a first step and will be a first step to publishing further teachings. Thank you, thank you, thank you. I apologize for the light that may have been a little bright, sorry about that.

Thank you. Would it interest you to know, my dear friend that all of those peoples you have given thanks to were able to see your words in print before it happened on the Earth plane? (Ah!) So, you see, perhaps we had the advantage over you! (*Chuckles*) But I am to tell you that your thanks has been accepted and you will be encompassed with much love as you continue.

George: I'm pleased my thanks has been accepted—wonderful.

Remember, all things that exist within your planet has its counterpart in our world. Your words of wisdom and truth will be placed with many others by those of *us* who have guided and inspired you. We know at some stages of your combining these words, that there were a few doubts—but not for long. We uplifted and upheld, we knew that the truth would come forth; that is why and that has been the purpose of your joining this group, that these words would be know. People will accept or they will deny

them, but you can have no control over that, my dear friend. You have done the task that we had set for you and again we say to you, many thanks.

George: Thank you—that is a two-way thank you.

We can do many things from our world, but we do need the human element and the instrument to bring forth into the physical world all that we say. Let that divinity within you continue to grow. That is my word to you my dear friend.

Lilian: Will you take any more questions?

If you have more questions, I will be happy to take them.

Mark: I read a newspaper article about a lot of UFO activity off the Puerto Rican coast, where the ocean is supposed to be at its deepest apparently and fishermen have reported having UFOs flying under their boats—well flying/swimming under their boats. They say that the fishermen were trying to poke them with their oars and when they touched where they thought they were, the luminosity went from the space ships and when they pulled their oars up again, the luminosity came back and I wondered what was going on there, whether it was some kind of a clue or whether they were having fun with the fishermen.

Yes, you seem to have some interest with the water element in your world. Yes, you know and I have told you that there are many, many other forms of life and yes, there are travellers from other worlds, who have come to this planet. What you must remember is that their knowledge of energy is far greater than yours and, without knowing for sure, I would say that they were having a little fun with the humans involved. The luminosity is nothing more than energy and their control, as I have said, is far superior to humankind on this planet. Therefore they can produce many things, which to humankind would seem unbelievable. That is an aspect of their living that we will discuss at a further time, but it should suffice you to know that their visitations do exist. There are many ways of entry into this solar system, therefore my answer to you, if this was a genuine visitation from other planets, then they probably were having some fun. We will make some time for further discussion of this, when I return to you. We have many topics that we have to continue with and that will be our objective when I return to you in your new earthly year. Therefore in your quiet time my dear friends, I would suggest you think of your questions for me. We must go forward with knowledge and I will endeavour as much as I am allowed to, to give you a little more information which is understandable to you, but of course always we are held back by earthly words and the lack of psychic understanding on your part. But there is much we will discuss.

George: There seems to be a very long tradition of reincarnation where the Dalai Lama is concerned (Yes) and it would seem to indicate that he is a very good man, who has reincarnated repeatedly (Yes) to teach. Are you able to confirm this or would you wish to comment on it?

Yes, I have told you there are many Masters who walk this planet, and let us firstly say this to you: that those who have attained such knowledge have the ability to realize and understand spiritual ways. The gentleman you speak of has indeed reincarnated many, many times, in order that the teaching may continue. It is in fact, many different aspects of his soul; it is not the same aspect each time—of course, that would make little sense, would it not? (Yes) But it is felt that when one has reached such attunement between the physical world and our world, that that attunement must continue for the benefit of all who come into contact with him and of course for his own soul's growth. Do not doubt that by whichever name he reincarnates with, it is still many aspects of the one soul.

George: Yes, so all the reincarnations would have a similar energy?

Yes, that soul has chosen that pathway and there is always a reason—perfect law is always followed, yes. Does that help you? (Yes, thank you.) Before that Spirit reincarnates, it already knows the task and the length of time which will be spent in your world. The one you speak of is indeed truly spiritual.

George: Yes, it appeared to me that he was different in the large number of reincarnations that have taken place. (Yes) Thank you for your explanation.

Lilian: The lady that you are using, (*Eileen*) before she came back to the physical life, her life plan she would have realized and been told that she would blend or whatever with you for the teachings that you bring? **She would have no knowledge of that once she had reincarnated, but it would have been discussed.**

Lilian: Before she came?

Yes, but she would have no memory of it. Is that helpful to you? (Yes, thank you.)

You must realize that there are cases of people being used by people from our world without their knowledge; this is something different. Most cases of mediums or people being 'overshadowed' shall we say, have known before they come that this is part of their life plan, although mainly unknown to them in the physical. (Yes, thank you.)

I will say only my dear friends that as I take my leave from you this time, how deeply touched I have been to have joined with you on so many of your occasions, that you have listened with quiet appreciation, with acceptance and knowledge and deep thinking, that you have taken the words of truth and spread them throughout your areas of living, varied as they may be and that between you, you have sown many seeds of truth. For this you cannot know how much it has helped your own growth, but I am happy to say to you that you do shine as beacons. You have filled the lives of others with those seeds and for this we must be eternally grateful to each one. I will take my leave my dear friends until such time as we meet again. (Thanks + farewells)

~15th January 2001~

No Salumet this week, but there was one of interest through Sarah:
(Welcomes)

I have been interested to listen to what you have to say. May I say this to you: much of what you say is not quite of what we would have thought you would have been able to speak so clearly about. You obviously have understanding and from this we can only say that we are very happy with what you are doing and how you are progressing. I cannot give answers to you as the one who comes through the lady next to the one by me, but I can tell that he is most pleased with what you are able to discuss and the subjects you talk about. I am here on a short mission. I have been asked to come to let you know how I am able to assist in other ways. By coming to you I am able to think—I beg your pardon that is the wrong word.

Lilian: Would it be on the same wavelength as we are at this moment in time?

No, by coming to you I am able to tap into your thoughts and to help you to bring to the surface those things that are important to the well-being of this group.

Lilian: So you know us quite well, do you?

I am present at most of these gatherings—not only am I here with this group, but I am with other groups who meet in the same way as you do.

Lilian: That is your job, is it, helping us?

My job is exactly that and this I do with many others. We join together and discuss what should be brought to the fore in the groups we visit. We cannot obviously join the groups together, but in bringing to the fore that information that is necessary to each group, the general thought for the wellbeing for this world is helped.

Lilian: We didn't realize there some around like you, but we shall remember it now.

There are many things that you do not know on this planet, but with the assistance with the one that comes to you regularly, you are beginning to understand a little more of what you do not know. What I mean by that is that he tells you many things that had previously occurred to you and when he has brought some of this information to you, people like us can come through to let you know what our part is and we know then that you will understand what we are saying. But we cannot go to all people who have no knowledge, because they would not understand or even perhaps believe what we are saying. I think that we should try to discuss a few more topics and then I will try to help you to bring something new to the fore to discuss and maybe next time the one who comes to you can help you with your answers. So I will leave you now and will try to bring some new thoughts to your minds. (Thanks + farewells)

~29th January 2001~

Good evening. (*Welcomes*)

May I say to you my dear friends how warm and comforting it is to join with you once more.

Lilian: It's nice to have you back.

My time apart from you has been fruitful in the sense that I have gained much knowledge of how our meetings have developed. I have seen many times when perhaps my answers to you could have been a little more enlightening, but all of these things always come when we look back upon the time spent together and your many reactions to it. I wish to say to you my dear friends that in this coming of your year here upon this planet, we have much to discuss and to speak about. My intention my dear friend is that we continue on topics that have previously by discussed with you and to enlighten you further upon these topics. Many times I have said to you, have I not, that we will return and speak in more depth; that is what we will try to achieve in this your coming year. I would like you to say to the instrument that I am using (*Eileen*) that she is not to be concerned about the throat problem. I can make adjustments for any small irritation that occurs; we are not unaware of the problem. As you well know my dear friends that adjustment is needed on many occasions and it is our purpose as we come close to you all, that these adjustments be made to the suitability of each sitter. We are missing quite a few of our friends, but we will be coming together once again in many more numbers, but I feel that it is important in this next period of time in talking and teaching with you that we do not leave such talks until *all* are here, but to continue with the teaching with however many numbers there are. This is something I have refrained from in the past, but we know that by your dedication and because of the use of your modern machinery, that the words and the teachings are not forgotten and can be repeated to all who wish to listen to them. Therefore my dear friends I will say this to you, that this year I hope you will attain new knowledge, more understanding, more closeness of your own hearts; that by drawing together as you do that the bond between each one of you strengthens, that the love that you give to others and the teaching that you send forth to others outside of this room is retained and will help all that it touches. To each of you my dear friends, once again I will say to you, the road ahead is not smooth, but for each of you, you will learn to overcome each obstacle placed in your pathway. This is indeed life's lessons, but each one of you will find in your own individual lifestyle, problems and stepping stones which will be surmounted with ease. Not only will you grow in strength my dear friends, you will become even more spiritually aware and you know that as individuals you will individually develop along your own life path. But in joining together as you do on a regular basis, that spiritual unfoldment becomes an even stronger bond. This my dear friend is my desire for you all that as we continue to work together, all new work be related by you to many, many others who are *seeking*, who are *searching*, who are *lost*, who are without *hope*, who are without *knowledge*; let yourselves give to these people in order that the *truth* that you all know, be given and accepted on a wider scale. Because we have only just come together again my dear friends, for this evening I will answer a few questions for you and we will begin serious work next time, when I hope to bring you a little more of the Universal Truth, which surrounds you and of which you are part. Are there any questions, please?

Sarah: I had a control through me (15/01/2001) last week and although I felt that it was a control, my mind is still quite active when a control comes through. Could you just confirm that what I said was right? This control said that he helped our minds to bring relevant information to the fore to help the group and to help the world as a whole.

Yes, I will explain just a little to you in a way perhaps you will find easy to understand. When we from our world use you as communicators, as instruments, we try to place to one side that part of you which holds so much and what you would term the *subconscious*. Although those who come to you overshadow you, you still remain in control. That is why doubts creep in, but I would say to you that there are many who stand by and if there is confusion or the likelihood that communication be cut, then those whose '*job*' shall I say for your understanding, will step in and help the thoughts to be conveyed. Therefore, my dear friend, what you experienced is perhaps experienced by all who are developing the communicative skills. Is that helpful to you?

Sarah: Yes thank you, it is.

You are never alone, you as the human being and the communicator from our side—there is always others to help, there are always those from our world much more experienced, who are ready to step forward to help and if that feeling of help comes through as a form of thought, then so be it.

Sarah: So I am on the right track, am I?

Yes, do not place these doubts to the forefront of your thinking, place them where they belong. It is good to think about these things, but do not allow them to become an issue.

Sarah: If I was giving information through, I wanted to make sure that it was correct.

Yes, and that is what will make you my dear friend a good channel for us. I believe I would be correct in saying that all potential mediums and what you might in your world call fully-fledged—although I would perhaps disagree with you, they all have experienced those feelings. (Thank you.)

Lilian: Any questions George?

George: Yes, you've have told us much about the work of elementals. I wonder if we could extend this a little to connect with some practical considerations of the planet, for example, we do plant woodlands and forests and this can be done with various degrees of respect for the trees. My own feeling is that when forests are planted with all one kind of tree in a very commercial way, this is losing some of the respect and it might well be better to plant mixed varieties of trees in a more natural way. I was wondering if the elementals would be affected unduly by going away from natural considerations and I suppose the great thing is to do whatever is done in love. I wonder if you could comment on practical considerations like that?

Yes, I recognise your concern my dear friend and this is a subject that I will return to in more detail. But let me say to you this time: It matters not weather the trees be mixed or of one kind as you say, that is not the governing factor. Of course in an ideal planet, nature would rule and mankind would resist from interfering quite as much as he does. But the fact remains as you have most aptly put it, that *Love* is the overriding factor in all of these plants. I do intend to return to this topic quite soon. In fact I will tell you now that our topic of discussion next week, begins with that of the *Angels*. So quite soon, you will have a more elaborate explanation of all of these elemental works, all of the elemental skills and the feelings, the thoughts that go behind it all—their structure and their part in your planet.

George: Thank you. Similarly, I imagine that in looking after a garden and planting different flowers and making it look beautiful, this could be seem as a shared joy between humans and elementals?

Yes, you cannot my dear friend separate yourselves as human beings from those of the other creatures of the planet—all is intertwined. But I hope I will explain to you more clearly, when the discussion comes about the different beings of this planet. It is a topic which needs individual discussion, because as I have told you, there are many types of being, which occupy this planet with you. So you agree I would presume, that it is worthy of individual discussion, rather than one general discussion, would you not? (Thank you.) You will have your answer my dear friend. (Thank you.)

Lilian: Mark, any questions?

Mark: Yes I've got a question and I've also been asked by somebody if they could possibly come next week. She's a Japanese friend.

Yes, we have been awaiting her.

Mark: Ah, that's nice. (*Chuckles*) My other question is: There has been a lot of talk in the news and I don't think it's been reported very clearly, about the rights and wrongs of giving injections to young children and babies. One school says that it's okay—particularly a triple injection including the measles. (*MMR vaccination*) Some people say that it can cause autism in children and I wondered if you might have something to say about that?

Yes, I understand your question. All medical matters in your world—first of all let me say that most of your medical institutions are on this planet to help others. What we from our world would rather dispute is the *way* in which they *handle* medical conditions, that mankind has gone a little *far* the dealing of illness. But when mankind gives help with love and kindness and the hope and desire to destroy disease within mankind, then the motive is one of *Love*. Therefore you cannot question that

they are trying to help. I would say only this to you my dear friend: That these decisions that you ask me about, have to be made by those *individuals*, because it could be part of their life plan. It is difficult to say why one child would develop some other *condition* and another not, unless that individual had *chosen* to do so. We are coming back again to freewill and although it be children, the parents *spiritually know* that this was a condition that was likely to happen. It is difficult to tell people without knowledge about these things, but I know it is within your understanding, that these occasions take place. But the medical profession is doing its best, as far as it knows and understands. Great influence is being brought to bear upon those in your world, who are dealing with humankind in the form of illness and in fact I can tell you that there are many, many of your conventional medical doctors, who are now beginning to understand that the body is not the *prime* subject, but there is more to the body than just the *physical* being, that the *mind* and the *thinking* and *all* other aspects of living, must be taken into consideration. There are *many, many* in the fields of your medicine, who are slowly changing their attitudes to illness. Does that help you to understand? (Yes) And again, I would have to say to you my dear friend, that responsibility for living lies with each individual.

Mark: Yes, would it be true to say that if it wasn't for the poor ways in which we live and bring up our children—if we were doing it better, we wouldn't really need these injections?

That is one aspect, but it is not quite as simple as that. There is too little known still within your planet of how life should be lived, but that is the purpose of many of us coming to this planet at this time, that this information and this knowledge slowly creeps to the thinking of each one of you. And of course if all illness was wiped from the planet, there would be no need for the planet. Do you understand? (Yes) I hope that has been helpful to you.

Mark: Thank you, yes it has.

Margaret: I think that was a wonderful question. I get quite concerned about children and the way they are brought up. That's helped me a lot, thank you.

Yes, it is too easy to dismiss all areas of help as being wrong. As I have said, the overriding factor is whether it has been done *with love* and *righteousness* and all of these other things. We cannot have a perfect world *just yet*.

Margaret: Do you think we ever will?

We will, but not for a very *long* time. But each *idea*, each *change of thinking*, is another way forward to a greater understanding. That is all my dear friends that you can try to achieve. We have told you, we *cannot* live life for you—we *cannot* give you answers that concern your freewill; we can help, we can guide, but we cannot *interfere*. And I know to many, this seems a hard lesson, but without the lessons, how can you grow? And I know the subject of small children is very emotive to you all, but try not to think of them as children, but rather as *Spirit*. Try to *see* them and why they have come to this life. In other words my dear friends, see each individual as an *equal*. Now there is something for you to think about this time. I can *see* that you are beginning to think already. (*Agreement + chuckles*)

Lilian: If next week you are going to talk about Angels, is it alright if my daughter-in-law visits again?

Yes, if she so desires. (Thank you.) I feel my dear friends with that for our first joining together of this one of your years, it is perhaps time for me to withdraw, that we look forward to new teaching, to new understanding and to how much we can all gain, from *knowing* each other.

I leave you with the Light of Love,

With the Light of Truth,

With the Light of Understanding,

And with the Light for all of you in this world, of Patience, which is so lacking in this world, at this particular time.

I leave you my dear friends, until we meet next time. (*Thanks + farewells*)

~5th February 2001~

Good evening. (*Welcomes*)

Firstly let me say welcome back to those old friends and welcome to our new friend. I wish to say to you this time that, although this instrument still has a little problem as I said to you last time, it does not create a problem for us. If the lady should have to physically cough, then I will just withdraw a little. So please assure her that it is not a problem. We know she is concerned a little about it, but there is no need. To our new guest I will say 'welcome' and although she joins us at a time of information which she may not understand, she will feel great benefit, my dear friends, from being in your company. She is on a trail of new knowledge, of different acceptance and of seeking more *truth*. Now, my dear friends as I said to you last time, we will embark upon a conversation which was touched upon before I left you for a short time. This subject is not something that can be discussed fully in one meeting, therefore if you are in agreement, I suggest that as I speak to you, if you have questions about anything I may say, will you please ask me now so that we can continue along this topic with full understanding and with greater knowledge. Is this acceptable to you? (*Agreed*) We discussed about the nature beings within your world, about the elementals, and we touched briefly upon the subject of angels, the angelic beings, did we not? (Yes) The first thing that I wish to say to you is this: that within your world many people are confused between the angelic being and what you term 'guide'. Angelic beings have always been, they were here at the creation of this planet and all that it was to be. Angelic beings of the higher realm, shall we say, have never been of human form. There are many angels that you call guides. This band of angels have human form and have come to you for different purpose. Let us, for your understanding, call them *Greater Angels* and *Lesser Angels*, although they all belong to an angelic hierarchy. Firstly, my dear friends I hope that you understand that mankind and this planet Earth is but a small part of the whole, that everything is intertwined, that mankind is the only form with the spiritual counterpart, but I wish at this time to speak to you of the Greater Angels, the Higher Angels. These are the angels that are given to you and shown to you as figures of imagination, drawn with the human form, but with the occasion of small and large wings. Firstly let me say that because these angelic beings have never had human form, they are *purity of light*, they are the *life force*, not only of this planet, but of all Creation. We touched upon the wings of these angels last time, did we not? (Yes) What I wish to say to you is that this purity of light emanates from the top of the head and showing themselves in the form of humans makes them seem to have wings, which are in fact purity of light which surrounds the whole form. Angelic beings such as these are with each one of you. Every human form has an angelic being from the time of conception to the time of dying, or rebirth as we would wish to say. These Greater Angels are responsible for the consciousness, the soul of each human being. That is where they differ from the other angels, or *guides* as you like to call them. I will stop here on the introduction of them, to see if anyone wishes to question what I have told you.

George: Could I mention St. John's writing about his vision in which he describes angels and four intelligent beings and twenty-four elders, which I took to be some of those who would be watching over the planet. Does that connect at all?

Yes, you have to understand that these elders as you describe them, belong to the group of angels of whom I speak. These angelic beings are responsible for much of what governs this planet. There are many, many types of angelic beings, who all have differing stations of work. Much of what has been written in what you term your bible, is in fact quite correct, but also as you well know, much is manmade. But when we speak of visions of angels, I can assure you my dear friends, we speak not of visions of the mind, or self-seeking visions, but we are speaking of that form of *Divine Light*, which was much stronger in the days when your so-called bible was written. There are many, many variations along this evolution of angelic beings. You have *Angels of Healing*, they are one form of the *Great Angelic Beings*. Anyone who steps within a room of healing, may or may not be aware that that Angel of Healing is there with them, that they know that healing is about to take place. They are responsible for the soul consciousness. We have angels of many types of work, but I would say to you at this present moment in time, it is important for you to realize that this *Greater Angel* and the evolution of these angels has existed and they are closer to what we seek than any other form. Again I will say to you, they are Purity

of *Light*. They come from the *Source* of all *Life*. They have the knowledge, the wisdom, the understanding and the love of all things.

Lilian: As each child is born into this world, an angel will come with them?

Yes, you *all* have a *Guardian Angel*. These Guardian Angels come from this group of angels. They will never leave your side from the moment of conception until your death or rebirth. Whether you become aware of them is dependent upon your own consciousness, your own spiritual growth and remember what I have said, they are *not* your guides; you must not confuse the two. These angels govern the soul consciousness, the whole consciousness of this planet Earth, beside those of many others. I will tell you now that many of these beings have come from a spiritual planet of *Light*, to help with the evolution and lifting of consciousness of humankind. I believe this fact is not widely known, but we will discuss it if you wish.

Lilian: Could I ask a question about the healing? The energy that one can *feel*, would they be behind the energy—is that the way to tell that they are there?

I would rather say that the *Healing Guides*, who superimpose themselves upon you, would be the energy that you would feel, because the angels of the group I speak of, come only for protection for the soul. You have the interaction in healing of both the Angel and the Angelic Guide. Try to differentiate between the two if you can.

Lilian: Yes, would they be aware of one another?

Not necessarily, because remember your guidance is of a much lower order and in fact, I would prefer not to use the term '*Angelic Guides*' for these beings, but they are known as angels and for your sake of understanding we must use your own terms.

Sarah: I know that each one of us has one of these angels and I know it might seem a silly question, but what would happen if we didn't have one of these angels?

That is not possible. Each one of you has a Guardian Angel.

Sarah: Is that the case of all life on other planets, would they also have an angel?

Yes, in different form of course; that is something we will come to, but for this time we are speaking of angels in the human form as you would recognize them and they have been *seen*. But let us perhaps say that these *Greater Angels*, because they are purity of Light are therefore able to change their appearance. Remember what I told you about the elementals, if they have the power to do this, what do you suppose the angels, the Greater Angels have the power to do? They are the closest you could come in this form to what we seek, to that all-encompassing life force from which we come. They are the messengers from that all-encompassing light.

George: Would the Guardian Angel have the power to influence consciousness to prevent a physical accident that wasn't meant?

No, you are speaking of the *guides*; they are the ones who would look after form in this human existence. They are the ones who will try to influence you in many ways. The Greater Angels are more responsible for the whole outcome of consciousness in the planet. And although you are given one Guardian Angel, again they do not have the right to interfere with your own freewill. This is a complicated issue and that is why it will take many of our meetings for you to come to the full understanding of what I tell you. I do not feel that you will understand it so easily without many discussions.

Sarah: Could I go back to something you said about the time that George was talking about in the bible. Did you say the light was greater than it is now?

The *understanding*. Let me say that only those who have come to that stage of quietness and self-knowledge if you like, only they and they alone will have a glimpse of these magnificent beings—and remember, they *are* magnificent beings. They have never touched or been in human form, they are purity of *Light*. We are speaking now of Creation in its almost pure form—this is what I wish you to try to understand. These Guardian Angels, their task is try to protect you throughout your life if they can, but their purpose is for the expansion of soul and consciousness and all that is spiritual. They are not concerned with everyday living as your Guides are. They are the essence of being, they are the providers

of this planet of *Love, wisdom, power* and many, many more spiritual attributes. It is your right, but because of the form that you inhabit, it will never be achieved in one lifetime. Are you beginning to understand my dear friends? (Yes) I feel an awe amongst you that I can touch, therefore it is important that we take each step slowly.

Lilian: With each reincarnation, would we still have the same Guardian Angel?

Yes. You will always have the same Guardian Angel no matter how many incarnations there are.

Lilian: So as we progress, they must be very pleased.

Of course, that is their purpose to increase awareness and spiritual consciousness and all the attributes of Spirit. But, let me say this, they are not pleased in the same way that humankind would be; they absorb that knowledge back into themselves. That is another topic to touch upon. All I wish you I feel to try to understand this time, is that we have this group of beings, spiritual beings, which are little known about, but which are separate from those you call Guides. Do you have more questions?

George: During our disastrous periods when we are having wars, would they be saddened or would they simply not have that reaction?

They are beyond human reactions of that kind. This is the point that I try to put to you, that they are beyond all of these emotions, and in fact until you can place emotions to one side, it is highly unlikely that you would have a glimpse of any of these beings. Do you understand? (Yes)

Sarah: So when we have finished coming back here and we no longer need to come back to Earth any more, the job of that Guardian Angel is done, or does it go on to somebody else?

It is never done, it is always interested—your progress will always be known. Imagine a room full of children with one teacher. If one advances a little more quickly than the other, it will not discard it to go to the one left behind, it will continue to show interest in all of those children. Would you agree? (Yes) Try to imagine these Angels in that type of work and remember, you cannot put physical time to these things—understanding and time does not belong to these Angelic Beings.

Sarah: I just wondered if this Angelic Being was just simply for that one person and that when it had finished its time on this Earth, it no longer needed to go on to somebody else perhaps, because you said that you keep the same Guardian Angel all the time.

Yes, but remember your view and your vision is limited. Remember these beings are the *Source* of pure *Light*, where knowledge is ever expanding. They do not see it as you would see it. This is the difficulty in trying to teach you about them, that your understanding of them is so limited. We are speaking of beings who have never, ever had to learn the lessons that you as beings have. They go along a different line of evolution.

Lilian: I see, like the animals do? (Yes) I was listening to a radio programme not too long ago about Angels and different people were ringing in to say that they had seen an Angel and they left behind a white feather. I couldn't quite see the point, but is that true?

It is possible, of course. It is just a manifestation that is within the power of all Angelic Beings.

Lilian: So they could leave behind a white feather? (Yes) I wondered why a feather.

I cannot tell you that, but there must have been some symbolic meaning, I would think.

Lilian: Maybe the wings?

No, you must dismiss this idea of the wings being made of feathers.

Lilian: If as humans think of the wings as being made up of feathers, maybe that would be why.

Perhaps if that was your conception of what it should be—without knowing what happened, I cannot comment. But yes, why would it seem impossible for some manifestation to be made? Many reports are given in your world, are they not? (Yes) So remember that all things are possible from our world. Do you have more questions or are you happy with what I have told you this time?

George: Just going back to St. John's account again, he mentions one *Great Angel* with one foot on the land and another foot in the sea, which would suggest enormous size by our standards.

Yes, remember that *form* means nothing to these beings. They are not limited by conditions as we would know them, and of course, how they show themselves to those who can perceive them is something that seems amazing to humankind, but yes, we do have the hierarchy as you, I believe call it, even in the

evolution of the Angels, that these beings do have some semblance of order, some form of hierarchy, in order that the Divine plan can be played. There are indeed what is termed in your what you call bible, many Angels and also Archangels. They are the highest of all of these Angels, not because they have more power over them—that is not how the Divine plan works—but there has to be order. For this purpose alone you have that group of Angels who are called Archangels, because of their magnitude, of their great knowledge and wisdom.

Sarah: Eileen, the instrument you are using at the moment saw an angel. I believe she was in meditation and it was her Guardian Angel she saw. Is that right?

When you have the right conditions, if you have the right frame of mind, if I could put it to you that way, if all of these conditions are right, then it is possible to have a glimpse of that Angel who is with you for all of your life. It is open to each one of you to become aware of who your own Guardian Angel is. They would be only too willing to allow you a glimpse of who they are.

Jan: Are they there for part of our own consciousness?

They are *always* within your consciousness at *all* times, but it is whether your consciousness will *allow* them to come forward or not; that part must be played by *you*. There is nothing to prevent each one of you from having that knowledge if you so desired, but I would say to you that the time which is best for any of these visions is not a time of seeking, but in a time of quite resignation, when your Spirit comes to the fore. So, do not *consciously* seek, but allow that inner being to be still, to be quiet and ask quietly that when the time is right to be shown your very own Guardian Angel.

Jan: From your teachings you say ask for help and guidance. Is that almost the first port of call, when we look into ourselves and ask for help, is it our Guide that answers the questions or tries to help first?

Your own guidance, your own Higher Self would be the first port of call, as you say. Remember, you have that guidance, but it is not these Higher Angelic Beings. They will not step forward to offer you guidance. That is the second form of what I call Angelic Beings, your Guide. That is the word that humankind has given to your guidance, and remember you do not have just once guidance, there are *many* who come and leave within your lifetime, who are there to help and guide you. But your own Higher Self is your first step of guidance. Do you understand?

Jan: Yes, I, like many, presume it is very difficult to separate and I realize what you're saying, to separate our physical from our spiritual (**Yes**) and what you are talking about is purely spiritual (**Yes**) and it is very difficult for us, isn't it, as human beings to as you said, cast away the encumbrance of everyday life and accept. I can accept it, you realize I do accept it, but it is very difficult to understand, isn't it?

Yes, that is why it is important that we go slowly as we have always done at these meetings. That slowly, slowly the understanding and the awareness becomes greater, that each one of you travels at your own pace of knowledge and development, that each one of you seeks that, that you will in your own time. We cannot rush you, anyone from our world *will not* rush you; you are in control of your own spiritual unfoldment. But all I say to you is this, that these Greater Beings, these Angelic Beings, have a much greater responsibility than is imagined or understood within this planet. Their connection is not only with this planet, with humankind, but as I have said at the beginning, with *all* of the planets in your Solar system—and there is my dear friends a planet of *Light* where these beings do exist.

Jan: Often I have heard of Guides having lived here before, having been a physical being. (**Yes**) That obviously is a Lesser Angel (**Yes**) as originally said, but do they progress on to be a hierarchy of angel?

No, they travel along a different evolution. The line of evolution for these beings is entirely different. What I speak to you tonight about is a Divine and purity of *Light*, which cannot be intermingled with the evolution of—I do not like '*Greater*' and '*Lesser*', these words create confusion, but I am not sure how else to put it to you. I want you to understand this time, how much wider, how much greater the knowledge that these Angelic Beings have, how much more expansive is their knowledge and the help that they can give to this one little planet. That is what I would like you to try to think about this time—the greatness of these beings and how important they are to the evolution of so many, many things. All other forms of beings come back to these Greater Archangels, shall we call them, and their line of helpers and those who come and stand close by humankind. I think I have given you enough this time to

think about. I will accept your questions next time, because I know you will have some for me and then we will go just a little further, if you are willing to do so. (*Affirmed + thanks*) I will leave you my dear friends with these many, many thoughts. My desire for you of course would be that each one of you became aware of these beings who stand so close to you within your lifetimes that you could *feel* the love that they exude, that you could *feel* their own *beauty* and indeed, it is something to behold. I leave you all my dear friends as ever with my love and my thanks to each one of you for your time and your dedication and for listening to my words. (*Thanks + farewells*)

~19th February 2001~

Good evening. (*Welcomes*)

This time my dear friends I bring to you not only my love, but an element of understanding that will bring to you the meaning of what I wish to tell you this time. Firstly, I wish to address our lady friend and say to you that I ask you to tell the instrument I use that I am working with her on a spiritual level in order that she may understand causes of her physical problem. I will leave this in your capable hands please.

Lilian: Yes, I will tell her.

I know my dear friends that each one of you has considered my words of our last meeting and that we do have some questions, but firstly let me say this to you: What I would *like* you to try to consider this time, and I did touch upon it before on another occasion, was how much you humans are mirror images of the Angels which I called *light* and *darkness*. Do you remember our discussion? (Yes) Do you remember that I told you that they were but reflections of each other? (*Affirmed*) You do. What I would like you to consider this time is that you as human beings display the qualities of both of these Angels. Shall for your benefit we call them *good* and *evil*. Do you remember that I told you that the Angels of Darkness, if you like to call them that, were not destructive but *constructive*, that the Angels of Light or goodness, were just that, but that they balanced each other out. This my dear friend is what you as human beings are. There are times when you give out *good*, there are times you have thoughts of *darkness*, but you need each to balance out. Can you begin to see how you reflect these Angels of Light and Darkness? Can you see within yourselves that these two *scopes of light* make up your own physical being? Do you understand that? (Yes) I would say to you that of all the Angel Beings that are in existence, you are most closely related to the Angels of Light and Darkness, because you are so much alike as humans. Do you have questions about this please, because I *feel* it is in your interest to fully understand what I mean by *destruction* and *reconstruction*, when we speak of these Angel Beings. Do you see that within yourselves, or do you see yourselves as something quite separate?

Lilian: For myself, I can see light and darkness.

Each one is happy then with that explanation that the link between you is so close?

Lilian: There has to be the light and darkness?

Of course, it is part of law, it is the part of all things functioning equally. Remember what I told you, how can you know only *good*, you would not understand it without having had *evil*—I use those words for your understanding—but in fact all that they are, are two different vibrations which, when brought together, balance themselves out. Do you understand, please? (*Affirmed*) As we speak of Angels of Darkness, there is in your human vocabulary, Angels who are called '*Angels of Darkness*' and I believe they are called this, when it is Angels who come to you when your time upon this planet and the time for rebirth to our world is imminent. Then many of you say, you are meeting the '*Angels of Darkness*', but I will say this to you my dear friends that if you pull back the veil of the Angel of Darkness, what you will encounter is *beauty*, *love*, *compassion* and all that is *good*. So again can you see the balance lies there also? (Yes) What I would like you to understand also, is that there are many, many Angels—many. You cannot exist in this world without an Angel of some kind. We spoke briefly of the Angel of Healing last time, did we not? (Yes) I have spoken of the Angel of Darkness, there is the Angel of Thought, which we touched upon briefly and which this dear lady asked me about in another way, about thoughts being

helped. There *are* my dear friends Angels of Thought. Before I continue further, would you like to ask me any questions?

George: With regard to the previous teaching, you mention the planet of light as the origin or place of some of the Angels. I appreciate all the beings on that planet would be beings of light. Would the planet itself be of light, or would it have a physical counterpart?

Yes. You have picked up on what I intended to discuss with you next. Of course I told you these beings are beings of light and come from planets of light. These beings belong to the hierarchy of Angels. These beings have never experience the vibration of human living, such as the Angels which I speak to you about. The vibration that they belong to must also be the same vibration of the planet from which they come, in the same way as the Angels of Light and Darkness use the earthly vibrations of this planet, although they are of a different vibration to yourselves. I will tell you my dear friends that in the hierarchy of Angels, the Angels of the Sun are the more advanced. We are speaking here about things not widely known upon your planet. And again I say to you my dear friends, if it is beyond your understanding, then I fully accept your rejection, but what I purpose is, in this one of your earthly years, is to take you a little further from the knowledge that is already well known to many upon this planet. I wish to stretch you spiritually, in order that you can see the wider scheme of life. You know and you understand and I believe you accept that there are other life forms other than this one planet. You know and you understand and accept that human beings are of the lowest form of development. Therefore, does it not make sense to you my dear friends that there are beings of much quicker, much lighter vibration, who belong to planets again of lighter vibration? They could not exist in the planet such as Earth, because it is too dense and full of heaviness and in all of universal law they have to exist where all is harmony and balance. You know that when you leave these physical bodies, when you come to our side of life, you will gravitate to that plane of existence which is suited to you spiritually. It will belong to the vibration from which you come that you will go to it. So does it not make sense that these finer vibrations, these Angelic Beings should come from a planet such as they too belong to, the lighter vibrations, the love, the harmony and the balance? Can you accept this my dear friends?

Lilian: I can accept it, but it needs to be thought about.

Sarah: I find it difficult to have an Angel of the Sun. It is fire so they—

No, no, you must not look at it from the *physical* eyes. We, my dear friend, are speaking spiritually. Again this is where things become complex because you are so limited in the way you think that it is difficult to think spiritually. But I know my words are difficult, I know I am going onto new ground for you. That is why we need to discuss and speak about it slowly, in order that each step can be taken at your own pace and after all my dear friends, you know each one of you has your own pathway, have your own understanding, have your own lifetime of spiritual activities. I know that it will be difficult for you at times to accept my words, unless you have thought about them carefully and given of yourself to those who stand close by you, in order that they too can help to bring to you that understanding and knowledge.

George: I think I could say that as we go along we are learning that there is more and more that is beyond the detection of our physical science. This is no problem so far as I'm concerned in acceptance. We do look at things from our physical eyes sometimes and we endeavour to see things spiritually and we are discovering that there are more and more aspects of Spirit, but I can assure you that this is not a problem.

Yes. I know that the scientists in your world would say that all of nature is a natural happening, but what they do not fully understand is that behind the natural happening is a natural law which guides. That is the point that they miss, that there is an *intelligence* behind all natural law. But I know and I would not tell you if I did not think you could not take my words and digest and use them for your own individual spiritual growth.

Lilian: Would it help us to understand—I am speaking for myself—we each have a Guardian Angel (Yes) and so everything, the sun, the other planets, they all have their Angels?

What you must try to understand that all is not left to chance. You know that there is structure, there is law in all that is around, there is intelligence, there is creation; we all know and understand this. What I

am trying to tell you and teach you this time, is that there is a state of hierarchy—and again I use that word for your understanding and your use, because there has to be harmony, there has to be order, no matter which planet you come from, whether it be in this solar system or another, it matters not. There has to be order, there has to be love and that is what these Angelic Beings are in existence for—not your Guardian Angels who come to you on this planet, not even the Angels that are above them, but there is a hierarchy of Supreme Beings, that is what they are, they are mirror images of all that is *Love*. These are the beings which put structure and order to all of the planets. I do not feel that at this time you are able to see spiritually these great beings, who have so much understanding and love for all things. They are a state of existence. In fact to speak of them almost in human forms is wrong, they are so much more than that, but they are the ones who govern the spirituality and the construction of all the universe. Above them comes only the Supreme Beings and I have no intention of going that far, because my own knowledge does not extend thus far, but I hope I have given you a little insight into what you are and how small you are in comparison to all of these Angelic Beings. They have so much influence, not only in your lives but in all of existence.

Sarah: Have these Supreme Beings always been and will always be or do they change in any form or how are they?

Supreme Beings always have been. They are the closest you will come to the Creative Force I believe. You are not likely ever to have contact with these beings. They could not possibly in any way come to a vibration such as this, but it does not do you any harm spiritually to know.

Lilian: Any questions Izumi?

Izumi: Sometimes I feel and pray and think—

Let me say to this one, because she has difficulty.

Izumi: Yes, difficulty to speak. (*Izumi was new to the group and she also struggled with the language*)

But that does not prevent your Spirit being open to us. For you, my dear one, there is much knowledge to be gained. I would say to you, this one has the virtue of patience and because of this virtue, she will learn quickly. She has reached a point in life, where not only does she seek interest, but she will go forth and she will be used, perhaps not in the way that you within this room are being used, but we in the Spirit world have much work for her in the future. Just to be here in this room with us is part of her life plan, although she may not have been aware of it, but she is treading a straight pathway thus far. Children will be most important in her teaching. She may not know it at this moment in time, but it will be so.

Mark: I was thinking about the sun and I was thinking we think of the sun as a central thing physically casting light in this part of the universe. You made me think about it spiritually as casting spiritual light much, much further. Thinking of it physically, it seemed like it was a bit of a parallel (**Yes**) and it seemed like it was much, much more important than I had thought of it before really.

Yes, of course each one of you knows that there are many suns. I do not speak of one sun, but there is such a planet. Let us take the words you have said and spoken, that the sun gives light, it gives warmth, it gives hope and if you think about these things on a spiritual level, can you not see that all these attributes are what we seek? *Light, warmth, love*—all of the good things that we try to seek towards that are natural things for the Spirit. I wish you to think perhaps this time about the sun and its qualities and how they relate to you as Spirit. This is an exercise for you my dear friends, which I hope you will take up. Perhaps the next time we meet we can have a discussion about it.

Lilian: I was just thinking, the lady next to you (*Sue*), someone came through her one evening and said if we looked at the moon or stood in the moon's rays when it was nice and bright, it would be beneficial. I think what they must have meant was spiritually.

Yes, again I say to you all: look with spiritual eyes always. If you seek answers, look inward, see the Spirit grow. If you go inwards spiritually, you will find the answers to all things. I am here only my dear friends to help you, to help you to understand yourselves, to know yourselves spiritually. Again I say to you, we can help, we can try to uplift you, but we cannot live life for you. That is your task to grow spiritually and if you can grow whilst clothed in these garments, these human

clothing's, then you will find that when you are born into our world of Spirit, your knowledge will be so much greater, so much greater. This is our purpose of us who come to your planet that we are trying to find more of our world in your world. That those who are blind spiritually have their eyes opened, those who have their hearts closed have them opened, those of little compassion, understanding, charity and compassion—there is so much work we have to do with you human beings. But I say to you my dear friends, as I have done in times past, if you can but help one person grow and move along their own pathway, your lives have not been in vain, but that is not to say that you must neglect your own growth. All I wish you understand about the angels is that there is a hierarchy, there are angels around you every step of your existence and especially so at important moments in your lives; that you do not confuse them with your guardian angels who are responsible for you whilst you are upon this planet. Do not confuse your guardian angels with these higher angelic beings, because they belong to different vibrations. Think about these things and my dear friends all will become clear.

Sarah: Salumet, could I just ask one thing before you go. If our Japanese friend (*Izumi*) has trouble speaking to you in English, is it possible for her to speak to you in Japanese and you could reply to her or do you need another voice box for that?

I could not use this one. I have not trained it enough yet, but of course we are aware of all that is happening in her life. Yes, of course it is possible, but not with this instrument. It is not that we cannot, but we need the instrument and conditions to be right. Is that helpful to you? (Yes, thank you.)

Lilian: Are you taking any more questions?

I feel for this time that we should close. If there are others to speak, I am sure they will, but I will withdraw from you this time. (*Thanks + farewells*)

~26th February 2001~

Good evening. (*Welcomes*)

Since last we met I have been with you on many occasions although you have mainly been unaware of it. I know that my words to you last time have given you much time to think about what is new in your awareness. I hope my dear friends that as discussed last time, we can have some questions to clarify what I have told you and to place to one side the topic of these angel beings. So if I can leave it with my dear friend here, shall we begin to discuss what we have talked about. (*Lilian asked each sitter individually if they had questions*)

Mark: I think I am quite happy with the topic so far thank you.

I would just like to say to this dear friend that when he gives time to himself, his thinking is quite deep and there comes to him in the very rare quiet moments that he has, that understanding, slowly but surely, the understanding that is needed to go forward. But I have to say also, those times of quietness are not often enough.

Izumi: I want to believe in angels, but sometimes it is difficult to...

Understand? (Yes) Yes, I know what you are trying to say my dear friend. When you come from different cultures, and there are many on this earthly planet, many teachings, many religions, many ways of thinking, you as children are given ways to follow which lie deeply within your subconscious minds. Therefore, for many when new awareness is given to you, it is more difficult to accept for some than others. This is what is happening with our dear friend. Because it is a topic not spoken of within her culture, it would be more difficult to accept, but that is not to say she will not come to the full awareness of all who surround her. It will come because she has an openness of mind, which is seeking truth. Do you understand my words? If not, I am sure our good friend next to you will explain. May I leave that with you please? (Yes)

Lilian: Yes, she must be searching, otherwise she wouldn't be here, would she? (Yes, yes.)

George: Looking at some of our literature, I have found seven named Archangels (Yes) including Gabriel and I believe Gabriel is said to have given the Koran to Mohammed. Are you able to confirm this that the Koran came about in this way?

Yes. That, I have to tell you my dear friend—of course Gabriel does exist, it is a name given to one of the Higher Beings of Angels as you fully know and understand, but as for giving the Koran, which is part of another religion, different from your own, I would have to say this is not so, it is not true. Why would an Angel of such divinity give to one group of people? That is not their purpose and especially not the angelic beings of the hierarchy. So I would say to you my dear friends, that is not the complete truth. It may have been that the Angels were close by at the time, but not one would have been singled out to present that book, that Koran as you call it, to one set of people. After all, the task of these Angelic Beings is for all of this planet and not one group of people. Within their understanding or their thinking, they could have, if they had wanted to, brought forth from their minds and their thinking that the Angel Gabriel had presented it to them. Can you see the power of thought coming into action in this case? Many things have been written in your world about what has happened in the past history of this planet. I would say to you, be careful that you do not accept everything as being the absolute truth. Mankind has the ability to fabricate and to make use of what is suitable for his own needs. May I put it to you that way?

George: Yes, thank you—that's interesting. I came across one reference, which simply said that an Angel named Gabriel was in charge of what was described as the fifth heaven. Would Angels be concerned with the heavens or astral planes?

Yes, I know what you are saying. Again we are speaking of physical words. Of course words such as 'Fifth Heaven' are words that have been used for people of the time. Of course, these Angel Beings, as I have told you, exist on a very different level from that of your Earth plane, and of course, you know my dear friends that there are many planes of existence. The Fifth Heaven is just one statement of one plane of existence. And again, I say to you that these Angelic Beings are aware of many planes of existence, because of their very *nature* and what they bring to the many planets of this universe. Try to widen your horizons, try to see how these Angelic Beings work for the good of all, for truth, for expansion and for that Great Creative Force of which they are a part. Do not limit your thinking to this planet, otherwise you will become laden down with minor details. Is that helpful to you? (Yes, thank you.) Always, I say to you my dear friends, see the *wider* scheme of life and you will not go wrong. That is what we are trying to achieve with you, that the expansion of your *mind* is what we are trying to achieve for you, to help you to think for yourselves spiritually, in order that spiritually you *can* cross those boundaries of physical thinking into the realms of Spirit. Do you understand what I say to you? (*Affirmed*)

Sarah: Actually, I think I am alright with the Angels, but I would like to pick up on one thing that Salumet said that in Izumi's culture they do not have angels...

May I interrupt you my dear friend? No, they *think* they do not have Angels. Angelic Beings cover this whole planet, whether cultures or religions are aware of them or not. These Angelic Beings belong to no one religion.

Sarah: Yes, that's what I was surprised at. Surely, they perhaps know of Angels maybe in a different way. In a different form, of course—interpretation is everything as we have discussed often. Where we are limited from our world is in finding the correct words for so many *areas* of people with different viewpoints, different upbringing, different cultures, different religions. This is the difficulty that we have.

Sarah: So if they were aware of the Angels, they may not even see them with wings either. Of course not, their interpretation may be different, but that matters not; you cannot change what these Angelic Beings *are*.

Sarah: Actually that is good for us, as we picture an Angel, or at least I do, as we have learned to know, but it is perhaps better just not to picture them like that, but picture them more just as a...

Let them come to you as they wish to show themselves to you. Remember the form that you see is pure *Light*. Try to imagine energy as pure *Light* and then perhaps your understanding will be easier. It is so difficult for you I know, when you thinking is so limited within these physical brains, but allow that thinking to expand into the spiritual aspects of life and all of these *questions* that you have, become so much clearer. (Thank you.)

Margaret: I found it difficult to imagine Angels, but this last week I went to bed thinking about it and I don't know if it is my imagination, but I slept so peacefully and woke up so fresh. I don't know if that has anything to do with my thinking of Angels.

But again we come to the power of your thinking. Do you not see that the power of that thinking which is peaceful, has created within the physical being peace and quietness? (Yes) That is all it is. It is again the power of how you think.

Margaret: I have had a very peaceful week and when I get into bed and put my head on the pillow, I have just floated off. It has been wonderful.

That is when we are close to you. That is good that you feel that sense of peace surrounding you.

Lilian: Sue?

This one is too far gone. (*Sue is often in deep trance during meetings*)

Mark: I did have one other question. I was wondering if what scientists refer to as 'black holes' were like a counterpart to the sun, because you were talking about the balance of light and dark (Yes) and the light Angels of the sun being the highest and coming from a planet of Light, being Light, and I wondered if the Dark Angels maybe came from a black hole?

Yes, it is a way of thinking, is it not, but I would have to say that although there is complete balance—there is always balance within the universe—light and darkness that we have discussed—but remember, although we call them Angels of Darkness, they are Angels of re-generation. So they therefore do not belong to the dark areas of the universe, but to a different planet. Although we call them Angels of Darkness, they are but reflections of the Angels of Light. That is what you must try to keep in your mind and not to use the word 'darkness' as something 'evil' or 'not good', because I believe we have discussed their task within this whole universe.

George: Again, looking at our literature, there is probably something that we have got entirely wrong, I don't know, but there seem to be quite a number of Angels listed that are described as 'Fallen Angels'. I think one named Ariel and one name Beelzebub are examples given. Can you say anything about that?

Yes, but of course there always is two sides, is there not? Again we are speaking of light and darkness. Within the Angelic Beings there have been those—remember they have freewill as you do, although you are lesser beings, if I may put it that way. They also have a will that they may use for one way or another and there have been in time those Angels who have not lived up to what they have been given. But they are the Angels not of the Higher Angel Beings, but of, if I can put it for your understanding, the Lesser Angels. Do you understand? (Yes, I see.) **The Angels of the hierarchy shall I say, that has never happened to them; they are pure Light, they are pure Love, they are here to help and do the work of the truth that is around each one of you. Remember, I have told you there is a hierarchy—and I use that word only for your understanding—and yes, there are those beings, Angel Beings, who have, as you like to call it, fallen. Is this helpful to you? It is only a matter of their own freewill.**

Sarah: So, once they have fallen, they are no longer Angels?

Of course they are still Angels.

Sarah: But they are Lesser Angels.

They are Lesser Angels—

Sarah: So once an Angel always an Angel.

Well, yes, they belong to that line of Angelic Beings, but let us take an example in this world of yours, where you have a group of men who all begin on the same level, who all have their own freewill. Let us say, for example, that half of those men decide to live their life for good, but the other half decide to take the other pathway. They do not change what they are, but they have taken a different pathway. To use the word foreign, is rather a strange word, but it again is a word used for the time and for understanding of your language. Is this helpful to you? (Yes, thank you.)

Lilian: I was thinking about all the planets and stars, some we can see and some we can't. A lot of them we thought as with no human beings on them—we thought of them as empty planets or no life. But really they are full of spiritual life, aren't they?

Of course. Not all inhabited as you would imagine, of course not, but remember *there are many universes, many, many universes in the cosmos*. Therefore when you begin to imagine that this one universe, which amazes most of you because you cannot understand it, try to imagine *then* that this vast universe to which you belong, is only but one *drop* in another ocean. Then your understanding will begin to grow a little more and a little more and a little more. This is what we are trying to achieve, that mankind uses his *spiritual knowledge* and uses it for *growth* and *truth* and *understanding*, that he seeks that from which he came, step by step by step, but in understanding the other areas of living, of existence, then mankind begins to understand his place within the universe.

Lilian: If we have an Angel from conception to our death, do they then continue with us or help us after we go back to Spirit?

They will return with you, but then they will leave you. Once you have returned to Spirit your awareness is already there. But they will stay with you in other lifetimes if that is what the Spirit intends to do. You always have, each one of you, a Guardian Angel, and again, these are Angels on the lower scale of life. Do you understand? (Yes)—because they are able to come closer to this physical existence, but they cannot go where the Higher Angelic Beings go, because they do not belong there. Can you see? (Yes) Can you begin to understand that there is much difference in this range of angelic beings?

Sarah: Before we come back, do we get to know our Guardian Angel?

No, no. That is not necessary for you to know. Your awareness would be there when you return to Spirit, but once the decision is made to return to a physical body, then all thoughts are erased. Otherwise you would all know who your Guardian Angels were, would you not? (*Agreed*) But you need to *seek* for them, ask them to show themselves to you, because that is possible my dear friends. There is nothing difficult about coming to know that Angel who walks every step with you in this lifetime and many others. That is their purpose and it would bring no more greater joy to them, than to know that you are aware of them. But again, I put the responsibility back to you and your spiritual growth. Are you happy with what we have discussed or is there more, because I would like to leave the Angelic Beings of this time to finish with any questions this time. If you are unsure of any point, please let us discuss it. (*Pause*)

Lilian: I think we are very well satisfied, thank you once again.

I will leave you my dear friends. Let us, when we meet next time, let us hope that again your thinking has enabled you to go just a little further in your understanding. I leave you all, as ever, with great *Love*. (*Thanks + farewells*)

~5TH March 2001~

Good evening. (*Welcomes*)

Forgive the delay my dear friends, but it has been necessary this time to make some adjustments. I know and understand that there has been much thinking since last we met, so I say to you my dear friends that I will give you the opportunity to discuss further that which we have begun, in order that we may move forward next time.

Lilian: Thank you, you have obviously been listening to us.

I will leave it with you my dear friend, to ask the questions.

Mark: I have been trying to think about the way things are organized. I understand there is a hierarchy of beings and you have the Light Angels and the Angels of Darkness, which are of a lesser power to the angels of lightness? And I understand that everything in the universe is evolving. Is everything moving towards a higher vibration, closer to the Source Energy?

Yes, I understand what you are trying to say. There has to be of course, some form of hierarchy, although you know full well that these difficulties with human words and terms can be confusing. But of course there is a perfect plan, there has to be, and that is what *all*, not only those beings responsible for this planet, but *all* of the beings responsible for *all* worlds within all existence. We *seek* perfection. It is as simple as that.

Mark: I was trying to imagine—the Angels of Darkness or the dark energy, they are necessary now for the work they are doing now, but do they in the future evolve into, for example, a lighter Angel? Will that darker work be less necessary later?

I feel my dear friend you are becoming rather confused about darkness and lightness. Firstly I have told you they are but a reflection of each other. They exist not only for this planet, but they exist within the whole cosmos, because—remember what I have told you—the Angels of Darkness are there to re-create and bring all back to near perfection.

Mark: So why are they then seen as lesser?

They are not seen as lesser. You must see lightness and darkness as two aspects which work together. You are trying to separate the two, which cannot be done. Without the lightness, darkness cannot exist; without the darkness, light cannot exist. They are the two equal balances of the one whole. Try not to think about it on a *physical* level. Raise yourself above your own thinking and think about it *spiritually*. You understand that all of the cosmos, all of the planets within your *own* solar system, all is governed by law. You accept this? (Yes) Within the workings of those laws you must have balance, and balance is lightness and darkness. Try my dear friend to think about it on a spiritual wavelength and not with the physical thinking, because if you do, you will only remain confused.

George: I wonder if it would help if we enquired if the Angels of Light and the Angels of Darkness have different work to do or are they simply connected?

They have different tasks, of course, but they cannot be severed, they do belong together. What I think is happening with you, is that you are seeing the Angels of Lightness and Darkness as being an entirely different group of beings. They are *not*, they are part of a whole.

Mark: My problem was the idea of the Angels of the sun being the highest. That was my problem thinking like that.

Yes, but we do have those beings who come from the 'higher-*archy*' shall we say, they are a separate group. They are Angels of Light who would never work upon the planets, because they are almost pure light. You are confusing—they belong to a separate line of Angels. Does this help you? They are the group of what you would call 'Archangels'. Is this clearer for you? If not, please let us continue.

George: Yes, I think there would be a number of tasks which would come under the heading of 'evolution' and a different set of tasks which would come under the heading of 'regeneration'.

Of course. Yes, always the difficulty is in having the correct words for your understanding. This is always our difficulty.

Mark: Yes, it struck me that it was all about the definitions of things.

Yes, please forgive me if I have not been clear.

Mark: No, no, I think you are doing an amazing job.

George: It's wonderful.

But it is always the problem to explain spiritual matters on a physical level, because you see, you cannot fully understand these things whilst you belong to such overcoats of little spirituality. It is a problem I know, but we try to keep it as simple as we can for your understanding.

Mark: In theory, would it be possible for an Angel of Darkness to eventually become or reach the energy of the Archangels?

No, you must not confuse the line of Angels which are known to you as Archangels, are a line of Great Divinity, if I may use that word. All of the other Angels have the possibility of evolving, but they would not evolve to that higher range of Angels. But within, shall we call them, the 'lower' range of Angels for your understanding, within that range of Angels much can be achieved, because after all, *all* is evolving, all is changing; in the same way that one day you too my friends, will have evolved into much more spiritual beings than you are at this present time.

Mark: So the supreme ones—it is not a question of the very high ones being older?

No, they have always existed in that line of evolution. Does this make your understanding a little easier?

Mark: Yes, they're made up of something quite different.

Quite different, yes. Perhaps, to simplify it for you, can I say that the Archangels are the Supreme Beings, whereas the Lesser Angels are the workers, who are helping evolution and mankind and all other planets to evolve. You have to try to separate these two, although as I have told you, all works together towards perfection of the laws.

Lilian: Would there be any time in our evolution that we should be aware of these Higher Angels?

Not the Supreme Angels, no. But there are many types of Angels who can make themselves known to you on this planet if you so desire.

Lilian: I was thinking spiritually as we leave the Earth plane.

Yes, because your awareness is so much greater. As you leave behind these overcoats of physicality, then the awareness, the consciousness has grown and you become that part of you which is all-knowing. Therefore your awareness of these beings is so much greater.

Mark: Another thing we wanted clarification on, was we were wondering whether what people call Spirit Guides were what we were referring to as the Lesser Angels, for want of a better term?

Yes, I did say to you that people refer to their Spirit Guides as Angels, but that in fact, is not quite true in the sense of Angels. But, if it satisfies their need, then so be it, but Spirit Guides are none other than people who have gone before and who wish to return to help each one.

George: And that is the same as the term we use, 'Angelic Guide'?

Yes. It is a term that is used by you people upon this planet, not by us. Does that clear it for you?

George: Yes, thank you. I read very recently about a lady who had a psychic reading, and it sounds as if it was a very informative psychic reading, and at the end of the session a reference was made to her Down's syndrome child. The psychic said that this is not an ordinary child, but an incarnated Angel. And I wondered if this would be possible, or if there might be sufficient reason for this to happen. Could you comment on this?

Yes I will, I will try to clarify this for you. You know that all things are possible from our world, but I would say, and the instance you speak about, is of course a term used by the psychic and not in fact an Angelic Being who has reincarnated into the physical body. But in saying that, I do wish to say that on very rare occasions this is possible, if indeed there is a *special mission*, but only *then* would this happen, and I have to tell you my dear friend, it happens very rarely. Of course what I would wish you to understand, and I know full well that you *know*, that anyone who takes a body in whichever way, disfigured or disabled, is indeed usually and *old soul*. So of course they are *special beings* in that sense, so I would rather say to you, think upon those lines, than rather that they are Angels who have come into the physical being. It can happen, but very, very rarely and there would have to be a *special mission* on this planet for it to happen.

George: Yes I understand, thank you very much.

Lilian: Any questions Jan?

Jan: Just to say *thank you*, for making me more aware than I was before.

That, my dear friend, is our purpose. There are many within this planet at this particular time in your evolution, who are coming to that point, where awareness has reached the point of no return. If you will remember my dear friends, I said when first I came to you that we could not allow mankind to slip back like he has done in past ages. That this time, there was a concerted effort for mankind to raise his consciousness and to go forward—not only mankind, but the planet and many other planets within the cosmos.

Jan: I have a feeling, as I am sure all of us do here, in general people you speak to here in the physical, everybody seems much more aware than they did five or six years ago and television programmes, the media coverage seems to be far greater, which is wonderful, because it enables us to speak more freely and you just feel that people are in touch with one another again. Am I correct?

Yes, Of course that is of course what we are trying to achieve and to come to groups such as yourself, who we know and feel will pass on the words of *truth*. That is what we are seeking, that humankind reaches out and understands his true nature, in order, not only that his understanding grows, that he can be of *help* to his fellow man.

Jan: Yes, I do believe that way, way off in the future, there will be no need for conflict and wars; I honestly believe that that will not be the case, there will be no need as people's awareness grows more and more.

Yes, that is our aim, but I am afraid it is still some way off.

Jan: I agree, I agree, but it will happen, I am sure.

Of course, it has to.

Izumi: I have to think about the future and I have to decide something and I have fear and I am worried about this. Could you give me some...

Yes, that is why you came to us, because we know and understand what you are feeling. You, my dear friend are a most spiritual being, clothed within a small body. I would say to you that just by being here with my dear friends, there has been an element of strength, of upliftment and courage. These attributes are not easy to come by. What I would say to you my dear friend, is that as you approach your sleep-state, ask your questions and you will be given your answers. If you do not understand my words fully, then my dear friends will explain it to you. But I told you when you came we had been expecting you. And remember, no matter how difficult life's decisions are, the right choices can be made when made in *silence*. Can I leave that with you my dear friend, to explain my words? (Yes) (Pause)

Are you all happy, because I wish to continue on new things next time we meet, so if you have questions, please ask me now.

Sarah: Salumet, when you said that we were going to grow spiritually, do you mean us as the human race, or us individually?

Well, all is part of the one thing. If you do not grow individually, you could not grow as a whole and the planet could not grow. Yes, I mean all things must evolve.

Lilian: I found it interesting about the children with the disabilities—they really are special.

They are special, of course, because you know you choose to come to the lifestyle that you have and only those old souls feel strong enough spiritually to return to such deformities.

Sarah: And actually often the disabled people are very nice people, very happy people.

Yes, that is because the Spirit shines through. Yes, perhaps it will help you my dear friends to look at your fellow man in another way. (Pause)

Lilian: Yes, I think that is all the questions, thank you.

I will take my leave with you this time and give you some time for discussion if you so wish. (Thanks + farewells)

~12th March 2001~

Good evening. (Welcomes)

I wish to say to you my dear friends, the spiritual light in this place tonight is so very bright. The spiritual light which emanates from each one of you is indeed something to behold. I know that you are not aware of this, but please accept from me that it is so. (Yes, thank you.) This time most of it will be taken by each individual's own development, but before I leave you to this, I would like to say something to you: Each one of you within this room this time in the coming year of your earthly life, there will be a significant change for each one of you and dependent upon each individual's own awareness and growth, will these changes be accepted or rejected. But what I wish to say to you my dear friends is this, that these changes coming to each one of you—and I would say it may not only be change for your own selves, but may involve those close to you—but nevertheless they will be significant changes, which should affect your awareness and your spiritual growth. Remember these words, because my dear friends it will only be in retrospect that you will *see* and remember my words this time. Each of you are going forward in your life's plan, and although there have been instances of hesitation and *displacement* shall we say, most of you are travelling the correct pathway. So keep this in mind also as you progress through this next one of your earthly life, your earthly *year*. All I will say now is that I would like to work quietly this time with this instrument, and if you my dear friend (*Lilian*) will take over and allow those others who wish to speak or those who wish to be guided, and let those who come close by you come a

little closer. As I have said, this time will be used for your own individual development and next time we meet I will again speak to you of new subjects.

Lilian: Yes we look forward to that. Perhaps at the end of this year, if we can compare the months that have gone by we shall remember your words.

Yes, I ask that you do please. I go always leaving my love and my light with you. (Thanks + farewells)

~19th March 2001~

Unfortunately the tape recorder malfunctioned on this occasion, so no transcript is available. However we did ask Salumet to recap for us next time, so that any new teachings could still be preserved.

~26th March 2001~

Good evening. (Welcomes)

Before I continue this time, I ask you my dear friend that this instrument be given a little healing from you, before she returns to you.

Lilian: Right. Will I be allowed to touch her, or just keep my hands away?

Gently, gently away and slowly to touch please.

Lilian: Is it because of the noise? **(Yes)** Sorry about that.

Yes, I had to withdraw fairly quickly, which is a little shock to the instrument, but do not be concerned, because there is no need. But I ask only that you do this for us please.

Lilian: I'm glad that there is no need for concern.

Firstly, my dear friends let me say this to you: I have told you that this, your coming year, each one of you will be confronted with a life situation, which you will find is spiritually worthwhile. Yes, I have told you this.

Lilian: Yes. We look forward with interest.

Yes, this will be discussed at the end of this coming year, to see if each one of you recognises the event which will help you to grow. I have told you it may not be what you expect, but *for* each one of you, this is a most important year and I have felt the need to repeat these words to you my friends.

Lilian: I hope that we don't let Spirit down.

You will never let us down. You can only let *yourselves* down. But I would rather say, not let yourselves down, but that you are in a *learning process*.

Lilian: Yes. Does that go for your instrument as well?

Yes, there are no exceptions. It is an important year for all of you.

Lilian: And even our travelling friend? *(Paul)*

All of you who have been touched, will in some way find this year to be one of spiritual growth. Now, my dear friends, I know that there are questions this time, therefore I will refrain from new discussion and allow any questions that you may have to come to me.

Lilian: Thank you. I wonder if I could ask a favour, if you could recap just a little bit on last week's talk, because our tape machine didn't work. It's more with the freewill and how we blend at the end of the journey that we are going to take.

Sarah: Just so we can have it in your words, so it is easier for us later on, to pass on to others.

Lilian: It is so nice for us to read them and think about it.

Yes, rather than repeat all of my words, I have been *pleased* my friends by what has been recalled by your physical memories and so shall we begin and if you ask me specific questions, I will be only too happy to answer them for you.

Sarah: The bit I remember you saying that when we first go over we still need our freewill. But then later as we grow a little more, then we no longer need it and we blend in with the—what was the word you said, it was somebody of thought, the Spirit of thought? I couldn't remember...

The *Beings of Thought*. (Ah yes.) Yes, the blending comes of course, you remember after much time. It is not something that happens too soon. After all, you have much spiritual evolvement to go through,

before you reach this stage of blending. But I wished you to know that there is a point in spiritual life, when freewill becomes obsolete. But I do not expect you to think that it will happen before many, many aeons of time have passed. You do not remain individualised with freewill, but although you blend with that *Love Energy*, if you would like to call it that, there is still an individuality about the blending. Do you remember those words? (Yes) That was the point I was trying to tell you about, that although freewill stops, there is an element of individuality still within that love blending. Does that make sense to you my dear friends? (Yes) Are you sure?

Lilian: Yes, we accept your words, but often we need time to think about them.

They were the words that I wished you to think about.

Sara: I have a question not related to blending. Can I ask a question about dreams? (Of course.) My daughter is very interested in her dreams and their meanings. She is 14 and I wonder whether I should encourage her to keep a dream journal as a first stage of helping her to develop the interest.

Yes, there is no reason why she should not. By keeping such a journal as you call it, it determines the difference between 'dream state' and 'dream state in our world'—there is a difference. But the more you come to realise and keep note of all of these *dream states*, you will come to recognise those that belong and come from our world. Inspiration, judgement, guidance come to you *all* within your dream state. But of course there are also *dreams* that belong to the *physical being*, which are very muddled and are trying to make judgement of what has happened within your lives. So, you must make judgement upon these things and it will come to her. She will instinctively know the difference, if she continues to take note of them. (Thank you.) May I say my dear friends that each one of you should make note of what comes to you in sleep state, because not only do you come to our world, but you are given the guidance that each one of you seeks and needs, to perfect living upon this planet. Dreams are important to your development whilst you inhabit these cloaks of physicality. Do you understand? (Yes) So yes, my dear friend, please to encourage your daughter. (Thank you.)

Izumi: I do not have a question, but I am happy to come here.

Yes. This one will have much growth from involvement here. She already *feels* the love and the blending, which takes place within this room. There is much good to come to this one in her life's journey.

Mark: I was just wondering once we become part of a blending and our freewill has become obsolete, I just wondered what the purpose becomes then?

The purpose my dear friend, is that you have reached a state of being, which you have spent many aeons of time seeking and searching for. It is one step closer to the purity of being. That is the purpose. When you leave behind freewill, you are leaving behind that last part of any physical living that you have claimed and at last, when that is left behind, the true Spirit being can go forward. Does that help you?

Mark: Yes, I guess life would be so foreign that I couldn't even imagine how it would be.

This is the difficulty. Perhaps the nearest you will come to it is in the deepest state of meditation that you could attain, whilst in the teaching physical garb. But even that is far removed from the true blending of the spiritual being.

Sarah: Salumet, last week did you say when you reach this state you '*never*' come back, or '*seldom*' come back?

There is no need to return, once that state of existence has been reached. The Spirit if you like, if I may use earthly phrases, is at last *free*. It has no need to return to learn more. Therefore when that stage of being is reached, no you will not return to a physical existence.

Sarah: But you would be able to come back and visit (Yes) the physical in these sort of situations, in these meetings you could come back as Spirit?

You may return of course, because it is much easier to return. But you cannot go forward, until you are ready. But those Higher Beings of course, can come close to the physical living, of course. But I must say that unless there is a specific purpose that is unlikely to happen. Is that clear for you?

Sarah: Yes, thank you. We are talking now about us physical human beings, but people from other planets, although they are more intelligent than us, they would still have to go through this same process?

Of course, because they—although they may be ‘clothed’ in different garbs, may I say, they are still operating on a modicum of freewill, even though it may be entirely different from your way of thinking. There are of course much more spiritual beings on other planets, but the process remains the same. *All* are going forward in the same direction; you must remember this. It matters not where your placement is within the Cosmos, *all* are seeking that *purity*, that *Love*, that *Higher Being*, which we all belong to. So, yes, you are correct in your assumption. (Thank you very much.)

Margaret: I don't really dream a lot or I don't *remember* dreams, but I walk a lot on my own and *this* is when I get my ideas. I don't know if this is different from anyone else.

No, it matters not, you are all individuals. What *is* important is that you recognise when what you are given comes from our world. People find their own little niche for development, for gaining help from our world. Some people dream more vividly, others need to have quiet moments, others are just *aware* at all times. You are all human, you are all individual, therefore it is only right that you find your own way.

Margaret: Thank you very much. I have been asked by a friend who is very concerned about all these animals that are being slaughtered. (*Following outbreak of 'Foot and Mouth' disease*) I tried to convince her that the Spirit would go on, and would I ask you that you are sure that it does go on?

We have discussed this and it is difficult for those people in your world, who have no knowledge of the continuance of life. *All* Spirit exists and all those animals who you are so concerned about. Of course the Spirit goes on, but it is not individualised. Only those animals who have experienced a bond of love, a closeness with a human being, remain individualised within our world. The animals will go to a pool of Spirit, where the Spirit remains for some considerable time. But as in humans, they do not suffer.

Margaret: I tried to convince her, but it will be in *black and white* now, (*Transcribed*) when I show her our record of it.

Yes. She will not be convinced, because she lacks your knowledge. (Thank you.)

George: The Spirit planes that are close to Earth, some of us call the astral planes. I think it would be true to say that in those planes, we have some kind of body or individuality and freewill would come into the decision-making about reincarnation. But beyond those planes, some of us refer to that region as the *Causal Planes*, there would be losing or loss of individuality, there would be energy bodies, with some degree of connection and that is the region where freewill would be becoming lost. Is that fair commentary?

Yes, that is correct, but of course it takes many planes of existence. Of course when the Spirit remains close to the physical, of course it cannot forget all that has existed and that includes freewill. But my dear friends, freewill belongs to Spirit for some considerable time. You are correct, freewill is gradually erased, not as something to be disposed of, but a *gentle, gentle* inspiring thing. You are *inspired* by those greater beings in Spirit, who help you to blend to the greater cause of life. It takes many aeons of time for that freewill to be completely disposed of, even on the plane of existence of which you speak. Even with the blending and the easing of the freewill, that individuality still remains for some considerable time, until such time as the Spirit being realises that it is of excess to its evolution. It is a very, very gradual process my dear friends. We must speak at another point again about *energy*, because this is the forerunner of that topic. It is a blending of all energies. That is the fact of it, but it is much more complicated than I am able to explain to you at this present time. Is that helpful to you my dear friend?

George: Yes that is. We always tend to over simplify things in our attempts to grasp.

Yes, but it is necessary for your understanding to do so. I hope by just introducing a little more knowledge to you, then you can go that little bit further in understanding. (Thank you.)

Sarah: We are only one aspect of our Spirit that has come back here, that goes back over and then goes up into these different levels. At what stage do we totally blend together with the rest of our Spirit?

Yes, you are beginning to understand. (Good! —*chuckles*) Yes, when the freewill is ready to be disposed of, then you will join with many other aspects of your being. That is the point of joining, not with all, but with part. Again I am approaching something that we have not discussed as yet, but which we will do.

Lilian: Can our friend ask a question about her son, or is that too personal?

I will try to answer.

Jan: I have a very troubled young man at home, who listens to his dream state. So it is strange that you should have brought that up this evening, or one of my friends did. He receives his motivation and inspiration and his guidance in his sleep, but in his physical being, he finds it very difficult to break through—he wants to, but something mentally stops him from doing that and I wonder how I can help him?

Yes, I will return to what we have begun with my dear friend and that is freewill. You cannot help him in his spiritual quest. You can offer knowledge, advice, whatever you may wish, but *he* is the one who must recognise and deal with his own knowledge of life. I know this is not what you wish to hear, but it is best for *him*. He will reach a point of recognition, of understanding. At the moment there is too much going on in his physical living, but that point will come when he will be able to go forward. Do not think that inspiration and guidance that he is given is wasted, it never is. It is retained by that Spirit being, for when the time is ready for it to blossom.

Jan: It is very frustrating to watch, when I know that he receives it and doesn't seem to be able to use it. **But my dear friend, can you not see that this is also a life lesson for you?**

Jan: Yes I have only just appreciated that.

Yes, I cannot put it more clearly than that for you, but you too are learning from his experience.

Jan: We do seem to be connected rather more than just the fact that I actually gave birth to him physically. Am I correct?

You are. I do not intend to tell you in which way or in which way to go, because as you know, that would be interfering in your life. But I will tell you that there is a deep bond, which has existed for many, many lifetimes between you.

Jan: I had a feeling that was the case.

But you must allow him to go forward on his own. I know it is difficult for all of you, when you are involved with what you call 'children', but remember my dear friends, children are only on loan to you. They are Spirit beings in their own right. (Thank you very much.)

Lilian: Can I ask a question of something that happened to my daughter? **(Yes)** She has got some painful legs and she went to lay down in bed to rest the legs and ask for help from Spirit, and then she saw what she could only describe as a mist on the room. That would be Spirit would it? An indication to her?

Why is she surprised?

Lilian: No I don't think she perhaps was too surprised.

No, she has, that one, the ability to see. On the occasion you speak about, she was not seeing clearly, partly because of her pain, but of course it was spiritual help, which was surrounding her at that time. All of you must and should be aware of those helpers who come to you in times of need. When your cries for help are sent out, you are never, ever my dear friends, left alone, even if at times of distress, it does seem so. But I have to say, it is your *lack* of seeing, and sensitivity, which denies it to you. Do you understand? (Yes)

Sara: We cause our own confusion and troubles.

Yes. It is not that the help is not at hand. It is just that the mind is closed to it. Do you understand?

(Affirmed)

Sara: Yes, can I ask a question about health? **(Yes)** I know that you have talked about health before many times, but I felt strongly this week that emotional turbulence is very closely linked to ill health. **(Yes)** I think it always seems to precede, well in many cases, not all obviously. Is that right?

I have said in past times that—and I will state it simply for you: The power of your mind, creates dis-ease. Therefore the power of your mind can destroy disease. It is as simple as that my dear friends, but it is up to you *all* to try to achieve the best that you can. And only by cultivating the process and use of your thinking, can you take full charge of your health. It is something, which you are all capable of.

Sara: It is possible to go through the whole of life with perfect health, if the mind is...

If the mind is healthy.

Sara: It is humanly possible to have a whole, healthy body?

There are those souls who have that kind of existence, but I have to say that mankind as a whole, is less than well suited to good thinking. That is why you need so much upliftment and help from our world. Otherwise we would not need to come to you.

Sara: And we are only here, because we need to refine aspects of ourselves.

Yes. Look to yourselves for all ways of thinking, even to your way of judging others. Your way of thinking about other people, will tell you what is lacking in yourself. Do you understand? (Yes) Mankind has much to learn, but that is our purpose that we help mankind to help himself. That life, although clothed within these physical overcoats, can be good and can help you so much in your spiritual journey. It is my dear friends, up to each one of you.

George: Could I return to the subject of those from Spirit helping us? It occurred to me recently that both Jesus and his mother, Mary, continue to help us. Mary still appears in vision around the world. It seems unusual that a master should continue in this way, with the aid of his earthly mother as a kind of teaching and helping duo.

But why should it be surprising to you? Firstly, my dear friend, let me say this to you: Two thousand odd of your years is but a blink of the eye. Do you understand my meaning? (Yes) In all of time it is *nothing*, and why should it be so strange to you that two people—one whom you would call 'master', because he became so well-known upon your Earth, but the mother that he comes with, is part of his own Spirit. They are but two beacons of light, which belong together.

George: Ah! Yes, they certainly work together so well.

And they have chosen to do such work. Remember they are still operating with freewill and again you have returned the question back to where we have begun. And, with that my dear friends, I feel this time, that I will withdraw and allow you to think carefully about my words this time. (*Thanks + farewells*)

~9th April 2001~

Good evening. (*Welcomes*)

I would like to say this time as you have joined together and have asked for much help for those in need, let me take this opportunity to say to you, my dear friend, our dear lady who has been absent from us, (*Sara*) she is being taken care of. All of those peoples that each of you have given of your love for healing, will be given help. But they will be given the help that *they* need and perhaps not what you would desire for them. This is an issue we have spoken of many, many times, but what I would say to you my dear friends is this: **The loving thoughts that you send for healing for another human being, is the greatest gift that mankind can give.** I hope that you fully understand how strong each one of you become, each time you give love to another human being in this way, because my dear friends, not only are you physically asking for help, but you are allowing those in our world to also seek and help those in much need. So, it is a two-fold issue here. Can you understand this? (*Affirmed*) Therefore if I may say to you, '*thank you*' my dear friends, for what you do for those unknown to many of you, but still in need of much help from our world.

I wish this time to speak a little about why you come to this learning planet. Have not you wondered my dear friends, if you are but a spark of the Divine Being, Creator, Universal Light—call it what you may—have you not wondered why, if you are such a spark of Divinity, why do you need to come to a learning planet?

Lilian: Yes I have wondered.

You all have wondered? May I ask you please, individually if you like, what has been your own conclusion?

George: I feel it is a route to obtaining—well this is a human thought really—a route towards perfection. But then the *divine* is perfect anyway, but in some way that perfection has to become more extensive, if we manage to progress *our* little perfection here on Earth. I think that's the best thought I could come up with.

Yes, I thank you for it. Does anyone else have thoughts on this?

Margaret: I have often thought, why do I come?—but I come because I felt so—I don't know how to put this—helpful to other people in some way. If there's a question, I try very hard to answer it. I don't probably answer it properly sometimes, but I feel I am doing some good to somebody as well as myself.

Yes, thank you for those words. Anyone else have any thoughts?

Jan: Yes, just one popped into my head and that is to experience the giving and receiving of love. **(Yes, yes.)**

Mark: I wondered if it was something to do with becoming more conscious of yourself, if that had an evolutionary effect, **(Yes)** by becoming more conscious of yourself. **(Yes)** I am wondering, because in Spirit, it seems you're *Thought*, whereas here we're *Thought* and we are *physical action* as well, so it seems like a very direct kind of learning.

Jan: I think I know what you are trying to say. Physically, we have to experience...

Yes, it is an experience. Experience is the word, but it goes much deeper. Does anyone else—what about you?

Sarah: I was just thinking that our main object is to become one of the whole, **(Yes)** and in working on the planet, we are all trying to work together to become a whole, so that is the learning curve of trying to work as one.

Yes, thank you for those words. What about our dear friend?

Lilian: I have wondered why—you have told us other planets are more aware spiritually and I wondered why this planet is not more aware. It's becoming more aware, although I suppose there has to be a starting point.

Exactly, but I think you fail each one, to understand my question if I may say so. We know you are here. You have the task of growing spiritually, of evolving with this planet. This we already know, but if you are already part of that Divine Spark, why is it necessary?

Mark: I had one other thought: You can take cuttings from a plant and you can multiply, so could it be along those lines?

Yes, you are beginning to understand my friend. We are coming to that—yes, you are part of Divinity, you are Divine Spark, of course you are. But the purpose of returning to a learning planet is a little difficult to explain in earthly terms, but I will try for your understanding: Let us once more return to that precious stone, which so many of us use for explanation in your world. Let us take that beautiful diamond, which has many facets to it. Let us take that fundamental stone, which you call rock, which you call diamond. As each part is taken from that whole rock, what do you on this planet do to these 'sparks', shall we call them, of rock? You take them, you polish them until that same part of rock becomes an ever-gleaming, beautiful, individual stone, but it is still part of the crude rock, shall we say. Do you understand? (Affirmed) So that part of the rock, which you have taken, you have cultivated, you have evolved it shall we say, you have made it become a much more beautiful object. But if you put it back to the crude rock, it is still made of the same ingredients, is it not? (Agreed)

Mark: But you have made a greater whole.

Yes, you have created an even greater perfection, may I say. Perfection also comes in varying degrees. This is a difficult topic my dear friends, and I take it slowly, in order that you may understand. Think of yourselves as those small stones that need to be beautified, shall we say. You need that learning process, to again become perfection. That is what takes many, many, many, many aeons of time. You are essentially that Divine Spark, but what you are doing is becoming even more perfect, if I may put it that way. Do you begin to understand, or is this confusing to you?

Lilian: I think we are beginning to understand. If this planet was created by our thoughts, **(Yes)** there must have been a decision by a group of Spirit to create this planet for the learning. We must have known that we needed to come here to learn in the beginning.

We have discussed, I believe, that there is a point of Creation, where all things are known, where these things are spoken of. I use those words, because that is the only way I can describe it to you. Yes there is an intelligence behind all things; Divinity is not without intelligence. But remember what I have said, nothing is ever static. Do you remember those words? (Affirmed) Do you remember what I told you that

it is ever moving, ever changing? *(Affirmed)* Therefore we cannot stay still, so there *has* to be intelligence behind all things, behind any kind of creation or thought or action. These are difficult waters for you to tread my dear friends, but as we go forward, you *will* understand, slowly, each little step of existence, each step towards that Divinity to which you belong. But what I wish you to know, is that you *are* all things, you are capable of all things, you *are* that Divine Spark, but you are that Divine Spark, which needs to be honed and improved, in order that you may return to that greater. Can you understand? Many words have been used here this evening, *love* being the most important one, because without love you cannot go forward. And this you know, I need not repeat myself about that. But I ask you my dear friends, that as you leave this room this night, to consider the few words that we have discussed. To see *yourself* as the Divine Spark, which has come to this learning planet and to find within each one of you, that which you have come to achieve, that task in your physical life, which you need to achieve, to become that shining stone. Do you understand what I say to you? *(Affirmed)*

George: Would it be true to say that Divinity continues to evolve? *(Yes)* And we are very tiny sparks of that evolution?

That is correct, yes. Divinity is always evolving and moving and creating. As I have said, nothing is static. Remember this because it is important for your understanding. You are indeed small, small sparks of Divinity, but indeed you *are* Divinity. All you need to do is to find that true spark within these physical overcoats. Because you see, my dear friends, it is these physical overcoats which hold you back. But again, as someone has used the words, it is a *learning process*, in order that you can evolve; it is a necessary thing for most of you. Do you have any questions for me this time?

Lilian: I was just thinking it's incredible what we have learned from you. I know you don't need our thanks, but...*thank you*.

Just small thoughts, just a few words to make you think for yourselves. That is my purpose my dear friends, in order that I give forth to you new thinking, in order that you too may pass to others the knowledge already obtained. That as your knowledge grows, so too can you become emissaries of Spirit and impart to others that knowledge that you yourselves have gained. The purpose is not to keep this knowledge within this room, *(but)* that the knowledge that is given, be spread far and wide to those who are ready for it. And we all know do we not, that not everyone is spiritually ready for this kind of information. That is where, my dear friends, I give my deepest thanks to you, for the knowledge and the understanding, the love and help that you give to so many others. And I know and I will say that each one of you has taken many, many of the opportunities put before you, and used many words wisely in the name of Spirit. I could not ask more of you my dear friends and I thank you once more.

George: I wonder if I could ask this question at this stage, because I think it relates. Mr John Garvey, a newspaper reporter, is writing something on the book for publication, and he has asked if he may sit in with us one evening, to listen to your words. I said I would seek permission. *(Pause)*

Yes, I will speak. All people who have genuine interest in my words are of course welcome. What I would say to you is this: that the gentleman *is* seeking; he has many thoughts, many words to say. What I would say to you my dear friends and to my dear friend who is in charge of you all, that he must be instructed in our ways of quietness and in respect of the dear lady's wishes. I am happy for the gentleman to come, providing he is happy to abide by these guidelines within this room.

George: Yes, thank you. I felt his heart is in the right place and I believe he is seeking.

He is indeed seeking. For all those who seek, we cannot turn them away. The only ones I would deny, would be those who have false impressions, if you like, of what we are trying to achieve. But yes, provided the dear lady here is happy to accept him within this room, I too will be happy to speak with this gentleman. I will leave it with you. *(Thank you.)*

Lilian: Last week we just had a quiet sitting. Your instrument you are using remembered absolutely nothing when she came back. Could you give us any idea as to where spiritually she had gone and why couldn't she remember?

Yes. Spiritually, she was here with you, *physically* she was removed. That is why there is no *physical* memory of what had happened to her. Remember when first I came that I told you this was not full

control of this instrument? (Yes) But the time that you speak of, we removed her a little further from the physical atmosphere, if I may put it that way. But spiritually, of course she remained with you. If she did not, she would be in our world. Do you understand? (*Affirmed*) So although physically she had no memory, she was perfectly safe and at no time was she allowed to remember, because we were using her for other things. This is much too complicated for me to explain what happens when we remove someone's memory in this way. To work in full-trance, the mind, the brain of the physical being, has to be placed to one side. That is why there is no memory. But last time we took this instrument that I am using, a little further into our world. It has happened before and she has always been unaware of it.

Lilian: It's just that sometimes when she's come back, she's been a little bit weepy and not really wanted to come back.

Yes, but last time was just a step or two further into our world. Remember that she is not *taken* without someone replacing as I am doing now. But last time, although spiritually she remained here, the physical aspect of her was further removed. It is difficult for me to try to explain the mechanics of mediumship to you. It has never been successfully done, but one day I will try to explain a little further. And it belongs to the subject of light and energy, which is always a difficult topic to discuss with human beings, unless their knowledge is so great that they can fully understand and appreciate what I am trying to say.

Sarah: So if Eileen were to go into a full trance, would you still be able to come through her?

Of course, yes that is the purpose. Gradually we take her a little further and although her memory of my speaking is not known to her, she is still aware physically that she is still here, if I may put it that way to you. But in full control, she would have no knowledge whatsoever.

Sarah: And would that make it easier for you to come through her if she were in full trance, or does it not make any difference to you?

It doesn't matter now we have made full progress with her, even though we cannot truly say she is in full trance. There are many misconceptions in your world about the word '*trance*'. There are many forms of trance and I would say that as I work through this instrument, she is almost to the point of what we would call *full-trance*, which means no memory whatsoever. But I have said for many of your years that we are happy in the way that we use this instrument. (Thank you.)

Lilian: I must say it amazes me that she doesn't remember.

Well, can I say do you remember when you are in your sleep state? It is almost the same, it is just that the physical and spiritual are slightly separated. Perhaps that is a better way to put it, because you know that each night in your sleep state the Spirit is removed from the physical body. It is a separation, it is not a severance, but the memory is not always there. It could be if you so worked at it, but again, that is a very individual thing to do and it is down to each one of you to achieve what you can, whilst in these physical garbs. Do you understand my dear friends? (Yes) I hope I have given you a little more to think about this time. (*Agreed*) There are so many things that we need to discuss, but I try to make sure that all that we discuss joins together to make for your understanding greater. It would be so easy to go from one subject to another, but there needs to be a joining together, if you like, of the information that I give, in order for you to understand. And of course, as I have always done, it is most important that we go over and over and over all that we discuss, because only by doing so, will you have full understanding. Are there more questions before I leave you?

Mark: My wife asked me to ask a question on her behalf. She says she has been disturbed by seeing faces just before she went to sleep and she asked me if you had any explanation, or any way of getting rid of them when she found them disturbing?

Yes. She is not ready for them, but those in our world are anxious to make contact with her, and as I have said to you, in the state of sleep, the Spirit comes to the fore. That is when you are most likely to have what you would call '*spiritual happenings*'. The faces which come to this lady, should not disturb her, but they do, because she is not quite ready. If she is afraid, to silently say, please to leave her alone for now. And when the time is ready, she will accept them. But I would leave it to you my dear friend, to give her solace and comfort, to speak with her in a gentle way and not in an informative way, but a

gentle quiet way and let her know that all is well. I would say about this lady that there are many in our world who would like to make contact with her.

Mark: In fact she has a good gift really?

Yes, but she is afraid. Yes, it will come—just give her more time.

Sarah: Perhaps she should think of them as friends and not as enemies.

The gentleman has the ability to reassure her. Perhaps my dear friend, you should look upon this as one of your opportunities. Can I leave this with you? (Yes, thank you.)

Lilian: Any questions Izumi?

Izumi: Questions...I can't. English very hard for me.

Yes. This lady is coming to a time when she will make a decision in her life, which is important to her. I will tell you that the choice that she makes will be the right one and that is happening, because she has joined us here and spiritually, although she does not understand all of our words here, spiritually she is growing. After all, Spirit needs no language, Spirit is all understanding. Although you may not always be aware of this, her Spirit is growing in knowledge and that is what is important for her at this time. (Thank you.)

I will take my leave of you my dear friends. Once more, know that always I am close to you. I am aware of each one of you always, as are those in our world whose task it is to help and uplift you each step of your way. I leave you always with my love. (Thanks + farewells)

~April 23rd 2001~

Good evening. (Welcomes)

Lilian: Nice to be together again.

It is indeed good that so many have gathered this time. Always I feel your love and your welcome; for this I am most grateful.

Lilian: Yes, we are grateful for the love you bring us and the upliftment.

Yes, upliftment is something needed in some of your lives at this present time. Before I continue with new knowledge, I would like, my dear friends, to ask each one of you, what you have learned for yourselves in this these past few months. We have spoken of many new things, much new knowledge and for this time I ask that each one of you speak of what you have achieved, in order that the others may know, because my dear friends, each one of you has grown in your own way, in your own time, at your own individual evolutionary rate. Therefore, if you are happy this time to speak, then I will be happy my dear friends to comment to you individually. (Each sitter then made comments)

Mark: It is difficult to say really. What you have given me is something that I wouldn't have even thought about, I wouldn't have even considered them. They give me a kind of *hope*, I suppose, because it makes me feel that there is a much bigger picture and I think it has given me more *confidence* in my position in my life—more purpose?

Yes, you would say that your knowledge has expanded spiritually? (Yeah.) Yes, you my dear friend, until now, have taken each step slowly, but you will find that in this year of your earthly time, your knowledge will be such that you will be surprised by your own thinking. Thank you for your comments.

Lilian: I know it is difficult for Izumi. (Japanese guest)

Yes, it is too much. I know how she has grown, so we will say only that she has gained experience from these meetings.

Lilian: That's amazing really.

No, it is not amazing. We are speaking to her on a spiritual level and it is on that level that we speak.

Graham: Before I say anything, may I give thanks, say thank you. I would like to give thanks to those people on our side and the people on your side, for helping me with my health problems. It feels as though of late, that I have got a lot better and the tremendous upliftment and joy that has given me. (Graham had been struggling with 'Dystonia'—a neuro-degenerative disease—but he has since made a miraculous recovery!)

May I stop you there my dear friend. *Where* is your own self thanks? Who has achieved this? Of course you have been helped by many, but ultimately you, *yourself*, are responsible for your health. (Yes) So I would say to you my dear friend, give thanks to *you*. Do you understand what I say to you?

Graham: Yes I do—I will do that. It is difficult to know where to begin with what I feel I have achieved. It has enabled me to understand the position of the human race, where we fit into the grand scheme of things, it has enabled me to look at things from a very different point of view than I would ever have dreamed of, before I started coming to these meetings. I have been able to have spiritual thoughts, tried to think of things in a spiritual way, to have conversations with my wife, who also comes to this group, (*Sara*) about things that would never have been possible before and I find possibly ever more so in my life, as I move forward I am thinking all the time about things, almost constantly through the day. I try to think of things in a slightly different way than I have before, bearing in mind the things that we have been taught and I feel as though it has given me a lot of power and strength, which otherwise would have been lacking and more insight and understanding and compassion to those around me.

Yes, you have picked up much since you have joined us. May I say to you my dear friend that the one you call 'wife' has indeed been a special gift for you in this lifetime. That lady has much spiritual knowledge, even though she constantly seeks, she is what we would call a Spirit of much compassion and love. To this she has brought to you, but also to many others that have been acquainted with her. I would say to you that in this learning process, the biggest lesson for you my dear friend, has been the compassion and the understanding of others' problems. Yes, would you agree?

Graham: Yes, I would.

Yes, thank you for your comments.

George: At a personal level I think I have learned more humility, patience, sensitivity, appreciation of young children. I am feeling closer to Spirit at a different level. I feel I am reaching out to more people, through the book which is now being marketed in a small way, with the help of local newspaper accounts. And there are more plans for reaching out to more people, through what is written in the book and I see that as part of my work for the coming year or two. Yes, that is about it.

Yes, I would like to say this to you my dear friend: You always have been sensitive, but you needed to grow just a little more, in order that that sensitivity be utilised in the proper manner. This you have done, you are following in the correct footsteps of your life plan. You are most intelligent in the intellectual sense, but we give thanks do we not, to those friends of yours in our world, who are constantly with you, enabling you to go forward as you say, in those written words, which need to find a wider audience. We thank you my dear friend for this. We give many thanks to those of you who allow us to come close enough, in order that spiritual work may be given to many, many others; to those who are sceptical, to those who have knowledge, to *all* manner of peoples who are seeking. This is what your written word will do, it will enable many to have within their grasp the words of spiritual knowledge. I would like to thank you my dear friend for all that you have achieved. Thank you for your comments.

Sarah: I am finding it very easy now, to pass on the word when I get the opportunity. I used to find it a little awkward and sometimes it is not easy to express exactly what I mean, but I find it increasingly easy to slip in something about Spirit when I am talking to people. And the other thing I have found, since this operation I have had, it has helped me enormously to sit back and think. Whereas I have always been so busy rushing around I have had time to sit back and think and realise too in my moments of thinking, that maybe I would have been better not to have had the operation, to think that it has helped others around me to grow, whereas they would not have had the opportunity had I not had the operation. So yes, I am seeing things in very different light, to how I did a while ago.

Yes, may I say to you my dear friend, that always in your seeking and in your searching, you have been, if I may say, one who has tended to rush a little too quickly. This time of quietness that you speak of, *is* an intended quietness for you. It has enabled you as you have said, to give time to the quieter thinking time of Spirit, which is quite different from the quiet time of the physical being. Would you agree?

Sarah: I would indeed, yes.

There is much for all of you to learn, but I would say to you my dear friend, you have made great strides in your spiritual unfoldment. This does not happen in a short time, but takes all of your years of living, and these words my friend, applies to all in this room. For all of your years of living, you will continue to grow, to accept knowledge, to be much better human beings, to go forward, as I have said before, to become emissaries of Spirit in order that others may know what truth is. This, my dear friend, is what you have been achieving in this past year of your living. Thank you for your comments.

Margaret: I have two 'thank you's' to say. Sometime ago, I think it was a few years ago, my grandson is dyslexic and you said to have patience. Well, patience is all right, but you have got to be cross with him sometimes. Anyhow, we found a very, very good school and he is now 11 and he is such a wonderful boy and he is so kind and I think it was when you said to me to pray for him and wish him well, and I did and he has come out wonderful. The other thing is that my daughter suffered last year with cancer and I asked for help and she is coming through wonderfully and I would like to thank you very, very much for that.

Yes, I would say to you my dear friend, that the ***power of thought***—and I do not apologise for repeating these words—that the ***power of thought*** is the most powerful thing you will ever have. To use that power of thought in a positive manner for good of another human being, enriches your own life. Not only do those people that those positive thoughts are aimed towards, not only are they helped, but you my dear friend, also benefit from that positive thought. I would say however that this positive thinking must be used on a wider scale, to be used for *all peoples*, not only for those who are close and whom you love.

Margaret: I do pray for other people.

Yes, but the most important people you can give thoughts for, are those who are most in need, not only in your world, but also in ours. For this dear lady, we thank you and I would say that you have learned well, how to use your thoughts for help. We hear them and we hold them and I take this opportunity to ***thank you***. Thank you for your comments. (Thank you.)

Lilian: Well I do like to read the transcripts of your teachings over and over and I am still amazed at some of the things you have told us. I hope it has made me a better person, more understanding, patient—I do try hard and I'm sure it has made me a kinder person.

Yes, I will speak with you my dear friend and I will use your own words: ***You are amazing!*** You my dear friend are what we would call a most generous and simple soul. Life is not always easy, for all of you, you have your moments of distress, of illness and life in general seems difficult, but my dear lady, we wish to thank you, for giving the opportunity for all our other friends within this room to come together, because without people like you who are willing to serve Spirit, to help to spread the truth, we could not use you in the way that we have. You, my dear friend, should be thankful for all that comes to you, but we too, are thankful for your dedication to the work of Spirit. These thanks are not given lightly, because as I have said to you, without you, we could not continue this kind of work. I must say my dear friends, and to all of you I speak, since I have come to you, I have seen how the lights around you have grown brighter, I have watched each one of you with your doubts and then to see those doubts disappear. I have seen each one of you when you have spread the word of truth to others, I have seen how you light up, when the acceptance of truth comes to those who you know have been in the darkness of not knowing. I say to you my dear friends, there is much to achieve and I will say there is much good to come to all of you and there is much for us to achieve within this room. But once more I must say to you, 'slowly, slowly' and again I will use the word '*patience*', which I know to you earthly beings, is a word that is not always used properly, but it is a word which my dear friend—(Pause)—Forgive me my dear friends, but I feel for this time that I must withdraw from you. I ask that you continue in the good work that you do and that next time we meet, I will speak with you on some new truth, which I hope you will find most interesting. (Thanks + farewells)

~30th April 2001~

Good evening. (Welcomes)

I said last time that we would speak about new truth, but I give welcome to the gentleman who comes to us this time. (*John from Basingstoke Gazette newspaper who wrote article on George's book*) And I feel it would be best if we had an evening of discussion and questions in order that he may see what truth is about.

Lilian: That's a good idea—he's a little apprehensive.

We welcome all who seek truth. I would say to you my dear friends that your thoughts this time have reached me. I hope that those of you who have been seeking answers will find them soon. Let us begin this time by putting a question to you all. What would you suppose that—what is Cosmic Law? We hear so often from your world that question. So my dear friends, I put it back to you.

Mark: To me it seems like it is the backbone to everything—the thing that holds everything together, but I can't be very precise about it.

Sara: Is it the laws by which man can live happily, effectively and progressively in this world—well, not just in this world, they originate from your world—the laws by which we try to live?

Yes. You are told so often by those from my world that you should abide by Cosmic Law, that Cosmic Law is perfect, and of course, it is. But I wish to say to you this time my dear friends, and as always, my words are simple to you: Cosmic Law is just one thing, it is a balance of all things—of light of darkness, of good of evil. All aspects of living must maintain this balance, if you are to live your lives in this physical condition. Therefore I would say to you: **Cosmic Law is balance**. Would you agree? (Yes) I would wish you my dear friends to think of this truth, because that is what it is, to think simply and you will abide by those laws so much more easily in your lives. Do we have questions my dear friends?

George: Would it be true to say that Cosmic Law arises from, or is intimately bound up with the process of evolution? It would embrace the physical laws of the Universe, but I think these physical laws would only be a small part of Cosmic Law. Cosmic Law would embrace the wider spiritual evolution (Yes) with its karmic process and whatever other processes are involved in evolution of spirit. Is there sense in that or am I talking rubbish?

My dear friend I have not found you to speak so far what you would term 'rubbish'. (*Giggles*) But of course in your learning, you need to take full facts, before you can come to the correct answer and this I would say you do very well. You cannot have a Cosmic Law, which does not allow the evolutionary process of all things physical; of course it is bound together. Cosmic Law governs all, not only this planet, but the words themselves tell you that Cosmic Law includes *all*, all that has been created. Therefore you have to allow that all things physical, physical evolution not only of *mankind*, but of the *planet*, has to be included within the Cosmic Law. So of course, your assumption is quite correct. Cosmic Law not only allows the evolution of mankind, of nature within this planet, but of all the planets within this Universe and the many others which exist. The whole of the Cosmos has to be within that greater Cosmic Law. There cannot be any separation. Do you understand? (*Affirmed*) Cosmic Law has to be perfection, otherwise what point would there be to it? It would not make sense, would it? (No) Perhaps I would say to you my dear friends this: That if you can see yourselves as you *are*, as you exist at this moment in time—the *physical being*—you are a whole Cosmic Law within that physical being, because you have the balance of good and bad, light and dark, all within the physical being. You are, as your scientists have already discovered, you are that *microcosm* of the *macrocosm*. Do you understand? (*Affirmed*) You are the tiny part of the whole, but that tiny part *can be perfection*. It is not easy to become perfection, and certainly not within *one lifetime*, but you have the energy and the power to become so. Do you understand my dear friends? Am I making this simple enough for you to understand? (*Affirmed*) Do we have any questions?

Jan: Well, my question has just been answered, because I was going to talk about the good and the bad and the light and the darkness in our physical anyway, and that certainly answers my question.

Would the gentleman (*John*) like to ask some questions, because he is seeking and I do not wish to be too complicated in what we discuss this time.

John: I would rather listen just for the time being, if that's alright.

Let us continue then my dear friends with any questions that you would like me to answer for you.

George: I think our perception comes into this, as well. I was reading recently of a more Catholic view that God punishes. This came out in 1917, when Mary appeared in a vision at Fatima. She indicated that we would be bringing World War II upon ourselves if we did not change. The Catholic view of this was that God would punish us for our wayward ways, but I think the more mature view is that we are directing our own evolution and we were evolving into a condition of WWII and directing that ourselves. So our perception is such, in the simple sense that God is punishing, but in the more mature sense we are leading our own evolution. Is that a matter of perception would you say?

Yes, well we must return to more simple things my dear friend. I have already spoken extensively and for your own understanding, we will use the word 'God', but you know that I prefer to use the more visionary words if you like, like *Universal Love*; that is more apt than the word that you use and know as *God*. You are restricted by this Earth's religions. Each has its own way to what you call God. We have discussed this many times. You also know my dear friends that mankind has been given what we call freewill and mankind has to be responsible for all that happens on this planet. You are the keepers of this planet. Therefore it is necessary for me to say that that responsibility has been much neglected in many of your past years. Mankind is responsible for creating much negativity within this planet and mankind must take responsibility for it. I have told you when first I came to you that the time had come for the truth to be known, that the Spirit of mankind had to be touched in order for this planet to return to what it was meant to be. Man has abused knowledge, man has abused energies given to him, scientists have ignored advice and help that we have tried to give. Therefore it was imperative that many of us from our world, came to this planet to *touch* the Spirit, because *only when the Spirit is touched will mankind realise what it is that he has to do*. You have the freewill to accept or reject truth.

Jan: But Salumet, there will always be those who accept and those who reject, because that is the lightness and the darkness, so that will always exist.

Of course, that is the purpose. Lightness will always overcome the darkness. But as I have told you, they are but reflections of each other. I do not wish you to see lightness and darkness as opposites. They are in your *physical* thinking, but spiritually you must see the wider scheme of things.

Sara: So, the crises that we have are manmade, but they are also part of our evolution. (Yes) We learn from the darkness that we create, and it's on-going.

Of course. You cannot have one without the other. They are but energy and they are but reflections of each other, but because of mankind's freewill, he has the power to accept or reject. Do you understand what I am saying to you? (Affirmed)

Lilian: So out of the disasters, as we call them, a lot of goodness comes. We can see that.

Yes. Only as you grow, only as you evolve do you see this. But I must return to the question put by the gentleman, because he speaks of *perception*. May I say to you dear friend, perception belongs to the physical brain, not to the spiritual mind, so you must be careful when you speak about perception. When the Spirit is touched, the mind comes forth and understanding is greater. You must not confuse intellect with intuition, there is a difference.

George: Yes. Going back to that event in Fatima in 1917; that was a time when I think the Spirit was very much touched.

Yes, that was the reason for the visitation, that it was needed at that time to make people *understand* what was happening.

George: It seems to have been a wonderful demonstration and it's a pity that mankind didn't heed the message that was delivered then more strongly, but on reading about it, the Spirit certainly seems to have been touched, (Yes) the Spirit of many.

The Spirit of many was touched indeed my dear friend, but not enough. It was indeed a time of great darkness on your planet, but I believe you would agree that since then, much has happened, that mankind has opened up spiritually and emotionally and mankind in this time is now beginning to realise what his plan upon this planet is.

George: Yes, and even then at that time, Mary indicated that it was important that Russia move away from atheist communism, **(Yes)** which has since happened. It seems to have been a very important message for the last century.

There is upliftment, there is knowledge given to many in this world, but it is a slow process. You must remember that *time* as you know it, means little to us in our world. As we see it, much progress is being made. Mankind *will not* destroy himself, because at last truth is becoming known. (Thank you—)

Jan: Salumet, something I learned the other day—I separate the two rightly or wrongly—evolution of the Spirit and evolution of the planet, are two separate issues to my mind. What I learned the other day was, I'd always been a great believer in mankind having a part to play in the destruction of this planet, but I learned that the evolution of this planet is an revolving thing, as evolution implies, that every so many million years, it goes through the same process to rejuvenate itself and our part in that at this moment must be so minute—I don't really know what I'm saying—

No, I understand your words my dear friend. Why should it surprise you? Mind consciousness—you imagine every human being upon this planet, you imagine the power of the energy of each individual as a force of energy—has much impact upon the evolution of this planet. Of course there is separation of planetary evolution and human evolution, but the two are intertwined, you cannot separate them. Although they go along a separate evolutionary path, you cannot separate the two, they belong together. Do you understand?

Jan: I feel that I want to say yes.

But you cannot.

Jan: No, I wouldn't be very truthful if I said yes.

I would not want you to be untruthful. Let us try to clarify it for you. What do you not understand?

Jan: Well, the perception that I have had, my mind or brain over the past 10 years regarding the destruction of this planet with global warming, etc. has now been completely quashed from what I heard a number of scientists say. What is happening for example on glaciers, happened one million years ago almost to the day and it's following its normal cycle and that we haven't had anything to do with that at all. And it got me thinking, that although we should take responsibility for that, in one way it is not our responsibility.

Yes, but it *is* your responsibility.

Jan: I know we can't shut our minds off to it spiritually and just ignore it, **(Yes)** but at the same time, if it were to destroy mankind—I don't know, in millions of years to come, there is a possibility that life will balance itself out again and life will start again on this planet.

Yes, we have discussed this. I do not believe you were here when we discussed the evolution of the planet and what mankind was up to, but let me say briefly to you my dear friend, again you are using the brain to make, what the gentleman calls *perceptions*. What you must do is look from a *spiritual* aspect.

You do have the power—mankind has the power upon this planet to change many aspects, but it cannot change the overall Law of the Cosmos.

Jan: I think that's what I'm getting at Salumet. I've come back to an initial—you see where I am coming from?

Yes, I do my dear friend and I am trying to clarify it for you. Mankind can change many things on this planet, but he is not totally responsible, because the planet has its own evolution. But you have to understand that they are entwined, you cannot separate them. I know this is difficult to understand, but you must try to look at it from a spiritual standpoint, otherwise it becomes confused. This is something we will return to at another time and I will go into it in more depth. It is a difficult subject, because you do not have the ability to understand. You cannot until you evolve yourself, you cannot see the wider picture. This is always the problem when we bring knowledge to you from our world.

Jan: We are always looking for a scientific answer!

Unfortunately—and I mean no disrespect to great minds upon this Earth, but scientists are changing their views slowly. You have two schools of thought: the traditional scientists and the scientists of what we would call this '*new age*'—new age of knowledge and truth—who are beginning to understand that

the physical, the planet, the Universe, is not what it was initially thought to be; that without the knowledge of Spirit, mankind cannot go forward. As I have told you on many previous occasions, mankind has lost so much, mankind for many, many thousands of years upon this planet, has taken backward steps.

Jan: Spiritually?

Spiritually. Always I speak spiritually. I should remind you, but I expect you to understand by now, but I forget sometimes that the human thinking is apt to forget so quickly. Always, always, as I have told you, when you have any kind of problem, when you are confused about any issue, sit quietly and let the Spirit come forward and always you will find that deeper answer. We cannot give you all of the answers, because you are *not* ready for it. We can only go slowly, use simple words, in order that you understand what we are trying to give to you, in order that you can go forward and give this to other people. You know this is our objective, that you are emissaries of Spirit, that without your help, it would be much more difficult—and always I thank you for this.

Sara: Can I just add something to that? So although the planet is evolving physically, we as human beings have to learn to love and attune ourselves to the planet as it evolves and perhaps that's where the two meet. It's not enough to scientifically analyse what is happening, we have to love it at the same time, to love the planet and that is what is missing.

Yes, love—love is *all things*—not only the planet, but all that exists within it. We have spoken about Nature Spirits, we have spoken about all aspects of life upon this planet. You have to become and recognise each aspect, not only of the vegetation, but *all* aspects: the *land itself*, the *ground*, the *Earth*, the *sea*—*all* things upon the planet—you have to become attuned to them to truly understand what it is about. You are quite correct.

Sara: So the big gap that we have at the moment is between the *analysis* and the *love*. We need to have the love, the genuine love of the planet.

Yes, you need to give spiritual love. Do not confuse spiritual love with physical love. Always think spiritually and you will have the finer answer to your questions. I know I speak so often of this my dear friends, but it is important that you look with spiritual eyes rather than physical. Do we have more questions?

John: I was interested in the evolution that we were talking about earlier. Is evolution just down to natural selection, or is there more to it than that, because it seems to me that natural selections can't account for the vast array of diversity that we have around us. Is it guided in some way, or is it really just down to natural selection?

No, you need to understand my dear friend and I know you are new to these many truths, but there are *many* aspects of guidance outside of this planet. When you realise the vastness of the Universe and let us take this one Universe that you are aware of and the vastness of all the other universes that exist, how can it be just natural selection on one small planet? There is guidance from without, that is for sure, that is truth, but it is within the plan of the whole Cosmos. It is not a selected planet. It is a planet of learning for human beings, but there are many such planets within the Universe. This is something you would not be aware of. But there *has to be* guidance, there *has to be* perfect law. Therefore I would say to you, you are correct, it is not down to natural selection. Do you understand?

John: Yes, thank you.

Mark: John was talking in the car that he looked up on the internet and found a reference to Salumet talking in America. It was spiritual—

When first I came to you my dear friends, I did say that what was given to you would be reiterated all over your world by many teachers. (Yes) I cannot comment upon the name, I am not aware at this moment in time, but I would say to you, names mean very little. When first I came to you, I did say that I was a conglomerate of beings, therefore single adaptations of names matter not. If the truth is being given in another land, then that is what we are trying to achieve. Remember also my dear friends—and I will not enter into this at this time—that we can be in many places at the same time. Do you understand? (Yes) But my dear friends, I will thank you once more for your questions. I hope I have

helped you in your understanding and I look forward to our next gathering and know always that I am close to you and those who are there to guide and uplift you stand close by you. *(Thanks + farewells)*

~14th May 2001~

Good evening. *(Welcomes)*

Firstly let me extend a welcome back to our dear friend.

Paul: Thank you.

I hope, my dear friends, that this time you have felt peace surrounding you, because we feel that there is some need of it. Your healing thoughts too have been received and will be dealt with. This, my dear friends, leads me to the discussion which we will have this time. It is about *thought* once more—that very important thing in your lives. We have spoken briefly about Angels of Thought, have we not? (Yes) I would like to tell you my dear friends, a little about their work. There are many workers in our world, whose task it is to deal with the many thoughts which emanate from all people. I have told you in past time, about those people who intercept thought which is negative to another. Do you remember?

(Affirmed) Yes, I have also spoken recently about Angels of Thought. They are beings who are in control of all workers of Thoughts. But I wish to tell you this time my dear friends, about those Angels of Thought who work within our world, who help many people. Their work in our world, includes work within what we call hospitals—that is your earthly word for those places of healing within our world. I believe we have spoken briefly about the many colours, about the openness of these healing places. But what we have not discussed, is the work of those beings within these healing places, who are there to help *all* who are in need. The Angels of Thought, my dear friends, have worked and take control if I may use that word, in these healing places. They are responsible for the thoughts, which emanate from the people who are within these places of healing, because remember, when you depart from this earthly plane, when you are unaware of your passing, when you are in one of our healing hospitals, still the Spirit is *thinking*. Do you understand? (Yes) The Spirit is unaware, but is still able to think, much in the same way as when clothed in the physical body, the Spirit is still active. This, when in Spirit, is just another dimension of the spiritual body. Do you understand? (Yes) I will go slowly, because it is a new aspect of our teaching. If you do not understand what I say, please stop *(me)* now, and we will discuss it.

Lilian: Does everyone understand? *(Pause)*

You seem a little confused.

Sarah: There is just one thing Salumet. You said the Spirit carries on thinking although it is not aware that it has died. Surely it does know that the human has died. Is that what you meant?

No. When the physical garb is left behind, if there has been a traumatic passing, if there has been great illness, then they are not aware of their passing. The etheric body is, how shall I say, is affected by the physical passing also. The etheric body is in a state of existence closest to the physical. So the etheric body is the one which will need spiritual healing in our places of healing. Do you understand? (Yes) But within the etheric body, there lies many others—many stages of existence. Do you understand? In the same way as the Spirit is separate from the physical, so also is the Spirit separated from the etheric body. You have many bodies within the Spirit body. Do you all understand this?

Lilian: No, that's a bit puzzling to me. Anyone else understand?

Sarah: I understand that there are two: there is the physical and then there is the etheric—

You have the emotional bodies, you have the many other types of spiritual essence. Do you understand?

(Yes) **Until you understand that my dear friends, I cannot go on with the explanation.**

Lilian: So similar to the physical body, the emotions, all that goes with us here.

Remember, there is just one part of Spirit. You are made of many, many finer bodies. That is why you pass from one plane of existence to another. You leave behind that part of the Spirit which is no longer necessary and you become lighter and lighter and lighter, until you become that that pure energy, which I have touched upon on another occasion. Do you understand my dear friends? *(Affirmed)*

Sarah: So, once you get into Spirit, the etheric body is changing, the Spirit body is changing more...

Yes, it cannot stay still. Do you understand?

Sarah: Yes, but the human body to the etheric body, there aren't any stages there?

No, that is the closest to the physical state of existence, you understand? Therefore the Angels of Healing, are making contact with the finer essence, shall we say, of the Spirit, in order to help it understand the conditions which it finds itself in. These Angels of Thought, possess the ability to heal with thought and colour and many, many more ways of spiritual thinking, which are much too complex at this stage of your development to understand. But their task, as you can well imagine, is a more important one.

Lilian: And quite difficult at times?

It can take much time for the etheric body to awaken and realise that it has returned home—yes of course. Much depends on what has been learned on this earthly plane, you understand? (Yes)

Lilian: So when 'rescues' as we call them, happen, does that help the Angels of Thought in their work?

The Angels of Thought will not be really used for that kind of work. There are many, many other beings who are involved in what you call 'rescue work'; the difference being is that these people who come for *rescue*, do believe that they are still physical beings. It is being worked upon at a different level in those cases. So the workers for *rescue* from our world, are much more aware of earthly conditions and so forth. The Angels of Thought are hierarchy of thoughts, who are dealing with the Spirit and not the etheric body as such. You see, they operate on a higher level of existence. Do you understand my friends? (Affirmed) This is a little complicated for you. I do feel perhaps at this point, that you do need time to soak this small piece of information and gather it together in your thoughts and perhaps we can discuss it further on another occasion, because it is important that you take this slowly.

Lilian: Would everyone that leaves this planet, would they have to go through this process, or would some of us maybe not need it?

No, no, only those who have had traumatic passings to our world, would need healing in that way. Most people pass to our world of Spirit, accepting and knowing what has happened to them. It is only those, as I have said, passed under difficult conditions, who require healing.

Sarah: I was just slightly confused about the people who still believe they were in *our* physical world and those people who were going for healing. So the people who still think they are in the physical world, they haven't necessarily had a traumatic passing?

Yes, it could just be their time to go.

Sarah: right, because I was slightly confused about the difference between the people...

If I may interrupt you my dear friend—if you could imagine someone who has been very ill for many of your earthly years—this has to affect the etheric body also, because illness is passed through to the physical from the etheric and emotional bodies and even more spiritual bodies. This is a little understood thing within your world and a little understood thing amongst those in your world who call themselves *healers*. They do not fully understand all that is necessary to create a *physical* healing, because you see, this dis-ease of the physical body, begins in *Spirit*—as all things do—and manifests itself through to the physical body. Do you understand? (Affirmed)

Paul: When you say it begins in Spirit, does it begin with *thoughts*?

Yes, of course. Thought is the most powerful thing. It is thought and mainly wrong thought, which starts off many of your earthly diseases.

Sarah: Sometimes we have brought diseases with us from a previous life, haven't we?

But still they have manifested from the original thought. Yes of course, you are correct, you can bring them with you and that is *why* it is advisable—and advisable only for that case—to find out what is holding you back in this lifetime.

Lilian: It's a pity there's not more awareness of it in everyone.

Yes, but you see, whatever you think, eventually passes through the spiritual body and manifests into the physical. I feel it is something not fully understood, that as human beings you have this feeling that the physical is the only body which creates disease, but of course, the mind belongs to the Spirit, does it not? (Agreed) Therefore think along those lines my dear friend and perhaps it may become a little clearer to you.

Paul: Would you say the diseased person has to change their *beliefs* and then their thoughts will change? They do not change beliefs, but they have to change their *way of thinking*. It is the thought *pattern* which is at fault. Let us take an example and perhaps you will begin to understand a little. Let us for example say we have a person who is highly critical not only of others, but of themselves. And have I not told you that you have love for yourself, before you can extend it to others? (Yes) So let us take this emotion of being over critical. People of that thought pattern, usually have the type of disease in your world, of the body becoming gnarled—I am trying to get the condition—yes you call it *arthritis* in your world. That is because the thinking becomes reality and that criticism begins to twist and become embittered and shows itself into the physical body. Therefore the way to dissolve that type of dis-ease, is to learn to love, not only your fellow man, but yourself. Can you see the pattern? (Yes) If you try to follow this line of thinking, I feel it will be a little easier for you. It is the power of thinking.

Sarah: So children who come over with arthritis, they have brought it from a previous life? Yes, yes. That is probably—I do not say all—but that is probably why they have returned to this lifetime, to undo that pattern of thought. It is a *powerful* thing I say to you. It is something each one of you should consider most seriously, because you *can* change what you think. And have I not told you in the past my dear friends, that if you constantly find fault in another, then look inwards to yourself—therein lies the fault. I feel from you that for this time I have said enough. I would like you to dwell upon my words my dear friends, because *thinking* is so important to the kind of living that you do and the power that it *has* over all other people that you meet.

Lilian: So with the right kind of thinking and the thoughts, our physical bodies could stand us in good stead for as long as we are here?

Yes and you would have the ability to help others as do the Angels of Healing in our world. After all, that is what they are doing with the power of *their* thought.

Lilian: So, although the body gets frail, which I guess is natural, that it can keep you...

Of course, it is part of your physical evolution. You cannot live here forever. You have to return *home*, but your purpose here is to learn all of those things, which are only for your own soul's growth, that you may return *home* and say that you have learned something; that is your purpose of living. But your purpose of living is not only for yourself, but for your interaction with all other people who come into contact with you. You have great responsibility my dear friends. When you meet with others, you do not fully understand or grasp the effect that you have upon others in your world. That responsibility is a great one. Do you have any questions before I leave you this time?

George: I think we are beginning to grasp the connections between physical ailments and Spirit and I was reading something recently about buildings in the latter days of Atlantis, which were described as *between a hospital and a temple*, (Yes) where spiritual connections with healing of physical matters were looked into. This came out of past readings of one Edgar Casey. (Yes) I think he was probably a very genuine individual, but the idea of something between a hospital and temple, for the purpose of healing, rather stuck in my mind and seems to connect with what you are telling us now.

Yes, I can say to you, this gentleman was a *man of vision*, but I have to say to you my dear friend, that these ancient people, have, or had, a much closer unity with Spirit. Their knowledge was so much greater than it is today. Therefore their knowledge would have been such that they would have understood spiritual matters much more deeply.

George: Yes I can see that.

Yes, they were much more aware of the spiritual aspect of man, and of course, healing and places of healing, would have been influenced from our world. Yes, thank you. (*Lilian then asked if anyone had more questions*)

May I say just a few words to the young gentleman, that he has felt closer to his own Spirit on his latest journey. (Yes!) Yes I think you would agree.

Paul: Yes. (Yes) It was a very uplifting journey. (Yes)

Sarah: Could I just ask one more? Going back to these Spirits who have just passed over, we do have *rescues* with people who have been handicapped all their lives and by the time they leave here, after the

rescue, they feel they have lost any problems they had. Surely these people would have suffered spiritually as well?

Not in the same traumatic way. They would have lived their lives on this planet, as handicapped, as you say, people, but let me say, most of these badly handicapped, as you would call them, are usually old souls, who would be much aware when they returned home, of their existence shall we say. So their handicaps would no longer be with them. The people I speak of, are people who generally would have no knowledge of Spirit, who have been ill for many of your years and the spiritual light has diminished to such a degree, because of the illness of the physical body, because you cannot separate the two, while it is enclosed with physical garb. Do you understand? (Yes) You cannot make the connection I feel. The etheric body suffers with the physical, therefore when it is released to our world, still it is confused and the Spirit needs to be healed. It is the Spirit which is being healed, not the physical body.

Sarah: I remember you saying to us once that the Spirit was aware of *all*. When you said if we want to wake up early in the morning and then we suddenly wake up, and you said that it was the Spirit who had woken us up, because it is aware. How much is the Spirit aware and not aware? So, in this case the Spirit isn't aware that it has been traumatised, as it were.

I think you may be confusing Spirit and soul. We have discussed that it is the soul, which has many aspects. You have many Spirit bodies, but the soul is the unit to which you return, the soul is all-knowing. (Ah.) I think you are a little confused, but you understand now. (Yes, thank you.) It is the soul, which is what you are working towards. That is the all-knowing part of us all. Is that helpful to you? (Yes) Are there any more questions before I leave you?

Lilian: I was just thinking that there is so much to learn.

That is why it is important that we go slowly, that you ask questions while we are discussing it, so that your understanding becomes clearer. And as you piece together all of this knowledge, then you will see the wider scheme of life and how life goes on in our world. There are many planes of existence within our world and it is important that you understand a little of how it works. There are too many confusing theories that go around your world, which confuses people. So it is better that whilst you have the opportunity, you ask about anything you are not clear about.

George: Perhaps I am over-simplifying, but one perhaps could say that long illness can drag down the Spirit, can diminish the spiritual light. **(Yes)** But this can be recovered, with the attention of those in the hospitals.

Yes, it can be diminished, but of course cannot be extinguished; perhaps that is a way to put it to you. It may be drained of energy for some time, but it will come to full glory, if you like, with the help of those loving beings, who surround it at all times.

Sarah: So the loving beings, as you call them, whilst these people are in these hospitals, really what they are trying to do is to get their thought patterns right?

Yes, that is the importance of the Angels of Thought. That is their task, that whilst they remain in these hospitals, not only is the Spirit strengthened, but the thought patterns are helped to be changed. They cannot change them for them, but they can help and encourage. Do you understand? (Yes) I will leave it there for you now my friends. As always I stay close by each one of you. I am aware of *all* that is going on with your lives. I will always be close by. (Thanks + farewells)

~21st May 2001~

Good evening. *(Welcomes)*

It is good that you give out healing thoughts to those in your world, who are in need. May we say to you my dear friends, that when these thoughts are given, that you give an *address* for these people, because as you may well understand, there are many, many people in your earthly plane, with the same name.

Lilian: So the name then followed by the address.

It helps. Of course, we can find out, but it is helpful to us if we have the right person in the original thought pattern.

Lilian: Yes, we'll do that.

My dear friends, I have been aware of much thinking from you since last we met, but this time I intent to stay only a short time with you in speech. I will of course remain to work with this instrument, but what I wish to say to you this time, is this: there will be an evening of personal development for each one of you. I feel my dear friends that these intervals of self-expression and self-knowing, are for your own spiritual growth, as well as the knowledge which I bring to you. Therefore I will leave it with the dear lady (*Lilian*) to speak with each one of you, and I urge you please to give what you see, or what you feel, or what you sense. And do not be afraid to say, because anything unusual would be from our world this time. I wish to say to you my dear friends, I ask of you before we meet next time, that each one of you, because of your dedication and work, that it is time for your own initiation of spiritual growth. Therefore I ask of each of you, to devote one half hour of your daily time, in sitting quietly and you will become aware, each one of you, or your individual *Guardian Angels*. This will be my gift to each one of you, but of course it is dependent upon your willingness to do so and to sit quietly. We will begin next time, by speaking of what you see. Your Guardian Angel remember, is the one who came with you on your Earth journey and the one who remains with you throughout your earthly lives. Not all people are able to meet with their Guardian Angel, therefore I give this gift to you, with all of my thanks and my love. But you must do it each day, you must give one half hour of your daily time. You have the ability. All I will say to you is this my dear friends: do not seek too hard, allow your heart to be open and all will come to you.

Now, I will continue to work with this instrument and I ask each one of you to allow those close to come to you, to help you with your individual development. You will feel upliftment this time, before you leave this room. As always my love goes with you. (*Thanks + farewells*)

~4th June 2001~

Good evening. (*Welcomes*)

This time we will discuss what has been happening to each one of you since last we met.

Lilian: You mean, did we see our Guardian Angel?

Yes. I feel this time, after we have spoken together, that we should sit quietly and see what help we can bring to you this time, but firstly let us speak about what you have each experienced please.

Lilian: Shall we start with you Mark please?

Mark: I think I got a glimpse of an old artistic looking man with a long beard, but I don't know if it's got anything to do with the Angels, but it seemed quite vivid—it was only for a moment.

Yes. Remember my words to you, that the Guardian Angels that each of you should see, would be the Guardian Angel who comes with you in birth and who stays with you throughout your physical lifetime, until such time as you return. Do not become confused with those celestial Guardian Angels, who have never trodden on this Earth. So I would say to you my dear friend that the gentleman who came to show himself to you, has always been with you. As we continue through this evening, I hope that each one of you will elaborate upon what you have been given. We will try to help you all we can.

Sara: I didn't see anything visually, but I felt tremendous benefit throughout each day and I can improve my meditation a lot more, but I felt peace, great peace and more detachment throughout the day. And when the challenges came, I didn't feel particularly emotional about them. So I did feel the benefit.

Yes. I have told you my dear friends, that if you wish to develop these spiritual gifts, and remember that you *are* Spirit, not physical beings—that is but a reflection of your Spirit—you should sit quietly for some part of your daily lives. Of course, this is entirely up to you and your freewill. But as you have experienced this time, much benefit comes from returning *home*; to leaving behind the physical living, which includes the unrest, the rush of time and many other physical attributes. It is only when you are *quiet* and go *within*, do you come forth in Spirit, and this is what you have come to understand. But there is no reason my dear friend, that if you can achieve that state of consciousness, why you should not come to know that Angel who loves and protects you and would be willing to come forward if you only but ask.

Sara: Yes, I shall, I would like to see. And thank you for the gift, of in a way making me make more effort, because it's a wonderful gift.

Yes. Although my mission here is to bring to you all knowledge, it *is* of importance that each one of you develop that spirituality whilst in these physical overcoats—that is what is important. Please always to remember that first and foremost you are Spirit. After all, you would not neglect to feed your physical being, therefore why should you neglect that true being, which is Spirit? Why would you neglect to give succour to that being? And the way forward my dear friends is to go within your quietness. Do you understand? (*Affirmed + thanks*)

Paul: Yeah, I've definitely felt the benefit of spending a bit more quiet time than I usually do, trying to do this goal. Just right at the end really, I had one—I thought I heard a voice say, '*I'm here*' and just the face of someone with dark black straight hair and oriental features came and a couple of birds, like seagulls or something, were above—I don't know if that...

Yes. Do not doubt my friend, what you are given whilst in the state of meditation. Only if you willingly accept, can you receive more. I can tell you that it was not your imagination and I will leave it there, because I hope that this evening will bring to you much more information. (Thank you.)

Sarah: Yes, I didn't see anybody either, but I did a couple of times feel that my Guardian Angel was coming within me. I felt sort of '*combined*' but I didn't actually see anybody.

It is all important when you *sense* these things. After all, you *are joined* together—this Guardian Angel who comes with you in each successive lifetime, who stays with you throughout all of your troubles and your good times in this physical living. To sense that joining together, is the first step of recognising that you are not alone. So do not be disappointed my dear friend that you had no vision—that will come—but to sense in that way that you did, I would say is most acceptable. (Thank you very much.)

Margaret: At the end of the day I did mine, (*half-hour meditation*) and I found that by the end of the time, I was breathing much easier and longer and I felt that there was somebody there. I didn't see anybody, but I *felt* this power of somebody there.

Yes. The sensing is good, it is part of what you *are*. As the lady I have spoken to also *sensed* rather than saw. Each of you are developing at your own individual rate of development. Therefore it would only be natural that you each felt something different. After all, if you all had the same experience, would it not be rather—how would you say, suspicious? (*Agreed*) **Yes, so look upon the experience as a good one and such that it gives you the opportunity to realise what you can have. When the breathing slows down as you have put it that is when healing takes place within physical bodies.**

Margaret: I realise that, thank you.

Yes, I know you have, but it is important for each of you to know and understand this. (Thank you very much.)

Lilian: For myself, the energy, especially in my hands and lots of movement with the hands, which I do get sometimes, if I sit quietly. I didn't see any faces or anything, but before the end of one of the half hours, there was like—almost like a white—I'll say '*blob*'—my eyes were shut, but I could see this white very briefly, but no features at all, but lots of energy.

Yes. I am sure that your Guardian Angel will not be offended to be called a '*blob*'. (*Giggles*) But if you had continued, I can tell you that—and again I will use your word '*blob*', would have formed into a vision. So you see the importance my dear friends, of sitting a giving time, each day. All too often we hear you say, '*we do not have time*', but again, think of my words. You are Spirit and you should be taking care of that part of you, which is the *real you*.

Lilian: Yes, that's worth remembering.

You have given yourself time, each and every one of you, because I have asked it of you, and for this we are most grateful, but cannot you *see* how important and how much better your lives would be, if you could devote some more time to this meditation? (*Agreed*)

Sara: Yes, it's obvious to me now that it's important to put in the time.

Yes. We of course cannot make you, but we can encourage and try to help you along and as I have said to the young gentleman, the *more* that you can *accept*, the more you can be *given*. So again my dear

friends, we will devote this time, to helping each one of you, and if we may kindly ask our dear lady here, if she may place her hands in yours while you meditate, perhaps you can tell us what you are feeling, what you are seeing. (Yes) We will do our best. There are so many who surround you, who wish to help you; to help you to develop spiritually, to help you in your daily lives, to bring you that *knowledge* which you seek. But it is *all within*, if only you will go and search for it. So my dear friends, as I sit quietly with this instrument, I ask each one of you to quietly meditate, and after a little time, our dear lady friend will come to each one of you, to place her hands upon you. The power within will help each one of you. Quietly ask that you be given what it is you need to know.

Sarah: And when it's Lilian's time, would it help if I put my hands in hers?

I will ask the lady to place her hands upon mine. (*Thanks + farewells*)

~11th June 2001~

Good evening. (*Welcomes*)

There is from you much love this time, but there are those amongst you who are in need of some upliftment this time. It is good my dear friends for all of you to join together this time, and before I continue I would like to say to our dear lady friend (*Izumi*), not goodbye, but that we wish her well in her onward spiritual journey, because that is what has begun and it will continue for her. Last time my dear friends we had an evening of individual development. I trust that you have thought about this and I trust that some of you have continued with your meditation times. (*Affirmed*)

Lilian: Yes, I suspect we all have.

It is important at this stage of your development that you should attain some discipline in your lives. Do you remember my dear friends that I told you not only is it important that I bring truth to you, but that you seek your own development spiritually? (Yes) Therefore, because we have others with us this time, I feel it would be good for you all if we devote some more time to this objective. Would you agree my dear friends? (*Agreed*) To have discipline within your physical living, solves all of life's problems for you. I hope that you are beginning to understand. Not only do you need the quiet time, but you need the discipline of your thoughts. And now we have reached the point where you must recognize those who are around you, to help you and uplift you and to guide and to teach you, because it is not only I who comes to teach you, but those who stand close by you also. So, I will leave it with this dear lady, (*Lilian*) to explain to the others what they need to do. I will work quietly with this one, but at the end of this meeting there will be one who will wish to speak to you all.

Lilian: Thank you. Should we go through the same procedure as last week, with the hands? (**Yes, yes.**)

After a period of quiet, Lilian went round to each member of the group and placed her hands on theirs for a few minutes. After a period of meditation, one came through Sue:

(*Welcomes*)

From each one here we are extracting a fine skein of energy from you all here. We are taking a fine, bright cord from each one and we will place them like this over this arm—entwine the skeins. Are you with my words as I speak? Are you with me so far?

Lilian: Yes, you join them together.

It is like the plait of the hair, yes, you understand? (Yes) Each skein of energy is to be mingled with the energy of another, until each one of these wonderful friends have a common bond, which will be used for upliftment and enlightenment at times of sadness or illness or worries in the mind. Do you still appreciate my words?

Lilian: Yes, we understand so far.

We are storing this amalgam of your innermost energy and it will be a powerful, powerful source of light and love, because it has come from each one of you and you all share this bond of spiritual love and acceptance. Are you still understanding my words? (Affirmed) It is a bond, which can never be unravelled, shall we say. The bonds will grow tighter and tighter as your Earth time progresses. It is difficult I know for you to quite comprehend exactly my meaning, but I have to tell you that it is something that has been planned for some time. It is an important part of this group's development and association with each

other. You are aware I am sure that other parts of your souls have been together as a group in previous times. Am I right? (Yes) Let me tell you then that in different times, a similar thing has been achieved with the same parts of souls. So, try and understand that in the aethers, there is another entwined ball of power, which has come from you all and is continuing to help your previous parts. Do you understand me? (Yes) Difficult I know but perhaps the Master will be able at some time to explain a little more fully. Be proud my children that such a ball of love has been produced from yourselves. (Pause) It is complete.

Lilian: Could you explain your part in this?

My part?—I am the voice who has told you, that is one part of my understanding of what you are saying, 'why am I here for this?' I am what you in your words call 'lighthouse keeper'. I have the knowledge to use these balls of entwined energy to guide darker feelings into the light. You understand me? (Yes) When any of you are low spirits for whatever reason, it is within my power to use the entwined power of love to guide you into its beneficial love. Do you understand me? It is the only way I can give you information in way that perhaps you can understand and follow. (Yes) I have obviously simplified it; it is more complex and more extraordinary than you could imagine, but I could not expect you to understand fully what occurs with this entwined energy. So will you accept my words as lighthouse keeper?

(Affirmed) Lighthouse keeper in your world is in charge of the beam of light, which helps the passing ships, am I right? (Agreed) So I use the light of love to help the passing Spirit and mind and thought waves. Is that simple enough for you? (Yes) But as I say, perhaps our dear friend, your Master, will be able to give you some more information at some time. I will see what can be done in that matter. Now, I leave you. I am sure it will give you what you say: 'food for thought'. Question as you have always been told, question, do not just accept it, question and then things will become clearer to you. But I say this to you just this once more before I leave you, dear friends, feel proud, feel proud that you have the knowledge and the love and the commitment in the love for each other here, that such a thing can be done. A small piece of you will always burn brightly and will always be part of each other. Imagine like you would, twins or triplets or quads, I don't know if there is a word for all of you, but you have the umbilical cord and you are sharing it. Do you follow me? (Affirmed) I leave you now to think and discuss and ponder, and I am sure you will be asking questions at your next meeting. The greatest love surrounds you and is mirrored and is sent back. (Thanks + farewells)

Finally one followed through Eileen, calling herself Betsy, who has been visiting the circle from Spirit realm, along with many others, for many years, also listening to the Salumet teachings, though we have been unaware of her regular visits. She encouraged us further with our individual development. She also mentioned that Leslie oftentimes comes back to visit the circle too, which we were all delighted to hear.

Betsy departed with the following prayer: *May you always feel love and compassion in your hearts for your fellow man, and not only for your fellow man, but for yourselves, because without the knowledge and the understanding of love and compassion for yourself, how can you love another? May Love always surround you my good friends.*

~25th June 2001~

Good evening. (Welcomes)

Lilian: I can switch the fan off if it disturbs you?

It does not, but I will try to raise the voice level for you.

Let us give thanks to the Great Creative Force for this quietness and stillness which we share this time. We ask that we be given some understanding of the unity, which you have with that Creative Force.

That brings me my dear friends, to what I would wish to say to you this time. I know that you have found meditation time in the past weeks to your benefit, would you agree? (Agreed) Why do you suppose that we asked you to concentrate on this meditative time? (Pause) I will tell you. You have reached a point, my dear friends, in your individual developments, when it is important to recognise the unity, which you

share, not only with each other, but the Creative Force to which we all come from. That is the purpose of your meditation. I will say only this to you my dear friends that it is now up to you whether you continue, or discontinue these quiet times together, with that Creative Power. But I would say to you, that should you continue, your wisdom and knowledge of energy would be great, your understanding would expand and your own spiritual knowledge would therefore come to the fore. I wish now for each one of you my dear friends that you begin to recognise yourselves, not in the human form, but that bundle of energy patterns, which you truly are. That is the purpose of your meditation. I will not speak to you as individuals, I will leave that with you and the freewill which you have been endowed with. But what I would say to you, is that not only would you blossom individually, but you would gain in being within this group, you would grow as one. So I ask you, my dear friends, to think upon these words, think deeply and you will have your answers.

Lilian: I'm sure we will all sit in our quiet times.

I have been with you all at many stages of your living, with your many questions, with your fears and your worries, and yes, my dear friends, you do still have these fears, these worries of human living, and constantly you are knocked backwards by them. But that is part of the soul's growth. But a question I hear quite often is: *'Why must there be so many reincarnations, and how does it work?'* My dear friends, I could use few words or I could use a great many words in explanation. But what you can achieve in your meditation time, is to recognise within yourselves, the energy patterns that belong to you, at this present moment of your development. Remember you are but constant vibration—energy which is never still, and like human living, the soul is often knocked backwards and has to regain itself and go forward. Perhaps I can explain it to you a little, by making some comparison to the waves in your oceans. As the waves come forward, they are moved backwards constantly—forwards, backwards, until it gains such an impetus, that on going forward, it gains new ground. That is what the soul is trying to achieve. That is why you reincarnate into many lifetimes, in order that you can gain the momentum for the Spirit to grow and to go forward. Do you understand my dear friends, what I am saying to you?

(Affirmed) Are you aware of the importance of your meditation quiet times? (Yes) *(Tentatively)*

You do not seem too sure.

Lilian: Is there any explanation for as I sit quietly, I get this very heavy feeling from the energy?

It is a recognition of the energy, which is both *you* and those who come close to you. It is as simple as that. But it is the *awareness*, my dear friend, which is important. You will experience no doubt, many sensations, whilst in the human form, but it is the *awareness* of what you *truly are*, and the unity with that great power, which is important. Once you have recognised the unity, then all things become possible. Are there any questions my dear friends?

George: In talking about the many reincarnations, we are very often I believe, talking about tens of thousands of years, perhaps hundreds of thousands of years, **(Yes)** so that there are many today, who had past lives on Atlantis. Perhaps I could mention this, and misuse of power was one of the problems in the days of Atlantis, so we understand. **(Yes)** Could one see our recent confrontations with the nuclear bomb, as a chance for those same souls of Atlantis, to re-work that old problem? Does that connect with what you have been saying?

Yes, those who existed at the time of which you speak, would of course have to readjust to the conditions which they have caused. After all, everything is *cause and effect*, as you know.

George: Yes, and the learning that goes with that.

Of course, any opportunity that would arise within this world, for all—I rephrase—not *all*, but many of those souls, to redress the balance of their existence. They would take the opportunity for some situation within this world, to do so. And yes, that could be one of the opportunities open to them, because mankind has abused the power, which he has been given, throughout the existence of this planet. Not only did the people of Atlantis, but many civilisations on this planet, have abused power. And I will give you one example and that was the people known to you as Egyptians, who had much knowledge also and who also abused that knowledge. There are many situations within your world,

where these peoples could return, in another form, to redress the balance of their abuse. I will not say *all*, because that would not be correct. There would have been many opportunities for them, but of course, when so many are involved, then very often, they *choose* to return as a group, to redress that balance. Do you understand?

George: Yes, that's very interesting. I would imagine one of the problems of those ancient times, was slavery and I'd imagine that similarly, there was a particular slavery problem in our 17th century and onwards. Perhaps that could be seen as a chance for the same souls to rework the old problem and find a solution?

Yes, it becomes difficult when you speak of individual cases, such as you have stated, because remember that man has been evolving for many, many aeons of time. You do not always have the full picture. Those who you are speaking of, who have been enslaved, do please remember that for some at least, that would have been their choice of living. So you must not always assume that there was wrong-doing—they would have been redressing their own balance. So you must be careful in your thinking. But I hope that makes it a little clearer to you.

George: Yes, one must view the situation from all directions.

Yes, do not be fooled into thinking there is only one answer, because there is only one answer, because then you will go into deep waters and you become bogged down with wrong ideas. Always look inwards, see these conditions from the spiritual viewpoint and the picture will always seem clearer to you. Is that helpful? (Yes, thank you.) The further we go into our teaching, the more difficult it becomes to understand. But you will find that the more you go into your meditation and your unity with the power-head, the more you will see more clearly, *understand* more clearly. In fact, that Spirit which you are, will bring forth the understanding which it already has. Do you understand? (*Affirmed*)

Graham: Meditation is new to me and it's quite an interesting experience. About a week ago, I meditated one evening and I really felt I was in a different place and it was very exciting and I haven't yet managed to be as disciplined as I need to be, but it's certainly a very encouraging experience and it is something I haven't forgotten and it will be with me and I'll certainly do my best to meditate in the future.

Yes, may I say my dear friend, you say it is new to you? (Yes) That, it is not, it is innate within you, because you see, you are Spirit and what you are doing, is allowing the true self to be exposed. So although you feel that in this lifetime it is new, it is not, it is the connection to your own soul.

Graham: Yes, thank you.

But the more that you can do this, the more will be that your understanding will grow. In fact, I may go so far as to say to all of you, my dear friends, that at some stage of your quiet moments and if you have united with your own Spirit, it can also become a little painful, because everything becomes so much clearer, that sometimes the truth is rather shocking to you. And I do not mean that to make you afraid, but it is to be helpful to you, in understanding what you truly are. Do you understand? (*Affirmed*) So if this should happen to you, then you will realise, my dear friends, what is your purpose, because nothing can be hidden from you—that is what I am trying to say.

George: That brings back to me something our dear friend Leslie used to say, that we should *accept* and always be prepared to *accept* and somehow the fear goes.

Yes, if you cannot accept, you will constantly live in spiritual darkness. You will always have fear of living, you will have so many negative thoughts. But when you reach the point of knowledge, of knowing yourself, all of these fears are dispelled, all that is negative disappears and only energy of light will touch and surround you. Do you understand? (*Affirmed*) There is so much to you, my dear friends. I am trying to help you, in getting to know yourselves. And in doing so, it has the effect in your physical living, of making life—not easier, in the human aspect of living, but it makes your understanding of living so much easier. Do you understand? (*Affirmed*) Do we have more questions please? (*No further questions*)

I will say this to you: The purpose of your coming together in this time of living, is my dear friends, to go forward with truth, with light, with knowledge of all that you have gained from our meetings. But before you can do this properly, you have to know yourselves. It has taken many lifetimes, my dear friends, when you have met before, when you have come together. But in this lifetime, I *can* tell you, that you

have agreed to be open to all that you meet, in order for the truth to be given. That is the purpose of your meeting in this lifetime. It is not for your own self-worth and development, it is that you go forward, that you take the teachings, the light, the truth, the knowledge which you have gained, and you spread it throughout this world. There are many, many people, who will be doing the same. When I first came to you, I told you that many from my world had gathered. And this I believe, my dear friends, you will see throughout your world, at this time. There are many teachings going on, which will collaborate what I have been telling you. But at this point in time, as I have told you previously, this year in your earthly lives, is a most important one. Each one of you will have trodden a different pathway, but ultimately you will spread the same words. That is why we come together, to give thanks to that Creative Force, to try to comprehend the Truth, to try to understand every human being on this planet, with love for all of your fellow man. You my dear friends, have that ability, you my dear friends have given of your time, have devoted yourselves to my words. But now it is time for those words to be given to others. That task, my dear friends, belongs to each one of you, in your own individual style, in your own individual way, to take it forward and to spread the Truth. That is why, my dear friends, I chose to come to you, because individually you are so different, and yet you are united in Spirit. You have total commitment to your own Soul and this is what you must come to recognise. It is important my dear friends, and this is the last time that I will speak to you about meditation. You do have your freewill, but you also have that innate knowledge of why you are here. Let it come forward and use it please. May that great Creative Love enfold each one of you, in Love and Light, with wisdom and above all, *(Long pause)* may each one of you feel the blessings which come from many in our world, to each one of you. I know my dear friends that as you leave this meeting place this time, there will open out to you, a new understanding of all that is happening. I must leave you this time, but I hope that my words have given you something to think about.

Lilian: Yes and our love goes with you and all of our friends as well. *(Thanks + farewells)*

~2nd July 2001~

Good evening. *(Welcomes)*

I would like to begin this time, by saying—*(Long pause)*—forgive me, my dear friends, adjustments are being made this time, but I will say to you all, that there are many who wish to thank you, for your healing thoughts this time. I only wish that you could see your own colour vibrations, which have reached out to our world, in your healing thoughts. This is something we must discuss, because although we have touched upon colour and healing energy, we have not explored this to its fullest. Therefore, my dear friends, I will discuss fully with you next time about that. *(Thank you.)* Because it is a little more difficult this time, I will work quietly with this one. It may be, my dear friends, that you may become aware of some light formation around this instrument this time, as I work to take greater control. If you do, then please discuss it quietly, but there will be another to speak with you through another instrument. As always, know that we are all united in our spiritual awareness. *(Thanks expressed)*

Lilian: Thank you. We'll look forward to the next time.

One then followed through Sue:

It is kind of you to greet me, I was not expecting to use instrument for voice. I have come, how would you say, as protector for the lady who sits beside me. I am here to oversee the work, do you understand me?

Lilian: I see, yes.

But I am happy to speak to you for a short time, if you wish it. (Yes please.) Would you be interested to hear what my purpose is this time?

Lilian: Yes. Is this the first time that you've come?

No. No, I am how would you say, 'normally about,' when the dear lady is taken. But it is rare, in fact I have never spoken here before. May I say to you it is an honour for me. I have spoken in other circles and meetings in your world, when my work was of a different kind. So yes, I am used to using the box. And I'm used to having the strange feeling, you understand? It is a strange feeling, to be back using the physical. Now my purpose here. Although the lady is perfectly, perfectly safe, you do understand that

you have no worries there, have you please? Say them if you have. (No) You have no worries—that is good. I can assure you that the lady is as safe as if she was sat here herself, quite normally. Although she is perfectly safe, we do have to take great care of the ‘space’ where she was, do you understand what I say to you? (Yes) Although you are seeing your dear lady friend, as you saw her some few moments ago, it is not the same. Do you understand me? (Yes) There is on our side, a ‘void’, because we have removed the lady to another place. Do you understand me? Please stop me if you do not understand. But it is vital, it is vital that when we return the lady—no not the lady, the Spirit of the lady; when we return it to the physical, that the void has not been violated. Is that a word you understand? (Yes) It is vital that there are no others, who have stepped into her physical shoes, do you understand? (Yes) Because although we are in Spirit, please do not think that there are not others, that would not try to do this. They are always under control, but when something like this occurs, and it has occurred, though very rarely, it can be a problem; not a problem for the Spirit that is returning, because all we do is keep them to the side for a little time. This lady’s Spirit is armour-plated, if you like—there is nothing that can touch it. But we have to remove someone who has stepped into her shoes; not this lady, it has never happened here. But I say to you, it has happened on the very rare occasions. Therefore this ‘void’ has to be protected, and that is my work. I am able to speak to you now, because I am not alone here, there are others who are doing the same work and my presence will not be missed, for a short time. Do you understand? Have you any questions?

Lilian: If someone does slip into the medium’s shoes, it can be put right, can it?

Of course. It is, how would you say, a small irritation, but one that could be a bigger problem, if it was not well guarded.

Lilian: With help from both sides? From us here in the physical?

If—yes, if it happened, then yes we would be asking for your help also. It is a little complicated to explain, because if it happens, we would ask for your help individually, at the time. It would be—let me put it in a way you would understand—a battle of wills, yes? (Yes) But good will always overcome bad, you realise that, because it is just a matter of surrounding the Spirit that has stepped into the wrong place and with the power of thought, removing them to another place. No harm comes to them. Sometimes—in fact nearly always, it is more mischievous than an evil intent, you understand? But I have to say—and I’m sure you are well aware from all the teachings you have been given—there are Spirits that need control, if you understand. So, have I explained myself, my work that I have been doing—have I explained it fully enough for you to comprehend? (Affirmed) But I must reiterate, it is not any problem at all, to your dear lady friend and to our dear lady friend. There is no question of, how can I say for you to understand, two spirits in the same body. That cannot happen, that cannot, cannot happen. We just keep the lady, or whom so ever it may be, to one side, until the problem is dealt with. And when all is safe and secure once more, then we slowly bring the lady back into her physical being. She is unaware of any problem, any delay, because as you know, she is unaware of having left her physical body. So that is something else I hope, that is of interest to you and will give you discussions in your own time. But I must make quite clear, it is NOT a serious problem. Every one of you here, regardless of the work you do, your meditations are always well guarded. Nothing, nothing is left to chance, you understand me? (Yes) It is as I said before, like an armour-plating around you—any bad arrows are just dropped away, like a fortress, you understand? (Yes) It is a fortress of great love and there is nothing that can penetrate love, I’m sure you have been told. (Agreed) Loving thoughts, the power of loving thoughts, is the greatest, greatest protector of all time, not just in our world of course, but in your physical beings. So as I leave you, I just say to you, as I know you have been told many times, please try to avoid the negative thoughts. Yes, always think of positive thoughts, always send out love, which you would expect in return. Yes, yes.

Lilian: Yes, I’m sure we do all try our best.

Oh, no one is perfect, dear lady, not in your world and certainly not in our world. There is always room for improvement. Anyone who says to you that they never ever stray from the path of loving thoughts, well we have to take it with a little pinch of salt. Yes, I have my little joke, but you understand me?

Lilian: Yes, we don't suddenly become saints?

Is there such a thing? I'm not so sure. Some people are close to it, I will not deny that. But I have to say, not in your world. Dear friends, I thank you for your time and hope I gave you some food for thought. (Thanks expressed) I leave you now, with my love and the love of all those you cannot see, but that are in this room with you.

Lilian: Yes our love goes to them and to you as well. Thank you.

One last thing dear lady—take care of yourself; please try to rest a little more than you have been doing of late.

Lilian: Right, I'll try.

Yes, I know you will try, but please try just a little harder.

Lilian: I need reminding sometimes. Thank you.

Look over your shoulder from time to time and maybe someone there will remind you to do just that. There then followed a 'rescue' through Jan, before we finished.

~23rd July 2001~

Good evening. (Welcomes)

This time my dear friends I will take the opportunity to speak with you about the many thoughts that pass into our world. Each thought sent to us is never lost as you all well know, but what I feel you are unaware of, is the colour vibrations of thought. I feel my dear friends that each healing thought that is sent to us, comes from a colour vibration. Is anyone aware of this or not? (General 'no's) You know that thought is but energy and that there is a range of intensity of thought—I know you are aware of this, but what you fail to recognise is that the colour energy reaches us before even your spoken word. All too often those in our world will hear from you, 'why are my prayers—which after all are thought—why are they not answered?' We have discussed briefly my dear friends, about the power of thought and the intensity of thought. Some of you will recognise that in colour thought, there is much disparity of thinking. But what I would say to you my dear friends is this: that every colour that you are aware of on this plane, each colour holds all other colours within its range. This is not widely understood, but you know that light is pure energy and that as your so-called colours deepen, then that density increases. It is but vibration as you understand it, and so is colour in the same *range* of thoughts. Am I making sense to you my dear friends, because if I am not, please stop me and we will discuss it, until your understanding is greater.

George: Yes, I think you are telling us that our physical colours with which we are familiar, have different wavelengths. I believe you are making a case for thought being on very similar lines to the physical colours, which we understand better.

Yes, the intensity of thought will bring the lighter colours to us. Do you understand this? This is what I am trying to teach you. That is why some people will say, 'my prayers are answered.' It is because the intensity of the thought travels on the lighter colour vibration. Do you understand? (Affirmed)

Sarah: No, I don't quite understand. Why should they think that their prayers have been answered, just because it is on the lighter...

It is the intensity of the thought, the love of the thought, the power of the thought.

Mark: Would it be what they mean is that their connection has been made, they know that they have made their communication, (Yes) rather than necessarily knowing the outcome. (Yes)

Lilian: I think you once said that with our thoughts, when we hear of a disaster and our thoughts are really very sorry that this has happened, this is our most powerful prayer.

I believe I have told you that one of the most powerful prayers, or thought, or vibration—call it what you will— is the pure love of a mother for her child. That is the closest you will get to the most powerful thought, because it is LOVE, Love in its purest sense, which creates that stronger thought vibration. Do you understand this? (Affirmed) So many people send out thoughts to our world, very often for their own needs; where do you suppose my dear friends that would be placed in the colour vibration of thought?

Sarah: Fairly low.

Yes. It is difficult to speak on the scale of higher and lower. We have had this problem before, in explanation, but it is the only way I can bring it to you for your understanding. Let me take an example for you. Let us take the people on your Earth plane who are instruments of healing from our world. Sometimes they become aware of many variations of healing colour, but these colours come from our world and not from the physical. They are therefore much lighter in vibration, they are stronger and they are different from colours in your own world. We have heard you say, '*why is it necessary for colour at all?*' Colour is part of *existence*, colour fills your earthly life as it does in our world. It is but a vibration, which shows itself in beautiful *colour*—that is all. Colour in your world is limited, but I do feel that human beings benefit so much from the beautiful colours in your world. (*Agreed*) That is why it is important that colour be used correctly by mankind. What is better for the peace of mind of mankind, but to see the beauty of nature's own colours? But they are all of the same energy, they are all part of the same. So, what I wish to say to you my dear friends, about your healing thoughts, is that to give those healing thoughts with pure Love, to leave behind the emotions and to ask only that help be given to those in need; then it will be. Would you like to ask any questions please?

Sarah: Two things you said Salumet. You said that the colours of nature were all of the same vibration, did you say? (**Energy.**) Energy—so if you get a pale flower or a very dark flower, that's no reflection on the intensity of the energy, or is it?

It *can* be, it *can* be. The most beautiful of your earthly flowers I can tell you energy-wise, are those which you would call white flowers, because they are as close to pure energy as you will find. But that is not to say that the denser colours do not have their use upon your Earth. All things are here for a purpose and of course the Nature Spirits of your world, who come to tend your Nature upon this planet, use these colours wisely.

Sarah: Do the Nature Spirits—if there is a dark flower or a light flower, would they *choose* which colour they were going to look after, because they need that colour to look after? How does it work?

There is a hierarchy amongst the Nature Spirits and there will be some form to *tend* to all colours within the flower colour spectrum. It is not as simple to explain as you may imagine, but in the most beautiful of your earthly gardens, you will find that the colours which are put together—and it is influenced by the Nature Spirits—to those who form your earthly gardens, they put together the colours of the flowers, which produce the most beauty for that part of the garden. Do you understand? (*Pause*) No. We are speaking about something which is difficult, I know, but I feel for now, what you need to know and to understand, is that (*within*) the variations of colours within your planet, there is a need for *all*; but they belong to the same energy, but they have different vibrations—that is all, that is the only difference.

Sarah: What was this that you said, that each of our colours contains *all* other colours?

All, yes—all aspects of all colours within the one colour. This is little known and understood, but I will tell it to you now, in order for your understanding of later discussion.

George: In relation to flowers, I suspect that Dr Bark and his flower remedies, I suspect that Dr Bark was sensitive to some of this healing information?

Of course, otherwise he would not have been so successful, if he had not heeded that inspired thought. All of these people within your world who do good, are inspired from our world and he was quick to recognise the information given to him.

George: Yes, I think that connection will help in some way to cement our understanding to this.

Yes, yes, I know it is not always easy to accept what I say to you, but my purpose is not to *convince* you, but to make you think, to get you to think *spiritually*, not with the earthly brain. I want your *spiritual* being to become aware of all of these things and to understand to a greater degree, what it is I try to tell you. If that is achieved, then I am happy for you.

George: Yes we gladly accept this. (**Thank you.**)

Lilian: So, would I be right in saying that from white, the other colours come?

Yes, you will see within the purity of white all other colours.

Lilian: It just struck me as strange, that not with flowers but an emblem, we have a white dove for peace, which I think is pretty much all over our planet. But it is a *white* dove.

Yes, white is purity. Mankind recognises white as purity and it is the finest of energy.

George: I think that part of our confusion is that thinking physically, we tend to think of a red colour, say, as something looking red, because all other colours are absorbed and it is only the reflected colour.

That is correct.

George: But thinking not at that level, thinking spiritually, I think you are informing us that the nature of colour is rather more complex than that.

Yes, to have the density, let us take your example. If we have the density of what you call the *red* colour, how does it succeed in creating the density, if there is not within it the other colours, to lead up to the density? Perhaps you can focus your thinking that way for your understanding.

Sarah: And yet you said with white that it contains all colours and...

Let us perhaps move from the flowers and let me again use for you, what you call the diamond, which is clear in your world to look at, but if you look within, there you have the range of all colours. Think of these things with individual colours, think of each colour as a diamond that contains all other colours within it. Do you see what I am beginning to tell you? Is there a little understanding?

Sarah: Yes, I understand that. It is just that you said how could the darker colours be dark, if they hadn't absorbed all the other colours. I was just slightly confused, because the white had all the other colours in it, as well and yet it was white.

But that is the quicker vibration. White contains the many aspects of all colours, but it is vibrating at a higher rate. You have to think of colour as vibration—that is all. As you are, you are just one mass of vibration my dear friends, but yet each of you is different, but still the same. It is difficult I know, but think about it please. It is just another step forward in your understanding of Spirit.

Sarah: May I just ask one more thing? My mother sees the days of the week in colour. Does that have any connection with her Spirit seeing colours, or is that just a strange phenomenon?

That is just her own spirituality and the way that she focuses on earthly things, it is nothing more than that. It is probably easier for her to remember in colour. Are there any more questions please on this?

Lilian: Going back to the absent healing when we sit and think of healing for a certain person. We basically need to think of love towards them—that would help?

If there is no *Love* given, if it is just a name and an ask for help without that deep feeling of *Love* to help, then the thought does not go so far, that is all. But all thoughts are taken for healing.

Lilian: Basically to feel love for all our fellow brothers and sisters.

There should be unconditional love for all your fellow men, of course. That is why the mother's love for a child is so great, because it is *unconditional*. If only mankind could feel that kind of love for his fellow man, then this planet would be a much, much better place.

Lilian: Have you any questions on your healing Sara?

This lady is doing well as she works at the moment. In fact I can say to this lady, that soon—and I do not mean '*soon*' in your time of thinking, but soon there will come to this lady much inspired thought about colour. I believe she already feels some kind of affinity with certain colours, when she works with them. Is that not so?

Sara: Yes I am beginning to have more sensitivity for colour with healing.

Yes, you will be helped. (Thank you.)

So my dear friends I think I will leave you this time, I will leave you to think about what I have told you.

(Thanks expressed) Yes, try to see what colour your thoughts are. (Thanks + farewells)

~30th July 2001~

Good evening. *(Welcomes)*

This time I will begin by asking you if my words to you last time have been considered.

Lilian: I'm sure we have all considered them and especially Sara, who is not with us tonight.

Your healing thoughts have been gathered my dear friends and it brings me to what I would like to say to you this time. I have told you of happenings which will occur on your planet in time to come. But what I wish to tell you my dear friends, is that within the next 10 years of your earthly time, many advances will be made within your medical professions. These can only be good for mankind. But what I also wish you to know is that until mankind recognises Spirit within, there will always be unrest within the human frame. The time will come, but as yet that is not soon, but the time *will* come when mankind will find within himself the **perfect body**, if he so desires. There will in time to come be many more healthier people, because the Spirit will come forward and knowledge will become greater. The information from our world to those within your medical professions will be greater. I am sure my dear friends that you are not unaware of the change of attitude towards what you call I believe, '*complimentary therapies*'. (*Agreed*) This of course is not new. This planet has always been provided with the cures to many of mankind's unrest and disease. It is only that in your time, much of it has been forgotten. But as in all things, a new awakening has begun to change many attitudes and ways of thinking. But as I have said, mankind has to realise that physical living should no longer be the power struggle that it is within your planet at this present time. Until each individual finds that Spirit within, until that recognition is greater, then mankind will always struggle with the many aspects of human existence. Do you have questions for me this time?

George: I was just thinking that there are 2 types of struggle. There is the political struggle, which connects with our wars and there is a sort of domestic struggle, because I think we have all made lives a little too complicated for ourselves within the family structure and people get a bit confused and overwhelmed sometimes. Perhaps this is again due to losing our spiritual centre. Is this a way to look at it that there are at least 2 areas of struggle: the large political struggles and the smaller struggles and confusions within the family?

Yes, I of course do agree with you my dear friend. We have spoken of times of the struggle between your governments upon this planet. I have told you that always we are trying to influence those who are in power and that is still so. More difficult is what you call *family struggles*, because what we find in our world, is that we cannot interfere too much in the lives of individuals. But I would like to add to your list of struggle and that my dear friends, is the all-important one, the *individual struggle*. Of course your physical living involves communication and existence with human beings. Of course this is how it should be, because without the love of your fellow man, there would be no point of physical existence, because you are here to learn to co-exist and to love each other unconditionally—this you know. But the *individual struggle* my dear friend, may I say, is the all-important one, because until each individual realises their own potential shall we say—I am not sure if that word is the correct one, but that is a word I we use.

George: Yes, that is the one that would connect with the life path.

Yes, thank you. Then I would say until the individual is content and knows the Spirit within, you cannot be in a position to make others happy. Does that make sense to you? (*Affirmed*) Therefore I would say to you this: **First and foremost, you must look within. Only then can you look around to the family structures, which have been created, only then will you begin to understand each individual within that group and only then can you understand the wider issue of political unrest within your world.** I hope that is helpful to you. Are there more questions please?

Graham: I am sure this question has been asked before, because there is a lot of discussion about it in medical circles and it is the subject of *genetics* and the issue of interference of genetic makeup and altering life itself. Are there any perspectives you could give on that please?

Yes, we have discussed this before, but what I will say to you in simple terms my dear friend, is this: That *all* information comes from our world, but what you must always remember, is that mankind is endowed with freewill. Whether they use or abuse is entirely up to them, although we try to influence from our world. But we cannot interfere with the process of freewill; this is always the problem. All we can do is to try to *touch* the soul, the Spirit of each individual person, that they will automatically know

what is right and what is not so good. But always because of your freewill, there will always be instances of abuse. We have given in past times the problem of nuclear weapons and the knowledge that was given and which should have been used for the good of all, but was in fact misused. It is always down to mankind's freewill. (Thank you very much.)

Paul: I would like to ask a question. It is about the work of Carlos Castaneda. Reading his books, it is very inspirational the way he shows the potentials that seem to be hidden for people and then his particular group, their aim seems to be to die a different way from normal people, whereby they cross over without—I'm not sure exactly—they call it crossing over I think, into the '*third attention*'. I wondered how different that kind of death is, where they appear to instantly skip into a Spirit world?

Yes. There is no secret about this my dear friend, but firstly let me say, always you will be drawn to many different aspects of living, because that is the Spirit's way of finding truth and knowledge. And because each one of you is so individual, you will become interested in various aspects of what you call *Spirituality*. What I would say to you my dear friend is this: There are those in your world who have the capability of slipping from this life to ours; to those people it is a natural process. To others, there is shall we say, an '*ego trip*' to try to develop these powers. I would say about this group of people that you speak of, that they are in fact no different from those in your world who commit what you call *suicide*.

Paul: I can't understand the connection there.

Because they are attempting to come to a dimension to which they do not belong. It is an analogy, do you understand?

Paul: Yes I can see that.

It is an interference—perhaps that is a better word. Is that clearer for you?

Paul: A case of learning to run before they can walk?

Yes, perhaps they is wiser words for your understanding. I would not say it is wrong in the sense of suicide, but it is something they should be aware of, that if they are not careful, they can go from one dimension to another too quickly, and in fact, they can expel their physical living far too soon. Do you understand?

Paul: Yes I think so.

George: I think this is something that Don Juan and the Yaqui Indians have developed and pursued. I think I am correct in—

Paul: It's not really a *Yaqui* Indian thing actually. (*Don Juan Matus was Yaqui, but the teachings did not come from that culture*)

No, it is different. The Indian races are quite proper in what they are doing, or what *some* of them attempt to do. What the gentleman is speaking of, is moving from different space dimensions, am I correct? (Yes) Yes, there is a difference. This is something we have not spoken of as yet, and until we do, your understanding will not be great, but I will come back to this. You are speaking of different dimensions of time are you not?

Paul: I guess time comes into it.

It certainly does.

George: I think in the book it just mentions different dimensions—

To travel to another dimension my dear friends, time has to be involved. You cannot have one without the other. Is that a little clearer for you? (Yes) But I assure you I will return to this for you, in order that everyone within the room understands what you are speaking of.

Paul: I just wondered then whether you would say perhaps his group and the group that went before him were perhaps *rushing things* then?

I would suggest perhaps, but we cannot say they are wrong, because to them they were doing what they felt is right, so we must be careful in our judgement; but if you have to have my reply, I would say that they need to be a little careful in what they are going into. Is that helpful for you?

Paul: Yes it is, thank you.

But we will discuss this at another time.

If you are happy, what I would like to do is to allow each one of you to come close to those who stand close by you this time. Open your minds, open your hearts and you should be aware each one of you, of who is standing close by. Try not to focus too hard, but just allow yourselves to be open. Perhaps individually you can say who or what is there, or if you do not sense who is with you, perhaps you can tell our dear lady what you are feeling.

Lilian: Just before you go, 2 requests for visitors—one from Mark's brother David, and my daughter Dawn, if and when she was able to come?

Yes, she is not new to this, we will accept her. Yes, as to the gentleman, he is taking another pathway, but we will welcome him. Always I will say to you my dear friends, that unless any of the people within this room has objections, then I am happy to receive them. As I leave you, know always that I too, am always will you. *(Thanks + farewells)*

Leslie Bone, our dear group founder and leader, who passed to spirit in 1999, then came through Eileen: *Hello my dear, surely you haven't forgotten me yet? I can't get the voice right. (Pause) Hello Lilian.*

Lilian: Hello.

You don't know me, do you?

Lilian: Does it help if I put my hand there?

No—it's Leslie, Lilian.

Lilian: Hello Les! *(Chuckles)* Sorry, you know me! You're very, very welcome.

I'm very emotional.

Lilian: How are you getting on, need we ask?

Met Roy, (Lilian's husband now in Spirit) had a good chat.

Lilian: Good! Give our love to Ruth, Roy, Graham, there are so many.

So many you would not believe.

Lilian: There are lots of reunions for you. You are busy no doubt. *(Very.)* Are you? It doesn't surprise us.

Breathing difficult this time. Bring the dratted conditions back. (People who return often temporarily bring back the previous health conditions)

Lilian: Yes, that must be a real nuisance. *(Yes)* I understand you visited the other group as well, the Wednesday group as we call them. We know that you visit and probably come and listen to Salumet's words.

(Moving head to view others) Hello everybody. (Warm greetings) I tried really hard to get the voice, but I can't do it, so please accept me for who I am. I have taken quite a long time to come to you, but I promised I would and I am here.

Lilian: I guessed you would make it one day, we hoped.

Sarah: Your voice wasn't far off Leslie. I recognised you when you came through, I thought it was you.

I was trying to make an impression on Eileen's face, but it's a bit smaller than mine was and it's not easy.

Sarah: Well, I had my eyes closed so I couldn't see you.

I wouldn't have expected anything else, my dear. If they were open, I would have wanted to know why.

(Chuckles) Anyway, I'm here to let you know that everything's fine. I follow everything you do and let me say that you are doing a grand job.

Lilian: All thanks to you that we're on the right track.

We'll have none of that Lilian! (Chuckles) You know very well it's not the people but the work. (Yes) That's what's important and I told you it would carry on, didn't I? (Yes) Well I have to tell you that my time came to an abrupt end as you all know and it was my own stupid fault, but there again you know me well, and I had to keep my eye on what was going on. But never mind, it's what I wanted and it's what I got. But I did have a surprise. It was my father who met me and it was a lovely surprise I have to tell you. Of course it wasn't long before I met everybody else and I can assure you it was an emotional meeting. I can only tell you my dear friends that everything you imagine it is, is better than what you imagine. I cannot begin to explain just how wonderful this place is. I wish I could, but I can't at this present time. I am hoping that as time goes on, I can perfect the voice for the recognition, and that I can superimpose my face upon—(The tape came to an end and was hastily turned over)—Thank you so much for all that

you gave, all the dedication and the time that you gave to our meetings. I can't begin to tell you all of the people that you've helped and all I want to end by saying is that I am supremely happy and I have to go, because I can feel myself beginning to fill. (With tears?) I will be back, hopefully with recognition for you. And so much work to be done. God bless you all my friends. (Thanks + farewells)

Paul: I can see a white flower. (Near Eileen) I don't know what type of flower. A little bit like a daffodil, but it's not, it's not a white daffodil. There is a red flamey bit in the middle.

Eileen: Oh I feel quite emotional, I'm sorry. He was all right until the end. I could feel my face being twisted all over the place and I thought, what on Earth is coming! I wasn't sure who it was and then I could feel like I was—you know he breathed very heavily—and I could feel it on my lungs and I thought, somebody's got breathing troubles. Then the face went again and I thought—*who is it?* When Lilian spoke, I felt annoyed that the sound wasn't what I wanted, if I can put it to you that way. I felt that he wanted it to be different. (We then discussed excitedly our dear Leslie's visit, over a cuppa)

~6th August 2001~

Good evening. (Welcomes)

As we come together this time, I have marveled at the Spirit within each one of you. I am happy my dear friends to see how you have grown in such a short space of time. Each one of you knows by now that you are not just an empty vessel that each one of you should be an interactive part of all that exists. Of course you have your own minds, but you should be attuned to the Universal Mind. How many of you can say that this is so? (Pause) Not yet, my dear friends! In the past months of this, your earthly year, I have tried to uplift and encourage you in stillness and quietness, in order that your Spirit may develop. This, of course, is not without purpose, because to be emissaries of Spirit you have to be attuned to us quite closely. You are not only channels for speaking of knowledge, but you are channels for those of us in our world who also need help in their own development. To this purpose my dear friends I ask that this evening be given as a thank you, not only to yourselves, but to those who come close to you, that you will allow this time for communication with those who wish to use you. You are knowledgeable enough my dear friends, to know that in your own individual style, you will be used in whatever capacity is suitable for you. But what we can achieve in these group meetings is to unite with love, to allow those who come to you, that extra energy which is needed for communication. If you are not aware of how you have grown in these last months, then do not despair, because I assure you my dear friends that it is great. We have spoken of colour, we have spoken of the Elementals which surround you in your world, we have spoken of much love and harmony within your world. But that is what I wish you to achieve my dear friends, harmony within yourselves, but also to transmute that harmony and to become the wider love of the universe. It is not beyond you; I do believe that your understanding has reached a point when all things are possible, that your hearts and your minds are open to all that we can bring to you. It would be easy to give you much phenomenon, but what purpose would it serve you individually? Rather we would that you—each one of you as Spirit, develop that whilst upon this Earth plane, to such a degree that you no longer question the communications and those who stand close to you, because, yes my dear friends, there are still fears, there are doubts, whether you wish to admit to them or not. But I say this to you, each one of you within this room is guided, is loved, is protected. So, my dear friends, for this time, I will leave you with our dear lady friend. I ask you to open your hearts to those who are with you, and let me assure you there are *many*. It is a gift to each one of you, please accept it with love and allow that spirit within to come forward. Next time I come to you, I hope to elaborate on some of the topics which I have brought to you recently, but for this time my dear friends, take pleasure in those communicators who are with you in this room. The dear lady will allow time for you to go into your quietness and will come to each one of you, and please my dear friends do not be afraid to acknowledge what you see, or feel, or sense. (Thanks + farewells)

One followed through Sarah:

*Why have you all forgotten this wonderful place? The place I am talking about is quite unlike your room here. The place I am talking about is the **SPACE** between your world and ours. This space is available to all of you at all times. You need only prepare yourselves for a short while and you can enter this space. This space will make all your thoughts come together. It is a space that is available for humans and Spirit alike. This is space where the two can communicate at all times. Try to imagine when you are in your quite time that you are arriving in this space and you will all find it much easier to communicate with the Spirit world. We are trying to communicate with you all and this area is the most available for us all.*

~13th August 2001~

Good evening. (Welcomes)

It is good to join with you once more. We will endeavour to bring one to you from our world to speak with you about conditions and we hope that we may be able to use our dear lady friend here (Sue). I wish to say to you this time, your Earth planet at this time has many traumas to contend with, but I wish to say to you, fear not, because it is part of the planet's evolution that this should be so. I know I have no need to tell you, because your understanding has grown so much, but I *feel* it helps you individually, to be reminded of these things.

Lilian: That's true.

As your planet evolves at this present time, so too is everyone present going through metamorphoses of some kind. I told you earlier in this one of your years, that each one of you by the end of the coming earthly years, would have grown in some way. It is on the same level as your planet Earth is at this particular time. As the planet evolves, so does humankind in its own way. I will this time, my dear friends, before I depart to allow the speaker to come to you, this time I am happy to answer any of your questions.

Lilian: Thank you. Before we have any questions, I would just like to say our old friend from 2 years back (Les), came through to say hello to us last week and he seemed very happy. (Yes) I am sure you knew, but it was very nice.

George: You spoke to us some time ago about the projection of Spirit into matter at the time of the Creation. (Yes) It occurs to me that since that first time, there would have been a number of projections of Spirit into matter. (Yes) For example, to initiate the five different coloured races on our plane, (Yes) and much later when Jesus came to Earth—I guess he would have been a projection into matter in a similar way?

Yes, what you have to understand my dear friend, is that because vibration has always existed—that is why I have spoken briefly this time about the evolution of this planet, because as the planet evolves, so also must the projection of matter from Spirit as you put it. That also is evolving to take place with the evolution of the planet, it has to be so. Do you agree?

George: Yes. Would it be correct—as the early man that we think of as *homo-rectus*, would it be correct to think of him as a biological vehicle into which later projections of Spirit could be made?

Yes. Spirit has always been, no matter what the form, but again I say, it was necessary for mankind to evolve in order that the Spirit grow—that is the only reason for mankind. Do you understand? (Yes) Spirit is in everything. Do you understand—whether it be your woodlands, your animals, or the human race—you have to understand that it has to do not only with the projection of Spirit that has always existed, but the evolution of the planets and of the Cosmos and so many other refined things.

George: Yes, so Spirit projection and physical evolution go hand-in-hand?

Yes, yes, that is a simplified way of putting it, but it has to be. I hope you agree. This is a difficult topic for your understanding, but I *feel* if you can understand that Spirit moves throughout all of Creation and that humankind is evolving all of the time, then perhaps your understanding can be a little greater.

George: Yes, thank you, that's made a better picture for us.

All species that coexist on this planet, have had their moment in time. Do not believe that Spirit belongs only to mankind, otherwise your thinking becomes *stilted*, it becomes *introverted*. You must always my

dear friend, look with those spiritual eyes for your understanding to grow. Are you happy with what I have said?

George: Yes, indeed, that does clarify. I wonder if I could also ask about—I was reading Edgar Casey on this, and he mentions past lives of Jesus and a number of past lives of people known to history and I imagined Jesus evolved to his state of perfection as a result of a number of past lives on this planet.

Of course, and may I say to you that the essence of the one you call Jesus still exists. Does that surprise you that the essence of this being is present here upon your Earth at this time? (Yes)

Lilian: In a physical form?

Yes. Remember what I have told you, you are not *one being*. Would it not seem natural that Spirit as developed as the one you call Jesus, has trodden many lifetimes and continues to do so? Remember there is no perfection that you know of. Do you understand this my dear friends? (Yes) He has been revered as the greatest one, but he is but one of many. If you can hold this in your thinking, then you would understand more. The being known as Jesus upon this Earth, does not wish to be revered. He came to do work which he had chosen to do. Mankind has placed him upon a pedestal; but the essence of his being still continues to do good within your world.

George: One particular reincarnation that has been mentioned is that of Akhenaten in Ancient Egypt. If that indeed were an incarnation of Jesus at that time, it would solve a number of historical riddles for us. **Yes, you see, there is always problems when what you call 'religion' interferes. The Spirit is always present, the Spirit will return to continue work, and I can tell you that the one known to you as Jesus, has returned *many* times, not just one part, but *many*, because in his *own* development, he *has* achieved much.**

Lilian: So would he still be a teacher of sorts?

He would be a spiritual teacher, yes. He has attained the knowledge to such a degree that he cannot return to what you would call normal life. He would always be in some form a spiritual teacher, whether it be in the form of male or female. Do not forget this, because it is important. I can tell you that he *is* at this present time a female. Is that helpful to you? (*Affirmed + thanks*)

George: So would it be his same soul aspect, as opposed to, in the case of the Dalai Lama, different aspects of the same soul?

Always it is an aspect of the soul. It is never the *same* aspect.

George: Not necessarily the same?

Of course not—the essence of the being that was called Jesus, would have been one part. Although the essence of his being will continue, it need not be the same part. You must remember this also, otherwise there will be much confusion. Do you understand?

George: Yes, our understanding increases with your teaching. Thank you.

Thank you. I try to keep it simple, because it would be too easy to use complicated words, but how much your understanding would *take* those words, I do not know. Therefore, when I first came to you, I said that we must go slowly and simply and that is what I am trying to achieve and I have to thank you all, because you make this, my work so easy.

Lilian: That's comforting.

Sarah: Last week somebody came through me and said that there was a '*space*' where Spirit from your world and human Spirit could meet. Could you just clarify that a little?

Yes, do not be confused by words. All it means is that consciousness in our world is lowered, consciousness in your world is raised. There is a *meeting point*—that is all that it meant. It does not mean that there is a vacuum, where our world and your world meet, after all, everything is intertwined. It is but a raising of your consciousness and a lowering of the consciousness from our world. Are there more questions or do you wish to hear from our dear friend, to see if they can bring you a little more information? I endeavour to enlighten you; if I can achieve that in one meeting with you, then at least I am endeavouring to do what I came to do.

Lilian: Well you do that and more. (*Agreed*)

I will leave you as always encircled in my love, and I will sit with you until such time as the communicator comes to you. (Thanks + farewells)

Communication through Sue:

Good evening to you. (Welcomes)

Forgive the delay, but I was also taking instruction from the master. To be able to communicate in this way, you are very aware I know that conditions on both sides of these have to be compatible. You are obviously well taught in this matter, am I right?

Lilian: Yes, we understand that.

For the different phenomena, different conditions apply. Again, I am not trying to teach you something that I am sure you are already aware of, but the word 'conditions,' is a word which applies to so much and I am here this time to tell you if you so wish, what some of these conditions entail. (Thank you.) All of you here who have been used in speech, I am sure, could discuss how you feel when you are taken over, I shall say, by a Spirit person, but I am quite sure that each one you would have a different view, a different feeling, a different set of circumstances, because each of you is different, each of you possesses different aspects of spirituality. That is only to be expected. Am I right?

Lilian: Yes, I see. So is it right that the two have to be compatible from your side and here on this planet?

They have to be on the same wave length?

I understand your question and in part it makes an easier transgression, but let me say how many of you on this Earth are on the same, shall we say, wavelength? Everyone is an individual, so, no, you do not have to be a mirror image of the Spirit to enable you to be used for whichever Spirit needs to come. I say to you, and I am sure the lady I am using will not be offended if I say to her that our compatibilities are very wide, and that is no disrespect to the lady, but I am able and willing to come through and use her. The problems can arise with emotion—that I am sure you are aware of. Emotion causes some problems in communication. The conditions then can be, how we say, a little 'rocky,' you understand? (Yes) Let me try to explain it more simply. Imagine you are in a little rowing boat and you are heading towards an island in the middle of a lake. That is your goal—that is what you are aiming for—you have planned it. Fine, everything is going to plan and you set off in this little rowing boat, knowing exactly what will happen, knowing that you will reach the island and everything will be fine. And so conditions are perfect. Suddenly there is a wind springing up from the west and the surface of the lake, which was still and tranquil suddenly becomes a little choppy, and you see the island ahead of you and you are still making progress. But all of a sudden you start to veer to one side. You cannot make a smooth crossing, something has rocked the boat. Are you understanding me so far? (Affirmed) So, with the best will in the world, you may have a communicator who is coming through the channels nicely. The communicator on your side feels relaxed, happy, in control. The communicator on our side of life is the same, but who knows why on your side there is a little breeze, yes, a little blip—who knows what has caused it, but suddenly the communication is not quite as free as it should be, and just as you are having to control your little rowing boat, so the Spirit communicator has to control the channel, yes? (Yes) Conditions vary so much from what you would call second to second. So, you could have two people who you would consider compatible and on the same wavelength and there would be something, something that could block it, block the communication. You could have someone who is totally alien to the channel, totally alien—someone that you would never expect to have anything to do with that person and it is a nice, smooth, easy crossing and through. It is so much to do with conditions, which, on our side of life, can also be as difficult as yours. On your side of life you have stresses, heat and weather, do you not? (Agreed) You have people feeling less than perfectly well and these are conditions on your side of life. On our side of life we have a tunnel. It is a tunnel, which leads by a thread, to the communicator on your side of life. Now the communicator in Spirit is going through this tunnel. They are drawing themselves towards their goal—their island in the middle of the lake. They know where they are going, they know who their communicator is; they know this. But suddenly the tunnel starts to widen, the path is not totally clear-cut to the island, there is slight fogginess. This can be due to several things on our side. It could be that the communicator has not been sufficiently trained, the communicator possibly has not

been given the right information that they are to impart to you. Do you understand? (Yes) And in some cases, it is sometimes entirely the wrong communicator for the job. Are you understanding me? (Yes) I know there are other forms of communication, which do not require the physical voice and those conditions are totally, totally different. It takes many, many, many of your years and can be equally as stressful on our side of life. In that respect the communicators have to be trained for many, many of your years, do you understand? (Yes) They have to use what you know to be the voice box and it does not suit all communicators. It is a very heavy and dense material that is used. Again, conditions have to be the right conditions for the job. It is like saying in your world, it is no good the large gentleman playing heavily, it is no good for him to walk on thin ice, he will go through it. A little child can possibly run across it quickly, it is no problem. Conditions—but you can help us. It is a difficult thing I ask and I know the master has spoken of it many times, but I ask you something, each of you: How clear, how clear are your minds? Are they clear and free or is there always a little thought, 'what you did, the day you've had, the work you're doing, even just listening to someone like myself, querying and answering questions in your mind?' All of you have little things going on in your mind and in your thoughts. (Agreed) I am saying to you, if you could all train your minds to be like this light tunnel that we have on our side of life, well lit and empty—I'm sorry that is not a good word, it is not a good analogy, but do you understand me? (Yes) Free from the little tentacles of thought—my goodness me, we would shoot through those tunnels if those conditions were right on your side. But, let us say this: Life is not like that, is it? So we have to make use of the best conditions we have for the communication. But over the years and the aeons of time that spiritual matters have been discussed in this way, I would like to think that most communicators, whether they are on the same wavelength as their instrument or not, most communicators have managed to bring information, laughter, happiness and help, am I right? (Agreed) So, there is no such thing as perfect conditions for communication, but if we continue to work together through love and light and harmony, then we can all continue to bring the message of Spirit into the world. Do you understand me?

Lilian: Yes, it certainly helps our daily lives and all the way through our life.

And that my dear friends, is everything—that is the moral of this communication this time. Unite together in love, in harmony and light. Always send loving thoughts to receive loving thoughts. Open your hearts, so your conditions can be the best that is possible and we give you eternal thanks for enabling us to come to you in this way.

Lilian: Yes, and may our thanks go to you as well. I think I can safely say for all of us that we always feel uplifted, when we have had our meetings and meeting with you.

Let me say in reply to that, that all communicators when they leave this room, for whatever reason they have come, whether they come to listen, all peoples also have upliftment. Can you understand that, Spirit also receives upliftment from you? It is not a one-sided affair. You give to us exactly as we give to you. So, dearest peoples, always feel proud to know that you bring love to the Spirit world.

Now, conditions are a little shaky now. We all get a little shaky with time, do we not? (Agreed) I thank you for your time and your interest. I hope I have been able to give you a little more information that you can keep in your hearts and refer to if necessary. (Thanks expressed) There will be more communication on matters of spiritual conditions another time. Whether it be myself or another, I cannot say, but we wish to talk to you about the conditions surrounding those who are in need of your help. We wish to bring you more insight into what your powers of prayer do, and how they are received on our side of life. So, that is something hopefully that you will look forward to. But for now, I leave you with love and thanks of all Spirit peoples and all peoples who are light and energy and love. You one day will all achieve more than your hearts could imagine. I hope that all your loving thoughts remain on still waters. (Thanks + farewells)

Finally one came through Eileen with a soft gentle voice, thanking us for our time. She said that we were being given knowledge that some in our world (Spirit realm) still do not have. She added: So I am here to thank you from all of us who come close to you. There is more for you to achieve, not only in knowledge,

but as the speaker before has said, phenomena can happen when conditions are right. And there is no reason at all, why you people in this room, cannot achieve such things. It will come—be patient.

Lilian: We are very, very grateful for what we have, with our friend coming with his teachings.

You cannot ask for more I have to tell you. I also listen to this one in our world—not often, but I have been given the opportunity. So I would say to you, listen carefully, listen carefully and accept graciously, because when people such as yourselves are chosen in this way, it shows that no matter what your development is in this lifetime, it shows that spiritually you are growing well.

She then brought this meeting to a close, with blessings and with love.

~20th August 2001~

Good evening. (*Welcomes*)

I hope my dear friends that you are aware this time how smoothly you have blended together in this meeting place. I know that mostly you are unaware, but this time you should feel that the coming together is strong. As this year has progressed, not only has your Earth planet developed, but so too you also my friends. I told you that this one of your earthly years would bring to each one of you, much individual learning. This has been taking place. When we approach the closing of this one of your years, we will discuss what you feel you have attained, because rest assured, each one of you has been through some form of metamorphosis. If you are not aware of it by now, you will be by then. We have spoken recently much to do with your meditation time and what you can achieve from it. I have left that to each individual to develop or leave as they so desire, but I would like to add one more thing to our discussion on that topic. Have you my dear friends, considered that your meditation time is not only good for you as individuals, but meditation is a service to our world?

Lilian: Yes, I can see that now you've said it. It didn't occurred to me before.

George: I think some of us see this as *hope*, that there *is* this two-way connection.

That is why it is important for you to consider not only your own development, but also to consider what you are giving to those from our world, because in your states of meditation, we can come close, as you well know, to give the opportunity to those who need to work through you. In that way you are devoting your time to *service*. I would like you to consider these words. It should my dear friends, give another dimension to the word '*meditation*'. I will this time, take questions from you. I know we have done this many times in this year, but there has been purpose behind it. It has given each one of you the opportunity to enrich your own individual knowledge. We have much time, have we not? (Yes) We have indeed time to consider many new visions and structures in this work, but it is, as I have told you my dear friends, important that each one of you also, are given the chance to develop also, and that has been the purpose this year of your living. So I will take questions from you and we will end this meeting once again, with the opportunity for each one of you to allow someone close to become even closer to you.

Graham: It's a very different type of topic and I ask this question because of what we saw on our TV, concerning the information we are given by our governments. Some people are suspicious that we do not always receive the truth from our governments, for many reasons. One particular topic came up that was fascinating to me and that was the Apollo missions to the moon. There have been some doubts that the Apollo missions never actually happened. I wonder if you could confirm whether man has actually landed on the moon or not?

I take your question. There are many space travellers, not only in your part of existence, but in the wider scheme of the Cosmos. But yes, I understand your question. I will confirm it with but one word and that is '*yes*'. They have, *they have*, if only they were allowed to speak with their hearts, they will tell you that much was known and seen by them. Always there is a power struggle on your earthly planet, when you speak of individual governments. It is, I am sorry to say, the cause of many destructive acts within your world, when these governments face each other in disagreement, but I will confirm that yes, man *has* landed upon another of your planets.

Graham: Thank you for confirming that, it's a great relief in a way. (*Chuckles*)

George: Adding to that, I think you told us once before, that information about that mission has been withheld by governments.

Yes, governments of course *believe* they are doing what is best for their people, but it is a power struggle. There *is* much deceit and there is much that is withheld from the ordinary people. But the time is coming when people will not accept only what is said to them, because their understanding is growing from the *heart* and from the *thinking*.

George: Yes, I imagine it is only right for people to attempt to bring this out into the open.

Of course, and may I also say to you, it is one of the reasons why your religions—many as they are upon this planet—why there are so many disruptions and so many disbeliefs, so many doubts, so much negative fear, because the people now are becoming more spiritual in their *thinking*. To you my dear friends, this may seem a large statement to make, but I will say to you that this planet Earth is becoming ever more spiritual as time evolves. Too many times as I have told you previously, has mankind destroyed himself. When first I came to you, I said many from our world had gathered and we would this time, not allow any destructive force to interfere or to cast doubt upon what is the truth; and that is our purpose this time. I hope that is helpful to you. (*Affirmed*)

Lilian: You did say that we are visited—I am just confirming that I've got it right—that we are visited by people from other planets at this time.

It has always been, but let me say, what you do not fully understand I believe, is that there is *life*, not of your form, but the capability of travel within the Universe has always been. Remember your planet is but young one, in the scheme of existence—you cannot forget that. I know that these are difficult things to explain, because your understanding really is not wide enough, but all I can tell you my dear friends, is that you do not exist alone.

Lilian: It would be so interesting to meet someone from another planet.

That is your wish? Then you must make it your reality.

Jan: I do believe in my heart that recently I have been taken over to the other side in my sleep-state, and I do remember being brought back by a loved one and vividly seeing this person. Am I correct in this belief?

Let me say this to you, that in your what you call sleep-state, is when the Spirit is freed from the heaviness of the physical being. Each one of you has been to our world—*each one of you*—and I speak not only of the people within this room, I speak of *all peoples*, whether their belief is as yours or not. Each one of you, as you quietly are in your sleep-state, come in our world, either guided by those who stand close to you, or by those who have loved you upon this Earth plane. This is not unusual, but what I would say to you my dear friend, is this, that if the desire, the willingness to meet with those in our world is great enough, then the memory will be retained. I believe this is what has occurred with you, but all of you are capable of this.

Jan: This just seemed *more* than a dream. (**Yes**) This person was actually in the room with me and rubbing my face and telling me to come along (**Yes**) as if they were bringing me back and it was wonderful and I now know that I wasn't imagining it and I welcome it.

No, if it had been nothing but a dream of the physical kind—and of course we are on slightly different waters here, because you can have dream-states which are nothing to do with being in the world of Spirit. But when the memory is so strong, when the desire is strong, then you can be assured that you have probably been with us and can remember what has taken place. I would say but one thing to you my dear friend, give thanks to those who have protected and loved you and returned you safely.

Jan: Yes I did thank them, it was a wonderful experience again and I know I'll be protected.

Yes, it is within all of you. As I say, each one of you returns home, each time you enter that sleep-state. It is an opportunity for those who stand close to you, to show themselves, to *show* themselves to you as they *are*. But of course, being clothed in the physical being, means that you have to return to these conditions. What most people upon this Earth lack, is the memory. But all of you are protected, have no fears about this.

Sarah: You very kindly tell us that we're progressing well and you give us little bits of information and encourage us, and you have also told us that this is a two-way thing in learning also. Do you have someone giving you encouragement in the same way as you give us encouragement?

Yes—thank you; not exactly. Yes, remember that as you are aware of me now, you are probably thinking of me as a human being. This is not so, I come as a form of information. I am but a part of many. Of course there is a higher scheme of intelligence to which I must account, but it is not in the same way as you imagine. It is much too complex for me to begin to explain you how this takes place. It is an instantaneous knowledge, if you like, it is a *knowing*, it is a *sensing*, but of course *always*, always, I have told you that we are expanding, and that applies to what I am, to what you are, and to what the greater intelligence is—it is never static. I hope that is helpful for you, although I understand it is very vague.

Sarah: Yes thank you, but you know straight away.

I understand, yes. (Thank you.)

Lilian: Would our old friend from 2 years back, (*Les Bone*) would he be aware of you in Spirit, now that he is there also?

I am not available in the sense that you speak of. I have taught much, but not in *this* form. He may be aware of what I am, he would be aware that I still come in this form, but it is not like meeting one of you. We have touched upon a difficult topic here and we must take it slowly. He would have an awareness, but not a *knowing*. Does that make sense to you? (Yes) He would be aware that I still come to teach, but there would not be a '*seeing*', shall I say.

Sarah: Would he be able to hear what you are telling us?

If he so desired yes. There are many who come, who surround you, who are brought here to you, to this room, to listen to my words. It rebounds not only on the earthly plane, but in our world also. Does that make sense to you my dear friends?

Lilian: Yes, sometimes we are aware of others being here besides ourselves.

What you need to remember is that just because people have come to our world, you have to remember that their awareness is to a much lesser degree than your own.

Jan: Silence?! (*Giggle*)

Yes, silence. Does it mean that you do not understand?

Sarah: Yes.

Jan: No I think we do understand, it just took us back.

Sarah: No I don't quite understand actually.

Jan: People that have passed onto the other side, to the Spirit world, do not necessarily know as much as we do in this room, spiritually.

Sarah: If we were to pass over, we've got this knowledge. Do we not take this knowledge with us?

Jan: Of course we do, yes.

But you would have someone who has no spiritual knowledge in a lifetime, who will return home and take that '*no*' knowledge with them. Do you understand? (*Affirmed*)

Lilian: We don't change immediately.

No, therefore it is imperative that they also begin to hear and understand, before they can join their group souls.

Lilian: Yes, so they would be brought back to a place like this.

Yes, if they so desire. Remember, they still have their freewill. You must not forget, you must not always assume that the transition from this physical condition to the spiritual being, is immediate, that all understanding is there—it is not. It takes considerable time for each soul to alter and to join the group soul to which it belongs. There is much progress to be made.

Jan: Our knowledge will increase and increase and increase over the years—I'm talking about people in this group and people like us on our planet—then when we go over to the other side, our knowledge is obviously going to be so useful, that are we going to be used and carry on this work? Are we going to be put to work and used as teachers?

I understand. Please do not try to make a self-appraisal, because you will fall short of what it is about. You are but one part of your being, you are but one part that has come to physical existence. You will, depending upon the life you have led, the lessons that you have learned—all of that is dependent upon how quickly you return to the group soul, and then the decision is made as to what you will do with the knowledge gained. Some of you may well teach others, some of you may well decide to return to another lifetime on the physical planet, others of you may progress spiritually and go forward in our world. There are so many options open to you, but always freewill remains with you, for much, much, much time. You do not suddenly become a shining spiritual being. Do you understand?

Jan: I did not mean it to sound quite as arrogant as perhaps it came across, but...

I did not take it as arrogance my friend.

Jan: But our personalities still remain in Spirit, even if the freewill of our souls decides to come back, does it?

The essence of being will always remain, not the personality. You must be careful that you do not confuse the two, my dear friend. The personality remains when first you come to our world, until such time as you realise what has been achieved and then you will be helped and guided to use that freewill for the betterment of all. Is that a little clearer for you?

Lilian: Yes, we shall be helped and guided and shown which is the better way to go.

Let me ask the lady, because she has not replied to me.

Jan: Well, yes, I can take that and I can understand it, but what confuses me I suppose, is this question of *time*, **(Yes)** because as you so often say, time in your world means nothing at all. During my lifetime for example, I could have very close by me, people who have passed on who I know are with me. Do you understand what I am saying? **(Yes)** And yet they remain with me for like 80 years of my physical life here. **But it is but one part of their existence. This is what you are not understanding I feel, that it is an essence of the being that remains with you, *not* the being that you knew whilst on this planet; it is an essence of the being which remains with you. It may well be that they also have returned to this earthly plane. Do you understand?**

Jan: Yes, now I do.

I know these are complicated issues, I know sometimes that it seems confusing, I know sometimes it seems contradictory, but that is why my dear friends, we must go slowly with these things, in order that your understanding grows. Slowly that may be, but in time you come to the realisation that what yesterday seemed to trouble and confuse you, today it is clear and makes sense to you.

Jan: It is certainly true that spiritual growth is quite a difficult path. It is not easy and for my own personal feeling, you go along a foot and come back 3 feet and you can meet yourself coming the other way! It's a fascinating and wonderful journey!

But you cannot achieve that without some kind of trouble on the way. That is part of your plan.

Lilian: This is what helps us to grow.

Of course, if all was smooth, what would be the purpose? But you can of course *smooth* your own pathways by the power of your minds, because my dear friends, you are first and foremost Spirit. You have that innate knowledge, and you can use it, you can smooth your pathways, not in the way that you would expect, but in the way that you can travel those difficulties, with a quiet mind, with love in your hearts, with a mind that is *beautiful*, with a thinking that is *graceful* and with love that is *never-ending*. I will withdraw this time, leaving you within my light and love, knowing that I stay close to you and I say to you, please be aware of those who are with you in this room now. *(Thanks + farewells)*

~27th August 2001~

Salumet only spoke briefly this time, saying that conditions were not good, but that new information would be given next time.

~17th September 2001~

Good evening. (*Welcomes*)

Before I speak with you this time, I wish to hold you in love that come with me, I want you to feel that love energy which enfolds you all—thank you. Now my dear friends, let me say this to you: You know and you *feel* love, which encompasses you all, (Yes) when all around you there is fear and sadness. Therefore my dear friends, I want you to realise that at any given moment in your living, you can seek that *peace* and *love*. I will go on to what was attempted here last time. Each one of you present, felt love in some form or another, do you agree? (*Agreed*) And I told you that I would explain it to you this time. But what I wish to say to you my dear friends is that now since last we met, you must realise why I felt you needed some extra strength. You were unaware at that time, but it was given to you, to strengthen and uphold you. What I wish to say to you now is that I would like to know what your response to these, what you call '*sad events*', how you have viewed them this time. (*9-11 Twin Tower attack—New York*)

Paul: I think they're symptoms of the world as it is at the moment, still out of balance.

Yes, I will not remark until each one has spoken, thank you sir.

Sara: I tried not to get too involved with it, but to send love and light and prayers for the people left behind and for those passing on, but I tried to be more detached and not buy into the drama and really just do constructive things and continue living. (**Thank you.**)

Margaret: I'm just so sad that people have to do these things, because the world is a wonderful place, if you are pleasant to everyone. It brought back horrible memories of the war, when I was a 17 year old girl and the last few days it destroyed me, but now I'm getting over it and feel that we have to fight back and try and make people realise this is a wonderful world to live in. (**Thank you.**)

Lilian: For myself, the immediate reaction was to say a prayer, or to help those who had died or those who were injured, the helpers, to say a prayer for those in whatever way they could be helped. Then as the days have gone on, I'm been very touched by the love and prayers from people all around the world. I think that has touched me—sorry as we were for the happening, there has been a lot of good response from the ordinary folk, I feel. (**Yes, thank you.**)

Sarah: I felt a great sorrow in a way for the people who did it, because I felt that they were misguided, but I also had in the back of my mind your words, 'never to judge anyone'.

That was what I have waited to hear, *thank you*. I know the dear lady here, (*Sue*) was not with us, but she would have received strength, therefore I would like to hear also her response please.

(*Sue was too deep in trance to reply*)

We will leave her. I will speak to the others. You understand my dear friends, why I brought to you some love, upliftment and strength. (*Affirmed*) All of you know that the happenings within your world will always continue, until such time that spirituality touches each one. But until such time, these things will happen on this planet. It gladdens my heart to hear that not only were your prayers and thoughts with those who after all, have come home to our world and are perfectly safe, but it gladdens me to hear that your thoughts have been with those that you call the perpetrators, because you see my dear friends, they too need *help*. It shows to me and to those who surround you all, how much you have grown, when you can sit here and say to me that your understanding is greater than it would have been many of your years ago. It is an indication of how much you have grown. There *is* much sadness, much fear, much anger within your world, but as one of you has said, it has strengthened many of your countries, many of your politicians of like mind. Think for a moment my dear friends spiritually rather than physically. Remember that I told you, all of life is vibration, that *like* is attracted to *like* and those people who you call perpetrators, are of like mind. They are the dark seeking the light on the spiritual level. Remember this, they are trying to grow in their own way, for whatever reason is within their thinking. But I can say to you, the words I have heard from each one of you makes me glad to be amongst you, my dear friends, because I can see you as you truly are. There is much anger in your world from many people. I would say to you my dear friends, think about *them*. Try to dispel *hatred*, *anger* and all these *negative* ways of thinking. Try to bring to your world *Love* in the pure sense, and that is a love that is given unconditionally to *all* of mankind, not only to those that you consider to be *good*. After all, no matter what a person has done, no matter how wrong it may seem to you, once more I say to you my dear

friends, you *cannot judge*, because you do not have the full picture of life. I know these things are difficult for you to grasp at times, but it is up to each and every one of you to call upon those of us who stand close by, who are able to influence and to help, not only those who are in tune with us, but all of mankind—but we need your help; we have always needed the interaction with mankind, to do the best for not only this planet, but many others. Remember this planet does not stand alone, it is but a small part of a greater whole. *Mankind* does not stand alone, it too is but a small part of a greater whole. All these things my dear friends I remind you of, because it is important. As we are approaching one of your yearly ends, perhaps you will remember my words that this would be an important year for each and every one of you, not only in an individual way, but in spiritual growth. I think you are beginning to understand what I have been telling you, that each piece is being placed together for greater understanding that each one of you in your own individual growth, is coming to the point of realisation of what you truly are. When you can separate yourselves from all the many happenings on your Earth, then you understand that the Spirit is to the fore. That is not to say my dear friends that you can ignore what is happening, you cannot, because you are part of it. But where your strength lies is in your knowledge, in your love for humanity, and in having the words of our world come to you. I will leave you this time, because I feel that those who are by you this time, continue to give you strength, love and upliftment. I ask you my dear friends, to think further about my words this time, to look at yourselves and to try to continue to understand what place you have in this lifetime on this Earth, on this planet Earth, which has many troubles, but you will, *will* my dear friends, overcome it. (Thanks + farewells)

~1st October 2001~

Good evening. (Welcomes)

Before I speak to you, I bring to you light of love which each one of you should feel. I ask you my dear friends to accept this great love from us all. Please to give some minutes to feeling this. (Pause) I hope my dear friends that you have felt the love which has cloaked you all this time. (Affirmed) What I wish to say to you this time is that on your Earth plane there is much fear. We spoke last time about this. You know full well that mankind will not destroy this planet, but it does not stop the fear growing amongst mankind, who are without the knowledge that each one of you has. What I would say to you is this: that the time has come for you my friends, to show by example the way to live your lives, to show to those people without love in their hearts, with fear, with so much darkness within, that there are lights in your world who can create much good and much love. But we hear you say, '*what can we do?*' I say this to you, there is much you can do. No matter how much I have told you, no matter how much you have felt within these walls, there is still a little doubt and a little fear. You may not acknowledge that this is so, but remember those of us in our world can see your true colours. I say this to you, my dear friends, *be not afraid*. What you can do for others is to show your strength of love, of hope, of joy of living and growing spirituality. This at this present time, my dear friends, is your gift to humanity. I will stop for a moment. (A cat entered the room and started meowing) I will say, all are welcome, but as yet I have not brought together the animal kingdom! (Chuckles) But they are an example of love that can be given, I know you understand. But let me continue with what I was saying to you. In your thoughts of good for healing, the light that you give out is strong, it is good, it is received. I know all of you truly feel this, because it is so. What you can achieve at this present time in your planet's evolution is to surround it with love. It is imperative that each one of you gives of your thinking, not your time, your *thinking*, to promote your love within this planet in order to dispel negativity, which is being created at this very moment. Do you understand my dear friends what I am saying to you?

George: I think you are indicating love in its various aspects of talking to people in terms of prayer, in terms of meditation...

Not only that, but by terms of example of your own attitudes to living, because people on your Earth learn from example. It is a primitive form of learning, but it is so, and each one in your own individual ways can achieve this. I know that each one has problems, but they are minor in comparison to the

whole. Please try to keep this to the forefront of your minds. But your love, my friends—it is needed at this time, not only for your immediate communities, for those people who you come into contact with, but for all mankind, because, as I have told you in the past, like attracts like and so it applies to negative vibrations. That is why you must help us from our world dispel this, to bring about the vibration of love. It seems a simple task, does it not, but I can tell you this is no simple task. It needs your dedication, it needs your own self-approval, it needs joint effort, it needs the band of love which cannot be broken. That is all I wish to say to you this time. I know my friends you will endeavour to create that love vibration wherever you may go. You are now strong enough, uplifted enough, clear-seeing enough to achieve what you will. Do you have any questions for me?

George: Going on from the destruction of the World Trade Building, and bearing in mind your teaching to us tonight, it appears to me that much good can come of this sad time. It is a time for perhaps the western world to rethink its standards and its way forward. In our various ways we have probably contributed to this situation. I take your point about not being fearful and this again is a good test and it is important that we go forward without fear, with love instead. As it has been such a traumatic happening, it is perhaps a good time for us to pause and think, and out of this I believe much good could come. Do you agree with that?

Yes. I would say this to you: Let us not speak of division within your world, let us not speak of western civilization, eastern civilization, let us speak of the world as a whole. What I would say to you my dear friends is this. You view this planet as part of your own evolution, you view this planet as being your whole existence for this lifetime, what you can achieve, and do not doubt it. Do not separate good and bad; remember that all belongs to the same—that is important. What you can do and what you must understand is that karmic debts can be dissolved. Remember not only do karmic debts belong to humankind, but also to the lands without your world. I say to you, you need to see the wider scheme of life for your understanding to be greater. I can tell you that this is a karmic debt, but you will not understand this unless you look at the wider scheme of life. The positive, the negative—remember all belong to the same vibration. Try my friends to see with spiritual eyes and of course if you ask me the question, is there good coming from what you call evil, then of course there must be, because there always has to be balance, but that is why it is imperative for you to use that love which you have, to keep that balance. And, yes, many of your countries in the world at this present time have joined together for what they call ‘good’, but of course they have not always been fair, in the eyes of this, our world. Do you understand? (Affirmed)

George: I think we have all had inner feelings that part of the direction of the way that we have been going has been questionable. We have all had these inner doubts, I think, and it is not difficult for us to see the karmic direction.

Yes, I would say, if you have these inner doubts, then please to listen, listen to what is being said to you, because that is the spiritual aspect of yourself which is speaking to you. I know it is always difficult when we speak of *good* and *bad*, *positive* and *negative* and all of these things, but until you reach that understanding of clear seeing, of further vision, of being part of the whole cosmos as opposed to part of this planet, you will always struggle with what is *truth*. Do you understand? (Affirmed)

George: I think you have talked to us in the past about light and dark energy and I think we can see very clearly today how these are connected.

I know it is not easy, but if I keep reminding you then it will become clearer for you. I hope that has helped you.

Sarah: My son was saying, if you have good and bad—I was explaining to him that everything was balanced—you cannot have one without the other—if we are working towards a perfect world where everybody has love, the opposite of love is hate, then where does the hate go? Is it all combined in love? I think that is perhaps the answer, but could you just give me an answer for him?

It would be dissipated into positive energy. Let me say this to you, again you have to look at it from the wider view. You have to think of all existence and not this one tiny speck of a planet. You must remember that you are but one drop in the ocean. There always will be positive and negative energy.

Because you have the balance, you should not always assume that throughout all of existence that negativity as a vibration is *bad*—it is not, it is part of existence. We are coming to deep matters here, matters which you are not ready to understand, but I would say with this young man to continue to think the way he does. He has an intelligence of life which may surprise you. Always to question even if he does not find what he considers, and I say he *considers*, to be the correct answer.

Sarah: Yes, he does surprise me with some of the things he comes out with.

He will because he is a soul who is seeking. We will see him here, but not just yet. I hope it helps, but whatever you say to him, he will not fully understand at this present time. It is not something that is easily explained to you, because the understanding for you at this moment is not great enough. He must look beyond physical living, he must look beyond planets, he must look towards existing. All is energy my friends, all vibration is energy. When you become integrated into that love energy, you do not make separations, you just *are*.

Lilian: This may seem a strange and simple question, but would the cat that has just walked in, would it be attracted to a light as well as the human beings?

All animals have a vision that mostly human beings have lost, and yes, they are more sensitive to vibration than mankind. The animal kingdom still relies most strongly upon their senses. It is something you human beings could learn much from. I would say to you that the creature is a little insecure. The little creature seeks much. *(Voice started to fade)* Speak to the creature mentally. I will leave you this time, because the instrument I am using *(Eileen)* is becoming a little depleted. Know always we are with you. *(Thanks + farewells)*

~15TH October 2001~

Good evening. *(Welcomes)*

I am happy to be with you once more. My absence last time was necessary, because in our world there was much wise counsel to be had. I would like to tell you in advance when I will not be with you, but sometimes this is not possible, but I know my dear friends that you found last time to be of interest. I would like to say to you this time a little about your *thinking*. We have spoken many times on this subject, but I feel that at this time there is so much confusion, so much doubt that it is important that I speak again to you about the way of your thinking. Remember that your thoughts are *living things*. Remember that the power of your thinking is the most powerful thing that you possess. These words I have uttered to you many, many times and I do not apologise for reiterating them to you. My dear friends, before you can help others, you have to take control of your own thinking. When you are in full command of that, then you are able to assist others. Do you understand what I say to you?

Lilian: Yes I think we all understand, but for myself I find it quite difficult to control my thoughts sometimes.

Yes, this is the problem with humankind that our words are accepted at the time of speaking, but then that which you call memory fails you and the words simply slip away and sometimes are forgotten. Would you agree? *(Agreed)* That is why it is imperative that I continue to remind you of that word '*thought—thinking*', because the thought goes forward with you and I know that you fully understand this. Would you like to ask me questions about this please? *(Pause)* Do not be concerned. If there are thoughts afterwards, I will try to impress you with my own thinking. I know it is not always easy for you to have questions at this particular time.

Sara: Can I ask a question about parent and child bonds? Is it natural for the bonds to remain very strong throughout the whole of the human life, for the parent and child bonds, or do they sometimes change?

You do not *belong*—I believe that is a word you would use—to each other. It is a bond which is there for this one lifetime in the parent/child way. It may not always be that way, but may be changed in another lifetime to that of other relationships, shall I say. The bond need not be strong, that is not the purpose of it, that is not the purpose of living. The child is loaned to you for this one lifetime, so do not assume that there will always be strong bonds between parent and child.

Sara: But it's down to freewill really, isn't it, between both parties?

All is dependent upon the freewill that all of you have been endowed with, of course, but remember what I have told you that there *is* a contract between you, if I may use that earthly word, before either of you come to this form of life. But what you have to remember is that once you are joined with a physical body, then the thinking becomes rather distorted, may I say, and freewill will kick into place and many things can be altered; because you know that not all tread the pathway that they have chosen to go. But because there is a child-parent link, I would say to you my dear friend, think of each other as Spirit and not as the physical beings, then the understanding will be fuller and the understanding for this lifetime will become greater, which will enable you to work together in that true mission which you have chosen. When you speak of parent and child you are speaking of a power struggle, which should not be. Whether you are 40 earthly years or 4 earthly years should matter not. A parent's job in your world is to guide, is to give to that Spirit the love which it comes for, the guidance which it seeks and the knowledge which it is trying to obtain—but you do not own. This is difficult for many of you, but again I say to you my dear friends, think spiritually.

Sara: And it is true also in families, we often have a very limited view of family, but souls are sometimes older, parents can be younger souls than children. (Yes) There is so much variety I imagine in families. Remember that the child can teach you much, if you will but allow it and allow—and I return again to *thinking*—if you will use but clear thinking, that a child can bring you much knowledge, much happiness, but if you are only thinking along *physical* lines, then you will only come across difficulties. I know it is not easy to always think on a spiritual level, but my dear friends I have told you often enough that only will all of this life become clearer to you, when you begin to look and act as the Spirits that you are. You do not change, it is only that you have become restricted within the physical garb. This is the problem always and that for most of you, the spiritual memory has been erased, but you know the reason for that, that you would not learn otherwise. And of course there are exceptions as you full well know, there are those children who bring to this lifetime memories from our side of life, memories of previous times, who grow to adulthood and they are the ones who become your developed mediums, as you call them, in this lifetime. Does that help you? (Yes) Do not always assume that struggle between parent and child is negative, it is not. It is the outworking of karmic debts sometimes. I know it will give you something to think about. I know you have concerns my dear friend about raising of your children. I know sometimes you do not fully understand the ways of young children, but I say to you, they are teaching you.

Sara: Yes, I'm sure of that! (Giggles)

So I will leave you with that. (Thank you—)

George: I have been reading about the Indian Saints and Yogis and going beyond their *physical restrictions*—I picked that phrase up from you. Some in the past seem to have done very wonderful things and they seem to use a technique described as Kriya Yoga. I don't know what that is, but it seems to involve deep meditation in the lotus position with cessation of breathing and cessation of heartbeat. One can only admire what they have achieved in going beyond the physical. Would you wish to say anything to us about that and is there anything special about the Yoga position in meditation?

Yes, I will say this to you that names, positions mean nothing to us. What I will say to you about these people is this: they have not achieved greater things. What they have done as a group or a nation of people is that they have retained—which should be natural to all of you—those spiritual gifts that all of you could have, if you but spent the time and the dedication to the Spirit rather than to the physical living. They have not *gained*, but *retained*. Do you understand? (Yes) In the same way as I have told you, many, many people that have existed on this planet at many times, they have gradually lost all those spiritual gifts which are natural to you. These people have *retained* the knowledge and have bettered themselves with the use of it. I would say to you, because they use what you call 'yoga' and different positions of sitting, etc., it matters not because this can be attained in any quiet moment. It is not the position of sitting which creates that which they achieve, but it is the *deep meditative state* which achieves it; it is the *inward knowing* of who and what they are. It has been passed from one to another. The knowledge of this has been *retained*. That is the easiest way I have of explaining it to you. It is not

that they have anything *special* or *created* anything special, it is just that they continue to use that knowledge which has been lost to most of you on this planet.

George: Yes and I imagine their past lives will be counted in this in their development.

Yes, it is not so much *development*—I would not use that word, **but it is an inward knowing, it is a certainty of knowing, it is knowledge that has been retained down many generations. But it is their physical way, their outward way of showing by doing what you call a *yoga*, but that is not what creates what they do: it is the *inward knowing* and that can be achieved by anyone if they were so dedicated to it. Do you understand?**

George: Yes, thank you for explaining that. I couldn't help but wonder.

Yes, you do doubt sometimes your own thinking, and I would say to you that your thinking is by far correct most times. You are a deep thinker my dear friend, but I am always happy to clarify any point for you.

George: Thank you, that's always reassuring to hear.

Sarah: My son thanks you very much for the information you gave him last time. **(Yes)** Going back to the mirror image, he wondered if this planet also has a mirror planet, and along that thinking, last week someone came through me and said that people from other planets were also helping us on this Earth at this time. I wondered if there is a mirror image, is it the people from that planet who are helping us at this time?

I understand this question and I will thank him. He is forward-looking this young one. Let me say this to you and I have to say to you my dear friend and I hope it does not feel like a chastisement, I do not mean it to be, but I have told you in past times that all things have an etheric body and that includes the planets within the cosmos. Do you not remember? (No) No. It would pay you well sometimes I feel to read some of my words, because I have explained to you that there is a mirror image of every planet within the cosmos, there has to be.

Lilian: Why does that have to be?

Because if you see yourselves as a solid being, you know full well that the etheric body is that which cannot be readily seen. So too, is that within your universe, that all planets have an etheric body, a mirror image—that is the way of life. When this planet has naturally extinguished its '*lifetime*', shall we say, it does not disappear, it will—now we get to difficult subjects, but I will try to explain it simply for you—that energy does not disappear, only the *physical* part. Do you understand? (Yes) These are deep matters, which I do not feel again that you are ready to receive, but it is the *energy* which will remain and the *etheric* part of this planet is what will remain. Do you understand?

Lilian: It remains for all time?

It will emerge and be drawn into the cosmic energy. Does that make sense to you? (Yes)

Sarah: I understand that, and just the other part of my question. These people that are helping us from the other planets, are they anybody in particular or just as a group?

There are many peoples who are on other planets—we have discussed this before. When any planet is struggling—has karmic debts, all of the cosmos is used. You cannot isolate yourselves—you are not belonging as one Earth.

George: Yes, I think this principle has been discovered scientifically, that if a particle, if an electron does something unusual, it influences many, many, many others, so on a small scale scientifically, the principle is known. I don't think we have applied it to planets and other worlds.

Yes, yes, thank you. I was struggling for earthly words for explanation. *All* is known, *all* is known in your planet, of what is true, of what is natural, of what is in existence. Your earthly planet is but one minute dot within the cosmos. It is not singular, it belongs to *all* energy. Try to imagine my dear friends that you are but one drop in the ocean. All of those droplets are responsible, are part of the whole. You cannot my dear friends, you cannot separate. You

are limited in your thinking, you *cannot* see that this tiny learning planet is so young in existence. It is cosseted by many, many older planets of existence.

The time is coming that this young man (*Ben*) will look for more explanation. He is far-seeing, his understanding is growing and soon you can tell him, I will speak with him. I will tell you when.

Sarah: I'm very pleased to hear that, thank you.

But I wish to leave with you this time my dear friends is again to think of the power of your thought and to reach out from this planet and search from within yourselves to see how far-reaching you can go. I thank our gentleman friend (*George*) for his help in seeking for words. Always this is a difficulty for us from our world, that sometimes we are limited in having to use earthly words for explanation. So again I thank the gentleman. I will leave you this time. I feel that you have much more to think about and I do not apologize for repeating those words. As always I stay close by and all you need to do is to call my name. (*Thanks + farewells*)

~22nd October 2001~

Good evening. (*Welcomes*)

I wish to say to you this time my dear friends, a little about the progression that is open to mankind upon this planet. At this time when there are many fears, which we have already discussed, what I wish to say to you is this: Although the world to you seems quite a small place, because communications between you all on this planet, have become so advanced that you can speak to another human being on the other side of your world. What I would say to you is this my dear friends, in the next 100 of your earthly years, many what you term '*discoveries*' will be made, but of course, you know all things first come from our world. There will be many discoveries outside of your planet and I have to remind you that this is already happening, that many stars are being observed, which have not been seen before. Advances in medicine will be great for mankind, advances in communication will also be great. There will be new knowledge, which surfaces from your oceans. Many new energies my dear friends will be discovered, that will help to uphold the living of mankind. As by now you know, all energy has always existed, but it has taken many thousands, thousands of your Earth years, for them to be individually discovered by mankind. I say to you my dear friends, that there is much that is still unknown. I am not here to give you names, these will become known to you, but what I am to say to you, is that remember my words as each new discovery is made. Of course, you will not all be on the earthly planet in 100 years hence, but I can assure you that there will be discoveries made whilst most of you remain. This brings me to another topic of whether you think this is progression for mankind or not. Provided new discoveries are wisely used, then of course it can only be for the betterment of mankind, but as you all full well know, mankind has a history of abusing what comes to him. But again I have told you previously, that in 1000 of your years to come, will find a new development with man's consciousness, that life as you know it now, will be transformed, I have to say for the *better*. (*Thanks expressed*) Already there are many, many in your world, who *know* and understand what they are, as you my dear friends, know and understand the *true* meaning of *who you are*. I do not say that you are fully aware—of course you are not—each one of you is developing still. But what you have, you must guard well, because you have the knowledge that enables you to shine *forth*, firstly from your own Spirit, but *ultimately* to reach many others, to *give* the knowledge which you have. I will pause there for any questions that you have about what I have said to you.

George: Could I ask a question about new discoveries? I have the feeling that if new—I think any new discoveries would apply—if new discoveries bring science and spiritual matters together—and I think this has already been happening to some degree (**Yes**)—I feel this can only be for the good and will bring a greater understanding of all things.

Yes, science my dear friend, does as you have said, has a foothold on spiritual matters. They at last cannot deny what is before them. They cannot deny what is used, what is placed in front of them. For so long have scientists disassociated themselves from all things spiritual, not because of any negative forces

within them—because the purpose of their work has ultimately been for *good*—but they have been blind in their assessments of what is placed before them. *That* is changing quite rapidly I would say, and your scientists will in time to come, become philosophers in the sense, that they will present the facts of spirituality and what there is to be attained from energy. Do you understand my words my dear friend?

George: Yes, I think this all sounds very good.

It will—they will accept—their awareness, their growth of consciousness, must grow with their knowledge, and this will be so.

Lilian: The stars that our astrologers are already interested in, is there life on these stars?

No, no, you must not always assume that all that exists has life form. It has life only in as much as that all things are living and moving. But no, you must not make that assumption.

Sarah: My son has been looking on the internet and there is a group of people who say that they can go backwards and forwards in *time* and they talk about the *4th dimension*. I can't remember the name of the group.

Yes, names matter not. Much is spoken in your world, many names are used. We have discussed many groups, many have been mentioned within this room. I will say only this to you: There are people on this planet who have the capabilities of knowing *all*, but when you speak of returning to another time, what they are doing is returning to another time *in their subconscious thought*. Do you understand?

Sarah: Yes I think so, yes.

They can of course go forward in time, but if they say they are in another dimension of time, it is only within their thought pattern. I think this is a little difficult for you to understand. They *can* go forward in time, but they cannot *return* in the *physical sense* in time—only within their thought patterns, which is of course only a form of energy.

Sarah: And this *4th dimension* that my son was talking about?

It is just another step. Dimension is only a word.

George: Could I ask a question about dimensions? **(Yes)** Theoretical physicists have theories about other worlds, with different numbers of dimensions. **(Yes)** We are familiar with our own physical world with 3 dimensions and apparently linear time. In Spirit you have told us how time is different. **(Yes)** I was wondering if the dimensions of Spirit are different. I imagine that in near Spirit realms, where body and form persist, perhaps these will still be 3 dimensional realms, but in far Spirit realms, such as your own Salumet, I imagine form will not exist as we know it. **(Yes)** Would there be a dimensional difference in that realm?

I think that first we must define the word 'dimension', if you are to understand what I am saying to you. What is dimension? It is nothing but a transmutation of energy. Do you understand? (Yes—) All is energy, all these dimensions you speak of, are but a transmutation of the same energy. When you speak of the level that I come from, then all of this energy would become part of—there is no what you call, 'dimension'. We are in a difficult subject here my friends, for your understanding.

George: There is no dimension—yes.

It is beginning to make sense to you my friend—I can feel it. You understand just a little more than the others I feel.

George: Yes, it helps to see it more as a transmutation of energy. Thank you for that.

Yes, again the difficulty comes with the words of your planet. I have to use the words that you are familiar with, but they problem is that you do not understand our world fully enough for the explanation. But I will return to the lady (*Sarah*) and say that whatever group of people you are speaking of, I will say this to you: I have told you that mankind has the capabilities if he so desires, to leave what you call this earthly dimension, but mankind does not have the capability of going *backwards*, and that is what they are saying they are doing. They can only do it in *thought*. Do you understand? (Yes) The only way it is possible to return to a former time, is through what you call a *mediumship*, and what is spoken through mediumship, by those who exist in *our* world. Does that make sense to you?

Sarah: Yes it does, thank you.

All of you can take yourselves forward, all of you can be aware of other times, but you *cannot physically* return to what has gone before.

Lilian: Does it boil down to the power of our thoughts again?

I will stress once more, the most powerful thing you possess is the power of your thinking. We will return another time, when I feel that you are more able to accept my words about—and I will use your words, '*dimensions*'. But again, I will say to you that dimension is only energy, but the transmutation of energy.

Paul: Could I add something to that? (Yes) I think some people have described that dimension or transmutation of energy, as the *illusion*. (Yes) The world has been assembled for our benefit, but we don't see the energy in its true form, we see it transmuted into trees and the physical—

You see what you *feel* to be reality; this my dear friends, is not reality. Reality will be when you return home to our world, then all will become clear. Then and only then, will you be able to see what you call *dimension*, in its fullest form. Remember my words my dear friends, energy is ever-changing, it is not static, but you are able to see with spiritual eyes, all that has been and all that will be. I know it is a difficult concept for you, but I ask you once more to think about it.

Mark: When you can do that, see into infinity, as it were, then there isn't really a dimension.

That is what I have just spoken about. When you come to what you call my dimension of time, there is none. Do you not see, it is like a ladder of thought? If you take the top of the ladder to be the all-knowing and the bottom rung as the blinkered vision of life—if you are blinkered how far do you see? You see only what is ahead, you cannot see what is to the side or behind or above you. Do you see what I am trying to say? (Affirmed) Again, the unfortunate thing, is that we are limited by your earthly words, because as you full well know, that the word 'dimension', to each of you, you all have your own vision of what dimension is. And again, I have to disillusion you and say, look with spiritual eyes, for the understanding. I hope I do not leave you too confused my dear friends, but it is by slowly going over old ground that your knowledge and your wisdom will expand.

I will leave you this time, and I know that I have given you more food you thought (Agreed + chuckles + thanks) and until we come together once more, know as always I stand close. And again you see, those earthly words, '*I stand close*', they do not make sense, do they? It is something for you to think of and to consider. (Thanks + farewells)

One followed through Sue, bringing gifts of flowers for the group.

~29TH October 2001~

Good evening. (Welcomes)

I will take any questions you have this time.

George: You talked to us about *thought* recently. It occurs to me that there is a great deal of influence on our *televisions* and in our *newspapers* and this is a great influence on the way people think. We have a term *brain-washing*. Sometimes perhaps we are too much influenced by our media and I would guess this means that we need to be careful and go within and acknowledge some areas of media news, but be circumspect—it perhaps just shows the importance of going within and not being too carried away with it. Does that make sense?

Yes, I understand what you say my dear friend. Let me say this to you: I have told you thought is the most powerful thing that humankind possesses and of course you must be careful that you do not see yourselves as victims to another's thoughts. You have the capability of directing negative thoughts which come towards you. This we have spoken of briefly, but, yes of course, those of you who fully understand the workings of the spoken word and the thoughts which are emitted outwards to all peoples, must use your own thought to protect yourselves. Do not feel my dear friends that although you are constantly bombarded by your media on this planet, that you have to take on board all that is given out. You cannot destroy the thought patterns of others, but you can have them 'intercepted' if you like—if that is an understandable way of putting it—but of course you put it quite succinctly, when you spoke of going

inwards. That, of course as you fully understand, is the way to protect yourselves from any negative thoughts, and that is why also it is important that the powerful thoughts of goodness and love must be given to those who are vulnerable, who have no knowledge, who are in darkness spiritually—that is why you must help to protect your fellow men. So, do you understand, there lies another great responsibility?

George: Yes, thank you for your thoughts on that. Yes, that helps.

You must not take on board the negativity of thought, but you must exude all that is goodness and light and love. This I cannot repeat to you often enough.

Lilian: Especially at this time.

This is but one moment in your evolution. There have been many times upon this planet, when mankind has almost become self-destroying. That is why my dear friends, it is important at this time, for people of your understanding spiritually to work closely together with those from our world, who at this time *will* succeed, although it will not be in the shorter time of your earthly time, but we *will* succeed in bringing to this planet, a form of love and peace hitherto unknown to your world. *(Thanks expressed)* But as you know as human beings, always there seems to be a price to pay for anything of *good*. This of course is not necessary, but because of the way your planet has evolved, that all too often seems to be the case. So my friends, I will say to you once more, go inwards as my dear friend here has said, go inwards, know yourselves, therein lies all of your answers to the problems of this world, this planet, therein lies the answers to all of your life problems, therein lies the Source of Love—and let me tell you, when that Source of Love is reached, nothing can destroy you.

Sarah: My son said after I told him the words you had given him the other week, he said he thought he could understand now, why our planet should not be destroyed, because it would upset the balance in the cosmos. It is not ready to go yet and it would upset the balance. I think he's on the right track.

Yes, I have told you for one who is so young in your world, there lies words of wisdom. I will talk with him in the time to come, but on such a young person there is an old head, I believe that is one of your earthly expressions, and it so aptly says what we feel. He has an innate knowledge, which may surprise you. Although you yourself have developed greatly and yet you have not developed to the stage that this young person has already attained. So I say to you, do not be surprised by anything that he says. It may not always be correct, but there is a wisdom within, which cannot be still. *(Thank you very much.)* I feel that for the rest of this time we will give to some self-development my dear friends, whilst I shall continue to work quietly with this one and I will ask only that there be no sudden noise. That is all that I ask of you, but open your hearts and minds to those who stand close to you. It is time my friends that you became aware of the one who is ever close, and as of yet, you are not aware. Open your hearts this night and let us see what can be achieved. I thank you dear lady (*Lilian*) for all that you give and I will leave the rest of this time in your most capable hands.

Lilian asked one final question, concerning a new guest visiting the group, before we said our thanks and farewells.

~12TH November 2001~

Salumet had problems coming through the previous week, due to the noise of fireworks. We were however set a task to think about over the week: the difference between Twin Souls and Soul Mates.

Good evening. *(Welcomes)*

This time before I speak with you I ask you dear lady (*Lilian*) that you place your hand on each person's head for a short time and they should feel love energies flow through them. Then I will speak with you. What you have been given this time, will help to sustain you all, in the coming days in your everyday lives. *(Thanks expressed)*

Now my dear friends, let us continue and I hope that last time did not disappoint you. It is not that there are problems for me to come to you, but the problems lie in the instruments which we use.

Lilian: Yes, we realize it was rather a noisy evening.

Yes, and we must protect the instruments from any sudden physical shock. You understand, I know.

(Yes) So, my dear friends, shall we take up where you left last time?

Lilian: Yes please. It gave us something to think about.

And I have watched your struggle with it. Has anyone formed an opinion which they feel is the correct answer to the question?

Mark: The idea we were thinking about was that the Twin Souls were twinned from the beginning, maybe, and were together in Spirit for a long time, following a pathway with a similar energy, maybe with a similar mission, I don't know. Whereas the Soul Mates—using our language, it sounded a bit like they were a less—perhaps met together at times, but perhaps weren't so identical and on such a similar path?

Yes, I thank you my dear friend for your comments. Let me say this to you that earthly words become much confused when spiritual matters are spoken of, but we know that your earthly words have to be used in descriptive language in order for you to understand. The problem lies that one avenue of ideas becomes what you term 'the normal'. I am here my dear friends to tell you this time what the difference is. I have told you previously that the soul mate does not often meet in the physical world—that statement still stands. I will not change those words, because you see, the soul mate—without becoming too involved in highly technical details, because my friends that indeed would be foolish, because you would not understand. Again we are speaking of energy. The Soul Mates were created together for all time, from the beginning of what you know as time—and that subject is much too complicated for us to discuss here. I could speak of molecular energy, I could speak of all kinds of energy, but I feel that for you would confuse the issue. Soul Mates were created together, they vibrate on the same electromagnetic wavelength; they are counterparts of one another. That is the simplicity of the Soul Mates that they are energy which are vibrating on the same energy line. Do you understand?

Lilian: Yes, it's a bit complicated, but, yes.

It is an issue of words again. That is why true Soul Mates do not meet in incarnations except very rarely—there is no need when they vibrate at the same frequencies. Does this make sense to you my dear friends? (Yes) Now we come to Twin Souls. This indeed should be the term that you use, instead of your 'Soul Mates', which is used most often in your world, because Twin Souls meet many, many times in different incarnations and their purpose is in recognition, in coming together to try to form and create and blend into one energy. That is the purpose of their coming together.

Lilian: So each of us would have met a Twin Soul in this lifetime?

All of you in this room are Twin Souls. You have met in other times, in other lifetimes. And what is your purpose in coming together?

Lilian: To iron out any differences we had in past lifetimes.

Yes, and that is what the Twin Souls try to achieve. If I can put it to you in a more basic way of your understanding: why do you call a twin in your world?

Lilian: Because there are two.

Because there are two of them, yes, that come together to try to form the whole. But they are separate, are they not? (Yes) Therefore can you see that they are but two energies that need to come together to blend, but they need not necessarily do so at the same time? Are you understanding my words? (Yes) If not, please let us discuss it now.

Lilian: It doesn't necessarily mean two? It can mean a group as well? When we say twins we think of two, but it can be all of us in this room?

You are Twin Souls, yes. You have met—each one that you meet that is necessary for your spiritual growth, you have met before.

Mark: Meaning you've been 'twinned'.

Yes, thank you for those words, that is helpful. You see always is this difficulty of your earthly language for spiritual matters—but it is the Soul Mate which can never be parted, which are together, because of the vibration of their frequencies—it is exactly the same. They are exact counterparts of one another, that is what you must remember of the Soul Mates, but the Twin Souls are working at different

vibrations. Try to see it my friends as energy working at different frequencies and perhaps your understanding will come.

Sarah: So this is why we are all taking different lengths of time?

Yes, that is why you come together, that is why we have the term ‘Twin Souls’. It is hearts coming, trying to work together, *recognizing* each other.

George: Just to clarify, would I be correct in saying we are all aspects of Soul that are meeting. As aspects, we are representatives of the Soul.

Yes, you are correct. You are one aspect of the *whole*, yes, which incarnate in any lifetime to develop and grow spiritually.

Lilian: So these Twin Souls could include quite a lot of people/souls, whichever you like to say.

It is the reason for the attraction between people in any one incarnation, any one lifetime. It is thought to be the attraction of only two in your world—this is not strictly correct. This is where the misconception comes in, but if you think upon my words, I *feel* that this time it will become clearer to you, but you must think of it as *spiritual energy*. Think of the different rates, after all, all is vibration, is it not? (Yes) You have accepted this my dear friends, but there are different frequencies of vibration, you agree, and that is the only difference—that the Soul Mate vibrates on the same frequency, there is no difference whatsoever.

Sarah: So with the Soul Mate, there are more than two Soul Mates as well? If with the Twin Souls there are more than two, then there are many Soul Mates, are there?

No—but they would be in *two*, they would vibrate as *two* only, at the same frequency. That is why you will not encounter a Soul Mate very often in a lifetime, because there would be no *purpose* in their incarnating into the physical body, with two vibrating at the same frequency.

Sarah: So why should they sometimes come together?

For a *purpose*. There is always a purpose and a reason for them if that should happen. There is an agreement between them if it should happen, but always there would be a strong purpose behind it. It may well be that one needs the ‘*backing*’, shall I say your earthly word, of the other in one lifetime. They may need the *strength* of the other to operate in your world.

George: Would there be a purpose in creating Soul Mates in the first place?

Yes, I will say no more, but yes that is the—

George: Not just a matter of *chance*.

No, there is no such thing as *chance*. All has a purpose, but with the Soul Mate, they have been created from the beginning, in the knowledge that whatever they are come together for, will be used at the right time. You can never separate the Soul Mates.

Lilian: So when we pass into Spirit from the physical, how soon would we meet up with our Soul Mate?

You may never meet your Soul Mate for a long time. You are thinking along physical lines again. This is where the difficulty arises. You *must* think of *energy*. It is difficult, is it not? (*Agreed*) Let us assume that each one here is a radio frequency, but you are *all* at a different vibration of frequency, but still you are blended together.

Lilian: Yes, it’s something are going to have to think about harder.

Mark: Yes, ‘*twinned*’ Souls is a little bit of a confusing term. I was thinking ‘*united*’ Souls was maybe slightly better, because you are united for a particular reason. You are uniting to blend your energies, (**Yes**) whereas *Twin Souls*, gives the impression—you think of incredible likeness between the two, when we talk of twins, (**Yes**) which isn’t exactly what we mean.

I have to inform you my dear friends that these are earthly terms, they do not come from us. These are words that have been given to information from our world, for the understanding of people such as yourselves, who have chosen descriptive words to make their meaning known. All I can say to you my dear friends is this, always when there are questions in your mind, think spiritually. That is my purpose here. I want you to *think* along spiritual lines for every happening within your daily lives. If you are to find the answers of life, you have to know yourself for what you *are*. I have said this to you many times

and by going within, you become that vibration which exists without all of the outer earthly garb. Then and only then will your understanding increase. Has this helped you my friends? *(Affirmed)*

George: I was just trying to think of an example. I believe Jesus and Mary are aspects of the same soul, of the same energy. **(Yes)** Would they also be Soul Mates?

Yes, that is the simple answer. They vibrate at the same frequency.

Lilian: So they were two, who actually met in the one lifetime.

And for a purpose—is that helping you to be clearer? They will not be separated. I have told the gentleman that there is in existence many beings—

Pause for a minute or so, before Salumet continued quietly and slowly:

What you are not grasping is the way in which energy transmutes itself. Therein lies the answers to all of your questions. I need to withdraw for now. Please allow instrument to return slowly. *(Thanks + farewells)*

~19TH November 2001~

Good evening. *(Welcomes)*

As we come together this time, I feel amongst you a heaviness of Spirit which I will try to dispel for you before you leave this room. *(Thanks expressed)* I know my dear friends that you cannot always achieve spiritual lightness, that many problems surround you in your daily lives. But I say to you once more, you have the capabilities to overcome all obstacles which stand in your way. I would say to you this time, that if you remember my words some many months of your time ago, I told you that this year of your earthly time would be of great significance to you all. What I would say to you my dear friends is this, that over the coming few weeks, I ask that you look inwardly, because I will speak with you on what you have achieved, not physically but spiritually. You may associate what you have achieved with some physical happening, but that is not the important part of your achievement. What I would like you to discuss is what you have achieved spiritually in this last year of your lives, because, my dear friends, even if you are not aware of it, each one of you has grown, grown so much that indeed to see your light would stagger you I believe. That is not to say that there is not much more to be achieved, because always you are growing, as all things are expanding. So my dear friends, I will leave this with you, and know that within the next few of our meetings, I will come to ask you to discuss with you, what you have achieved. Already I can feel the doubts of what you have achieved, but I say to you, place those doubts to one side, go inwards and see my dear friends what you have become. I know perhaps that many on this Earth at this time of disruption and unsettlement, wonder how their light can grow brighter, but already I have said to you that firstly you must make each individual light stronger for the purpose and the good of the *whole*. Remember these words and it will help you to understand better what you are about. I feel my dear friends that this evening you would all benefit from a little self-exploration, a little upliftment and a chance to see what spiritual gifts you can develop. Therefore, I will say to you this time, if you have any questions, I will take them now before departing from you and allowing each one of you to be used individually in your own individual styles, and for this I will leave this in the capable hands of our dear lady here *(Lilian)*. Do you have questions this time?

Sarah: Last week, Salumet, you stopped rather suddenly and Eileen, your instrument, said she remembered seeing a pinnacle of light which she hadn't experienced before. Could you perhaps tell us what happened last week?

Yes, I was aware that the instrument had some awareness of what was happening. Up until now she has only been aware of the returning back to the physical being. You know I believe, that when I step into this instrument, I am using *her* voice box, *her* body shall we say—although that is not strictly correct, but for the sake of understanding that is how we shall put it to you—therefore she is not aware of where physically or spiritually she *is*. She is placed to one side, in order that I may speak with you. What happened last time before she returned, was that her spiritual awareness has grown to such an extent, that on the point of return she was aware of being in—what shall we say—the spiritual light. It is as simple as that, although to the instrument it was something quite special. It was not, it was only her

awareness was awakened. If you wish you may repeat my words to her, but it is only that her spiritual awareness has awakened more.

Sarah: And also Sue, who was sitting to Eileen last week, a control came through her, which we couldn't really hear, but she said to us that she thought you would be able to tell us what was said. Were you aware of that control?

Lilian: Or what was the connection?

At this moment I cannot tell you what was said. I will look to it for you and tell you next time, but I will say this to you my dear friends, that that lady (*Sue*) is used mainly for energy for the purpose of my coming to you. She is not the only one of course, energy is taken from each one of you. You are not aware of it I know, but it has to be so in order for me to utilize the energy to use the instrument.

Lilian: Yes, the voice was so low that we couldn't quite hear what was said.

I will find out for you. (Thank you.)

Mark: This is probably a bit too hypothetical, but a friend of mine came and asked—he said he had been given the question for his homework—what would be the experience on the Earth if hypothetically the moon physically suddenly didn't exist, what would be the reaction in the Universe and on the Earth?

Yes, I understand your question, but yes it is something that is, of course, never going to happen.

Therefore it would seem to me my dear friend, *pointless* to waste energy upon these presumptions. I do not wish to be evasive, but there is too much that needs to be given.

Mark: Yes, I did wonder if it was a bit too hypothetical.

Of course there is no harm in these presumptions, if that is what they so desire, but for the purpose of my teaching, I find that it is important that my time be used in an instructive way. You understand I hope. (I do.)

I will withdraw my friends this time and allow those who wish to work with you to come. You are all in need of upliftment and that will be my aim for you this evening. (*Thanks + farewells*)

~17TH December 2001~

Good evening. (*Welcomes*)

I feel that now we can speak—instrument has slight irritation to throat; I will see to it. It is good to come together with you this time.

Lilian: Yes, we've missed our meetings.

Although all of you are not present this time, I will continue with what we spoke of last time. Do you remember my dear friends that I asked of each one of you that you consider what it is that you have achieved during this past year of your earthly time and why? (Yes) I will listen to each one, but I will wait until such time—as well as refraining from telling you—until such time as all are present, of what indeed you have achieved. Remember, I ask what you think you have achieved, not on the physical level, but the *spiritual* level. But of course as you well know my dear friends, that whatever happens on the spiritual level, reflects itself upon the physical being. Therefore, you can relate your feeling exactly to me and I will but listen this time. Also, my dear friends, we have reached that time of your earthly year when I withdraw from you for some short time. It is necessary that I withdraw at these times in order not only to review my own work, but also to take counsel and to see what we can achieve in time to come. As always, I feel what you would call on your Earth a little saddened by the parting, but again you know that always I am nearby. (Yes) So my dear friends, I will leave this conversation in the hands of this dear lady, (*Lilian*) whilst I quietly absorb what you have to tell me. (*Lilian then went around group asking each to comment*)

Mark: I was thinking along the lines—I feel *lighter* I suppose and more *in touch* with people possibly. I feel slightly less bogged down with thinking about the future and I feel a sort of contentment or resignation to my path, which feels better. I don't feel as distracted, although I don't feel I get enough quiet time either, I really need to get more quiet time to develop further; it is something that I really feel I need to work at. I'm doing it more than in recent years, but still not enough, I know that. I feel more aware of *myself* generally and my actions.

Paul: The travelling part this year springs to mind first. That seemed to get my twinkle back a little bit more. There was a lot of humour on that trip and maybe I wasn't so restricted by some of the fears I have had, those perhaps diminished a bit and so the opportunities that perhaps have always presented themselves, *weren't* cut off—I made some of them happen a little bit more and since then I have continued and begun to just put a bit more time into the meditations. I think I sense that there are a few sort of—if there is a problem I can get to it a little bit more now in meditation—a bit more practical really. Usually the benefits are beginning to show a bit more quickly sometimes, if you go into meditation. I'm aware there's a lot more in there to untangle. I think I've been untangling a lot of my past in meditations, getting rid of a few of the old *cobwebs*.

Sarah: Like Mark, I know I don't do anywhere near enough meditation, that's first and foremost what I don't do, what I *should* do. I have also realized—you said that your thought process has a boomerang effect—so do your actions have a boomerang effect. I don't know if they are linked, but I can appreciate that. I find it a lot easier now if people have problems, to see a spiritual side to it and perhaps put in a word that very often goes down well. People react well very often to what I have said, even if it is only a few simple words. I feel life easier to cope with, with the knowledge that I've got and that's certainly helped a lot this year. Things are much easier and the knowledge I have been given I find very easy to accept and it seems on many occasions easy to pass on. You see things differently and I try not to see the negative side of things, I try to see the positive side. Whereas there is doom and gloom in various people's lives and I try to say to them to see a positive side.

Lilian: I have remembered that we have been told that it is a learning planet and the last few weeks I have certainly learned a few lessons, at least I feel I have. I have got things wrong and tried to work it out, and so on.

Margaret: I feel that I have come to understand myself a lot better, regardless of what people say to me. I do enjoy my walking, an hour a day, or sometimes longer. I thoroughly enjoy my thoughts as I walk along. And I feel I have more *patience* than I had before with people. I listen more carefully. I don't always give them the right answer—I don't know why, but I try to tell people to have more faith and to be a bit more spiritual, which they don't understand and I'm not really capable of telling them how to go about it. You have to think for yourself, I think, on those sort of thoughts and I am just happy with my life and that is something to be thankful for. I have learned to be patient.

Yes, of course to hear your words poses many questions. When we discuss together, when all are present, and we *will* be hearing what they too wish to say, you may be surprised my dear friends of what you have actually achieved spiritually. Oft times what you have achieved spiritually does not come to the forefront of your thinking. So I would say to you that mostly you are unaware of what has been achieved. This past year of your earthly time has been an important one, not because of any event which has occurred upon this planet, but in the scheme of existence. There is no one individual who lives within a body, who has not in this past year of your time grown in some way. You are surprised by those words. Let me say this to you my dear friends: You know that this planet you call Earth is but a small part of the whole. (*Agreed*) This past year of existence has seen a new beginning in the *karmic life* of this planet and this cannot be so if the planet's inhabitants do not also evolve. That is why I told you earlier in this year of your time, that by the end of it, each one of you would be slightly changed—and it has been so. I would ask you now my dear friends to reflect upon the words you have spoken this time. Consider them well, look deep within and you will see new beginnings. Of course you well know that each one of you, because you travel different pathways, will individually develop differently. But all I will say for this time, is that friends your achievements are something that you can be pleased about.

Lilian: Thank you. I feel we don't always see them ourselves.

You do not, there is so much doubt and fear and self-denial with you human beings, that sometimes when the light shines brightly, you yourselves are the very ones to dull the light. Do you understand my meaning?

Sarah: Is it the doubt that dulls it?

Yes. Too many doubts, too much fear, too many of life's problems that *crush you*. (*Agreed*) But now you must go forward and as some of you have said, the recognition of being stronger spiritually, is a great achievement for you. So do not doubt that which comes from within, because that inner knowledge is what you truly are. Let no one place doubt within your minds as to what you can achieve. Would you be surprised my dear friends, if I was to say that *all* of you, all of you, including those who are not here with us, have in part achieved that spiritual gift of *humility*? Do not think of 'humility' in human terms, but try to relate humility in the spiritual realms. That is something also that you can ponder upon—humility—what is *spiritual* humility?

Lilian: Is it similar to teaching physically?

Not at all. Think carefully and long about that question I have raised with you, because my dear friends, when next I return to you, I will be looking for your answers. I repeat to you, *what is spiritual humility*?

Lilian: Yes, we'll think about that when we sit quietly and try to come up with the right answer.

Do not allow doubt and fear to come into that equation. Now my friends, before I leave you this time:

I ask that you join with me in giving thanks to the all purposeful Creative Force from which we all come. We give thanks for these times of learning together, we ask that each one of us may know Truth and Light within our daily living. We ask that Love and Healing surrounds this planet of learning that it may someday become a planet of pure Light and Love.

I ask you my dear friends that as I leave you, that you become as one within this power force, which is within this room. (*Thanks + farewells*)

~14TH January 2002~

Good evening. (*Welcomes*)

Although we have been apart, we have been close to you in Spirit. I begin slowly this time so adjustments can be made. Last time I spoke to you I asked what you had gained in the past year of your time. This time my dear friends we will ask once more, now you have had time to consider fully what achievements you have gained spiritually. Then I will speak with you individually to tell you what indeed you have gained and how much you have grown.

Lilian: So shall we go round individually?

I will leave that to you my dear friend.

Lilian: I would just like to say that the person you are using, I did ask her before we came in and she said that she felt closer to Spirit this year than before—so that was Eileen.

I am aware.

Lilian: Yes, I guessed you would be. (**Yes**)

Sarah: The same as before really. I feel it much easier not to judge people, to perhaps try and understand a different way of looking at things so that I don't get angry. Sometimes I do judge a little bit, but I try to bite my tongue and think, no, I shouldn't be thinking this way. I generally find it easier to understand people, to try and look at things in a more spiritual way. From that point of view I think perhaps I'm understanding Spirit a little more than before.

Yes, I would agree with you, but what you have achieved is strength of heart. You have given way and learned how to deal with what you call emotion. What you are indeed learning is to be compassionate without all the emotional garbage which belongs to human kind. We see your light get stronger and stronger but you still have nagging doubts which you are now beginning to judge for yourself and realize that you must accept some things even without the answer there in front of you and this, my friend, is what you are achieving.

George: I feel that I have learned much from your teaching and that to bring peace and love to all people, because, for one reason, we are all one. I think I have extended the feeling of spiritual humility and I think this links to the realization that each one of us is so small—one iota of soul, and the soul being but one in a sea of souls; and yet we are all one—the full realization that we are linked and such a very small part. I think that this sort of realization has become much greater.

Yes. You my dear friend have pondered, wondered, been in awe for so many years, but, yes, you are correct when you say the realization of what being truly spiritual means, has indeed touched you in this past year of your time. You need to look with eyes from within, to find truth, to find the meaning of all life, and this my friend you have begun to take steps upon the ladder. You will never be a great communicator in the sense that each one of you understand, but that inner knowledge is what you have and what you hold dear, and your pathway my friend is to do just as you have been doing—to spread the word through your speech and through your writing.

George: Yes, I feel this quite strongly. Thank you.

Paul: I think I am feeling more comfortable with myself now and I think there is a direction beginning to open up. I still don't know what that direction is really, but I feel there is a momentum building.

Yes. You look too hard—you look too hard rather than to allow that Spirit to be gathered and to be utilized in the way that it can. You of gentle soul have more understanding than you realize. You tread a pathway this time where your spirituality begins to come forth into the physical being. You have spent many lifetimes isolated in lonely thought, but in this lifetime you must go forward, you must make communication with those who stand close by you, in order that you see the purpose of your pathway. But you have grown much my dear friend, even if you are not fully aware of it.

Paul: Thank you, that's very clear.

Jan: I believe that I spent the year getting to know *me* and my Spirit first. I have looked inwardly a lot more than I think I have ever done before, and I've found looking inwardly and getting to know myself helped me understand and have an empathy towards other people, stronger than I have ever felt before. So that is what I think I have learned this year.

Yes, you have quietened the busy mind that belongs to physical living. At last you know that to be in stillness and quietness can reap many rewards and for you, my dear friend, this is an achievement that the Spirit has grown, has gone forward and will continue to do so provided that freewill continues to desire it to do so. As always, you know freewill is dominant within human life and all I would say to you my dear friend is that, as long as the desire remains, there is no reason that you should not continue to grow. But one small word to you before I leave, and it is this: that still there is with you too many—what is the term you use—*handcuffs* from past times. I would if I may suggest that you focus and try to work upon this if you are to fully develop those spiritual senses. (Thank you.)

Sara: I feel a much deeper fulfilment in many areas of my life now and I know that there is still a long way to go, but I feel that this year has been an important year, and I can't say in which particular way I have grown, but the sense of joy and fulfilment which is often there tells me that I have grown.

Yes, and that is your achievement that you have that knowledge, you have that *feeling* of knowing. That belongs to the Spirit and not to the physical existence. You have said the words that I would have said to you, that it is a *spiritual* knowledge that you cannot place your finger upon, but you know that something has happened. (Yes) You also too are learning that you need more than yourself for life to help you to grow. You need the conditions which surround you at this present time to make you stronger.

Sara: Yes, I understand. You mean to draw the help from others, (Yes) instead of offering to accept from them.

Yes. It is available to all, but do not forget that the human living is also part of the spiritual growth. You cannot separate the two and this applies to each one of you, not only to our dear lady friend.

Sara: Yes, so what you are saying is the conditions we find ourselves in are necessary, even though we may not like them always, they're necessary for us to grow.

Yes, always I have said to you, it is the times of trouble and stress and war which is when you grow more spiritually. So do not look upon these times of darkness in your lives as anything to be avoided, but rather to give thanks that you have been given the opportunity.

Sara: And it is true too if we don't resist them, they don't usually persist.

Yes, exactly. Yes, your understanding of this is good.

Margaret: I don't really know how to put this, but I feel so contented with my life now. This last year has been a year where I have appreciated my friends more and understanding my Spiritual life and I am so happy within myself. I sometimes think I shouldn't be, but I *am* happy. I don't know whether that is the right thing to say.

Yes. What is happening is that the Spirit is reflected in the physical living and that happiness that you feel is the Spirit shining forth. Remember, how the Spirit is will be reflected into physical living in one way or another. So continue to grow in your own way. After all, each one of you has your own pathway to follow and if I bring a seed of comfort to you to help you on your way, then indeed my task also is being achieved. (Thank you.)

(Lilian then asked Sue if she wished to speak, but she was deep in trance)

Do not disturb her if she is being utilized. I know how she has grown. And although her physical living is at times much too *busy*, shall we say, still is she growing stronger with more knowledge and I am sure that she will tell you when she can that she has experience more spiritually at this time than ever before. You can confirm it with her.

Lilian: For myself, I have realized, especially the last few months, of the lessons that we're here to learn. Emotion does get in my way I feel perhaps too much. If I could stand back from things a little more, it may help. Yes, the learning for me I think is still going on.

Yes, again I would say to you that you have grown much since you have been doing this task, shall we say—your light grows brighter, which is—you are correct when you speak of emotions controlling you at certain times. But again, you are human as all of you are, but the secret is that you must control the emotional body in order for the Spirit to go forward. This is not a criticism, nor is it a judgement, but is said, my dear friend, to help you and when times are indeed stressed, as they are in all of your lives at some point, then I say to you: go to the quiet space within and you will be uplifted, guided and helped in order that you can deal with any situation and go forward. (Yes)

I would like to say this to you my friends: You may wonder why I have asked you all what you have gained in this past year of your lives. You would say, but surely they would know how we have grown? But of course we know, but we have found when working with you humankind that to voice what you feel, to experience amongst one another is food for thought to all the others. It is an exercise in speaking forth on your own growth.

Sara: Can I ask a question? **(Yes)** Regarding tears in crying, would you say it is healthy to ease the pressure sometimes? It is something I have always wondered, because not everybody cries, not all women cry for example. Do you think it is healthy if it is quiet and it is alone and you are relieving stress?

It is neither healthy nor unhealthy, you must go by each individual. Some individuals have more emotional capacity. I am not saying whether that is good or bad, or better or worse—it is the nature of the individual. If tears release tension, then I say what harm can it do? It is of course, emotional and belongs to the physical, but you know the Spirit also *feels* and that belongs to the spiritual. There is a difference and perhaps I may suggest that that is something you may wish to ponder upon and ask for guidance and help in receiving the answer. In that way you are growing and you are also developing and helping further knowledge of what you feel. Do you understand?

Sara: Thank you, yes, I think what you are saying is probably that with greater detachment, **(Yes)** it becomes less necessary, **(Yes)** because then there wouldn't be over-sensitivity—

Yes, if the Spirit was to the fore, then there would be no reason for the tears.

Sara: I understand yes that makes sense.

But what I would say to you all this time—and I will not speak for too much longer—is this: that the past year of your earthly lives and the years ahead are most important ones, not only for you who have knowledge and understanding, but for all of the planet Earth. There are many of us, as I have told you previously, who have come to help this planet, but what I say to you my dear friends is this: there is the potential upon this planet at this time in its evolution, for spiritual growth for all people. This cannot be denied. At this time of development there has to be progress and it is happening *now*. So I say to you my dear friends, take this opportunity, take it whilst it is there, in order that you can gain and grow to the

best of your abilities. There are many who surround you to help you upon your way. There are many who surround the planet to support and to uplift. There are those beings, such as I who talk to you now, who come to many to give knowledge and advice. So I say to you my dear friends, think carefully on these words this time and do not let the opportunity pass you by. It is up to each and every one of you, because I tell you again that the help is at hand if you wish to use it. I will end this time by asking that we meet again, that we come close to each other at these times and we give thanks for that opportunity. We ask that we come closer to that *Source* of knowledge and love, which is part of us all.

(Thanks + farewells)

~21st January 2002~

Good evening. *(Welcomes)*

Lilian: Just a few tonight.

As always I am happy to speak with those who wish to listen.

Lilian: Yes, thank you very much—

Last time we discussed what you felt you had learned from last year. I hope that my words given to you have enabled you to think more clearly about what you have achieved. I told you also that this is a time of your planet's evolution when many things are changing, that many from our world come to you to give to you truth and wisdom, upliftment and guidance. All of this you know. What I wish to try to achieve in the coming months, is for you all—those who are not present also—to try to assimilate all the truth which I have brought to you. These coming months are the time of great importance to you individually. This is the year when each one of you has the opportunity to grow, to grow more fully in knowledge and wisdom and truth. What is the purpose of all of these truths? It is to bring to your world much that is needed at this time, but it is brought to you in order that each individual person can expand their awareness, and in so doing, spread that truth wide across all of this planet. And you know my dear friends, there are many ways of achieving this. We have spoken on many things and still there is much for me to bring to you, but I would say to you that I have brought to your thinking many things previously unknown to you. But you now must utilize all of this knowledge. It is important my friends that your spiritual awareness grows, because in raising your own consciousness, the light is shining brighter, it is travelling further and many seeds will be sown. I wish you to realize that this is the purpose behind all of my teaching, that these words do not remain only with you, but that you go forward and allow others to see by example what you now know. Each one of you on your own pathway is travelling forward, is travelling true to what you have come forward for. We would wish that each one of you finds your light, finds your own wisdom and finds the truth that I have brought to you. You find that all of these things brought together will have an effect upon you in the coming months that you may not be fully aware of at this time, but will bring to you much that you need, not only in your personal living, but in your spiritual achievement. There is so much good which surrounds you all and I have to say that still you are unaware of the greatness of this light. So, in these coming months it is our wish and our desire that we take hold more fully of the truth which has been brought to you, that it be used for your own developments. I hope these words are what you wish to hear, *(Yes—)* but ultimately still there remains with you your freewill, but I can tell you that all the help that you desire in trying to achieve greater awareness, is there for you. I could not on many occasions tell so many that this is so, but to you my friends you have shown your dedication and your worth and it should be rewarded with the help that you desire. *(Thanks expressed)* But I say to you again it all falls back to you. We cannot interfere, we can only uplift and guide you. But if you ask of us, you will receive. It is no good to have only this time together in this room of light, you *have to* become individual lights in your own right, in order that you can go forward. I will try to bring to you what I can at these meetings in order that the help be made available to you. So therefore in the coming months we will *'re-run'*, if you like, the truths already given, we will elaborate, we will search out any misconceptions or any doubts that you may have. We will become stronger, we will become a force so strong together that the light will be obvious to you all. I will not say more this time but we will leave the rest of this time to each one to sit quietly, to go

inwardly and to find those who are so close. You have to allow yourselves to raise that consciousness, to purify the spirit-side of yourselves in order for those who are close to come even closer. I leave this with you.

Lilian: Thank you very much.

George: Could I just say that your teaching has also confirmed so many sketchy ideas that have been in our minds and this has been pure joy to have our dim ideas confirmed and made much stronger.

Yes. That has been my task to illuminate that which has been in darkness. If I have achieved this for you on many aspects of what has been known, then my heart is full. I thank you for those words my dear friend, because it brings joy to all who come and stand close by you, to hear that you have felt the truth.

George: Yes, we certainly have.

Lilian: It's turned our lives around.

There is so much more that I can give to you, but as I have said, the next coming of your months is almost a gift to you my friends, in order that you are given the opportunity to grow. Of course there will be new teaching, I will endeavour to bring it to you, but as I have said there is the basis already given to you that you might grow strong, that you might grow wise, that you may grow easily.

And as I leave you this time, let us ask that the light of the cosmos, the light of all that is good and perfect shine within each one of you.

(Thanks + farewells)

~4th February 2002~

Good evening. (Welcomes)

It is good to be here with you my dear friends.

Lilian: It is nice to be together again. We do have very bad weather at the moment so a few of them have not been able to make it.

They are with us in Spirit. Let us begin this time by giving thanks for all that we are given. Let us be aware of the great love of this union. Let us know how much we have achieved in the name of love.

Because we are few in number this time, I say to you my dear friends, do you have questions for me?

George: Yes, perhaps I could go right back to the beginning. Your mission was to raise awareness and to help prevent mankind from destroying himself. I have recently read about White Eagle in Spirit and the White Brotherhood and of Arthur Conan Doyle who passed to Spirit in 1930, and around that time they also had a mission to raise awareness and to help prevent mankind from destroying himself. In view of this delightfully parallel and similar mission, I wondered if you would care to make any comment about White Eagle and the White Brotherhood?

Yes, I am aware of all of these soul energies and have I not told you my friend that many of us from our world have congregated in order to help human beings reach awareness of what he is about to do, what has to be prevented and so forth?

George: You have told us, indeed.

White Eagle is a name known to many, many people throughout your world. He has given many talks to those close to him. Those people have indeed given his words to many. White Eagle belongs to a group of beings who have given themselves the mission of assisting and helping through communication with others. He is guided by the angelic group, as many more are. You may be aware of some other names, but as you know my dear friend, names are not important. But I would say to you that *White Eagle* and *Silver Birch*—another name well known in your world—are composed of the same energy. There are many, many of them. These energies came to this planet to achieve something which we have all striven for, for many, many of your earthly years. This mission first was conceived, not just a few of your earthly years ago, but in many thousands of your years ago, because, you understand that *time* means nothing in our world. But the progress of this planet Earth had to be viewed in advance, before mankind could destroy himself. I am happy that you have taken some of White Eagle's words, because he—I will not say

‘was’, because he still exists as energy and is still teaching upon this planet—not as White Eagle, but in many other guises. Do you understand what I say to you?

George: Yes and I would say it’s most refreshing to find such wonderful agreement between details of his teaching and your teaching to us.

But that is how it should be. There should be no difference in truth. As I have told you in past times, when there is disagreement, you must look to lesser degrees of form of energy who are not, shall we say, not ‘changing’ the truth, but can only give you as much as they know. Always keep this in mind when you read your books or you listen to different channels in your world. Where there is disparity of words and actions, it is only that they do not hold the wider scheme of existence in the same way as those energies that call themselves White Eagle and Silver Birch; they were energies of teaching that come from the Source, therefore their words and mine should agree.

George: Yes, they certainly agree wonderfully.

There are many teachers, and did I not also tell you my dear friends that all that I would give to you would in some way around this planet be clarified or repeated or given to others in order that the truth overflows among you humankind?

George: Yes, and one of your more difficult teachings to us, I felt, was about the Angels of Darkness and Angels and Light, but the White Eagle teaching includes a section on those Angels, and it’s particularly nice that I found such wonderful agreement.

I will repeat once more: Truth cannot be changed. It is as simple as that and who is there but those who come close and come from the Source who have the full knowledge of teaching. Many, and I would like to refrain from using the word ‘lesser’, but I cannot find a more apt description for you, but these beings would not be to ‘lesser’ communicators known; they would not understand the energies involved. Do you understand? (Yes) Have you more questions, please?

Sarah: I don’t actually know much about this White Eagle, but did he come through at any time on this planet as an Indian, (*Native American Indian*) because it seems that quite a lot of the communicators we have coming through were in this life Indians? Is there any reason for that or is it just that they happen to come back to us?

That is two questions. Let me try to answer them for you. The one you speak of as White Eagle is known to those who were close and used by him as of Indian origin. It is as we all do for the sake of communication, we need to give to you human beings some form of identity. I have told you that names are not important. When beings of light come to this planet, they are energy form, they are shapeless, they do not have form as you would know it, but for the sake of communication they use the energy of the human mind to make a form. I hope this is not too complicated for you?

Sarah: No, I understand that.

Because the human mind looks for explanation, we have to present ourselves in some kind of form either by name or some vision that you can clasp hold of. So, White Eagle shows himself as he does to those he uses. There has been in those Indian nations, one who would be called *White Eagle*, not once but many times, but what I wish to say to you my dear friend, is that the energy known as *White Eagle* was not one who trod this Earth.

Lilian: Would that go for Silver Birch as well?

Yes, but this is where it may be confusing to you. To have acceptance, to have form, you must remember this: many times those energies have been given form by drawings, paintings and so forth. Remember that the thought form is so powerful that it would be created in the communicator’s mind and also that of what you would call on this planet *Psychic Artists*. We are returning to the power of thought form. Do you see what I am trying to tell you? (Yes)

Lilian: Yes, I believe there are drawings of Silver Birch, but I am not sure.

Indeed there must be, but what I tell you is that these teachers, these *energies* that inhabit these forms for the sake of communication, are *beings of light* who have not walked this planet, but who have devoted and given of their time to teach.

Lilian: Such as yourself?

Yes, when first I came I told you that I was a conglomeration of beings. This is something we have not yet fully discussed, but in time we will; so too are all teachers of any type of powerful stature that appear in your world. No matter what you are told of these people—let us say White Eagle, because that was the name given to me: That being would have projected himself for the benefit of the communicator. Does it make sense to you? *(Affirmed)* I am explaining to you on a higher level of energy that would not be fully understood by those with lesser knowledge.

Sarah: Something else actually has come into my mind about these Indians that come through to us. Eileen, your medium, one day she saw an Indian and, when the Indian turned round, she saw her own face. As I have said, we have had several Indians through so I understand what you have said, but does that have any relevance?

Yes, before I answer that, let me say and answer the second part of your question. The Indian nation whilst on this planet—not only the Indian nation but all nations that have gone which have been extinguished from this planet—had a great spirituality about them. They respected the laws of life, they were close to their own spiritual guides and the very nature of their living entitled them to be great souls when they returned home. That is why you find that many of them will return to help those less fortunate than themselves, because whilst upon this planet, they had already grown to such a degree that it is an obvious step forward for them to return and help others. It is as simple as that; they wish their knowledge to be returned to the place that they have left.

Now let me speak about the lady I am using. She did indeed see and I believe was much surprised by that vision of her own face. I have to tell you that the face was superimposed for her benefit, because at that time we did not feel that she would readily have accepted that it was *her* from a past time. You can give her those words, because I know at that time she was taken aback to see that someone so alien in form had the look of her own facial features, but it was to help her to realize, and I now know that she has fully accepted many things, but at that time she was not ready for it. Does that help you?

Sarah: Do I understand that she was a Red Indian once herself? **(Yes)** Yes, thank you very much, she will be interested to hear that.

My dear friends, let me say this to you: I say it not often, but I do thank you for these periods of question times. It gives me the opportunity to go over many of the points that we have spoken of, but it also gives you, my dear friends, the opportunity to reiterate those points which you are not fully clear on. So you see, we help each other as always, or I hope I help you. *(Affirmed with thanks)* I believe I have told you that this, your coming earthly year should be a time of great advancement for each one of you and during this coming time, there will be the opportunity for each one of you to go on a journey inwards, and I will tell you now that next time I will send to you someone who will take you on that journey to find for yourselves, that thought, that knowledge, that inner being, that inner guidance which is there for you. You probably will all experience something different, but that is part of your own growth and we would not wish it otherwise. So, I will leave you now and give you time for your own thoughts and I will speak with you again, not next time, because next time it is your turn to work with yourselves, and we will discuss what you have discovered. *(Thanks + farewells)*

~17th February 2002~

Good evening. *(Welcomes)*

As I begin this time I ask that you feel the energy that passes between you. Do you realize the unity which this bond brings to you?

Lilian: I think we all do.

I trust that our communicator last time gave food for thought. *(Affirmed—last week we were taken on a meditative journey—unfortunately this was not recorded)* I hope that each one of you found within yourselves that which left behind the physical being and helped you to realize that inner you. I know some of you have pondered this and yet others who have been too occupied with living to think much about it. But I hope that each one of you can reflect and say that you gained some insight.

Lilian: Yes, especially Sara.

I have told you my dear friends that this year of your earthly living will, in great part, be devoted to each individual growth, and an evening that you had last time is just an example of what we will bring to you, the purpose being that you can leave behind the physical overcoats and be more aware of those who come to guide you. Each one of you should have met your own guidance last time. What I say to you now is that it is your own responsibility to make that bond stronger, to make that awareness greater, to make that union a good and sound one. I can help you, but I cannot make you do these things. This is where responsibility comes into play, that each one of you, individuals as you are, must take full responsibility for your own growth. I do not mean to sound like I am chiding you, but instead I wish to encourage you.

Lilian: Yes, we appreciate that.

I would like this time just to reiterate words that have been said previously. There is so much confusion in your world at this time, so much fear. You, my friends, must conquer your own fears, but what I wish to say to you about the planet as a whole is that it *is* progressing, it *is* evolving, it *is* working out to the plan of all existence. Therefore I say to you and all of you who come across people with fear in their hearts, your words to them must be of encouragement, of upliftment and of far-seeing; but firstly you must tune yourselves as pure instruments. Do you understand? (Yes) This world is going forward, there are many times ahead when there will be fear, where there will be anger, where there will be many passings; but those of you who know and understand the truth, must help those who live in darkness and fear, because eventually you *will* move forward. And remember time is irrelevant to us in our world, but to you time seems to hang heavily. So remember what I say, that you have nothing to fear. I think for this time that I will answer questions for you and next time I come to you I will bring you some further knowledge. (Thank you.)

George: Yes, you told us some time ago about new energies that would be discovered and there is a machine that has been discovered that is called a '*Random Event Generator*', which seems to pick up energy from the collective unconscious and has recorded peaks for events such as the funeral of Diana, the funeral of Mother Teresa and the tragedy of September 11th, and it shows a peak for a mass peace meditation. So, I think our science is picking up and measuring the energy of the collective unconscious and I think this is leading to one of the energy discoveries that you talked of some time ago. Would I be right in thinking that?

I thank you for your question. Yes, I have told you, your scientists are being impressed and so they are. I also wish to say this to you: many, many words are used in descriptive language about energy. This is not new energy as you know it, because it has always been. What is new is the understanding of mankind. I did tell you that machinery in all forms would take part in any kind of communication with us, and this applies to what I have always taught you that Thought is the most powerful energy in existence. This is what these machines are now picking up. It is not new, it is only new to the scientists who hold great store by facts and figures, do they not?

George: Yes, what is new is that science *has* discovered the energies.

Yes, but they are being impressed.

George: There is one query I would like to put to you: in recording the energy fluctuation associated with that event of September 11th, the energy peak began to rise three hours before the event. Would that be due to those in Spirit wanting to influence people concerned and people nearby to that event? Would it be their energy that was being picked up three hours before it happened physically?

Yes, what you must understand is that these energies exist whether you, mankind are aware of them or not—but I understand your question and I thank you for it. We, in our world, are constantly influencing many, many people. When there is either negative or positive—we shall use your earthly words for these terms—when there is a great surge of energy, then it *has* to be shown and that influence comes more strongly from our world at these particular times.

George: Yes, thank you. I thought it must be that.

Yes, it applies to both energies. As I said, we will use positive and negative energy for your understanding. It is a little more complex than that, but for you to understand it, that is how I will put it

to you. Remember what I have told you, there is nothing which happens upon this Earth plane that we are not aware of. What I think perhaps you would find interesting, when these 'energy surges', shall we call them for your understanding, they gather in what you call the 'astral planes' and have the ability to grow and become reality.

George: Yes, so it would be those in the astral planes that are endeavouring to influence.

Yes, but of course remember that those in the astral planes are also being influenced from higher vibrations. It is a complex subject, but I hoped those simple words have helped you to come to an understanding.

George: Yes thank you that does clarify.

Lilian then asked sitters if they had questions.

Paul: No questions at the moment thanks.

Mark: I am okay thank you.

I would like to say, go back to the first gentleman. (Paul) I do not normally speak personally to you, but you are most tired my dear friend, spiritually most tired. You need to refresh that Spirit. You need to go inwards and ask for help. I will try to offer it to you, but you have to be prepared to accept. Do you understand? (There was some confusion as to whether it was Mark or Paul) The one known to you as Paul. He is not aware of it, but I wish to give him some upliftment.

Paul: Ah, thank you, thanks.

Jan: I can't speak as eloquently as George does, but my question is on a similar level. I sometimes sense anguish or fear that I think I am being shown in certain circumstances. Like, for example, when I am walking my dogs, I will suddenly have a feeling that around the corner there will be a dog that we are not going to get with very well, and nine times I am right, even before I have physically seen the dog. Is this the energy also that you speak of that I am picking up prior to that event?

This is your own guidance. It is slightly different, but you could compare it to what we are talking about of course. All happening is energy, but what you my dear friend are experiencing is this: it is your own inner *guidance* which is telling you in advance what is about to happen. It is no different than those who can see into time, looking forward. You must always listen to that guidance, because as you have recognized, it is always right for you.

Jan: Yes it is. I just needed confirmation that I was right in picking those things up, thank you.

Yes, but all of life is energy, remember this. You see yourselves as solid human beings but of course you are not, you are but heavy vibration which creates form.

Jan: I have also experienced the positive side of that energy, whereby if I think in a positive manner—I'll say an example again: there *will* be a parking space on the second floor in a busy car park, and there *is*. **(Yes)** I can visualize that space and there will be that space there.

Have I not told you many, many times that your thoughts create reality? (Yes) If the thought is true, if it is for good purpose, if there is no *fear* surrounding the thought, then it is positive energy and of course your use of it shows you how much you are growing. (Thank you.)

Sara: Lately we have had the smell of tobacco smoke in our house and the sound of music from keyboards unexpectedly in our house. Can you explain—it is possibly friendly visitors from Spirit? Could you confirm?

Yes, I do not normally give personal details, but I have asked for questions and I will answer this time. You have within your household children and their energy is a source for those who are attracted to them. You have no need of fear within your home circumstances, but I would say you have a youngster there who indeed has the ability to see and sense.

Sara: So one of them would be aware of the presence?

A boy child—but do not fear, there is no harm meant to you.

Sara: We feel it is positive and often it brings us upliftment and amusement.

Yes, that is the energy brought to you, because of the energy of your children. It is their pure energy, which is attracting more, more good energy.

Sara: That's good, thank you. It does depend how we are ourselves as to what we can attract.

Of course, as I have said to the lady before you, your thoughts become reality. You must always, all of you, remember this. If you find it disturbing, you have the ability to ask them to move onwards. (Thank you.)

Lilian: We have a tendency to forget about our thoughts.

That is why I am here to constantly remind you.

Lilian: Yes, we need it. Margaret?

Margaret: Nothing really except that I have asked for help for Agnes and that is the most important thing in my mind at the moment. Thank you if you could help her in some way.

She will be given the help that is best for her. (Thank you so much.)

Jan: Salumet, my son Richard would like to come and sit on Monday evening if that is at all possible with yourself?

I would be happy to speak with this one yes, provided, as I have said before, the others are happy to do so.

George: I wonder if you could help us again with some definitions. We have talked about the terms—one of your expressions was ‘far soul integrations’ and we have talked about ‘Source’, and a term that a lot of people use is ‘Christ Light’. I think all these things are much the same thing, but would you care to say if there are any differences between those expressions? My own feeling about the term ‘Christ Light’ is that it expresses the domain from which teaching masters come to us but would you like to say something about those things?

Yes, I understand your question and thank you. Yes, I, as I speak to you, would prefer to use the word, if I had to make a choice, of ‘Source’, because it indicates the beginning of all things. Do you understand? (Yes) I think your word, and again I have to say to you: they are only words. In describing a source, you have to understand that in the minds of you human beings, because you find it difficult without words, that there has to be some use for that which is greater than yourselves, and because ‘source’ is a word recognizable to you all, I feel it is an apt one and it indicates the beginning of all things. Would you agree? (Yes) Christ Light or Christ Consciousness, as we have heard it described, comes from the master who you have called Jesus the Christ—that is how the expression came to be known. It means a supreme consciousness, Christ the Light, because when Jesus The Christ walked on this Earth, as he still does in many forms I hasten to add and I have discussed this with you—his purity of light shone to many, many, many people; and I feel that to call Christ Light or Christ Consciousness is to call upon that which has been experienced upon this planet. But it is words only. Do you understand? (*Affirmed*) I would say to you my dear friends that you must find the words which feel right within your hearts, the words which you find to be most suitable to your own awareness and experience. Again I say to you, they are but words. You know that in the past I have used the words ‘going home’. To me that is the epitome of all that is, because the word ‘home’ to you human beings means a purity, love and all things good. (Yes) So, I would say to you that would be a word that I would use. There are many expressions in your world. There is the ‘Universal Consciousness’ to which I have referred, there is the ‘Godhead’ used by many. There are so many used in your world, but I say to you my dear friends, it matters not what the words are, but what you feel within, because no matter what the words relay to you, each one of you is bound on the same journey, on the same journey ‘home’. Has that been helpful to you?

George: Yes, wonderful, yes it has helped a lot. Thank you very much.

I will take my leave of you now my dear friends. Again, it has been wonderful to blend with you, to feel the love that you exude and I hope that as you leave this room of light this time, each one of you feels that love and upliftment which I leave for you all. (*Thanks + farewells*)

~25th February 2002~

Good evening. (*Welcomes*)

Lilian: Welcome to you again.

Thank you. I hope that our question time when last we met proved of interest to you. (*Affirmed*) This is a time of growth for each one of you. This I have told you and throughout this coming earthly year I will

continue to remind you. This time, my dear friends, I would like you to consider what part you play in your own spiritual growth at this time of your own evolution. Would anyone like to say what they feel?

Lilian: I think more listening to the inner self. (Yes)

George: I think I shall endeavour to reach more people with the message through distributing the book and I shall endeavour to do more writing, and I feel there is also some natural inner growth happening in relation to family and young children and bonding with people more. There is also a growth in awareness and understanding things and thinking through some of the problems of understanding spirituality. Those are my feelings.

Yes I understand your words. What do you suppose your position now relates to the spiritual aspects of living, not only on this Earth plane, but in far-reaching planes of Spirit and the cosmos? Can you find your own purpose or are you still afraid of seeking out that inner truth?

George: Yes, I have hesitated in speaking out sometimes in the past, but I think I am getting beyond that; I think conditions are becoming easier. The deafness is still a little problem in communicating.

Yes, but do not worry about physical conditions, we are helping you with this. What I would like you, my dear friends, now that we have reached this point of understanding, is to look outwards to find the connection, not between the physical and the spiritual, but between the spiritual and the rest of creation. This is the step which we hope you can take in these coming months, but to succeed in this way you have to have some kind of understanding of your inner being. I know each one of you tries so hard in expanding your awareness, I know each one seeks that inner voice, but now has come the time for that understanding and awareness to seek further. Do you understand what I am saying to you?

George: Yes I think I've got that. I shall have to think about that some more.

Is that not the purpose of my coming to you, that you are able to seek further and understand fully your spiritual nature? (Yes) Is anyone not fully aware of what I speak?

Sarah: I understand what you are saying, but in order to make the step—

Yes, I understand that sometimes my words may seem confusing to you, because I know my dear friends that since our acquaintance, you have, each one of you, grown so much. You have come to an understanding, or at least the *beginning* of an understanding, to recognize within yourselves that *Spirit* which all of you are, but until few of your earthly years ago lay dormant. (Agreed) My dear friends I will say to you that you have gained much in such a short time, but we need to go *forward*, we need to let you think for yourselves, we need you to expand your awareness, and of course I can help you, but I do not wish to do the work for you. Do you understand? (Affirmed) After all, it is part of your life's pattern that you should accomplish these things for yourselves. But I will say to you my dear friends that up to this point in time, you should be pleased with the outcome of your work. I do not say these words to you lightly, but as I have said to you on many occasions, you do not see how brightly your light shines.

Lilian: It's nice to have the encouragement from you. Like children in school, we need encouraging.

But my dear friends remember what I have told you, *all knowledge lies within*; you need only to look inwards to find it. So often we hear people say, '*but how can we achieve it?*' And of course each one of you knows the answer: that is to go inwards in your meditative state and to find that inner voice and also those who come close to you. May I ask the question of anyone else, where do you feel you are in the scope of all existence?

Sara: I feel that I have reached a point where I feel I can communicate who I really am to more and more people, and I want to do that, and to speak as I believe and I am trying to put this into my music as well. I would like to communicate on a more expansive level that way. I feel more comfortable than I have ever felt and I don't have enough quiet time, but I want to improve that and tune in more to nature and that part of life as well as people.

Yes, until you can leave behind the physicality of living, until you can recognize that oneness with all things, until you can recognize that that inner you that knowing of yourself can be made clear to all; until such time you cannot grow. But you have been told that music for you is most important, and I will say it to you once more: not only is the music important for your own Spirit, but the sound and the words of music expands to all consciousness. Did you understand that this is so?

Sara: So when I sing or play music it's heard by others too? **(Of course.)** It goes further than I think? **Much more so. You must remove yourself from thinking only in physical terms. Remember what I have told you, that all thought, all movement, all sound is energy and energy is not static; so by playing beautiful sounds you are in touch with that higher order of creation.**

Sara: Thank you, that's very important to know.

Lilian: Would listening to the birds and the wind in the trees have the same effect?

All sounds of what you term *nature* can only be harmonious to your being. Have you not my dear friends when listening to the song of the birds of the air, have you not become part of that song? *(Agreed)* Yes, this is the point I am trying to make to you that you have to go beyond what you understand physically. You need to be in closer touch with all of creation.

Jan: I have very recently experienced I think what you are saying. I think you are aware that my quiet times are walking in the forest with my dogs and I have felt overwhelmingly part of those woods. The other day a deer ran in front of me and I stood in wonderment at this deer and all of a sudden I became that deer and that I had a vision that I had been or that I was part of this creature running in front of me. I can't get enough of this particular wood: every stick I see, every stone I pick up, it's been a wonderful feeling, even watching the food chain—I found myself thanking the little mouse that had just fed the weasel.

Yes, because you have become as one with all things. When you reach that point of unity, then the understanding of your status within the energy of all Creation becomes clearer.

Jan: It's a wonderful feeling—

And you can have that sense of oneness with all things, not only in your quiet moments, but in every waking moment of your earthly life. It is something to be achieved by all of you, but again I say the responsibility lies with you all. I can help you, I can try to impress you, but I *cannot* make you understand that inner feeling which each one of you possesses, unless you are willing to give of it. Do you understand? *(Affirmed)* Does anyone wish to speak, with me?

Lilian: We have a visitor, *(Pat)* shall I ask her if she has any experiences?

If she wishes, I am happy to speak with her.

Pat: Just that I feel that I must give more time to my spiritual work. I lead a busy life anyway, but I need more time to be quiet and still **(Yes)** and in that way to find the inner peace that I need.

Yes, you know full well my dear friend, because there are many who come to you, but you have an uneasiness at times about you and this is because you do not listen enough to that inner quiet voice. You do listen at times, but then physical life overtakes that quiet voice and the worries of earthly living take over. But you know and you understand that these quiet times are all important for your growth. All answers come to you in quiet times. But I would say to you my dear friend, there is much good you can do, and I would say to you that there is a pathway which will open up for you, not at this time but one that you have not considered, but will open up to you in the future and you will find much peace and much comfort from it. *(Thank you.)*

Now my dear friends before I leave you this time, I would like you to consider, and again I can only leave it to your own good judgement and whether you give time to it, but I would like each one of you before we meet next time to think of the energy amongst you, to see when apart how strong that energy bond can be. Try to visualize the energy which starts from each one of you, which conjoins each one of you and which in these meetings uplifts you. Next time I will ask each one what they have achieved in this visualization. I will ask you to explain how the energy defined itself to you. Is that clear my dear friends? *(Affirmed)* Already I feel your doubts, but do not be afraid, you are capable of much. Feel the energy which supports you all and see what you can find. You may be surprised. I will leave you this time.

Lilian: We look forward to meeting next week.

Yes. I will leave you this time, there is much for you to consider. *(Thanks + farewells)*

~4th March 2002~

Good evening. *(Welcomes)*

My dear friends, there a stillness and a quietness amongst you all this time, which is good to behold. So often I have joined with you to find so many disturbances, so many low in Spirit, but this time it is good to feel the peace which surrounds you all. I, of course, am speaking about a spiritual peace. Last time we spoke, I asked you my dear friends if you would, in your quiet time, think about the energy which exists amongst yourselves. Do you remember? *(Affirmed)* As I asked this of you, my purpose was that each one of you develop a new knowledge of what that energy is. I have told you that this year much of the time will be devoted to your own growth. Therefore this is not light-hearted by any means, it is a form of learning which I hope you will find pleasurable. Therefore, may I ask each one of you what you have attained from sitting quietly to find out what the energy bond between you feels like?

Sarah: Yes. It was light and it moved in sort of circular waves. Each time I had a slightly different feeling, but the predominant feeling was the light, the light movement.

I will not respond until each has spoken.

George: I found that in my quietness—it is very difficult to describe, I had more of an ‘away’ feeling. It’s almost like slipping away from reality into a light mist. Sometimes I lose consciousness altogether, but I have been aware of this slipping away from reality a little more lately. I also fancy I’m thinking a little more deeply about some things and there may be a connection here, I am not sure—that about sums it up.

Mark: I can’t describe anything visually, but for me it is a sort of sound. I get a sound and it’s very peaceful and ‘other worldly’ sort of feeling. Quite difficult to describe, but I feel more around my head and ears. To me it feels a bit like a sound, not to do with everyday life sort of sound. One night I had a really good, nice sleep and I woke up feeling really very relaxed and I wondered if it had anything to do with trying a bit harder to focus on that.

Margaret: I found that for some unknown reason that when I sat down in my easy chair, I just went off to sleep, but I seemed to be on another planet, such a peaceful planet that when I woke up I couldn’t believe that I had been there. It was just so peaceful, it was unbelievable.

Lilian: For myself, I sat and thought of my friends in the room. It was basically a blending together although they weren’t here, it was just me, but the energy seemed to blend us together although we were apart, if that makes sense.

Yes, I thank you for your words and your experiences. Of course it would not be right that you all would feel and have the same experience, because each one is at a different level of learning; but your descriptions are fine. I am happy that you gave of your time to try these things. Can you see with even the words used here, how close you are in describing your own energy, because my dear friends, each description belongs to you individually. You are joined, but still you are apart. That seems to be a contradiction but it is not. Let me say a little about the energy which brings you all together. You know full well that an aspect of yourselves can be in another place even though the physical body may still be here. You understand this my friends? *(Affirmed)* So too can energy between two people stretch forever. If you take the finest thread but the strongest thread, with an elasticity so strong that it can reach onto all areas of your world, then you may begin to understand how energy works. It is fruitful that each one of you finds for yourselves individual concepts of what energy feels like, and first and foremost you have to feel it on the physical level. In saying that my dear friends, if you agree perhaps we can try that now. *(Agreed)* I would ask that each one of you place the physical hands together, rubs them together and places one hand close to the next person’s hand, then we will see what you are feeling. *(Pause)* Can we say what is being felt, please?

Lilian: I can feel the energy. *(Tingling? Recording unclear)*

Mark: To me it’s like a waving wand.

Yes, what do the other gentlemen feel? Do not struggle with it, just say what you feel.

Paul: To me it’s not warm or cold, a little bit like a magnet.

Sarah: I have the sensation of a magnet. **(Yes)**

George: Yes, that is what I imagine a magnetic field to feel like.

Yes. So all of you can feel this physical experience, yes? *(Affirmed)* Good. Keep that feeling in mind please. Now let us try something a little different. Are you happy my friends to do this? *(Affirmed)* It is

for your own growth. I am trying to help you to broaden your thinking and your acceptance of what you can feel. I would ask that in turn you focus on one other person in the room and I would like you to try to feel the energy between each one of you from the area of your solar plexus. Do you understand?

(Affirmed) I ask only that you do not focus on the instrument that I am using. Would you like to begin this please? And please say what is being felt. Would you like to begin with the gentleman? *(Pause—Lilian asks the group what they are feeling)*

Margaret: I feel a lot of energy.

Sarah: A slight heaviness **(Yes)**—a sort of tightness.

Does anyone else feel anything?

Lilian: A beam of light.

Thank you, thank you.

Paul: Yes, I've got a brightness.

Do you feel a connection between yourself and the person you are focussed on?

George: Yes, there is something. I find it very difficult to describe.

Yes, I know. That is why we will take this slowly.

Margaret: A burning. **(Yes)**

Lilian: Again a blending together.

George: A sort of fixation in the sense of being fixed. **(Yes, good, good.)**

Sarah: I am getting the same sort of feeling when someone is coming through me, a sort of filling up feeling.

Good. Gentlemen, anymore?

Paul: Just sort of surrounded in light now.

Now, my dear friends—

George: Yes—**(Yes?)**

George: I have a light experience, yes.

Good. You are beginning to experience yourself as energy. For this next thing, what I would like you to attempt is this: Each one of you must lose the *physical* being, you must feel yourself as a beam of energy. Are you prepared for this? *(Affirmed)* It may be difficult but focus on this beam of energy. You are, each one of you *energy*. Can you feel yourselves engulfed by this energy?

Lilian: Yes.

All of you? *(Affirmed)*

George: I feel the physical energies around me to be less strong.

Yes, good, that is as it should be. For this we need two people, but in order to complete this task they will need to stand, one each end of the room. What I would like you then to do is to walk slowly towards each other, still focussed on energy. There will be a point where you have to stop. Would you like to try this please *(Affirmed)* and tell me what you feel.

Sarah: So we will have to have our eyes open to do that?

Yes. Take it in turns with each other. What do you feel as you begin? *(Paul and Mark)*

Mark: Lighter at the top than at the feet.

Do you feel an exchange of energy? Do you feel a barrier to this energy? What are you feeling?

Paul: I feel a sort of *fullness*, a filling up feeling.

Are you blending or are you separate? What do you feel?

Paul: Half and half really, not completely blended.

But some parts blended, that is good.

Mark: It feels very nice I must say.

I ask you to remember that feeling, but remember it passing from each one of you within the room. The others like to try now, please.

Lilian: Would it be of similar energy that I feel if I am healing which the lady that you are using and myself would give each other healing, and I feel a sort of blending then.

Yes, but the blending then is slightly different. You are blending with those who are using you. This is slightly different, but of course it is still energy and a raising of the consciousness. What are we feeling, please?

Sarah: A sort of build-up.

Focus on the solar plexus please.

George: A magnetic-like feeling.

A pulling towards the other person, yes?

Sarah: A sort of drifting slightly over that way.

George: A tingling in the hands **(Yes)** —a tingling in the extremities—the top of the head and the hands.

(Good.)

Sarah: It feels like there are two whole top parts. Not light, not dark, just—I can only describe it as still movement. **(Yes)**

George: It sounds a bit like the magnetic field description. It sounds like there is something there but it is so difficult to describe because it isn't physical.

Yes. Keep hold of the feeling, please. Good—can we try the others please?

Margaret: My hands are very tingly. *(Recording unclear)*

Lilian: I feel as if I don't want to talk—tingling in the fingers.

You can feel the exchange of energy between you, can you? Hold on to the feeling. Please sit down now.

Lilian: I had a feeling I could have stayed there quite some time.

Now my dear friends I will return to my original question of this evening. What now do you feel between you?

Margaret: Closeness.

Lilian: Blending—love for one another **(Yes)** —a feeling of being quite happy to stay with that feeling.

A unity of Spirit. Would you agree?

Lilian: Yes.

At any given moment in your lives you should be able to reach out and touch this feeling of unity—this font of energy. No matter how far apart, you have the ability my dear friends in your quiet moments to come together in a bond of love and, after all, energy should be love. Your awareness now should be more open to what we call *spiritual energy*, but what you have experienced this time is that spiritual energy transmuted down to the physical level. Do you understand my dear friends? (Yes) Are you sure?

Lilian: I understand what you are saying. It is a little difficult to take it in completely.

Sarah: It is only a taster of what we could achieve. **(Yes)**

George: Does '*transmuted down to the physical level*' mean that we can feel it; **(Yes)** if it were not we would not feel it?

Yes. Therefore, if you can *feel* the energy at this physical level, imagine my dear friends what you could achieve if you allow the Spirit to come forward and take you on that love energy into other realms. Can you now see my dear friends the importance of your quiet moments *(Agreed)* and how you need them to expand and to grow and for the awareness to come to the front of your thinking?

Sarah: With this little taster we have had I think I can begin to see why Eileen, your channel, doesn't want to come back sometimes onto the physical level.

Yes, when you attain that blending—and you are correct it is a blending—then you are unaware of any physical happening around you; you are encompassed with pure love, you feel safe and secure and you *know* that life continues without the heaviness of the physical body. I hope my dear friends that the time spent this evening has been helpful to you. *(Affirmed with thanks)* Of course, as always, your freewill will operate in your daily lives, but I will say to you as I have said so many times before, it is entirely up to each individual whether they wish to grow. The opportunities are there; there are so many in our world who stand close to you, not only those you call helpers and guides, but those angelic beings whose pathway is to be of service to mankind. But it is the law of all existence that you must *ask* and this my dear friends I leave with you. I will take my leave of you and know always that my love surrounds you. *(Thanks + farewells)*

~18TH March 2002~

Good evening. (*Greetings*)

It is good to be with you once more.

Lilian: It's nice to have you with us again. We are short in numbers, with colds and bad weather.

Yes. Because we are few in numbers, I will speak with you about a topic that has been spoken of previously, but I would like, my dear friends, for you to think about it a little more deeply. You know, my dear friends that each one of you came to this lifetime by your choice, by choosing your parents of this earth plane. You understand? (*Affirmed*) Are you aware that not only did you choose the parents that you came to, but also the date and the time that you would be born? Not only that, not only did you choose parents that would give you the opportunity for your life's paths, but also that you influenced those people in calling you your birth names. Does this surprise you, because it is not widely understood or known?

George: I was just thinking about our previous days in the monastery in the previous life, and it would seem then that our dear friend Leslie who presided here for so many years, would have chosen to come here a little earlier than the rest of us and pave the way, so to speak?

Not necessarily so. He would have a life path to follow as each of you do. There would have been knowledge beforehand that these meetings would take place, but not necessarily that he should come before you.

Margaret: I can only say that I chose very wisely, because both my parents were wonderful.

Yes, but let me just say to you my dear friends why you would try to influence a name? After all I suppose you would feel that to be quite insignificant, but it is not.

Sara: The name has a vibration (*Yes*) and a meaning.

The names that you choose have indeed a vibration, very much so, which is in keeping with your task in this life, but so often you will say: but I do not like my name.

Lilian: Yes, very often.

Yes. Let me tell you my dear friends, the reason that people dislike the name that *they* have chosen, is because they do not like the life tasks that they have chosen. People also, I hear you say, change their names at will, and of course this is so, but you will find my dear friends that this will occur when their life pattern is changing also. So what I would like to say to you is this: think about each of your parents; look to see what you have gained from them. Let me say that their shortcomings would be a focus for your own knowledge. Do you understand? (*Affirmed by some*) Are you sure?

Lilian: So when we become aware of their shortcomings...

It is a life lesson that you would work upon. It may be that you need to learn *tolerance*, if one parent is quite un-giving in their attitude. There are many, many things you would learn from your parents—that is why you chose them, not because they were people perhaps that you liked, but because they would give you the opportunity to grow spiritually.

Lilian: Would the parents themselves have known of the connection with the child that they were going to have?

Yes, before, yes. Obviously unless their knowledge remained with them, they would be unaware. After all a child is a physical being as far as parents go. Very few parents bring a child to this world in a spiritual manner. Would you agree?

Lilian: Yes I would.

So I would like you my dear friends, because this is a year of individual growth, I would like you to look deeply within, I would like you to understand why you are in this place at this time and what reason brought you here.

Sara: I think it also explains why souls in families can be so different. I have often wondered about that because in my family the characters are very different. We have the spiritual quest for knowledge in common—this bond, but our characters are quite different—likes and dislikes.

Because you have different life lessons to learn—that is why. (Yes) Although you have agreed to join together, it also explains why in physical terms families do not always enjoy each other. (Chuckles) It is a learning process for each one of them. So I say to you, whatever problems you encounter my dear friends, thank that almighty Source of all knowledge in giving you the opportunity to grow. Do not look upon your life pathway with *struggle*, with *regret*, but with *happiness* and *light*. In that way your feet will go forward and not be static in one place. Do you understand where I am going with this my dear friends? (Affirmed)

Sara: Yes, it explains a lot what you have just said. So many things I can appreciate more easily. In your understanding, then your awareness is clarified. Yes. I would like you also on the days of your birth to sit quietly and see what you feel, what experience you gain from it, because there is always something to be gained. What I am trying to tell you my dear friends is that each moment of your existence is for a reason and although it is not necessary to know exactly what your life plan is, it helps in your awareness if you can go inward and see each step clearly. If within your Spirit you feel that life is moving in the right direction spiritually, then let me say assuredly you *are* on the right pathway.

Lilian: Can I ask a question about my mother? (Yes) You once said to me that she was frightened of dying—and yes, I could see that—but have I in any way helped her to overcome this fear?

My dear friend, the help that you have provided will not be known to you whilst you are clothed in this body. Indeed you have helped, but she will not recognize this help until she returns home. She speaks to you and yet still she is afraid, but I can tell you that there are many who are there to help. So I would say to you, you have done what you can, your words do sink into her thinking, even if she denies that. (Yes) But be assured that that knowledge is going within and the help will be with her when she comes to our world. You may be surprised that when the time comes there will be words of gratitude for you. Do not be surprised. Is there anyone else who would like to speak?

Margaret: Yes, I would. I have a sister who walked out of home about 30 years ago and changed her name. I often wonder whether she is still alive. I don't know how I am going to get in touch with her.

There are ways of finding out and may I say to you, it has long been coming this seeking. Yes. I would say only this to you my dear friend that there are ways; if you wish to seek, you will find. I would say to you it is something that you have time to do and I suggest to you that it would be a healing of your own Spirit. But we will help you when we can. (Thank you very much.)

Lilian: Sarah, you are very quiet.

Sarah: I was only just thinking of Emily with her troubles, but I am very aware that the troubles she has got are not only perhaps helping her, but are there maybe to teach me a lesson too.

You are being taught my dear friend that in this lifetime you cannot live another's life for them. You have to allow this one to become strong in her own way. I know that as human beings with all the problems of emotional ties which you find so difficult to overcome—do you not remember my dear friends when I have said to you that the emotions must be quietened? (Yes) —this is a life lesson for you at this particular time. You cannot help another in the physical sense. They must go through their own life's pattern. And remember also that sometimes the more problems there are, the stronger the Spirit at the end of them. Remember also that it could be a pattern that she herself has chosen.

Sarah: Yes, would it be helpful for her to hear your words or not?

I do not feel that she would accept these words at this time. She of course can listen to them if you desire, but do not be surprised if she rejects them.

Sarah: No—she doesn't listen to anybody's words actually.

Do not be too harsh on her. When you are young in earthly years, many things seem to overcome you. What you call problems become rather huge in the eyes of young people. What they need is support, and may I say to you all, because it applies not only to young people but to people of all ages, that healing begins with the ears. Does that make sense to you? (Mm.) To be able to listen is in itself a healing aid. I will say this to you my dear friend that as time continues she will turn to you for support, more so than she does at this present time. She has turned inwards has she not?

Sarah: She has, yes.

But it is something that only she and those who guide her can overcome. Continue to give your thoughts to those who surround her and it is not beyond you to seek help from her own higher self.

Do you understand? (Um.) No.

Sarah: Not quite—the last bit you said: seek help from her own higher self?

Do not speak to the child as a physical being, but speak to her *higher* being. You are capable of it and it would be an exercise for you. (Thank you very much.)

Sara: Does the same apply to me with my little boy? Could I speak to his higher being?

All of you have the capabilities to speak too. After all the higher self is only the Spirit part of the being, and you of course understand what that means. What, and I will say this with caution, what you must refrain from with any other individual, is that you do not try to interfere. Send out love, offer help, ask for help from their own higher self, but tread carefully. Again, it is an emotional trait which draws you to those close to you, but remember that you come together, whether it be husband, wife, parents, children, grandparents, whoever—all of you incarnated in this lifetime, not to be a group so much as to grow individually and to meet and pass each other on life's way. Try to keep this in mind and your understanding of each other will be greater.

Sara: We can give each other more space to grow.

More understanding, more love. Always thoughts of love will overpower any negativity that exists between. I am not saying that this is easy, my dear friends, it is not, but it is a life lesson. I believe I can say that each individual who takes a physical garb, suffers from these emotions at some time or another. I hope my words have helped a little this time, *(Affirmed with thanks)* but I do ask and impeach you that you do look more closely at the reason why you chose to be here.

George: Could I just go back to your suggestion of sitting quietly on the birthday. Is that because that particular day is special in relation to cosmic connection?

Of course it has to be, does it not? You are not a single item. You are not just a being: you are Spirit, you are soul, you are all things; and yes to sit on the day that you incarnated into the body should give you a special feeling of being part of the whole. I do not wish to say more, because I would like you to experience for yourselves what that feeling is. There is a deep significance to it.

Sara: Can I ask a question about birthdays? If you have the same birth date as someone else, does it imply a similarity or parallel in terms of life pattern?

Yes, much has been spoken about this in what you term Astrology. It is but a small part of the whole of existence, but I would say this to you, that people who share the same birth date usually come to this Earth for particular purposes and therefore there would be a connection, even if their life pattern is different. For example, let me say that perhaps some come to this lifetime to be spiritual teachers or healers, then you would find that a great many of them would share a birth date or a birth time within a few weeks. Yes that does happen, it does happen.

Sara: I was reading about birth dates in a book by Diana Cooper (Yes) and she mentioned that the vowels in the name are important and have significance. I wonder, could you confirm if that's true?

It is only that letters and words that you use. After all I am sure that each one of you knows people who use what you call *chants* and *noises* to raise their own awareness. That is because each letter has a sound that is unique to that letter. And you will find in names that these vibrations, because after all that is what it is, it is a different level of vibration which relates to the Spirit being—and that is why you impress parents to choose the name that you wish to ride upon. Is that helpful to you? (Yes—) If you take your own name and try to say those letters with love, you should find that you vibrate with love in saying those letters. Do you understand? (Yes) It is all to do with vibration and energy. After all, you know full well that each one of you is an energy pattern, but it is time my dear friends that you understand yourselves a little more fully. I will leave you now this time and I will leave it with you my dear friend *(Lilian)* to continue in whichever way you so wish, either by speaking quietly in discussion or meditation. I will leave it with you. As always, I encompass you all in my love. *(Thanks + farewells)*

One followed through Sarah, stating that the communication between this group and those in Spirit Realm is changing. Thanks to our own personal growth, the level of communication has risen. The communicator

stressed that we were helping not just this physical world, but the world of Spirit also: *We know that you have been taught that the power of your thought is the greatest gift that you have been given, but you may not be aware, that your help in this group to those in the Spirit world is ever-growing. You are all helping those in our world, to a far greater extent than ever before. You may not be aware that you are all doing this. Those of us in the Spirit world, who join with you each meeting, are able to take a little from each of you, and pass that to those in need in the Spirit world. Not only do those who come to you for help gain much and are able to go back and go forward, but those who are unable to come through, also gain much from you. This is one of the reasons that this group is being assisted to go onto a slightly different level. This way we can take from you that which is needed to help so many in our world. For this we are most grateful to you and my reason this time for coming through, is to give thanks to you, for all the help that you are giving.*

Lilian: That's nice. We are so grateful for all the knowledge that is given to us, so if we are able to be of some help back, it's wonderful.

This as you have also been told before is a two-way affair. And now I will retire and let others come through.

A further one came through Sarah to lighten the atmosphere. Sara then took us on a meditative journey before we closed.

~25th March 2002~

The evening began with one through Eileen saying that Salumet would be coming next time. They also mentioned Leslie, stating: *'Old friend would like to come through, but not yet.'* Another followed through Sarah, mentioning that they were now able to use Sarah as a medium for 'deeper communications' than in the past, thanks to her progress. Another followed through Eileen, asking us to feel the energy which flows between us, prior to Sara taking us on a meditative journey.

~15th April 2002~

Good evening. (Greetings)

I thank you for your welcome this time. There is among us one whose energy is new to this group.

(Richard) Let me begin by saying that this one is searching, is looking for something which he does not totally understand. I will say this to him that what you seek, my dear young friend, is what you know, but in the passage of time have lost. You feel at times a loneliness, an isolation which you cannot fully explain. Is this not so? (Yes) Yes. What you are seeking my dear friend is the knowledge which you possessed before you came to this lifetime, because—and the others know that I do not often speak on any personal note, but I will say this to you, that your past lifetime was so full of happiness and laughter and spiritual knowledge that this lifetime for you seems almost like a punishment, but of course it is not as you my dear friends know and understand, because each lifetime brings to you new knowledge, new understanding, more spiritual growth. And as the one who sits with you and whom you call mother, she also has played a part in a previous existence. I tell you now my dear young friend, that connection has brought you both to this room in this lifetime.

Jan: We are not surprised, are we?

Richard: No.

Lilian: There are no coincidences.

Jan: We have felt this between us.

Yes but I will tell you only that in previous time your connection was on a more level basis, shall I say, that you were as brother and sister. The young gentleman does not understand why at times he feels this inner loneliness, but he must, as you do, each one of you, find the time to go inward and to find himself, because only in going inward will he truly come to know his true self. It matters not what the outward clothing presents, that is not the true and real you. Do you understand my dear friend?

Richard: Yes, thank you.

Because he is new to the workings of this group, and I know you have looked at literature, but I would say to you, have you any questions for me? I will be happy to answer them for you.

Richard: I can't think of anything.

Do not be concerned; we will leave it there for this time. There will be other opportunities and I will help him in his sleep state in order that things will become clearer for him.

Now my dear friends this time I will speak to you a little about a subject which we have ventured upon but which there is still much to discuss. I think you know what I am speaking of.

Lilian: Would it be the names?

No, we will come to those another time because all of you have not had sufficient time to go over what I have said to you. You need a little longer to find out for yourselves what you have discovered. I wish to speak this time about what I call *'the most powerful thing that you possess'*.

Lilian: Our thoughts.

Your thoughts—ah, do I see at last that you also recognize this to be true? (*Agreed*) It will also help the young gentleman because it is something that he too can understand. We have discussed how important thought is in all of your lives, we have discovered how powerful thought is in your lives, we have discussed the form of energy which thought creates, we have discussed thoughts in terms of receiving and giving. Now I hear you say, *'but what is left?'* I will tell you: thought is all things, thought is the energy which each one of you holds as your own. I am here this time to tell you that all of existence is thought. We have not discussed fully this energy pattern called thought. Thought maintains all life, all existence. Can you close your eyes my dear friends and find the energy patterns within yourself that is created from your thought? Can you do that now? Tell me what you feel, not what you see.

(*Pause*) Remember that you are individual in human form, you are also individual in your thought patterns. When you are ready we will speak together to find out what you feel. If it is too difficult for you, just to tell me your feelings, then you can explain what you see, but I would rather that you tell me what you are feeling. (*Pause*) Shall we begin? (*Pause*)

Lilian: Could I say that we are happy to be together again, and we will go round the room.

Sarah: I feel a warmth, a spaciousness but I also feel that there is a circular movement not only within me but around me.

Are you that movement?

Sarah: I think I am.

Yes, good, that is what I wanted to hear.

Paul: I don't really know about the feeling of it, but I have just got a picture of a plaited, entwined rope, or something. **(Yes)**

Sara: In this situation I feel very relaxed and open, because there is no interference mentally from anyone in this room, we are all one. **(Yes)** So I can be as I naturally would be when alone, the same, so my thoughts feel gentle and loving and warm. I feel just flowing energy. **(Yes, good.)**

Jan: As my heart beats, there is a vibration in my head and with that vibration was coming a feeling of protectiveness. I had also visions, especially of Middle Eastern cities at the moment.

Yes, you are using your love energy. Thank you.

Richard: The only thing I got was I felt overwhelmed, a fast feeling.

Yes, this is what I would expect because he does not have the experience of knowing quietness and peace. Thank you.

Margaret: I feel that I am being helped and I feel that the power that is being given to me is giving me strength to go on. **(Yes, thank you.)**

George: It is a feeling that I have had before. In a sense—perhaps I can begin by saying it is like being in a vast engineering works except it is not mechanical, it is just gentle noise and throbbing. It's just feelings I have. It's like I'm in a vast and interesting hall and I am just relaxed and looking around.

Yes. Do you see my dear friends that although your explanations are different, each one feels part of the feeling? (Yes) Can you see the correlation between you all? (Yes) This is what you must understand.

When you have unity of thought, imagine the power which it can create. You are within a room of peace, of unity, of upliftment. Each one of you has feelings of being *part* of, except for the young gentleman who is in the fast lane of life at this moment, but he will learn to slow down and control his thinking. I have told you often my dear friends the power in your thinking. What you now need to know is how to control your thoughts and thinking. **That is the secret of living, of good health, of joy, of love, of great happiness and understanding. You must maintain control of thought.** Let us discard the word **‘thought’** for a moment and what you are doing is controlling *energy*. Do you agree?

(Agreed) For this time my dear friends I would like you to think about your thoughts, the use of them, the energy which is created by them and what your thought feels like each time it is used. You have a great responsibility, all of you, in using thought. I hope that this time has given you a little more to think about, and we will come to it in more detail as time continues. For this time my dear friends I will leave you, unless anyone wishes to ask any questions.

Sara: I have been reading author called Doreen Virtue and I just wondered if you could comment on her work. Do you feel it is beneficial and true?

I would say this to you my dear friends. There are many people in your world who write many words and I would say that only but a few write these words for gain and profit. What I will say to you is this: that people who put pen to paper on the whole believe that their experiences are true. It is not for me to tell you what you must believe because that is part of your learning and your pathway. It is not for me to say, **‘do not believe this, but believe that’**. After all do you remember when first I came, I told you if there is anything that I tell you that you cannot accept, then you must reject it. This I would say also about the literature in your world. Read, accept it if you can; after all what is written down is the experience of that one person. It is difficult to accept, is it not, sometimes? You must be discerning in your reading as you must be in all aspects of living. I do not come my dear friend to say, **‘do not do this, do not do that’**. You understand?

Sara: Yes I do.

It would be too easy for me to say, **‘go in this direction, do this, say that’**. That is not my purpose. But I will say to you, continue to read as much as you desire and sort what you feel to be true within your own heart and you will not go wrong. (Thank you.)

Jan: Can I just share with everybody what I heard on our television a couple of months ago? A well known American television personality, Oprah—she has a very good little friend who is little boy who is a poet in a wheelchair, and the doctors said to him that the sore on the back of his head would not heal medically; so he asked Oprah if she would ask all her viewers, the millions around the world, to pray for him. Within a very short space of time, the sore healed. So that’s evidence for medium of television, using everybody’s power of thought, for asking everybody to think about that little boy—and his sore healed and medical profession were absolutely amazed.

But we are not!

Jan: I wasn’t. I sat there thinking, okay this is marvellous—the fact that it could reach millions of people, **(Yes)** the evidence of the power of thought.

And not only power of thought but the power of *seeing* for oneself.

Jan: That’s what I wanted to share; not that I was surprised, **(Yes)** but how powerful that thought obviously was for that little boy.

Lilian: It is talked about quite a bit—*thought* at this moment.

Paul: They are trying to do it with David Beckham’s foot, aren’t they? *(Agreed)*

Yes, you see, it is as I have told you my dear friends that all of these things will become known; but again it *has* to be recognized individually first and each little ripple becomes a gentle wave and the gentle wave gets bigger, gets bigger, gets bigger. That is how you must think of your thoughts. And remember it is not only the energy of thought on this planet, but it has a ripple effect on all of the cosmos. Remember this also.

Lilian: Can I just say one thing? You said to us, several months back, that new discoveries would be made in our seas. **(Yes)** I don't know if this is any connection, but a city that has obviously has gone under the sea—taken by the sea, has come to light. I wondered if that was one of the discoveries?

I have told you in the past that your seas hold much information not at this present time known. So, yes, new discoveries in all fields of living will come. Thank you.

Jan: If all thought was of a negative nature—and thank heavens it isn't, what effect would that have on the cosmos?

That is a question not needed to be asked, because *all* thought could never be negative.

Jan: Because of the need for balance—

Yes, so it is a question that you need not even think of. It only creates puzzlement within your mind.

After all you must think positively.

Sarah: Salumet, I was thinking about you saying thought is everything; when our spirits blend, **(Yes)** there has to be a blending of thought as well. **(Yes)** Thought and the Spirit have to be—I am trying to work out the relationship, which must be very close.

Yes, thought belongs to Spirit. Thinking with the human brain belongs to the human body, but remember that thought is energy which is Spirit and of course the blending of Spirit is the blending of thought. Try not to separate the two.

Sarah: That's what I was thinking, they have to be very close.

Yes, you cannot separate the two. The confusion comes when people think that thought is the thinking of the brain. There is a difference and this you must always keep in mind. Again my dear friends, always think on the spiritual level and the answers will become more clear to you. (Thank you.)

George: I have always been impressed with the phrase '*in the beginning was the word*', the 'word' I take as '*thought*'.

Yes, in the beginning, when was the beginning? It always has been. I think those words were meant for the beginning of this planet, of human kind. I think those words were written with humankind in mind, because only humankind would understand 'word'. Do you see what I mean? Do you understand? (Yes—) No, I feel you do not but perhaps that is something also that you can think about.

George: Yes, I had thought of it as a more cosmic meaning, but yes, you have made the point that it is more in keeping with this planet.

Yes, but it shows, does it not my dear friend, how much your own thinking has expanded? Yes, you do not respond to that but I tell you that your thinking has grown.

George: Yes, could I ask something about Spirit in general? I have had that on my mind lately. One can think of Spirit as a vast collection of past lives which instantly enmesh to produce a future as we see it. Therefore—

Let me stop you there my dear friend. A collection of past lives, yes; but it is but one aspect of Spirit which creates the future.

George: Yes, I left out soul structure.

Yes, yes—forgive me for interrupting you but that needed to be clarified.

George: Yes, thank you. So this leads to our earthly thinking of past, present and future being instantly present in Spirit so that a linear time system would be entirely inappropriate **(Yes)** to describe what is happening or what has happened.

Linear time can only relate to the planet Earth. You cannot relate linear time to the cosmos, to Spirit, because it does not exist as such. You should understand this only too well my dear friend, so it would be futile for me to discuss this with you.

George: And our physical future lags behind the future that is already present in Spirit.

Yes, of course because thought creates what happens and thought belongs to Spirit.

George: What I wanted to ask from there was: is there then a feedback from the physical planet into Spirit, which extends or modifies that future that is there in any way?

Yes of course, the freewill of humankind. Firstly let me say this to you: There is no feedback as such because all is known, that is the first point—all is known so it is not necessary for feedback in that sense.

But I would say that what is shown as the future in the present time of course can be altered by physical thoughts, by freewill, by many aspects of living; and then of course it does become changed—‘*changed*’ is rather a strange word to use because you know energy is ever-moving, it is never static. Therefore this *change* is quite acceptable.

George: Yes, I imagine it is a small change (Yes) in relation to the whole.

As part of the whole is it but as nothing. It is just part of the progress of energy—of life.

George: So when we say the future is already there in Spirit, it might be better to say it is *essentially* there?

The essence I would like to say is there, but it is *changeable*, created by the thinking of the human being to whose energy it is attached. Does that make sense to you? (Yes; thank you.)

Sarah: I think of the future as being an earthly thing, because we live in time, but in Spirit there is no time—

Yes, as I explained to the gentleman, there is no linear time.

Sarah: Yes, sorry, I forgot you said there was no linear time, yes, thank you.

Unfortunately, this is always the problem with humankind that you cannot see beyond the human form, the human way of thinking. It is only when you return to Spirit that you allow those quiet moments that you did earlier this evening when you became energy patterns that you understand that your time is but an *instant*. It is difficult for you to understand Time. We appreciate it in our world and always we try to explain it simply for you, but it is almost impossible for you to accept, I feel, in a way that is easy for you.

George: I think with your teaching we are becoming a little more aware than we were at first. (*Agreed*)

I thank you for those words my dear friend. It is simple when we have such as yourselves who are dedicated to learning and to the betterment of mankind. It makes my task so fulfilling to know that you accept my words—I do not say readily, I hope that you think about them carefully, but that ultimately you accept them as truth and for this I am eternally grateful to you.

Lilian: Our gratitude goes to you as well. (*Affirmed*)

Sarah: I don’t know about the others but sometimes when things are difficult to realize at the moment, when you say them, I accept them and then later on they just fall into place.

Yes. Can I say that perhaps that is the influence of *my* thinking. I try to help each one of you in the way that you *think*, in a spiritual manner, not in a human way.

I will take this opportunity now to thank you my dear friends for listening to me with such dedication and with such quietude.

George: I think one of our expressions is: ‘that is our pleasure’. (*Affirmed*)

I thank you, you are most kind and I wish you all to know that when you leave this room this time, there are many who will go with you who will again uplift you, come close to you and influence you in your daily living. Until next time my dear friends, I leave you now. (*Thanks + farewells*)

~22nd April 2002~

Good evening. (*Greetings*)

Before I speak with you this time I ask that you feel the bond which joins you all. I would like you if you can, to feel the energy become much stronger within this room. (*Pause*) Can you feel the difference now?

Lilian: Although my eyes are shut, there is a swirling in front, a light swirling.

Can the others feel the change of energy please? Try to feel it if you can.

Margaret: In my hands and my arms.

George: I have a heady feeling which I think is energy.

Sarah: I have almost a lifting feeling.

What about the other gentlemen. Are you feeling it also?

Paul: I think so, but it is difficult to find the words.

Yes. Let me continue then my dear friends. I hope that last time gave you some more to think about. We spoke, did we not, about *energy*, the term which we call *thought*? You have been utilizing that energy

this time when you give thoughts for those in need; this you understand. Before I continue, does anyone need to question about what we spoke last time? *(No questions)*

Lilian: As I see it, thought is everything.

Yes. Have you *felt* it as everything?

Lilian: I can't say I have felt anything.

That is what we will continue with this time. You understand *thought* and how powerful it can be. You use thought many, many times throughout your living, but mostly you are aware (*unaware?*) of the unconscious thoughts which are sent out at all times from each one of you. I have told you my dear friends that it is most important that you take full control of your thinking, and I believe that the majority of you have tried to do so, although I hasten to add that you are bound to fall at times, only because you are humankind, and humankind at this present time of evolution cannot be perfect. That is why we come to help you so many times, not only in these small gatherings, but as you know we try to influence all leaders in your world—not only your world, but in other worlds. I do not apologize for once more saying to you that it is the most powerful thing that you possess. As Spirit continues, so does thought—it goes hand-in-hand as you would say on this Earth. You cannot have one without the other, in fact it coexists as one energy.

Paul: How would you say the difference is? I was beginning to think that Spirit and Thought were the same thing.

Yes, you are correct, but remember that the Spirit is evolving at all times. Thought has always existed as energy. We are coming to complicated matters now, but I will try to explain it simply for you. The problem lies because you have a human brain and the human brain perceives thought to be separate from the Spirit; but all energy which exists is but one energy but on different and various levels. Are you following me thus? *(Silence)* You seem confused. I know it is a difficult topic but let us take it slowly, slowly until your understanding is such that it becomes much clearer. With the human brain you think of thought as something which is emitted from the human brain—the thinking of the human being. You understand this? *(Affirmed)* But what *thought* is, *true* thought belongs to Spirit, not to the human brain. Of course there is a form of thinking, that is why humankind has been given a brain, so that the thoughts of the Spirit may be '*changed*', if you like, and transmitted through that thinking brain—but that is not the thought of which I speak. Call it '*intellect*' if you like, call it '*thinking*' if you like, but they are separate from what we are calling *Thought*. Is this clear or are we confused?

Paul: That's clear.

George: Yes, I think the brain thinking is more of a mechanical construction, (**Yes—**) whilst the spiritual thought is more of an evolutionary item?

Part of the evolution of the human kind of Spirit, yes.

Lilian: Would it more intuition?

No, intuition comes to you from the thought pattern. You have to separate the—let me put it to you this way: Imagine the human brain as a series of mechanical—what shall we say 'instances' that work automatically within the human frame—I use these words only to simplify it for you. But thought is the all-existing energy that belongs to the Spirit. Thought cannot be destroyed because it *is* Spirit. But where the confusion comes I think is that you think of yourself as Spirit and, of course that is so, but what is Spirit if it is not energy? Is it becoming clearer now? (Yes) Are you sure, because I would rather stop until it is clear in your own thinking.

George: Yes, I think we have three words: Thought, Energy and Vibration. Would I be right in thinking that they all go together, they are all relevant?

They all coexist, but of course, as you know, vibration can be used at different frequencies. The energy to which it belongs is but one energy—it is a creative energy. Thought, I would say to you, is *all* energy, but when you start to think of thought and intuition coming to the human brain, then it has to be used on a different frequency range. Is this too complicated for you my dear friends, because I feel as if you do not quite understand yet? It is a confusing subject, but you have to remove yourselves from the way that you normally think, but you are restricted because of the human brain and all thought and thinking

has to function through this human brain; that is the problem. Again I would say to you, try to perceive it on a spiritual level and then and only then will it seem to become just a little clearer.

George: Yes, this may not be quite right thinking, but I'm beginning to think of the spiritual thought more as a living, growing, fluid thing, while the brain output is much more of a mechanical, **(Yes)** non-fluid nature.

Yes. When the lady speaks of intuition, of course that is the human brain picking up the spiritual thought—the spiritual energy; but it has to be transmuted in some way and because of humankind having freewill, it is often placed to one side. But that is why you are here. But my purpose in speaking about thought, is to help you to understand the wider issue of energy and until you can leave behind the human thinking and allow yourself to be that spiritual energy which you are, then we will always have some difficulties. But my dear gentleman friend has explained it quite succinctly I feel for your understanding. Perhaps we should leave it here for now and I will endeavour to clarify these words in order that they become more acceptable to you. It is a difficult subject, but I felt perhaps it was time to introduce you to wider thinking.

Mark: I can see that it is helpful to know the difference between the rather crude and limited workings of the human mind/brain and the purer thoughts that come through. I can see it is helpful to think about that.

Yes, in your thinking will come understanding and it is entirely open to each one of you that you think clearly and long about my words, because only then will the Spirit be free to experience what we call true spiritual thought or spiritual energy, whichever you would prefer—but thought is energy. Perhaps it would be kinder to you if we would discard the word 'thought' and speak only of the different vibrational energies that exist. Always we find the human words to be most cumbersome in understanding. It is always a problem for us to try to help you to understand more easily the workings of your own selves. After all the humankind/the human body is but a mechanical vehicle which is used but for a very short time. But it is for your own *good* shall I say, that you recognize that you are far more than this mechanical vehicle.

Sarah: I remember when you first came, Salumet, you said to us when we are in Spirit that all communication is done by thought, and I am finding it helpful imagining myself to be back in Spirit, completely away from this Earth and then to imagine how I am going to communicate, and then that is spiritual thought, not physical thought.

Yes. It is a barrier for you, these human forms, but with—I will use the word again, 'thought' you can recognize your own being, your own form of energy, your own vibrational energy and use it successfully.

George: There is one other question which might connect here: we talked recently about the random event generator machine which seems to detect collective consciousness thought—it seems to detect the energy. Would that detect just the spiritual output or would that also include brain output? Would that help clarify things?

I would say to you my dear friend that anything which tries to capture energy cannot always be *pure*. Therefore I would say to you that not only would *spiritual energy* but also *negative energy* would be picked up. Do you understand?

George: Ah yes, and the negative energy would connect with the human brain output. **(Yes)** Thank you that does help clarify.

Mark: The negative energy is also very powerful, isn't it?

All energy has its own intensity. Yes, you are correct.

Mark: When you feel that someone is angry with you, it is a very powerful—

It is tangible, would you not say? (Yes) That is the intensity of the energy. Would you give this instrument some water? (Pause while Lilian gets a cup of water) Is there anything else you would like to discuss?

Lilian: Are you still not ready for the names?

No, I will return to those. I feel that this *'energy talk'* was more important, while it remains fresh in your mind. Although it was informative for you to know about the names, it is not a teaching as such. It mainly was for pleasure and understanding for yourselves.

Graham: Does the process of meditation help you heal the *spiritual thought* as opposed to the *brain thinking*? Does it help you to separate the two, to understand which you are embarking upon?

Yes. True meditation my dear friend excludes the human brain. If you are in what you call meditation in the proper sense, then all human thinking should be quiet.

Graham: This must be a good thing to do for us.

Of course because then comes forth the Spirit, that true part of you, you understand? (Yes) That is why we always encourage you to have quiet times, not only for your benefit, but so that those in our world can come closer, because what happens to you is that your energy is *quicken*ed and ours *lower*ed, in order that the two can communicate. But that is where you will find your *true self*, in the state of deep, deep meditation; not the meditation of the light kind, because the human thinking is still rather close. The meditation I speak of is the one where you do not exist in the sense of feeling. Do you understand? (Yes) Where the human form no longer belongs to you, but only that energy is left which we call Spirit. That is true meditation my dear friend.

Graham: When we try to achieve this, you shouldn't strain for it or reach for it, but just to calm yourself from within.

All you can do is to call on us for help if need be. You do need quiet space, you do need to develop a quietness within yourselves which comes only from practise. Most people find that everyday thoughts intrude; it is only with practise that these can be dispelled. (Thank you.) Ask for help to still your mind when it is difficult. Are there more questions?

George: Perhaps this is more general, but your raising of our awareness through our teaching, would I be right in thinking that this keeps prophecy on course rather than changes any prophecy?

Yes, I understand what you say. All I will say to you my dear friend is this: that energy does not stand still, that prophecies made can also be changed, because energy is not static. But what I would say to you is this my dear friend: That what you are thinking of at this present time is quite right, that the prophecies made are on a direct line of evolution. But I want you to understand that what is said today, because of freewill without all of the planets, can change; you must always remember this. Many prophecies have been made that have not come to fruition, and again, there have been many that have. What I want you my dear friends to understand is something a little wider than what is given. We have broached this subject before when I told you that what belongs to what you call *'the future'* can be changed. Do you remember? (*Affirmed*) I hope your knowledge of these things is greater now than then and that you understand that many, many prophecies which have been forecast have been correct at the time of saying, but do not be disappointed when these are not fulfilled, because again with the energy of thinking, all energy is transmutable. Does that answer your question my dear friend?

George: Yes thank you very much.

I would just like to say my dear friends before I do leave you this time, I wish that each one of you could see the colours of your own thinking within this room. I am sure you would be truly amazed, because each one of you is so different—your energy patterns—and yet you belong together in that union of thought and energy which first brought you here and which belonged to you in previous times. But when you understand energy thought more clearly, you will understand what I am saying to you now. There is unison and yet each one of you is apart. My love for you my dear friends grows more each time we meet. (*Thanks expressed*)

George: I think that is wonderful. When we read through the transcript we shall feel more in tune with what has been said. I think this quite often happens, we hear it from you and then we read through the transcript (*Yes*) and that reinforces.

Yes, I feel so often that my words to you are repetitive but I do this for good reason.

Mark: That's our fault, isn't it?

I would not say *fault* my dear friend, but you are of course quite young in understanding. All of you have much to learn and again I am grateful for the time which you have given to me in love; and with these parting words I will leave you. (*Thanks + farewells*)

~29TH April 2002~

Good evening. (*Greetings*)

I have spoken to you my dear friends a little about energy. I hope it has given you much to consider. I would like to say to you just a little more that at this time of the Earth planet's evolution much what we shall call '*light energy*' is coming to this planet. You know that energy has always been and always will be, but at times it becomes necessary, that *light energy* be directed to many different planets. I can tell you my dear friends that at this time in your planet's evolution it has become part of the scheme of all life that the inhabitants of this planet become much more aware consciously of all that has until this time remained within the unconscious mind. It is necessary that mankind upon this planet awakens to all that is deep within, not only concerning this lifetime, but to go deep and to become aware of all that he has been. I told you when first I came, that there were many who came to help and to uplift and to influence, but what I am saying to you now is that within the scheme of life, *light energy* is being used much more for the purpose of awareness within your planet. Whether your understanding is great enough—that is an individual question for you—but all I would say my dear friends is this unconscious awakening is beginning to take place. That is why there are many such as myself who come to help, to uplift and to teach, to help you in your understanding. You know and you understand that light and dark energy belongs to the same energy, but *light energy* must always succeed if mankind is to become conscious of the Spirit within. You understand this? (Yes) What I can tell you my dear friends that soon all of you and those in your world will become aware, either by word of mouth, or through your media, of new forms of communication. I told you some time ago I believe that this would happen and the process is now in place.

George: Could I ask is this a spiritual form of communication? Is this like telepathy?

Yes, there are many forms, but many new forms have been introduced—I almost said '*created*', but that would be a false way of putting it—it is new only to you on this planet, but until there can be communication mind-to-mind, then there will always be much difficulty. Mankind now is beginning to awaken to all of this communication. You already know that many have communicated through your machinery. You are aware, I am sure, it is taking place throughout your world and as the awareness grows, then we can do more. Do you understand my friends? (*Affirmed*) This earthly planet has reached a point in its evolution where it is of course a teaching planet, but it will become one of awareness, one of great and deeper thinking. I have told you my dear friends that the fear on this planet is almost tangible. There are so many what you call 'disasters', but which you now know to be part of the scheme of life; but it is now necessary that mankind begins to feel for himself. You notice that I do not say 'think' but '*feel*'. And that sense comes from our world; it is understood more in our world, because what you *feel* is what you *are*. Do you understand? (*Affirmed*) Are you sure?

Lilian: Would it be we can feel within ourselves when things are right and when things are wrong? Is it that sort of feeling?

When your what you term *intuition* comes to the fore, that is the Spirit speaking to you.

George: I think in a way you are telling us that our perception knows no bounds.

Yes. It is better to *feel* than to try to curb those feelings with the thinking of your human brains, because that my dear friends is what happens—that the brain and the way mankind has evolved interferes with that inner sense of feeling. You know this only too well within this room, but there are many, many thousands in your world who do have your perception of what Spirit is about. They are the ones we must try to reach. If this planet is to evolve from one of learning, then we must take these steps forward, not only from all of you my dear friends who do so much, who listen to my words and in your own different ways pass on this knowledge. You have, my dear friends, done much good work between you

in giving forth the truth. I do not say that all who have been spoken to have accepted those words, but I can tell you that therein lies that seed which is needed for the development of the Spirit. There are too many within your world who are lost; they have lost themselves and that is why we come to you at this point. I have felt it necessary my dear friends to repeat this time many of the things I have told you previously, because your planet at this time needs upliftment, needs much love—not only the Earth planet, but many more within this, your universe; and this is something we will talk much about at a future time—where this planet sits among your universe and what relation it has to those other planets. You know of course that one cannot exist without the other. It is a pattern of existence which follows that great energy which has created all things and although I tell you that much help is needed, I say also it is the plan of life.

Lilian: The *light energy* that you've spoken of, in time if people came from other planets to visit and we were more aware of this *light energy* and spirituality, this would help us to accept them, wouldn't it? Yes, because mainly they are light beings, but you would need to have the awareness to recognize it. You are quite correct in that assumption.

Lilian: We would need to have the awareness to recognise—

—Their light energy. They are beings of light themselves, many who come to your world.

Lilian: So we could actually see them if—

There are many amongst you in your world—call them teachers, call them people whose light shines out to many—they are the beings of light in your world, they are the beings of light to come, whose whole purpose is to help the people on this planet.

Lilian: Yes, I think we could think of one or two, but—

One or two—there are many, many at this present time. It need not only be those who are well known to you. There are many in your world at this present time who lead what you would term an ordinary life, but whose light shines so brightly that people are influenced by it. So do not always assume that they are people of great knowledge, or who are known to many, many people. Of course there are those who exist in that state, but there are also many, many more who wish to come to this planet to be an ordinary person amongst you, but whose light is too strong not to be recognized. Do you understand what I tell you?

Lilian: Yes I do.

George: Yes, would it be true to say that in past times there had been these light people in regions in the east, in the Himalayas, more so than in the west, but now we have a situation where they are much more widely spread.

Yes, of course. It involves all of your planet, not sections of it. It is important now that the whole of your planet is able to digest knowledge and truth and this is what we are about. It will not happen in one day, one week, one month, one year—it is part of the growth of the planet—but I can say to you my dear friends that it will come sooner than you could ever realize.

George: That's good news.

Slowly, slowly I have said to you often, and this applies also to the gaining of knowledge and awareness. Do you have any questions for me? (*Lilian then asked Paul if he had a question*)

Paul: Not at the moment unless we were going to talk about the name vibrations, but maybe you want to save that for another time.

I will return to that, I have not forgotten. I just feel that at this present time that to know a little of the energy and what is happening is what you need for now. Remember, time means little and I will return to many things. You have no questions which I have spoken about this time?

George: Can I go back to the beginning when you were talking about white light. I took this to be a spiritual light and I think it is now clear that it relates to beings who are visiting and these will raise our energies and vibrations so that we rise above our physical selves. Is that a way of putting it?

Yes, that would seem accurate for your understanding. You understand when I use the words '*white*' and '*light*' and '*dark*', again I am governed by your human words. The difficulty always in explanation, in trying to explain simply to you just what these energies mean. '*White*' in your human understanding

stands for goodness, does it not? (Yes) Therefore it seems sensible to my way of speaking, to use the words that you can understand easily. Therefore 'white energy' or 'white light' —words are really quite irrelevant to me, but I use them only for your understanding. So therefore, 'white light' or 'white energy' signifies purity, an energy which is so pure that it only transmits beauty and love and light.

George: Yes, thank you, that is wonderfully clear. I just wanted to clarify that point, because there are a number of scientific people who in the first place will think of sunlight and I knew you were not thinking of that.

No, you again must think on a spiritual level. Always my dear friends think on a spiritual level and all will become clear. If you try to think in human terms, then all will become cloudy and confused. Thank you.

Lilian: I don't think we have any more questions. Again I think we need to think over what you have said.

Yes, it may be a good opportunity this time as I leave you that you allow the feeling of *light energy* to enter within, to allow that Spirit to come forth, to sit quietly and to see what you feel. You may experience some form of energy around the top of your heads or you may feel something entirely different, but I would suggest my dear friends, as I leave you this time to see what you *feel*. I will leave it to you my dear friend (*Lilian*) to take charge of each individual as they feel this energy come to them. If anyone should feel a little discomfort, then please do ask for it to be removed. Remember that *light energy* is really pure; it comes in love, but it is an energy that you cannot dismiss. So, my friends, I leave you this time once more with my love, once more with the knowledge that we will meet again and also that as each meeting ends, your own *light energy* grows. (*Thanks + farewells*)

~13th May 2002~

Good evening. (*Greetings*)

This time my dear friends can you feel the unity between you? Each one of you is now aware of your own growth when it is in relation to other people. By joining together like this, the bond strengthens; I think you would agree? (*Agreed*) I want you to think not only of the unity between all of you within this room, but to think of where you are placed within the planet and all of the cosmos. What are you feeling when I say those words?

George: Very small and very big at the same time.

That is a very good response my dear friend. We will talk a little about this blending, not only with yourselves, but with all of existence, but firstly I want to say to you my dear friends this: Each one of you has come to this Earth plane with many qualities. You know of course that all good qualities within mankind belong to Spirit. What I would like you to consider this time my dear friends is which quality that you have brought to this lifetime do you think has grown most? This will not be a simple question for you, indeed you may have to think about it quite deeply before you can answer. I want each of you to participate in this discussion in order that you all understand not only individual qualities, but the qualities of Spirit which you possess as a whole. Hopefully my dear friends you should see a pattern emerge.

Lilian: The pattern between ourselves?

Yes. I will give you a moment to think, then perhaps individually you can say what you *feel*. This is an exercise for you all in understanding, in knowing each other's qualities and in so doing beginning to understand yourselves. So, when you are ready, let us begin and we will all listen, not only with the physical brain, but with the mind, which of course belongs to Spirit, and with that thinking should come more understanding.

George: Yes, the first question about growth, the simple answer is that I feel I have grown in love more than anything, because that does embrace all, but growth in understanding things runs a close second. As regards the bond between us all, it is something that I can *feel* and something which is very comfortable, but I find it very difficult to define further than that.

Lilian: Comfortable with one another, very much.

Margaret: That's how I feel. I can't explain it, but when I come here I am a different person. With all your guidance that you've given me in the past and I just feel that if I didn't come I shouldn't be able to go on.

And which quality do you feel my dear friend has grown most with you?

Margaret: The understanding of other people.

Understanding; yes, well already we can see that with only two people using words, that *understanding* is already a connection. Would the others agree that this is so? (*Agreed*)

Lilian: Thanks to your teaching, I must say. Before we judge someone, we think about it as well.

So, are we saying that each one of you finds that understanding has become greater in all areas of your lives? (*Affirmed*) So already we have unity for *understanding*. May I say to you, why do you feel that this one quality should be uppermost for all of you?

Sara: Because in understanding ourselves better, we can immediately understand other people if we want to. **(Yes)** I think that the reason we are comfortable with each other here is because you have encouraged us as a group to increase our understanding and remove our judgement of others, so within this circle, through the course of time, we have become open with each other about our struggles in life and, with your encouragement, we have been able to try not to judge each other; and when you have that situation, you can then apply that to the rest of the world if you wish and if you can train yourself to think twice with other people also.

Those are important words—‘*if you wish*’—yes, enters again that freewill. Yes, it is easy to feel the unity amongst a group of like-minded people; where the greatest achievement is attained is when understanding reaches out to those in life that you find to be most difficult. Only then will you have true understanding with love. It is in the difficult moments and with people that you do not instantly—are drawn to—that is when the quality of understanding is greatest. I am sure that each one of you has encountered people upon this planet who seem to exude kindness to all people, a kindness and a generosity of Spirit which comes naturally to them. That truly is spiritual understanding, because in having no judgement of another what you are saying is that you have grown to such a degree that there is no need to judge. So, I feel that at least all of you in having this bond of understanding, you can see how, as a group of people, you have the ability to grow together. It is important my dear friends that you know this, because in the knowing comes greater understanding, greater love, greater fulfilment. And after all, as the lady has said, it is imperative that you understand yourselves fully, before you can truly understand another being. Are there more qualities that anyone would speak of?

Lilian: Mark?

Let us hear from the young gentleman.

Paul: I think this understanding in terms of judging others, having everyone as—I feel I have got the knowledge now that *everyone is equal*, no-one is any better than anyone else on the Earth.

So, equality for you is an important issue.

Paul: Yes, I think it is one I hadn’t understood.

No, but you must realize that equality belongs not only to humankind, but to all kingdoms: animal kingdom, vegetable kingdom, all of creation.

Paul: I have a feeling that animals are no less important than humans.

Why do you have a feeling? It is but truth, that although their purpose upon their planet may be different from your own, it is nonetheless as important; so that the animal kingdom is evolving in its own *right*. Mankind, I am afraid, sometimes feels that the human being is far superior. Let us dispel that now. That brings us back to the word you have used ‘*equality*’.

Paul: That is what I have felt for a long time. Cutting down a tree *feels* like committing a murder sometimes maybe, because it extends to animals, trees and all life I suppose. **(Yes)** Nothing is better.

This is a good road to travel and I would say to you it *is* a lesson in this lifetime which you have found, because I would say to you my dear friend, it is not always a quality that you have possessed in past time. So, I would say to you, ‘*well done*’ in recognizing what it is you need to learn.

Paul: Thank you.

What about the gentleman, please?

Lilian: Mark?

Mark: I suppose I have learnt that everything’s important, really.

Important or less important?

Mark: Everything's more important.

In what way my dear friend?

Mark: It's difficult to say.

It is words I know, but I would like you to fully understand the meaning of what you are saying. All of life is more important?

Mark: Yes, it feels more important, all of life, people, the way of viewing things.

So in a sense are you not saying what the other gentleman says, that all of life is equality?

Mark: Not the same thing, no. It *is*, but I was looking at it in a slightly different way, I think, that all of life has become much more meaningful.

Ah, *meaningful*. That is a better description.

Mark: And in gaining its meaning, yes I suppose the result is then that you have respect for more of life.

So what quality do you feel has grown within yourself?

Mark: Respect for it, maybe.

Respect for life. But may I be so bold as to say to you that people who are devoid of spiritual knowledge also have a great interest in life. Do you see what I mean? It is not necessarily a good quality that so many people should worship living in that manner. It only becomes good when love and understanding *join with* that love of life. Do I make sense to you my dear friend?

Lilian: Yes, forgetting the spiritual side of things.

I feel he is confused.

Mark: Can you respect life, if you've forgotten the spiritual side of things?

Yes, because people cling to living when they believe in nothing else.

Mark: When I talk about life—this is words again—I'm talking about life as every aspect of life.

Existence, yes.

Mark: Not just—

I know. I hope I am not confusing you, but I am trying to point out to you the difference between the qualities of life. You understand? (Yes) Of course I know that your love of life is different from many others, because of your awareness and your understanding, but I wanted to point forth the point that love of life is not always necessarily a good quality. Can you see the difference?

Mark: Yes, if we are using a narrow view of life.

Yes. For example let me try to explain: If you have two men and you have a situation where help is needed, one of the men will give generously all of his time, effort and love to help. Another may offer money, because he has much, but he does it for his own gratification. But on the surface both would seem to be most generous, but can you see there is a difference? (Yes) And that is the point I was trying to place before you, but of course your love of life and all things is admirable. Do the others find the connection here with the gentleman's words?

Lilian: Yes I can see where Mark is coming from.

Do the others view this also, that their love for life is intensified? (Agreed) So again we have that bond and that unity.

George: Yes, as you made the point, it goes together with our understanding.

Yes, yes but although each of you are using different words, always we come back to that strength, that bond between you. Again I say to you, each one of you is different and yet you are all connected. Can you see as we go along how strong those words are? (Agreed) Now, what about the ladies?

Jan: Well, growth-wise I personally feel that it's taken me 42 years to actually believe that I have started to understand why I am here and that is liberating, and I hope I can open that up to other people, but for the time being it's why I am related to the lady on my right (*Lilian*), why I married my husband, why I have my children and why I chose my parents. So again that all comes down to *understanding* and I know I have a long way to go, but with that understanding obviously comes a greater love for them. I think I then receive greater love and I feel I receive—the love was always there, but I feel it in a different way, if that makes sense. **(Yes)**

Lilian: More of a caring, would you say?

Jan: Yes, the love that you receive, you can't see it, but perhaps you give off a different light **(Yes)** or an energy that other people bounce back on from.

What you give, you receive in some form, but may I say to you my dear friend, as you have brought up a period of time, '42 years you say', that is but a blink, I believe you would say. (Chuckles)

Jan: I appreciate that but it was just my comical way of explaining that, as you are probably aware, for many, many years I struggled with who I was, **(Yes)** how I should behave and I believe now that I am at the beginning of how I want to carry on.

And also, you have gained in as much as in the physical sense you have much more, how do you say, 'sense of humour' about life. You did not always have this.

Jan: No, I was very much the other way to be honest.

Yes, so in that sense also, laughter and happiness spreads its wings to many people. (Yes) Yes, and again as you have said, it is basically a greater understanding of all things.

Jan: Yes. If I look at, take for example my parents and I was speaking to the lady on your right today, and I have a greater understanding of why they are like they are, or I am trying to, and I know I can't change their path, and I used to think I could and I now know I can't and I can just *accept* that that's how they are. Do you understand what I am trying to say?

I believe all of us can accept what you are saying. I think your words will—

Lilian: We have all been there.

Yes. For many that understanding is there. But you will never achieve perfection my dear friends. In growing in the way that you have, and quickly I might say, you cannot do more. You can only join together, listen to each other, listen to my words and those of others and try to make sense of what this lifetime is about. You will never be perfect whilst in these physical garbs, but I can say to you, if only you could see the light that shines from each one of you, I know you would be amazed, because also with understanding my dear friends comes humility and this is a quality again that each one of you has attained. Think about that also. Can we hear the other lady please?

Lilian: Yes, I sat here thinking how more I am aware of the beauty of things. Just before my friends came, my adopted cat sat on my lap and I was just thinking how beautiful, the fur and the whole cat, and the leaves on the tree, and the beauty in things I have noticed much more.

Yes, because you are using your Spirit eyes—that is the beauty you behold. And again it relates to all the others in having a greater understanding. (Yes)

Jan: I think it is very difficult to sum up in one short statement how you felt or how you've grown. I think each one of us, like you said Salumet, no matter which one speaks, we can all relate to the unity amongst us. There may be many voices but in fact there is one voice.

Yes, and that is what I wanted you my dear friends to realize this time that this bond, this unity, this awareness can never be destroyed; that as you grow whether you be together or apart, it is a bond, an energy, which has grown and become stronger and, as you know, energy can never be destroyed. So, build on it my dear friends and, as I say, life for you I cannot promise will always be easy, but life for you holds new concepts, new visions, new ideals which all of you can take aboard. I hope that before I leave you, that you will feel the love energy which I extend to each one of you. I hope that you will *feel* that within this next week of your time upon this planet, that you feel the strength and beauty of our love for you. Perhaps next time we will discuss if what you *feel* has any connection with any of the others.

Sara: Salumet, could I just mention two more words? **(Of course.)** I think I have felt much more energy, so more *dynamic*, that's another thing which I have changed **(Yes)** and *balance* as well, because the balance of giving to others and giving to myself I *feel* is better. **(Yes)** So it is good to study others, but obviously there needs to be a balance in studying oneself too.

Yes, until you know and understand the self, you will never—well perhaps that is not the correct word—you would find it more difficult to help others. You, of course, need to be balanced in body, mind and Spirit if you are to maintain a healthy outlook on living. You need that aspect of yourself to be strong as well as developing the spiritual self, but of course the two always go hand-in-hand. Would you agree?

Sara: Yes I would. And I think the other quality I've developed, apart from compassion which comes through understanding, **(Yes)** is *strength*, because I think when I was younger I was sensitive, but more sensitive in my youth to perhaps dislikes from others. Now, with understanding, I feel strong, because dislikes may be there, but they do not have the impact.

Yes. What you were feeling was the emotional side of your nature, rather than the spiritual aspect, so of course, you can remain sensitive in the spiritual sense, but you *can* forgive others for unkind things more easily, because the Spirit is stronger and as you have said, the understanding is greater.

Sara: Yes, that is right.

Therefore, I say again to all of you, think about the words each one of you has spoken and think of the unity and bonds between you.

George: Could I just say that one other factor in our unity is that we have come together for *seeking* and we have had the benefit of this wonderful and patient teaching from Source which you give us. Thank you for that. (*Agreed*)

I need no thanks my dear friend as I have said to you on occasion, it is much love from you that brings me to you. Without that bond and love between you, I could not be here; remember this also. And you also give to me much love, much help and understanding and I cannot tell you in words what you have given back to me and those from my world.

Lilian: Could I just ask a question on something that happened to my mother? It may be nothing spiritual but maybe. She had fallen asleep and when she came to she was looking towards the window and she thought that I was peering in the window; and I wasn't, in fact I think I was with my grandchildren at that moment. She was so sure that I was looking in the window that she then waited for me to come into her house. Could that have been a part of me or was that just a coincidence of her dreams?

It is no coincidence. It is the fact that she has taken a step closer to our world, that her spiritual eyes are more aware of those who are usually unseen. Of course, it was an aspect of yourself, otherwise she would not have been able to see, but it is because she has stepped a little closer. As you step closer to our world, all things spiritual become more heightened.

Lilian: I know she saw her sister, who has been gone for a while, very close. Again she came from sleep. **Yes, this is the state when all things that you call spiritual will take place. But do not be concerned, she did indeed see the aspect of you.**

Lilian: Yes, I did wonder.

But it is only that the spiritual eyes are more aware. (Thank you.) I must leave you this time. As I have said, my love remains with you and I am sure that you will feel in these coming days much upliftment in your lives. (Thanks + farewells)

~27th May 2002~

Good evening. (*Greetings*)

As we begin this time, let us give thanks for the love and security which we feel within this room. We give thanks my dear friends this time, because there is at this time much fear which emanates from your world. In the past year of your time there have been not only changes within your world, but subtle changes in the heavens, the planets of which you could not be aware. I want you to know my dear friends that the fear which holds so many in this world in its grasp, will shortly dissipate into a climate of less fear and more hope. I have told you that there is nothing for you to fear, but it does not stop the many, many people within your world from being afraid of life, because they do not have the knowledge which you possess. There has been in the past months, many old fears which have surfaced to create distress among many of your fellow men, but again I say to you, *'fear not'*. There has been influence, much work done from our world to influence those men of power to see their own spiritual growth in order that that Spirit stands forward and creates new harmony, new hope amongst their people. I know each one of you understands that in each nation of your world there are inherited difficulties, which need to be overcome. You are aware my dear friends I know that again there are distressing areas where people need help, where people cannot live in harmony and love, but are against each other. There are

natural disasters and there have been many in the past. But remember my previous words, that all of these happenings have a purpose, a purpose which you may not understand, but which I can assure you the outcome will be much better; it will be much better for all concerned. I have told you that it will take much time before mankind realizes that the importance of living is LOVE, but it is love towards all other human beings, it is *understanding* of each other, it is being able to *live together in peace and harmony* without necessity for *greed*. Forgive me my dear friends if I have repeated these words once more, but at this time in your living, I *feel* it is necessary for these words to be said once more. Remember to send your loving thoughts to *all* of mankind. Would anyone like to ask questions?

Sarah: Yes, Salumet, in the beginning you said there were subtle changes in your world, in other planets—I can't remember the exact words you used. Were those changes effected to compensate for the problems that we have got here, or were they just happening anyway and that assists in the problems?

The subtle changes I spoke of amongst the planets are a natural progression of the planets. You cannot have compensation of other planets for one planet; *all* must grow together, *all* must change together. Those of you in your world who would understand the movement and changes of the planets within your solar system will understand better what I say. Does that answer your question?

Sarah: Yes it does, but how has that affected us? It is just a natural growth? It has no consequence with the troubles we have got here?

It is the evolution of your own planet which is creating the problems here. It is that simple, but in many minds it is not simple but *tragic*. But remember that even all of the planets have a karmic effect at times. Do you understand? (Yes, thank you.) Do we have more questions?

George: The part that we would not understand, I believe that would relate to karmic return and I think that the karma that would be concerned, concerns those on the planet as well as those in Spirit. Would that be correct?

Yes. Karma relates to all living things, on this planet, on other planets and within our own world. You cannot change your karmic debts. You must accept them and they must be worked through, but you cannot ignore them. It applies not only to all living things, but as I have told you, to all of the planets, to all of the universe, to all of existence.

George: Yes, hence it is beyond our understanding!

I am afraid so at this present time, but that does not mean that you cannot dwell upon it and perhaps gain for yourself a little more understanding.

George: And the problems and the fear that we experience at the moment, it seems to go with the nations and groups of people. In our own society there is much concern with crime and with greed, and across the world at the India/Pakistan border there is military confrontation and many in the world will have concern about that. Is this the sort of fear and concern which you had in mind?

Yes, of course, and I would expand it a little further, in as much as to say that all nations within your world today have problems of one kind or another, but these '*problems*', as you like to call them, will be worked through. Mankind and the world is becoming much smaller in as much as that communication is greater and understanding is there for the asking. You understand what I say? (*Affirmed*) Remember, and I say my dear friend you have used the word '*thought*' and that, my friends, is the most powerful weapon that you have. It comes not only from our word but from within each one of you. Each individual has the power to change much, but again I say to you, it is within your hands to do so. Do we have more questions please?

Jan: This is not a question, but it is a feeling that I have had recently. I obviously can't see and feel the rest of the planet but—

Let me stop you there. You cannot feel and see the rest of the planet? Why not?

Jan: Can I finish what I was saying (**Yes**) and then maybe it will make more sense? (**Yes**) I have been picking up a, for want of a better word, '*feeling*' that at the moment the world around me is in like a healing process. The nature around me seems to have balanced this at the moment and things seem to be growing better than in the last couple of years and I just get a sense that this ever-turning planet of ours has a—I don't know how to describe it. I'm just sensing a healing at the moment in nature.

Can I say this to you my dear friend: Your perception and awareness has grown much and this, I know, you will agree with. (Yes) Because your own perception and awareness has grown, that Spirit shines forth from within. Therefore your perception of all that exists around and about you, takes on a different hue. Do you see what I say to you? (Yes) Let me say for example, if you are completely engrossed in your own world, in your own problems, does not the rest and the people around also seem to be so? You see only what is distressing and what is not so good, shall we say. (Affirmed) Therefore, what you are experiencing my dear friend is that love and healing energy which exudes from within *you*. Do you understand or do you need more explanation?

Jan: I can feel the love that you speak of and I am aware of the changes deep within me, (Yes) but I have a problem some of the time knowing how to react to that spiritually, because sometimes it can take me back and I am not quite sure where I should be going with that feeling or thought.

Then you must be *still*; you must be still and allow those answers to come to you as they surely will.

What is happening in your life if you look into one of your mirrors, what do you see? It is an image of *you*, it is a reflection of *you* and that is what is happening. Remember what I have told you that as you grow, as you take these steps on this pathway, life does not always become easier, but sometimes seems to be more confusing and more difficult. You can understand this now?

Jan: Yes I can, I couldn't before and now I can with increased regularity.

Yes, but take heart, because it should tell you that indeed you are taking a step forward.

Jan: That's comforting, yes—I know this, I know this within myself.

Yes, but again we have interference from the physical thinking. (Yes) Always this is the problem with you my friends. It is always difficult to put to one side the thoughts that come to the physical brain, but as you grow you begin to recognize it, do you not? (Yes) Or if you do not, then you should, because each of you now has the knowledge to understand how you must go forward. So, be still when you are confused and ask that the answer be given for you.

Jan: When you first started talking to me, you were about to stop me and ask me why I thought I couldn't see the rest of the planet. Can you explain?

Yes, I will continue what I was about to say, that all of you, each one of you, when you speak of feeling and sensing, those are attributes of Spirit and each of you has the power to *see* and *feel* and *sense* and become part of all things, but again it is your responsibility to attain these things. It is not that you cannot, it is that you have not tried or do not wish to. Do you see what I say?

Jan: Yes, I do and obviously my words were chosen not quite correctly. In my opening statement—I can see what you mean, I should be looking further (Yes) and not just at *my* surroundings, but if I can sense that, I will sense further and further.

Not only sense but become *part of*. Yes, you have, to a smaller degree had that sensation of all-belonging.

Jan: Yes I have.

Yes, so you understand a little of what I speak of. (Yes) Again, you see my dear friends it is fear, it is a form of fear that you doubt yourselves; but it is a human condition that each one of you are well aware of, but I say to you, *be still* and you will find the answers always. (Thank you very much.)

George: I have a different type of question. I heard this week that scientists have discovered what is termed a 'zero point field', which is seen as an energy source or a type of energy which stretches through the entire cosmos. This could have quite deep implications for planet Earth and I just wondered if this was one of the energy discoveries that you referred to sometime back.

Yes, I have held back my words to you, because did I not tell you that there would be many discoveries on this planet that were unknown at the time of my speaking to you? (You did.) There will be many, many more discoveries, not only on this planet, but beyond, and those who study the planets will also discover many more things which will be helpful to mankind.

George: Could I enquire if this discovery has been made before by past great civilizations?

Yes, a simple yes will suffice for now. We may, at another time, discuss with you, because I know you have a mind which is active and curious and is ever-turning. Therefore we will discuss just how much

knowledge man had and that knowledge has disappeared from mankind—what shall we say—*understanding*. But yes, this is not new as far as mankind is concerned, it is just little known of.

George: Yes, I appreciate your words, thank you very much for that.

I think for this time as I leave you, that it may be appropriate as I have discussed with our dear lady friend, that to *feel* and *sense* is something that should be worthwhile to you all. Therefore I say my dear friend, let us devote some time to quietly sensing what is around us. I will leave it with you my dear friend (*Lilian*) that you either quietly discuss it as you go along and allow each to speak, or you do it as you wish.

Lilian: Yes, we will sit quietly for a little while.

I will take my leave knowing always that you are surrounded by my love, that I come to each one of you in times of need to try to uplift you, to help you and to support you. (*Thanks + farewells*)

~3rd June 2002~

Good evening. (*Greetings*)

The delay in speaking to you this time my dear friends has had a purpose of which I will inform you now. Those who stand close to you all have asked permission that they may see you all in this situation as a group of people, but what they look at is the Spirit and not the human form. Why should they wish to do this, I hear you ask. Because my dear friends as you come together as a group of spiritual beings, then you are exposed for all to see. There are those in our world who also need to gain knowledge from such activities. They will take back with them some degree of knowledge from each one of you. I hope that some of you at least have been aware of their presence here. Have any of you felt their presence?

Sarah: I felt not exactly a single presence, but I did feel different around me tonight.

Sara: Now that it has been mentioned, I think I did feel the same on reflection.

Of course there would be no great degree of change, but as you know, subtle differences are more likely to occur, because as you understand, your awareness is not total, is not complete as spiritual beings. Still you are hindered by the human thinking, but it is good that at least some of you have felt this difference. I feel my dear friends that this evening should be devoted to any questions that you may have for me. So if you have questions, let me see if I can help you.

George: We have talked about the various, or some of the Source teachings before and there was one from the Source known as the 'Divine Pymander', a teaching to Thoth of Egypt. His teaching divided everything into three headings: God and eternity as one, the cosmos with its duality of material part and spiritual part as another, and man with his duality as a third. And he then goes on to say that *time* was born of the cosmos and its processes. I think this is in line with other teachings, but perhaps a slightly different way of looking at it. Would you have any comment on *time* being born of the cosmos?

Of course you understand my dear friend how difficult this topic of *time* is. We have spoken briefly before about *time* and your understanding of *time*, but what you must understand that *time* belonging to eternity, the cosmos or all of existence is a totally different factor in comparison to *time* as mankind understands.

George: Yes, he was talking about eternity as being timeless.

Yes, this you know and understand; I have told you this previously. But of course when we speak of eternity we speak of energy which has been transmuted and is ever growing, is ever moving; therefore *time* becomes encapsulated within all of these things. Are you following me? Do you understand? (Yes) It exists only in so much as that energy is ever-growing and ever-moving. Therefore, again, I would say '*time*' is a word created by mankind to explain the existence of eternity. You understand? (Yes) It is a manmade word to try to explain what is unexplainable to humankind.

George: Yes, the difference of eternity and the processes of the cosmos. (Yes) Yes, I follow you.

Yes, I would say to you also that the explanation which you have given to me has been explained by mankind in many different ways, in many religions and may I make an example of your own Christian religion where there is the Trinity. Again there is the three-fold figure and in many religions throughout your world, these Trinities have been used in various way. But I would say to you my dear friend that all

of these emanate from what was originally the *truth* from the beginning of time when mankind began to reason and to think for himself, then there had to be explanation for all of the natural wonders and thoughts which entered thinking. Is that helpful to you?

George: Yes, thank you. Yes, the Trinity is something that seems very important to theology and not terribly well understood. **(No)** Is there anything further you would like to talk to us about regarding Trinity? I would say only this to you; that as far as we are concerned in our world, there is no need for explanation of Trinities or any other such numbers. I state simply to you my dear friends that all things and all *truth* have no numbers, have no *existence* of their own, that truth and *love* and all of *Creation* is but of one unit, which comes from the Source of all life. Again I would say to you that no matter what mankind says, no matter what prophets *predict* that the truth is, mankind will always find a way of explaining in order that he might, in his own small way, try to understand that which he cannot understand. Mankind will always be limited in his understand.

George: And this is perhaps where faith becomes important in some of our religions; the inability to understand.

Yes, because mankind is not capable of full understanding, then he needs to create for himself some form of belief, in order that he might clarify within his own thinking all that appears before him. There are not many within this world who have a great deal of knowledge to do with all of existence. That is why voices such as myself and others come to enlighten all of you in order that you see that it matters not what words have been written, that mankind must look within, must *feel* and *sense* what is real and what is the *truth*. Many, many words, many pictures, many articles of faith dwell in your world.

George: So conscience and intuition therefore become very important.

They are your tools of knowledge; it is as simple as that. If you wish to find truth, look within, then you cannot be wrong, because the knowledge which comes to you comes from a line of existence, which belongs to the Spirit. Do you understand?

George: Yes thank you that does help to clarify.

You have within you *all knowledge*. It is important that each of you use it if you are to *succeed*, if you are to succeed in your spiritual growth. All knowledge is open to you, but again I say to you my dear friends you are limited by your human brain. No matter how intellectual you may be, that is not the way of finding *truth*. You understand? *(Affirmed)* I hope that is helpful to you. (Yes, thank you.)

Lilian: Would you take a question? We will understand if you say no. It's about Graham's health?

I would like to hear the gentleman's voice.

Graham: Yes, I have had some difficulties with my walking again. It did get better for about a year and just lately I have gone off again and it is something that I find very curious and I don't understand it, and I was wondering if there is anything you could say to help me understand?

Yes, you want me to tell you what you must do?

Graham: Yes, if that is possible.

It is possible, but it is not wise. After all, each of you are here to learn from whatever lives you have chosen. I did give you some advice and I would say that it still applies. You may not have found what you are looking for yet, but I would say this to you, that you do need to give yourself more time as I have said previously, of *going within*. Because you see what you call your own subconscious mind holds all of the answers for you. I could of course tell you what to do, but that would not be helpful. This is something you must work through and I know and I understand fully that all of life's problems are frustrating and cause anguish to you all, but I would say to you my dear friend that you are growing because of it. And I know these words do not come easily to you, because so often we hear in our world, '*why me?*' and I would say, '*why not you?*' I hope you do not feel my words to be harsh, because I do not mean them to be so.

Graham: No, I don't feel your words are harsh and thank you very much for what you have said.

But I will say is, continue to search because the answer is there for you.

Graham: Thank you for that, yes. I will keep searching and I will try to find more time.

Yes, you need—I know in daily living that each one of you finds that time presses heavy upon you, but only, if only, you could realize that that time spent in developing the Spirit is time for your own *good*, your own *growth*, your own *development*. It also allows those from our world to come even closer to you, as they have done this evening.

George: Could I just ask, the searching that you talk of, is that searching within?

Within. All knowledge is within, but you have to free your thinking before you can go within. There are many ways to do this and I suggest that each one finds their own way, their own *key*, in order that they find that place within the Spirit where all knowledge is available to you. It can be done and it is part of life's journey that you should endeavour to do so. It would be much too simple for me to make life, my dear friends, free from all strife and worry, free from the problems of everyday living, but what would you achieve?

Lilian: We wouldn't achieve anything.

I could lift you, help you, cherish you and love you all. It is difficult for us who watch over you to see each one of you struggle, but it is part of our endeavour that we stand aside and allow that spiritual growth to take place.

Lilian: Yes we need reminding of that sometimes so that we can go forward with courage.

Graham: It is encouraging to think that these difficulties actually do help our growth (**Yes**) and I certainly do take a lot of comfort from that. I do feel as if I am beginning to look at life differently now and I can certainly see other people's point of view better—things that I wouldn't have noticed before.

Yes, it is an awakening of the Spirit. That is what happens and most individuals start off by small things in their lives. They begin to notice that they, as you have said, are more aware of others than themselves. That love grows within the heart and they are able to be more tolerant of their fellow man. I am sure each one of you within this room has had that metamorphosis, where you have grown, where you have felt that life has expanded for you, but what you cannot know my dear friends is how you have grown in Spirit. That knowledge belongs to our world, and you may be aware of upliftment, of consciousness, but you cannot see that purity of light which shines from each one of you; and I have to say my dear friends it is that aspect of your being which is important to us all. And I do assure you, no matter what difficulty life throws to you, you will shine through in Spirit. I hope these words bring comfort to you all in your struggles and I know each one of you have your own testing times. They may be different from each other, but to you individually they are a lesson in life which is difficult to cope with. But you cannot grow without struggle, and remember what I have told you, that the more you grow, the more struggle there is. It may be different for each one, but it is there. I hope my words have been useful to you. (*Affirmed + thanks*) If you would like whilst my energy remains, if the gentleman would receive healing using this instrument, I will direct some healing for him. I would ask only that he be placed in the centre of the group and each one of you direct your loving thoughts from the heart towards him. You may find that I will leave you as this takes place, so remember my friends that my love is always with you. Look within and the answers are there. (*Thanks + farewells*)

~24th June 2002~

Good evening. (*Greetings*)

This time I would like to speak with you my dear friends a little about what you truly understand yourselves to be. You know and understand that these physical bodies are but clothing for the Spirit, but how do you each perceive that spiritual being to be? This evening when I have finished speaking with you, I would like you to go on a journey inwards, and to you my dear friends I will put this question: '*Who and what are you?*' But the journey within, which I wish you to take, will be slightly different from anything you have undertaken previously. Each one of you is aware of the feeling of meditation, of peace and upliftment, and some of you clairvoyance, but what I wish you to try this time is to observe the observer of these things. Do you understand my dear friends what I say?

Lilian: The observer being someone from Spirit?

Within yourself. Let me give you an example. When you are aware of a picture or a person or whatever, you are looking with spiritual eyes, are you not? (Yes) What I wish you to do is to look even more deeply. You are the observer of these things, but I want you to *observe the observer* and see what you come up with. You may find this interesting; it is another exercise in your development my dear friends. And after all, we are devoting much time in this your earthly year, to helping each one of you to grow; that has been the purpose of this time. What I will say to you my dear friends, we have spoken briefly about what you call the beginning of time, we have discussed that you are Spirit, we have discussed many things about what we term 'energy', and we have come to the conclusion that we are but a small part of the Creative Force. You would agree? (Agreed) But I ask you now, how do you interpret that spark of Creative Force? I am putting to you difficult questions this time, but my intention is that each one of you gives time to finding out what is the true nature of your being. Do you understand my dear friends? If you have questions, let me have them now before you embark upon your inner journeys.

George: I would say I have always considered myself something of an observer, even from childhood and in those days I looked at the grown up people around me and they seemed to be *real people* and I felt rather like an actor. So, going back to the spark, I think during the course of living, that spark must have changed quite a lot. Does that make sense?

I understand your words. Of course, throughout your earthly lives there will always be change and knowledge. There will be an innate knowledge that lies within you, which you perhaps you are not aware of. But yes I understand what you say, but the observer I speak of is within the spiritual being and not the physical. You understand this? (Affirmed) You will find that the two are completely separate.

Sara: So he would be observing himself observing—to see with spiritual eyes, he would be observing himself observing?

Each one of you will observe the observer within yourselves. It sounds complicated and I do not expect you to have some kind of revelation, but I would suspect that each one of you becomes clearer in the way that you perceive spiritual eyes. Do you understand? (Yes) I sense a little apprehension.

Lilian: We were talking the other evening and you mentioned 'feeling', for myself I feel when something is right and something is wrong. That's a spiritual thing?

Yes, of course, it has to be from Spirit.

Margaret: Just feeling contented with one's life, that's what I have learnt.

Yes, remember what I have taught you that whatever the spiritual aspect of you feels, then that feeling will, as well as the power of your thought, become reality. So the contentment within your physical life is achieved, because there is a knowingness within the Spirit. Does that make sense to you? (Yes) Now I will leave you. I will work quietly with this instrument whilst I leave you all to go on your inward journeys, and I will leave you my dear friend (*Lilian*) to begin any discussion that is to hand.

Lilian: Yes, thank you and there will be no more speaking from you?

No, I will remain with this instrument and work quietly with her, but I would say my dear friends, do not be afraid to speak of what you feel and what you observe, but the purpose of this exercise is to see if you can observe the observer within. (*We sat quietly as instructed for about 10-15 minutes*)

Lilian: Is anybody ready to say what they felt?

Sarah: I can. I felt that I was slightly put to a side and that the observer was then coming through me with me slightly to the side, so when I wasn't actually seeing anything, the roles would be reversed. So I was sort of changing places almost.

George: I don't know. I have been going in and out of consciousness. I found it difficult to settle into any particular scrutiny. I need to think about it a little more.

Paul: I got the impression that the inner me was basically seeking truth all the time and that it liked balance.

Sara: I felt that it wasn't something I could do constantly. I could concentrate on and off on the idea of the observer observing. In some way I felt it was my higher self, it was my higher self, and I felt a sort of energy about the observer that was observing me, but when it was observing me I became more aware of my physical self as rather like a distracted child that wants to go here and wants to go there, very much the

idea of a child really. But the higher self, the observer, was very impartial and constantly very loving and always there and that's what we tap into to find our words, to find a peace and a balance. It was a good exercise because it made me much more conscious of what we do in meditation, because I could feel the difference very strongly between my physical observer and the spiritual observer.

Lilian: I felt that the observer was part of me with the feelings. Then I thought, you remember he said about belonging to *universal* shall we say, I felt love came into it, which I think I have experienced just slightly a couple of times, that's all. Yes, it's the unity with everything. For me it would be more the feelings, he is part of my feeling, I say 'he', you know.

George: Feelings is a key word. Not so much an observer as feelings about feelings which makes it so difficult to summarize.

Sarah: I felt a sort surrounding, it enveloped me, the observer part.

Margaret: I feel comfortable in myself. I don't know whether I should be, but I just feel that everything just lately has been going pretty well my way.

Lilian: It has got to be the feelings. I suppose when we 'come to the end of the road', you know what I mean, it would be when we feel peace with everything, part of everything. It will make us think, won't it? *(The tape recorder ran out at this point)*

~8th July 2002~

Good evening. *(Greetings)*

This time my dear friends I would like to say to you how much did you discover last time we met? Before I continue onto more words with you, I feel that still you need time of reflection to go within. Did any of you feel some connection last time when I asked you to observe the observer? *(Affirmed by some)* I know that you discussed it between yourselves, but I would like to hear with your own words what you have achieved or what you feel you have or have not achieved.

Sara: It gave more a sensation of detachment from the body and not so caught up, it helped to separate from the usual mind pattern and I felt as if I was above my head rather than the usual place.

So your awareness from physical being was separate?

Sara: It felt separate from my body to me. **(Yes)** It felt as if I was above my head and although I was still aware of my normal body, it helped me to separate from the internal dialogue. I felt more peace.

Lilian: Did you say the same, Sarah?

Sarah: No, I felt that I was slightly put to one side and the observer had almost come in its place. I felt that almost I was the observer, but I was also put to one side. It was a much stronger energy than me.

Yes, so your awareness also was separated? (Yes) You would agree on that? (Yes) Yes, that is a step forward for all of you. When the awareness becomes separate from the usual way of meditating, it shows each of you that you still exist, but still have the awareness of the physical being, even if that physical being seems to be, as the last lady has said, put to one side. I would this time, my dear friends, like you to travel on another inward journey. This will be the last one for some time, because we have new things to discuss, but I have told you that it is most important for each individual to grow, to come to recognize what it is that you are about. It is fine that we meet, that you listen to my words—for that I am ever grateful to you—but also it is important for each of you my dear friends, that not only do you learn from my words, but that at such times as these, you learn to develop and allow that Spirit within to grow stronger. We have discussed your everyday situations and how difficult each one of you finds it to have quiet times; that is why it is important that when we come together that that combined energy be utilized for your own good. Would you not agree? *(Affirmed)* I think, if I may say so, that you find it easier. *(Agreed)* Yes. Therefore, if you are agreed my friends, we will use this time, and it will be the last time for a while that you will have this individual time, to *feel* and to *recognize*, not only that inner being, but also those who stand close to you and come and support you at all times. But, as you know each individual is developing at their own pace. Therefore I would suggest for this time that as you go inward, that you focus your energy, your *mind's eye* on that *great golden light* that belongs to you all, and within that beautiful light let us see what you can *see*, what you can *feel* and what you can achieve

this time. I again will work with this instrument throughout the evening. I ask only that if you speak amongst yourselves, discuss what you feel, that your voices remain quite subdued, in order that this instrument not be too disturbed. (Yes) I will leave the evening with you my dear lady (*Lilian*) and let us hope that each one of you leaves this room this time completely uplifted and perhaps *excited*, if I may say, by what you see and feel. We will help you all that we can.

Lilian: Thank you and we will see what comes.

(We sat quietly as instructed for about 10-15 minutes before discussion)

Sara: I am just getting pictures to do with George.

Paul: I am getting pictures as well. I am not sure what the pictures are yet and what they mean.

Margaret: I have got such a feeling of contentment and happiness.

George: I was seeking the golden light, I seemed to get a fragmented golden pattern, a sort of smooth light, a bitty pattern, a goldie pattern. It seems to be mixed in with a few childhood memories, but I managed to get back to the gold again.

Lilian: I just felt peaceful, meditative, relaxed.

Sarah: It started off with a sunflower and I was one of the petals. I felt that the rest of the group were part of these petals as well and all of a sudden we were absorbed into the centre of the sunflower, and then the middle of the sunflower opened up and it seemed like it was there trying to get *everyone* to go into the middle of the sunflower. *(Discussion continued, before closing as usual)*

~15th July 2002~

Good evening. *(Greetings)*

Lilian: A very warm welcome to you once again. We have a visitor tonight (*James – a friend of Paul's*) which I am sure you would have known about.

Of the many visitors that have come to us here, this one is the most relaxed. We give our love to him.

My dear friends, this time I feel that there is some upliftment needed for some of you; this I give to you before you leave this room. I would like to ask the gentleman what he seeks from this meeting?

James: One question I have—how can I differentiate between imagination and pure meditation?

Yes, always my dear friend this is the difficulty encountered by all who inhabit the human form. What I would say to you is this: the still, quiet voice that comes from within you will repeat itself in such a way as not to be ignored. Imagination, as you term it, is just another form of the thought energy, but what I think you mean is 'how do you know that when in deep meditation, as you call it, can you be assured that you are linked to your own soul.' Is this what you mean? (Yes) Yes. This knowledge comes with practice and with time. There will come the point when you know that it is not your own imagination, as you call it, but in fact you have reached that point of awareness when you seek the comfort and the knowledge of your own being. I would say to you this: practise, give love, ask for help and it will be given to you that your understanding becomes greater and in this way you will achieve that satisfaction of knowing that when you go within, you are indeed in touch with your own soul. It is as simple as that my dear friend. Does that satisfy you? (Yes, thank you.) You doubt what you feel? Yes I know, but you must push doubts to one side, because when you allow the energy of doubt and fear to raise its head, then you are blocking that union which you seek. Do you understand? (Yes) I cannot offer you more than to say it is only time which will help you, time and practice, and meditation will come easily to you. You have eyes to see, you have spiritual eyes to see. Have you not seen, my dear friend, and doubted what you have seen?

James: I don't quite understand.

You have seen with physical eyes things that you have doubted. (Yes) Yes. Yes. You must free yourself from all doubt and then more can be achieved if you so desire. As my dear friends within this room know too well, *all* can be achieved. Each one of you is a source of energy and *power*. You are indeed energy to the highest degree, but it is the human form and the human thinking that brings fears and doubts into your minds. As much as we talk about fear and doubt, humankind seems destined to always find fear in many aspects of his living, but my dear friends I say to you, what is there to fear when you have the

knowledge which you have been given? You are power points of energy who can achieve whatever you so desire. You are from the Source of all things, therefore all things are available to you, but each one of you *has* the responsibility to work for those things. If you allow *fear* and *doubt* to creep into your thinking energy, then that is what you will attract, because as you know, like always attracts like. Therefore if you have deep fears and doubts, then that is what you will attract to you. Again I will say for the benefit of our young gentleman that thought is the most powerful thing that you possess. Thought is creative energy, which in your hand my dear friend, is governed by your own freewill. But as my dear friends within this room know, I have told them on many occasions that if thought is creative energy, then the use of that thought has to be for *good*, and in that way, only good will come to you. Do you understand what I say my dear friend? I know this is new to you; I am trying to keep my words simple for you in order that you can understand.

Lilian: Do you understand James? (Yes) He has read some of your words through the transcripts.

Yes, but although the eye can read, it is not as powerful as the spoken word and that is why he has come to us.

Lilian: This always amazes me.

Yes. Have you any other questions my dear friend?

James: I have a question about knowledge: (Yes) The acquisition of knowledge, the use of knowledge. It is quite complicated—I am not too sure of my own question—but how much time should we dedicate our lives to various types of knowledge. Which are the most important ones to concentrate on whilst we are here? Is it relationship knowledge, social knowledge, intellectual knowledge?

All that you are trying to achieve in this lifetime is what you have brought with you this time. It is part of the sum total of your *all being*, shall we say. When you come to this lifetime you choose your parents, you choose the conditions of your life and also you are given freewill; this you know. In having freewill you have the choice in life to work the tapestry of that life. Therefore my answer to your question is that whatever you choose as the most important areas of your life, so be it. That is the important part of living at that particular time. That is why you were given freewill, in order that you choose the way of living, in order that you choose and prioritise what is important to you for your own soul's growth, because each individual has that inner knowledge: that which is best for him, that which is helping him in this lifetime. None of you can know exactly what this lifetime would mean to the soul, but I can say to you, the soul does know what is best for you in any lifetime. So it is not up to anyone to tell you which is the most important area of any lifetime. You should instinctively know and if you are puzzled, if you are unsure, then that is a question for you to ask in your own meditation, because the answers lie within. It would be too simple for me, and of course I know how your life pattern is going, but it would be unwise for me to guide you in such a manner that you would not learn the lessons of this lifetime. Do you understand? (Yes) You are here for a purpose, you are here to live your life to the best of the abilities you have, you are here to be in touch with your own soul; and that is the purpose of meditation that that inner quiet voice can guide you in whatever way you are travelling. Is that helpful to you?

James: Yes, thank you.

I think my dear friends that this time I will not add any new subjects; I think our friend has quite sufficient to think about this time. So, I will say to you, I will leave you quietly and allow others to speak. Before you leave the room, each one of you should feel a little more uplifted. (*Thanks + farewells*)

A lovely bubbly one came through Eileen with message for Paul from his grandmother (Connie) who was keeping a close tender eye and felt he was the 'bees knees'. (A favourite expression of hers!) The message was about new directions: 'It's the right path, the one he's been thinking of recently. Don't be taken in by anyone else, listen to your own self, follow your heart, and you won't go wrong.' (Paul had been thinking about travelling again earlier that day—he was touched/joyful to have this connection with dear 'granny' again)

One followed through Sue, who came to share a little of their story of how they bettered themselves once in Spirit realm, taking the opportunities, after spending a lifetime working in the drains/sewers of London.

Finally, Les our dear old circle leader attempted to come through Eileen, but wasn't able to speak on this occasion.

~22nd July 2002~

Good evening. (*Greetings*)

There is with you a great heaviness this time.

Lilian: Yes, do you mean physical heaviness?

A heaviness with Spirit, but I will work through it my dear friends. (*Thanks*) It would be difficult for you to understand the conditions of which I speak, but it would be in comparison to finding your way through earthly fog. This time my dear friends, I would like to speak with you about spiritual and personal law. We have made past references to each of these things, but what I wish to discuss with you this time is the connection between both. Would anyone like to differentiate between the two?

Paul: Is spiritual law to do with like the one I think of sometimes is: we are allowed to *influence*, but not *interfere* with another person; to do with the freewill?

Yes, and by what comparison would you make with the personal law?

Lilian: I don't think we have an answer.

Paul: I can't think.

You know, my dear friends, that all that you do in this physical life is influenced by your own spiritual values, that which you bring with you to this lifetime and of course as the young gentleman has said, your freewill plays a most important part in how you react to that influence. But I wish to, this time, simplify what we call spiritual laws. I will use only three words my dear friends. Spiritual law always has been, will never change and the words that you would recognize as spiritual laws are these: first and foremost we have *Love*, that all powerful, shall we call it a condition—we have love. Next we have *Humility*, and last but certainly not least we have *Truth*. No matter how you interpret these words, it always returns to the same thing. Some might call it goodness, but that encompasses all three words, does it not? (*Affirmed*) But *Love, Humility, Truth* also play an important part in your own personal laws. Personal laws are more difficult to explain to you only in so much as each of you are individuals, therefore your personal laws have to be individualized to each one of you. Here we come to the freewill that plays a great part in the lives of you human beings, but because of the great difference in individuals, what one person may call 'good', another might disagree; that is where the freewill has rein over the human being. But when *Love, Humility* and *Truth* are introduced into your *physical* lives, then you see that the spiritual laws are integrated into your living. (*Agreed*) No matter how individualized and different human beings are, when *Love, Humility* and *Truth* are part of your living, there is nothing that is different. Can you see what I am trying to tell you?

Sara: Yes, what you are saying is that if we live with love, humility and truth, there is no reason why we can't connect with another who is perhaps thinking in a different way. We can connect with these spiritual qualities to anybody.

Yes, there should be no division of thinking. If *Love, Humility* and *Truth* are strong within the human being, then those spiritual laws are taking place. There is no separation. This is why I wish to speak this time about spiritual law and personal law, because when the awareness has grown within mankind, there can be no separation of laws.

George: So, within a perfect world, there is just one set of rules?

No, not even in a perfect world—even within this imperfect world, spiritual laws are happening within each individual person. But what I am saying to you is that you *cannot* live your lifetime without the influence in some way, in some small part without the spiritual laws *seeping* into your lives. It is only the recognition of such that is missing.

George: Yes, are you also saying that so long as there is the freewill factor, there must be some modification of the spiritual laws?

There need be no modification as long as the spiritual laws exist, mankind has the ability to call upon these attributes, shall we call them, to make their lives much stronger, much better for all concerned.

Let me give you some example in your present day living. On your planet at this time there are many disturbances where the spiritual laws are not in operation. We have areas in your world where many people are without grain or crumb to eat, water to drink. Why is this? You might say there is Karmic law at work, but my dear friends I would say this to you: That if the spiritual law were to take place within these areas, then all these troubles would disappear. Let me remind you of those laws: *Love, Humility, Truth*. If *Love, Humility* and *Truth* were given to those in need then all problems could be solved. Can you see the connection? *(Affirmed)* You cannot separate spiritual and personal laws. It is important that you understand this my dear friends, because there are too many in your world who would try to separate them. I want you to know and understand that without the operation of spiritual law, all of this planet would be in chaos and we know that is not so. Would you agree with me? *(Affirmed)*

George: And I think some of us have been very concerned about what one might call political freewill in concentrating on arms and munitions instead of concentrating on how under-privileged people should be looked after.

Yes. It is abuse of the spiritual law, I agree with you, but we are working, as I have told you many times before, that we are influencing where we can those leaders in your world in order that *love, humility* and *truth* can become beacons rather than something you have to try to *gain*. These spiritual laws are natural to you, after all you are Spirit and that is what we are trying to influence. There is no *one* human being upon this planet who at some moment in their living has not experienced *Love*, has not experience *Humility* in some way and has not faced up to spiritual *Truth*. No one can deny these laws, but having freewill is a component of the human being which has really much to answer for. But my message to you this time my dear friends is that you try to see the connection between your own personal laws and each individual dictates their own law, their own form of *Love*, their own type of *Humility* and form their own *truth*. But I wish you to know, and I say this to you my dear friends sincerely, that each individual within this room shows to me and those in my world how much you work with spiritual law. For this we are ever grateful to you and I would say that your own personal laws have taken—to use the words you would understand—have taken a back seat. Do you understand? *(Affirmed + thanks)* I feel this time that you have much that you can think about; spiritual law will never change. When you come *home* to our world, these laws may alter to some degree, because the vibration of your living changes, but the essence of these laws is always there. I would like you to think carefully about my words this time. If you have any questions for me next time on what I have said, I will be only too pleased to answer them for you, but I would like to leave you this time in giving thanks to that great *Love*. I would like you to *feel* that word '*Love*'. We give thanks for all that we have been given. I, too, my dear friends come to you with great *Humility* and I say to you that I try only to bring you spiritual *Truth*. I will take my leave this time and once more I say to you, when you are most in need, do not be afraid to call upon me and those who stand so close to you. Always I leave you with great love.

Sarah: You're a great strength to us Salumet. *(Thanks + farewells)*

~12th August 2002~

Good evening. *(Greetings)*

Lilian: We have two visitors this evening from another part of our planet, Australia. It's quite an unexpected visit. *(Steve and Meredith—two friends of Sara's)*

It is good to see that new energies are so harmonious with your own.

Lilian: Yes, I felt that too.

Therefore we give them a warm welcome to this room and it is good my dear friends that we have all gathered here this time. I would say this to you my dear friends, that for a little while we should discuss what our discussion was last time we met, because in that way our visitors will be able to participate. Do you agree? *(Agreed)* Let us just refresh your memories about what we discussed. We were discussing spiritual laws, you remember I believe, and I asked that you think carefully about my words. Do any of you wish to ask any questions before we continue?

George: We talked of spiritual law and how our freewill modifies, and I would think that the modification is to a greater or lesser extent and it occurred to me that what one might call political freewill, or what one might see as a collective freewill, is seen as particularly dangerous on the planet at the moment. The difficulty is that the political attitude does not always reflect the attitude or the will of all the people. There are many who object when nations become obstreperous. Would you wish to say anything further about the collective freewill attitude displayed at a national level?

Yes, I understand what you are saying, but remember this, that the freewill given to each one of you in the physical condition, is *part* of the spiritual law and that part of the spiritual law which is known to you as freewill has to be allowed to take place, whether for the betterment or the less well-intended good of all people; it *is* still part of the spiritual law which cannot be changed. That is the first point I wish to make to you. Mankind was endowed with freewill for a very good reason: that it enabled him to seek out his own spiritual unfoldment; that mankind be allowed to make decisions whether for good or what you call 'bad', but nevertheless it remains part of the spiritual law. When you endeavour to speak of freewill being used by many, then of course you have, as you well know, the power of the thought, which we have spoken of on many occasions. No matter what you feel my dear friends about good and evil, there *has* to be both, whether you agree or understand or whatever you feel about it, because without one there cannot be the other in the physical domain. Therefore I would suggest to you that you try to clarify your own thinking in seeing collective thinking as part of the spiritual law of this planet. Of course there will always be occasions when you humankind consider many deeds to be wrong, but again I wish to remind you that you are not aware of the larger picture.

George: Yes, and the individual freewill would relate in various ways to the collective freewill?

Of course, you cannot separate them. How do you become a collective freewill if you do not have the individual freewill? You see one cannot exist without the other.

George: Yes, and if there are two groups, can I put it like that, of collective freewill, then if they interact, that is part of the grand process of working out.

Yes, you must always look to the fuller scheme of things. This is always the problem with humankind that you are limited by your understanding, but as always my dear friend, try to view these things with your own spiritual eye and understanding will be greater. (*Thanks*)

What I would like to say to you this time, my dear friends, let us take '*Love*' which is, as you fully understand, a spiritual law. It cannot change, it is spiritual law, but the way in which mankind uses love is very different in all areas of your planet. What I would like to say to each one of you, how do you interpret the spiritual law of love into your own physical lives? Can you see the connection between spiritual love and love as you understand it on this planet?

Lilian: Would it help us if we forgot the emotional love which we think of, like falling in love with someone, and thought is it the *caring* for people our fellow people?

Yes, would anyone like to try to define what spiritual love would be? Perhaps each one would like to speak and we can include our friends from afar.

Margaret: Kindness and understanding.

Kindness and understanding, yes—I will hear all of your answers before I reply.

George: I would say spiritual love is an affinity, a bonding and at the same time it is selfless. **(Yes)** It seems to involve a denial of self, a denial of ego perhaps.

Sara: I think trying to walk in somebody else's shoes. For me it's trying to see how they view life the way they do, try to understand why they view life the way they do, if it is different from us, because it's easy to love somebody, to show them love when they have an affinity with us, but when they don't we have to try a little bit harder to understand and look a little deeper.

Lilian: Think of them as a Spirit maybe.

Sara: Yes, and appreciate that they have walked a different pathway from ourselves to think a different way. **(Yes)**

Steve: A great many things have already been said. Love has to be accepting of a person, where you might not understand, it is part of this other person that you love and therefore you go, that's acceptable and

that can be taken too, because we are each different. And love also has to include mankind to the selflessness that was mentioned earlier. You care for the welfare and well-being of the people which you love and you hope they can continue to go forward to whatever it is that they regard as being needed, because again there are some parts of the people that I love that I do not fully understand, but they are part of them so I accept it. **(Yes)**

Jan: Well, a lot of it's already been said, but I think acceptance, tolerance and feeling, like George said, an affinity with everything and everybody. I certainly felt since I've been listening to Salumet that I am just a wee little drop—and an affinity with everything. I think that feeling of love empowers you to be truthful. **(Yes)**

Lilian: And to try harder.

Jan: And non-judgemental. Love is non-judgemental, it is unconditional.

Sarah: For me is it an all-encompassing *warmth*, it's such a *good* thing, it's always warm. It's a high energy, infinite, all-encompassing warmth.

Paul: I think with spiritual love, it has already been said about it extending to everything, to people, plants, everything—a stepping back and seeing it all—all the beauty in it all. Going beyond the—you might see it all as struggle and chaos at first, but when you step back you'll see it all as some process, or sort of a beautiful struggle.

Yes, let me say this to you that listening to your words this time, I can say that you have grown much, you have over time begun to understand a little of Love. I would say that so much said here this time is correct, but now let me say what spiritual love is. You have spoken of understanding, of unconditional love, of so many other things. Spiritual love knows no ego, spiritual love, as the lady says, is a warmth, is an infinite feeling which encompasses you all. Some of you have spoken of love in a very personal manner. Spiritual love is an energy which has always been and always will be and when each one of you comes to physical life you bring with you an iota of that love energy. Love, after all, is a physical word, but it is used for your own understanding. Spiritual love is *being*, is *expansion*, is *growing*, is *energy*. I would like you to try once more my dear friends to look with spiritual eyes and to consider what this word 'Love' really means. Most of the time you consider love to be the interaction between people, between animals and humans, between wildlife and humans. Spiritual love encompasses all things; spiritual love encompasses not only this planet but all of existence. So, again my dear friends I would like you to try to understand my words a little more, to look inwards, to forget the ego, to forget the connection with anything other than your own being. Only then will you begin to understand a little of spiritual love. Does this make sense to you? Have you questions?

Steve: I have one question. Is it possible to love without having something to love?

That is my point. You have to understand that love must be without connection between people or things or even planets. Love is bigger than all of that. Love is an energy that absorbs the being. You will not fully understand what love is until such time as you have reached the point of existence where the ego has disappeared and only pure energy exists, but that does not prevent us my dear friend from trying to explain it to you in order that in your understanding you can make your physical lives a little more comfortable. So the answer is: yes you do not need that. Is that helpful to you?

Steve: Thank you, yes.

You can think about love, but let us go forward to another law—spiritual law, which is humility. Does anyone have any viewpoints on this? *(Pause)* No?

Jan: I think if a lot of us did, we would be bringing far too much of the personal feelings and the physical being.

That is what I was hoping to hear. Yes, it applies in the same way as the spiritual law of love does. All spiritual laws have to leave behind the personal, physical thinking. You have to go within, you have to allow your own energy to become free; only then will your awareness grow to such an extent that all of these questions that I ask of you can begin to make sense. How often have I said that you must go within to find all of the answers that all human beings tend to ask, not only of themselves, but of us here in the world of Spirit. I have told you that all things are possible, all knowledge is at hand if you so desire, and

again this is where your freewill comes into play, that it is entirely up to each individual to seek out their own spiritual awareness and in so doing in becoming aware of your own inner being, then that light shines forth to many others. And again that returns us to the collective thoughts of many, for the power of thought can change much within your world. But all of these things that we speak of, needs to be considered in your deep, quiet moments of connection and communication. I hope my dear friends that I have given you a little more to think about, that your understanding is great enough to know that not all things, not all questions or doubts are so easily answered. I know you understand this and it is up to you as individual to grow at your own individual rate. And I am happy to tell you that if only you could see your own lights, which I have to say, shines brightly, because sometimes in returning to this world it is like coming through a mist, and you are each one of you known by your light and that light my dear friends is Love. I will allow you time to consider what has been said. Perhaps it would be apt this time to give of some time to going within and see if you come to any other conclusion other than those that you have given this time. You may be surprised at what is given to you. I will leave you now my dear friends; I leave you knowing that I encompass each one of you within my love.

Jan: Salumet, I can't help this, but I have been shown to give each and every one of us a feather, including yourself, which is white. I don't know why I am thinking that but I have to shout it out.

That's fine, fine. You must give what is given to you. (Thank you.)

May love always stay with you, each one of you, may each one be uplifted, may each one of you be given the knowledge that is needed for you at each time and stage in your lives, which will help you in your awareness and your spiritual growth.

And with those words my dear friends I will leave you.

Lilian: Just before you go, we have two visitors which would like to come. One is my grand-daughter, Cheryl and Sara?

Sara: And somebody called Susan O'Hanlum.

I would say this to you; that I am happy for them to join with us, but not at the same time. But yes, we will be pleased to welcome them. (Thanks + farewells)

*There followed one through Sue who had been before—a former Native American Indian, known to us as Moon Feather. Encouraging us in our spiritual work and suggesting we call on him if needed: **Moon Feather will always hear you. Strength is what Moon Feather can give; strength in times of trouble.** (Thanks + farewells)*

~19TH August 2002~

Good evening. (Greetings)

The silence this time has been intentional. We have been observing you individually this time and allowing the stillness and quietness to have an impact upon you all. We, my dear friends, have spoken much, many words to help you, to encourage you to become aware for your own selves. Many words have been spoken to try to bring to you truth and enlightenment and to help each of you on your pathways of truth. What I wish to say to you this time is about what you, as Spirit within the human form, should be thinking, or trying to endeavour to *be* what you are. Too often my dear friends we hear you say that to follow the spiritual pathway, you must be pure and good. What I wish to say to you, it is much better for you to be genuine and honest to yourselves. It is too simple to have that smile upon your face, when within your thought there is much negativity. Therefore I say to you: honesty with yourself is much better, because only when you fully understand yourself and your thoughts, can you then help others. We have spoken much about the power of thought and prayer, but tonight I wish to say to you that to help your fellow man, understand *yourselves* first. And although the power of your prayer is good, whilst you tread this earthly path, I would suggest that action to help another is a better pathway for you. I repeat, do not judge another human being. I have to tell you my dear friends that if you have shortcomings, then this is an area where most of you fall down, but again it is because you are living within the human form. You find it difficult to leave behind the emotions of humankind, but to go

forward my dear friends you must do this. You must leave behind emotions, you must leave behind criticism of your fellow man, you must become that honest being who knows himself well, and only then can we go forward. Have you any questions at this point about what we are saying to you?

George: I think it is all very clear.

Lilian: And we do fall very short.

I do not say these things to criticize you, that is not my purpose, but my dear friends you have reached a point in your awareness and in your seeking, when the next step forward for you lies not with my words to you, although they will continue, but it is our endeavour that each one of you also grows and goes forward in order that more can be given to you. Do you understand what I say? (*Affirmed*) I will not say more this time other to ask of you once more to think about the two words I have given to you: *honesty* and to be *genuine* to yourself. Consider these words and next time we will go forward with them.

Sarah: I think sometimes when we are not honest with ourselves we do know it, we feel guilty.

You may feel guilty in the physical sense of the word, but what you are doing is denying the Spirit. You are almost hiding your heads in the sand, to use one of your earthly expressions. What you do, you are denying yourself. Therefore, think carefully about what you *feel* and *understand* about the meaning of these two words. You may be surprised my dear friends with the answers each one of you comes up with. It may surprise you, it may shock you, but what you should find is that you are looking at yourselves truthfully, perhaps for the first time. This is a great step forward for you my dear friends.

George: Yes, I think this is an interesting balance, the balance between selflessness and self. One ideal is to become selfless in the interest of helping others to excess, but we need to keep self-identity in order to make our way forward in the world, so this can be seen as a rather interesting and delicate balance between self and selflessness.

Yes. It is a power-struggle within oneself, if you like. Yes, we will discuss this a little more next time, but yes, my dear friend, you have grasped a little of what I am trying to say. Think deeply and you may be surprised with what you find, because I can tell you that each one of you has a self image which is perhaps not always the true self, and this applies to all of you. Therefore, I would say only, look deep within and find that *genuine, honest self*, and we will see how much you have grown next time.

I will leave you now, leave you in the knowledge that our help is always available to you, not always in the way that you might perceive it to be, but always we work for your best interests my dear friends in order that you can go forward, in order that these truths be told, in order that these words can be given to others, and that each comes together in the knowledge that truth must prevail; and it does. May that light which is within you all grow ever brighter, and until we come together once more, I will leave you as ever encompassed with my love. (*Thanks + farewells*)

~2nd September 2002~

Good evening. (*Greetings*)

Before we begin this time let me give welcome to the young lady. (*Cheryl*) Before we continue may I say would the young lady uncross her legs please in order for the energy to flow, because as I speak to you, she is given some help.

Lilian: She probably finds it a little bit strange—(Yes) I know we have talked to her about it—probably a little nervous.

She will be fine, otherwise we would not have let her come to us. Last time when you gathered together I did not come but that was for a very good reason. As I told you on my previous visit, each one of you has been observed closely because the time has come my dear friends for each one of you to move a little further along your individual pathways. I left you last time my dear friends with a question: that each one of you return to your homes and to consider my words. You remember? I think it would be appropriate this time if we discussed this matter. The young lady will not find it too difficult to listen to. I am sure her earth mother will help her if she has any questions after this meeting. Do you remember what I asked you my dear friends?

Lilian: Yes, I think we all remember.

Shall we begin and I will answer any questions that you may have for me. Who would like to begin?

Lilian: Shall we begin with you, George?

George: I have a feeling there was more than one question asked of us. We were asked to seek within and see if we could find out about our inner self. I've tried this; I feel that deep down there is a kind of yielding, soul, who likes to go along with the flow of things, but I think I need to go deeper and work some more with this to get a better feel of the soul within.

Yes, shall we have comments from all before I say anything to you?

Jan: I read/went over the transcripts on my own again, which was very pleasant, and while I was reading it I became aware of the feeling of being *centred*, of being more part of myself—of *a* self and I believe that was the inner truth that you were talking about. I felt part of—how can I put this, it's so difficult—a nucleus, I'm at the centre of a nucleus, that's how I felt. It's so difficult to describe, but I believe I've started to turn inwards and I've started to listen to that inner truth a little bit more, but I know where my weaknesses and failings are and that's what I've been battling with.

Margaret: I felt the same. I've had a lot of thought that I should be doing more, sort of thinking about myself, but how do you go about it? That's what I'd like...

Lilian: I think we have all had slight difficulties ...

Margaret: In sorting our minds out.

Sarah: I confess to not giving as much time to it as I should have done, but I have felt is that Spirit itself is pure and genuine and if I follow what my Spirit is telling me, the genuineness and the honesty does come out; it's when my *head* tells me to do something else that I go wrong. And I am beginning to feel very much more *relaxed* about everything and I do feel that I am being led in a right direction. Things are beginning to change for me and I definitely feel that is coming from within. And I think if I can relax—that is the word, and not get up tight about everything, things seem to just *flow* and I think they flow in the direction that I should be going. That's what I am beginning to feel; let things happen, don't try and make things happen and that's where I feel the Spirit is leading me on.

Yes, thank you.

Lilian: I found it quite a difficult one although reading your words again I thought it should be simple, but it wasn't as simple as I thought. I thought there has to be a dark side to us and a light side. So perhaps you could help us along a bit?

Yes. Thank you for your comments. Of course each one of you has the realization that to answer my questions you need to go inwards. After all we are dealing with human words. What is genuine? Another word for genuine is *real*, and what is *real*? Not that human part of you, but the Spirit within which is reflected into human existence. And yes, your understanding of finding what is genuine comes from deep within. If you are to have reality, then you must allow the Spirit to speak, you must allow it to *feel*, you must allow Spirit to *express itself* through human form. Would you agree my dear friends?

(Affirmed) Then and only then will your form of existence upon this Earth begin to take shape in the way that it is meant to be. Truth again is a word must maligned in your world, after all you too often say, one person's truth is not another's. So what in fact does truth mean? Truth is an individual word, which belongs to each individual soul and only that soul which manifests into Spirit and through into human form can know what truth is. Truth can only materialize when the Spirit is genuine to itself and expresses those attributes whilst in human form. Let me pause there for a moment. Do you understand what I tell you? *(Affirmed)* Are you sure because you seem to falter in your replies?

Margaret: It is difficult to take it all in.

Yes. Again, I have to pose a question to you. If you realize that you need to dwell further upon these words and that you need to go inward, then you have to *see* and *feel* and *experience* what is genuine and what is truth, because if you do not my dear friends, the lives that you lead are *shallow*, are *not truthful* are not *true reality* in the sense that you *have* accepted the *ego self* instead of the *true self*. I do not wish to make this too complicated for you, but what I would wish for you is that each one of you in your quiet times goes further still inward, until, as one has said, you reach that *nucleus* of Spirit, when all

else becomes as nothing and only that core of existence reaches out to you. That is what you must try to achieve if you are to find the answer to my questions.

George: I think one thing you are saying is the truth is fundamental to the soul and to the soul's progress. I know we sometimes get confused with, to use the word 'ought', what one *ought* to feel, *ought* to do. This is a common form of our simple confusion, I think, but I think you're saying the real truth is deep down, much more fundamental and links to our very soul essence.

Yes, it is all-knowing. It does not come with human thought, but it should exude from the heart of the human being. There should be not any pre-conceived thought of what is right or what is truth. As you say, it is within and it should happen quite openly with love, without thinking too much about it. Do you understand? (Affirmed) Truth is individual. As I say, one man's *truth* is not for another, therefore how can you use one word to describe what is right for humankind? You cannot.

George: So truth is spontaneous to each individual?

Yes, yes. That is not to say that one man's truth is always right if it manifests in human form, because then you see the power of thought has changed and altered what is a natural truth. It is humankind's freewill as always, which alters *genuine* and *truth*. Do you understand my dear friends? It is not as simple as it may seem, but it is a step forward in your pathway, which you must endeavour to understand, and if I may put it to you simply: it means going deeper within. All answers lie within, as I have told you on many previous occasions; that is where all of your questions will be answered. Mankind creates his own problems, but what I wish for you my dear friends is that that Spirit within comes forward and manifests itself through human form, in order for that pure light to shine. I am sure there have been many times in your existence when you have met someone without even exchange of any words, where you feel that they truly are a beacon of goodness. They do not need words, they do not need to do any deed, but ultimately you can see with your own human eyes the goodness that emanates from them. Is that not true my dear friends? (Agreed) There in those individuals, you are seeing truth and genuine people. I hope you have a little more to think about, that it has helped to simplify it a little for you. As always when we are dealing with human words we have difficulty, because words do not always express what is in fact, reality—I am sure you would agree. Are there any questions for me this time?

Jan: I have got a question, but I don't necessarily have the right words for it. I feel while I'm sat here, like I have said to you before, about feeling that there is a nucleus and I'm connected to the nucleus, but it's as if I am wearing lots of different overcoats and layers. And it is being able to surface through those layers. There are so many choices upon us in the physical world, but although you can listen to yourself and you may think that that's correct for me, that is how or why or I've said that *because*, without too much question. There are so many physical attributes bombarded upon us every day that it's almost difficult sometimes to listen to that voice. It is there, that voice is there all the time, I know it's there all the time and it is speaking to you constantly. It's often, '*is that choice I've made the correct one?*' Because of these overcoats, and that's the only way I can describe it, they are overcoats and they sometimes become very heavy, don't they in a physical sense.

May I say something to you—I understand what you are saying. (Thank you.) Yes, your description of overcoats is helpful to the others, but what in fact you are encountering are layers of past lives.

Jan: I did wonder if that's what I was feeling.

Yes. Therefore when you feel burdened—we will use the word overcoat because that is how you have described it—what you are feeling is the influence of past times, but because of your everyday living and the pace of your living, and all of you I am sure would say '*we do not have enough hours in our day.*' That my dear friends is something that humankind has made as some kind of an excuse for not allowing that quiet time. Yes, you are aware of that inner voice all of the time if you listen, but it is only when you are *still* and all of the day's upheavals can be *stilled*, will you truly hear the voice of instruction. It is quite simple and it is each one of you who have the responsibility to give time to the *reality* which is *Spirit*. You understand my dear friends?

Lilian: Yes, so past lives influence us all the time?

Of course, you are but one part in this existence. Of course you must be influenced by what has gone before, although I have to say, most people are unaware of this. But when the lady speaks of her overcoats, do not feel them to be a burden, rather look upon them as overcoats there to help you. Do you understand? (Yes) Is that helpful to the lady?

Jan: Yes, but can Salumet explain to me why I suddenly feel like I do sat here now—it's not a personal thing, it's a spiritual thing—where am I now? Where have you taken me to now, because I've had this feeling lots of times before?

Why are you surprised?

Jan: *(whispered)* I suppose I didn't expect it this evening.

But why are you surprised? My dear child, each one of you moves on a pathway individual to you. You have taken a pathway which has not always been easy, but I will say this to you, there is a time now in your life when I would say to you, you have reached a crossroads. It is up to you my dear friend to decide whether you go forward, whether you remain where you are, or whether you deviate from the pathway. I my dear friend cannot help you in this decision, because each one of you has been endowed with freewill as you well know. But my dear friend I tell you this, if you are prepared to move onward, those who stand close to you, and they are close to you this time, are only too willing to help you and uplift you and to take you further on your pathway. Accept what you feel, allow it to happen and be thankful for all that you are given. Do you understand my words?

Jan: Yes I do.

Lilian: I remember you once saying that eventually we won't need freewill, and I am sat here thinking 'thank goodness' and the pathway is straight ...

Freewill always exists while you are in human form. It is part of the existence of humankind.

Lilian: Yes, I meant when we are in Spirit and have grown.

Yes but for some time you are allowed to think and feel as you desire, so freewill may be slightly altered, but it exists for some time, but in different form.

Sarah: Salumet, you said we were all of us ready to move on one more step, and Jan has reached a crossroads and I feel I have reached a crossroads too. Have we all reached a crossroads as we are all ready to go on to this next step?

There are always steps, but when I use the word 'crossroads' I am speaking in your language. At this present time my dear friend, the lady who we call Jan, is at a crossroads of moving forward. You my dear friend are at another step, not at a crossroads; you have moved forward through your crossroads. (Thank you.) Each one of you are individual in your pathways, but all of you must seek to follow a straight pathway ahead.

Lilian: That's a difficult one.

Not so my dear friends, it is not as difficult as you may think.

Lilian: Not if we listen to the inner voice.

Not if you listen to that guidance. Be true to yourself, be genuine. There is no need for purity and goodness, or at least that false face of purity and goodness. You must be true to yourselves, then you will go forward. If only you could see how complicated each one of you makes your lives, you would be amazed. We come close, we try to help and uplift you, we influence your thoughts as much as we can without any form of interference, but ultimately each step of your pathway is taken by you. Sometimes that road seems hard, sometimes you fall, but always you are uplifted and helped, because my dear friends, once the contact is made, we will never let you go, provided you are willing and wish and desire to go forward. There is always someone by your side as well as that inner being to help you. Remember this, and life will not always be easy for you, but at least you will have the capability of knowing that whatever life brings to you, you can still go forward. I do not promise you a smooth pathway, I do not promise you all good things of life, because, as you know full well, all of living is composed of opposites, and to appreciate one, you have to appreciate the other; but this you know. I hope I have given you something to think about this time.

Lilian: As always!

Have you more questions?

George: I am just trying to put individual truth into some kind of perspective, but would it follow from our soul connections that there would be a fair degree of similarity between individual truths and one would not expect individual truths to vary greatly from one person to another?

No, of course not. When I say truth is individual, perhaps it would be best for me to say, individual in as much as your *development*, spiritual development has taken place. Yes of course there is an element or similarity which belongs to all of you—of course there has to be, because although individually you are Spirit, you are still sparks of the same existence. Do you understand?

George: Yes, and as individual pathways progress, I guess that there would eventually become more of a uniformity between individual truths.

Yes and as groups as this who meet on a regular basis, of course your truths are very similar. Although you are individual in your pathways, what you seek is the same thing, therefore you would each one of you have similar truths. Do you understand? (*Affirmed*) Yes, I may have confused you when I said each individual has their own truth; that is so, but I think it may have mislead you a little. Let me say, for example, that your truth may not be the same truth as someone who has committed some atrocity in their earthly life ... (*Tape ran out—some words missed whilst cassette turned over*) ... different level of existence and of knowledge.

George: So individual truth does relate to progression?

Of course.

Lilian: Sorry for the interruption.

Yes. I would just like to say my dear friends that I hope this time I have given you some new food for thought.

George: You have indeed.

That is my intention for a while at least, because it is important that each of you progress, not only to receive my words, but to help you to come to the understanding of those words. I could speak many, many thousands of words and still your understanding would be poor, therefore I feel it is important that we have these times of individual progression in the use of my words. Do you agree? (*Affirmed*) Would our young guest wish to ask anything of me?

Cheryl: It's not relevant to what you are talking about, but I am going through quite a hard time at the moment (**Yes**) and I just want to know if spiritually there is some help out there, if I am receiving some help, because I'm feeling very alone at the moment.

Yes. As I have said, life is not always easy, or so humankind would assume, but let me say this to you my dear friend, that those times of trouble and strife and difficulties in your life, are times of learning for Spirit, and it is only when you come to accept that you are more than a physical body, will life begin to make more sense to you. But you are young, you see the world in a much different light, from those of us who have travelled far, but I would say to you, you do receive help, but again the practice of quiet times of meditation is what you need to help you. That, as I have said, is your responsibility, because the overcoats that you wear is a fleeting thing. To look after the Spirit within is what should be ultimate in your thinking at this time. The one that is your earthly mother, should be able to help and explain to you a little more of what I say. I will say to you that your pathway will change, but not just yet. There is much that you can achieve and will achieve if you so desire. Is that helpful to you?

Cheryl: Yes, thank you.

Lilian: Yes, thank you very much.

As always my dear friends I have been overjoyed to be with you. I hope my words have helped you in some way to gain more knowledge to know yourselves. I leave you in the knowledge of being ever close to you. (*Thanks + farewells*)

There then followed one through Sarah with a message for Eileen and also Jan, with a message for Cheryl.

~9TH September 2002~

Good evening. (*Greetings*)

This time my dear friends there is amongst you a quietness and stillness which is good to see. This time we would like to take you a little further along the subject of which we have spoken last time. I know each one of you had some difficulty in seeing the true self and this time my dear friends I would like to help you to go a little deeper. I would like you to think about yourselves as all of existence. I would like you to think of yourselves with a *nucleus*, which is within the heart centre. Do you think that you can achieve this? *(Affirmed)* I ask you then my dear friends not to think about the mind which belongs to the thinking, but to go within and find the mind which is within the *heart*. When I speak of the heart, I am not speaking of the physical organ, or even the etheric counterpart, but to go even more deeply to that spiritual aspect of the heart. Do you understand my dear friends what I am asking you to do?

Margaret: Not really.

You have a heart my dear friend, you know this. There also is an etheric counterpart of the physical heart—you must understand this, because that is what exists when you come to our world—but even more so there is the spiritual aspect of the heart-mind and that is what you must try to seek, if you are to become aware of truth, of knowledge ...

George: And a kind of dialogue can develop in this I believe.

Yes, that is what you must attempt to do.

George: Yes, I think I have just the beginnings of this.

I can confirm that for you. (Thank you.) This my dear friends is not an easy thing to achieve, but if you wish to continue on the spiritual pathway, this is what you must try to achieve. Each time in your quiet moments, put aside the brain-mind thoughts and go the heart-mind. Do you understand? *(Affirmed)* You will need time to go within; whilst you are doing this, I will be working with this instrument. I will this time be trying to superimpose upon the physical features that of another. It might be that it is seen by some of you when you come from your deep meditation, but that will be what I am trying to achieve. When you feel ready to speak, I will leave it to our dear lady friend to speak quietly with you all, until such time as I begin to speak to you and we can discuss what you have achieved. Are you happy my dear friends to do this? *(Affirmed)* I will leave it with you my dear lady and I will return towards the end of our meeting and speak with you. *(Pause, while we began our task)*

Margaret: I can see a pink cloud going across the sky, very pretty, and I feel happy.

George: Yes, earlier today I had a sort of beginnings of dialogue which began with a sort of apology for not talking in this way earlier, and it seemed to be pointed out that I had a communication with the centre earlier but in a slightly different way and I said that it would be good to do this again, and I was left with a wonderful, joyful feeling and it seemed to come from within. This time I was tempted to ask questions about stone circles and I seemed to get a response which I—it wasn't my thinking—it was about a '*then and now*' aspect of stone circles. They were rather different then at the time of construction, than they are now in their relation to the Earth's energy. They related to the Earth's energy in a particular way then, but not quite the same now. It went a bit further than that, but that's how it worked out.

Jan: I had the same feeling as I did last week. This pulsating feeling I had last week and a feeling of being attached to an umbilical cord.

Sara: A feeling of lightness and peace and I felt the heart energies twisted around and I think that it blends with the mind energy; it seems as though...?

Sarah: I had this—I don't know what it was, was outside then inside, outside, inside and then it and I was all becoming one. I felt there was somebody with me as well, an angel type of person.

Lilian: *(Addressing Salumet)* Would you like to hear what people have experienced?

I wish to say only this to you: Each one of you should have been aware of an inner truth not previously given to you. The heart-mind gives to you only those truths that have always existed. The heart-mind focuses on that energy within, which can give to you all that you desire. I hope each one of you has achieved a sense of what the heart-energy is about and that it gives to you the ability to become as one with all things. If you have any questions, I will answer them for you before I leave you this time.

Jan: The pulsating feeling that I experienced last week and again today, I believe is the heart-energy. I also experienced today being attached by an umbilical cord to what I can only describe as the core of something. I don't know how to describe that core.

It is the core of your soul.

Jan: And I saw it as an enormous rock formation.

You are my dear child *(The tape ran out and had to be turned over)*

Jan: I think I am beginning to see.

It is a humbling experience for you my dear child.

Jan: Very, and for that I am very grateful.

No, you should be extremely happy.

Jan: There was that feeling with it.

But also there comes with it ...

Jan: Difficulties.

Difficulties, yes.

Jan: I experienced that as well.

But that is part of your journey.

Jan: I did begin to go on a journey.

Yes, and you can continue your journey at any time.

Jan: When you speak to me Salumet, I become very, very hot, as last week, and my head grows and this pulsating feeling becomes me. That's all I am now, is a pulsation, that's it. **(Yes)** And a voice, and that's it.

Yes, but you must try to direct the heat, the energy from the head.

Jan: Where should I direct it?

To the heart-mind

Jan: So back inside? **(Yes)** Yes, I can see that, yes it's now turning inwards. Thank you, I can do that.

You can achieve it.

Jan: I also met myself.

You have always known your true self, but what you have done is confronted that truth that has always existed.

Jan: Thank you very much and my loves goes with you.

George: Would I be right in thinking that this soul connection can simply be a joy and it could also be a means of accessing knowledge?

You can achieve all that you desire by communicating with that deep within heart-mind energy.

Sara: Does it have a colour when the energies blend?

All energy has colours my dear friend. You will find that any colour given to you is appropriate for your own individual stage of development. Does that help you? **(Yes)** Yes, of course energy contains all colours, believe we have touched on this before, and that all colours have all aspects of other colours within it. Are there any more questions this time? Were any of you aware of the change within this instrument?

Lilian: I could see the light around the face.

Jan: The features kept disappearing for me, completely.

Yes, that is good, that is when we are working to superimpose upon the features. With those words then my dear friends, I will leave you as ever bathed in the love energy from our world, but in saying that, you are capable of enclosing yourselves in these physical garments with your own energy and love. Perhaps it is something you might wish to try. All of you deserve what you have earned and you can achieve it by going inwards. I hope this time has shown you all that by giving of yourselves, you then become as nothing in this world. I leave you now. *(Thanks + farewells)*

~16TH September 2002~

Good evening. *(Greetings)*

I hope my dear friends that you can feel the love surrounding you at this time. There are those who have gathered for you this time who wish to bring to you some peace of mind, because that seems to be what is lacking in you this time.

Lilian: Yes, thank you. I have felt for myself happier sitting here.

Yes, I feel this time we should devote it, because of the return of our young lady friend, to answering some questions that you all may have for me. I will endeavour to keep those answers simple so that the young lady friend may understand a little more. I also give a warm greeting to our gentleman friend who, I have to say, is still struggling at the moment. (*Graham*) I will speak a little with him. Do we have some questions then this time?

Graham: Something you said some weeks ago Salumet about negative thinking and it's important to control our thinking, and I have been thinking about that and it's amazing how often you do think negatively about things. I keep catching myself doing it and try to correct myself. I was wondering what's the best way to approach this negative thinking?

Yes, before I comment for you, you are perfectly correct, when you say the human thinking has so many doubts, so many fears, so much negativity. What I wish to say to you my dear friend is this: I have told you I cannot live life for you, I cannot take from you problems that you may have, because that is for you to find and to erase from your living, because as you well know, it is for your own spiritual growth. You know and you understand this. (Yes) When we speak of negative thinking, what I wish to say may help you in your endeavours. You have approached many avenues in an attempt to be well. What I will say is this: that illness within the physical being always is cause and effect, that eventually '*thinking wrongly*', shall we say, to use simple words, must have an effect upon the physical being. You my friend have brought from another lifetime karmic debts—this I believe you are aware of also—but what you don't understand is that it is the thinking which is, to use one of your words, '*jailed*'. (Yes!) You cannot set free the thinking from past time. You have been trying to be positive, but subconsciously your mind is locked in what has happened previously. I will say this to you my dear friend that in this lifetime with the problems you have with your legs, it is a fear of going forward. Because your lifetime last time curtailed your living, that way of thinking has become stuck within your physical thinking this time. You need to unlock your mind to allow the physical being to go forward. Do you not see my dear friend that you are expecting a shortened lifetime this time and that is why you cannot go forward? Does this make sense to you?

Graham: Yes, you've given me something to think about.

I cannot give you more, because I cannot take it from you, therefore what I would like you to do is what I have been trying to teach the rest of this group that you must go within the heart-mind. Read my words and perhaps you will understand it more fully. All I can say about your negative thoughts is that you must constantly take control and transmute those negative thoughts into positive ones; but give love to yourself from the heart-mind. You can achieve it, but I will not say the road is easy, but the opportunities are there.

Graham: Thank you, that's given me a lot to think about, thank you very much.

Have we more questions?

George: Perhaps I could ask a question about our competitive nature. I think competition is something that is part of the evolution and the competitive instinct seems to be still with us. Recently the nations of the world came together to play football and one might say it is much better to compete on the field of sport than the battlefield and indeed perhaps the conversion of our competitive nature in this way to the field of sport, perhaps this presents a way forward away from wars. Do you have words for us about our competitive nature?

Yes. Thank you for your question. Of course you realise that what you speak of is the nature of physical man and not the nature of the Spirit being. Man came upon this Earth, he had this what you call competitiveness, because he needed to *survive* and of course as mankind has evolved, as you say, his Spirit of competitiveness has grown to such a degree, that mankind now is rather confused by these feelings. What I would say to you is this: Rather than using that energy for sport or war, why

does not mankind use this energy for the betterment of other people? That is not to say mankind should not have leisure times. There is nothing wrong with being competitive, I am not saying that, but in using this *energy*—let us call it *energy*—mankind could use it much more wisely. After all, what is the thought, but *energy* and you have the thought before you have the action. You would agree?

George: Yes, so it would be good for us to transmute a part of that energy to better purpose.

Yes, but of course if you asked me, of course it is much better that mankind uses this energy for sport, rather than to do harm amongst their fellow man.

George: Yes, it did occur to me that our sporting activity is becoming more and more and seems to be quite a considerable preoccupation on the planet at the moment.

Yes. What we must be careful and aware of is that this energy, this *mass* energy, cannot erupt into something that is not good for mankind. You must be aware of this, therefore I say to you that mankind in general would be much better suited to using all energies in helping one another, rather than for the gratification of their own beings. Do you understand?

George: Yes, that is a very nice message, thank you.

I don't wish to seem as if I am against all of mankind having some kind of fun, because that is part of the human nature also. It was given to you that you may have laughter and joy in your lives, but I would say to you that laughter and joy is much greater when it comes from helping others. (Yes) Have we more questions please?

Lilian: Probably Cheryl will find this interesting. When we first met this evening, Cheryl was telling us that some people that she works with that are mentally handicapped—and one in particular when taken shopping would say to people, “*I love you, I love you*”. You once told us that to come back in those broken bodies, they are often very old souls. Would they be more full of a spiritual love and more easily aware of it than we are?

I understand, yes. Of course many who come to these bodies know full well and they are of course very old souls, because to choose these conditional of life is not easy, and you will find that many old souls choose these conditions for their own growth. They are not always aware of the spiritual love which shines forth from them, but of course you are correct, it does shine from many of them without their knowledge. So often these people have a love that shines for all, although their physical conditions make living in this lifetime quite difficult. There is much for carers and people who know of these people—it gives them the opportunity to learn and understand a little more of another human being. (Thank you.)

Jan: I have a question regarding past lives and in particular fears and phobias from past lives, which with the knowledge that I now have/know and I believe I am right that some of those phobias and fears follow us. My question is, whether when I pass over and my Spirit chooses to come again, whether those fears will carry on?

I understand your question my dear friend. We have discussed this before, but I will say briefly to you, that is why it is most important for you in the lifetime that exists, that you face up to any fears/phobias that have come from past times now, because if you return to our world, you take them with you. What happens then, as I have said previously, you will return again and again with those same conditions. You may have a different life, but those conditions will stay with you. Therefore, if you *feel* that there is a situation—and let me say that all conditions are brought from past lives—this is sometimes a misconception of human beings. Sometimes problems occur in this lifetime, but as you have asked about past lives, I would say it is imperative for your own growth that these fears be addressed.

Jan: Yes. In particular there have been fears in my lifetime that I didn't understand for so many of my years and it is only in the last year that I've realised that I lived those fears previously and it is my obligation at the stage I am now to work through those for the past lives. In particular I have a feeling that I've been in battle before and in particular I feel connected to a certain ship and I am not sure how I'm going to work through those for future lives.

I will say to you, as I have said to the gentleman, all things are possible if you are willing, if you have those spiritual eyes to see that you work through the *heart-mind*. That is the way forward for all

problems and that is what I have been trying to teach you in these past few weeks. I hope and I know some have and some haven't been attempting to work with this.

Jan: I think that's why I raised these questions, because I know that I have been consciously working through these.

Yes. I would say my dear friend that you continue on this pathway and much will be shown to you. It is that those spiritual eyes have opened to the truth, that you recognize now that these fears that hold you back in this lifetime, you have the opportunity to erase them from your life.

Jan: Thank you. I feel positive that that's what I will do and what I want to do. Yes, thank you.

Have we more questions?

Lilian: Any questions Sarah?

Sarah: Not for me thank you.

I will just say to the lady (*Sarah*) that she has grown, but at this present time there is a slowing down of what she is achieving.

Sarah: Yes, I haven't been working enough, I know that.

No, I do not wish to speak unkindly, but you must get back to what is important in life, but I will say to you, there is much happiness ahead for you, but you must not neglect your own spiritual growth, you must not sacrifice that for any physical happiness which awaits you.

Sarah: I know that I haven't been doing enough and I feel very guilty about it.

No, no, do not feel guilt, that is an emotion which is useless.

Sarah: But I am aware that I am not doing enough.

Yes. Have the awareness, but leave the emotion behind.

Sarah: Yes, thank you. I'm glad you've said those words.

Would the young lady wish to ask any questions?

Cheryl: Yeah. Like talking about people—not just disabled people—I have an attraction to those kind of people and I want to know why someone like me would have an attraction to someone like that.

May I put a question to you my dear young friend? Why not?

Cheryl: What I am trying to ask you is why I am attracted to them?

Because that is part of the pathway of life which you chose before you came to this lifetime. You know a little of this work, you do not yet fully understand the implications of living, but I would say to you that it is the spiritual self which is attracted to helping those most in need. That is part of your life's journey. I would say it is not the full picture of your life, but there is a part of your living which must be devoted to helping others. It is also partly a karmic debt which you owe. Your understanding will grow and I am sure our dear lady friend will explain a little more to you. (Thank you.)

Jan: Regarding Cheryl, it's strange that she should have joined the group—no it's not strange, that's ridiculous, there's no such thing as strange, it is meant to be—but at the time that you were talking about truth and seeking truth, Cheryl answered that so profoundly for me, because she was doing a work, employed in something that made her very unhappy, but everybody else around her thought it would be a marvellous opportunity, but she realized that was not the pathway she was meant to be on and the pathway she felt she should have been on was the one she left. Now she's on track on again with looking after people and I felt that was an overwhelming sense that that was given to me as an example of *truth*. Cheryl found the *truth* in one respect. I may be romanticising, but it just seemed very appropriate at the time.

I think it would be most apt for me to say to you all at this stage, that every human being comes to this lifetime—we will speak of this lifetime, because all of you are here, endowed with that freewill, that *self* will, to go through this situation in life here as best that you can. All of you take faltering steps at times, you become confused, you do not always listen to that inner voice, so sometimes you deviate from the pathway ahead, but it matters not, it is an experience of living, which after all, if you stop and think carefully, if you then go back onto the true pathway, what have you achieved? You have achieved the power of your own thinking. Do you see? (*Affirmed*) If you think of it as a *positive* experience, then there

is nothing wrong with going a little wayward from your path. There are very few people in life, who follow a true pathway.

Jan: But if they *learn* from that, then ...

Yes, that is what is important. So it becomes a positive experience rather than a negative. Only when 'the thinking' thinks of these things as negative are you beginning to have a little problem. But that is why I have taught you that the power of your thinking is so important, that you have the power to do whatever you need to do, and each one of you knows, whether you have the awareness of it or not, what is right and true for you. Is that helpful?

Jan: Yes, it is indeed, thank you.

I will take just one more question and then I will leave you to allow that inner peace to come to you and to allow the rest of the evening to form as it will.

Lilian: Thank you. If I could just ask one about the instrument you are using. She has a fear of thunderstorms. Would that be something to do with a past life? I hope she doesn't mind me asking, I'm sure she doesn't, but she really is quite frightened of thunderstorms.

Yes. Because I have spoken personally to others, I will say this time that this fear originates from *this* lifetime. My dear friend I wish to thank you for your devoted time once more. These times together have grown much. I have watched you grow, I have watched the dedication you give and I say to you that your lights grow ever brighter.

Lilian: Thank you. Yes, we do feel a bit dim at times, but it's a pleasure to do this work I must say.

I leave you always with my love. (*Thanks + farewells*)

~23RD September 2002~

Good evening. (*Greetings*)

I am happy to join with you this time. There would seem to be an air of anticipation about this meeting. I would like to say to you this time my dear friends, words which I have spoken to you before, but we feel it is necessary to reiterate those words and they are these: There are so many negative thoughts coming from your world at this time. I have spoken of this on many occasions, but at the present moment in your time there is a welling of emotions, which need to be controlled. I will say to you again my dear friends, there is absolutely no reason for you to be fearful about this planet. Too many thoughts of destruction, too many thoughts of negativity coming from too many people. I have said before, and I say it to you again most strongly, do not fear for your existence or for this planet. The energy used on these ways of thinking is wasted. Your thoughts, my dear friends, when they are positive and good, help to create a stronger unison in mankind. I cannot repeat too often that those of you who have knowledge, those of you who are trying to use positive thoughts, have a great responsibility to the rest of your fellow men. I do not say this to impose on you any greater responsibility than what you feel at this time, but what I would like you to see from my words, is that you must compound those positive thoughts. Therefore I say to you, dispel any fears that may be at the back of your thinking and bring forward that positive energy, that goodness from within the heart-mind; and by now my dear friends you should hope understand when I say the 'heart mind' what I am speaking of. Have you any questions before I continue? (*Pause*) No? I will never cease to be amazed my dear friends that outside of this room there are so many questions, (*Chuckles*) but when we gather together, all would seem to be silent! I will continue then with some other words that I wish to speak to you about this time. It follows from the fear which surrounds your planet again at this present time. All too often the thoughts come to us about the suffering of mankind. *Why do certain individuals suffer? Why do nations suffer?* The words I wish to express on this are quite simple, and I would like you to listen carefully to what I tell you: **Any individual who suffers pain, illness in any form, is contributing to your world.** I hesitate here to allow those words to sink into your thinking. How can that be? I will tell you. The resolute and peaceful way in which individuals come to accept pain and emotional stress or any kind of illness, is walking in the footsteps of those greater ones who understood that in dealing with these conditions it is helping to

raise the vibrations for all of the world, because in accepting these conditions the Spirit begins to shine forth, and in doing so in even just one individual, the vibrations of your planet is raised. Do you understand what I am trying to tell you?

Lilian: Yes. Does that go for all illnesses and disabilities?

It matters not what the obstruction of life is, it is the way in which each individual deals with it, even to the minutest degree. But in every 'illness', let us use the word roughly for now, man learns that there is more to existence than at first he thought. He becomes resolute in his way of dealing with any illness, he becomes more peaceful in the way that he looks at the world—and I am speaking spiritually again of course, because I hear you say, 'but not everyone accepts their illness or disability or their disharmony in life'—but I say to you that it is a learning process for the Spirit, and when the Spirit is learning thus, then the vibration is raised. It is not always something you are aware of, but I can assure you it happens in most cases. Are there any questions on this? *(Pause)* Silence again!

Lilian: I was just thinking that there certainly are some individuals—I was watching a young lady on the television; I don't know what had happened to her, but she was learning to walk with artificial limbs and her courage was quite something.

So her light would shine forth as an example to others and she would not be able to do this if she was not resolute in her endeavours. There is a 'strongness' within the individual that comes forth in time of illness and distress, which is not apparent beforehand.

Lilian: If I could be so bold, I think I can see it in you Graham; you remain very cheerful.

Graham: Yes, I do feel cheerful. I have read about the accounts of other people that have endured various illnesses and disabilities, and one thing that I've read a lot of times is they do feel they do become more spiritual in coping with their new circumstances and start to grow to like themselves more through coping. Yes and may I say why? Because you realize that each one of you is responsible in some part for your own illnesses. I know my dear friends that this has always been difficult for you to accept, but whether it is a condition brought from another time, or whether it be a condition that has manifested in one lifetime, it matters not. What matters is that you accept responsibility for those conditions, and in the recognition comes forth that peace of mind that allows you to deal with the situation. That is what it is all about. But I know my dear friends I am repeating words which I have spoken to you previously, but I do not apologize for the repetition of these words, because I *feel*, and especially so as I have said at the present time, that is necessary to be reminded of these things. I would ask of you this time my dear friends that your thought goes out to the whole of your planet, that your thoughts extend beyond your planet to the cosmos, that your thoughts extend even further to all of Creation, in order that these vibrations reach out for the good of all. This is no small task for you; indeed it is an enormous responsibility, a responsibility that only each individual can seek. Each individual must take responsibility for the thoughts that are given out, but what I would say to you my dear friends, that responsibility is great, and remember that control of your thinking is a great step forward. And although I know each one of you in your own individual ways has tried, has given help to many, what I must say to you is that there is so much more you can give, first and foremost to yourselves, because do not assume that by giving out to others you must neglect yourselves. What purpose is there in that if you do not feed the Spirit that you are? I will say this to you also before I leave you, that each individual, each individual's own responsibility must always be for the good of his fellow man. I hope my dear friends that my words this evening will give you some more to think of, something more to discuss amongst yourselves, and do not forget that there is always available to you information and the help that you need. All that that you need to do is to ask, call to me and I will be there, but also know that there are those who stand always close to you, whose only desire is to uplift and to help you every step of your existence, and to them I say give thanks. I will leave you now my dear friends in the knowledge that all around you is of such a bright light. I would wish for you that you leave this room feeling even more uplifted and more love. My love grows ever stronger for you. *(Thanks + farewells)*

One followed through Sarah, saying there were many who stood close in Spirit, bringing much love. We were instructed to: **'Take time, take strength and above all, take much thought for fellow man.'**

Finally one through Eileen relayed a message to Sara from Roberto, one of her students from Italy, who was now in Spirit.

(There is no recording/transcript available for 30th September. Unfortunately the recorder must have failed on this occasion.)

~7th October 2002~

Good evening. (Greetings)

The last time we met I said that we would discuss some matters that our dear lady friend put before me.

Lilian: Thank you very much.

Your question last time was about the form which I show to you—that I have told you that I came in the many aspects. Was that your question? (Affirmed) Let me say this to you my dear friends—again, we have to remember that my words to you, are limited by my own vocabulary—I told you that there are many aspects to the soul, but when I speak of coming to you in many aspects, I *mean* that you cannot conceive *me* in any shape or form; that is incontrovertible. It cannot be that I show myself to you in a manner that would prove to you who I am. You understand this I know. (Affirmed) But before I continue, what I wish to say is this: I am a creation of the Creator. This you know and accept. (Yes) But I am no more my dear friends than any of you. I may be a little more evolved, but there is nothing which I do or *can* do that you also cannot do; after all, you too are created by the Great Creator. But when I come to you I come in many ways. Last time I told you I was the whisper in your ear. I am the voice which speaks to you now through this instrument. I am your highest thought. I am that upliftment that you feel in times of doubt. I am the *truth* which you give forth to other people. Are you beginning to understand what I am saying to you? (Affirmed) You cannot look to me as a shape or form which you can understand, because that would be not impossible but not likely.

George: When you say that we are able to do as you. That I imagine would be in the extreme fullness of time. (Yes) (A few chuckles broke out at this thought)

What I wish you to know is that we are all aspects of Creation. You must realize my dear friends that I am no different from you; only that I speak to you from our world. I speak to you with a voice which you recognize. I bring to you love to the highest degree, but you also my dear friends possess this. And you may not always recognize these qualities within yourselves, but I assure you my dear friends, that you also are part of all Creation. Therefore how can you be imperfect? That is not part of *truth* or law. Do you understand?

George: Yes, and we can be imperfect through our freewill and being lodged in these material overcoats. For only whilst in these clothes can you be imperfect; but Spirit is perfect. You understand? Therefore when I come to you in these forms it is useful for you to know that I, being a little more *evolved* shall we say, and again I am using Earthly words for your understanding, but when I come close to you, it is in the form of *spiritual* attributes, not those of this Earth. Has this been a little helpful to you?

Lilian: Yes. Thank you very much.

Have you any questions at this point?

Lilian: I was just wondering as you were talking, I suddenly felt quite a sort of joyful feeling and I wondered why that would be? I know, 'why not', but is there an answer why I have this feeling?

Because you have recognized within yourself some of those spiritual truths—it is as simple as that, that with the vibration of this voice that I am using, you can feel the love which comes to you at this time.

Lilian: Yes. That's true.

One thing I would say to you my dear friends is this: that when you trouble over all of these questions, and I have to say you human beings have so many, I would say this to you: look inward, look to the inward truth and always *there* you will find your answers. I cannot repeat this often enough for you, but it is such a simple thing to do, but with your freewill, we cannot *make* you do these things; we can only encourage and try to uplift that part of you which allows you to recognize the true souls that you are.

George: Curiously enough, today I was thinking about a question about methods of delivery of the Source teaching, bearing in mind that Jesus incarnated, as have others, and you come to us as you do, and I think you have covered part of the answer that I had in mind as a question, **(Yes)** in telling us about your ways. **Yes also—you see my dear friend, I am always aware of what is about and around you in your daily living. This is not an easy thing to discuss with you at this time, but it is possible that I am with you all at all times and on many occasions. Therefore do not be surprised sometimes that what I speak about is relevant to one or other people within this group.**

Sara: Yes we have noticed often that you've helped us with our problems. *(Chuckles)*

Yes, sometimes you see my dear friends that you do not always listen to me, with the quiet *whisper*. Therefore sometimes it is necessary that you hear it with the spoken word. *(Agreed)* I of course would be happier if I could make you hear with the quiet whisper, because then I know you are achieving what you should be. But provided I have a voice to use, I will always endeavor to hear each one of you.

George: We are grateful for that. *(Affirmed)*

Are there any more questions?

Sara: Yes, I wondered if you could talk about the subject of young children and discipline, because in our world at the moment there is so much controversy surrounding smacking of children, that many people are fearful, as I have myself, I have been fearful of this. When I talk to people it seems to me that many people are still doing it in reality. Can you comment on this and enlighten us?

I will of course make comment for you. I will repeat words I have said before and that is, that as much as we have much vision, more than you do here on this planet, we are not allowed to interfere. And there is much to be said for the way that your beautiful children are handled in this world. What I would say to you is each child comes to you as a gift and after all, they are part too of Creation. They come to you with all the elements of spiritual truth and knowledge, but also they come to you clothed in these physical conditions. I would say to you this—and you must accept or decline it, in whichever manner you see fit—but I believe children of your world rally to words of love and not to the striking with whatever instrument or *hand* in the form of discipline. Children come to you on a wave of love and if there is any form of friction, I would say to you, then it is something to be worked through. Are you understanding my words?

Sara: Yes definitely. Thank you.

If there is conflict with a child, look to the purpose of the conflict; see why that conflict occurred? Do not assume that the child has come to—how can I put it to you in earthly terms—that the child is there as a source of aggravation. *(Chuckles)* I know that you human beings find it to be so, but if you look to the spiritual aspect of all life, there will be a purpose. But I will say that children always will respond to love.

Sara: Yes, thank you

And do remember this, that small children are closer to our world than yours.

Sara: Yes. Thank you for that. That's really helps me a lot, because with my little boy, the advice I have had even from the people at the school is to be very, very firm and it is difficult. When I told the lady that I didn't like smacking, she looked with disapproval at me and this confused me more.

This child is most sensitive. (Yes) I would say to you—and I cannot interfere of course—but this child is more sensitive than usual for children of this age. Give him love and he will respond to it.

Sara: Yes. Thank you so much.

Too much discipline for this child will have an adverse reaction. Therefore look inward to how you feel and you will find your answers.

Sara: Thank you so much. I did need something, because I'm surrounded by people who think differently.

May I just say something? (Yes) And it is not something that I normally do, but this child has great respect for the father figure, although it is not always apparent. But take note that every word that this father figure says is taken in and digested. Therefore may I say that a great influence can be placed upon the child through the father figure. I know it is a great responsibility and children in your world are not always given the love that they deserve, but see them not as children, but as spiritual beings who have come to this planet for a purpose.

Sara: Yes, so really we should be quite gentle and loving with this one.

He is most sensitive yes. He will respond more to love, and patience. And this is a big lesson for you both. If you think of it in this way, you also are learning from this experience.

Sara: Yes. Thank you. And my other question was following that, when children *do* have difficult early years, I was presuming that it must be because it's a growth opportunity for the family, or for the parents as well as the child.

I have said before that sometimes, especially in *very* young children, that sometimes their—what is termed in your world as 'bad behaviour', is sometimes the realisation of not wanting to be in the physical world—that sometimes their memories remain with us here and they are dissatisfied with being trapped within the physical bodies. And sometimes these very, very young children are unhappy little souls who have to make adjustment to your world.

Sara: And it takes longer for some.

Yes. Yes, it is not always what you would call in your world 'black or white'. I believe that is a phrase you would understand. (Affirmed)

Sara: Sometimes I have felt I know things, but I can't speak about them with people in charge of my little boy. I just have to work quietly in my own way (**Yes**) and hope that the evidence will...

Give out your heart to these people and they may change. It is possible to work quietly and change the way that people think. Do not feel harshly towards them, they have no knowledge usually and they are doing what they feel to be right. But give love to this one.

Sara: Yes, and maybe we can quietly influence others who care for him, with this thinking too, which may help other children.

With your help and love there will be a rebound effect to those around him. Always that happens, but I would say your responsibility to him is much greater than any reaction he has to those who teach—especially from the father. Even your silence, my dear friend, has a great influence on him, because he watches you closely and if you watch him when he is not aware, you will see how closely he is in tune with you. (Sara and Graham express thanks) And he too can influence you; remember this is not a one way situation.

Sara: He says wise words often.

Yes, very sensitive this little soul. I hope that has helped you. (Affirmed) I would have to say—and this comes from our world, that there is never a reason to strike any child. You may have many views, you may have people who feel themselves to be wise, but in our world we cannot condone any form of discipline that allows a child to be struck by another human being.

Lilian: That would probably go for the animal kingdom as well?

We know much and people are much more aware of the need to treat the animal kingdom with much more respect. Yes, mankind is much more aware of the animals, who after all, are part of Creation and have every right to inhabit this planet with you. (Agreed) But I am sure all of these things that I say to you this time is well within your own knowledge, but sometimes we have to remind you.

Sara: Yes, and also I have been influenced by others lately and by listening to other people and I'd become a little confused. So I'm very happy to know that that is the spiritual way, because it's what I *did* believe.

You must always go inward to find your own truth. After all, you are the one who must take responsibility for your thinking and your actions.

Sara: Yes, that's true.

And you have such spiritual knowledge and to deny them, is only doing yourself an injustice.

Sara: Yes. I think also we were a little fearful, because of the teachers pressurizing and perhaps we lost our way a little...

Yes. They mean well, but they are a little misguided, but I am sure that most of them do it for the welfare, they consider, of the children. But I would say they are just a little misguided, but send your love to them also that they may change their way of thinking. It can be done, and it is something that all of you should endeavor to do for those people in your world who have no knowledge, or at least *deny* their knowledge in spiritual values.

George: Could you clarify a point about fairies? They don't have wings, but they do have an energy beam from the upper body. There is so much written about this, my question is: would those energy beams interact in any way with the general aether so that it would help them in their balance or movement?
Yes. These beings of course, belong to the aether, how else could they exist? They are not physical beings, therefore they belong to the aetherial realms. The wings that you speak of and are seen by many people, is in fact energy, but they also have the ability to create whatever they wish. They are able to change form because they do not belong to this Earthly realm. The energy from these beings comes from our world. But yes, wings as you imagine them are attached to the body, but fairies that you speak of are just a mass of energy, which is created in a form not normally seen by human beings. They are creatures of light, much lighter vibration than the human form.

George: Yes, so those beams would be merely part of them and would not interact in any way?
It belongs to the aether, the energy of which can be drawn and used by them when they come to the Earthly realms. You have to remember that energy has many forms. You know that there is density of energy, which is known to you in physical life. The fairies that you call, belong to our world, therefore their energy is much lighter, but they can draw from the spiritual realms, lighter energy to re-create the denser energy. Do you understand?

George: Yes, I think I follow.

Are you sure? You must remember that these energy beings are not of the same density as you.

George: No, I think I appreciate that they would not be affected by gravity in any way.

It is like saying: *am I affected by the density of the human instrument?* The answer is: *no*. Is that a little clearer for you?

George: Yes. Thank you.

If it is not, please say; I would rather clarify it for you now.

George: It is just that there has been so much written about fairies with wings that I wanted to clarify why people who had some way of seeing them, how they could have mistaken the energy beams for wings.
It is just the form, it is the way that the fairies wish to be seen. (Yes) Do not forget that they have the ability to change form if they so desire, but that is the way they wish to appear to others.

George: Ah, so they might *wish* others to see them like this.

Yes; but it is all energy.

George: Yes, thank you.

And of course, you have the ability to see them if you so desire. Do not forget this. If there is a failure of seeing them, it lies with you, because they are around and about all of the time.

George: Yes, what a lovely thought.

Not a thought; it is there for all to see! It is not a thought.

George: Yes. I stand corrected, thank you.

Yes. I think this time, I will leave you and leave you I hope with a little more understanding of the nature of the way that I stand close to you.

Lilian: Yes. We are very grateful to you for that.

Perhaps our lady friend would like to finish the evening, seeing as your numbers are small, in a guided meditation. And perhaps my dear friends, you might have the ability to see some of these *fairies* that you speak of, but you must allow yourselves to be able to go inward and feel their energy. I will leave you my dear friend, as to how you finish this evening. (Thanks + farewells)

Sara's guided meditation then took us through woodland glades and favoured domains of the little folk.

Another then followed through Eileen, reiterating the need for stillness/quiet time.

~14th October 2002 ~

Good evening. (Greetings)

I hope that our discussion last time gave you some insight into the part I play when I come to you.

Lilian: Yes, it was interesting.

This time my dear friends, I wish to ask you all one question. It may not be as simple as you think, but what I wish to ask of you my dear friends, is this: I want you to look from outside of yourselves and ask the question: *'Who am I?'* I want you to focus on this question and also to find out what spiritual gifts you have brought to this lifetime and how those spiritual gifts have brought you together this time and in which way they bond you together. It may seem a simple question my dear friends, but I assure you, you will find it quite difficult.

Lilian: Yes, I think I am already.

I will give you time to look to this question and for you all to discuss amongst yourselves what answers you come to. I will remain with this instrument whilst you work quietly, but before we leave, we hope to bring to you someone who will speak a little with you and we hope that the dear lady who is sitting next to me, will be able to bring them forward. *(Sue)* I will be most interested to see what you think of yourselves. *(Some sitters chuckled)* I will comment next time, so please, please be lucid in your thinking and the expression of your words. I will try to help you to have clear vision, clear thinking for this meeting.

Lilian: And we shall hear from you next week?

You may rest assured I will be here with you. I have given you what I am to you, now you must recognise what you are to yourselves. My love as always stays with you.

Lilian: And our love goes with you. We will sit quietly for a moment or two and see what we come up with.

We sat quietly for several minutes before Lilian spoke again. These were the main statements made:

George: We are each of us sparks of Divinity, so we each have to see ourselves as an individual spark and each spark represents a different soul, because it is rare for two aspects of the same soul to be on Earth together. We have similar energies, so perhaps the soul-bodies are closely connected in some way. This is conjecture, but it is clear we have similar energies and that energy is part of our bonding. And we have a particular affinity for each other, because although we have similar energies we have different abilities. In a sense we rely on each other for those different abilities.

Lilian: Yes, that's true.

George: I think much hinges on the fact that we are similar energies, the other factor that would probably add on to that is our most recent past life that some of us at least spent together and I would imagine that also contributes to the similarity of energy between us.

Lilian: And probably all of us have a love of nature.

Sara: I think if you're really spiritual, you will love nature.

Lilian: Also a love of animals. I often wonder why I like animals so much.

George: I think especially at particular times in my life I have been aware of a deep-down power, which has been a guiding influence. I have a feeling of strength from this, with the idea that the soul-strength is much more than the physical body.

Lilian: Well we must each of us be on the same par spiritually, because if we've been together in past lifetimes and we've been told we shall be together again, so we must be pretty much on the same level, mustn't we, spiritually.

Graham: I think you have to be in order to share experience, to talk to people, to accept what they say and for them to understand what you're saying. And we all accept what Salumet says.

George: And of course, we have to see Salumet as a great coordinator. That is of course very important too.

Sara: And we all have an enthusiasm for this learning—a passion for the learning, which makes us come every week.

George: Yes, we are all seeking, that's a shared fact.

Graham: My condition is several-fold more than is perhaps common, but I think that when you get a condition such as I've got at the moment, and a lot of people at some stage in their life do have illness, it does make you think a lot more and it's made me think a lot more about past lives and where you are and where you are moving towards. It really opens your eyes in many ways and you start to see things that you haven't seen before. In a way I see the condition as something of an awakening.

Lilian: Yes. How about you Jan?

Jan: Well, I asked the question—as he asked it—go outside and ask yourself the question in your mind—and I’ve been receiving clairvoyantly I suppose, lots and lots of faces one after the other almost like in a mist. I presume they are me—parts of me—and also I have been given strings of light, a little bit like neon lights, as one fades the next one lights up and so the next one lights up. And those beads of light—I think I’m interpreting—there are millions of them I’m being shown, so they are other souls; it’s as if I’ve passed through them, do you know what I mean? They are people that I have connected with.

Lilian: They belong to our energies.

Jan: Yes, they are little beads of energy obviously and I’m being shown that some are negative and some are positive and you obviously need that negative and positive to make a positive energy flow. And the negative energies are those that I haven’t bonded with—they are not on the same spiritual level, as those of us in this room—and this may have been said a moment ago, because I am not quite with you if you know what I mean. I can speak to you but I am not able to feel my body at the moment. They enable me to see this more and more aren’t they, as the weeks go on. I’m being taken further and further now. I’m not sure how I can still speak to you; I can’t feel anything else around. Each one of us in this room is joined in a circle. I’m being shown at this precise moment in time each one is joined in a circle, within a circle, within a circle. I’m interpreting that first circle is where we are now and we meet again in the second circle and again in the third and in the fourth as we progress. I am being shown it going outwards. So, where we are now, as husbands, wives, mothers, sisters and brothers—that’s not who we are. We know that, don’t we? *(Affirmed)* And again I am being shown an overcoat, which I described a little while ago—I’m also being shown snails—a snail has a shell. He goes inside the shell and comes—you’ll have to interpret this...

Lilian: Well we must grow new overcoats...

Jan: I can now see other faces that are each one of you. I’m not seeing me, but each and every one of you. So I’m meeting *you*. And now we’re back to the neon little lights. *(Jan began to ‘return’ at this point as she again became aware of her body)*

George: Can you say roughly how many others are in the room with us?

Jan: The room is very, very full. I feel almost claustrophobic with them. The walls seem to come in tremendously small. I would say there are a good 200-300 people in the room at this time. There’s standing room only at the moment!

George: What I can see clairvoyantly is vague, but yes I agree, I would equate the vague patterns that I am seeing with hundreds.

Lilian: Which could be other aspects of ourselves?

Jan: They are—that’s what they’re showing us is that they are not other spirits, they’re facets of our selves. They are part of our soul, in this room with us now.

Lilian: It makes you feel quite emotional.

Graham: I reminds me of what Salumet said about facets of a diamond.

Jan: When Salumet came through tonight, I haven’t witnessed it before, but he came through with an enormous blue light that went bang! ...all round Eileen. Then after he came through, I went off on my travels if you know what I mean, but that’s when the strands of blue light, then it turned to blue and red, that were shown to me. So the question I think: ‘*Who am I?*’ ...I think George described what I was seeing: We are just a linkage in a chain of energy. That’s how I can see it. Does that make sense George? *(Affirmed)*

Sara: In terms of evolution, where we’ve come, I was thinking humanly as well, we’re vast really, we’re part of everything, part of everyone really. The further we move on, the more we grow in spiritual strength and wisdom, the more we would feel a part of everyone really.

George: Salumet is always saying that the situation is much more complicated and beyond our ability to describe.

Jan: The other part of this question was that we have to answer is: What spiritual qualities have we brought to this lifetime? That I think is very individual. This is going to sound really silly, but I think I have always been aware of a *light* that surrounds me, but wasn’t sure before, what it was and how it was to be

used I suppose. What I mean by 'light around me' is: certain people were attracted, certain personalities, certain types were attracted to me.

George: Do you find person walking on the other side of the street suddenly look across?

Jan: Yes they do. It's taken this—shall we call in 'work'—we came into this world with a light that shines brighter than we can see.

Graham: We all bring with us love and it is the most natural thing in the world to love people and objects and animals and everything.

Sara: I think I was put here definitely to communicate. As a young child I was quite shy, but as time went on, I was able to communicate, but now I think I communicate on lots of different levels. An important part is supporting people in their spiritual growth, whilst growing myself and talking to people around here in whatever way I can, either through the voice or through music or whatever. I think that is what I'm here for.

Jan next brought Cheryl into the discussion, who declared herself to be a bit self-centred. Others pointed out that they were also at her young age and that she is also extremely compassionate. This dialogue was cut short by a visitor through Sue:

I do not wish to interrupt your most interesting discussion. I have heard many conversations from many, many, many peoples of your side of life and let me say, I am always surprised at what I hear. Sometimes the depth of knowledge I hear from certain groups such as yourselves, stuns me. I am most gratified to know that the teachings that the Masters bring, have such an influence on you all. We are most gratified and if even a fraction of what you are told in the early days, takes root, seeds itself in your minds and blossoms as the years progress. I hope that does not sound too flippant, but it is my way of explaining to you how we are watching you grow. Do you comprehend my meaning? (Affirmed) Do you understand that the knowledge, the knowledge that you have absorbed, is like the flowering of the cherry trees every year. Can you understand that? (Affirmed) They lie dormant in your winter times. Then the little buds burst forth in your spring times. Then you are awash with the fragrant blossom. That is like the knowledge, which suddenly seems to burst forth in your consciousness and you absorb this knowledge, and you hold onto what is relevant. Then like the blossom on the tree, that knowledge serves a purpose and you shed previous thoughts, previous connotations—things that perhaps once were important to you and you suddenly realise that they have not the significance that you thought they had, and you let them drop like the blossoms. Is that a fair description of your thought patterns? (Agreed) Some of the things that seemed vital to you in your youth or vital to you only—shall we say yesterday—suddenly are stripped away and you think: 'I don't need that. Let it go.' Yes? (Agreed) Yes, good. I am not meaning to put words or thoughts into your mouth; I listen to you and I watch you and I absorb your thoughts and it seems to me that as the time progresses, you are stripping more and more of your earthly thoughts and getting closer and closer to spiritual meaning. Yes? (Agreed) Good! It is good that you are agreeing, because you must always move forward. And we know that some of the teachings leave you perplexed, am I right?

George: Yes, we have to think about them sometimes.

Yes, that is what I mean. I do not mean you are perplexed in you don't know what is being said to you, but it makes you open your mind does it not? It makes you question? (Agreed) Which is a very good thing; I am sure the Master that comes to you has said to you in the past: Always question, never just accept. Yes? (Agreed) You must question. No one is going to think any the less of you if you say: Please can you elaborate on that theme, whatever it may be. We do not want you just to accept what we say. That is not what teaching is—in your schools when you are children, as you grow and you go to universities and to your higher forms of education, I am sure all of you have at some time wanted to debate an item with your tutor s. Am I right? (Affirmed) You have wanted to say: Excuse me, but I cannot quite agree with that, may we discuss it further—have you not?

George: Yes, and this leads a better more fundamental understanding.

Of course—but we are watching each of your years come and go and we are seeing the branches of knowledge grow firmer and heavier and more laden with the blossom of knowledge and teachings and

from that blossom, come the most amazing scents of love. Did you know that love has a perfume? That is something else for you to put into your store cupboard of knowledge. Love has its own rich perfume.

Every sense has a perfume.

Sara: Is it true then that people can exude a sweetness or a sourness, which that almost be...

Tangible yes. (Yes) You know that love comes in a form of light—you have been told the light shines from this meeting have you not? (Affirmed) It lights a beacon. It is not just a light, it is a scent, a wonderful perfume which mingles with the light and can be sensed in our world, just as hatred has its own scent. I will not call it perfume, because it is not perfume, do you understand me? (Affirmed) Fear also has its own scent. Again I will not call it perfume. Every one of your senses exudes an aroma. I would like you to think about that in your coming days. Give out LOVE, not hate. Hate will cause a scent, which can make people recoil from you—not physically—you do not see people step back and think: Oh dear, what a smell! (Giggles) No, they recoil mentally and that itself is part of the Spirit—the mind. Think upon it dear people. Try to love, try to exude a perfume that you are, shall we say, very taken with. Imagine the love is one of your most favourite smells. Can you do that? It will help you. (Affirmed + thanks)

Graham: Yes, perfume is something beautiful.

Lilian: Delicate, like a flower.

Indeed. I will also say to you that even your most beautiful perfumes on this world cannot compare with the spiritual perfume of love. It is like something you have never encountered. But dear people, dear friends, when your time comes to pass into our realms, I wish from the bottom of my soul that one of the first things you encounter when you join us is the perfume of love. You deserve it, each and every one of you and the more you strive in your earthly life to bring love and harmony to yourself and to others around you, the closer you will become to the spiritual smell of all-powerful and all-bright and all-shiny LOVE.

George: Something to look forward to.

Yes, that is something that you can accept from me. (Agreed) No, I don't wish you to accept it without thought, but believe me when I say to you: It is fact.

Sara: It makes sense to me, because when people are fearful or sick or ill, there is almost a smell and it's something that you see as well. (Yes) So it makes sense. The skin is clear and bright, it affects the body when someone is loving and happy; the skin looks brighter and the eyes look brighter and everything glows.

Glows!—that is a word, very, very good word; observant young lady.

Sara: Children often have the sweet aura, when they're happy.

Young children, in all innocence, can detect the perfume of love, but very quickly, very quickly they lose that sense. You have all encountered it in your very early life. Sometimes you may think you are recapturing it, but you don't understand what it is. I am sure at some stage in your lives you have—
The tape ended there, but it was actually very near to the close of session. Our visitor was thanked for the wonderful analogy of the cherry blossom and knowledge given. They indicated that there would be further visits and when asked, gave the name Ramon.

~21st October 2002~

Good evening. (Greetings)

There is with you this time a heaviness with some of you. I would like to enclose you all in the love that I bring to you this time. I also wish to say to this instrument, apologies for disturbance within the throat area. (Thanks) I have been trying to work more closely with this one in order for the voice to be stronger, but as always it takes time for adjustments to take place. But it is now time that I should be capable of coming to you a little more quickly, more easily, with more comfort. And although the instrument is usually unaware of any discomfort within the physical being, it is within our power to see that the instrument remains comfortable throughout.

Lilian: Good.

I will dispel this heaviness which I feel, before I begin to speak with you.

Lilian: I'm sure we'll be very grateful for that.

(Brief pause) Perhaps it is a little trepidation as you wait to find what I will ask of you this time.

(Chuckles) Many, many were interested in your remarks last time. Remember when I asked you who you truly were. Your replies were indeed uplifting to us, because it showed us how much and how far you have come. But now I have to tell you that we need to go one step further for your understanding of who you are. The gentleman who sits close by, our dear friend who thinks much and uses the pen much, gave us very good description of who he thought all of you were, and yes, each one of you knows and understands that you *are* divine sparks of existence. You all of you know and understand this, but my question of who you truly are needed some little thinking, would you not agree?

Lilian: I must confess, I still don't know.

Let me say just a little to you: Although you are as one before you come to many different lifetimes, you belong to that Great Creative Force from which we all come, but when you return to any *lifetime*, you take it upon yourselves to become individualised—to become 'I AM'. When you are clothed in the physical bodies, the 'I AM' becomes a physical being and the most important part of the physical being is the 'I', is the ego, because when that becomes the most important part of your living, you are losing those spiritual attributes which belong to you. This you know and understand.

George: This is the ego 'I'? **(Yes)**

Lilian: That's interesting, because the instrument you are using when she was meditating she was picking up the words 'I AM'.

Yes. Was she confused? I will try to help her.

Lilian: Just a little. She wondered what it meant.

Let me continue please. *(Pause)* I am what I have always been. *(Pause)* You wonder why I hesitate. It is to allow you my dear friends, to think about those words. When I say I AM what I have always been, how does this apply to each one of you? That is the question you need to ask. I AM here and now. I AM a voice. I AM many things. I AM LOVE—and understanding. But I AM in the physical being, *many* things—not only with spiritual attributes, but with the duality of those attributes. Do you understand my dear friends what I am saying to you? *(Affirmed)* If you are unsure, let us discuss it as we go.

George: The Bible phrase comes to mind: I am that I am; which conveys to me the very essence of being.

Yes. Yes, for once I would agree *(Chuckles)* with the words written within that religious book. Yes, so when you say, my dear friends: I AM, it does not apply only to this lifetime.

Jan: Therefore I am constant, is that right?

I AM constant, I AM ever-moving, I AM. There are many phrases that can be used with I AM, but what I asked you last time was to find the true and real I AM; the I AM that has always been. You my dear friend, started to go on a journey, which takes you some small way into that being. But may I suggest to you all, that to find the true I AM, you need to go even further. I will leave it there for now, because once again I will give you the opportunity to again look at the I AM. I will say now about the other part of my question to you, which was: What spiritual gifts do you *feel* you have brought to this lifetime? And again, the conversation was varied. Each one of you discussed attributes that you felt you had brought with you. May I say my dear friends—and I want you to listen closely—that each one of you has brought with you *all* spiritual gifts. It is not unusual to any one person, but it is with *all* who return to physical life. It is *theirs*, because it always has been. You are saying: what is spiritual gifts?

Lilian: When you say it like that it's suddenly very simple. For myself I was wracking my brains to think well what did I bring? They were there all the time.

They *are* there always, in all time, not just in this one lifetime, but in all lifetimes. What you bring my dear friends is that deep inner knowledge, that deep inner power, which you all possess. You bring love, understanding, all of the attributes which you here on this Earth would call 'good'. But as I have said, you also bring to physical living, because of the *physical* way of *life*, the duality of these gifts. With love you have hate, if you have riches you have need, and I need not continue because this is no word lesson, but you understand what I mean. *(Affirmed)* Therefore those gifts you bring, which are *yours*, must be used wisely, to face whatever pathway you have chosen. The attribute of *healing*, for example, is one

that our dear gentleman friend (*Graham*) is at this moment learning to correct his physical condition. That is one example. In others it may be patience that needs to be used. In others it may be the love and wisdom which you give to children. There are so many ways that your spiritual gifts can be used. Have you any questions for me at this point?

George: The spiritual Source that we reach towards for our guidance, would it be correct to say that that is unchanging, or perhaps it is steadily refining all the time?

That is the purpose of *life* my dear friends, that you strive towards these natural gifts—to the Spirit—you strive always to regain what you know to be true, in the same way that any plant will strive to have its flowers or its fruit. That is the purpose of its existence. And so too mankind continues to strive, because until he uses these gifts in the proper manner, he will always feel unsettled and ill at ease. And that is why so many of your illnesses take place. It is ill-ease. Do you understand what I am trying to tell you my dear friends? (*Affirmed*)

George: Yes, I'm just trying to work out if what we bring with us is it always much the same, or is it refining as the result of many incarnations?

Yes. Of course it must be refined in a way for you to continue with physical life, but you know and understand that there are many aspects to the soul and that refinement takes place each time another aspect of the soul returns to physical living.

George: Yes, and does that refinement permeate through the whole soul system?

Of course, you cannot leave one part or aspect of the soul; all is connected, and of course anything that materialises with an aspect of the soul in physical life, must have some effect, because after all everything has cause and effect; it must also affect that soul. You understand?

George: Yes, thank you.

Graham: Can ill-ease be brought with us when we enter our lifetime?

Ill-ease can stay with you for many, many lifetimes. Only when the spiritual gift of recognition, recognises this, will this ill-ease disappear. It is the recognition that is important. But all of you my dear friends must know that deep inner power that you possess; that is the spiritual gift that you bring to any lifetime. I want you to think about this deeply, because it is no light matter.

Sara: We cannot really be balanced and healthy in our expression, unless we are assessing our spiritual gifts. (*Yes*) Not just assessing them, but really using them in our daily living.

Yes, this is what I am trying to explain to you. Each one of you has the inner knowledge and power to be used. But what happens when mankind returns to the physical body? The 'I am' the ego takes over and the spiritual gifts are lost. Much too much time is spent in the *duality* of these things. Mankind is fighting with himself, at all times struggling, when what he needs to do is to use that deep inner power. After all, perhaps it would be wrong to call it a 'gift' it is always there, in *every* lifetime. It belongs to each one of you; it belongs to the soul structure from whence you came. You need to think long and hard about this. I feel the time is right for you my dear friends to go deeper within. And each one of you I know has done much, has grown much, but there is still so much you can achieve, not only within this meeting room when we all come together, but with every thought, every word, every deed; be certain that it comes with the love of Spirit, and in that way you build for yourselves that perfect harmonious life which you all struggle to attain. It is within your grasp. I can only help you with my words. I cannot change your lives, but in trying to help you to understand our wishes for you that not only do you give outward love to others, but you learn to love yourselves. After all, how many times have you been told: If you do not love yourself, how can you anyone else?

Jan: Salumet does the same apply to the animal kingdom?

The animal kingdom is on a different vibration from humankind. Their purpose here is one with humankind, but their vibration is different I have to say. It comes from a different source of energy, but that is not to say they do not require respect from humankind, because they too have been created as we too have. But of course, animals have their own gifts. You can see that can you not, in your domestic animals who show you much love and faithfulness. (*Agreed*)

Jan: The reason I was asking that is I was thinking about the constant Spirit that was mentioned. The 2 domestic pets I have currently, I just sense that I've known them before as other pets.

Yes, you will not separate the animal from the humankind where there is a love bond. That is what you must remember. It is the love bond which cannot be broken. We have discussed before that the animal kingdom returns to a group soul, unlike humankind, it is a different energy. But those animals who come to your world and acknowledge love and give of themselves, have created an energy of love which can never be broken. So do you understand that as you too can return to other lifetimes, so too do the souls of these animals who have so much love for you.

Jan: That's exactly what I thought. That's what I sensed.

Why should it not be, when the love bond is so strong? But only the animals who have the strong link can this happen; the others they return to the pool energy.

Jan: They are clothed differently and physically look different, but to me they are exactly the same.

Are you not clothed differently from times before?

Jan: Yes, but it's something I hadn't been awakened to before. I have been aware for some time that the 2 that I currently have, I've had before.

Yes, do not be surprised by any link that is bound by love.

Jan: It's extremely humbling and a privileged feeling, it really is. It's just an awakening, isn't it? When we were talking about the attributes we felt we'd brought with us to this lifetime I understood completely what you were saying, but there is this awareness this time. I don't know, I might have had it in previous lifetimes, but it's an overwhelming feeling of awareness.

Yes. It is something hopefully that you *gain* from the soul when you return to our world; that the knowledge is increased just a little, that you can utilise the spiritual gifts more fully when you return to each respective lifetime. After all, it is a learning process, not only for you, but for those you have known before and the animals also that you have known before. You have to recognise my dear friends that the real you has existed forever and what you see here and now, as the gentleman so rightly told you last time, is but a divine spark of Creation. Whether you shine brighter in one lifetime or you grow duller is your responsibility; and it is a responsibility, let me assure you my dear friends of that; and even more so when you realise the information which you are given sets you onto the pathway of more knowledge and the responsibility grows greater.

Jan: I am being shown faces and different costumes again.

Accept them my dear friend.

Jan: Like last week—so that's different aspects of myself isn't it?

Yes. When you go inwards, acknowledge that you recognise that spark of being, because that is what you are; that is what we *all* are.

George: Yes. When we do go inwards and make contact with our gift, I couldn't help thinking while you were talking, that when you come to us as you do, it's a little bit like getting an extra portion. *(Laughter)*

Well, I am amused that I am seen as an extra portion! I have never been called that before. *(More laughter)* But I thank you my dear friend for that. It makes me feel fuller. *(More laughs)* Yes, I am glad to see that humour exists in your lives, because laughter, my dear friends, is something that you should all encourage daily. Perhaps I shall be *known* as an '*extra portion*'. *(More laughter)* Have you any more questions before I leave you?

Lilian: I was just thinking, if patience is a spiritual gift, if I remember *that*, it will certainly help me at the present time.

Yes, I know my dear friends that you will never achieve perfection whilst in these bodies, but what I have said to you is that you must strive towards it. You can do no more, but in having the knowledge, it may help you to strive a little more. *(Agreed)* I will leave you this time. Again, I hope that you will go inwards and find that true being; the gentle loving beings that you all are. Make no mistake my dear friends, you are beautiful beings, but you have many difficulties, each one of you, whether past or what you call future, to overcome; but nevertheless that should not hold you back in striving to find

peace in your own lives and in helping others in theirs. I will leave you feeling lighter and surrounded with the love which I bring to you. (Thanks + farewells)

~28TH October 2002~

No Salumet this week, but another speaker came through Eileen, talking about their work in Spirit realms, dealing with narrow-minded people. The recorder was switched on just after preliminaries and we were explaining this:

I do understand that memory here can be a little bad.

Lilian: Dim?

I am so pleased you used the word and not I.

George: I think it is more for spreading the word to others and also to the group members who would normally be here.

I see, so your memory is perfect?

George: No! (Much laughter)

Lilian: It's for us here as well.

Yes. Of course I am jesting. Not always am I appreciated for my humour, but I mean well.

George: We do appreciate humour. This is something that we have learnt over the years: It's nice to know that humour exists on the Earth as well as in Spirit.

Oh well, if anything we are more humorous, because we don't have Earthly difficulties. Therefore why should we not be more humorous? In fact it brings upliftment and love to you, and when we are sure then we too can smile and be happy.

Lilian: It always brings upliftment when we sit together and during the visit from those in Spirit, it always brings upliftment.

It would be devastating would it not if it had the other effect?

Lilian: Well we wouldn't do it would we? (Laughter)

I am afraid that those other people who say that you work for the other side would be assured in their condemnation and thoughts about this work if you were to find it depressed. (Laughter)

Lilian: So is this your first visit to our group?

It is the first time that I have spoken with you, but not the first visit. Of course you know that many stand around you and there are always those of us who you would call 'keepers' or 'friends' or 'helpers'—you use whatever term you wish; but no, we have been before.

Lilian: And you also come and listen when Salumet comes, do you?

Not always. I also have other people and other places to work with, but often, yes, I am here and I listen and I too take those teachings to those in our world who are still looking for truth. And believe me, there are still those who are still seeking truth.

George: And you have very good memory and you don't need a tape recorder.

Well I bless you sir for recognising my good point. (Chuckles) I of course am what you might call a teacher here on this Earth. I teach those in our world who are new to our world and they need help with that, because after all they do not easily accept. They may accept that they are no longer in the physical world, but they still have difficulty in many of our aspects of living. You can understand that can't you?

Lilian: Yes I can. So I imagine if some very religious person in a particular religion would find it difficult to accept something different.

Yes, and the energy pattern can be quite disturbing, but they work through eventually. There always comes a time for new thought. No one stands still, no one remains with those ideologies forever. They grow to recognise for themselves that if they are to understand and to have correct-minded people with them, they have to move forward. And that is what I endeavour to do.

Lilian: Yes, it's moving all the time.

George: Yes unfortunately, certain religions have sometimes got so rigid and not quite in focus and I imagine this can lead to difficulties of understanding and flexibility and openness.

I understand perfectly, because I was the same. That is why I now teach people, because I have that understanding of how they feel and how they think and it is now my task, if I may call it a task, to help them.

George: And yet there is also much good in the formal religions.

Yes, there are many in this world that decry religion, but I am not one of them. I am of the mind that if it helps them on, if it helps them to become better human beings, then so be it. As long as they are open-minded enough to accept as it is, to accept that what they feel and what they understand is more to behold now. You understand?

George: Yes. I like to think of the formal religions as a kind of springboard.

Yes! And that's how I feel. I can see we will be good friends! (Laughs) My memory is perfect and yours will be. But let me say, if you wish to go forward do not be afraid to let go of all those old ideas my dears. This is what I try to teach them.

Lilian: I think our religions are becoming more tolerant of one another.

I think that it is not that they are becoming more tolerant, but they have no choice, because people are thinking, or beginning to think for themselves. People are aware now of spiritual attributes which have not been met before. Your world at this time is a changing world; I wish I could show you for yourselves. Your world is changing all the time, much better. I know you are going to say: But why is there so much trouble? Of course there always will be. But what is happening is a new spiritual awakening, and it is happening with your very young people.

Lilian: Yes, that's true.

George: Yes and more and more books are being published about New Age and Spirituality.

Yes, just look into titles I have to say. But I am for anything that makes people think for themselves. I am with anything that makes people aware of their own spirituality. I am with anything, any written word or spoken word that helps another to look within. And the only way to do that is to be very open-minded—and I sit here with very open-minded people.

George: Yes, and did you have Earth life before you...

Yes of course I did. I am afraid I am not one of these higher beings—I wish I was—I still have a long way to go too.

George: I was going to continue my question and ask you if you were also a teacher on Earth?

Well no. I had no mastery of teaching then, but I am a teacher now, because I have the understanding of the deep-rooted feelings that people have, of the narrow-minded way of going about one pathway. That is why I became a teacher, because of the recognition of where I had gone wrong, I saw the opportunity of helping others. And what better way of teaching others than to have that understanding yourself.

George: And so you set out on this path whilst in Spirit?

Well of course. I had to, but it takes time, it takes understanding, it takes teaching from others; then realisation comes to you. I would say of this that it is good for me and others. And I am still working this other pathway. Do you understand?

Lilian: Yes, we do.

George: Yes and you have a very nice clear voice, so I would think elocution comes into this.

You are a man of many words I can see, I like a little praise. Why not? I understand and thank you very much for those words.

Lilian: Graham, did you want to ask a question?

Graham: Yes, the teaching in Spirit realm and children who die when they are still very young. Are they taught in schools in the same way as they are here, or is the teaching done on more of a personal level, one-to-one?

I am not a teacher of young children, let me make that clear. But yes children do have teachers. They are taught of life upon the Earth as it would have been for them, but the difference is that they grow spiritually hand-in-hand with the teachings that they would have had. So their knowledge is wide, but they are taught by those people who have always desired to teach and help children. In the same way I

now teach those people with narrow-minded views of religion and the pathway that they should have taken.

Graham: Yes and are there schools that they have?

Of course there are schools, but not in the sense that you would understand them. We call them schools for the benefit of you here, because that is your understanding. But of course they have schooling if they are still young, but schooling in the way of spiritual matters, schooling in all the teachings that there have ever been. And do not forget that they are Spirit first and foremost, so those teachings are of the utmost importance. But yes, children do grow up in our world.

Graham: Yes...interesting. Do they go through the same personality changes as they grow older?

No that is a difference. The personality is not there as it was here on the Earth. The personality remains only in so much as what they have gained from physical living. If a child comes to us with the Earthly age of two years say, then that personality has been stamped upon the child in those two years. That is what they bring back. But the personality would not grow in the same Earthly manner. Do you understand?

Graham: But there is personality in Spirit land? Those who come through are all very different?

Well of course, we all come at different ages. But you come with the age you had upon the Earth. A child of two will have very little knowledge of the Earth life. An old gentleman of ninety would have a much better degree of understanding of physical life and therefore that personality has been stamped for so much longer.

Graham: Yes. Who is mostly responsible for the stamping of the personality of the child? Is it the parents or the circumstances under which that child is born?

Of course the parents with their responsibility to the child will have some influence. But small children can remain very close to our world. Therefore their spiritual personality is very strong.

Graham: Thank you for that. It is very interesting. We have three children and they are so very different, and personality is something we think about and we wonder.

Think of them as beautiful gifts to you.

Graham: Yes, we certainly do. We really do.

Yes. Can I put something to you?

Graham: Yes, of course.

(You were a child once? Tape unclear) Remember that and it will give you a little more understanding for all children.

Graham: Yes. Sometimes I have flash-back memories when I play with them and I remember all the things that I used to really enjoy doing.

And what are the things you used to do/feel?

Graham: Yes, the excitement and the passion...

The passion! That is a wonderful word. Passion! Passion for living, passion for life. That I would agree, that is what you must remember and it will help you with your own children.

Graham: I can remember being thrilled about things—a trip to the beach or something that was coming up.

Although they are Earthly experiences, all feelings when you are children come from Spirit. It is the feeling of love and excitement. If you watch a child and they are happy, they exude this beauty of living. Unfortunately, and I say this truly, it is the parents that (Suppress?) this. So remember the child in yourselves as parents and you will not go far wrong. And now I've really burnt my bridges! (Laughs) I must be careful, I have this little trait.

Lilian/Graham: That's interesting.

George: I have another thing on my mind.

Just one sir? I'm sure you have more than one?

George: Well yes, but we have unfortunately, associated with religions, but away from religions themselves, there have been militant groups that indulge in terrorism and they cause many deaths; not really in the name of religion, but they think it is, or they use a religious title for their movement. In your teaching, do these people who come over, present a problem to you?

They can do. They can do, because you see they have become so engrossed in their way of thinking that they cannot see what is right and what is wrong. Those terms 'right' and 'wrong' are very black and white, and you know I am sure that the teachings you have been given are that black and white is not always just what it should be. Those people come to us with these fixed ideas and sometimes it takes—shall we say, many, many of your Earthly years for them to realise that what they have done has not always been the right pathway. But I do have to say—and I do hope that you can accept this in the way I am telling you—that those people believe that what they do, in their hearts is right. (Agreed) So there has to be an element of understanding for them.

George: Yes, I appreciate that.

There has to be a degree of help for them. They are not always the wicked people that you perhaps in your world see them, because they genuinely believe that what they are doing is best.

George: Yes, I do appreciate that.

And it is our task to show them the other way they could have chosen. We have to show them a wider picture, and it is then up to them to accept our teaching. It is then up to them to accept that the spiritual way of life is to allow all people the freedom of thinking, the freedom of choice. That is what they need to learn.

George: Yes. It strikes me that is the more difficult part of your teaching.

I could say much—I make light of the teaching. It is difficult work at times. It is not just a small growth if you can take one person and make him see the light. It takes much work. It takes much love and understanding, and yes—patience. But that is something that in this world there is (not?) a great abundance of. But perhaps I can leave you with this thought about people who you might say: commit atrocity. I believe that is an expression widely used in this world. (Yes) Do not think of people who commit these acts as terrible people. See these people as lost souls...

George: Who need praying for...

...to help themselves, help with their understanding, hope that they too will feel life so strongly that they could not harm another human being. That is what we are teaching them, that every single individual should not utter a single word or a deed against another human being, with either malice or hatred, but with gentleness and with love.

George: Yes. That's very good to hear.

Something to think of when you feel strongly—I do not say anger, because I know you very good people have a very great understanding, because of the teaching you've had, that you must not make judgement on others, but still you do, don't you? (Agreed) I know you do. But I am not here to criticise.

George: Sometimes we call it analysis.

Well, that is a good word is it not, 'analysis'.

George: Well perhaps it is not quite as strong as judgemental...

Well only you know which one you really mean. (Chuckles) But I would suggest to you that you think deeply before you utter any words against another person. (Yes) That is my teaching to you: think carefully at all times.

Lilian: We do need reminding of that from time to time.

Yes you do if I may say so—and I say that with love. (Thanks + farewells)

~4TH November 2002~

Good evening. (Greetings)

I bring to you this time much that is needed for you. There are those around and about you who have been blending with your individual energy patterns. I will explain to you my dear friends why this should be so. Can you feel a blending of energy between you?

Lilian: Between us? I hadn't thought of our Spirit friends blending with us, I must confess, although blending together, yes.

Yes. I will say little this time, but I will discuss with you the blending of your own energies with those who stand close, and how that blending of Spirit takes shape. There is much for you to learn about

energy and always I have told you we must go slowly with this subject. After all, it is not something which is easily accepted, because it can only be felt and not seen. Therefore we have so many in your world who doubt us when we speak of blending energy; in fact I would say they have difficulty sometimes in accepting that pure energy exists. I want to tell you my dear friends, although we are small in number, I want you to know that here with you in this meeting place, there are many from my world who stand close, not those who wish to communicate, but those beings of light whose purpose it is to raise the energy vibration of your world. I have to tell you dear friends that these beings of light, the purpose of their existence is to raise the Earth vibration at this particular time in your evolution, because, you remember what I have said to you, that your world is making progress, it is evolving as it *should* at this particular time, but without the help of these light beings, I would be afraid for your existence. Therefore my dear friends, to have these beings of energy come to these meeting places, I would suggest to you is quite something. But I don't only want you to accept my words, I wish you to feel the difference in the energy that is within and around you.

George: When we first began to sit, I sensed there was an energy *building* from that moment.

Yes. Did anyone else feel this?

Sara: Yes, I did.

Good. What about our gentleman friend?

Graham: I always feel an upliftment when I come into this group. I come in sometimes feeling the effect of the week, but by the end of the meeting I always feel very uplifted, I feel like almost a totally different person. It's a wonderful feeling.

But this time my friends, there is an extra energy with you. Try to allow it to blend with your being.

Sara: It makes me feel very relaxed.

Yes, you should almost, I would say, feel light, lighter than you would normally, but if you do not, just please do accept my words that they are here with you. There is much work for us all to do, there is work to be achieved in your world in the coming of your years, not only in *your* years, but in those of your children and your extended families. Life upon this planet will eventually become more spiritual in nature. I would my friends—and this is not a teaching, but it is a fact which will occur, and because of your dedication to our work I will tell you that there is much that will be uncovered or 'discovered', as you earthly being say, in the coming of your next two years. Many things will be uncovered that mankind will use to advantage. Remember these words my friends, when they come to your attention as they surely will, not only upon your Earth, but in the expanse of all existence there will be found new planets, new stars. Of course they are not new, they have always been there, but the widening of mankind's vision is becoming much greater. Your scientific worlds are opening pathways—it is almost as though their eyes have been opened in many respects. So also in your medical world will there be much uncovered and that is because my dear friends, we have been working closely for some great length of your earthly time, with those who wish to help mankind. I am telling you this my dear friends as a thank you for all that you do.

Lilian: We thank you for all that you bring us.

I know we are small in numbers this time, but I know that my words will go to the others who are not with you at this time

George: Yes, they will receive transcripts.

Yes. Now my dear friends I think for this time if you have any questions for me, I will be only too pleased to answer them for you, but may I say that for the purpose of these beings of light who join with us this time, I ask perhaps that you devote a little time to absorbing their energy, (*Agreed*) and as usual I know you will discuss what you feel. Are there any questions my dear friends?

George: Yes, I would like to refer back to a question that was asked of you several years ago about homosexuality and as part of your wording on that, I think you said that it is *possible* for a Spirit to be *transgendered*, if I could use that word, such that the Spirit or psyche, is of one gender and the physical body would be of the other gender. I think you said it was on account of the Spirit being too *eager* to incarnate.

Yes. It is always the problem and you must remember that there are those in our world—and let me remind you firstly that when those who come to our world are anxious to return and will not be *guided* or will be *patient* enough—they will use their freewill which they still have—they will take *any* opportunity. That is why on your Earth you have people who produce children who really do not want them; it is a combination of the Spirit being rather too eager to reincarnate.

George: Thank you for confirming that. I know of three people who are in this category and they seem to have an internal conflict.

Yes. I would say always, because if you look spiritually to these people, that is why their lives sometimes seem to have this conflict. Not *all*, I would not say, but many.

George: I notice that some are driven to the extreme of taking hormones and involving surgery to convert their body to the other gender.

Let us not forget that gender belongs to the physical world.

George: Yes, but it is in some way matched by the Spirit coming into the physical?

Yes. The Spirit is eager to return and creates many problems.

George: I was wondering if you have any thought on using medical facilities to alter the physical body? And I would assume that as the Spirit is more fundamental, it is not possible to alter that?

Well, mankind can do much to alter the physical makeup of man or woman, or these souls who are confused. There is nothing to stop mankind using medical advancements, but the fact remains that the Spirit within does not change. It is a complex issue which cannot be spoken of lightly, because there are too many issues at hand here; it is not a simple statement that I can give to you.

George: These people seem to strive to express as their Spirit self.

Yes, the Spirit within is the one who is striving to come forward, but because it has not been, shall we say considered fully, because they have not chosen the lifetime *wisely*—can I put it that way for you—then all of these complications arise. But I hear you say: *But if you choose your lifetime, why should there be these complications? Have they chosen this way?* Not always. Remember that Spirit beings *have* freewill, as you have those children in your world who are guided, but will always still go their own way, because of your freewill. But that is something not to be decried, because it is a learning process for the Spirit, and although they may come back to our world with regret, it has been a lesson for them, which I would say they probably would not make again, because of the life lessons which they have encountered.

George: Yes, I can understand that. And I have read some words by the Dalai Lama which I think agree with what you have said. I think the Dalai Lama was saying that the Spirit at the time of conception, enters the egg by one route in respect of female, and a different route in respect of male.

It is a complicated subject and not one that everyone can accept eagerly, but we say this to you my dear friends: that the Spirit within knows in our world what is 'right' and what you call 'wrong', although those two words for me are rather contradictory to the Spirit itself. But what I would say is this: that no matter which way Spirit reincarnates into any body, that Spirit is responsible for what has happened and those two people who have joined together to give the Spirit the opportunity to reincarnate, also have some responsibility. I will my dear friends go more deeply into this matter on another occasion, but it is not as simple as you would at first see.

George: Well thank you very much for clarifying that for us.

I hope it helps in your understanding.

George: Yes it does, thank you, because as you will appreciate there are all kinds of different views that people have.

Yes, and this is always the problem that the human being always wants an explanation which is either black or white, when in fact when you speak of the Spirit world, there I would say, lies the fault of humankind in trying to decide what is right and what is wrong. It is confusing and this is something that all of us who come to you have to try to dispel, because there has been many, many, many of your years when information given to you has been misinterpreted, or mankind has decided that *he* is best at knowing the right answer. And that is our purpose in coming to teach you and to help you to understand

and to open your minds more fully to what is happening. As always my dear friends, look at all of these issues, any of your problems from the spiritual standpoint and you will have a much better view, you will receive a much better answer to your question.

Sara: Certainly when you appreciate the complexity of things, we appreciate that we cannot judge, because it is very involved.

Yes, always it returns, does it not, to my simple teachings '*never to make judgement upon another*', because how can you know the circumstances of that Spirit. All too often Earth people are quick to judge, are *harsh* in their judgment, whereas the Spirit eyes should see the wider picture, and even if the understanding is not there, at least give the heart a chance to *feel* and accept another's life. It is not always easy I know, but that is the way forward. Are there more questions or shall we sit quietly?

George: It might be just a good time to bring up one question which relates to white beings. There may be a simple answer. I've often thought about the writings of Homer in ancient Greece. He wrote about a time when the gods participated in human affairs. I just wondered if he got his inspiration from knowledge of angels and light beings, or was there a time those few thousand years ago when there was a situation similar to today, where we have light beings amongst us?

There has been never one time when light beings have been more intense in their purpose than any other. What I would say is this: that the light beings have always been around this planet, as they have on others. When I speak of the light beings, I am speaking of those beings who have never lived a human life. You understand? And as you speak my dear friend, of course you have to realize that from the beginning of this birth of this planet, there have been those who have stood by to help and give upliftment and knowledge. Those writings you speak of have indeed been inspired, but there have been many times throughout the existence of this Earth plane, when many have been inspired, not only your great and well-known people, writers—those with knowledge, but the simple person on this Earth. All of you are inspired in some way, but each one of you uses that inspiration in the best way that they can.

George: And I imagine that some light beings would be looking after the planetary system (Yes—from the beginning.) and others would be inspiring mankind?

Always, always—you begin to know and understand when these great writings that you discover and begin to understand, you think to yourself: 'Where have they come from?' But when you have the knowledge that you have now, you begin to realize that mankind is never alone; never alone.

George: That is very nice to know, thank you.

You could compare yourself in a smaller way to those who write words of inspiration, because that is what you have tried to achieve in the work that you do. Would you not agree?

George: Yes, thank you very much for that.

I think now my dear friends is the time to allow that energy to be felt, because I can tell you that the whole of this meeting place is enclosed with a light, which you will not always have the opportunity of having. So allow yourselves to go inward and let us see what you can achieve. I will leave you quietly, always of course in the knowledge that I come to you only with truth, with love and always with the upliftment that you all seek. (*Thanks + farewells*)

~11TH November 2002~

Good evening. (*Greetings*)

There is amongst you my dear friends a heaviness of Spirit. The burdens of life weigh heavily upon some of you. I have brought to you this time those who forever seek to help and uplift you; they stand close. *Feel* their presence and know that their task is to help lighten that heavy load.

Lilian: We thank them for that.

We welcome home our absent friends, but I am sure they know and realize that we have been with them. (Thank you.) In times of distress, in times of disappointment, in times of being unsure, these times are those when you must find yourselves. I have spoken with you about this many times in your past months, but I will say it to you once more my dear friends: in times of trouble, that is when you come to truly know yourselves. Therefore, I ask of you that you try to do this each day of your living, not only

when we come together, but each day that dawns I would ask that you connect with us to allow the Spirit to be free, to allow the Spirit more knowledge, in order that that knowledge be used wisely in your everyday lives. I feel this time my dear friends that I must give you the opportunity to ask of me what you will, but I feel this time a great heaviness which surrounds you. Have you questions this time?

Jan: The lady to your left (*Lilian*) and I went to Mark Brandish, a medium, on Saturday and I was really grateful when he came to me, he said that he could see coloured lights all around me, but it wasn't my aura. Could you explain those lights to me? I have interpreted that those are the lights that are visible from us. Would I be correct?

I understand what you say. Let me say this to you, that as you sit here now, each individual is showered in many colours. I have explained a little to you about colour, but not a lot. Colour as seen by those who give you words from our world, have developed sufficiently to see not only the auric field, but those who stand close by you. I will say to you this, my dear friend: that you were bathed in those colours for your own upliftment at a time of some distress. They were there to help you and uplift you and still they remain with you. The person who could see them around you, had the ability to know these spirits by their lights. You, my dear friend, have had many from our world join you, not only in your waking moments, but as you so aptly told your colleagues, in your sleep-state. They will remain with you for some time to come, not because you are in emotional trouble, but because at times of grief or distress, those beings come closer to each one of you, whether you are aware of them or not.

Jan: I've been very aware and it's been lovely and I really grateful that I am able to know that.

Do not assume that these beings are all of your family members, they are not. They are your protectors, your friends, your teachers. That is why they are seen in many colours. Do you understand?

Jan: Yes I do now thank you.

Sara: Often when I'm feeling particularly distressed about something or a situation, I often find I hear a sudden noise or I become aware that possibly a Spirit is in the room with me. I don't know if I am right in assuming this, but a piece of furniture or something will move suddenly in a way that I can't see how it could have moved, except by some other means. Am I right in assuming—today something moved in the house and I didn't know if it was my negative mental state that might have caused it to happen or if I was in the presence of a helping Spirit.

I would say this to you my dear friend, that at your spiritual growth it would be most unlikely that any negative feelings from you would create such happenings. All of you who have come here for any length of time are protected. It would only happen if that negativity remained for any long period of time, in which case it allows that negative thought to become reality—and you know also that like attracts like. So firstly I say to you that you are protected but, what I also wish to say to you is this: that each one of you is developing in their own unique way. Not all of you see or feel the same. When those from our world come close for whatever reason, they have to, if they cannot influence you through the Spirit, they influence through the emotions or sometimes physical happening. They will select which is best for each individual. If you cannot see with clear vision, they will speak to you with the spiritual ear, you may hear or you not, dependent upon you own capabilities. But yes, that would be those who come close to you to make you understand that they hear and know what is happening in your daily lives.

Sara: I felt it was to comfort and reassure.

I would tell you this—and I do not often give these things as you know—but there is a lady who has been with you from your birth and who seeks to encourage you and she has been responsible for many of these movements. Please do not be afraid, but it is her way of letting you know that she is there to comfort you.

Sara: That's wonderful. I am very grateful actually and that does explain a lot. And I will try to go within when I become aware of her presence...

You do have the gift of clear vision, but it has yet to be unlocked, but it is there for you to use if you so desire.

Sara: Yes I would like to yes. Yes, I'll meditate more now.

Lilian: Any questions Sarah?

Sarah: No questions thank you.

Lilian: George? (Yes...)

May I be so rude as to interrupt our gentleman friend? I wish to say to the lady who has said 'no' a few words. She has gained much in experience these past weeks of her time, but with the knowledge and experience there has been created a few little doubts. Yes?

Sarah: I wasn't aware of any doubts, I don't think.

Yes, there is within a doubt. What I would say to you is this: accept what comes to you with love and understanding and whatever happens must happen. I say therefore to you my dear friend, take each experience and handle it with love.

Sarah: Thank you, yes I will bear that in mind.

Now, gentleman friend please.

George: Thank you. You talked to us recently about beings of light that walk the planet at the present time that come from other worlds. I was just wondering if you would clarify, are these beings who have gone through the usual incarnation process and have Earth bodies? Would this be so but the difference would be that they would have a different from usual soul connection? And I think you said the spiritual light beamed from them.

Yes, you are correct in what you say. There are beings of light which live in your world and the only way they can live in your world is to don the cloak of human flesh. They do have a different soul connection, because beings of light their task is to look after this planet. When they incarnate to human form, their light can never be dismissed, diminished or extinguished. Their light shines forth like a beacon, their light shines forth with such brightness that no one can doubt that they are beings of love and light and goodness. There are many in your world in this present day; their task is to protect this planet Earth, their task is to show and direct love where it is needed, their task is to show humankind the way forward. Is that helpful to you?

George: Yes, that's wonderful, thank you. So, at a glance, they would appear as ordinary Earth beings, but at a second look there would be this light from them.

Yes. You will know them if you should meet.

George: I see, I follow now—so, before coming to this planet they would have light form elsewhere. (Yes) Yes, that makes it clear. Yes, we are very, very fortunate to have such beings with us, obviously.

Lilian: So even in physical form, if we met them we would be aware of the light, would we?

Their spiritual energy and light would not be mistaken. You all have heard of these beings of light whose goodness and love extend throughout your planet.

Lilian: Yes, I can think of one. I didn't meet this person, but it would have been interesting to.

Are there more questions please?

Graham: I was going to ask a question about schools. With the changes that are occurring in schools at the moment, there is some negativity amongst the teaching profession that children these days are harder to teach, because of indiscipline and often children want to do their own thing and not necessarily follow the lesson plan. But one of the changes that has occurred in the teaching profession is that teachers these days I think are gentler and more caring and I think that the classroom atmosphere is probably more compassionate than it used to be. Yet despite these things, the children are very difficult to teach, because of the way they obstruct the lessons. I was wondering what we are doing wrong as teachers?

Firstly let me say my dear friend that there is no fault with those who teach. The basic fault in your world today is materialism. Your children of this world, in this age, in this time lack for nothing except spiritual gifts. Very few of your children in your schools fully understand their true nature. They have been raised in a world full of what they consider to be their right—these gifts of material things; and so do I have to say, all parents of these children, who feel that you are giving them everything that you can. The most important thing that you can give a child is love and understanding and to stop thinking of them as just children. They are people. They may be younger, they may be under your safeguard, but they are individual. There is coming a time in your world, when materialism will fall, when people will realize that

the gifts of love and giving are more important. So do not feel that those teachers have fault—that is not the right approach. I would say as a teaching person, that you must look at each child individually, you must take them to your *heart*, you must look for those spiritual gifts that are there and you must help them to develop as *people*. I know when you have a number of children that this is not always possible, but if you use your spiritual eyes, you will see what gifts they have, what gifts that need to be developed.

Graham: Yes there are new things coming in, like I think they call it PSE, where we do have an opportunity to teach spiritual messages. I think that these are very important. It's coming more and more I think (Yes) and it is an opportunity to connect a bit more in a spiritual way. I found that that was very useful and valuable.

When the Spirit is touched—of course you must live in the physical world, of course you need these material things, but what you do not need is the love of material things. There is nothing wrong in having material goods, but it is the love of them which is the downfall of your young children in your world. Do you understand the difference? (Affirmed)

Graham: Children seem to get very competitive over what they have.

Yes. You should nurture their love of giving, their love of *liking* all others—I will not say *love* for these very young people, because love for them means something entirely different, but children have a natural instinct and children want to be loved more than any other thing. Therefore the responsibility I would say of your schools upon this Earth, is to help to nurture these children, bring out their spiritual gifts and their capabilities of living in this most material world.

Graham: That is very interesting, thank you for that. I agree with what you are saying.

There will always be those who will disagree, there will always be those in your world who have harsh words—words of discipline. Look to your animal kingdom. Which animal treated harshly or with love responds to the human touch—and therein lies your answer. I do not say this is an easy task, because in your world today there is much that has gone in the wrong direction, but that is no reason to be afraid for the future, because as I have told you my dear friends, there is change. That is why, as the gentleman has already discussed these light beings upon this Earth, because they will not allow this planet to be destroyed. So I say, take these words as a message of hope to you all. (Thanks expressed)

I feel that for this time I have spoken enough. Next time I hope to bring you some more teaching, but I say to you my dear friends, if you need the time for questions, then do not be afraid to ask, because my task here as you know is to help and encourage you also. So as you leave this room tonight, I know that the heaviness which was with you when you came will be a little lighter. (Thanks expressed)

George: So we must try to get away from too much emotional involvement and obviously live more within Spirit.

The emotional body creates many problems in your world. It is something that you must truly try to control. But I leave now my dear friends deep and safe in my love. (Thanks + farewells)

There then followed a few brief clairvoyance through Eileen before closing.

~9th December 2002~

Good evening. (Greetings)

This time my dear friends I would like to say to you all that as you near another of your earthly years, I would like you to look back—and that is not a strange request as always I tell you to look forward, but in looking back over these past months I am sure you will recognize how much self-knowledge and self-empowerment that each of you has gained. It may take you a little time to realize and understand those words, but I would like you to think about it carefully, to think of the choices that have been placed before you on many occasions and the choices that you as individuals have made. Think deeply my dear friends and only then will you realize how much you have capitalized on the knowledge that you have gained here.

George: Yes, I have the feeling that as that knowledge becomes more complete we become better in a position to spread that knowledge to others.

That you do my dear friends, but what you must also understand is what that knowledge has done for you as an individual, as a spiritual being. You must fully understand where that self-empowerment comes from, and it comes from the very fact that your self-awareness has grown so much. Only in understanding yourselves can you then help others, but what I wish you to do is to look in hindsight at what you as individuals have achieved. Each one of you in your own individual style, are always helping others, but my question to you my dear friends: *'do you understand why'*? That is something for you to go inwards to find. I have spoken many words in these past months about your own self-development, about meditative states, about your own seeking. I hope now that as you approach the end of this earthly year, that you are able to recognize full well all that you have achieved. Can any of you tell me what you have achieved? (Pause) Please put your human modesty to one side—allow those true selves to come forth.

Margaret: I've found that I'm more contented with my life and I try to help other people as much as I can. Yes. You my dear friend I have been uplifting, because in these last few months you have been a little depleted of spiritual energy.

Margaret: That is true.

Yes, but we are with you always. (Thank you very much.)

Graham: I feel as if I have gained the confidence to actually go ahead and make decisions. Sometimes decisions are hard to make and there is a lot of self-doubt, but I think that the knowledge that I've had has to some extent enabled me to see a wider picture perhaps and enabled me to go about thinking about making decisions which are going to have to be made in the future and I am very grateful for that knowledge. I think that I would have floundered at times without it. It's been very comforting. It is like having a side companion having this knowledge.

Yes my dear friend, of all within this room, you have been one who I would say has achieved the most. I do not say that lightly, because, as you all know, this earthly year for you physically has not been an easy one and I think I say truly to you, that had you still had full health your thinking and your decision making would have been entirely different. Therefore what you must ponder upon is the outcome of these health problems that you now have. You have been told that you have the power within yourself to become healthy, and to be healthy—and this applies to all—to be healthy you must have a healthy mind, you must have a healthy disposition to all aspects of life. So you, my dear friend, are weathering the storm very well and I say to you, continue on this spiritual journey and it only can become easier. And I don't mean by that that all physical problems in life will suddenly disappear. It is only in times of stress that the Spirit shines.

Graham: I like to think about my life as almost like becoming a meditation as you go through the day, think many things and try to apply them and as I said it is a tremendous companion and I like to try and think about my life as being a meditation in a way. In quiet times I go cycling, because it gives me an opportunity to think and it is very, very useful and I can understand what you mean about quiet times.

Yes. In your quiet times then Spirit comes forth; the true self appears. In those quiet times those who are close by you have the opportunity to help you, to uplift you, to guide you. That is why during these past months, that I have repeated many times about meditation. I have stressed also that we cannot make you meditate, we cannot force you to take quiet moments; that responsibility lies with each one of you. But I know as you also do know that in seeking these quiet times, then the self-awareness and self-empowerment becomes so much stronger.

Sarah: I find like George, I find it quite difficult at times to *not* chip in and say something when people are talking, because I find that I'm thinking quite differently to the way that they are and I do try and say my little bit. Sometimes I have to keep my mouth shut as it is obviously not being taken, but very often I find that people do listen. It's made my life a lot easier to live. I find problems that I would have had before; I don't think I do have so much now, because I am thinking in a different way. I know I haven't done the meditation that maybe I should have done, but nonetheless I do *feel* much more confident in the work—yes just my faith with you.

Yes. I hope my dear friend that it is a little more than *faith*, that it is a knowledge that you have gained individually, by the way you live this earthly life. Yes you are a much stronger person than when first you came to this group. We know you do not always appreciate how much you have grown and it is difficult for us at times to tell you, because until now you are unaware of each other's light. But the time can come, with the love and dedication which you have, for those spiritual gifts to become manifold and to be expressed by each one of you. But it needs patience, it needs dedication and above all it needs *you* to offer yourselves to be used. After all my dear friends you are all sowers of seed and as you have said my dear friend, you can only but utter those words. It is up to those who receive those words, whether or not they allow those seeds to flourish, or whether they allow those words of wisdom to die. But that is not your responsibility, you have done your work when you have given of those words. So I would say to you my dear friends, continue, because your words are healing to many ears, your words to others uplift them, you are words to others: feed them. And as I have said to you many times, each one of you works in your own individual way.

Lilian: I think for myself, as Sarah has just said really goes for me. I have let more people read the transcripts of your words which are rather nice and I know they're interested, so that's good.

Again my dear friend, life for you is not always easy, but you have a generous heart, although sometimes you are harsh on yourself. Let me tell you that any doubts you may have are unfounded. Your work for Spirit is commended. You, by your way of living life is an example to others. I hear you chuckle and think to yourself, '*but I am no saint*'.

Lilian: True. (*Chuckles*)

We, my dear friends are not searching for angels—they already exist. You people upon this earthly planet, were never meant to be perfect, that is why you are here. So do not chide yourself, do not be so harsh upon yourself, because in your earthly years, you have given much, much love. And I know you would be one to say: '*but I have not done anything that other people have not*', but there I will correct you, because my dear friend, whatever you have done has always been with an open heart. I have to tell you, you are much loved in this, *our* world. I will not speak longer this time. It has been good to join with you again my dear friends, but as always at this time of your earthly year I have to take my leave of you for a little while. I will return to that place where I belong. I will return to you, as I hope also you will, much refreshed and ready to give you more of our teaching. (*Thanks expressed*) If there is any question that must be asked, I will be happy to answer it now before I leave you.

Lilian: Have you any words for your own instrument to tell her before the year is finished?

Only that we are grateful for the privilege of being able to use the instrument, also that her earthly year has held many problems also, but we have no concerns. She has reached a stage of acceptance and we cannot ask more of you than that.

Lilian: Yes and we are all very grateful to her as well.

I would say this to you that perhaps you will tell her that what she felt is indeed correct. I am sure she will understand my words. Are there any questions please?

George: A gentleman asked a question of me which I said I would pass on: On learning about the work of *light escorts*, he was intrigued know, in his words, '*who overshadows the light escorts*?' By that I think he is seeking information on the chain of command above the light escorts. Can you help us with that?

Yes, I understand the question. There is much spoken of and many words are used. I understand when you use the words '*light escorts*'. To many they mean the light escorts from other planets. Am I correct in my thinking?

George: I know he was concerned with the light escorts who oversee at the time of physical death, the passage from this planet.

I see. I understand your question. This is always the problem when we have earthly words which are used to describe *our* world. Those who are present at the passage of the human being to our world, those workers you mean? (Yes) Yes. Those workers can be many. There are of course degrees of workers in the light. It begins with people who have inhabited your world, inhabited *other* worlds and then they graduate to the beings of light who have never existed on any planet. You have to see that there are

many and not one explanation. All of these beings of light are there to help those souls who return home to our world. It of course depends on the passage and the person and the time, and of course these light beings *are* overshadowed by those light beings from our world who look out for them in the same way as you have Spirit beings who come to your world, but there always is a regime of order—there *has* to be, nothing happens haphazardly, all is organized. And I would say and I do believe that what your friend means is ‘*who is the governing power?*’ And I would say that that the governing power is that all superior universal being from which we all come. That is the simple answer. If he wants more explanation, I will return to it when I come back to you. (Thank you.) I need really I believe to know exactly which light beings he is speaking of. After all, those beings from our world are *all* light beings. We need to have a little more definition for me to answer your question fully and I will be happy to do so for you.

George: Thank you, I shall pass that on.

Now my dear friends, as I take my leave from you, know that although we are apart for a few weeks of your time that always I am still here. (*Thanks + farewells*)

One through Sarah followed with information concerning the next few meetings over the Christmas period, where the group may be used to help bring more happiness to those in need.

~20TH January 2003~

Good evening. (*Greetings*)

It is good to join with you once more. I hope that the time apart has given you time to think and to look forward to all that is to come. When last we met we spoke briefly about how each one of you has grown in your own awareness, in your understanding and in your own spiritual knowledge of yourselves. I hope my dear friends it gave you food for thought. I hope these weeks apart has given you time to consider where you are at this moment in time. Before I continue, there is one who is with us this evening who has been giving out a little fear, fear not for themselves but for others. I would say to you my dear friend, there is no room for fears, there is no room for any negativity within your lives. If we are to continue onwards and upward, we must let go of these emotions which hold us back. Therefore my dear friends I say this to you: as we go forward in this one of your earthly years, let it be known that lies ahead much good, much joy, much upliftment throughout this, your earthly planet. (*Optimism expressed*) I know there will be many who will doubt these words, but it is to you my dear friends that these doubters will turn for reassurance, for upliftment and for any knowledge that you wish to impart to them. As you know, never have I interfered in your lives, but always you know I stand close by to help and uplift you in any time of trouble. I am sure by now each one of you is aware of the times when you feel that upliftment within your daily lives. (*Agreed*) That is of course not to say life does not throw at you hardships or sorrow or any other of the physical emotions, because as you well know my dear friends, it is in troubled times that the soul comes into its own. Therefore my opening words to you this time is: be joyful, continue to look forward and upward, look always into the light of love; never look backwards, because in doing so you are holding yourselves back. I say to each one of you, look not only to others, but firstly know yourselves. That was my parting words last time and they are my words to you now. Where are you? Where do you stand at this moment in time? Who are you and how do you play your part in this, your earthly planet? Find the answer to those questions and indeed you will be channels of Spirit. My heart is full that I am with you once more, that we may begin this earthly year knowing that there is to come to you, this group, new knowledge for you, but again remember my past words: no knowledge is new, only to those who need to obtain it whilst in these physical garbs. Therefore, when I say ‘new knowledge’, I mean knowledge which you will regain, but which you already know as Spirit. So, my dear friends I will answer any questions this time if you have any, but next time we will speak about subjects not yet touched upon.

George: Following on from what you were saying, we stand and see ourselves as we are, but part of that self-awareness connects with others I believe and I have been aware recently of links with other people, several others. One, in fact, in New Zealand is a priest, a third generation priest who was part of a group in

the 70s, such as ourselves, and the one who came through to that group was St. Stephen, the first Christian martyr in the 1st century. And you have told us that like attracts like, and it seems to me that St. Stephen coming through to that very much Anglican church-orientated group seemed very appropriate. Would you wish to comment on that or say anything about that group in New Zealand? I would add that the person I have been in touch with has written a book about the channelling that happened within that group.

Yes, I thank you for your question. I have told you my dear friends in the past that when the soul/the Spirit reincarnates into any lifetime, they reincarnate in the knowledge of where and who they will be, but you know that Spirit has always been, the soul has always existed. Do you remember my words when I explained—and I believe you my dear friend (George) was the questioner about ‘did Jesus still walk this Earth, did the Holy Mother come to this Earth? (Yes) My reply to you then was that the soul has many aspects. This to you all must be the source of all of your knowledge, that there are many aspects to the soul which reincarnate into physical form. You understand me so far? (Affirmed) Therefore the connection with St. Stephen and the friend that you have mentioned, is not new by any manner of means. All who reincarnate, reincarnate for a purpose and of course they will return to the physical form to those places, to those people where their purpose of life is most needed, for the purpose of the soul; not because of any name, not because of any denomination, but for the growth of the soul. So, if you keep this in mind it will perhaps be a little clearer for you to understand. Remember, there are many, many aspects to the soul and remember it is not who or where that individual life goes to, but the reason behind the coming to this physical life. May I say something to you my dear friend whilst we are speaking?

George: Yes, please do.

That if you are to achieve in one physical life, all that you have to in physical garb, then the understanding of the being has to be the understanding of *who* this individual is at this point in time. You have to accept that any one being is not alone, but is but a part of a whole, a whole being whilst on this Earth. Do you understand? No man stands alone. As each one of you within this group is connected, we call you a group of light, a spiritual group, because there has in past times been many connections with you, but each individual here is connected to the rest of this earthly planet. Do you understand what I am trying to say to you? (Affirmed) You need to see the fuller picture.

George: All humanity is connected (Yes) and I imagine some connections are stronger or more to the fore than others.

Yes. Therefore in answer to your question my dear friend, if your friend in the far-off country has connection with one from our world called St. Stephen, so too have many others that capability, because of this one connection. But I understand your question. Of course like is attracted to like—this is a fundamental issue when first you begin to recognize that you are more than the physical being. Yes, like will be attracted to like, but so too are the opposites attracted to you. Have you thought along those lines? Why should this be? Because *all* things, *all* life is connected. We are moving into deeper matters, but I would like you to think about it just a little.

George: Can I mention one other detail? My friend Michael in New Zealand, he found that he has the ability to type a question on a piece of paper and a book reference will then come into his mind, and he will go along to the library, look up the book reference and he will find that it is the answer to the question that he typed. (Yes) They got into the way of thinking of this as ‘the library angel’. Would you care to comment on that?

Yes, that is good and humorous I feel, but let me say this to you my dear friend: That is *not* something that is unique, *you* could be capable of this also. I already feel your doubts, but let me say...

George: It is a matter of listening within, is that correct?

Yes, this is the lesson that I try to teach all of you that you must go within if you are to find the self, if you are to find the *true* self, and only by going within can you allow those others to come to you to influence and to help you. It is because he is an open channel, a very good open channel, but it is not something that only *he* is capable of. It takes time, it takes dedication and it takes listening to those who come to you to give you that inspiration which you seek. You will find my dear friend that there will be many

more connections around the world for you to make. You will find as time continues that the evidence each is given will eventually be collated together and each little bit will come forth as truth, will come forth as knowledge that has always existed, will come forth as evidential knowledge to each one in connection. All of these happenings will take place, because your world, this Earth planet, no longer will be static; it must grow in spiritual knowledge. There are many avenues through which this knowledge will come. When first I came to you did I not say that much would come from far places, much to uphold the things that I told you and this my dear friend is what you are now embarking upon.

George: It is a journey with much joy. Thank you.

There is much spiritual joy to be had by you all, but again my dear friends let me say that the bulk of the work belongs to each individual. We are limited in what we can bring only in as much as we depend upon your silence and your dedication.

Sara: You were talking about being an open channel and as I see it we all, presumably are open channels, in particular with regard to different areas. I have had the experience of sitting at the piano and having a piece of music arrive complete and just playing it once only and having it as a complete piece. Presumably with dedication and time that would be more effective and that could happen more often?

Yes, of course. And what you should realize my dear friend is that the inspiration of music is close, if not one of the closest things to our world.

Sara: I am always of the fact that it's nothing to do with me, I know it comes from your world, because I've never been able to understand how I do it anyway, because my fingers have a life of their own. When I am peaceful it comes through.

Yes, because you are an open channel. But, do not be harsh about yourself. Without you *allowing* those people who wish to inspire you to come, without you being an open channel that would not be possible.

Sara: Thank you. I feel very grateful and humbled by the help I have, because I know it is often there and I only feel frustrated sometimes that I can't do more, but I think that in the future I will have more time.

Yes, it will come. Your physical life at this point in time is busy with other things, but knowing what is possible, that is enough for the time being. Do not become frustrated, because it blocks the opportunities for those who wish to inspire you.

Sara: Yes, I do feel very contented generally and I know that children mustn't be hurried, they need time too and they are most important at the moment.

And do you not agree that music is a language of its very own.

Sara: Yes it is, but I know that it relates to feelings entirely; my feelings seem to become expressed in the music.

That's right, but let us differentiate between *feelings* and *emotions*: Feelings belong to our world—that is where the very best of sound and what you call music comes from.

Sara: Once when I was sitting in the house, I was discussing music with Graham and suddenly we both heard what sounded like celestial music from your world (**Yes**) and we knew it wasn't from our house at all, but we felt that someone was simply encouraging me, because I was expressing doubts at the time about my ability to find enough time and then this beautiful music was played.

Once we have an open channel, we are loathe to let them go, therefore in hearing this music, those who wish to inspire you were letting you know that those doubts were unfounded.

Sara: Well I am very grateful too, because it brings me great joy.

And it brings those spiritual gifts of upliftment and happiness into your household, when this music is used as a channel to our world. Continue on this pathway and you will be amazed by what can happen.

Jan: I came here tonight with a question for you and I think whilst I have been sitting here I've been given the answer. (**Yes**) So thank you, but I would like to voice it if I may: I've not doubted at all, doubt is the wrong word, but wondered sometimes if I could define between my imagination, my physical imagination, and what I feel is being impressed upon me. I get flashes of people or events sometimes and I think to myself: 'Am I imagining that or have I seen that?' While I've been sat here tonight the same vision I had just recently has been shown to me again. And while I'm sat here, I'm so cold and so nervous and I'm wondering

if those feelings that you say come from Spirit and why I'm feeling shaky and nervous at this moment are because that's what's being impressed on me. I can't explain it any other way.

Yes. Again I will say this to you my dear friend that when you allow yourself to become an open channel, you will experience many things, not always understood by you earthly beings; but always because you are human these doubts creep into your thinking. The more you doubt, the less can be given to you. So what I would suggest to you my dear friend is to allow these thoughts, this clairvoyance, because that is what is happening to you...

Jan: And that is what I desire or wish, if I can use those words, that is what when I meditate, I ask for.

And that is what you are given, but because it makes no sense, as you would say, you then begin to doubt what you are given. In being given clairvoyance—clairvoyance means only clear seeing—it matters not what the clear seeing is, it is important that you accept what is given to you. In that way, in accepting you can be given much more. Then, and only then, can we begin to work with you as a channel for clairvoyance, when you alone have accepted that what comes to you is from our world. Do you understand? (Yes) I know how difficult, and you my dear are the one I spoke of who has had the fears. You do not recognize it as fear, but that is what it is. You have a disbelief of what is being given to you, you are afraid that what you see is not true.

Jan: I think it comes from the baggage or past lives and especially the early part of this life being told that what I was seeing was not so.

Yes, but now in this lifetime it is (*Salumet's voice becomes stronger*) time for you to understand that you are part of all things, that you are part of all vision, that you are part of giving clear evidence of our world to others. Therefore in this lifetime I say to you my dear friend, now is the time to put to one side any doubts or fears that you may have.

Sara: Yes, we value your input every week, we miss you when you don't come, and I can vouch for the fact that some of the evidence you gave recently was true for one of our friends.

Jan: I just feel very emotional at the moment—I'm not sure why.

Yes, because at this moment you are being comforted, you are being shown the pathway that you must follow. There is much love that surrounds you.

Jan: Yes, I know I hear people talking to me all the time.

But you must take control. You have control of what you allow and what you do not allow into your life. This begins with being an open channel, which what I am talking about this evening, but when you become an open channel, you must take responsibility for all that comes to you, because not only do you have inspiration from our world, you are open to many areas that lead to our world, many areas that have to be controlled. Do you understand? (Yes) If my words seem harsh to you my dear friend, they are not meant to be. I am here to tell you this time that now is the time for you to take control. You must in your quiet times protect yourself first, you must ground yourself afterwards, but most of all you must offer yourself only for that clairvoyance from our world which is in the name of goodness and the light. Do you understand?

Jan: Yes, thank you.

I will help you in your sleep state.

George: Could I just mention something which I think connects. I was in meditation and our old cat who passed on nearly a year ago, there was suddenly a wonderful image—well more than an image, I think—but a resplendent image of our old cat and she was on a piece of furniture rather high and I raised my hand to touch her fur and I came out of meditation at that moment with my hand in the air. That is such a strong memory.

Yes. Do you not see my dear friends as we speak here this evening of how much each one of you have grown in your own individual lives? Can you not see that there is opening before you your own individual developments that we placed much emphasis on last year? (*Some agreement*) I would like to say to you my dear friends that each one of you, your light shines ever brighter and I hope as we continue onwards with more information for you, that you devote your time not only to what I give you, but to your own

being, because when you know yourself, when you know where you are and at what part of time you are at, then you begin to know all things.

Jan: Can I share with the group please what I saw and what's being impressed with me?

If you so wish.

Jan: I think it would help if you don't mind. It happens a lot when I am walking the dogs, that's my time, and I was walking through out local woods and I looked to the side of me and I saw this group of people—you don't see them physically, you just see them as a picture—it is difficult to explain. I thought, *'is that my imagination or have I seen a group of people in the woods?'* I felt that they were medieval type people with sacking on and what have you, and each time I've gone past that is where they are. And tonight as I have been sat here in silence that is what I have been seeing: the same group of people in the same spot. So it has made me feel better to tell you.

I would say to you this that any area as you have mentioned—woodland, open spaces, by water, hills—all of these areas in your world are areas of power, that is where much of life's inspiration comes from.

Jan: That's obviously why it happens to me in the woods.

Yes, because those who wish to show and inspire you are aware of this, but you must begin if you wish to continue on this pathway, you must take control, you must say what you want and ask the question. But always you must protect yourself and then ground yourself where you know the power to be the strongest.

Jan: And you can do that purely by power of thought?

Your power of thought by now should be sufficient to enable you to do this. Remember how much I have told you about the power of your thinking.

I feel this time that have spoken enough.

Sarah: Salumet could I interrupt and ask one more thing before you go? **(Yes)** Could my son come and join the group? You said he could at some stage. Is he ready to come now?

Yes, I remember. Yes, he will be welcome now.

Sarah: Thank you very much. He will be pleased.

Sara: Can I ask? I have a friend called Rachel who is keen to develop as a healer. She's interested in coming. She is 30.

Can we say for this time, ask me next time I come to you and I will give you my answer. I will leave you all my dear friends with a blessing from that eternal light from which we all come. I give thanks that you have all been inspired to come here together this evening. I hope my words have given you a little more to think about. (The tape ended there—Salumet went on to thank Lilian for letting us use her home for our meetings)

~27th January 2003~

Good evening. (Greetings)

I will begin this time by saying to you, when you hear the words 'seek and you will find', what my dear friends, what is it that you seek to find?

Jan: Truth.

Sara: And wisdom.

Margaret: Happiness.

Lilian: And love.

Sarah: Our purpose of being here.

Each one with a different answer—I would say this to you that each one of you, whatever you may seek, that is what you will find; but if we take that question to a spiritual level, what then would your answers be?

Jan: Ourselves and home, going back home.

Sara: Our true selves. Our Spirit selves.

Jan: Our soul.

Lilian: Is it an unfoldment?

These are all good explanations of what you seek.

Sara: Pure love and light.

Yes, what you seek is that which will never be known to you. You seek to return to that great energy from which we all come. Unconsciously, that is what you seek. So many times in your world we hear people say: *'Who or what is this Creative Energy?'* Or to use another phrase better known to you: *'Who or what is God?'*

Lilian: Yes that is a very common one.

We will use that one for your understanding. Again I say to you my dear friends, who or what is God? Have you found your answers to that question?

George: Yes, I think we have a number of possible answers. This Creative Energy is one expression, Love is another. An interesting one that was voiced in the New Zealand group that we mentioned last time, is the Space Between—that is the space between everything there is that we detect.

And also that which you do not detect—it is all things, it is all being, it is all creative, it is a creative energy which in the terms of physical speech is difficult to explain to you; but I hope my dear friends that you have reached the point in your own development that you can now stand and say, *'I know a little from whence I came'*. Would I be wrong to say this to you? *(Agreed)* Would you like to continue my dear friend?

George: Yes, it occurred to me that the *space between*, although that covers an enormous amount, it does not cover quite everything. **(Yes)** As you say, the Creative Principle is in absolutely everything, more than just the space in between, but it's good to view the space in between as being included, because scientists for so many years have regarded space as being nothing at all.

Yes. Your scientists have now realized, of course with the inspiration from our world, that all that they have placed their trust in has now been shattered, that their thinking now has to expand in order for them to accept truth.

George: Yes, happily some are expanding in that way.

More than you would imagine, although many are still afraid to voice what they have found, but yes it is becoming much more acceptable within that sector of teaching, that all of life cannot be placed within a small box. What I would like to say to you this time my dear friends, is if you are to achieve that knowledge which you seek, then you have to become in touch with the *feelings*, not so much the thinking, or the words or the physicality of anything in this world, but you must go within and find the *feelings*, because in the *feelings* there lies all of Creation. But I hear you say, but we all feel so much so differently. Let me say, that is part of your own individual evolution, but in *feeling* you become part of that Creative Force. Do you understand? *(Affirmed)* Does anyone have any comments to make?

Sara: I think it's possible to access every human feeling if you look inwards to your own. Even on a day-to-day basis you can identify many feelings **(Yes)** and then you have access to others.

Yes, but I do not speak, my dear friend, of human feelings. I am speaking of those inward feelings that you obtain when indeed you do go inwards, because in going inwards you find all that becomes reality. I have told you on previous occasions that this life that you lead, this human form on this planet is but a dream state, it is not reality, and if you wish to seek then you must be in touch with those feelings which come from within. Is this making sense to you?

Sara: Yes, I do understand now what you meant. Yes that's the detachment that you then have that comes from going within, isn't it? **(Yes)** You can feel detached from emotions **(Yes)** and feelings which you have around you.

Always I feel for you that the difficulty is in separating human, physical attributes to that of the Spirit. It is something which has grown much within all of you, but as yet is still very immature. You each have much to gain by thinking deeply about those inner feelings, because when you are in touch with those, then truly you only begin to understand what life is about. Do you have any questions?

Lilian: Yes, when we say 'God', thinking say of the father figure, it's always been and always will be, is that right? There's no beginning and no end?

When you use your word 'God', it is but a name.

Lilian: Yes, I understand that.

It is a name that has been given to you. You people of the Earth of a certain denomination as in all other religions, we have spoken of this, but what mankind needs to do now is to leave behind all of these dogmas and creeds and to find what is *within*. (Pause) Yes, let us continue. Have you more questions about what we are discussing? (No questions)

Let me place one thing before you. As you begin your meetings here, always you ask for help for those who are sick or in need of help. Always these thoughts are taken, always they are received by those who can help, but what would you say if I said to you that the Great Creative Force needed no asking for help? How would you react to that statement?

Sarah: He knows all, he knows everything so he would know that these people needed help. **(Yes)**

Sara: It would demonstrate that we had stronger faith perhaps if we didn't ask.

Yes, you have spoken wise words, because I want you to understand that in asking for *help* you are kind of *disbelieving* if I may use that word, you are disbelieving that the Creative Force can make all things happen. I do not say you are wrong, but what I want you to try to understand is that all of these things are on a much deeper level than up until now you have previously understood.

George: I think you are saying that if we go within and if we are sufficiently deeply in touch, **(Yes)** then we have a certain bonding and confidence which requires no asking to be present; it just is.

It is, and I would say to you this my dear friend, and of course it depends on your own free wills and what you have carefully achieved so far, but I would say this to you, that the proper form, we shall call it *prayer*, is to give THANKS. Do you understand this?

Sara: Can I just tell you something Salumet in response to that? **(Yes)** The last 3 to 4 weeks—I forget the time—I have been on a daily basis counting blessings in written form as well as thought and I have been astounded by the support and love from friends and family. It has been like a whirlwind and I couldn't help feeling there must be some link between; there seems to have been a very positive change in our lives in the last few weeks and I was relating to this thanksgiving, daily thanksgiving which I have been doing.

Yes, you have given a good example of what I am telling you. In giving *thanks* you have accepted that it can be done. In asking, what you are doing is in fact doubting. Does this make sense? (Affirmed) I know it moves from the normal way of thinking.

Sara: It makes perfect sense to me, because I felt over the last few weeks that I have finally understood about the power of the mind, **(Yes)** because I realize now that it is—I don't want to make the analogy of a computer, but it is as if we must programme our own minds and realize that we have to take great care to input them with good thoughts.

Yes. The power is within you all; that first and foremost is what you must understand, that each one, each one of you on this planet must be responsible for that power within. And you can utilize it for the benefit of others only when you understand the workings of that Great Force. I hope this has given you something to think about my dear friends. It is not as complicated as some would have you believe, in fact I would say that Truth, Love and Light are the most simplest of all things. It is only in the understanding of yourselves as Spirit that will bring to you an even greater understanding.

Sarah: Salumet, when you said to us to ask for help whenever you need or want help, did you say that, because at that point we would not have understood?

You would not have understood what I have told you now. You see, each step along the way has been slow in order that each one of you can absorb the information in your own individual ways, but I feel now my dear friends that we have been acquainted long enough for me to give you just a little more.

Sara: Many spiritual writers at the moment are using the word 'decree'. Is that more appropriate, do you think, or is that relevant?

It is only but a word.

Sara: It's asking still, isn't it?

Yes, you know how I feel about the human form of words. It is the most difficult barrier to overcome, but yes, I would like you to go beyond that word, I would like you all to go within, to find there within the power that each one of you possesses.

Sara: Trust and faith?

Not trust and faith but *knowing*. Not trust, not faith, because those are negative words; it is an *all-knowing*. Do you all understand what I say? (Affirmed)

George: Yes, I suppose it could be seen as a deep feeling rather than a faith.

It is *feeling* and that, my dear friend, is the word, and we have to use it as a word for your understanding, but *feeling* encompasses *all*; it encompasses your thoughts, your words, your deeds.

Jan: The way you have put it is exactly the same way as my husband the other day and I were talking—and he has never sat in the circle—he just described how he felt exactly the way as you have just done.

Yes, he is wiser than he knows.

Jan: I said that to his mother (*Lilian*). It was like having you in the room, it was amazing, it was like a light bulb moment.

Do not forget that those who do not accept this work or whatever you wish to call it, they are still Spirit. They have that inner knowledge, the same as you do, and that at moments in their lives will come forth these inspirational words for others without them truly knowing what has happened. That is why you must never judge another, you do not see their Spirit, you do not know how much they know. Do you understand what I say? (Affirmed)

George: Yes, and I know that there is one group who, instead of asking for help for another, they consciously place the problem into God's hands.

Yes, that is the way to ask for help, because in placing the problem to that Great Creative Force, it will be dealt with. There will be no interference from your feelings and your thinking and your thoughts.

George: So that is really a nice way to do it?

Yes, yes. As I say I would prefer to give thanks on all occasions, because in giving thanks you are saying that you know it will be done, there can be no doubts, there can be no interference and it is just an *all-knowing*. So, perhaps my dear friends when next we meet and you wish help for others, perhaps that would be the way forward that prayers of thanks can be given. And, as our dear lady friend has expressed, she has found quite a difference in what she receives by doing and giving thanks.

Sara: It's very exciting, actually, it's very exciting.

Not only is it exciting for you, it is powerful. Think carefully my friends; it is another avenue of thought for you, but you are ready for it.

Lilian: So what you just told us about giving thanks, could that help in any way, remembering your words, when healing is taking place?

All healing should begin with thanks. Is that what you mean?

Lilian: Yes, I just wondered if the thoughts of the healer would...

There should be *no* thoughts of the healer. The healer is but an instrument, a channel that comes from that Great Creative Force. All that a healer offers is either their mouth, their words or their hands. The healer should have no participation and *does not* have any participation in the healing; that is between the person and God, if you like, or as I prefer: Creative Force.

George: Yes, and only Creative Force can take into account karmic considerations. **(Yes)** Do the karmic connections to illness—I imagine they would come to an end at some point when certain things have happened. I sometimes wonder if the karmic consideration would be for a whole lifetime, or is it likely be lifted at some stage during a lifetime?

I do not like the word 'lifted', as if each individual can be exonerated; that is not how karma works. It will be released when the soul recognizes what the karmic debt is. Then, and only then—of course with the Creative Force's help and inspiration, in any one lifetime or another will the soul come to the realization that the karmic debt must be paid and released. Remember freewill; you must always remember that we have been bestowed with freewill, not only in this human form, but the soul retains freewill. Do you understand? (Affirmed) Of course the Spirit can be helped to release karmic debt. There can be inspiration, there can be a change of thinking, but the Spirit must release their own karmic debts.

Sarah: When people are healed through—for example when they go to Lourdes and they become well after being ill for so long, is that maybe when the Spirit has recognized what it has done wrong?

A healing that you speak of can only take place when the Spirit is touched, but having the connection with the life force, inspires the Spirit to work for good, but no healing can take place until the Spirit is touched.

Sarah: So this is why you said to us that sometimes people could be healed and sometimes they are not. **Yes. The desire alone to be healed is not enough, especially as we are speaking about karmic debt—that is something to be worked through by the Spirit alone. Always there will be help and upliftment, but a healing will not take place whilst there remains karmic debt. Is that clear for you? (Affirmed)**

George: Yes thank you. This is an area we have had some difficulty in understanding. Yes that does clarify, thank you.

Jan: When you use the help, when you're asking for help, it has a different effect on the physical as well as the soul, because when you say 'thank you', the word 'thank you' has a different philosophical effect. I have been asking for *help* and with that asking for help comes that almighty stress actually, because you are not quite sure where to end it: you are asking help for yourself, you are asking help for other people and to suddenly stop saying that and say 'thank you' has a totally different effect on your soul. And I think probably Salumet was so right that now was the time, and with whatever is going on in the world at this moment, rather than say we have all got to help with positive thinking, just to say 'thank you' for what is actually being done that we can't feel as yet.

We need to give thanks for what you are, for where you are, for all problems that you have and may I say to you my dear friends, we have spoken only briefly about sound, but let me say this to you: When you say 'thank you' and you mean it with all of your being, listen to the resonance of that sound. Try it now if you will and really listen to the vibration of the sound. Would anyone like to try that?

Jan: It's a deeper vibration within the body. (Yes) It's much, much deeper; it's not as shallow as 'help'.

It is part of your being. I would like you, if you would, when you leave this room, when you are in your quiet moments alone, say 'thank you' and feel what is within, and perhaps next time we will discuss what each one of you has felt. Take this into your lives, give thanks my dear friends and see how your lives will change.

George: Yes, the 'thank you', the second syllable sounds rather like the 'Aum' vibration.

It is a sound that is your very being. Feel what you say. You do not even have to say the words out loud, but this is something I will come to at a later date that words become unnecessary when you are in tune with that inner self.

Lilian: Then maybe if there's something that really we'd rather not do but know we've got to, we should say 'thank you for the privilege of doing that' would help there as well?

All thanks is never left unnoticed. I will leave you this time with those thoughts. It is something for you all to cultivate. It does not come easily to human beings, unless you have reached that point of all-knowing, of that stillness within your lives when you know all things are possible. Take my words with you, think carefully about what I have told you and I am sure before we come together next time that your thinking will have changed.

Lilian: I think you're right. I can feel it already! (Chuckle)

I will leave you as always with much love and comfort and knowledge that we will come together again, and let me end by saying 'thank you' for allowing us to come together in this way. (Thanks + farewells)

~4TH March 2003~

Good evening. (Greetings)

There is with you this time a stillness and a gentleness which is good to feel. Last time that we met we discussed healing thoughts and we spoke briefly about healing and giving thanks. I hope my dear friends that you have pondered my words.

Lilian: Yes, I think I can speak for all of us.

I said to you that we would discuss what each of you felt when you gave thanks, instead of the way that you have done thus far. Would anyone like to speak about this?

Sara: I think we feel more confident and more powerful when we give thanks and we feel that everything is being taken care of. It strengthens our belief I think.

May I ask you a question? (Mm) Do you believe that the Creative Force is like a parent to you all, who offers assistance and takes care as you say of all things? Is this how you conceive that all-consuming energy?

Lilian: I think I would say 'yes'.

Sarah: Yes, I think that's a good way of putting it.

Lilian: It's a simple way to look at it, for our understanding, or mine anyway.

Would anyone care to differ?

George: I see the Great Creative Force as a comfortable, enfolding thing, a little like resting in the living heather; it's a nice place to be and I think it also goes along with seeing ourselves differently as well. In healing or not healing if that is necessary, an illness, it's like seeing ourselves from afar and seeing not just the physical body, and not just the physical body enwrapped in the Spirit, but seeing it on a different timescale, which might require the Spirit to return to soul or the Spirit to go to the next plane. I think we must see ourselves on that extended timescale in respect of any healing which may or not be the next best thing.

Yes. I would like to say this to you my dear friends: We have reached this point in time with what I have told you. I have watched you grow, I have watched your light shine, but we are approaching times when your understanding must be fuller. When I spoke to you of giving thanks, we have stepped forward in all that until now you have understood. Would you agree? (Agreed) I would therefore put these words forward to you. The all-consuming energy you are part of; you may be separate for a short time, but still you are that part of the whole. As part of the whole you have all knowledge, therefore when you give thanks you are not giving thanks to one separate part, you are giving thanks to that which is within you. Let those words sink in just for one moment.

Sara: Because we are a part of the Creative Force.

You are part of the Creative Force, so in the same way you have all knowledge. What I am about to say to you is this—you have heard many words, but what I say to you now my dear friends is this: As part of the Great Force with all knowledge, you come to these lifetimes not so much to learn what you do not know, but you come—and some of you come many, many times as you have been told—you come to *relive* what you already know. That, my dear friends, is the true purpose of life. Do you understand?

(Affirmed) **Are you sure?**

George: To relive what you already know because while we are in these physical bodies ...

... all memory is erased.

George: Yes. The knowing is more of a feeling within which is a guiding principle.

What I would further say to you my dear friends, if you truly were to know yourselves, there would be no need for the continuation of lives that you now have. That is why I said in giving thanks it is the knowing, it is free from any doubt, it is free from fear. After all, thoughts, deeds, are motivated by only two things: either *love* or *fear*, and we have spoken of these.

George: Yes, I see a common thing that we see: greed—that is a fear of poverty.

Yes, in any area of human life you will find many decisions are either made from these two emotions, love or fear; even deeds which people see as good are sometimes taken because of fear. Love is freedom, fear is restrictive. What I would like you to try to understand is that in knowing yourself you must be free from all fear, and you already have that within you. If you wish to become as one with that Creative Energy from which we all come, and after all so many times people say, 'our thoughts go unanswered'—this you know to be not so. The way to have your answers is from within: not by deed, not by word, but by *feeling* from within. This, my dear friends, is what I would wish for you now at this stage of your developments to try to cultivate. That is why within the silence you are united as one, where all of your answers will come to you, where all that is known can be released to you. Am I making sense to you my dear friends? *(Affirmed)* So, now after those words, do you still feel that the Creative Force acts as a parent to you? What would be your answer now?

George: At least a parent, rather more than a parent I would feel.

I would say, 'not at all' as a parent'. A parent restricts, a parent chastises, a parent controls; that is not what you are.

George: Yes, I was thinking of something more *ideal* in the way of parents.

Sara: We have freewill so we can make enormous mistakes if we wish **(Yes)** and it's up to us to seek and find the wisdom to go beyond.

But if you have all knowledge within you—that is the difference—you need not go outside of yourself.

Sara: You can find it within.

Yes. Now you are beginning to understand. We must go slowly with these things I tell you, because it has taken us some of your years to reach this point of teaching. If there is anything you do not understand, then I am happy to repeat my words. Can you tell me now what anyone else felt when they give thanks instead of asking, which I told you created negative doubts.

Sara: I find, day-to-day, when I find my mind becoming negative, now I quickly give thanks for blessings instead and I have an instant feeling of positivity, I feel much better almost instantly and I can stop my mind from becoming negative more easily and quickly. **(Good.)** Because I have been writing my 'thank you's' for my blessings, I think I am beginning to programme my mind to think more quickly of them every day so I stop the negative trend sometimes more easily.

So you are becoming in control of your thinking.

Sara: Yes, at last!

That is wonderful.

Sara: It is wonderful for me. *(Said with chuckles)*

I feel your amusement. Can I but ask one more question of you? (Yes) When you feel this, in which part do you feel this energy?

Sara: I think it affects my whole being, it is not just my head I don't think, I think it's possibly my heart too. It depends how still I am, if I'm not very still, I don't think I would notice especially where it was.

May I ask each one of you in turn to say 'thank you' and to tell the others where you feel the 'thank you' is. You should feel. Can you do this? Try it my friends and you will know.

(Each person spoke it out aloud)

Paul: I get that tingle in my stomach.

Sarah: Yes, I get it there too.

Sara: I think it's the heart.

What about the others?

Lilian: I realize there is so much to say thank you for.

But when you say those words 'thank you', where do you feel that love?

George: Heart and *throat* with me.

Would you say it together, then perhaps you will find that each one of you has the connection.

(The group as a whole all said 'THANK YOU' several times)

Sara: Heart.

Yes—the heart and the solar plexus, because it is the seat of all emotion. You should feel it each time you give thanks for anything within your lives.

Lilian: It's connecting with the Spirit side of us each time?

It is part of Spirit, not connected to it; you *are* Spirit, therefore it is part, it is natural for the Spirit to give thanks for its *existence*.

Sarah: That's the thing that came to mind; it seemed absolutely the right thing to say.

Yes, you are correct. It becomes the more that you give thanks for all things—it is and becomes Spirit.

You *are* Spirit and it is unique to the Spirit, if I may say, in the sense that it is the correct thing to do whilst clothed in these bodies. It is freedom, it is given in love, which as I have said a few moments ago, is freedom. Only fear is restrictive. Whenever you are faced with choices in your world, stop just for one second and your highest thought will always be the one of love. Do you understand? I know this is new ground for you, but I feel you are ready to expand and to grow and to know yourselves more.

Sarah: Salumet, when you said '*your highest thought is love*', would that be the thought that comes first? For now, I will say it is your first thought. We have not spoken about the thought behind the thought as yet, and for now that is not something I will speak about, but your first thought is normally the thought that is given in love, yes. When you know and recognize the true self, then you will feel within which thoughts are of love and which are of fear. Remember that some thoughts you will convince yourselves are done for the betterment of others or yourself, when in fact they are done from fear. Think about this my dear friends, think about your world now, think about your politics, your scientists, those who are trying to save the Earth. Think of those people with their decisions and see for yourselves those which are done from love and those decisions taken through fear. It will help your understanding.

George: Yes, I think where it becomes difficult is the ego gets a little bit tied up in this. One can see people making very good decisions for the planet and then perhaps writing about it. A little bit of ego seems to have to come into it to get people to read what they have written.

It is because they do not understand who and what they are and from whence they come. In the same way as you have been asking for help and healing for others, but in the asking you doubt that it can be done. You see, in the same way you are fearful for many things, because you doubt what the outcome will be. Do you understand?

George: Yes I think I follow.

It is difficult I know, it is changing many things which you have been accustomed to feeling and thinking.

Sara: Yes and many writers and many people in the media and in the world at large think in a cynical way because ...

...they are afraid.

Sara: ...they are afraid and they don't see the bigger picture for themselves or for anyone else.

George: I can see that the development of the ego can result from the fear of being say a non entity.

Yes, and of failing.

George: Yes, but I have the feeling that one can usefully harness just a little bit of ego to help a good thinking process along.

In the physical sense, yes, but only in the physical sense of course. I would not wish to take from you any of your life's experiences, but, oh my dear friends how you suffer needlessly! I would gather you up and hold you so many times when I see your reactions because of fear. And in the same way that parents stop the exuberance of their children, because they are afraid they might fall, they might do this, they might do that. It is the *fear* of the parents. The Great Creative Force has no restrictions. *You*, as part of that Force, know all things, *understand* all things, but it is entirely up to you because of freewill to find the true meaning of yourselves. If only I could give to you in just a few words all that you need to know, I would do so, but that is not my pathway for you. My desire for you is that you find yourselves, truly find yourselves, that your understanding becomes so *great* that there is no need for myself or others who come to teach, to tell you these words. I know you might find it difficult, but my dear friends you *are* perfect beings, but we all have doubts, do we not?

George: Mostly about our own abilities I think.

Yes, which is a negative, fearful thought. Try to take these two words and look at them in your lives now and how they have affected you in times gone by and *see* if you can change your time that is to come, and then my dear friends you would be even brighter stars in this dark, dismal Earth of yours—you would be beacons of light that may never be extinguished. You have plenty to think about this time, I am sure of that.

George: Yes, could I ask you a question which may connect with this? (**Of course.**) A contact I have in the north of our country named John, is knowledgeable of meditation and he studies similarly to ourselves and he asked the question: could he meditate with us when we do so here? He would be far away in the north of our country, but he is wondering if he could link with us in meditation and I wondered if you could advise on that and give any useful pointers.

I would say this to you: the desire to join with us can only be good. I ask only that in the meditative state that he closes down on any connection with others who may come to him. Being without this room allows other to come forward. Do you understand?

George: Yes I do and I am sure he would understand too.

Under those circumstances, we would be happy for him to join with us.

George: Thank you, I will see that he gets this transcript.

But he must close down from others who come to him whilst I speak. I am sure he will be guided and I will see to it that he understands the words. It may be also that in his state that he will be able to confirm things to you that until now you have been unaware of, but we will speak of that at a later time.

George: Yes, he's knowledgeable. He has written a book on the Spirit communications concerning Jesus.

Yes, but that is why I ask that he make no connection with other people whilst I speak. Do you understand?

George: Yes, thank you, that is good advice.

Whilst you are enclosed in this room whilst I speak, there is a protective ring around you. Perhaps this will be clearer to him and outside of that protective light, there always is possibility for others to make communication, but of course it will be controlled if he so wishes.

George: That's wonderful to know, thank you.

Are there more questions before I leave you?

George: I do have some more questions if that is in order?

I am happy to answer them if I can.

George: There is another contact named Paul who lives on the Welsh island of Anglesey and I would describe him as an author and a powerful psychic and he is able to channel the ancient site guardians and some of these guardians have had Earth life, some have had life elsewhere. I don't think that we've mentioned ancient site guardians—I am talking of ancient sites that are spiritual places such as the stone circles—I was wondering if you could say anything about the guardians? There is one in particular named Jobe, whom he channels who is from Sirius. Are you able to confirm that this is possible?

There are many forms of communication. There are many who communicate through many channels.

Let me say this to you my friend: There are still within your Earth many who protect; this has always been and always will be while this planet travels through its evolution.

George: Yes, and I think they look after the lay-line energies as part of their work.

Yes, I can confirm that for you. This does happen. It is not something I have approached with you, because we have spoken only briefly about angels, elementals and I would say that these protectors are people of different

(Salumet paused and the breathing became deeper—the voice then became stronger) **They have not come under my teachings, because their purpose are clear for channelling through others. But I say to you my dear friend, the protection and power they bring to those who channel, is indeed very strong. (Pause—voice returns to normal)** I can tell you my dear friend that there will come to this gentleman another of the Earth protectors not as yet known to him. You can inform him but he will soon become aware.

George: Wonderful! Thank you. One thing I picked up is that—I think we knew this already probably but—the lay-line energies are in the process at this present time of being upgraded and one of the protectors' duties is to watch over that upgrading and I think that is one of the energies used in crop circle formation that we talked about.

It is also the energy used for travel for other life forms. Remember, energy comes from one source, but in many shapes and forms. Earth protectors are a group who are dedicated to the survival and the evolution of these energy lines. Always there has been areas on this planet where energy is much strongly felt by others; it is the unseen work that continues. It has continued from the time when this Earth was created and it will continue till the end of this Earth's time, which of course, as you understand, there is a time and an end for many things.

George: Yes. Most valuable work as far as we're concerned.

But the Earth protectors are not widely known about and it is not something that teachers speak openly about, because too many people ridicule these things. It is only given to those people who are ready to accept, but I am happy to confirm for you that of course there are protectors.

George: That's very good to have that confirmed, thank you very much. I am sure that Paul will be very happy to know that another will contact him.

His work is not yet finished.

George: That's good news.

I feel that this time I have spoken enough. I hope my dear friends that you can feel the energy which is here with you. I hope that each of you has been aware that not only my presence, but that of another has been quite significant in these past minutes.

George: Yes, we've noticed a change and a small detail, but the extra energy sometimes shows itself with a little whistle in my hearing aid—so it is physically manifesting! (*Laughter*)

I do not know whether to congratulate you or to apologize! (*More laughter*)

George: In any event, it is entirely accidental.

Lilian: I would like to apologize, because I don't always hear what is said and like George, I think I need a hearing aid.

(The tape was turned over at this point and some words were lost. Salumet said that he found it difficult to jest with us, but could feel our amusement at various times.)

I will leave you this time hoping that my words will bring more in realization what you are about and how much more you have to discover. I will leave you with our words and our 'thank you's'. (Thanks + farewells)

~10TH March 2003~

Good evening. (Greetings)

I thank you for your love and your welcome this time. I would like to begin this time by saying that my words have impacted upon your consciousness, because we are aware of how many thanks have been offered from you. We are aware that there are those with us this time who have not discussed what they felt about saying 'thank you' and before I continue this time, perhaps it would be in order for those others to discuss with you what they too have felt. Yes.

(Lilian then established who had not been at the meeting last time)

Let us hear from her lips what she feels when 'thank you' is uttered.

Margaret: I always feel pleased to know that someone has been pleased with me so they say 'thank you'. I like saying 'thank you' to people, because it is just one of those things that I like saying. **(Yes)**

Jan: Using the word 'thank you' in my meditation and just quiet moments rather than saying 'help' has been received—it seems to come from a deeper vibration within myself rather than 'help'. I can only describe it as my soul receives those thanks and they seem to roll off the tongue much easier than *help*. I now know that I don't need to ask for help at all, because if I was to ask for help I would be doubting, and I'm not doubting now. That's basically it; I have just felt very much more *one* saying 'thank you' rather than 'help', if that makes sense.

Margaret: I'd agree with that.

Yes, so you understand that 'thank you' is to yourself; that is what we discussed last time.

George: It seems to be a very nice way to begin the period of going within, to give thanks. For me it seems to put things on a very personal level and the very word itself seems to have a subtle vibration.

Yes, and remember that sounds do vibrate. We have not gone deeply into that yet, but we will. But yes, each one of you in your realization of the word and giving thanks has come a long way. Last time, my dear friends, I spoke briefly about all of life's experiences, that decisions made by you were formed by either from love or fear. Do you remember my words? (Affirmed) This duality reigns throughout your human existence. Love and fear are the creator for all deeds. What I wish to say to you this time my dear friends is going a little further along the road of life's realization of finding yourselves. We have discussed that each one of you, as I also and all who exist, are part of that Creative Force. What I am

about to say to you follows from what we have discussed in previous times. Most of you I would say, feel that your existence upon this planet is for learning purposes. *(Agreed)* Yes, I hear unanimously. What I am about to say may puzzle you, but I hope not, because it is one step further for you to take in your understanding. As aspects of that Creative Force *you are* all-knowing. You agree with that statement, I know. As all-knowing beings you would say to yourself, ‘*what do I need to learn?*’ Does that make sense to you? Would that be a human equation? *(Agreed)*

George: Yes, I think you have said before that knowledge and wisdom are growth factors. We can grow in respect of knowledge.

Yes. Let me take you a little further along this road of discussion. As all-knowing beings, the power of all-knowing is within you. You understand this? *(Affirmed)* Yes. So, in human terms there should be nothing to learn. Do you understand? *(Affirmed)* But in a sense you are learning and the problem here is using your earthly word ‘learn’. Yes, in a sense you are learning, but what I would say, is you are relearning that all-knowingness. Do you understand? Do you see where I am coming from? *(Affirmed)* Therefore, this is not a school of learning as you imagine, but for the purpose of your understanding thus far, that has been the way of teaching you, because you can only go forward when your understanding has reached a point of more knowledge. Therefore, the purpose of all life is to relearn that all-knowingness which you possess. You *are* all-knowing beings, but you have come to this physical world with memories erased. I would like, my dear friends, to put forward to you three words: CONCEPT, EXPERIENCE and KNOWING. Does that mean anything to any of you?

Paul: I think maybe our knowing is more conceptual at the moment, but as we live we get the experience. Yes, you are correct. You cannot exist with just the concept. For your understanding let us take an example, shall we? You may think that you are tall, but how would you know unless you have the experience of being short or what short is—you cannot make the difference, you cannot differentiate between the two. In the same way you may think that you are good and kind, but until that thought has been expressed by deed—do you understand what I am telling you? You need to have the experience.

George: We are living the idea.

You are living the idea, thank you my dear friend for helping me with those words. Always I feel restricted by your earthly words, in trying to keep them simple for you, in order that your understanding is greater. But yes, the idea has to be lived, before you have the full knowing. And that is what life is about for you all. Does this make sense to you? *(Affirmed)*

George: Yes, it’s an interesting concept. *(Chuckles)* An interesting fact!

Sarah: I think it makes more sense than just saying we are here to learn.

Yes. Is there anything you would wish to know further?

Sarah: I keep having in my mind that you say that things are ever-changing and therefore each time we come back each experience is going to be different, because things are ever-changing. It’s never going to be the same, is it?

But if you would only realize that there is no purpose in continuing to return. If you could reach that point of *knowing*, there would be no necessity to return. It is the not knowing that brings you back to experience and re-experience the same things. Do you understand what you are saying? *(Affirmed)* So what I am trying to say to you my dear friends is that you have the power within yourselves now to make of life what you will, but you are all-knowing beings, there is no doubt of that, otherwise how can you say you are the essence of the Creative Force?

George: Yes, we can’t really tap that all-knowingness without affecting our going within.

Yes, that is true and that is the purpose of your lives here. Remember some time ago I told you that you have helped to create this world? *(Agreed)* And that is how, because you are sparks of all-knowingness, all knowledge. It is within my dear friends; that is why it is most important for you *all* to go within and to find that all-knowing being which you *are*, but you cannot achieve it without the experience.

Paul: So, you could say experience helps us to get to know what we *know*.

What you *are* and what you are *not*; that is what experience achieves. Because, remember the duality—always there is duality, whether you say, ‘light-darkness, love-hate’, all of existence is duality. Therefore

you need with the concept the experience to make that knowledge. Do you understand? If you do not, this is the time to discuss it together. I am always humbled by your silence. *(Laughs)*

Lilian: I was just thinking, we are all-knowing and it's within us all there is to know, so in this lifetime that must have come to the fore with each one of us here, because we are ready to accept what you tell us? **You are travelling the right pathway, let me say that, but I have to say this my dear friends, that you hurt yourselves by doubts, by fear, by not going inwards. Each one of you is responsible for your own life's pathway. You may find that difficult to believe, but if you accept that you are all-knowing then you must accept that that has been your choice. You see how the jig-saw, as you would call it, begins to piece together?**

George: Yes, I have the picture that the all-knowingness is with the parent soul, and it is our responsibility to have good connection with that parent soul, with the all knowingness and by our living of the idea we are sharpening that all-knowingness that is with the soul.

Yes, you are returning to what you already know, but your purpose here is to experience in order that that all-knowingness can be fulfilled. And yes, your purpose here is to return to the whole essence of the soul in order that these factors may become as a whole.

Jan: Am I right that when you feel happy or sad that that's the reaction that our soul is giving us? If you please your soul, you can feel such elation and if you are on the wrong path, that inner voice is saying, no, no, no, no, no! Is that your soul is not being very happy with the choices that you are making?

We discussed last time that the highest purpose of your thinking is with love. Any other decision would be taken from fear. So therefore the elation you feel is that highest purpose expressing itself. You are correct in that way of thinking.

Jan: I understand completely what you said first of all tonight about that there are two emotions—if I can use the word 'emotion'—the love and the fear, and if you take away every other human emotion we are encumbered with, those are the two that do matter, they really do, because with everything negative comes that fear. **(Yes)** And sometimes I think it can be the most powerful and that's when listening within, the love can shine through, but only really by listening within.

The umbrella of love covers all emotions. From the umbrella of love stems fear; love and fear are dualities, but all of the minor emotions that you human beings concern your lives with are mainly coming from fear. We discussed this last time, but yes, it is something I would wish you to think about on many occasions, when you are about to do some deed of which you are unsure, then you must go within to find that answer which comes from love.

George: I was impressed by the school children who were demonstrating in London against war, and I think their action came from love: love of people, love of planet, love of peace.

Yes, but you must be careful always as I have told you in past times, of making judgements about other's decisions, because you cannot know why those decisions have been taken and whether those decisions have been made in love or fear. And sometimes my dear friends I have to tell you that decisions that you feel are wrong, to the individual soul they have been done for the right purpose. Therefore it is difficult to pass judgement on any other being, because you do not have that wider picture. But the soul *is* all-knowing and has the ability within this human life to make all of life's correct choices. But I have to tell you that there have been so many misconceptions given about the soul and the structure of the soul, that these ideas—and they have been taught also by many people you behold as *wise*—that there are so many misconceptions that it is little wonder that the soul returns to the physicality so many, many times. But the time has come in groups such as this, when the truth must at last come to the forefront of all thinking. We are *here* my dear friends on a mission, in order that this world and the souls within it recognize that all-oneness, that all-knowingness, that experience of love which belongs to you all. So many times in the evolution of this planet has mankind denied his true self; so many times so many words have been used which have confused and restricted mankind in his searching, that the planet has on many occasions been on a very precarious way of life, that it has been necessary for those of us who come to you in love to multiply in numbers at this time of your existence, in order that the truth may be renewed and that each of you be reminded of who and what you are. Each individual here knows within

what needs and should be done. You do not need words my dear friends; if you but realized that all is within you, that all that you need to know lies within. And if you are to stop this constant return to earthly conditions, then you have that power within you to do so. I feel this time that you need to absorb my words, to think carefully, but not to think with that logical mind, but to quietly go within and find yourselves. I will leave you this time to think about what I have said this time. I would like you to ponder my words and next time if you have questions to raise then we will discuss them. You will find as time continues my dear friends that we will take things slowly, because what I am bringing to you now for your understanding is of a much deeper nature than you have to this present time been given. Therefore, I leave you all as ever with my love and ask only that each one of you gives to yourself the love that you need. (*Thanks + farewells*)

~24th March 2003~

Good evening. (*Greetings*)

Before I speak with you this time let me give thanks for all of you. Let me say thank you for the choice that each one of you has made in coming together this time. By now I know you are a little more comfortable in giving gratitude rather than having those thoughts of asking. I feel each one of you is now beginning to understand the energy behind a word. Would you agree with me? (*Agreed*) There is so much in your lives for you to give thanks for, but you have taken but one step closer to that *Force* of which you are part. As your awareness grows, so too will your understanding of your own lives. You will not doubt my words when I say to you my dear friends that what you call 'heaven' is also part of your existence here and not something that you should strive for outwardly. Do you understand my words? (*Affirmed*)

George: Yes, I think your meaning might be: living with a strong soul connection?

Yes, because with the all-knowing comes the pathway that is indeed heaven as you call it, and that is your earthly word for God-connection. Yes, heaven already exists, but it is up to each one of you to become aware of it here and now. After all, I will use an earthly word again: that is what you *strive* for. May I say this to you: why *strive* when you already have the knowledge? I pause there in order that you digest the meaning of those two words. Would anyone like to comment?

Paul: I think where some of us fall down is thinking that heaven can be achieved with certain material things, whereas it's a state of mind, I think you're saying.

It is not just a state of mind, it is the all-knowing part of you that already exists. Do you see the difference? (*Pause*) Each one of you on this Earth, except for the ones you call Masters, Masters of seeking, strive for what you call spirituality or searching for the God-energy. What I tell you this time my dear friends, there is no need to strive, because you already have that knowledge within. All too often we hear it said that only the Masters in your world understand what it is like to be part of that all-encompassing energy. So many times we hear that is why they put to one side all material areas of their lives. I say to you it is not so much that they place to one side, they do not suffer because of it, but it is because their awareness is such that they know all material goods, or neglect of these things, lead them to the energy from which we all come. I say to you my dear friends that each one of you *has* this awareness, but it is up to you to bring it forth in order that it may be used.

George: Perhaps it could be said that the *striving* comes in bringing it forward.

That would be the only correct use of that way of thinking. We could use it in that context, yes, but you should not *strive* to seek what you already know; you should not strive to find what you already have; you should not strive to understand who and what you are, because all is already known to you. Can you see where I am leading you my dear friends? We must take small steps in your understanding of what you are and what you seek. And again, the word '*seek*' is one of your earthly ones for your understanding.

Paul: So if we manage to attain this awareness, is it something that we can then *continue*, as opposed to a state of mind which is a bit transitory? This inner-knowing is more permanent, we can live it through our daily lives.

This inner-knowing continues throughout all of your existence. It is this all-knowing that you need to find whilst on this Earth. We have spoken briefly that it is not so much that you need to seek yourselves, as to return to what you already know. Last time I spoke about that awareness growing within you. We cannot go too quickly, because what I am telling you now has taken many of your years to reach this point for your understanding. It is important that each one of you takes in and understands each step as we go forward. Each of you, as you know, are at different steps of your own growth, therefore it is important that you understand my words as we go slowly. If you have questions or doubts—and remember when first I came to you, I told you if any of my words were to sit with you uncomfortably, then you must let them go, until such time as the realization comes that what I bring to you is truth. Do you understand? *(Affirmed)* Are there questions you would wish to ask?

George: I will just observe that the way you've taught us, it is rather like a natural process, like the opening of a flower. When the flower is fully opened, there is all-knowing.

I like your description very much—*(Affirmed)*—and think of the beautiful flower that is opening; remember how many veins within one petal and then you may have some idea of how much there is to understand, before you reach the middle of the beautiful flower. That is why we must go slowly, slowly. I could of course bombard your minds with many things, much that you would not understand, but what would be the purpose? As we go slowly each detail will become clearer to you and this I see as time continues. I see your light so much clearly from when I first came to you. I only wish that each one of you could look at all of the others and see how brightly you all shine. I am sure you are aware of how many situations each one of you has encountered and given food for thought to others. I would like to say to you that each one of you my dear friends are seekers of truth, but this you already know. But there are many types of seeking, and when I call you *seekers of truth*, I believe I am right in saying that you are seekers of the *one* Truth. Perhaps I could compare you to one in your religious book known to most people and whose name was Moses. He was but a seeker of truth. He was the one who introduced in that religious book what you term 'commandments'. I would like to say to you this time—and it may surprise you, or at this time in your growth it may not, that as a seeker of truth he brought many words to many people—I think you would not disagree with that—but what I would say to you my dear friends, that the words that he brought to this world were not 'commandments'—that Great Creative Forces does not command—but issued forth words that should have been '*commitments*'. I would like you to ponder those words this time and perhaps when next we meet, we will discuss what you think I mean. Would anyone like to comment briefly?

George: So we are thinking of what we might call 'the ten commitments' as a pattern for living? I would feel more comfortable with that, yes. Of course 'ten' is but a number. There were many words given that were to enable mankind to *seek out* the truth, the truth that already existed, but which mankind at that time in your history needed to hear.

George: It is just that ten of those commitments were written into the book as commandments. Yes, and named as commandments. I would say but one thing: why would the Creative Force who is all-knowing—and we are part of that Creative Force—why would he need to command part of himself? That is what I wish you to think about.

Lilian: Yes, I see what you mean. If the knowing is within us, why did we need to be told? That is for each one to ponder. I feel this time I have said enough on that, but I will give you the opportunity my dear friends to speak and we will discuss it next time. Are there any questions for me?

Graham: I can hardly talk; I hope you can understand me; I have got a cold. I was reading from a spiritual Master called Seth, who said that in Spirit world there is a belief that there is never an excuse for violence and I thought about those words with the war that is going on at the moment. I was wondering if you could confirm that that really is the truth that there is no excuse for violence under any circumstances?

Firstly let me say this to you: that when placed upon this Earth each one was given freewill, free choice. How your world is at this present time is because of the actions of each one of you: the thoughts and actions of each one. Now I hear you say, but we do not want war, we do not wish this, we do not want that, but it remains that because of the way mankind has gone forward, he has created for himself all of

the existence of these problems on your planet. Mankind has to accept responsibility for the state of the Earth planet at this time. The Great Creative Force—and so often we hear: *(Salumet's voice becomes stronger)* **Why does he not step in to prevent these what you call disasters and wars? Why should the Creative Force do so?** You have been given freewill, you are responsible even if that responsibility lays heavily upon you. The Creative Force has given each one of you the answer. It is simple: mankind needs to go inwards and to speak to his brother gently and with kindness. But that Great Creative Force has to stand by and see those images of himself taken to his own hearts and minds all of the destruction which happens upon this planet. You each have the answer within you, but I have to say my dear friends that mankind on the whole has ignored what he knows. Remember, that consciously mankind might justify these wars, but deep within he knows the answer. I hope that has answered your question my dear friend.

Graham: That was a wonderful answer, thank you very much.

George: Could I go back to the stone circles that we have talked about before and you said there was religion connection and energy connection. **(Yes)** I thought further about that and I am wondering if it would be correct to see them as Sun Temples where in past times in ceremony people recognized and welcomed the spiritual energy of the sun and its connection to nature?

You speak of the spiritual sun or are you speaking of the physical sun?

George: I speak of the spiritual sun.

Yes, thank you. I am pleased to hear you speak of such. Always there has been connection with mankind on this planet. This planet was endowed with many energies, energies from all aspect of this Earth. When you speak of the spiritual sun that is what belongs to Spirit and it is the spiritual sun which encompasses all things in you what you term your earthly nature: in storms, in water, in trees, in all of existence. Many of these storms upon your Earth hold many mysteries not yet unfolded. When I came to you first, did I not tell you that much had still to be discovered? *(Agreed)* Gradually, gradually mankind's awareness is becoming raised in many areas of living. Yes, the spiritual sun is imbued on all of these things and in many places upon your planet. Without that spiritual sun this planet would not exist. It is a simple statement, but one that is so true: Mankind could not exist without the spiritual sun. Within each one of you exists a counterpart of the spiritual sun. Within each one of you, within that heart area, there is a spiritual sun which shines forth for others to see. You are but small rays of spiritual sun. Do you understand?

George: Yes, I think it was the practice of the early North American and South American Indians to begin the day by facing the sun and, in a sense, taking in or breathing in the spiritual essence of the sun, and then breathing out to spread that Spirit to humanity, and that would make sense.

Do you not see that this practice still exists? It exists within this room each time you meet. Have you not been aware of the change of breath when you are going deep within? *(Yes)* What is that if it is not the spiritual sun? It has become lost in the passage of time, but it is not exclusive to the race of which you speak. It is mankind's right to know of the spiritual sun; it is just another way of connection to that Creative Force.

George: Then it's not surprising that religious ceremony in past times has been built around this.

Again I say to you, so much over your earthly time has been lost, but that is our purpose in returning at this time, that for once the truth will not be denied, that awareness will grow, that each individual will find himself, will find himself to be the spark of all Creation. *That* is our task in teaching you, that the truth will be upheld. I know at this time upon your Earth there are many troubles, but keep in mind my words to you, that in time to come this will become indeed a heaven on Earth; but mankind needs to become awakened to *this* fact. I will leave you this time my dear friends. As always I give thanks for your time and your efforts to come to listen to my few words. If only you could know how much joy it gives us in our world to see you grow.

George: Equally, I must say, it gives us joy I must say, to listen to your teaching.

As always I feel humbled by your words. I will leave you now until next we meet. I will leave you in the hands of our dear lady friend, (*Lilian*) who gives much to each of you and I am sure you give your thanks for her.

Lilian: It's a great pleasure to have the meeting in my house. Until we meet again. (*Thanks + farewells*)

~7th April 2003~

Good evening. (*Greetings*)

I am pleased to join with you once more. I hope that you can feel the peace that I bring to you all.

(*Affirmed + thanks*) We also give thanks to those dear friends who have not joined us this time. When last we met we spoke quietly about what is given to you, what truth is given to you now and what truth has been given by many on this your planet by many, many people. When I left you last time we spoke briefly about what you know on this Earth as your 'Ten Commandments'. I assured you my dear friends that the information given should not have been '*command-ment*' but should have been looked upon as a form of '*commitment*' by each soul. I asked that you ponder my words and that we would discuss this time, our next meeting, what you had thought about. Would anyone like to ask me anything or would you like to discuss what you feel?

George: I would just like to say that your term '*commitment*' feels much more comfortable and certainly I see the logic of this and I'm sure it goes along nicely with the idea that what we have in the past called the 'Ten Commandments' as being a *guiding* set of principles for our living. I think we've probably all taken it as that anyway and I agree the idea '*commandment*' seems to be a misnomer with not quite the weight of meaning that it should have.

Of course when I spoke to you about the 'Ten Commandments', that is only one religion known to you. Of course, throughout all of earthly time, truth has been given to many nations, many people and each have their own source of knowledge and truth. But what it does mean is that which has been given has amongst all nations the same aspect of truth, which comes from the Creative Force. I chose the 'Ten Commandments', because it would be known to you all, because of the religion of your time. Would you like to comment on any one of the commandments given and focus rather on why it is a commitment rather than a command?

Sarah: It's Love thy neighbour as thyself. So that's in a way, not having any bad thoughts, which is what you've told us, and it makes you focus on good instead of bad. That is part of what you have been teaching us, the thought that is so important—good thought.

It is not only the thought which is important, it is that you must now have the awareness, you must have the all-knowing experience, because in loving your neighbour you are loving yourself, and in loving yourself you are expressing that God-force which is all-loving. Do you see? (Yes)

George: Of course the overriding one I think is: '*Love your God with all your heart, with all your mind, with all your soul*'. I think if one lives to this then everything else follows.

Of course, because we will use the word God for your convenience, but you know it is a much wider picture. (Yes) Yes, if your awareness is such that you love that God-force, then what you are doing is saying '*I am aware of who and what I am*' and if that awareness is there, then of course you must understand that you are part of the greater picture of life.

George: And other commandments such as '*Thou shalt not kill*,' they seem to be, or that particular commandment seems a mere *detail* embraced within the love principle.

All is embraced in the love principle, because if you are love itself, there would be no need to harm anyone; so the important word for these commitments is love, awareness, thankfulness of beginning to know yourselves. Each one of you has the responsibility of taking those commitments and working through them, seeking, searching in order that you may know yourselves. It all sounds so simple does it not? (Yes) But full well you know that as you tread each step in life that sometimes it seems more difficult. The more awareness you gain, the more difficult life seems to be at times. Remember what I told you: you have to experience life. That is the secret, but in gaining the experience then you have that fuller awareness. Do you understand? (*Affirmed*)

Lilian: The harder times we are experiencing at any given time makes us more aware of our failings. It should make you more aware of who and what you are and that you are that all-knowing—all-knowingness which is part of the fuller picture. It is not easy my friends, but if we return to what we call the 'Ten Commandments', they were given to the people of that time, whose minds were not completely open to the truths. Therefore to be commanded to them was a natural progression. It was easier for them to take those words of truth and to use them for the betterment of mankind, for that particular time. As in all cases with other nations, they have their own Masters, if you wish to call them that, who came at specific times onto this Earth in order that the people would accept what was truth. Truth has never altered, but men have; and in this time of your evolution on this planet and especially amongst groups such as this, mankind is now beginning to awaken once more. Mankind for too long has existed in quite a great deal of darkness, because they have not accepted truth. Would you have any comments? Would anyone like to speak?

George: Yes I can see the consistent truth as received from Silver Birch and White Eagle and from yourself, to name three recent teachers of truth. I would comment that you are able to talk to us about *certain items* which previous Masters have not mentioned, such as UFOs, space travel and corn circles. These are all very modern things and so I can see the present teaching embraces more details of knowledge, I would say.

Each one who has come to this planet teaches to the ability of the pupil. You must know and understand that throughout your earthly history mankind has varied so much. There have been many civilizations, as I have told you previously, whose knowledge was far greater, but in the course of time for whatever reason has been extinguished. There also has been on this planet many people who have been simple in their lifestyles, but who have had great knowledge and truth. But each one of us who have come to this planet for the betterment of mankind has always taught to the ability of those to whom we speak. And yes my dear friend, you mentioned the modern areas of living, which is of interest to man, and that is as it should be. When I came to you, I came to you in the knowledge that each step we took would be a single, simple step that my teaching to each of you, each in your various degrees of understanding, would be simple, my words would be simple and my teaching would be understandable. I know that my approach to you my dear friends has been the right one; I have seen you grow so much. I have appreciated your tolerance and time with me, I have seen the hearts of each one of you shine forth, not only in this room, but when you are in your everyday lives; I have seen my teachings to you come to fruition through your very words to others. Therefore, I accept that my simple words to you my dear friends are all that is needed, because in those simple words, I see come forth from each one of you understanding and knowledge. Would you wish to comment?

Sarah: Yes, there's one thing I would say. You said to us just now that with the knowledge, each step gets more difficulties, but on the other side, with your teaching it has helped me enormously to get through the problems, because of the understanding and the knowledge which you've given to us, and so for that I am very grateful.

That is because your awareness of life has grown, your awareness of who you *are* has grown. When first I came to you, I am sure that you would not recognize yourselves now, but life back when first I came to you was troublesome at times, but that is why you have grown so. You have not only taken my words but you have experienced them. Do you see? (Yes) I could say that each one of you within this group, now knows and understands that life is a great responsibility upon this planet, that each one of you accepts not only for yourselves, but for the whole of the planet that mankind has a great responsibility. In accepting that responsibility, what you are doing is accepting that you are part of all Creation. That is profound my dear friends.

George: I think we feel the responsibility; we are aware of so many deep connections; we experience all sorts of synchronicities and recognize them I think for what they are and they in themselves seem to indicate a vast connectedness.

Yes. You can delay knowledge, you can delay truth but not for long. Each individual is given in any one lifetime the opportunity to recognize and to grow. And you are quite correct, there are so many

instances within your life, which I know sometimes amazes you, but it is as it should be. This planet at this time my dear friends, although you feel it is troubled, this planet is growing, this planet has much to give; the people of this planet are being bombarded with the Truth. So, never despair, there is no room now for such emotion in your lives. You must recognize always what you are, that you belong to the Creative Force—you *are* part of the Creative Force. You have responsibilities and you are going forward with all that I give to you. Therefore again this time I would say, look to those words given as the 'Ten Commandments', look to them through new eyes and see how you are committed to them.

I think this time that it is not necessary to speak more words to you. These commitments of life should to each one of you possibly have different meaning, but to each one of you these commitments are the next step forward in our growth together. Therefore my dear friends I ask that you think a little more deeply about them. Perhaps next time you will tell me what you feel within your hearts before we move on with some more fresh words. I feel the love and the power that is here with you this time. I say that you are not alone. I say that as you leave this time, there will go with you many others who will help you with your thought. I leave you now my dear friends. I give thanks for your time and your love. (*Thanks + farewells*)

Another followed through Eileen, in a strong, powerful voice:

What beautiful people you all are. (*Thanks expressed*)

Paul: I'm sure you're not too bad yourself.

Unfortunately that is not true. My disfigurements caused much distress to others and this is my time of release. So I hope that my face does not offend you.

Sarah: Not at all, it's the person that counts, not what you look like.

Lilian: We know that's not so important anymore.

No, but this journey needed to be undertaken for me to release my past and you are beautiful understanding people and I have chosen you, so that I may return and release these dreadful, dreadful disfigurement.

George: We can only regard that as an honour.

Paul: Yes, it's a privilege to have you. It's pleasing to be able to assist.

Lilian: It feels good to think we may have helped—so it's a two-way thing.

Indeed you have helped, in allowing me to use one of you. I of course know that the disfigurements are not necessary, but I needed this physical return to release me.

Lilian: I see. Well the lady that you're using will be more than pleased that you've used her—a very kind lady.

I have been brought to you by one known to you and I'm allowed to give his name: Leslie. (*Expressions of joy and requests to send our old friend our best wishes*)

I feel so emotional that you should all be so happy to know who is with me. (*More expressions of our high regard for our dear friend Leslie*)

George: So do you spend time with Leslie?

No, he has only brought me here. (*George then asked if this was part of Leslie's healing work*)

He says he never stops! (*Chuckles*)

George: That sounds like Leslie!

Now he tells me enough is enough.

Lilian: Well, best wishes to the both of you.

Thank you all, thank you all, thank you all.

We expressed our thanks and as Eileen returned she described the huge contorted feeling in her face that she had felt.

~14th April 2003~

Good evening. (*Greetings*)

It is good to join with you once again my dear friends. I hope that thought has been given to what we spoke about last time. I know that each of you will have considered the words that we used. My hope

this time is to listen to you to see what you have understood and what you have felt within your hearts about what we called 'commitments'. My purpose this time is to listen to you quietly whilst you discuss what you have come up with. I can say to you that as I work quietly with this one there will be one other before the end of this evening who will come to speak to you. I hope that you may find it of interest. *(Affirmed)* Therefore, my dear friends, I will listen quietly to each one as you speak but I will not respond to it because I will be working quietly with this instrument. Therefore you know by doing so there is much work going on.

Lilian: Yes, could you tell me which instrument the other person will be coming through?

I feel it will be this lady here, *(Sue)* but of course whoever is able to accept and take will be the one. As always my dear friends, know that I stand close by.

Lilian: So we'll discuss quietly between ourselves. My opinion was that the 'love' one was really the most important, because if everyone was committed to love, surely it would override all the others.

George: Yes, that is one of my feelings. There is another overriding feeling that the commandments as such, if I can still use that word, were given to the Israelites who had been a people in slavery and they were a much down-trodden people, and it was a code of living to raise them from where they were. I have just got the feeling that they were not in a good situation to develop spiritually before that time, because they were in such terrible slavery. So perhaps a fairly rigid set of standards was a good way to raise their opinion at that time and in later times they have continued to be good reference. But there was a later set of values that came during the Sermon on the Mount from Jesus: I think they were the beatitudes: blessed are the meek and blessed are various people with their qualities. So perhaps the Sermon on the Mount came as a later refinement to the commandments. I don't know if anyone has any thoughts on that?

Paul: I found them a sort of mixed bag in a way. Some of them seemed of a deep level; others, like 'thou shalt not murder', 'thou shalt not steal' seemed sort of preaching to—covering different spectrums of society. Some seem very obvious things you shouldn't do. Other things seem more moving on further.

George: Part of it is most amusing in today's world like, 'thou shalt not covet thy neighbour's wife, nor his manservant, nor his ass'.

Paul: That's still relevant today, as they all are I suppose.

George: Yes in today's world that is probably equivalent to 'thou shalt not covet thy neighbour's Aston Martin'!

Lilian: It struck me, if in everybody the overriding thing was love, it would kind of wipe out all the others.

Margaret: But don't you think it is greed too?

Sarah: I think that they are what Salumet has taught us in many things. Salumet said to us that being angry and greedy and all those things aren't good things, so that's one of the things that he has taught us that were being taught then. And I think that some of them are also trying to, for example the one with the idol, get them to be spiritual and not to be physical. So, the underlying thing is trying to get the spiritual bit to come through and of course at that time they wouldn't have understood it, so they had got to do it in a way that they *can* understand.

George: In so many state-related churches they still have idols today. *(Affirmed)*

Paul: Yes that was quite a shocker reading that. It is one of the early ones.

Sarah: Yes, it's the second one, I think it is.

Lilian: They do the sign of the cross, they bow to the altar...

Sarah: The sign of the cross isn't so bad, but the actual...

George: The frequently seen 'Jesus on the Cross' is, I can't help feeling *an idol*. It is spelled out too that there be no idol in gold, no idol in silver.

Lilian: But there again you see, Salumet said there has to be good and bad to balance.

Sarah: But also, George, I was thinking of the Buddhists and in Thailand I saw the gold Buddhas. You could say that's not good but, on the other hand, the people have given what they have to create these Buddhas. So that is a good part of it that it has been a 'giving'.

George: I am sure perception comes into it. We can see it as an idol or we can use it as a focus point.

Lilian: The best commandment/commitment that one could pass on, say to a child or to whatever, would be just say 'listen to the inner self' and we should get it. I don't know...

Sarah: I think it's difficult. When I've spoken to friends of mine and said, 'listen to your inner self' ... I think we've been lucky with our teaching that it has gone gradually and we have learnt to listen to our inner self, but I think some people would find that very difficult to know where to start.

Lilian: Even before that, each and every one of us—we could imagine each and every one of us knew what was right and what was wrong.

Sarah: Yes, your conscience.

Lilian: So I suppose they just don't listen to that inner self.

George: It might be an interesting exercise to try and formulate the set of standards equivalent to today's world.

Lilian: I have a feeling that our Prime Minister would call himself a Christian.

Sarah: He's a Roman Catholic.

Lilian: Yet he was happy enough to send out soldiers to kill. I find that a bit strange.

Margaret: They are always young people who have to go out. It is so unfair.

Lilian: It's one I can't begin to understand.

George: One of the statistics that came out very sharply today, someone said in debate, that 50% of the population in Baghdad is under 14. Certainly there are a lot of children in the hospitals.

Margaret: I want to know where they get all the money from to buy the bombs and all that. Where does it come from?

Sarah: Going back to these commandments, can we remember them all?

George: Don't bare false witness.

Sarah: In other words, don't lie.

Paul: Don't envy, sort of thing. Don't take my name in vain. Does that mean, don't speak of Spirit lightly?

Sarah: I am not quite sure, actually. Could it mean not using it for false purposes? Could it mean that as well?

Paul: Or without sincerity, I wonder.

George: Yes, don't just set yourself on a pedestal for being a Christian.

Paul: That's the thing. Like 'thou shalt not murder' seems simple, but for a lot of people, meat is murder.

George: Thou shalt not commit adultery.

Sarah: But then going back to the murder thing, Paul, Salumet said to us that we should be vegetarians, but if we want to eat meat we can, so you could still say it is some sort of murder, isn't it?

Paul: I suppose it will evolve. As you develop you will perhaps read more into each commitment.

Lilian: Only eat meat if you were truly, truly hungry. I do think if you were really starving, anything would be on the menu. I could be wrong.

Sarah: Even those people who crashed in that plane, he ate the other one, didn't he?

Lilian: Yes, you know, it is easy to sit here and say don't eat meat or fish, but if I were starving what would happen?

George: Anything is on the menu except cannibalism.

Lilian: Just fade away!

Sarah: But even then, George, after that plane crash, the companion had died and he had nothing else to eat, so he ate the companion.

George: As Salumet has said, everything is possible. The adultery one is very practical I suppose and it can just make life too complicated.

Lilian: I would say that's quite a hard one especially... in all times... they're all quite hard.

Sarah: Today it doesn't seem to be a problem so much. I don't know if that was one for the times or...I suppose if you've promised something in marriage, then you have promised it.

Lilian: Even if they become priests or whatever, they still—and what would that be called?

George: Salumet said something about that too and something to the fact that marriages aren't designed forever. They're for journeying together, but it doesn't have to be forever. I think he said something like that.

Sarah: Salumet said that? (Yes)

Paul: This other Bible we had was a really big one and for some of them it said quite a bit more. For that one that talked about 'don't make idols', it also mentions about also not even building buildings using shaped stone, because as soon as you have cut the stone, you've sort of mutilated it. That made me think, it's better to worship nature outside like the Druids did and the American Indians. Worship trees and things like that.

George: Of course they did use uncut Saracen stones.

Lilian: But we shouldn't worship these things, we should just love them, surely?

Paul: Yeah, 'love' is a better word than 'worship', yeah.

Lilian: I must confess I didn't have a Bible. When I moved here a lot of books went out and the Bible went too, to my sister-in-law's jumble! So, ok, my mother's got a big one, but I thought I'd forget that one and I look at the children's one.

Sarah: Going back to not cutting the stones, it probably would depend whereby you were. If you were out in the snow and standing there for some time to go, that might not be very practical, so to have some sort of shelter seems appropriate.

Lilian: You meant a dwelling to meet?

Sarah: Yes, a church. I can't see there's a problem.

George: I suppose there is a difference between living and survival. A reasonable situation and building a great edifice and raising huge funds through taxation to do that. That's how the formal church began in Roman times.

Paul: I'm trying to imagine how would Jesus or Buddha or all these people (*Masters*) have gone about their daily worship/religious ideas, and I can never really see them going inside a church to meditate. I always imagine him finding a tree or a quiet area in a park or something, or a bench, or even just in his house. There is nothing wrong with a church, I suppose, but...

Sarah: It does provide a meeting place, doesn't it? At any time you wish to go and pray, just to have a building. A cathedral is perhaps a bit excessive...

George: A meeting place is logical—an all night edifice, there seems to be some question about that...

Paul: Keeping it *humble* seems to be one of the messages of the commitments...

There then followed our expected guest through Sue:

(Greetings) I have not wanted to interrupt such interesting words. My time here is limited and I do not wish to interrupt, but I have something that may give you a lighter food for thought. Your discussions on commitments are quite deep and you are having to stretch your minds, am I right? (Agreed) I am quite sure in the coming meetings the Master will give you more food for your thoughts in this matter, but the little I have come to say to you this time is on a lighter nature, not quite so woolly. (holy?) I could not even begin to teach you as the Master does; I would never even try. My purpose is not to teach you deep knowledge. Do any of you sing?

Lilian: Yes, we have one.

Sarah: I did a bit.

Lilian: There's usually another one but she is off not feeling very well this evening.

The lady here that sings, does it lighten your heart when you sing?

Sarah: Yes, yes it does if I sing the music that I enjoy, yes.

Yes. Do any of you here wish you could sing?

Paul: I try to sing sometimes. (*Chuckles*)

Margaret: I can't keep the tune very long.

George: Yes, I think we all probably try to and I can appreciate there's a certain joy. It has been said I think, that song is an expression when ordinary words are not really enough.

That is a very succinct and profound thought, but your first word 'joy', yes joy. Music brings joy. You have troubled times in your world.

Lilian: Especially at this time.

Indeed, but the sound of music, of being able to express yourself in song will enable you to rise above the problems. It is a heart and soul-lifting experience: music, song and those that can do these things.

George: I imagine that includes the birds; they seem to do it rather well.

Birdsong is from Spirit. Can you appreciate that? Birdsong is a gift of Spirit. Music is a gift of Spirit. Does that make sense to you?

Paul: Yeah, I think it's too beautiful almost for it to be a manmade thing.

Lilian: Of course different people enjoy different sounds to the music or the singing.

George: Yes, I have sometimes felt that birdsong is a great gift. One can be amongst trees and the birdsong makes the world a beautiful place.

Indeed—a gift from Spirit to lift your Spirits. I am speaking very lightly. We could speak in great depth, but that is for another time. But I ask you if you can FEEL music, FEEL the vibrations, it can help you in so many ways. There is a healing colour to music. Does that make any sense to you? Music has colour. All music, whether you consider it to be the lowliest or just a cacophony of noise, it has a healing colour.

George: Does that relate to the colours of the auras of people listening to music and how that music changes the colour of the aura?

Were you able to see auras, you would see a changing the spectrum of colour, yes you would, and more so with those that are in need of some spiritual help. I say to you, the sound of music can be far more beneficial than your potions and powders. In your world unfortunately, they are used far more than they are necessary, but we can do little about that. Certain of your powders can be like poison and we are hoping in the eons of time that these will be replaced. We are moving on now to deeper things, which it is not my purpose to speak of.

George: I have read of one who cured herself of cancer through listening to music, so that is very much in line with what you are saying.

Yes, the power of the healing colour of music.

Sarah: There is of course Evelyn Glennie, who's a percussionist, who is stone deaf and she plays with very well-known orchestras. She's excellent.

Indeed, therefore is that not proof positive that her gift comes from the spiritual side of her? Whilst she is playing, her deafness is put to one side. She is unaware of this in the physical, but it is with her Spirit ear that she plays this music. Music is a powerful healer. I leave that information with you and hopefully it will be of benefit to you in times to come. (Thanks expressed) All music, I repeat, whether it be birdsong which is from Spirit, or whether it be the native drums of your jungle area, all has the power to heal.

Paul: It's all vibration.

A very good word my friend; vibrations which show themselves in sound. When you all come to our realms, the music you will hear will be nothing like you have ever experienced in this world. We have healing areas—it is the only word I can give you—an area where music is a constant source of healing power. We send lost souls into this music and it envelops them like a soft down, and the Spirit which is troubled absorbs the vibrations of music. That is something I hope one day someone more learned than myself will be able to talk to you about in greater depth.

George: Tibetan Buddhist ceremonies have some very strange sounds, which one would hardly describe as music, but I suspect those vibrations are very subtle and may well be healing and reaching Spirit.

What you consider to be a strange sound, to another may be as the song of the mistle thrush.

Sarah: It is the same with language. Each language sounds different to each person, so that must be true with language. The voice is vibration, isn't it?

Were you to be spoken to in a language known only to the, shall we say Inca tribes, it would be a cacophony of sound, would it not? (Yes) But to the Incas it would be melodious and understandable. You are right, it is the same with music, which is why I speak lightly now, but some music to young people in these times is most unacceptable to the elderly people of these times. But that has gone on generation

after generation, but to each one they can hear wonderful music. Let each one accept their own music and let it do its will to their Spirit. We must all learn tolerance in these things, must we not?

Lilian: Definitely. It's something we could do with a little more of.

Sarah: But you also, when you hear things enough times, you get used to them and then you begin to like them just because you've heard them so many times, because it's familiar.

Think of that not as physical but spiritual. The Spirit is rejoicing in that sound, because it is bringing joy to the Spirit.

Lilian: I was just thinking of lots of sounds which we take for granted, like the buzzing of a bee or the purring of a cat, which is all very pleasant.

Those sounds, like the birdsong are musical, therefore come from Spirit. I leave you to think on that. May you hear your music through all the days of your life. (Thanks expressed) Thank you for allowing me into your room. It has been a privilege. (Thanks + farewells)

~21ST April 2003~

Good evening. *(Greetings)*

As I have been here quietly I have given to each one of you some small upliftment this time. *(Thanks expressed)* We were most interested in your conversations last time. It was comfortable to be with you and to listen to the words that you had to express to each other. You may have wondered my dear friends why I have raised that particular subject with you. After all, we have made many references to religion in our talks over time. I now feel that your understanding of my words 'commitment' has taken hold and that your understanding is a little clearer. But why, I wonder, do you suppose I used the word 'commitment'? Mankind, after all, has been guided by many throughout its evolution on this planet.

George: Yes, *commitment* tends to be self-guidance I would say.

Yes, and that my dear friend is where I am leading you to. I told you I believe that it is time for you all to begin to know yourselves; and how, my dear friends, can you begin to understand and to recognize the true self without that commitment, that responsibility of *life*. That is the key word now my dear friends for you all: '*responsibility*'. Do you see that each step leads to another, that *commandment*, although used in those far-gone days, was useful for the time. But that Creative Force by all accounts would never command, because what would be the purpose of commanding that self-creation? Do you understand? *(Affirmed)* Therefore my dear friends when mankind was placed upon this planet, not only to discover oneself, the true self, the spiritual self; the purpose of life was that the human being recognize that spiritual self, whilst clothed in the physical body. But, to do so you must endeavour to take all responsibility for *life*. I told you recently in your time that mankind is responsible for all that happens on this planet. That responsibility my dear friends is a burden to some, but to you of some knowledge, I hope that responsibility shows you what you are about. Do you understand my words? *(Affirmed)*

George: I think joy and pride can be coupled to that responsibility.

Responsibility should bring forth much love in all that you do. Too often we hear: '*Why are there so many problems?*' I will tell you why, because mankind has *refused* to accept responsibility. That may seem to you my dear friends a very sweeping statement.

George: Yes, it seems almost as if the Spirit part of us is endeavouring to train the biological part of us so that the material human gets it right in the end.

When responsibility is there then physical life becomes so much sweeter for you. Physical life holds no problems for you, and I do not mean that all is, how would you say, rosy?

Margaret: Hunky dory.

Hunky dory... *(Much laughter at that phrase)* I am not aware of that one.

Margaret: My children used to say that they were '*hunky dory*' when everything was going right.

I will accept your words dear friend. Yes, but when mankind has realized individual responsibility and, after all, responsibility spreads to all of his neighbours, his friends, all that he has contact with: responsibility is not alone. Therefore, I would like you to look at this word '*responsibility*' within your own lives, then I would like you my dear friends to express what you feel to the further field of all of

mankind. If you think of the word now, what comes into your hearts? Would anyone like to express what they feel within their heart?

Sarah: I would say 'caring'. If you care for everybody then you are taking responsibility and helping at the same time.

Lilian: Not to move away from our responsibilities, as easy as that would be.

George: Caring/parenting/being part of.

Margaret: Showing people love and care.

Paul: Taking more care, yes, taking more care for the Earth and all the life on the Earth.

Graham: I think responsibility is a method to extend your love.

I like that expression. You have given me good answers my dear friends but all of those answers in a way are connected to physical living. Responsibility also includes the nurturing of your souls. One cannot be without the other, and I do not apologize for returning to that word 'love'. Before each one of you came to this lifetime, you expressed with love what type of individual life you would have in order for the soul's growth: that is responsibility. You chose the people to be born to, you chose conditions, you chose places: *that* is responsibility, because it was done by the soul. Do you see the difference? And when the soul is aware of all of those responsibilities, then it manifests into the physical life.

George: I think there are two types of responsibility ensuing from that: the responsibility and care for the planet and the responsibility for the soul's further growth.

Yes. The soul's responsibility is, of course, much greater, if I may put it to you in that way, but only in so much as the soul will continue. The lifetime on this planet is transitory, but is of utmost importance for you all to experience life. You do not come to this planet without the knowledge of what each one of you has to do to keep this planet beautiful, but as I have said, mankind has fallen down many times, but within each one of you lies that love which can encircle all things. The responsibility lies with you my dear friends, in so much as each one of you all have spiritual power which enables you to do anything that you so desire. And again, here is where responsibility enters. When you have such power, you have the responsibility to use it wisely. I would like to give you one example perhaps of how mankind does not use his responsibility. So often in thoughts we hear: '*Why does this happen?*' '*Why cannot we help more?*' Let me say this to you, the example I will give to you is simple: So many people on this planet who come to our side of life, because of lack of food and water. Shall we place a figure just for example? Let us say we have forty thousand people who are dying at this time. What is mankind's responsibility? Why can they not be fed? Why can they not have water? And yet mankind brings to this planet fifty thousand new lives. Can you see where responsibility lies? You have the answers, but you do not have the responsibilities. You have to, my dear friends, look at the wider picture if you are to begin to understand what I am telling you. I am taking in your silence. Would anyone like to comment? What I say seems simple, does it not? But indeed it is most profound.

George: Yes, as a planet we are squandering resources, we are producing monetary funds and spending those funds on the wrong things. I think we are all aware of that. We are not able to see all of the wider picture. This came up in connection with the Iraqi war when we are not always able to understand the wider picture, but I accept there are plenty of pictures which we are able to see and understand.

You are not, my dear friend, responsible for another human being's thoughts or actions. The responsibility you have is in developing your own soul, your own spirituality to be able to see what you truly *are* on this planet, whilst in these clothes. It is not easy and I do not say these things to you to make you wonder, but I tell you these things in order that your consciousness be raised, that my words although difficult at times to understand, will gradually creep into that consciousness which gives to you a wider vision. Do you see?

George: Yes, and we can change the world by changing the consciousness.

You can change this world by changing yourself. When mankind learns to talk to his fellow man in *peace*, then we will begin to go forward. Mankind must put to one side differences in religions, differences of culture and mankind has to recognize the Spirit within. It is possible and gradually we are going forward, but at this point in time, my dear friends, my purpose is that each one of you has a little more

understanding. You *are* beacons of light, as I have told you previously, but we desire that that light be of such clarity that it cannot be extinguished. I hope you understand my words. Now you see the purpose of using the word 'commitment' rather than 'commandment'.

Paul: In helping the needy, we're helping them, but perhaps even more so we are helping ourselves to grow.

That is most important. Always I have told you, that you must go within. I have stressed these words to you on many occasions, because if you do not go within, **you are without**. They are simple words, but they mean so much. Think about them my dear friends and your understanding will be greater. We feel so much love for each one of you who gathers here. We do not often find the dedication which you as a group of people have given. It is part of your responsibility that you come together, and this you do with good and open hearts, and it is there for all of us to see, but it is our hope for you that in this lifetime, not only do you come together, but that you grow so much that the soul within is forever outside in your daily lives, in all that you achieve, because when the soul shines forth, it does not matter what conditions life brings to you, they will just become part of your responsibility, they will be dealt with and you will not give more than a thought to these very conditions. I feel such deep love for each one of you this time, and there are so many around at this time, who wish to come and stand by each one of you. I will say to you, to each one, that when you leave this time there will be much upliftment in your lives. *(Thanks expressed)* I feel for this time I have spoken enough words for you. I do not say to you, I say for you, because in your own individual ways, you will take those words, you will digest those words, and you will make sense in your own way of those words. As ever my friends, I will leave you, knowing that I will always be available to you if you so need. *(Thanks + farewells)*

~5th May 2003~

Good evening. *(Greetings)*

The warmth of your greeting grows ever stronger; for this we thank you. It is important my dear friends that there is joy in your lives—not joy of good happenings, but joyfulness in all of living. Love and joy are closely connected and it is most important that you understand that no matter what your life brings to you, that always you sustain joy in your lives. So what is this joy I speak of? It is joy in knowing who and what you are, joy in just being: that is true joy. Without joy within your heart, all other aspects of living become as negatives in your lives. So I would like you my dear friends to consider what joy there is within your hearts. This may seem a simplified question, but I assure you it is one of great magnitude. When you *feel* what joy truly is, then you will come to these meetings with a completely different view. I know you are saying: *'But we cannot feel joy at all times.'* But this I say to you my dear friends: 'yes, you most certainly can.' But that is what I wish you to consider this time.

George: Yes, I think you can sometimes see joy in people's faces and I have a picture of one known as Rinpoché who was referring to the Dalai Lama who was across the room and he was saying, *'Look at the Dalai Lama, he is not laughing at some joke, he is bubbling with joy.'* And one could see it in the light in his face, he was joyful.

Yes. Yes, that is a good example for the others to think about. But I do not wish you to think of others, I wish only for you to think of joy within yourselves. I will give you time to consider this deeply and we will discuss it next time, and know and understand that love is the all-consuming thing in your lives, but as I say, joy is coupled closely to love.

Sara: Can I just say something Salumet?

Yes, of course.

Sara: I think that for myself I think that when I do things which bring me joy as well as all the things we try to do daily for other people, when I follow interests that bring me joy, then I find it much easier to access joy generally. I think if I want to sing and I sing, or dance or do something which brings me pleasure too, then I think I access the joyful part more easily. And children also help to put me in touch with joy, because

they're very joyful and enthusiastic naturally. **(Yes)** I think that they remind us not to be complicated and to just take each moment and be whatever we feel at any given moment.

Yes, of course you know and understand that children are much closer to our world, therefore just *being* exudes joyfulness from children; that is what you must look for. It is absent in so many lives of today, because human living has dulled that very presence of *utter joy*, and remember I have said, joy is not *obtained* by physical happenings; joy is of course from Spirit, but manifests itself into human existence. That is the aspect of yourselves that you must look to. It is not a simple question, so I will leave it with you and will be most interested in hearing your words. Of course I am well aware of what you are going to say, but the others may not be. So, next time should make for interesting conversation. Do you at this moment in time feel just a ray of *joy* being placed upon your souls? *(Affirmed)*

Paul: Yes, I just felt it.

I hope my dear friends that you are aware, because the joyfulness within this room is ever-building. It is there for each one of you to access, to soak up and to retain. It is a condition which will see you through this earthly life without fear or without any doubts of what life holds for you. If you have love and joy, you have all things. I hope my words make sense to you. *(Affirmed)* As I have told you my dear friends, this year of your time will be devoted much to your own growth and in doing this I must allow each one of you to take each little step in your own way, and my purpose in all of this is to play the part of adviser for you if so needed, to encourage and to uplift you. Of course I will bring you more new information, of course when I feel that you are ready to absorb, but it is important at this time that each one of you takes and accepts what we bring to you for yourselves. As you grow my dear friends, much, much more can be given to you. Not only will your awareness grow, but your understanding will become greater and you will be surprised at how little you have known in the past. I will be working with this instrument on many occasions quietly, therefore unless you have any questions for me, I would suggest that perhaps our dear lady friend who takes you on a meditative journey, takes you on one and each one of you be open to what is given this time. You may be given my dear friends some clues of what you have been. I know in past times I have told you that who and what you have been is not important—that is still true, but this particular time it will give you a little more understanding of who you are and what you must be. So please accept my dear friends, all that is being given to you. Are there any questions before I leave you?

George: Yes, could I go right back to the very first time that you came to us and you gave us a name to know you by. You explained about how names are taken by Masters who come to teach, and we understand that. There was a little doubt at first and we thought *Salumet* or *Salufet*, something like that, and we settled for *Salumet*. **(Yes)** Can you tell us something of the derivation? Is the name relating to someone who once lived? It sounds Persian, but I wondered if you tell us anything about the derivation of it. It's a little thing that has bothered me for quite some time.

Yes, I know. I will be happy my dear friend to discuss this with you. Yes the name of *Salumet* was not the name first I gave to you, but as you know, names from our world have little meaning, but I know of your interest and I will be happy to discuss it with you another time. If you so wish I will make time at our next meeting with you—at the end of the meeting I will be happy to give you what you wish to know.

Lilian: When you first came we didn't perhaps pronounce the name you gave quite right, is that right?

The energy at that time was more difficult to control and it was quite an event for us to come to you, as you now understand. We had waited many long years to make this connection.

George: And I believe there was a considerable amount of fine tuning after that time to make communication better.

Yes, always this 'fine tuning' as you call it still continues. That is why it is important that I work at times with this instrument. I know you appreciate and understand that communication is not as simplified as some people would have you believe. But I will make this promise to you my dear friend; you will have a full explanation of your question.

George: Thank you. Could I also ask a question about—you talked to us about the pyramids and they being star pointers and you have made certain statements such as that they were not intended as tombs. And

there are many incredible details within their construction and I appreciate that the details are too much for simple application—as simple as being tomb—it has to be something much more complicated than that. I think you indicated direction pointers in space. I think the complexity of the internal construction, suggests a process of dematerialization and connected with space travel. We know that we can't satisfactorily travel in space unless dematerialization happens first. Is there anything you would be able to say about the complicated layering of different types of rock within the pyramids, which obviously have I would say some energy application. Is there any you could say about that or can you say that part of their application is dematerialising?

Yes, let us first take dematerialization. To you it seems such a strange and unusual happening. To those of us who know more, it is a natural happening. That is first and foremost what you need to know.

George: Yes and I imagine that goes with a much stronger spiritual development.

Yes, of course. You have enough knowledge at this time to understand. I told you when first I came that all of these 'great happenings', as you call them, were quite natural occurrences and that people of your past times, had much more spiritual knowledge than many do now. Yes, originally those of greater Knowledge had those—we will call them 'points of light', points of light because all structures are light and energy; this you understand. (Yes) The pyramids were built as points of travel for those who came from other worlds. The drawings you speak of within the walls of these great rocks came later; they came from *man* and *man's* assessment of what they should have been. We are speaking of two different things here. It is a topic which we can enter into again another time if you so wish, but you must not mix the original construction or dematerialization within, with what you find in the inner walls of these structures. I will clarify it for you and make it a little more easier for you to understand. There has been much written, there *has* been much controversy, but I will tell you *why* and *how* and *when*, so that your understanding will be greater. Are you happy that we should do this? (Enthusiastic agreement)

George: Yes, that's very interesting. There seems to have been a time of...

There is a lapse of time.

George: Yes, there was a time of very early knowledge, (**Yes**) when the major pyramids would have been first built...

Yes, and mankind has not been correct in his timing.

George: Yes and then there has been further usage of the pyramids since their original construction.

Yes. You must always bear this in mind, but we will go into more detail. (Thank you.) But for this time I feel you need to devote yourselves to what is available. I will leave you now my dear friends. Be open to what is being given to you and you may be surprised by who and what you have been in past times. Do not try too hard. That is always, I will not say 'fault', but a little of your eagerness. Be open, be relaxed and let those come close to you, and as you receive the information, please speak with our dear lady friend, (*Lilian*) speak amongst yourselves, because the very vibration of your voices will bring us even closer. My love for you all grows ever deeper. (Thanks + farewells)

We then went 'within' as instructed, to see what was there. Some only got a little detail. Paul described a sort of Arabic or 'biblical' figure with short dark curly hair. Eileen had a much more detailed vision of someone who appeared to be living outside of a city slum, in rags and with rats running over feet. There were feelings of anger and despair, with the thought: there can't be a God, he would not allow this.' This was a past life memory of course.

~12TH May 2003~

Good evening. (Greetings)

Let us give thanks this time for this joining together, this meeting place and all who enter into it. We give thanks for all of those things which enrich your lives, which bring comfort to you and allows that Spirit within to grow. For all of these things we say, 'thank you'. I am happy to join with you once more my dear friends.

Lilian: We're very happy to have you once again.

So many discussions have we had just these past months of your time. Slowly you are beginning to blossom, blossom in your understanding of all that I have brought to you and all that I endeavour to bring to you. I hope this time my dear friends that you have brought with you not only love, love for each other, but love for who and what you are. Last time we spoke briefly about joy and the joy that you feel deeper within. Do you remember? (*Affirmed*) I said that we would discuss this next time and although I know what is within your hearts, once more it will be beneficial for the others to hear what you have to say. Would you like to begin with someone my dear friends?

George: Yes, I thought about joy and the opposite condition of being gloomy, and there are a number of things that help us to be joyful and I think one of those things is the increasing awareness. The more we are aware of the wonders of the Earth and Spirit life, the more joy we are able to experience. Another factor is meditation and strengthening the union with soul. There are other things such as laughter and music and birds song and all these contribute to joy, but I think above all is the increasing awareness.

Thank you for those words. If you noticed you started off by describing joy in physical terms, by describing what you call *gloominess* as opposed to joy: this belongs to the physical condition. I of course, always speak to you on a spiritual level. You then continued my dear friend to describe those attributes of Spirit which indeed do contribute to joy. We thank you for your words.

Lilian: Would you like some more answers?

Yes, it would be helpful for each one to express what he feels joy to be.

Paul: When I was thinking about it I felt it must come from when you have no judgement. Then the joy seems to come; like smiling within at the world and yourself as well in the world.

Yes, may I say that those words do make one want to smile. Smiling *within* are wonderful words to describe joy. I thank you too for your words.

Lilian: Have you talked to Sara (*Graham's wife*), Graham?

Graham: Yes I have and I agree with George and Paul and particularly the lessons that I have received here and the opportunity to think about things in a way that I never would have done without your guidance: it has given me enormous joy which I cannot begin to express. I've also felt joy from quiet times, particularly with painting. I enjoy my painting and these quiet times where you're alone and can be lost in your thoughts again is a time of tremendous joy. Sharing experiences with other people again brings me great joy. In fact, I would say that more and more of my time I would say that I am in a joyful state than I used to. So I am very grateful for this.

Yes, I thank you too for your words and the important part of your words as far as Spirit is concerned is the word 'sharing'. Thank you.

Margaret: I have surprised myself this year, very much so. I always wanted to be with somebody, but now I find if I go walking for an hour, most days, and I look at the flowers and the trees and the birds and it gives me new hope. I don't know whether that's good or bad, but it's very good for me to be contented with the life I've got.

Therefore you have joy within.

Margaret: Yes I have, yes.

Yes. You see the correlation of the words that each of you have spoken? Are you beginning to see the connection to joy? (Yes) Thank you.

Sarah: I felt with joy that it was also an inner thing that we're happy beginning to know why we are here; there's a joy of that recognition. So that is another feeling of joy. But I also felt it was a thing—an aspect that is—because you have joy within, it is that that you are giving to others that they are also recognizing that is making them happy too. It's the trigger between making somebody else joyful and your inner joy that is coming out.

Yes, it is that governing force from within. Yes, that is perfectly true; joy comes from within. Each one so far has discovered that joy does not belong to physical conditions. In thinking deeply my dear friends, you have come to this realization. I thank you for your words.

Lilian: As for myself, it's the joy of the spiritual teach which you have brought and the growth of Spirit within. On a day-to-day basis in the physical I am not always joyful, but spiritually, yes it is, thanks to you for your teaching.

Yes. In recognizing the difference from joy within and joy of everyday life, to recognize that difference is indeed a step forward; to you also, I thank you for your words. I would now like to continue just a little about 'joy'. You cannot extricate joy from love: joy and love go hand-in-hand. But what is this joy? I feel my dear friends that love is easier for you to accept, because you see the expression of love so often within your physical lives. Therefore love to you is more natural to accept. But joy, *joy* is in just *being*; joy is in the learning process of knowing who and what you *are*. No matter what physical conditions you have to bear, and each one of you as you full well know have different life styles, but that joy that comes from within, is in beginning to realize and recognize who you truly are and why you have come to these physical conditions. You should shine as beacons at all times my dear friends. The joy from within should overshadow all physical problems in your lives.

Lilian: I think with the knowledge we have gained, it does.

Yes, and that is why now I have broached the subject with you, because your understanding now is so much greater. Until now these have only been words to you, words that you have barely given any recognition to, words used in the physical sense of being happy or unhappy, when in fact joy encompasses you at all times; but it is the recognition that brings it forth. Do you understand? (*Affirmed*)

Paul: Is it like we have joy all the time, but we don't realize it?

You have joy at all times within. It is up to you in your physical daily lives to allow that expression of joy to come to the fore. I will now say to you something which I feel that some of you may want to dispute, but I feel at this time I am sure my dear friends you will accept my words. The most loving of people are those who are self-centred. Would anyone wish to comment on what I have said?

George: We could probably put more than one interpretation to the word 'self-centred'.

That is the clue to what I have said. (*Chuckles*)

George: One could see it as a link with oneself or well-centred to one's soul body perhaps, but the other meaning might be a person who is rather egotistical.

Yes—again we come into your physical language; yes, this is always the problem—let me explain to you what I mean. The most loving of people are self-centred, and yes my dear friend, you have touched upon the very essence of the word 'self-centred', because those people who are self-centred, recognize who and what they are. Let me give you some examples. Why in your world do so many of your relationships fail? Why do you suppose this happens so often in your world? Because you do not look at one another as the special entities who have come to this world to evolve. So you join together thinking that together you become as one, that you create a whole; but what happens my dear friends is that you become two absorbed in the other's daily living. Why do they do this? Why should they not do that? When what you should be focusing upon is the growth of your own Spirit. When two souls come together, they should allow each other that freedom of joy and love which comes from within. I am afraid so often that you human beings stifle the spiritual growth of another. Now, do you begin to understand my words?

(*Agreed*)

George: There was a teaching by Kahlil Gibran, who said two people should be as the pillar of a temple: stand together but a little way apart.

Yes, support but do not suffocate—that is not *his* teaching, that is an eternal *truth*, but many have spoken words of truth as I have told you in past times.

George: Yes, he is one who was aware of the truth.

There are many who allow this to happen, but I have to say, they are not the majority of humankind. So, when I say to you, 'self-centred', do not use those words as you do in the physical sense. Always look to the spiritual meaning of my words, but I know if you were to leave this room this evening and say what I have said to you, many people in your world would be horrified. They would say, 'but that is not love'. I say to you my friend, it creates love and joy and happiness. Again there is no judgement, there is only love and joy from within.

Paul: Does that connect with the idea that you have to have *self*-acceptance and love yourself and then you can see the love in the world as well, but if you hate yourself you can't see the good things in life?

How can you love anything else if you do not know and understand and love the self? (Agreed)

Sarah: A couple of weeks ago, Salumet, you said somebody else would come through and somebody came through Sue who said that song was from Spirit. Did you help that person or suggest maybe that person came through, because in singing it brings the joy out in us, it helps the joy to come through. Was it a pre-planned visit?

You are speaking of joy in a physical sense; you are already well aware of the joy of musical energy. That comes from Spirit that is part of Spirit which belongs to you all. It is sad that in your world you have to be reminded that music is part of your soul. Music flies on the energy of Spirit: it is part of the soul, it is part of all Creation. So yes, that visit was intentional for the purposes of understanding. Are there any more comments this time?

Lilian: Could I ask a question on a totally different note? The instrument that you use, we think that she was experiencing a past life which we talked about last week. She appeared to be perhaps in a city maybe a couple of hundred years ago, what we call a down and out. (*Poor homeless person*) It was quite a distressful experience, I would say. Was she experiencing a past life?

In one word: 'yes'. It was told to you that these things would be tried last time and each of you had some experience, if not the full life that was being given to you. Of course you were told these lives are unimportant, but it was for the benefit of your own understanding. But yes, you may tell this instrument that what she felt was indeed one of those lives.

Lilian: Perhaps possibly she was the one who was strong enough to accept that.

Do not differentiate between you; you are all capable of much. You are given what you are able to take at the particular time that it is given to you. You all travel different roads, but you are all going in one direction. That is why in this year of your time, much of the time will be devoted to individual development. It is not that I do not wish to bring more teaching, but it is imperative that your own soul's growth is raised as we go along, in order that I can give you more and more that you may understand. Do you see? (Affirmed) There is much for you to continue to think about: love and joy, and dare I repeat, self-centredness! (Soft chuckles) I would like to end this time by speaking just briefly about the question asked last time by our dear gentleman friend. Would you like to place that question before me for the benefit of those who were not with us?

George: Yes, I refer back to the very first occasion when you came through to us and you gave us a name to know you by, and we understand about names that the Masters give to us, because we have that way on Earth with names. The conditions were not perfect, but it sounded like Salumet or Salufet or something like that and we settled for Salumet. I asked if we could have something about the derivation of that word. Perhaps you could give us something about where that name came from?

Yes, I understand. All too often you human beings need names for recognition. This we know and understand. You understand also that in our world names mean so little, except in the etheric body, which is newly come to our world and names are kept in order for recognition purpose. As we continue, we forego all bodies, all names and we are recognized by our energy, our light; this also you understand. When first I came to you, I know the name was not perfectly clear to you and that name of Salumet was acceptable to you and that is the name which I accept when I come to you. But when first I came to you, I told you that I was a conglomerate of beings and this is so, that has not changed, but in order for one aspect of that soul to come to these conditions, there had to be a name given in order that I would be recognizable to you. When I say 'I', I do not speak as a single entity. I am speaking for that conglomerate of being that is all-knowing, all-growing and always evolving. When it was decided that we must come to you as a group for the purposes of information and growth, you were not chosen lightly. I told you that it had taken many, many years of time for me to come to you. Salumet, it was indeed Salufet when first I came. We decided that Salu—if you were to consider 'Salu', what do you think of? It means greeting, it means good health, it means many things. It means I bring to you truth, health, knowledge, greeting.

George: We have the word in our language 'salute'.

Yes, 'salu' also means in your language many things. I did not come to you as many others have with names of those who have trodden this earthly path, but I can say to you that many of those who have given names, they are but pseudonyms, they are indeed much greater souls, but always names are given for recognition only. One aspect of the beings from whence I come to you has indeed trodden an earthly pathway, but to give you a name, a time, a place would be of little use to you, because that being was not one with recognition—but no matter, was indeed a great soul; but one aspect of this conglomerate of beings has indeed trodden an earthly pathway. Another aspect of this self has lived on other universes, on other planets. So you see, the knowledge which I bring is indeed varied and wide. I, to you my dear friends, am but a voice from afar, but the knowledge and the love that we bring to you is eternal. *(Thanks expressed)* It is a privilege to work with you my friends. You were not chosen lightly. There was much discussion and as you fully realize and understand, that to return to such heavy vibrations, especially at the beginning, was not always easy.

George: So the various aspects which you represent would be from several planets and...

There are those who have never trodden on any planet.

George: Yes, thank you. I was trying to search for the word: 'pure energy'.

Yes, pure energy is part of the conglomeration. It is difficult my friend to explain to you how these processes work, but let me assure you that indeed what we bring to you travels on the love vibration, and we have felt that *that* is all that you need to know. Always I have said to you: never accept what you feel you cannot until your understanding is great enough. We knew that you would question many things that were said.

George: I think I can say that in that very first time we felt the love in the voice. It was just there, we felt it. I thank you for those words. After all that is our purpose that not only do you physically hear the words that I speak to you through this instrument, but that you sense and feel that all-encompassing love and joy. For this we will be ever grateful to you all. *(We agreed that we were all very lucky/privileged)*

Sarah: Salumet, just a thought. You teach us and you come to a very heavy atmosphere to teach us. **(Yes)** Do you teach in Spirit as well?

Yes, but of course it is much easier. These conditions are not of the best, but we have adapted well and I do firmly believe it is because of the love energy that is emitted from all of you, the love that you give out to me as the voice of Salumet. So, in ending these words, I would like to *thank* each one of you, thank that Great Creative Force for the opportunity given to us in coming to know each one of you. I know my dear friends that when the time comes for you to depart these physical bodies that the knowledge given to you will radiate from your very beings. You *will* be prepared, you *will* accept and you will recognize that love energy which has come so closely to you. I hope these few words have satisfied you my dear friend.

George: Yes.

I know you are one who considers and thinks deeply, but there is only so much that we can give in order for your understanding to be there.

George: We are grateful, because it does help us to visualize the great privilege that we receive.

Remember what I have told you that names given are so often only pseudonyms for greater beings. I will give you one example, because I know it is one of recognition to you and that is White Eagle. You all believe him to have been a great Indian, but of course he was much more. I will end this time with those words. I know that my words have been taken and accepted by you and for this once more I give you my love and my thanks. *(Thanks + farewells)*

~9th June 2003~

Good evening. *(Greetings)*

Although words have not been spoken since last we met, I assure you my dear friends that the link with you all is still strong. *(Happiness/joy expressed by sitters—several prior meetings had had to be cancelled)*

George: That's nice to know.

I hear the dear gentleman's voice, and I would say to him that I promise to speak with you about the pyramids, but I hasten to say this to you: I will not speak this time, but I have not forgotten what I have told you and in some near time to come we will discuss this with you.

George: Thank you that would be very interesting. Yes, I have my thoughts on that. I expect you know something of my thoughts anyway.

Yes, I am well aware, that is why I wish to speak with you in order that you understand that I have not forgotten.

George: I am sure you wouldn't forget.

Our 'memory', as you call it, is not apt to forget! But we will speak about that subject as we will broach many others in the coming months. I wish only to say to you my dear friends that over the next few weeks of your time, each one of you should feel a great upliftment within yourselves, because we are making preparations with you all. So, be aware of those innermost feelings in the weeks to come.

Lilian: I will pass that message on to your instrument as well.

I know you do not always *feel* or understand how we work with you, but let me tell you that there is always purpose behind our actions with you. If there are any urgent questions, I will be happy to answer, but I would like to work quietly with this one (*Eileen*) this time, in order that we restore some balance to her.

Lilian: There was just one lady that's shown an interest in coming, (*Sue—a friend of Graham's*) and she lives in Reading. She does understand this work.

I have to say, we influence those who become interested in this group. Therefore of course the answer not only lies with us, but as I have said before, if each one of you is happy to invite another, then so be it. Already I feel you have forgotten that I told you many would come and many would go.

Lilian: And your instrument was impressed—we've probably mentioned this before but I will mention it again—before you actually spoke to us, (*pre-1994*) Eileen was impressed to write down that people from around the world would come to listen and yes, that's certainly happened.

I wish to say to you, as time continues my dear friends that each one of you will become much more *intuitive* as you call it. I would prefer to call it '*spiritual awakening*', but of course you know and realize that you play the biggest part in that development. We can help you so much, but we cannot interfere and this you know well.

George: I was only reading about some philosophers very recently. You have been talking to us about innate knowledge and an alternative word used by them is 'a priori knowledge' which is the same thing. I didn't realize but it is clear that a number of philosophers from Plato two and a half thousand years ago, right through to Kant who is a particular one, who recognized the innate knowledge that comes to us 'through the gates of heaven' is the way that he put it, which seemed quite apt to me, and right through to an Australian philosopher in 1938. So, over that period a number of philosophers seem to have got a good understanding about innate knowledge.

Yes. I have told you my dear friend that there are many in your world at this present time and times that have gone by; and after all, two thousand earthly years is but a short number. There has always existed those humankind, who have extended knowledge and whose thinking is a little greater than most.

George: Yes of course. Two thousand years seems quite a long time to us, because it's a good proportion of the time during which we've had written records.

It is but one wink of your eye. (Yes) Yes. Now my dear friend (*Lilian*) I will leave with you the rest of this evening's work. I will tell you once more that there are many who are willing to come to you. It is now available to you; much energy, much love, much understanding of what you truly are within. If you would but open those hearts and minds, there is so much you could achieve within this room. I therefore will withdraw this time, but as always I enclose you with my love and light. (*Thanks expressed*)

Lilian: Thank you. Our love goes with you.

I would leave only saying that the instrument will need a little time at the end of this evening.

Lilian: Yes, we will help her.

One followed through Sarah:

We will begin by taking a little look at the thoughts that each one of you is currently transmitting. We are receiving many different ones from you. The 'gate' from which I come, is the one that takes the important requests and sorts them into the appropriate—perhaps I should say 'files'. We as you know, do not permit any bad thoughts to go to those who are vulnerable and likewise, some thoughts which may be of good intention, are also perhaps not appropriate at the time of being sent. These thoughts are never discarded and can never be got rid of, but are kept and at an appropriate time, will be forwarded to the appropriate recipient. So those thoughts that are being transmitted this evening have already been put into the correct 'file', and are being dealt with in the correct way. My purpose this evening is to do a joint exercise. These thoughts that you are putting forward, we wish you to try to do one thought together and to impress upon the one who is sitting to my right hand side—we wish you all to have one thought which we wish you to direct to this lady and we will tonight see if she can transcribe these thoughts for you. This exercise is a simple one, but it is one to show you how important your thoughts are. So, if you would like to transmit just one thought to this lady, we will in a few moments see if she has collected them in the correct way. These thoughts can be transcribed in a different way and sometimes the thought that is put forward comes out slightly differently. This is not because your thought has not been accepted, it is simply because the thought from the person receiving it, has put a little of her own thought into this idea, this thought and it has become slightly altered. But the general idea, the general theme, should be the same. So let us just try this exercise for a few moments. (There was a short pause of 1 or 2 minutes, while we attempted the exercise—we didn't do very well, but our guide encouraged us nonetheless with our efforts.)

~23rd June 2003~

Good evening. (Greetings)

It is good to join with you my dear friends.

Lilian: Yes, it's lovely to be together.

As we came together this time I observed each one of you. I was observing the light which emanates from each one of you. I know that when last we met each one did feel some upliftment in their lives, but as always in human living, these things are so quickly forgotten and gone from you. But, my dear friends, from each one of you there is a light which is now shining which can never be extinguished. It is the light of ever-growing knowledge, it is the light of union with that true self. It is our purpose, as I have told you that each one of you in this time of your earthly year will find and grow spiritually. To this end this time, or part of this time, will be given over again to individual development, because what is to come over the next few of your years, will need understanding that comes from within. It is simple to utter words to you, for you to listen, to try to digest those words, but unless that knowledge is taken on board and digested spiritually, then it means very little. So do you understand my dear friends the importance of your own individual growth?

Lilian: Yes I think we all do.

Because in your individual growth you come together as a group, which becomes stronger as a group, even although your own individual development is so varied. After all, that is our task that when we give knowledge to you, that you are able to utilize it to the best of your abilities, that the truth that is given to you at this time is passed to others in the process of your everyday living. I know my dear friends this you already do, but to become *aware* of it is indeed another step forward for you. Therefore, when we have these individual development evenings, do not feel it is because I do not wish to give you more teaching; it is part of the overall picture of the group itself. I would therefore say to you my dear friends that if there are any questions this time, I will be happy to answer them for you, but I would say that we must devote some time this evening to allow those who are standing close to you to come forward and help you all individually.

George: Perhaps I could observe that we have continued as a group now for 10 years and it's most refreshing that I notice you're looking ahead several years in terms of the next development. That is very nice to know, thank you.

I know that when you speak of earthly years, to you my friends it may seem some considerable time, but it is but one blink of your eye. There is much to know and to learn, and after all, my purpose in coming to you is not only to give you teachings, but to bring you together as that group which has existed in many times in many forms, but in this existence I want you to be more *aware*. So you see, it is a double-edged purpose that we have. What would be the purpose in giving you information if you know not what to do with the information, if you cannot take into your hearts and souls that eternal truth? So, it *is* of great importance, and I did tell you earlier in this earthly year that a great deal of this time this earthly year, would be given to individual progress. Can any of you within this room say that you have not felt to some degree some form of progress in your lives? Is there anyone who could say this?

George: No—I feel in myself that there has been progress and I am sure that goes for all of us. (*Agreed*)

Sarah: And the way you deal with things in life is much more easy.

Yes, it is that awareness within yourselves, the way you express the Spirit within: *that* is the purpose of development.

Lilian: I think the group that is here tonight, although we are a smaller number as to sometimes, say we are the *old-timers*, I am sure the others would agree that we can feel the love growing between us as the time goes along.

There is a bond with you which will never be broken. You may have other lifetimes, you may have other groups, but there is a joining among you that has existed for a long time, and this is important for you to know. That is why you constantly return to each other. There is no pressure upon any one, to sit within this room, to listen to my words, and my heart is glad when I see you gather and you listen to these simple words I bring to you; and although the words are simple, they have great significance to you.

Lilian: Sarah, do you wish to ask your question?

Sarah: If there's time—it's not really important...

I will take the question my dear friend.

Sarah: I was just interested, you said about nuclear power—it was something that's been developed and we don't understand it. You also talked about GM foods. I think you said they weren't good, but is this in fact another thing that we have developed that we don't actually quite understand? We haven't quite got to do the right thing with it?

There is much within your world that has come to you under the umbrella of progress. Let me just say this to you my dear friends: The majority of mankind wishes to help each other, but in the past few thousand of your earthly years mankind has developed a knowledge, has evolved to think for himself in a way which is not always best for all peoples. You know that all that comes to mankind originates from the world of Spirit. (Yes) Although many ideas come from our world, they are not utilized to the best advantage of mankind. The problem is always, as I have said on many occasions, that because humankind has freewill, they can abuse, and do abuse, that which comes to them; but that is their choice. We, as I have said before, can try to influence all for good, but the power of thinking, the power of thinking is so great that sometimes we cannot but help and have to stand back and watch mankind be destructive. It is a process of what you call your *evolution*. We may pick individual topics, and there are many upon which I could comment, but I will generalize for you and say that mankind is reaching a point when all that is coming to him will be used correctly, will be recognized as the spiritual gifts which they were meant to be. Throughout all of your worldly history there have been many civilizations previously, with far greater knowledge than that which is available today, and have I not told you how mankind have abused that knowledge? (*Agreed*) This still happens today. There is nothing new in so much as mankind still uses that freewill. Remember too what I have told you, that always there are two sides, there is always the positive and negative aspect to all of living. So, what one man might abuse, another will find good with, and this we must trust humankind, and we must influence those who are working for good. We cannot change any pathway which has already arrived. When mankind has made a decision, the thought becomes reality and all we can do is to influence and influence until such time as that knowledge is turned around and used in the way that it should be.

Sarah: If the knowledge is being used correctly...

It will be of benefit to humankind.

Sarah: Yes, but what I was going to say was that if something is used incorrectly, there is a balance and somebody will find something good with it; but likewise, when the good is being used, then someone will find something bad in it, won't they?

Always there will be this balance, yes; you have to look around all of your world in this age to see that. Man goes against man in every walk of your earthly life. What one finds good, another will find a purpose of objection or *misuse*, but what we are striving for my dear friend is that mankind stops and observes and takes inwards all that is given to him from our world. Only then, when mankind listens to the inner voice, will this world indeed become a much happier place. It is *possible*, it *is* possible, but each individual needs to accept some responsibility for what is happening in your planet. You cannot be absolved from it. These may seem to be harsh words, but I tell you, because in accepting that responsibility, you are accepting that you are more than a body of flesh. Do you understand? (Yes) Try not to, my dear friend, think of any one situation, try not to focus on the negative of any *one* purpose of life, but always strive to see the fuller picture, and then, and only then, will you see what has to be done. These are simple words from *me*, but not so easy to *do*; but if you do not strive you will not achieve. Is that helpful to you?

Sarah: Yes it is, thank you.

I hope my dear friends that you are beginning to feel the love which envelopes you all at this time. I am going to withdraw and work with this instrument (*Eileen*) for some time. I will leave with our dear lady friend (*Lilian*) all of you to go within and see what is round and about you. Do not be afraid to speak out, to say what you *see*, to say what you *feel*, to say what you *hear*, because my dear friends this evening all of your senses will be bombarded by those who stand close. Open your hearts, open your mind and allow it to be close. (*Thanks + farewells*)

We then sat quietly as instructed, dedicating time to individual development. Sitters voiced what they 'saw', felt or 'heard'.

~30TH June 2003~

Good evening. (Greetings)

It is good to join with so many of you this time.

Lilian: We have got two visitors, a lady, (*Sue*) who we spoke about and her husband. (*Larry*)

To them we say that we embrace them warmly. They, as you my dear friends, are seekers after truth. As you well know, there are no *new* truths. Eternal Truth has always been and always will be, but mankind is forever seeking what he terms *Truth*. For the purpose of our dear friends who have joined us this time, we will speak generally and I will invite you to ask any questions that you may have this time. I would say only this about Truth: What you harvest in your daily lives is dependent on the seeds that have been sown throughout that human lifetime. But what I wish to say to you my dear friends is that all truth is available to you only when you *go inwards* to those *quiet moments* when only the Spirit shines forth; then and only then, will the Truth of all eternity become a little clearer for you. Therefore I say to you once more, and my dear friends within this room have heard me say on many occasions: all is available to you but you must *seek*, but you will find if you are seeking with love and looking for that light within. Now my dear friends let us have any questions this time?

(Lilian asked our visitors if they had any questions, but they didn't have any at this time.)

George: One that has occurred to me recently. I value any comments you might have on alcohol. A little drinking of alcohol is a very common habit, and especially at the end of the week people go down to a pub and have a drink and they relax, and for a lot of people I am wondering if that is a good thing and almost a first step to going within to relax from the weekly problems. There's reference in our Bible to 'taking a little wine for your stomach Timothy', and I have also heard it said that alcohol diminishes the aura and anyway I would be glad of any thoughts you have. I am not looking at over-indulgence; I am looking at a small amount of alcohol at times to help people relax. I would be glad of any commentary you have on that.

I feel my dear friend that a little justification may be looked for this time, but what I wish to say to you is that all of mankind has the responsibility for the protection of that housing which you call 'bodies'.

Whether or not we from our world approve or disapprove does not matter, because as you know you come to this lifetime with all of those attributes which is to see you forward in this life. You have freewill and mankind uses it wisely or unwisely as you may see it. I would say to you only this: that all of living in this world which at times for many is not easy, whatever can help you to go forward with understanding, with peacefulness in your heart, cannot be totally bad. Therefore I say to you, after all, the fruit upon your trees creates what you call 'alcohol', does it not? (*Agreed*) And who would we be to say that what is produced upon your Earth is *wrong*—it would not be right to say those words. Therefore my words to you my dear friend is that those people who need the crutch of alcohol, let it be so, but I hasten to add that all of these substances are indeed *crutches*. Why do you need support to go inwards? All you need is but to close your eyes and focus your thinking. That is all that you need.

George: Yes indeed. Yes, those are wise words. I asked the question because it is such a common indulgence that I am sure it will be of interest to many, many people. Thank you for your words.

Always each one has to take responsibility and remember that these physical bodies are after all that temple for the Spirit. Therefore I would say only this to you all, that you can only do what you feel is best for each one of you, because each individual has the responsibility when they come to our world to see more clearly how they have treated that temple called the physical body. Then and only then will the whole picture emerge and the understanding that comes with it. I hope that is helpful to you.

George: Yes, and thank you for the word crutch, because that seems to be a particularly apt word to use. Yes. All of these substances are unnecessary, but as I have said, we cannot interfere in your daily lives and if someone finds benefit from it without harm to others, then so it must be. As long as they *never* harm another human being, then to them it seems acceptable, then that is how it must be. Do you understand my dear friends? (*Affirmed*)

Graham: There was a programme on our television which was talking about a scientific breakthrough on the subject of sleep and the fact that scientists now think they have greater understanding as to why some people find it very hard to stay awake and they spend most of their time fast asleep and it is a real battle to try and stay awake. In investigating all of these things, scientists now think that it is something to do with what goes on in the centre of the brain and a certain drug is released by the brain. Drug manufactures have now talked about creating this drug to have the opposite effect, thereby administering this drug with the intention of keeping people awake so that they no longer need to go to sleep. They have described a society where people are awake 24 hours a day and they never go to sleep. I can't help thinking that this would be an extremely bad thing, because of the link we have with Spirit world during our sleep time and that would be severely interfered with. I would be concerned that this line of scientific effort would probably be a bad thing for mankind. Could you say anything about that please?

Yes. Let me say this to you, that as I have told you many times, your scientists are impressed from our world for all and many, many things in this world. Information gained for the good of mankind, we have to say scientists in this age of your time are not accepting with full love and understanding. I have just said that we cannot interfere in your lives, and this still stands. We can influence, we can uplift, but we cannot interfere. Therefore, if information given to these scientists is abused, then again I bring to you responsibility, but to go further and answer your question, I must say this: that to interfere with the sleep state of an individual cannot be good for that Spirit, because, as you have rightly said, in the sleep state the Spirit frees itself from the human form. I believe you will find that this state of affairs *will not happen*. The Spirit will always find time to leave the body, to after all be rejuvenated in our world whilst the sleep state exists.

Graham: Yes. If that rejuvenation didn't happen, then I would imagine that the consequences would be awful.

Yes. I will not go into that just at this present time, but it does not leave much for your imagination to consider what the consequences might be. Are you happy with that?

Graham: Yes, that's very interesting, thank you.

Lilian: If we have what we call a 'nap' in the day time, and especially as one gets older, does the Spirit go then into the Spirit world?

The Spirit will always take any opportunity to be refreshed and rejuvenated.

Lilian: Sometimes I have woken up in the day time and felt very cosy.

Yes, that is because the Spirit has been freed from the entrapment of the body.

Sara: I was standing in a very long queue today at the post office and because I was beginning to feel bored, I started to send love to people in the queue—I thought it would keep me busy—then the man standing in front of me, I felt I wanted to project some colour pink around him and then I wondered if I should have been doing this as I didn't have his consent; I just wondered what you would say about that?

Yes, we have spoken before, have we not, about this, that the power of your thoughts are most powerful. But what you must never do is give those powerful thoughts to another, unless it is for good reason. You did not know that the person who stood before you was in need, unless it was given to you. Therefore, always be careful my dear friend that you are not interfering in another's life. To send love and healing thoughts, it is a different matter, but when you begin to send colour, then we are speaking about something entirely different. So, although your intention was good and honest, you were right to withhold it and to refrain from giving such thoughts.

Lilian: Any questions Sue?

Sue: You have answered my question...

Yes. You, my dear friend, would have much to give to our world, have much to give to this world, but as I have said, you are a seeker of truth and you are still searching within for *who* and *what you are*. Would you agree?

Sue: Yes I would.

Yes, you could be a worker for Spirit if you so desired. I believe you may have been told that you are capable of healing. (Yes) Yes, and have you done something about it?

Sue: Yes I have.

Yes, good, but you must go forward and seek. You need to move forward. You do not become stationary in the knowledge that you have. Always you must project yourself forward. They come close to you from our world. Yes?

Sue: Yes, I think so.

Yes—no, do not think so, they do. They come very, very close to you.

Sue: How can I learn to recognize those Spirits close to me?

You will begin to sense. There is nothing that you can do physically. All that you can do is allow yourself to become more open. You understand what that means, otherwise you could not heal. (Yes) It is not always necessary to feel the Spirit around you as long as you provide the hands that are needed; provided you allow your vehicle to be used then all will fall into place. So whatever you give to another, you give with an open heart and mind and we will do the rest. Do you understand?

Sue: Yes, I do.

You are much blessed by those who come to you.

Lilian: Larry?

Larry: Yes. Good evening. **(Good evening.)** Thank you for allowing us to be in your circle this evening. One thing I wanted to ask was a few years ago myself and Sue were involved in a circle and everything seemed to be working fine, but for reasons I won't go into, things have now drifted away and, although we have been going to church and that sort of thing along the way, we haven't really been that involved for many reasons, but do you think it is time for us to start getting back in a bit deeper at this time?

That my dear friend is why you are in this room tonight. (Laughter) I would say to you, now is the time for you both to go forward. Although you have been involved in previous times, it really was not meant to be, not meant to continue in the way that it was. In the same way as it has taken many, many years of these sittings with this group, and people have come, people have gone as many more will in the future, there is a time for each one to become more involved. Sometimes daily living interferes with what you know you should be doing. There are many reasons why people don't go forward in this situation, but I

can say to you quite clearly my dear friends that this opportunity has been given to you. But we cannot live life for you and you must now recognize and take advantage of what is before you; you must become aware with those spiritual eyes *all* that is placed before you. Do you understand? *(Affirmed)*
There is a time for all people. For some it begins the moment that they are born, for others it comes later in their lifetime. But for all people, first and foremost you are Spirit and this you must never forget. Both of you I would say have the capability of sitting quietly together and allowing that Spirit within to come forward. But it is not for me to tell you which pathway you must take. I can offer you hope and guidance, but I cannot point the way—that must be your decision. Thank you. *(Thanks expressed)*

Lilian: Margaret?

Margaret: We have been praying for my friend Betty and great news, she should be home within a fortnight and she is getting on very well at the moment. Thank you all for praying for her.

And we thank you my dear friends for all of your thoughts. Do not forget that you also have played a great part in the help that the lady has received. I have to say my dear friends that I become increasingly aware how different your thoughts to us have become, how much stronger and with so much love they are sent to our world compared to a few of your years ago. If only you could be aware of your own lights, I am sure you would be truly amazed. I have to say to you this time that I have been with you for a short time, or rather perhaps you would consider it in your terms quite a long time. But it is not, it is but a short time. I came to you my dear friends on a wave of love and understanding. I came because the time was right for you all to learn more, and you have accepted me with love, love which at times has nearly overwhelmed me, but I say to you each and every one my dear friends that not only has it been your love, but your *compassion*, your *humility* for your fellow mankind that has attracted me to you. I can say this to each individual here, it is not just one or two, but it is this whole group. It is indeed spiritual gifts that each one you hold and it is indeed those spiritual gifts that have taken you forward and will continue to help you to grow. And each new piece of information which I bring to you, I am happy for you to dissect, I am happy for your question and I am most happy when you accept it with love.

George: It is our pleasure to receive. I rather fancied I had a conversation with you recently. I was trying to fathom *personality* and I was looking to yours and wondering if I was right to consider yourself as a personality. I seemed to get something coming back which suggested that I should attempt to define what personality is.

Is that not a good question?

George: A very good question, yes! And I felt on thinking about it that personality stems from Spirit and various factors, if I could loosely say that, in Spirit; in which case our personality, each one of us, has a very similar basis to your own, in that, well, yours derives from a much further and more refined and many more refined personalities shall we say?

Yes. We get into difficult waters when we try to define my personality, because as you full well know, I am not one personality. I show myself to you and speak to you as what you define as personality, but I am but a voice for many in our world who bring to you Truth and understanding. But that is not to say I cannot impress upon you the feeling that I am but one of you. Do you understand this?

George: Yes, it's more like you are many, many personalities.

Yes, yes, it is an interesting word 'personality' and perhaps it could be that all of you could think about that and we may discuss it another time. It would be interesting to hear you all speak about your own personality. I am sure you would find it most interesting. *(Agreed + chuckles)*

Sarah: I think that probably why George feels that maybe our personalities are a little like yours, is because we are all blending together.

Yes, that is one aspect of it of course, and that is something I would have expected to be discussed when we do discuss it. But yes, you are correct, it is the blending of each one of you which creates this idea or thought. But it is a very good question. Are there more questions this time?

Sara: Yes. I think my little girl is seeing the aura colours. Can you confirm this? I feel when she talks about people she is seeing a colour. She often says she can see a colour with them.

We have said before that your children do attract Spirit children to them. It is because of the energy that comes from them. But I would say and I can say to you that yes this child is aware of much more than you realize; so please try to encourage when you can. (Yes, I will.)

I feel this time that as I begin to leave you that each one should sit quietly and see who is with them. So I will leave it with you my dear lady, (*Lilian*) to encourage the others to speak of what they see and feel. Before I leave you this time my dear friends, I say to you, have upliftment in your hearts, be optimistic for your futures and that when you go inwards in your time of quietness, remember all of those people who come to help you in your daily lives. For this we ask that blessings be placed upon them, that your knowledge becomes expanded and that the love that you feel for each other continues to grow. And with those words I will leave you now. (*Thanks + farewells*)

~14TH July 2003~

Good evening. (*Greetings*)

Lilian: We have a nice full house tonight.

I am happy to be with you all once again. As I waited for you my dear friends I was thinking about the workings of your fan within this room and I would like this time to compare you to this fan. You see, its energy is supplying to so many of you—all of its ability. It touches not one but many, and so too do each one of you my dear friends in your everyday living. You know full well that the energy which exudes from all of you, touches many hearts in one lifetime. I am sure that each one of you has grown to the point of *knowing* when you touch another's life. (*Agreed*) What I would like to remind you of once more my dear friends: so often the thoughts come from you, '*what is the purpose of this lifetime?*' You have journeyed far, you have gained much, but let me remind you that not every lifetime is for the purpose of the Spirit that is reincarnated. It may well be that the lifetime is devoted to the welfare of others. Sometimes my friends you forget that this is so, you become absorbed in thinking: 'why does this happen? Why does that happen?' Always you look for the purpose of events when your own soul is sending you forth to bring help and comfort to another human being. I know as you think upon those words that you will see in your own lifetime these purposes, and indeed many of you have come for unselfish reasons this time. Would you like to speak about those words I have given you?

Lilian: I can see it partly in my lifetime, I must say, especially as I've got older.

Yes, you feel that part of you is given for another. Does anyone else feel this purpose of life?

Sarah: Yes I do also to an extent. Now I am beginning to, not before, but through your teachings which are beginning to make me think differently.

George: Yes, one can give in various directions to other individuals and looking around at other people, there is the possibility of giving to the State and giving to the world.

That is always the purpose of any soul that the *whole* of the energy in this world is given to the *whole* of the planet. You cannot exist upon this earthly existence without giving outwards to all who exist with you. I would like you to think a little more deeply about the existence of this planet, not only *your* existence and why you are here, not only how you have touched the lives of those you have met, but what *purpose* you serve for the *whole* of humankind. To do this my dear friends, you must think more *widely*, to do this you must open your *hearts* and you must be *truthful* to *yourselves*. That is not an easy task; indeed it is the rare human who can look inwards and truly see for himself what *he* is about. But I am asking you this time, my dear friends, to think more deeply about not only your purpose here, but the purpose that you have brought for the unity of the whole planet.

Lilian: Yes, that's a difficult one.

Are you prepared my friends to try to ponder upon this aspect of yourselves? (Yes) If you are not ready I understand, but I feel the time now is ripe for you, all of you, to go much deeper inwards; to understand the energies within yourself and how they interact with all other energy on this planet. I will leave that with you.

Lilian: We will talk about that next time we meet.

George: I can't help thinking about particularly wonderful individuals like William Shakespeare, who wrote such beautiful wisdom and which has been translated into many, many languages and his plays are still acted on stage, and the energy of that play seems to go out to the audience and it seems to me he is a particular example of how energy spreads exceedingly widely.

His purpose was with his words; that indeed was his energy. That is the way I would like you to try to deduce how each one of you has opened up and allow your energies to go forth. You do not have to have a name that is recognizable to all. After all, within your world there are many who have always been unknown to the mass, but whose energy itself is purity and love and is spread in many directions. So, do not narrow down your views of what energy can do. But I thank you sir for your example, because it is a good one. Are there any questions? (Pause) You are all stunned to silence? (Chuckles)

Sarah: Mine isn't a question, but I was just thinking that you can affect a lot of people just by this ripple effect. For example, if you just smile at someone one day, they could be feeling unhappy and that makes them happy, they can do the same to the next person and so it carries on. So in that way you could influence people just by a simple action.

Yes, you see already your mind and heart is working along the right lines. Continue to think about those words and we will discuss it more fully next time. It is a stepping-stone in each one of your development. It is imperative that as we go each step of the way slowly, that the understanding that you have becomes greater. This is what we are trying to achieve.

George: May we ask general questions? **(Yes)** I'd like to mention that there have been reported 'light signs'. We have talked about the signs of crops circles, but there seem to have been signs in light which have appeared around the world, many countries, consisting of a circle with a cross in the centre and the signs in light appear on pavements, on walls... As a symbol, it's a very ancient symbol, I believe, which represents a cross, humanity, and the circle as the universe and the four quarters as the four elements of the beings that look after those elements. It's a very ancient symbol from the past and it's reported to be appearing in many countries at the moment. Would you have anything to say about the significance of the light signs?

I do, but you have already given what I would have explained to you. Therefore for those words I thank you. (Soft chuckles) What I will say to you is this: that light symbols have always existed since mankind has walked this Earth. Light symbols have appeared on stone, on mountains, on water, in air, in fact on all elements of existence. These symbols are not new, but they have been resurrected, if I may use that phrase at this time—and it is not new; it has been happening for some considerable time. It is happening at this time, because mankind needs to return to the basics of what living is all about. Your explanation explains the symbol. This is what mankind needs to understand.

George: So the signs at this time would be a reminder for us. **(Yes)** And would the light beings be producing them?

Always the light beings are the Masters of this universe. (Yes) You understand? I will speak a little more in detail when I speak to you about the pyramids, because there, my dear friend, is a prime example of when these light symbols were used. I will say no more this time, but I will elaborate for you when we have the evening about the pyramids. I hope it is enough for you this time; but these signs are not new, they have been given from times past.

George: Yes, wonderful! I didn't realize they went back forever, I thought it was something new, but thank you for explaining that.

They are new to the people of existence now. But new, what is new?

Lilian: Can you take some more questions?

If there are more.

Graham: My mother has expressed an interest in coming to the group. Would it be okay for her to come in the next month or two?

Of course. (Thank you.) Provided all are happy and our dear lady friend is happy to accept, then please do accept anyone who bears an interest. I will soon speak with you if I find there is anyone to be unsuitable.

Lilian: It is doubtful that we shall get anyone unsuitable if they are impressed or have a wish to come. If they are communicating with each one of you within this room, then let me say that their light will be impressed by you, but there are always those who are out to deceive and their energy and light can be quite strong. That is why it is necessary for *me* to say sometimes if I feel someone was not suitable. They can bring no harm to you, but they can disrupt your energies. Do you understand? (*Affirmed*) I will leave you this time. I feel there is more than enough for you to think about and I will say only this: that as we continue to work together, I feel your strength, I feel your joy, I feel your love. For this we are eternally grateful. Now, to continue, let us bring close once again those who stand by you, who wish to use you. Please open your hearts to them, because, my dear friends, they come only to help you in your development. (*Thanks + farewells*)

After maybe 20 minutes sitting quietly, there was one through Eileen asking for the lights to be dimmed. Another followed through Eileen, with a message for Paul. She gave the name Janice, explaining that in a previous lifetime she was Paul's soul-mate. This hasn't been transcribed, but here is the link to the audio file if of interest: http://www.solumentandfriends.org/resources/2003_07_14-janice+for+paulnr22.mp3

~21ST July 2003~

Good evening. (*Greetings*)

As I come to you this time I feel the wonderful peace and energy which all of you have brought in to the room this time. Much is being given to you this evening by those who come close to you. I hope my dear friends you are able to absorb that love which fills the room this time. I would ask you to feel that energy and love which is here. Can you all feel it? (*Agreed*) It is a little more stronger than normally would be here.

Lilian: It is very peaceful.

Sara: I felt it as soon as it began and it felt very warm to me and peaceful and gentle and warm.

Yes. You will all be absorbed into it and help given to each one of you in the particular way that is needed by you individually. (*Thanks expressed*) As I come to you each time, I am always most interested to find each time how different your energies are, how your light changes each time we meet and I would say to you this evening you have surpassed all that has gone before. And as we speak of being absorbed by the love and the peace and the gentleness as the lady describes it, it brings us to what we discussed last time. (*Short pause*) And even more silence! (*Chuckles*) Would anyone like to discuss it with me this time?

George: This is how we see ourselves as affecting the world? (**Yes**) As I see it, we affect the world to begin with, in several physical ways: the way we pass on knowledge, the way we interact with people and the way we disport ourselves, set an examples and we react in various spiritual ways by connecting with a collective consciousness, by thinking our thoughts, by being a shining light to some degree. I see us as affecting the world in those several ways which are part physical and part spiritual.

Yes, I am happy to hear those words, but might I suggest that rather than use the word 'we' that you use the word 'I' and try to find how your own energy has been utilized in this lifetime?

George: Yes, and I neglected to use the word 'love'—loving people: that's very important.

Yes, it is indeed most important, because without the love energy, all else is insignificant. You understand that all my dear friends? (*Affirmed*) Yes, it is I might say and call 'the ultimate energy that we possess'. But it is not always used wisely and it is important that each one of you recognizes the power that you each as individuals have when you use the love energy that you possess, but even more so when it is used for spiritual purposes. Would you wish to elaborate my dear friend on your own energy?

George: My own energy is, as I see it, striving to reach out and to bond with people, to express my love, to express knowledge and passing that on to the best of my ability.

Yes. We will leave it there and I will make comments when each of you have spoken. Would anyone wish to speak?

Sara: I feel that in this lifetime my energy has been a lot to do with communication and I think I am trying to refine my communication. And it seems that what I learn I then try to pass on to others. My spiritual

process, like my own personal one, I then sometimes share that with other people. And communication in art forms as well: with music I try to write songs that contain messages which are to do with my process as well. So I think I am learning and teaching as well this lifetime.

Yes. Good. Anyone else please?

Paul: I don't think I can be too specific about mine, but I think I've got a generally calming, peaceful energy, but I don't really know very specifically at this stage how I affect the world. **(Yes, thank you.)**

Graham: I think that I have affected the world through teaching, I've done a lot of school teaching in my life and I've learnt a lot from that, particularly in the last few years. In learning compassion more—I hope I am learning compassion—I'm trying to see other people's point of view. I'm hoping that I'm giving that out and influencing other people in that way as well. I'm trying to avoid the sort of reactions that I used to give and to sit back and think well, what is the reason behind this? Why do these things happen? Why do people behave the way they do? And in trying to understand and share ideas about these matters with other people, I hope that I am influencing the world in a positive way there. I certainly feel as though I'm getting better at mastering impatience—I think I have been an impatient person in my disposition and again I am improving in that respect and hoping that I can help other people in the same way.

Yes. It is always important that you transmute energies, yes, thank you.

Sarah: I feel that I am changing quite a lot at the moment, but I think that my change to helping other people, to passing my love on to other people was at the time when I had the children. I began to understand people a little bit better and I think now, with your teaching, I am understanding people better. I think my energy is going to become more and more—I feel passing on your words that you've given us is a very important part of my existence now and I feel that my energies are going quite a lot into that now, and in that way it should help the world just by passing on your words. **(Yes, thank you.)**

Lilian: I think for myself, I probably started to help in a small way through meeting Les and his wife and then you started to come with your teaching, so I've been able to talk to other people about it—some of it accepted, some not, but I hope that is the way that perhaps I have been able to help the people on the planet.

Yes, thank you.

Margaret: I just feel that having come to this group, I have learnt an awful lot of patience and understanding of other people's problems and I try to help wherever I can. When there's a problem and I just feel happy all the time, which is rather nice.

Yes, and so you see once again my dear friends how each individual has their own ways to go forward in life and yet you are speaking about the same kind of energy. As spiritually you are unfolding, the realization is coming to you through your own quiet times and with my few words I have given to you, you begin to realize that you are more than just a physical and a spiritual being. The gentleman correctly said not only does he feel that he gives of himself, but also he receives; that too you must recognize, because in giving, you are receiving. We have spoken that like attracts like and as you give, you will receive; this you all know and understand full well. But what you are my dear friend is energy, which continues to expand, not only in places like this where you gather, but as you recognize to all those people and places that you have passed on your knowledge—and so the energy of your words grow. And as you do so, the love energy within you expands. But remember, you are like waves of energy that reaches out to our world where always there is connection. Therefore as you give out, you are received and it is given back to you ten-fold. And as this happens you can imagine all of your universe is flooded with the love energy. That is your contribution not only to your planet, but to the whole of the cosmos. No matter what your purpose is this lifetime, you must remember it is the love energy which is important. As the lady (*Sarah*) said last time, the smile, the nod of the head, the shake of the hand, the kindness within the eyes—all of these are love energies. So my dear friends, visualize how many times in your lifetime that these small things have occurred and only then will you begin to have some idea of how much you have contributed. You have knowledge now because that has been your choice, but there have been times in all of your lives when the knowledge was not there, but still the love energy within you grew and was nurtured, not only by yourselves but by those who influence you. So do you begin to

see the pattern of your lives? *(Affirmed)* Never are you one unit. As you collect here, you are united, but you are united with all of us in our world, all of those people who have known you in times gone by; still the energy and love connection remains. Now do you begin to form a larger picture of what you are about? *(Affirmed)*

Graham: Yes, we carry a collective responsibility in this respect, all mankind. **(Yes)** It's nice when you can smile to a stranger or give way to somebody in a car or something, and get a positive reaction back; it makes you feel very good. It makes you want to do it again and again.

Yes, but do not forget the times when you have helped those strangers who could not smile back to you. In those times of trouble when humankind was in the depths of despair—and each one of you has encountered dark times in your lives, because that also is a purpose in your lives. Remember that all things are positive and negative: you cannot separate them. So now I hope I have explained a little more as to the positive energies that you all exude, and it is not only to do with this knowledge that you have attained this time.

George: And when knowledge of this energy is more widely known, the world has to become a better place.

Yes, and slowly, slowly that side of thinking, that side of knowledge is becoming more widespread within your world, but this you know my dear friends; I do not have to put it into words for you.

Sarah: Salumet, our energies are expanding...what about the people who are miserable, who are perhaps not doing the things they ought to do? The energy that they have created would stay static?

Yes—no, never static, but restricted. Never static, energy can never be static. But yes, those people who are in the depths of despair and who need the love energy to lift them, yes, their energy is restricted for that time that they are within that darkness of light.

George: There are so many people on prescribed drugs and medication which does have the effect of making them depressed—this is a physical thing, but it seems to make many people depressed.

Yes, and after all you cannot separate the Spirit and the physical whilst you are in this world. Each has an effect upon the other.

George: Yes. This artificial way of accidentally making people depressed seems very sad and something of our times.

Yes, but your world finds it all too easy to deal with people in this way. They are not looking within. They are not seeing the whole picture and it is too simple to say that you must take these chemicals, which are not natural to the human being, but sometimes necessary.

George: Yes, it is our fault that we tend to treat symptoms with chemicals instead of getting down to the root cause.

Yes, and always there is a reason why the soul is in the state that it is in. I have told you on many, many occasions that each one of you are responsible for this housing of the Spirit, this framework which covers the Spirit, and always people find this most difficult to accept. But, as you well know my dear friends, the power of your thought can change mountains, but this knowledge is not widespread amongst your physicians. It is available to them, but they choose on the most part to ignore it. There are those leaders within your medical profession, who are leading the way, who are showing that mankind is more than a physical body. It takes time, but slowly we are seeing changes and so it must be. But you my friends who have knowledge, who know all truth if you wish to seek for it, those of you who feel the love and support of Spirit as you enter this meeting place, you have the knowledge to be completely well and whole as a spiritual being. It is a great responsibility I know, but it is your choice.

Sarah: The thing with choice, you can pass the message onto people who are ill to perhaps use their power of thought to heal themselves, to help themselves, but they won't listen, so...

Yes, there is nothing you can do. You can offer comfort, you can offer your words of help and advice, but because of their freewill it will determine to how they act upon your words. But you have done what you must in giving of your energy and you can do no more. I know it gladdens your heart when you have a response to what you give, but what you cannot see my dear friend is the energy of light which is given off by you at these times. None of you can see your spiritual light. Perhaps in time to come you may

become more aware within this room, but I have to say, there is beauty in your light and I speak for all of you. I am not saying you are perfect human beings, but I am saying that your Spirit does shine forth. It gives you a little more to consider and think about I hope: to see yourself as pure energy and how that energy interacts with all who come your way and with those you cannot see. Please do not forget them, because they are a big part of your unfoldment. I hope you understand my words this time. *(Affirmed)* I feel this time, because of the serenity around you, that I take my leave and that perhaps you go on a quiet meditative journey. If one of you would like to take you, then I feel it would be beneficial for you all to go on a journey to meet those close who guard and protect and love you always; to go on a journey to the inner temple of your Spirit and see who will meet you within. Would someone like to do this? *(Sara agreed to do it)* Until we meet next time my dear friends know that my energy encircles you all. *(Thanks and farewells—Sara then took us on a meditative journey)*

~28TH July 2003~

Good Evening. *(Greetings)*

I am pleased to join with you once more.

Lilian: Yes, it's nice to have you here again.

I hope that you felt the upliftment given to you last time. *(Affirmed)* I would like this time to speak a little about thought. I know many times I have spoken with you about the power of your thinking. This time I would like you, my dear friends, to consider—and let us try to collate the information given to you. I know that you have accepted well my words about the power of your thought; there can be no dispute about that. Your awareness has grown in many areas of growth, it has helped you in your own purpose and sense of evolution in this lifetime. I have told you that thought comes from our world. Therefore you feel that all thought is a spiritual gift that each one has. This you have accepted. Always the thought creates. You would agree? *(Agreed)* What I would like to discuss with you this time is a question that I have heard from some of you is: how do we manage to control the thought process? Because also I have told you that you must be in command of your thinking—yes. *(Agreed)* What I wish to say to you now may seem to be a contradiction on what I have already spoken about, but I assure you my dear friends that it is not. Would one of you like to explain what we mean by 'thought' and where it comes from?

Lilian: I'd say if it's a good thought it would come from Spirit and if it's not such a good one, it would be a human one.

George: One can also say it's an energy, it is moving, it is not static, and it is creative. There has to be a subtlety in the shaping of the thought **(Yes)** and that's where my thinking begins to fall down.

Yes, and that is why we must go one step further if you are all to evolve along the right pathway.

Thought is energy which is ever-moving, but how is your thinking shaped? You are in this lifetime in a physical body, you come to this world with your own consent, but your thoughts are guided and shaped by all who are around you. Do you see this? *(Affirmed)* Do you understand that the thought is not always exactly who you are?

Sara: Do you mean that we are impressed by those close to us in Spirit, or do you mean that we are influenced humanly by others also?

Yes. Mostly mankind is influenced by those upon the Earth plane, by those who are close to them by whatever situation surrounds them.

George: And would I be correct in thinking that intuition from our soul connection would also play a part in this?

It is also a great part: that is the part of the thought which belongs to the true self. But the part that I am speaking of this time is the thoughts that each one of you *has* whilst on this earthly planet. Let me give you an example. Let us take what is apparent to most of you: religion. You, each one of you, have been influenced in a way that the parents that you have had, the teachers within your world have instructed you in. You agree? *(Agreed)* Therefore those thought processes *are not you*. Do you begin to see what I am speaking of?

Sara: Yes, we are all conditioned.

Yes. Everyone of you have been influenced by many, but as the gentleman has said, the thought that is you, that comes from our world, is indeed the first good thought that you have. This I know you understand, but I want you to be aware of the influence that bears down upon you all, because if you are to become what you truly are, then you have to attain mastership of your thinking, and this is what you do not quite understand of yet. I feel your puzzlement.

George: I think this then connects with going within to improve our connection.

You must focus to make this thought connection. I have told you that there is the *thought*, the *word* and the *action*, but if you are to attain mastership, you almost have to reverse this learned process, because it is a learned process that you have all gained from walking on this planet. Do you follow me? (Yes) Let us for example, say that to be fully yourself, you must act first and then think, if you are to gain mastership over your thought.

Paul: Like not trying to...

Rationalize—

Paul: ...filter them?

—yes, that is correct. Let me try to give you an example, an example perhaps that you can all relate to. Let us see you walking along your roads, whereupon you are met by one who is collecting for some help, what you call charity—is doing good deeds. And as you approach, and you will my dear friends, because of the state of consciousness that you have reached, be willing to give, but rather than act instinctively, you allow the thoughts to come first: I will not give this—that is too much, I must have, I will give this. Do you begin to see a little of what I am speaking? (*Affirmed*) Much better that you give and allow the thoughts to come afterwards. In that way you begin to focus on the experience, and that is what thinking is all about, that you gain the experience of the thought. Are you understanding my dear friends? (Yes) I have said always that this subject of thought is not as simple as at first you may have perceived it to be. That is but one small example. You are in this world to remember, to experience and to have mastership of your thinking. It is no easy task, but it is something that will help each one of you to evolve in your own individual way. Do you have any questions about this?

Paul: I was just thinking: so it is really about not trying to control the thought process, just let the thought flow out without trying to organize it.

George: Thought as an adventure.

As *experience*—that is the word you must hold onto. You are here to experience or rather to re-experience what you already know. *Then*, my dear friends, you begin to recognize *who* and *what* you truly are: Spirit reincarnated. It is trying to seek that perfection of living that you are aware of, but that you have forgotten. So do you see my dear friends that your next step of awareness, of consciousness, of evolution, must be in your own hands?

George: I was just thinking of another possible example of a different nature. If a designer of a boat put an initial shape down on paper and then, secondary to that, he starts (**Yes**) examining the benefits and the disadvantages (**Yes**) of that shape. Is that again an example of what you are saying?

Yes, yes. He would have continued and put into fruition that experience and that would have been true and intuitive thought.

George: Yes, it's that first step, which seem to connect with intuition.

Yes, that is what you must focus upon and, in that way, in gaining mastership of the thought, you then can turn your lives around to experience what you have come here for. You can change all aspects of your living in this way, you can change whatever you feel are negative energies in your lives, in acting in this way. Do you understand my dear friends? I know it is not an easy step.

Sara: Yes, so you're trying to follow the prompting of the Spirit rather than...

You are trying to *be*. Does that make sense? (Yes)

Paul: Because our thoughts are *us*. (**Yes**) So to follow them is to be yourself. (**Yes**)

Sara: Just to *be*, who we are.

To experience who you are, to know who you truly are, you have to gain that experience, to *re-gain* that experience.

Paul: And that first, initial, spontaneous thought is the truest one. **(Yes)** Don't wait for it to be processed. **(Yes)** Jump in and be it, be that thought.

Yes, your words are very good.

Sara: Like a child in a way.

Spontaneity, yes; but as adults you are conditioned to think in certain ways, which of course, has a big influence on the way each one lives their lives. I say to you, return as the small child to find the truer picture of who and what you are. I hope this has given you a little more to think about. (Affirmed) Always we take small steps forward, but at each step forward you have grown so much in your understanding and awareness. Each one of you has seen your lives change in a way that enables you to cope, because of that self-awareness, of that knowledge which comes from within. By saying that, I do not mean that your lives are trouble-free—of course not. What I say is you are here to experience all of life's joys, pain, love, sorrow—all of these things. But you experience all of these things with a love and a stillness which is truly you. Am I making sense to you? *(Affirmed)* Are there any questions?

Graham: A lot of people who perhaps react very quickly to something are described as being impulsive, as though that is a bad thing, but it isn't from what I understand you are saying—that those first impulses in fact are a very good thing and that somebody acting impulsively isn't necessarily doing the wrong thing.

Yes. Yes, as we have said, if you watch small children, although you need to guard them, to protect them to some degree, they are speaking from the heart, from that spiritual aspect which is so much closer to them. It is only as you grow within this world that all the negative influences placed upon you affect your thinking.

Graham: You would do well to watch our children. We could learn a lot from them then.

I have always told you so.

Graham: Yes, I can understand what you are saying more deeply now, yes.

Sara: They naturally move away from negative energy. **(Yes)** They don't want to go near the negative energies.

They are full of what you would call living. (Yes) Yes.

George: And what is upsetting sometimes is the negative impulses invade one's stillness and perhaps that's something that we just have to guard against.

Yes, it is something that should be instilled within humankind from a small age that the Spirit should not be dampened too much, that the thinking and the actions of children be allowed to flourish, that they be allowed to become human beings of their making. We have here on this planet so many human beings who do not know themselves and from our world it is sad to see so many people who are lost in human emotions and do not know what to do. They are at a loss to know how to control their thinking, and as I have told you, the power of your thinking is indeed the most powerful thing that you possess. Therefore it speaks loudly that it is in all of your best interests that mastery of your thinking be something that is foremost in your ways of life. I hope this has not been too complex for you. Always I have said that thought is indeed a deep subject, but I have tried to bring it to you in simple words for your understanding. It is now open to all of you that you take these words and that you make use of them. If you are to grow, if you are to let your lives become as it should be, then think about these words carefully and take mastery of your thoughts.

Paul: That's very clear and beautifully put. *(Affirmed)*

When you can achieve this, your lives will feel complete, even with the situations of trouble, heartache, whatever comes to you—it will not matter, because you have full understanding of who you truly are.

Do you see? (Yes) I will leave it there this time and give you time to ponder my words and I know each one of you will find your thinking just that little lighter.

George: Could I just say sometimes despondency is due to feeling an inability to help others, but I *think* that part of what you are saying is that one should be strong, and in being strong, that in itself will help the world?

What I am saying my dear friend is that you must be yourself.

Paul: Almost *not* to try.

Yes. In being yourself you do not need that emotion of strength, you do not need the emotions of weakness, you need only to be *yourself*. It sounds simple, does it not? But you need to think about it more deeply. You need to rise above emotion if you are to be truly yourselves. You *are* yourselves, but you do not recognize it, because of the conditionings that have been placed upon each one of you, but now is the time to *free* yourselves and to truly be free in Spirit. That, my dear friends, is what I bring to you and wish for each one of you. I could not offer you more than to be yourselves. *(Thanks expressed)*

Paul: I think you can be a bit scared that if we don't process our thoughts, we'll get ourselves into trouble or something.

Yes. Again it comes down to the way each one of you has been conditioned. It is no 'fault' as such, that is not a word to be used, but it is the way that you *are* in this world. But what I say to you my dear friends is that you have the power and ability to rekindle what you truly are. And may I say that if you master this in any lifetime, it curtails the amount of earthly lives that you have. Can you see that also?

Sara: You won't need to return (Yes) if you can master it, (Yes) because then everything that you think and say and do is true, is one.

Yes, you are an expression of truth, therefore you *are* in those stages of regrowth, renewal and you *have* lived each experience to what you *are*.

Paul: A genuine vehicle of Spirit, (Yes) not a robot.

Yes, perhaps that is a good way for you to understand it, because basically you are puppets when you live the lives in the manner that you do. It is not your thoughts, it is the conditioning of many, and if you have that understanding, then you have the ability to *change*. I will leave you now with my blessing and I know that each one of you has accepted and will digest the information given to you. My love for you as ever grows stronger.

Lilian: As ours does with you. *(Affirmed)*

If only I could express to you how much you have evolved since we have come together, I am sure you would be surprised, but it is of no surprise to me, because I feel we have chosen wisely with you.

George: It's a joy to travel that road with you. *(Affirmed)*

You cannot feel it more than I do. I will leave you this time and until we come together once more, as always there are many who come so close to you and as time continues, those beings grow more and more, because they are attracted to your light. Give thanks my dear friends for those who come to you, because *their* purpose is *your* purpose, *their* joy is *your* joy, *their* love is *your* love. *(Thanks + farewells)*

~18TH August 2003~

Good evening. *(Greetings)*

I thank you for dimming the light my dear friend; it has made my entry a little more comfortable.

Lilian: Does it?

You are surprised that our thoughts were connected.

Lilian: My eyes were shut and I hadn't realized that the light was fairly bright.

I am happy to be with you once more my dear friends.

Lilian: We're happy to have you.

I also would like to extend a welcome to the one who has joined us this evening. *(Jean—Graham's mum)*

How strong your energies are this time. Are you aware?

Lilian: I just felt very happy that we're together again. Does that have something to do with it?

George: I was aware of a slight difference—it was more constant energy to me this time.

Have you been trying to be aware of your energies? I know that when you are together that you feel the connection between you, *(Agreed)* but have you tried to connect with that energy when you are apart?

You may be amazed by what you feel. I would like to say to you this evening a little about the evolution of your planet. We are reaching a point upon this planet when all are being released from the dogmatic thinking which has been in place for the past 2000 years. We are approaching a time when each one will

be aware of the new light energy, which you all are trying to captivate with your own evolvment. For too long has mankind suffered, whether it be through your many religions, whether it has been enslavement, man of man—it matters not. But I am here to tell you my dear friends that all of this is now being exposed and the souls of mankind will shine forth in order that the Spirit may be free. Many of us who have come to this planet to help humankind evolve, to free the Spirit—and remember my words: that all has retained the knowledge which you have come from. Therefore to be free to express the true self is indeed a wonderful thing. Of course I do not speak of tomorrow or next week or next year. You are all well aware of how time is irrelevant on this planet in comparison with time in Spirit, but I can assure you my dear friends as Spirit, that time which is coming is indeed but a speck in time. No matter the strife and the trouble which abounds in your world at this present time, no matter the suffering and all of what you call negative aspects which are happening on this planet, look to the wider picture and you will see how this planet is evolving and growing. As I said, many of us who have come to this planet to help humankind are now beginning to move a little further away, not because our tasks are done, but because mankind is opening to all that is. Mankind is growing in awareness and in the knowledge of who he is. Therefore do you see how mankind is allowing those of us who come to grow also? Can you understand these words? (*Affirmed*)

Lilian: It's a two-way thing.

Always that has been so, but mankind at times has misunderstood our purpose and indeed it is a two-way mission. Would anyone wish to ask questions at this point?

George: I would observe that very recently the established church and the established religions have been meeting a number of problems, which have been publicised in the press and I imagine this would be a part of this swing or disenchantment with dogma in the established religions.

Yes. Of course, as I have said, religion is but one aspect, but for too long in the name of many religions, mankind has used *religion* to take people and keep them downtrodden, with *fear* mainly. And remember, I have told you, if there is not love, the only other aspect of your lives is fear. We have spoken about this recently, so I know you understand my words without any more elaboration. Mankind has lived in fear for too long. Now the time is approaching when all of these things must be stripped away to allow the Spirit to be free, to allow *this* your planet to exist as it was meant to be, for mankind to be what he was meant to be, without the restraints of these earthly *chains* that man has caused upon his fellow human being. Mankind at this point in his evolution has reached a state of acknowledgement, acknowledgement of himself as Spirit. I believe if you were to go forth and speak with many, you would find that deep within they are dissatisfied with what has been taught to them. Mankind is now finding himself and that has happened, my dear friend, not only by those of us who come to teach you, but by people like yourselves who are shining beacons of Truth and who are prepared to stand and speak the truth as you know and understand it to be. Therefore it is a concerted effort by all those who stand in the light of love and who will acknowledge that they are more than flesh. Therefore I do not *feel* that it is wrong of me to say a big thank you to each one of you, because you play your part each day of your lives, not only by your spoken word, but by your actions and by the light that shines from you.

Sara: We try very hard, but it's thank you to you Salumet, because I would be very unrefined in my behaviour if it weren't for what I have learned from you. I often feel I don't live up to the words, but I do try and I'm so grateful for all that I have learned.

You are too harsh upon yourself—your qualities indeed are many. Remember that the positive thinking only increases more positive thought. After all, I have told you on many occasions that you *are* human and you do have failings, but that is part of the reason why you are inhabiting this planet. But that is nothing to be ashamed of, the progression of the Spirit is what you should focus upon. You understand?

Sara: Yes I do.

Your qualities are many my dear friend. Focus on them. (Yes, thank you.)

George: We are indeed fortunate in having such as yourself as our teacher and it has been on my mind quite a lot recently for some reason, but a communicator who came through from Spirit did say that the one who teaches you will go down in history and I am sure that communicator was correct. I just have that

feeling and I think that these teachings *have to* become widely known. It takes time as you have told us many times, but I'm sure that will come to fruition eventually.

I am humbled by your words. You know I do not come for thanks, I have been brought here by each one of you. I told you that my journey to you took many, many of your years, because conditions had to be right, but without your light and your love and the welcome that always you have extended towards me, without these things my mission would be impossible. I told you when I first came that the words that I give to you would be reiterated throughout your world. I do believe that you have found this to be so, and again I will say, this is a two-way passage; that without you, I could not work and I hope that you find also that my words to you create within you that seeking of knowledge which is yet to come.

George: Yes and you have talked to us in the past about improving communications and we do have what we call the internet now and websites on that internet, which people can access and it will undoubtedly be our aim to have such a website for your words, so that they will be accessed by many through that method.

It has always been known my dear friend that you above all others, would be instrumental in passing along the teachings which I have given you—that has been your great purpose within this group. All of you in your individual ways—and you are all so diverse in your tastes and your lifestyles, but each one of you possesses that element of love which belongs to Spirit, which has been known would uplift and uphold this group; and the love which each one of you has, has kept alive the teachings which I have brought to you. Each of you has provided in your own inimitable style, words and upliftment to many who are connected with you. I do not need to individually name these qualities that you possess. I am sure if we were to speak individually, each one could tell another what is their best assets for spreading the word of Spirit.

George: Yes and I should add that where books are concerned, all within the group do contribute to the final printing of any word, **(Yes)** because much happens before these things get into print.

Yes, and that my dear friend is why that work has been entrusted to you, because of your fair-mindedness. There is much to say to you and to thank you for, but in thanking you, there is no one that is less than another. The connection is so strong now that I fear you are not even yet aware of it, but the light which emanates from this group *is* a beacon of light and it cannot and will not be extinguished. Even as people come and go, the strength of the light that has been built by you, will grow stronger and stronger as time continues. Now, perhaps we will have, because of our dear lady friend (*Jean*) who is here with us, if you would like to ask general questions this time, I will save my words for another time.

Lilian: Anyone a question?

George: You gave us your thoughts on alcohol recently. Another problem area, health-wise, is smoking and it would be very good to have your thoughts on this. Now I've noticed that many who smoke tobacco heavily—the smoking is linked to cancer, but many who smoke heavily do not get cancer and many who smoke heavily *do* get lung cancer. I suspect that some people are smoking for pleasure while others are smoking in order to relieve stress and it maybe not so much the smoking itself which causes cancer—which you have said is a disease of the mind—so I am wondering if it is more the stress or the reason for smoking, which leads to disease? If you have any words which might clarify this area, they would be much appreciated.

I am always happy to give a few words to your questions. It is well known that within the physical body it houses the Spirit. It is for each one of you important that that vessel, which you call the body, be maintained in good order. I have told you that illness is responsibility of yourselves and yes, as I said of alcohol, I say of cigarettes that mankind does not need these crutches. But to answer your question simply, I say the difference between two people, one who will have disease of the body—and what is disease but dis-ease of the mind; that is the all-important factor: how each individual *thinks*; that is the key. You may have someone who smokes what you call cigarettes for a lifetime and may pass from this life, what you might call healthily; it is because that person's mind has retained some degree of positivity. Does that help you?

George: Yes, I think that does.

So whether you call it *stress* that causes the disease, then yes you are right, because the stress is fear. Again we return to either love or fear.

George: So what we call in medical terms ‘stress’, is another word for disease of the mind.

Yes. I cannot place it before you any more clearly than that. All of your existence depends upon the state of the mind, which as you know, is part of the Spirit. That is *why* it is possible for healing to take place only when the Spirit is *touched*. It does not matter my dear friends what you do to the physical body, if the mind is strong, if the mind is pure and the mind is full of love.

George: Yes, I was just thinking of the American Indians who smoked the pipe of peace (**Yes**) and that would be a good mindful thing to have done—although it was smoking, there was good purpose behind it.

And they always gave thanks to the Great Creator of all life, so their minds were filled with love—that is the difference always. So many times you will see abuse of the physical body, but you cannot see the light which shines from within, you cannot see what is in the mind of another human being, unless you are sensitive enough to understand that human being. It is part of your soul’s growth that all of life’s problems placed before you be dealt with love. It is such a powerful emotion my dear friends, that I wish that you would say the word daily and feel the vibration that comes from that word. Remember when I said that words have vibrations, words have colour? Perhaps this time that is something for you to do, that when you go within, you use the word love and see what you find from it. Does that make sense to you? (*Affirmed*) Are you happy with that answer my dear friend?

George: Yes indeed, that’s most helpful. I’m sure that will be a great interest to a lot of people.

Graham: Many of the higher animals like mammals and such like have been diagnosed with similar diseases that humans get. I was wondering why they get disease in the same way that we do, when they don’t have the same capacity for thought that we do, or perhaps I am wrong in thinking that?

No, but they do have a form of thought, and after all, they are exposed to this life in the same way as humankind, and although the thought process is slightly different in the way that you would understand, yes they do suffer to a degree in the same way as humankind.

Graham: Yes that’s interesting. Thank you for that.

Are there any more questions before I leave you?

Sarah: It’s not really a question, but I was thinking about this disease thing: I know two people, two young people with depression and I have said to one of them that it’s the anger within that’s creating this depression and I think I’m right in saying that?

It is not the anger it is the *fear*, the fear that produces the anger; it is always *fear* which creates disease. They need to go and find what that fear is and confront it to transmute it into love. It sounds simple, but to those who are young, it seems a mountain to climb, and to those who do not have the understanding that you have, it is doubly difficult, but the answers are within; for all of you, all of life’s answers are there within you.

George: I have one very short one—at least there may be a very simple answer to this: You’ve talked to us recently about the Earth elementals. (**Yes**) The four elements—you have talked about Earth ether and water ether and fire ether and air ether. What about space ether? (**Yes**) Would there be any elements connected with that or do the elementals just relate to planets and possibly suns?

Yes, we do not have elementals as I have described them to you. We do have keepers of space, but they are not elementals in the sense that I have described to you. Perhaps one time I will go a little deeper for you. I am beginning to find many subjects that we have to discuss with you, but we must return. But that answer is a very good one, but it is not the elementals of the planet in the same way.

George: Connected with that again there are the suns—would they have Salamanders or similar?

Similar, yes—yes, all planets, but when you speak of space, I presume you mean between the planets.

George: Yes, what we call empty space.

Yes, remember also the archangels who are keepers of all things. So perhaps that gives you a little clue as to what I will talk about, but not this time. (Yes, thank you.)

Sara: Could I ask one more question? **(Yes)** You mentioned once to Graham that he did have the ability to heal himself completely **(Yes)** and I am sure that this still stands. He said to me recently that he thought there was a karmic debt connected to his illness. Could you comment on that?

Whether he has karmic debt?

Sara: Karmic debt still linked to the illness, the condition.

If you want a simple answer, then it is no, he does not. There is no need to waste words upon that one. He does not owe a debt with this illness. He has the ability to change and I have to say that process has already started.

Sara: That's what I thought. Thank you very much.

Would our visitor wish to speak before I leave?

Jean: I am sorry I haven't any questions.

No, but you will leave this room with many. (Laughter)

Jean: I'm afraid I don't understand an awful lot of what you've said. **(No)** I'm probably too thick! *(Laughter)*

No, no. It is always difficult when visitors come, because it has taken many years of time to reach the understanding which these dear friends have reached, but it is always good when someone comes, because they have been touched and you will feel it when you leave us this time. (Thanks expressed)

I will leave it in your dear hands my dear friends. There are many around you this time, so be open with love for them. (Thanks + farewells)

~25th August 2003~

This evening was devoted to individual development, as numbers were small. We were also delighted to have a visit from our dear from Leslie, channelled through Eileen:

Lilian: Welcome to you.

You don't have to welcome me Lilian.

Lilian: It's lovely to have you here anyway.

As you can see, I'm still being taught that dratted patience issue. (Laughter)

Lilian: It's lovely to hear from you.

Yes, it's good to be with you all. I've worked hard on the emotion and on this dratted breathing, which always caused me a problem as you know full well.

Lilian: You sound fine now.

I'm well. (Good.) You wouldn't believe how well—of course you do, of course you know how well I am!

(Yes) I took this opportunity, because I don't feel that I thanked everybody for all of their good work and I know it still continues and I don't come back as often as I thought I might, because—you'll enjoy this George—there's plenty to do, plenty to read—I'm always in the halls of learning.

George: We all thank you of course, we're all very much indebted to you, for the work which you initiated here. *(Affirmed)*

Sarah: Yes, I was only thinking the other day, if it hadn't been for you Leslie, none of us would be sitting here now.

Not at all, without all of you, the work wouldn't have continued, remember that, it's the work that's important. We're just individuals, so remember that friends, that every opportunity you're doing good work.

Lilian: Do you have a chance to listen to people like Salumet, where you are now?

There's great teachers here, who come every so often. I unfortunately haven't had that pleasure yet, but I'm sure the day will come. I'm so involved in these halls of learning, that it takes all of my time. Yes, and as you can imagine, there was many people to talk to, to greet and remember old times; it was a wonderful experience and still is.

George: And these would all be friends and acquaintances from the past?

Exactly, and more—and all the helpers and the people that we spoke about at the meetings. All those people are available, if you so desire, and knowing me, I so desired! (Laughter) I've been and watched

you all for little whiles at a time, I don't know if you've been aware of me around, but it's been good to see how your lives have been progressing.

George: Your name comes up from time to time.

Yes and I'm aware of it, each thought of a name is collected, so we are aware. There's no need to tell me, or tell you rather—you see my words still get confused at times. I don't need to tell you that all these thoughts get collected and we know what's going on.

George: Speaking for myself, I get along better with the hearing aids now; there was quite a serious problem with my hearing at one time and I was missing some things. But it's improved.

I could offer you the solution George, but I don't think you're ready yet. (Laughter) I don't think you would appreciate the suggestion.

George: It's nice to be reminded, there is the long-term solution. *(Yes)*

Sarah: It's good you started the typing back of the scripts Leslie, because that's been a boon for all of us. *Yes, it was a good idea, wasn't it?*

Sarah: A very good idea yes.

Lilian: It's amazing, I was going through some earlier ones tonight, gosh!

It's strange when tapes are played and you're listening to yourself talking; it's quite strange I can tell you, but at the same time it's very touching that these memories can be brought to mind.

Lilian: Do you ever drop in on the Wednesday Group, Iris's group?

I have done, but as I say, I haven't returned too often, because there's too much for me to be doing.

George: And have you awareness that another book is in preparation?

Well, let me say this to you George, I know more than you probably think! (Laughter) And if I might say, there's been the odd tap on the shoulder, just to help you along.

Sarah: I was wondering if you'd had a little input Leslie.

George: I'm getting help I know, from a number...

From a number of sources yes, you'd be right, yes. It's not down to one, this word here goes on and on and it's a joint effort.

George: I thought you would be very aware, because there are no flies on Leslie. *(Laughter)*

I'll accept that as a complement George, thank you very much, yes.

Lilian: Could you give my love to Ruth and Roy and Graham?

They're aware of you all, don't you worry, yes you don't forget old friends, yes. Oh I'm so pleased that I've managed this time without the emotion.

Sarah: So it's easier to come through this time, is it?

I've been working hard, it's not easy. I understand now exactly why there are difficulties in communication.

George: Well, it's wonderful to have a cosy chat, yes I've no idea how easy or difficult it is for you, but it seems to be a cosy chat to us.

Yes, we always assumed that having a bit of knowledge would make things easier; let me tell you that's not the case. There's much that goes on behind the scenes and of course it helps when the energy is good and people are open and of course to come back to friends, makes it much, much easier. But what blocked me last time, was the emotion, which I was feeling. But I know you knew it was me, and I tried hard this time, not to give the breathing problem.

Sarah: You sound fine. *(Yes)*

Margaret: It's lovely to hear your voice.

It's the result of hard work, I assure you. Anyway, I won't keep talking, I'm sure you've heard my voice often enough.

George: We don't hear it often enough these days. *(Affirmed)*

Margaret: No, come again.

Lilian: But we do think about you.

I know you do and I do as well. You were all a great part of my later years, for which I was really, really grateful to you all. (Thanks expressed)

George: The feeling's mutual. *(Affirmed)*

Well, I won't take up much more of your time, because there might be others wishing to come, and as I've said, I'm the one who's (isn't?) patient with people yet.

Margaret: You've made my life a lot happier, I must admit.

Sarah: Do you want us to pass any messages on to anybody Leslie?

No, all I can say is, I'm around my own family quite often, which is natural. And unfortunately I now see that I was quite harsh at times, in my words, in my thinking. That may surprise you? It was a surprise to me. But I feel that I've helped since I've come, in many ways, to make things right.

George: We're all human, we have our little changes here and there.

Yes, that was one of my favourite sayings wasn't it George, 'We're all human.' And I still stand by those words. (Laughter)

George: Yes, that's the saying that Salumet once said, I don't want to hear that you're only human!

Yes, I know.

Lilian: I was talking to Vic, you know your old neighbour, and he said did we hear from you, so now I can say yes, we've had a good long chat.

You can tell him I'm still Leslie, still haven't changed too much; but improving.

George: And do you look in on your daughter in Canada?

Yes, my family are well looked-after by me. It's one of the things that I'm able to do from here that I wasn't able to do when I was with you, because she was too far away.

George: Yes, it's an easier journey for you these days.

Easier? It's a click of a finger George.

George: Wonderful.

Yes, I won't even begin to describe what it's like, because it's almost impossible. All your imaginings, all your thinking—under-rated! You have to come, to discover what it really is, it's a wonderful life.

George: We will, we will!

Lilian: And you can help show us the right way to go. *(Yes)*

Sarah then asked Les about some tapes, which were missing and Les said he'd try to help locate them.

Now, although I'd like to stay and share a cup of tea—at least I don't have to make it anymore, so that's a consolation if nothing else. (Laughter)

George: One question which comes to mind, are you aware of the politics in the world and the problems in Iraq, or has that all become more dimmed?

We have an awareness, if you really are interested, then of course you have much more detail, but of course you have to be interested in what's happening and do you know, lots of people just want to move forward. So always remember that all of the information is available, but not necessarily known. So that would explain sometimes, why people who come through to you, seem vague on all of these issues.

George: Ah yes thank you. So that which is not interesting (to the person), is conversely almost boring and becomes dimmed? *(Yes)* Thank you, that's nice to know.

But we have awareness of all things, if you wish. I wish I could take you George to these books, you would have a whale of a time.

George: Yes, I'm sure. I guess it will happen, eventually.

Sarah: So I suppose as you don't need any sleep, you are there all the time are you Leslie?

No, not all of the time. I'm involved in healing on this side, I'm involved in many things, but now I'm being shown the clock. (Laughter) I've been told I've spoken enough for one time, so that information might come next time.

General: Lovely to have you here and do come again! *(Affirmed)*

I'm sure the opportunity will come, I am aware of you all and ever-grateful. And again I want to say thanks and love to you all. (Thanks + farewells) Oh and I don't like what they've done to my bungalow! (Laughter)

George: Now that's a very 'Leslie' remark.

Leslie then withdrew and we chatted excitedly for some time.

~8TH September 2003~

Good evening. *(Greetings)*

(There was a short delay whilst the tape recorder was set in motion and Lilian apologized for this.)

I know and understand how important these words have become to you so that they can be distributed on what you call your tapes.

Lilian: Yes, we do read them again and again and find them interesting time after time.

Therefore no apology is needed, I am only too happy to wait for you. *(Thanks expressed)* It has been most interesting to us to see how you have reacted in many ways to my words spoken previously. We have watched you re-read and, might I say, understand with more vision the words that have been given to you. This evening we will have some questions, but before we do so might I speak with you briefly about what you call 'karma'. There are so many different viewpoints in your world, as there are on so many of your topics about spirituality. So much is written, so much has been spoken, that I feel that you for you my dear friends we need to discuss it but briefly. Would anyone wish to say how they feel karma presents itself to you?

Lilian: An understanding of things that we should've done and haven't or gone wrong, then we suddenly understand where we've gone wrong. Would that be right?

I feel that you know and understand that the laws of all existence are *fair*. Therefore what you term karma is but the result of your thoughts, your words or actions.

Sara: Is it like a consequence of wrong thinking?

It is the result of wrong thinking.

Lilian: It could be either good or bad—it is everything.

This is something we will discuss. I believe that few of you would understand if the Spirit comes to this planet, this world of education, with karmic credit. Not much is spoken about that, because it does not happen so often, but it exists. I am sure that some of you will be aware of people in this world, and oftentimes you hear the words: 'they are too good for this world'. You understand where I am taking you? *(Affirmed)* There are very few individuals on this planet who have karmic credit, but it has been their choice to reincarnate into physical life, in order that they continue to bring love and grace to many more people.

Sarah: So those people who have come back with karmic credit have come maybe not to help themselves but just to help others.

Yes, their journey to this planet is unselfish. There would be no need for them to return to have another lifetime here, but it is their choice.

Lilian: Would that apply to children as well if they go early, you know if they don't get to be adults?

It can do, but I would say mainly the choice would be to have some degree of living on this planet.

Lilian: It's just that I'd heard someone who had a child who died at 3½ years of age and they said that she was almost too good to stay—this was coming from the parents.

Yes, we hear this earthly expression so often, but remember it is clouded by the emotions of those around and may not necessarily be the case. Let us speak a little about karma as you probably know and understand it to be. Do you assume that karmic debt always follows a previous lifetime? What is your understanding of that?

Sara: I think we can accumulate karma in this lifetime as well.

Sarah: If we had a karmic debt from a previous life, we're living a different life now, so I would think we could pay it back in a different way.

Yes, let me say this to you my dear friends. The life that you lead on this Earth shows no indication of any karmic debt that you may have accrued. Someone who would seem to have a perfect life, could indeed owe karmic debt, but it is not always the case that those debts need to be repaid in this lifetime. Therefore I say to you, and this is one of the misconceptions that you human beings have: karmic debt must be balanced, but it does not necessarily follow that it is in the next reincarnation. As long as the debt, as you call it, is repaid—and I use these words because they are words of understanding for you

all—I would prefer to say ‘rebalance the Spirit’, that is a much kinder way to describe it, but we will use the word debt for the purpose of understanding.

Graham: Is it possible to not need a future lifetime?

That is what we have just spoken of.

Graham: To not need a future lifetime, you must be balanced?

Yes, yes. What I would say to you my dear friends is this: That karmic debt which is created in the life that you lead now, can also be repaid if you like in this lifetime. But that is not always the way, because those people who attract karma to them, immediately attract that debt and they must repay almost immediately, are Spirit who have evolved over many lifetime.

Sara: Is that the term ‘instant karma’.

Yes, yes it is attracted to you, but the more you are evolved, the more and the sooner the karmic debt must be repaid. It is something for you to think about. We have not thought deeply enough about this imbalance. It is possible that karmic debt is repaid early in the life and it is possible that you are then able to continue on your life’s pathway and to go forward without karmic debt that has to be rebalanced at another time. Do you understand my friends that that is why it is difficult to call it a debt? It is not really.

Sara: How can we know if we are up-to-date or not with our balance?

You can by knowing yourself. When life begins to go forward, when life—I will not say becomes easy, that is not the purpose of your learning—but when your thinking is balanced, when your words are kind and your actions are good, then you walk the pathway that is free from karma. You cannot generalize, because some people that come to their lifetime with karmic debt and they will leave with that same debt. Others will free themselves from that karmic debt easily at the beginning of a lifetime, while others will partly lose that karmic debt, but will evolve at the same time. There is not one generalization about karmic debt. Are you clear in your thinking about this? *(Affirmed)*

Sarah: You did say Salumet about the September 11th happening, that that was karmic debt. Now was that a collective debt?

Yes. That is also something that you must take into account. Not only is there individual karmic debt, but there is collective karmic debt, such as in your continents of, say, India and Africa where many people have suffered. All over your planet there is suffering which is owed to karmic debt. This is when karma becomes difficult to understand in terms of individual wrongdoing. You understand? *(Affirmed)* I know it is not always easy to discuss these issues, but as we approach them slowly then I know your understanding becomes greater.

Paul: So when the spiritual imbalance is rectified, presumably you don’t have your karmic debt any more, but do you always need to *do* something to release the karma, or can it be achieved internally?

That is the way to dispel your karmic debt by knowing, by letting go of all that has been wrong. Your negative thought can be replaced by one of purity and love, which would balance out the negative thinking. You understand? *(Affirmed)* The word that has been given in anger can be changed, can be transmuted by the word of forgiveness and love. The action must be replaced by one of goodness, it must be replaced by being sorry for that action and understanding within oneself what the soul or the Spirit has done. Therefore karma can be released in many ways. Let us give you an example, let us take a karmic debt through illness. That person will be attracted to groups like this, or a healer, or many people who will listen and understand. Those people who offer love and support are giving out to that person in need. In that way they help the person understand whatever fear or negativity that they are holding. Therefore that love begins to transmute those karmic debts, because the person recognizes within himself what is wrong. Do you begin to understand? *(Affirmed)* When you think about it, it makes sense, does it not? *(Agreed)*

Sara: They see their own imbalance.

Yes, and once that is recognized then there is redressing the imbalance within themselves, because all karma has been created by the Spirit itself. No one creates your karma, only you can do that; so always we return to self-responsibility.

Sarah: So with the collective karma, everybody has to work at releasing that debt. Is that right?
Not everyone. It can be a debt of a country, which in some way will involve all of the Spirit involved, but it is slightly different. It would as a whole have to rebalance the karmic debt in a different way that an individual would. That is another subject which we will touch upon at a later date.

Sarah: I was thinking it would be very difficult for the people...

Yes, it would not be sensible in that way. It would be hard to understand for you I feel, if it was individual in that sense. I hope that it has thrown a little light onto the subject. (Yes)

Sara: Can I ask a question about karma?

Yes, my dear friend.

Sara: Once I read in a book many years ago that certain birth dates carried a heavier karma with them, so presumably that would not necessarily be true, or would it?

Only inasmuch as the soul chooses to reincarnate, the soul chooses the parents as you know, so therefore they would choose a time and a place. Only in that way would there be any kind of connection.

Sara: More to do with time than place.

Yes. I don't feel that we can say that particular times carry more karma. It is down to the individual Spirit—that cannot be changed. Whether you are born at the beginning or the end will not change what you have to bring with you.

Paul: I suppose going back to these people with karma credit, they can still live here and suffer I suppose, is that truth? They can still suffer and grow and learn through it, can they?

I would not use the word 'suffer', but I would use the words 'grow' and 'evolve'. They obviously would have to live life as it is on this Earth, but if they are free of karmic debt, then there is goodness and light within their heart and soul.

Sara: They would be very happy people.

Yes, they would be true beacons of light. But as I have said, they are few and far between.

Sarah: The Masters that come back to this Earth...

Are karmic-free. They come because they have the desire to serve humankind. They come to help those in need and it also helps with their evolution also. But they have no karmic debt.

Sarah: I was only thinking when Paul said about suffering, you said Jesus was a Master, but he suffered in the end on the cross.

That was his choice of learning.

Paul: I expect maybe he didn't suffer as much, because he would have had such control of his mind and the pain.

We speak of something we have spoken of previously. We spoke of Jesus the Christ. Let me tell you Jesus the Christ was one part, one part of a small existence, where it was decided part of that unity should return to Earth to teach, but in making that choice it was also decided that he had to learn, if you like, the ways of the world. He knew before he came that that is what would happen; the choice was his alone. Have you more questions or shall we open the questions up generally?

Graham: I'm not quite sure, going back to karma—it's probably a lack of my understanding here—how a region, a geographical area, can have bad karmic debt associated with it. Is this due to the people in that area or is this where people with bad karma go to go through their difficult lives to help repay their karma? **Karma is not always brought with you. As our dear lady friend has said, karma can be accrued in any lifetime. Sometimes what happens is that a country, shall we say, abuses the nature of the land, shall we say that, which in effect creates the suffering for all of the country and that imbalance in some way has to be repaid. Therefore you may have, which you already have on this planet, trees which have been cut down, which have affected weather patterns, which have affected the people of those lands. Do you understand? (Affirmed) That is but a small example, but you cannot alter the pattern of all life, without the results of those happenings. Debt is not a good word I feel: it is imbalance at all times. I think it would be more understandable if you would use those words. Does that make sense to you? (Affirmed)**

Paul: Whenever we are in judgement, I suppose that's when we are imbalanced.

That is why you must always be careful with your thinking. Remember, thought is retained in the ether: you cannot destroy that thought, so always be careful. I have said before that humankind at times can seem so 'fickle', to use one of your words. The smile can be placed upon the face, whilst deep within the heart there is anger and hatred and so many negatives and fears. So be careful always my dear friends with your thinking. I have said this on many occasions and I do not apologize for repeating these words.

Sarah: I was thinking a lot of the karma-imbalance is caused through greed, isn't it?

Mankind—let me say this to you my dear friends: there are so many ways to evolve and you have had to evolve to some degree before you decide to come to this planet. I would say that to choose to come to this planet is probably one of the highest mountains for you to climb. There are so many emotions, so much for the Spirit to learn that I would say to you that to choose to reincarnate on this Earth, is quite an achievement in itself. So, do not be too harsh about humankind. There is a purpose to this planet and it is indeed a learning curve for the Spirit. But you know, as I have always told you, the knowledge is within, the power is within you, therefore my dear friends make use of it. After all, when you are connected to *Source*, do you not have all the answers to living? That is what you must keep in mind. You have the map of living before you, you know what has gone, you are not sure of your futures, because you have not asked, you have not sought; but I tell you, and I tell you here, that all of your questions when you go within would be answered.

Sarah: Could I ask one more question—it's actually from my daughter? You said to us that your first thought was from Spirit and she said that what if your first thought you had was a negative thought?

It is not from Spirit. When I say the first thought, I mean the first thought of *light*. Any negative thought comes from fear. Remember I have told you there are two sources: there is love and there is fear. That is, I hope, answer enough for her.

Sarah: Yes it is, thank you.

Are there more questions this time? I hear your questions when I am not with you and yet when we come together there is silence. (*Laughter*)

Lilian: I was thinking: we were talking about fear and love not long ago and I thought about my mother and she gets a lot of pain and anxiety and all the rest. That is caused through her fear. Am I right? (**Yes**) I know she is an old person but...

But let me say this to you my dear friend that in these last years of her life, that has been her learning, that has been the time that she has come closest to us, *because* of her pain.

Lilian: That's comforting to know.

Pain creates within the Spirit a knowledge which was lacking beforehand and although most humans would say, '*but we do not wish pain*', I would say to them this: that the pain which they experience has been an opening of their Spirit.

Lilian: It's really comforting to know, because I find it quite difficult to cope for myself with her pain, but in turn I guess it helps me as well.

You also are learning as all of you are in your own ways. Yes, I did not promise you that life would be an easy pathway, but each difficult step helps to create that Spirit which you become, which you will take with you when you return home. When you see the wider picture of your life, you will realize that each one of you had something to learn. For you my dear friend it has taught you much tolerance, tolerance which you would not have accepted from another direction. That is true, is it not?

Lilian: Yes, very, very true.

Yes, so when you are feeling low in Spirit, then you also must go within, you must grow and be replenished for your own sake and for that loved one on whom you are *giving* so much love, because that is what you are doing. Although you probably would say to me that is not always the way I feel, I say to you it is done with love.

Lilian: Yes, humanly one feels rather drained at times.

Yes, that is being human, but if you could see your Spirit then you would see how it grows.

Lilian: I had sort of guessed it was helping me as well.

Yes, again I say to you my dear friend: go within. (Thank you.)

Sara: Salumet, is it true that the clearer our vision and the more we attune to Spirit, the easier our passage in life? Although it will never be easy all the time, is it true to say that it's a lot easier to bear and it may not be so painful as perhaps it has been with a more limited view?

Yes. Let us say, you are all but as children. Would you send a child away from you without saying to them that they must have daily contact with you in order that you may *guide* them, that you can *inform* them? (Yes) What is so different from the Spirit being connected to the Source of all life?

Sara: Yes, that makes perfect sense.

You need to have daily contact if you wish to have direction in your lives.

Sara: Yes, that's really clear, thank you.

They are simple words my dear friends, but if only each one of you would devote that time each day, then no matter what troubles, no matter what pitfalls in life you may encounter, you will always have that love and that ability to cope. That is the secret of life, that connection to that Creative Force. After all you are part of it, therefore all knowledge is available to you.

Lilian: Thank you very much—a very interesting evening.

I will leave you this time. I hope my words to you have brought anew to you, a little more discussion for you about a subject which we have touched upon before, but I feel that each time we return to some topic that your understanding is much greater. As always I leave you my dear friends with my heart filled full of love for you all. I am always close by and I will always endeavour to help you whenever possible.

(Thanks + farewells)

~22ND September 2003~

Before Salumet spoke, one through Sue talked a bit about our prayers for those who are ill and how sometimes illness and pain can help the Spirit to soar. Therefore can be part of our learning. They then took us through the following 'healing' exercise:

Picture and visualise what you perhaps would call a crystal ball, but it is the colour blue. Visualise this orb resting upon your knees. Feel the power emanating from its sides—a healing power, the warmth and the vibrations and the music coming slowly from it—the music of healing. Imagine you have lifted this orb, so that it is in front of your eye—your psychic eye. Look deeply into this blue. You should see the colour moving—it should not be static. Allow yourself to permeate this colour, until you feel the orb expanding, until you feel the orb envelope all of your physical body. Feel the colour, hear the healing music flow down and across and through. Now when you feel that you are surrounded by this power, I ask you to think of someone close to you, or possibly just an acquaintance you requires some spiritual comfort or healing, help or guidance. Take a few moments to ask mentally for this person or peoples to be visited this night. Now imagine the cloak you are enveloped in, is being lifted slowly, slowly from your human body, until finally you no longer feel its presence around you. Now push, push the orb towards the centre of your room, until you can imagine each one reaches the centre and becomes one enormous moving spiritual orb of healing energy. Release your orb, let it become one with the others and feel it vibrating throughout this room.

This orb contains love, forgiveness, precious thoughts—it cannot now be divided—all here in this room are of one healing mind. You have each given to all those named mentally this time, your thoughts of love. Those among you, who help our world through healing, have given more than you could imagine. This orb I repeat, can never, never be destroyed, altered, fractured or disposed of in any way. This orb will remain as a monument to everything you have given this night. From the very bottom of our hearts, our minds, our Spirit, we thank you. May each and every one of you be touched with glory of love, be protected, guided, revered and may each day of your physical life until you reach our realms, have an inner core of deep happiness. Never don't believe that deep inside of yourselves, is a glowing warm deep core of utter joy, which will one day envelope you and remain with you always. I thank you for allowing me into your home and into your hearts. (Thanks expressed)

Salumet then spoke:

Good evening. (Greetings)

I hope my dear friends that the healing words that you have listened to, has helped you in your understanding. It has taken a little while this time for me to speak with you, because the physical voice of this instrument was disturbed and was picking up that there was a little unrest with one amongst you. I will endeavour to help. I will say to you this time my dear friends: so many times we hear from your world: *'What can we do to be of service to Spirit?'* So many times in this, your past year, I have discussed with you self-development and what it is you need to achieve, and my dear friends you have achieved much. But I would like to place the question back to you: How best may you serve Spirit? Do we have any replies?

Sarah: By giving *time* to Spirit, that's one thing.

George: I would say by going forward, by not being static, by seeking, by helping, by loving.

So we are saying: time, action. Do we have more?

Paul: I would say by being *ourselves*, *knowing* ourselves, and *being*.

Yes. There is but one word which I believe my friends will cover all of these things: *Simplicity*.

I have spoken to you about honesty and what is honesty but being yourselves. Simplicity covers many areas, but it covers just *being*. It covers quiet times given to yourself in order that the Spirit within can grow. Simplicity is acceptable to all forms of action and words and deeds. Simplicity within your lives—and by that my dear friends I do not mean that your lives should be poverty stricken—in no way is that what my words mean. So many people in your world feel that to serve Spirit they must be without. That is not what Spirit is about. You deserve abundance in all things my dear friends; abundance of love, abundance of joy, abundance of all that the Great Creator can provide. You are Spirit and in being Spirit you are part of that abundance. Do you understand my words? (*Affirmed*) It sounds like a contradiction once more, but it is not. Too often my dear friends you human beings are tied by fear, tied to money or shall I say the lack of it. Have I not told you that especially in healing, you should ask and then you should *know* it will be provided. In the same way, in all areas of your life, does this occur. For example if you give with love and from your heart you will receive back many times, because that is given with unconditional love. Do you see where I am coming from? (Yes) Do you understand my words that there is nothing wrong with having possessions, because it means it is a return of the love that you have given out to others. In the same way, you are bound by fear in relationships, and we have spoken of this recently where you must allow your fellow human being to be free to decide what is best for them; and this is where honesty comes into play. So, in all areas of your life, think of the word 'simplicity'. Would anyone like to comment on what I have said?

Sara: I would agree and since I've had children I have returned to the simplicity of the child more—more simple now than I was 20 years ago and it's definitely the best way to be. I know I've much to learn but I do feel that the simpler approach to life is the happiest.

Yes. And of course as I have said in past times, children are great teachers of life. If you will observe children, they are open about what they desire, they give love freely, and of course I hear some say, *'but children can be cruel'*. Children will re-enact what they have learned, but the purity of the child within is what you should try to achieve. Think about this word 'simplicity'. As in all things that I have brought to you in these last few months of this earthly year, it has been mainly for your own self-development, because only when you understand yourself will you be able to help others. Are there any questions please?

Sarah: Yes, you were saying there's no harm in having possessions. Some people have an awful lot of possessions and they don't need half of them and they are not always—I feel sometimes with some people that all of their possessions are greed. They're probably having more things round them because they're fearful, but surely they haven't received all of those possessions because they have given of love?

I understand. Try not to be too judgmental, but yes, of course, there are people within your world who have a love of material things. Of course there are and we understand this fully, but you must not judge all people in that way. There are those within your world, and after all there have been many great teachers who have trodden this earthly pathway in positions of wealth and power, because they have been able to help the masses rather than the minority. Do you understand? (*Affirmed*) So look again at

the wider spiritual viewpoint. I say this to you repeatedly my dear friends, not because I feel you need to be constantly reminded, but because these things are of importance.

Sarah: So even some of the—I can think of some of the leaders who I might have thought were being greedy and taking from the poor of their countries, maybe in some sort of way they actually are helping people.

Yes, yes, it is not for you to judge.

George: Perhaps I could mention Andrew Carnegie, **(Yes)** who became extremely rich, but he used that richness to good effect. He established many libraries, he established foundations and the Carnegie Hall in America, where many performances are given in culture. So perhaps if you have great wealth it perhaps matters what you do with it **(Yes)** and there have been very wealthy people who have created a better circumstance on the Earth as a result of it.

Yes, you will find if you think upon it, that these people who give unconditionally, will always receive. There is nothing wrong with abundance, it is the love of these things which is wrong—the love of material goods for self—that is another subject, but what I wish you to know and understand is that the thought should be ever present that whatever you need in life is available to you. If your heart is open, your love is given unconditionally, then wealth of many types, not only material things, will be yours, and that is what you are entitled to by the very fact that your love is given from the heart. All that is spiritual is simple, all that comes from the ego is difficult; perhaps that is a way to remember.

Sarah: So you're saying, what you *need* and not what you *want*...

Yes, always give thanks to that Creative Force for all that you *are* and all that you *have* and have that *knowing* that all can be yours. Do you understand what I am trying to tell you? If you do not, let us discuss it now. Is anyone unsure of my words?

Sara: It is the attitude that matters, that we have one of grace and humility **(Yes)** and gratitude and still a simple approach to life.

Simplicity inasmuch as you think as a child.

Sara: Yes, we do what we love with as much joy **(Yes)** as we can.

And always with thanks. (Yes) Yes. Remember that all that you have, all that you have attained comes not only from yourself, but from that outer Creative Force which encompasses you all.

George: I think I can see that there has to be wealth in the world and that wealth *can* help in the good way forward.

Yes. In all of the ways that everything that has been given to this world, even shall we say nuclear power, which has been misused, it also has its purpose in life when used properly. I believe you are beginning to see its usage within your medical fields. (Agreed) Yes, that is the way and the purpose that it should have been used when it became known to mankind, but we will not go into the abuses that mankind has created, because this we have spoken of on many occasions. But this my friends has been a time for all of you, for knowledge and I hope upliftment in some of your lives, in a way that has not been available to you before. I know that most of you feel that you have come and travelled a pathway of Spirit which has taken you forward; a pathway which none of you will now be able to leave.

Sara: Yes I think that's true! *(Agreement + chuckles)*

As always I give thanks to you all for listening to my words and I know that when I leave you by saying that you are simple people that will not be offensive to you. (Laughter) I leave you as always in my love, in the knowledge that always I am close by, although mostly I am unaware to most of you, but always the light of love shines brightly on each one. (Thanks + farewells)

~13TH October 2003~

Good evening. *(Greetings)*

I was most interested to listen to your words before this meeting, words spoken about heaven upon this Earth. Your conversations my dear friends are always of interest to us, because it shows how much knowledge that you yourselves have retained. I would say this to you my dear friends: Always since the existence of this planet has there been a little of what you call 'heaven' upon this Earth. In many ways

has this existed, mainly through those souls who have incarnated, who have brought the joys of Spirit to this world. Those human beings who are looked upon, who exude love and knowledge and understanding, *they* are heaven upon your Earth. Also there are the words of what you term ‘the ancients’ which have come to light over many eons of time and of which you humankind are so fond of rewriting. The spoken word as well as the written word has always been a powerful tool of communication for mankind. I would say this to you my dear friends: What do you suppose would be your heaven upon Earth within your present time? Would someone care to answer?

George: We are very fortunate to have your teaching on this and it was during the first few months when you came to us that one asked the question: ‘*Is it possible to have heaven on Earth?*’ Your answer was simple and apt and in the affirmative. Much later, quite recently, the subject came up again and I think it was about the time you were talking to us about Moses and the idea was then elaborated upon and yes, heaven is to do with our stronger soul connection. I think the implication was that the stronger that connection becomes, the more ‘heaven-aware’ we are. I could also say that it is such a wonderful Earth and one can always look to the wonderful aspects of it and *see* it as heaven, or heavenly.

Yes. Heaven comes from *within*—this you know. To those of you with some degree of spiritual knowledge, it is easy for you to see around you many aspects of this Earth which is endowed with heavenly creation, but to the majority of Earth-kind, they are still focussed in this time of your evolution upon the disputes of mankind, the greed within your world, the many ‘disasters’ as you call them, and in doing so they overlook how much mankind has grown—they overlook the beauty and the joy of existence. The beauty and the joy of existence belongs to each individual, it is an individual attribute which each one of you carries within. Each one of you my dear friends, I have told you before, is like a beacon of light; so each individual one is a little part of heaven upon this Earth. Do you see what I am telling you? (Yes) If each individual light was to join together to make one, then indeed that vision of heaven upon this Earth would indeed be much brighter than at any time of earthly existence. Many would dispute these words, many would say, ‘but there is so much hatred, so much greed, so much violence’. But as you do my dear friends, they will reach a point when all of those things become insignificant. What is important is that the light shines from within, in order that that sea of light can flow further and further upon your Earth. Do you agree? (*Agreed*)

George: We are so fortunate and yes, one always has the feeling these days that we are in a position to help others to be as fortunate as we are, and share in that.

As indeed you do my dear friends. Each one of you, as I have told you before, has a task and a pathway upon this earthly plane at this particular time, wherefore you are giving out spiritual light to many, and indeed that is your heaven upon this Earth. It is an odd word to have, to use the word ‘*heaven*’. What is heaven? It is not a separate place; again I repeat: it is *within*.

George: As with everything else, I think I am probably right to say that it has a strong connection with perception.

Yes, indeed. Mankind is good at perceiving all kinds of issues, all kinds and manner of things, which he feels to be the Truth, but mankind must almost always recognize that his perceptions at times are not always the true ones. Would you agree? (*Agreed*)

Sarah: As you’ve said on many occasions, we can’t see the full picture, so we can’t perceive the whole. Exactly. You are limited in what you can see, but that does not prevent you from extending the knowledge that you give and the knowledge that you are trying to obtain. We are but a small number this time my dear friends (*5 sitters*)

George: Yes, sorry about that.

No, if but one is to listen to these words, then my task as always is taking place, because I know each one will continue to give out these words.

George: Yes, I’m sure our transcripts and recordings will continue to be made available to many.

You, I know dear friend, are aware of how many people that these words are reaching to; with your machinery today words travel in an instant.

George: Yes, so hopefully the small numbers here will not detract from the ultimate mission.

No, of course not, but I will give you the opportunity this time, if you so desire, to ask any questions of me. (Thank you!)

Sarah: I was going to say, when you said can you think of heaven on Earth, I was going to say, whilst we are *here* and I think that's probably because we join together and become—how can I say it?

Light beings.

Sarah: Yes, perhaps that's a good way.

Yes, I thank you for those words.

Lilian: I always feel uplifted after our Mondays.

But you do not need my presence to feel that.

Sarah: It's always nice! (*Eileen then coughed*)

Forgive the noise, I will try to deal with it. Have you more questions?

George: Could I refer back again to the question of genetic crops, genetic modification. **(Yes)** You have talked about this before, time has now moved on and I think mankind has been *dabbling*, shall we say, and it is beginning to be realized that there are all sorts of disadvantages: certain types of insect are being killed off by crops and there are many disadvantages being realized. People tend to be taking sides in this two-sided issue and fortunately for us the big supermarkets seem to be not accepting genetically-modified foodstuffs or foodstuffs prepared from genetically-modified crops. Their attitude is being influence by customers, so perhaps there is a little *people-power* here showing itself. But it's become a complicated situation and now that we are a little further down that road, I was wondering if you had any further words for us. And the other thing is we are in danger of altering the pathway of evolution, I think, if we seriously take this road. Have you any further comments?

Yes, I thank you for your words my dear friend. Be careful that you are not making judgement.

Remember that all of mankind has been endowed with this freewill. I have returned to this on many occasions, but whatever mankind chooses to do that is the pathway that each individual has chosen. You know that our world is constantly trying to influence for the better, but we cannot interfere in a life—that is for the human being to judge and follow what he feels within his heart, whether you judge it to be right or wrong. So firstly I would say this to you my dear friend: Refrain from judgement, because what you feel to be right or wrong, creates within you a tension of conflict, conflict within your own heart. What you must do is to stand to one side and allow these issues—whether you consider them to be grave or not, you must allow each human being their own trail of conscience. You understand?

Lilian: Yes, that's quite a point.

Since this Earth has existed, mankind has made many errors, shall we call them, but also in that scope of error ultimately has come some good. You understand? (*Affirmed*) Therefore you must be wary of judging, because when there is conflict, ultimately there will come resolution. Does this make sense to you my dear friend?

George: Yes.

So I would suggest that if ever something goes against your grain of thinking, that you go inward and see the solution from within.

George: Yes and I imagine it's satisfactory to express our thoughts without getting upset.

Yes, you must always be true to yourself—that is your pathway, that is your true pathway, but what you must never do is to pass judgement on another, because you do not see their thinking, you do not see their emotion and what you may consider to be wrong, in their eyes it may be right. I know it is difficult and with your knowledge you can see that mankind has made many mistakes along the way, but that is not for you to judge. Again you need to see the wider scheme of life.

George: In some place people have destroyed crops which are being grown experimentally by others...

Yes, but what you sow you must reap. Remember whether they feel right or wrong, the time will come when they face their own decisions, when they must face *themselves* as to whether their judgement was right or wrong. Remember I have taught you there that there is always two sides: white/ black, fear/love; always there is the two-sided face to all of existence. That is why you must not judge.

George: I think destroying crops has to stem from the feeling of fear.

It is fear. Remember it is simple: all of existence stems from fear or love. That is why when people upon your Earth are disturbed and create disharmony, it is from an inner fear. Therefore what you must do is to send them love, surround them with love and in so doing, *their* thinking will change and then you have created that harmony upon this Earth, which will ultimately bring a little more of heaven.

George: Yes, you've brought us back to that very important motivation by fear or love (Yes) statement again. Do I see a third motivation here, one of greed?

You could call it greed, I prefer to say it is but an offspring of fear. You understand? (Yes) All of what I know you would term 'negative emotions' stems from fear.

George: Greed would be fear of poverty, yes I see.

Yes, you understand? (Yes) If you can keep those two thoughts within you, fear and love, you will see the purpose of all of mankind's actions upon this Earth. Does it not become more simple for you to look at it in that way?

George: It does indeed. You've brought us back to that very important balance. Thank you.

Sarah: Also, going back to the genetic crops, you told us Salumet that new things are influenced from Spirit, so more than likely the genetic modification—we haven't got it quite right—somewhere along the line it will be used for something, but we're not quite using it in the right way.

Yes, as in all things that mankind has abused, it has been because of the power of *his* thought that has prevented good within the world; but that is his right because he has been endowed with freewill that these things happen. We try to influence and we are mostly successful as your time of evolution goes along, but as in all things, mankind is still learning many things. After all, that is why you have agreed to come to this planet, that you may experience these two opposites of *fear* and *love*; that is basically what is happening.

Lilian: Talking of the crops that we grow, I was listening to a discussion the other day on our televisions and this farmer was into growing or planting crops or reaping them at a certain time, maybe when the moon was in a certain position and it was bright in the moonlight and so on. Would that help our crops, to sow them at a certain time? And would it also perhaps help the Nature Spirits?

This my dear friend—thank you for your question—this knowledge has been known in ancient times and mostly forgotten.

Lilian: And it's now coming back.

Always mankind in earlier times revered what they called 'Gods of Nature', which in effect is exactly what you have said, that they planted at particular times and they reaped at particular times in accordance with what they believed.

Lilian: They also spoke of the energy and I thought they seemed quite knowledgeable.

And of course your Earth energy in ancient times was much purer. There was not—how shall we say, *spoilt* Earth that mankind has reaped upon your planet. In those ancient times the Earth was more pure, because mankind had not abused it.

George: Yes and I rather fancy that the stone temples, like the Avebury Temple that I think has been in place for perhaps 5,000 years, (**Longer.**) longer, ah yes—I stand corrected. I think places like that were deliberately built into the countryside, because they had that powerful link with the Earth, with nature, with the Earth Spirits probably.

There are and always have been areas of Earth energy which are stronger than in other places—this is part of the Earth's creation. And yes, you are correct when you say that mankind at those times were much more aware of the Earth energy—they were much more aware of their *own* energy than they were today; it is a combination of factors. But there is nothing that mankind can do today that has not already been known to him. It is not new knowledge it is knowledge that is being *renewed*. You understand?

George: Yes and this does really take us to another question, but it links. Recently I was in Thailand and it's very much a Buddhist country and I was very much impressed with the gentleness of people and the strong respect for life and living things, which I think comes out of the Buddhist teaching. (**Yes**) It struck me just how much that one culture on the Earth today can learn from another.

That is how it should be. Mankind originally was not meant to be separated in these ways. Mankind has many cultures, mankind has many religions, but what mankind had in those ancient times was a respect for life, which has been lacking as time continues. That is one of the reasons that at this time in the earthly evolution, that many of us have returned to your planet, to bring mankind back to the roots of knowledge that he once possessed.

George: Yes, we haven't mentioned very much the Buddha and Buddhism, but...

It matters not what the title is, but the people have remained, if I may say so, close to what is within.

George: Yes, it occurs to me that that is a very important culture on our planet at the moment.

Yes, there are many areas where people are returning to far roots that have been neglected or forgotten, but which will now resurface with the influence that is coming from our world. Many cultures are being impressed with what has been lost to them in the past, but which is never *lost*, because you *cannot lose* that innate sense of life. You understand?

George: Yes indeed.

Well, my dear friends I hope that you have gained from our small discussion this time.

George: Yes, it's good that you make the point that all cultures are being influenced.

Yes. Names, countries, religions do not matter—it is what lies within; that is the part that we influence.

So I say to you this as I leave you all, my dear friends: do not fear for your future, do not be afraid of what you see as disruptive influences within your world, but be strong within the knowledge that you *have*, that the love that you *feel* can conquer all.

George: Yes, I think we're all much endowed with that feeling these days, thanks to you.

No, I say *thank you* to each and every one of you, because without your time and your dedication, these words could never go forward and for this I am eternally grateful to each one of you. I leave you now surrounded with my love—know that I hear your words, know that you are always safe within my heart.

(Thanks + farewells)

One followed through Sarah, explaining that they were sharing group energies with other groups at this time. This subject had come up in previous years and it seemed that occasionally energies from our group could be gathered and put to good use in other groups—it was explained that these energies were quickly replenished by us. One then followed through Eileen, who was a trainee 'gatekeeper'.

~3rd November 2003~

Good evening. *(Greetings)*

This time, although we lack in numbers, there is with you such an energy that completely fills this space. I hope that you can feel it too.

George: Yes.

Lilian: I can feel the peacefulness.

Margaret: Tranquillity. **(Yes)**

Paul: A stillness.

Yes, whatever word we use, at least you *feel* the energy.

George: Yes, it doesn't feel the same each time for me. Sometimes—I find it difficult to describe, but it always seems a little different each time.

That is part of your awareness growing. When first I came to you it was necessary that we had numbers to produce energy in order that my coming to you was a little easier, but now I think that you should know that no longer are numbers quite so necessary, that the energy that each one of you emits is enough for me to feel comfortable with.

George: Good to hear.

It is always good to join with you at these times. Of course, all of those others are within my thoughts, so although their physical presence may not be with us, indeed they are in Spirit. I would like this time my dear friends to say to you that as time continues—and you know that time to our way of thinking is not the same as your thinking—so my time spent with you is but a blink of the eye as far as time goes. But I have seen many changes, not only with you, but within your world and many of those issues we have

discussed. But what I wish to say to you this time is that we *are* approaching a time within your world when there will be many challenges, there will be many challenges within the scientific fields, the medical world, but what will be the most challenging of all will be the changes within all of your religious groups. I mention those three groups only because they are a large part of your world, but there are many challenges in all areas of your living; but what will come with these challenges and new knowledge will also be the awareness of the spiritual that goes along with these changes. It will be but one small step, but I can tell you that from the next one of your earthly years, there will be the beginnings of change. I know that with your own thinking and feeling from Spirit that you will become aware, as all of your world will become aware of these many changes. But mankind, my dear friends, I will repeat to you, is progressing along the pathway that has been intended for you all. Not since your many ancient civilizations when they were keepers of much knowledge, will there be as much knowledge in the times to come; it will be on a parallel with those civilizations. You understand what I am telling you? (*Affirmed*) The knowledge that has been lost to humankind in those what you would call ancient times, is being reawakened, very slowly, but we will make sure this time that mankind will not destroy this knowledge again. But of course mankind has greater intellect in these ages. Mankind, as individuals, has more thinking power for himself, therefore he has in a way become a little more *feeling* than those in past times—those of knowledge allowed so many negative feelings and thoughts to interfere. But it will not happen again no matter how often you are told that mankind will destroy himself. That time is passing; mankind's spirituality must go forward. So my dear friends heed my words this time, because you are to the forefront of having this knowledge given.

George: It's a great privilege.

Lilian: And perhaps by passing on the knowledge you've given to us, in our own small way, this will help.

Of course—you are emissaries of Spirit, you have always been in your own way. You have chosen particularly this time to give of yourselves in order that Spirit may shine forth. You *are* beacons of light, even if at times some of you may doubt this, but of course you are still human with human problems and frailties, but that is not so important as that which comes from within. I hope and I know that you would agree with me. (Yes)

George: Yes, there's a feeling of strength within, there's a feeling that that has grown and is continuing to grow.

Yes and that feeling which you now accept so readily is what is awaiting mankind on this planet. When all of humankind can accept their true selves, then there will be change, and we see it happening now. Put to one side earthly troubles—there always has been and there will be for some considerable time many difficulties in your world, but like a cancer that is known to you in your world, knowledge will grow. Mankind will accept and mankind will become free from the bondages of earthly life. But it is a slow progress, there is much for us to do, but it is being done. Have you any questions this time?

Paul: I was just thinking, these challenges you mentioned coming to the doctors and the scientists and the people—will these challenges be there partly to encourage all this new rediscovering of the knowledge that's been lost?

Yes, the challenges that they will face will make them stop and think. Not only will they feel challenged, but the realization will come to them that the purpose of life has more to offer than at first they have accepted. The spiritual aspect of life will not be denied; that is their purpose in trying to deal with the challenges that will be faced.

Paul: Yes, because I think I'm getting a much better understanding of challenges really, because these challenges are very, very lovingly given, I think, to encourage us to grow.

Yes. I think in your world as it is now, that the word 'challenge' to many would mean difficulties and troubles, but yes my dear friend, challenge is there in order for the Spirit to grow. You already know that many of the troubled times that each one of you have encountered have been those times when the Spirit has shown itself and become much stronger. (Thank you.)

Lilian: I think we have seen challenges already in our Christian religion.

Always in your world of religions there has been many troubles, always there have been challenges there. But the time will come—it only takes one mind, one thought for that goodness to make itself known. And as I have said, it *is* coming and mankind thinks for himself—he *is* no longer down-trodden in the same way, to the same degree as he was in times gone by. You understand? (*Affirmed*)

George: I think you have indicated along the way, that in addition to your teachings which has been wonderful, there have been other influences which are all contributing to this road to a better planet. Would I be right in thinking that the 'bible code' of which we know a little more about now, would I be right in thinking that our understanding of that, will also make a contribution to the way forward?

Yes, why my dear friend, do you suppose that these things surface at a particular time? It is not by accident.

George: Yes, that one indeed has surfaced at a particular time—as was prophesised.

All I would say to you, all things of knowledge have their time. It has not been by accident that these things have been made known. I could sit here with you, I could look forward, I could tell you many things, but always since I have come to you my intention has been to try to teach you to find yourselves, to help you in your understanding of my words and to make you look *within* to find those answers for yourselves, because all lies within you. I have told you many times, in fact sometimes I understand the word in your language which says 'repetitious'—I begin to feel that I know that word well. (*Chuckles*) But I do not apologize for it, because each time I have repeated my words for you, I have seen your light grow and I am sure that you would agree with me that since we first met you are different human beings? (*Agreed*) It always gladdens me when I come to you, how much warmth and love is extended towards me because although so much is known, when those of us come to your world come to speak to many, always when we enter this *denseness* I might call it, there always is that little uncertainty. That may sound strange to you my dear friends, but when we come from our world to this denseness, we are also embroiled within that atmosphere. Can you understand? (*Silence*) No you do not, so we will leave it there—but I can see how much brighter you are.

Lilian: Would it be that the welcome that we feel for you, helps you through that density?

Of course. Like I said when I came first this evening that it is now much easier, that the numbers of people within the room to create the energy that is needed, it is now not quite as necessary, because my transition in coming here is so much easier. It is now very comfortable for me to use this one as an instrument, because, and again you will not fully understand the process of using a human being as a voice from our world—there were many things to be adjusted from our side and also to make sure that any instrument used was kept safely and comfortable throughout their usage. But that is not something that we need to discuss, only that you *know* that always I have felt your love, but never as strongly as I do these days and as always that love energy makes it so much (*more*) comfortable. Are there any questions this time?

George: I wonder if I could pursue a little further the bible code and rightly or wrongly I have written to Michael Drosnin who has written two books on the subject and hopefully we might liaise/communicate with him. He is very knowledgeable amongst people who know something of this. The code itself indicates that there is a *key* to further unlock the book that's sealed within the book (**Yes**) and this key seems to be in the form of a stone obelisk now submerged beneath the land. Also there's mention of a steel container and this is on the shores of the Dead Sea near a village called Mazra. He was talking in his latest book about using scientific equipment to locate this key. I suggested it might be better to endeavour to locate it through either Spirit communication or dousing. (**Yes**) I wonder if I have given him a reasonable suggestion?

I will say this to you my dear friend: There will be communication between you—that is for sure. There is a purpose in not finding the key that you speak of. Again I will say there is a time for all things. It *will* happen, but I tell you not yet. I would say to you that your suggestion to him, those would have been my words. (Thank you.) If he needs the answer then he must approach it from the spiritual aspect. You can spend much time, much energy, much money in your world, but until the time is right for you and from us in Spirit, it will not happen. But I would say that he is being influenced.

George: He says in his book that he does not believe in a God or something to that effect, but I rather think he's making an unfair assessment of himself. He seems to be very well motivated so far as I can make out.

Do not judge him my dear friend. Although he feels he does not believe, that makes no difference to us in the world of Spirit. We choose those instruments who can best serve our purpose. Whether they believe or not, it is down to the spiritual energy within, as with all instruments, and I am sure you have read of many, who have resisted the work that they were meant to do.

George: This particular one seems to me very well motivated to help the world as much as he possibly can. **He has a good heart, but sometimes the thinking interferes—but he is being influenced, because these things must be known, but at the time that is right for all people.**

George: Could I also mention the scientist Eliahu Rips who has worked out the computer programme for seeking out the code. I'm sure he has been very much influenced from Spirit.

That is almost like the challenges I speak of. Do you understand? These challenges although it is of the Earth, it also comes from Spirit. You understand? (*Silence*) No, you do not, but we will leave it there, because all who are chosen to bring forth the wonders of our world to mankind, are being influenced in many ways. That is what matters, that what they do—that is why so often they seem committed individuals, because they are being influenced from our world to do the work that they *feel* is of the Earth, but indeed is of spiritual nature—because these thoughts are necessary for humankind to understand what is about to take place. It is a knowledge that has been kept from you for very good reasons, because mankind, to put it simply, has not been ready for these revelations.

George: Yes, I appreciate that we must be able to handle whatever knowledge comes to us.

Yes. If it comes too soon, then mankind of course would deny or ridicule, because those feelings are also within the human nature. So, the time must be right for them to be acceptable. You understand?

George: Yes, yes, I see that.

But it matters not whether the individual believes or does not believe, as long as the purpose of the work is taken up and done with dedication and that the wider knowledge be given to all; and that is what is happening here. But I commend you for your words to him.

George: Thank you. Could I mention one other whom I met recently? A lady known as Vincentai who lives at Ventor on the Isle of Wight and I understand she had a past life as a priestess of Atlantis and her high priest comes to her in Spirit. She is a clairvoyant and clairaudient and has managed to draw a picture of her high priest. I rather felt this was—well you've told us before that meetings are never by chance—but I had a very strong feeling that this meeting was meant.

Yes, always the pathway you tread will bring you encounters with those people who you should meet at that particular time. There is a purpose for you in that meeting. There is a purpose for you my dear friend in all of the communications that you have made. After all, you are the keeper of many words. You need to have association with many and varied intelligences, and those that you have come across are not just human beings, but human beings who are also on the spiritual pathway. From now on in your lifetime, the people that you encounter will always have a purpose for you. It may not be recognizable to you what that purpose is, but it will be there.

George: Yes thank you. Yes, I really have a strong feeling with that one.

Yes, that lady can supply you with quite a lot of knowledge if that association were to continue.

George: We have spoken of exchanging knowledge.

That lady can supply you with quite a lot of knowledge, if the association were to continue.

George: We have spoken of exchanging knowledge.

Yes, that is the purpose behind it all, that words be given, but she *can* give to you knowledge that you have yet to begin to wonder about. Although you are widely read, she can give to you more than you already know.

George: Our sources on the subject of Atlantis are very limited (**Yes**) and she would appear to be a possible source.

Yes, she will bring to you a new aspect of living in those times.

George: Thank you, that's exciting news.

Because your knowledge and the need for knowledge is great, that is *why* you are being given, and make no mistake my dear friend that you are being *lead* in all of these directions.

George: Thank you. It's nice to have confirmed that.

Now I feel that I have spoken enough words for you this time and I *feel* that as I leave you with our dear lady friend that a little time be given to sit and feel those who wish to come close to you. And once again I say, whatever you feel, share with the others, but I ask only that as you speak that your voices remain quiet until this instrument...

Salumet stopped speaking before finishing that sentence, so we said our thanks and farewells. After sometime there was a rescue through Eileen, before we closed as usual.

~10TH November 2003~

Good evening. (*Greetings*)

I hope that you can feel how much peace surrounds you this time. (*Affirmed*) I have refrained from speaking in order that this peace should encompass you, each and every one. I feel that some are in need of this. We will, if you like, begin this time with any questions that you may have and then, my dear friends, it would benefit you all that you go on an inward journey to discover what each of you has to offer in this group. So, if you have questions this time I will endeavour to answer them for you.

Sarah: Last week you wetted my appetite Salumet. You asked us if we understood the fact that you were embroiled in our denseness when you came to us and we said that we didn't understand. Did you not tell us because we wouldn't understand or because you felt it just wasn't necessary to discuss that?

We have discussed briefly about entering the atmosphere of your earthly planet. You know that the vibration of both the instrument and those who come to you must be attuned. The density I speak of is indeed quite dense as far as our own vibrations go, but I believe that you all know a little about the conditions which we encompass when we use an instrument upon the Earth. Sometimes it can be quite uncomfortable, but that is *why* from our side of life many adjustments must be made.

George: So it is an uncertainty of attunement—would that be true?

Yes. Always you might say it is *experimental*. So many factors are *there* to be overcome at times. It depends sometimes upon the instrument and how well we can use *them*. There are so many factors that I do not believe at this particular time you would fully understand, but only to say to you that many more adjustments are made from our side of life.

George: We are just so grateful that this is all encompassed.

That is why my dear friend, it is of the utmost importance that each one who comes together is in attunement. That is why at times when you sit within this Temple of Love that you feel as one. You have all experienced that not-knowing of self when you are within this room: you become part of a whole, each one as important as the other. That is why I will be eternally grateful to you all for your love and your devotion which allows me to come to you. Without that love it would be much more difficult—still possible of course, but not quite so comfortable. You understand? (*Affirmed*) I hope that answers your question.

Sarah: Yes, thank you. It's just when you didn't say anything last week, I just wondered.

You under-estimate your own power of understanding, but that is a human frailty that mankind always doubts, but that is part of his makeup.

George: There was something else you said in relation to the air beings: I think you said they were rather concerned about the way we are disturbing the atmosphere or something to that effect. A number has been bugging me for more than a year now: the number 747. The Boeing 747 is a much used passenger jet airliner, which disturbs the air and I just wonder if I'm being prompted to ask a question about the ways we disturb the air and adversely affect the air beings?

Yes, of course, all who look after this planet have had so many concerns, not only the air beings, but the Earth beings, the water beings—all forms of life. This planet has for so long been one of unrest, of disturbance, of mankind being lost in the darkness of time—but all of that is changing, as I have told you previously. But what we have not spoken of yet is about the vibration of letters and numbers. Do you

recall that some time past, we began to speak of the vibration that each name holds? (*Affirmed*) Yes. This is part of the answer, but it is not yet something that we will discuss fully, but it is a subject which in a little more of your time, we will discuss in order that your understanding is greater. You would be correct in feeling that these numbers do have some affect upon the air, as do many other of your numbers. I am sure that you are aware that there are people in your world who hold much to each individual number that is known to you—in the same way that the name that has been chosen for you has some meaning in your vibrational field.

George: So there's no real connection between that particular number and our jet turbine airliners which are clearly disturbing the atmosphere very much.

I would not say that one particular number, but numbers do have effect.

Sarah: So going back to our names, you say we choose our own names...

You influence them.

Sarah: ...and that is because of the vibration: it is the vibration that helps us to choose these names. Is that right?

It is the vibration which you wish to enter into, in the same way that you choose the parents, not because of the people that they are, but because they can provide the situation that the Spirit needs.

Lilian: Would that be the why in some cases the name is handed down through generations?

Yes, because the Spirit is an aspect of the same Spirit, but it is a subject which we will go more fully into with more detail when I feel that your understanding is a little greater. You must know and understand that all energy has an effect upon the rest of the energy field in some way. In the same way as that each one of you enters this room which is full of spiritual energy as you come to it; as each one enters, that energy is changed. Can you understand?

Sarah: Yes, because different vibrations change it.

Lilian: Stronger?

Yes, that is why it is important that each one of you is attuned to the other, that the vibration may be raised and be a vibration that can be used for good. I am sure you must be aware at times when one will enter and there is disharmony within a group. (Yes) It is the same kind of thing, but of course I am simplifying it for you. In the same way that the numbers, the energy of numbers, can displace the air spaces. I hope that is enough for you at this time, but, as I say, it is something that we shall enter into more fully.

George: Thank you. Can I go back to the Dr Bark flower remedies? It was eight years ago that you spoke to us about that and at that time I think you intimated that Dr Bark was not fully aware of the particular energies that he was successfully using. Now, it has taken me a long time and I think we are talking about the *two* energies that come from the sun: the physical energy and the spiritual energy and I suspect that it is the absorption of the *spiritual* energy of the sun which is being so effective in Dr Bark's remedies. (**Yes**) Would you be able to confirm that?

I congratulate you on your willingness to dissect my words about that. Eight years may seem a long time to you, but my friend it is not. That is why it is important that we go slowly with all of our information; that you collate the information, that you digest the information and that ultimately you *can* make sense of what I am telling you. That is part of your growth and your awareness. That is what I am trying to cultivate within you that your own awareness should grow to such a point that anything I tell you can be taken and dissected and understood. So my friend, I think you should say to yourself, 'well done'.

(*Chuckles*)

George: That also brings us something else. This places flowers in a rather special category and the gift of flowers from one to another.

Not *special* my dear friend, *natural*. There is not *one* thing upon this Earth that is *special*: all things are meant to be. You understand what I say to you?

George: Yes, my meaning was that the gift of flowers from one to another is also a gift of spiritual energy. **Yes, as too is your breath, as too is your sun, as too is your Earth and water, and all things are spiritual gifts to you.**

George: Yes, yes, I see.

Paul: Neither of them are special, I suppose, they are *all* special.

Mankind only feels things are special when he understands, but what mankind needs to understand is that all of these come from Spirit for mankind to use to the very best of his abilities, and in order that the Spirit may grow in understanding as did this gentleman who was influenced from Spirit. Remember he was influenced to do what he had to do in order to help others. Always my friends look to the wider picture of life, look inwards for your answers and you will find that anything that you do not understand will become so much clearer to you. (Pause) Now I feel this time that we have a little self-awareness to discover, that for each one of you, and I will leave this with our dear lady friend, that I would like you to go inwards and to *look* at each other person within this room and I would like you to *feel* what these other people have brought to this room, not only in this evening, but in all of the times that you have come together. Can you recognize the quality of Spirit that has travelled with you down the ages?

Sarah: When you say 'look' Salumet, you mean look spiritually.

Yes, always I speak spiritually. It may not be as easy as you think, but it is an exercise for your awareness and I say to you, there stands by you those who are trying to impress you. So not only are you looking inwards, but you have an outer impression as well. So my dear lady friend, (Lilian) I will leave it with you and for the rest of this time I will continue to work with this instrument. (Thanks + farewells)

We discussed our impressions. Several sitters got words associated with another, while others got more detail. One through Sarah then came through, giving a further exercise whereby we each had to sense who was with us from Spirit. We each had playful children and some could sense them tickling us or placing garments upon us. Finally another through Sarah came through explaining that when they were on Earth, they worked on people's feet and that they still liked to pop back and work on feet at times, in groups such as ours. We were all grateful to hear that our feet sometimes got free treatments!

~17TH November 2003~

Good evening. (Greetings)

As we come together this time I embrace each one into the love and light which is with you at all times. (Thanks expressed) As you are approaching another of your earthly years, I would like to put before you a question for you all to answer: There is something my dear friends that each one of you has grown to learn in this past year of your time. I wonder if you can tell each other what that is. Would anyone wish to begin this conversation this time?

Sarah: Did you say, 'what each one has learned this past year?'

Yes, about each individual self.

Lilian: Yes. Do you mean from your teachings or just in our everyday life something that we might have learned?

It comes from your living, but also from the words I have spoken to you.

Lilian: For myself, I can remember you said I would learn tolerance and I can see that and remember what you said which helps as well. Thank you for that.

But that is an individual lesson for you. What I wish you to think about is what each one of you has gained in this past year.

Graham: I think as a group we're beginning to look upon problems more from a spiritual point of view and we are looking for spiritual explanations more than we have in the past.

Margaret: I have learned a lot of patience.

Yes. So if I say to you my dear friends that each one of you and those also who are not present, each one of you has learned self-discipline. You would agree? (Agreed) Now I pose the question to you: In what way do you feel this self-discipline has taken shape within your own lives?

Sarah: Not so quick to judge anymore so I hold back in my negative thoughts. **(Yes)**

Margaret: Thinking of others and not yourself. **(Yes)**

Paul: I think it is in the arena of thoughts: carefully monitoring your own thoughts and trying to gain more control over them. **(Yes)**

Sara: Knowing when we need to go within. Knowing when it's important to control our thoughts. I think we have greater awareness of when they're not good, when the thoughts are going not so well.

But in that recognition you have done well, but do you see my dear friends how your self-discipline radiates throughout your living? In many aspects of your life this self-discipline shows itself to you in the way that you speak to others, as you say in recognition of thoughts that should be changed—all of these things in many, many areas of your lives; and remembers how different each one of your lives are, but still this self-discipline has been gained. I would say to you my dear friends that that is a step forward, which you should all be most grateful for, because those who come close to you have helped you to achieve this state of being. *(Thanks expressed)* Would you like to discuss any more about your own self-discipline with each other, or are you all perfectly happy to recognize that this is the achievement that has come to you?

Lilian: It is easy to see, for myself, where I have made a mistake.

Sarah: It also helps when you are speaking to others and you can see them perhaps going off on the wrong tack—if you say something and make them aware as well of the different view point, that is very encouraging.

Yes, always I have told you if you can touch but one other human being, then you have done well, and I can say to you my dear friends that each one of you have touched many people, many, many people, not only individually, but by the words that you have spread to others.

Graham: It brings a lot of pleasure to talk about these matters as well. It makes you feel as though you have something to contribute, whereas before you wouldn't have known what to say or wouldn't have been able to work out things in the same way that we can now. **(Yes)** And that I do get a lot of satisfaction from, since I feel I can say something from my greater understanding that can help somebody.

You have always contributed. Remember that even those who do not walk this pathway of light are still progressing, but it is the awareness that you speak of—when you are aware of the goodness that surrounds you, then it reflects back to you within your own lives. It is a mirror image of what you give.

Sara: I've learned a lot about the power of gratitude this year and I've noticed when I am thankful for more then obviously that does reflect—I have noticed that.

Yes, my dear friend, I have waited for those words from you for some time, because I would say this to you that of all of those within this room you are the one who has realized the benefits of gratitude, as you put it. All of you give thanks, but for you this has been the biggest step forward. Do you have any questions this time?

Graham: I was going to ask a question about retrospective prayer. I was reading a book about the Irish famine two centuries ago and we don't really understand *time*. I was wondering that if awful things have happened in the past, whether a prayer for those people in this age would help people in previous ages or whether the prayer that we have already given has already gone through and the situation would have been improved by that?

Yes, I understand your question. Of course you cannot alter *time* as you know it upon this Earth, but those people who have suffered because of times past, would benefit from prayer now. You know full well there are many within our world who still suffer from the effects of earthly life, so in that way the answer is both yes and no. You cannot alter what has gone, but you can help those people who still exist from that time. Do you understand?

Graham: I didn't know what you were going to say—that's a wonderful answer. I understand what you're saying, yes, so I will continue to try to do that. **(Yes)**

Sarah: For those who've gone on further who are not obviously still suffering, because they realize they need not suffer any more, **(Yes)** the prayers really wouldn't make much difference to them?

There is no need to give the prayers for them, because they have the self-knowledge and they will have moved forward in whatever way is best for them and of course once you have become more accepting, then those from our world are able to help more. But of course, all *prayer* as you call it, and after all prayer is but thought, is always registered and used in the correct way for those in need. So, even if you

are not aware of what your prayer is achieving, you must understand that those thoughts are being utilized for the very best purpose that there is.

Lilian: A story that was in our news this last week: a group of people on one of our tropical islands on this planet and a group of people from this country—quite a few years ago, one of the ancestors of a missionary had gone to the island, the island people had killed and eaten this man, but now the ancestors of those people got together to say sorry and meet one another. Would that help the people who had gone on into Spirit?

It would help only those who give the prayers. You cannot erase what another has done. You must accept responsibility for your own lives. This you all know and understand. You cannot, how shall we say, you cannot be responsible for what others have created or what others have done. You can help with your prayers, as I have just said, but you cannot change what has passed; and those who created the situation are the only ones who can change it. You understand?

Lilian: Yes I do—just that the ancestors thought that if they said sorry for past deeds, it would help them. **It would help them, because in what they are doing is done for good. So, the thinking behind the deed is good for *them*. You understand? If you are not clear my dear friends let us speak of this more, because although your prayers and your thoughts go for good, there is only so much help that you can give to a Spirit who is in need. The Spirit must recognize for himself what past deeds need to be seen and understood, before that pattern can be changed. You understand?**

Sarah: I do understand, but if when something bad has happened or not perhaps as it should be...

May I stop you my dear friend?

Sarah: Yes please.

Let me just kindly remind you that you are prejudging a situation.

Sarah: I know what you are going to say, yes! What I'm trying to say is: you're saying that the situation cannot be changed—you can change a situation when the Spirit has recognized what's been done, then that can be changed, but surely, what has been done, has been *done*.

It cannot be changed what has happened in the past. All that can be changed is the thinking of the people involved.

Sarah: Ah, right, yes okay.

Is that clearer?

Sarah: Yes, thank you.

Always my dear friends, this is the difficulty of life that humankind is all too quick to condemn and to judge others. I do not say sorry to you for reminding you frequently about judging others, because you never can see the full picture of that life. You cannot make judgement upon another, unless—and here I will use one of your earthly expressions, 'you walk in that person's shoes'. Are there any more questions?

Sarah: I was thinking about the air Spirits and flower Spirits and all the rest of them. Why is it that they actually need to be seen, because if they are Spirit beings, why do we need to see them? Is that just we're getting into the right vibration that we can see them? **(Yes)** And if that is the case, there must be other energies that are about that we also can't see that we could see if we were in the right vibration. Is that right?

What my dear friend do you suppose that I am?

Sarah: You are energy.

And can you see me?

Sarah: No.

No. Let me go to the beginning of your questions and there are more than one. Those light beings that you speak of have no need to be seen, but the people of this Earth oftentimes desire to see and oftentimes those who have no knowledge see these light beings, because, as you say, they are tuned into that world of light at that particular time of existence; in the same way there are many within your world who see and hear those from our world whilst the majority of human beings do not. There are many factors involved here: It is whether the light beings *wish* to be seen, it is whether the human being

is in the right energy field and, thirdly, what would be the purpose of the seeing. Do you understand? (Yes) Does it make it a little clear for you? (Yes) The light beings have no need to be seen—they just exist, they are, they are Spirit. It is up to humankind whether they desire or wish to see them, but as you well know, that would be almost impossible unless that energy of the human being was raised enough for this to happen. I would like you my dear friend if you would, to concentrate a little about the question that you have just asked of me. I think in your quiet moments, fuller answer will come to you.

Sarah: I think I was thinking that you said that everything was energy, (It is.) and therefore Spirit was energy and therefore I was thinking that the other things that there must be to see, because it is all energy.

Can you see your electricity?

Sarah: Not the electricity as such, but you sometimes see blue lights from electricity.

Yes, but mankind for thousands of years was unaware of electricity. So do you see what I am trying to tell you, that all of energy has always existed, it is mankind's awareness which is changing.

Sarah: Yes that's what I was thinking—there must be more things that we could see—perhaps it's more be aware of than see.

When your awareness is raised, indeed you can see and feel much, much more, but that my friend is down to each individual. How much they desire, how far they want to progress in their awareness. And after all, I could come to you for many, many of your earthly years and still you would be at the same stage of development. Without your participation, I could not make you become more aware. So, do you see that the responsibility lies within each one of you? (Agreed) How much you wish to see, to become aware of, is entirely belonging to you and your freewill.

Paul: We have to take the steps.

Yes. I can encourage you, I can try to uplift you, I can speak many words to you, but I cannot make you more aware than you wish to be.

Sara: And we have noticed this when we are parenting too. We can encourage our children (Yes) and we can show them the way but they make the decision.

Yes. Even as a young child you can see that freewill abounds. Yes, you are quite right. But what happens as the child grows older and comes to adulthood, they lose that intense quality of investigation. That is what happens with most people, that the eagerness of the small child slowly diminishes, until other aspects of living overtake that freedom of thinking that unspoilt energy which all small children possess. Do you understand what I am trying to say to you? (Affirmed)

Paul: Is it almost like when they reach adulthood they begin to think: 'well, maybe I've explored everything now—there's not that much else'—when in fact there's much, much more.

Unfortunately, the materialistic side of life begins to show itself and unfortunately for many, many people that is a way that takes you downhill, rather than up to an awareness, a growth of awareness. Unless within that child there is a strong link with Spirit, most children go on through, how can I say, influences of everyday life, to become less spiritual, which saddens us from our side of life, but at this moment in time of the Earth's evolution, that is the way of life; but slowly, slowly it will change.

Sarah: So some poor people, perhaps nomads or whatever, that is possibly why they retain more of their spirituality, because they have not been influenced by all of the commercial side of life.

Yes, they still understand that by going within they have many answers to their lives. You are quite correct in that assumption. I will leave you this time my dear friends. I hope that you will ponder my words this time, as I know you always do, but again it is something to recapture and to think about. Think of yourselves as that individual energy which belongs to a group energy, but if you wish to become more aware, then take your responsibility seriously. The more that you put yourselves forward, the more help we can give you from our side of life. I will leave you with our dear lady (Lilian) and let you feel or see or sense those or whatever is around you. Until we come together once more, I leave you with my love. (Thanks + farewells)

We sat quietly for some time, before Eileen brought clairvoyant messages for Sara and Paul from their Granddad.

~1st December 2003~

Good evening. (*Greetings*)

It is good to join with you again, to feel the peace which is with you all. As you approach your time of goodwill, I do not need to remind you of the love and support that you give to others. That my dear friends, comes to each one of you naturally, but I would like to kindly remind you, of all those people who are in need, not only in your world but in ours, particularly at these times, when families gather together and there is so much joy within your hearts. Remember those in our world, who are lost souls and who are constantly pulled back to your earthly conditions. Remember them my dear friends in your thoughts, because as you well know, it sometimes is easier for you to reach them, than it is for those in our world to come close, until they are ready to accept.

Lilian: Yes, it will be a privilege for us to be able to do that. Thank you for reminding us.

I know you do not take my reminder as any kind of reprimand—it is not meant to be that way, but sometimes on your planet, you can be absorbed by the suffering in your own world and sometimes forgetful that there are so many in need in ours.

George: Yes, we sometimes forget that suffering extends into Spirit.

Yes, if only you could be more aware of those lost souls, I am sure that you would understand our difficulty in helping them. They are constantly drawn back to the love of families, friends and all such conditions that attract them to others.

George: So these lost souls by being drawn, they would be very close to us, so to speak?

Yes, they are closer to your conditions than to our world. That is why it is so necessary for both sides to work together that these lost souls may be helped to go forward. It is not something that can be shown to others, but indeed my friends, it is a great effort on your part, when you help another lost in our world, who will and cannot recognise that the mists surrounding them can be cleared. It is important work, but not so many of your groups can understand or even can help. Therefore, because I know you so well by now, I know you will find it within your hearts, to extend the love that is your right. I feel it is time my dear friends if you have any questions, I will be most happy to answer them for you.

Lilian: Questions anyone? Paul, before you go on your travels?

Paul: I was just thinking about those lost souls. I suppose as we don't know them, we can't communicate with them directly really. Would one just try and generate general love and put it in the hands of those who then can direct it towards them?

Yes, in the same way as you need no emotion to sit in your circles and to whom we bring what you term, 'rescues.' It is the feeling and the giving of love and each one of you are quite capable of giving love to many.

George: And that love or prayer, that can help clear that mist around these souls?

Yes, they are emotionally tied to the conditions of this Earth, especially as I have said, at the times of gatherings, when families come together. There are so many in our world, who at this time, as you approach your holiday season, are crying for help; they are lost and they need help. That is why I *feel* it is appropriate for me at this time, to gently remind you. (Thank you.)

Sarah: Salumet, those who come back to us through rescues, how are they chosen? Some are still in quite a bad way when they come back—why do some come and some don't?

We know by their light, that they are ready to receive help. Therefore it is appropriate for us to bring them to you, even although they may still be in denial, their light shows that they are open to help. And of course, as you also know, there are those lost souls who are crying out for help, but they cannot free themselves. They need the understanding, not only of our world, but to hear the human voice of your world. You understand? (*Affirmed*)

George: There is one small query I would like to make with you in setting down a book of your teachings. I have made 2 small adjustments: Occasionally I have interred an extra word in brackets, to show that it has been added, to make a sentence run or read more smoothly and occasionally I have changed the word 'which,' to 'that.' The way our computer programmes are arranged these days into very modern English,

seems to be the general format, which does not change the instruction/meaning of anything, but helps the flow of the sentence. I hope you have no objections to those small adjustments in presenting your words?

My good friend, let me say, I trust you completely that my words be known. It matters not that there are slight adjustments, provided the content of the truth be known.

George: Yes, that's what I felt, thank you for confirming that. In tapping the keys of my computer, I felt no little taps on my knuckles, while I've been doing that, so I was hopeful that all was well. (*Chuckles*)

But there has been breath upon your shoulder. It is well known what you have written and as I have said in the past, we are pleased with what you are achieving. It is part of your purpose, because you give the words readily, you tell the story as it is told, you do not embroider what has been taught to you. For this we will be always grateful to you.

George: Thank you, I can only say I do my best.

Lilian: You do very well!

George: I was searching for another question. Yes, you once said you bring us words from *a* source—I notice you didn't use the expression, from *the* source. I took that to mean that the Cosmos is a very large place—infinite, (**Yes**) and it would be inappropriate to see a single source—but one can only see aspects of an extended source in that. Perhaps I have worded that clumsily. Perhaps you have a better way of explaining that?

Yes, to speak of words of course, of course all words come from *the* Source, but to say *the* source, indicates that there is but *one* source, when in fact there are many areas within our world, within the Cosmos, which are quite apt for teaching. Remember when first I came to you, I told you that I was a conglomeration of beings? (Yes) That conglomeration of beings belongs to all of the source of all life and from many sources, come the words that I speak to you. Therefore I *feel* that it would have been inappropriate to use the term, '*the*' source. Do you understand that?

George: Yes, I think I follow that.

All of existence—(Pause—voice changes)—we speak of very deep matters when we speak of *infinity*. It is an aspect of teaching, which is not available to you just yet. What we bring to you is what you need at this moment in time. Therefore when we speak of the source, we are using words freely, which at this time is not understandable to you. I am but one voice. I bring to you the words from many sources of Truth. Do you understand? (Affirmed)

George: I think we do yes. Thank you very much for explaining that.

Lilian: So there's much, much more that we shall learn as we go along?

As you go along, I will bring to you that which I know you are ready to accept. Of course there is always truth and all truth is already known to you, but sometimes you will not know that truth until you return home. So, *never, never* will you have full understanding of our world, but I hope that has clarified a little for you. (Affirmed)

Sarah: In speaking then Salumet, your voice changed quite considerably. Would that be because, although you are a conglomerate, and you say that you come from many sources, this is another source that's helping?

Yes, remember it is not only my words—I am but the voice. Therefore sometimes when deep questions are asked, there is an extra input of energy. If the voice seems to change, that is the only reason.

George: Yes, I imagine it was an extra input (**Yes**) and I think it has happened on several occasions in the past. It's nice to have that confirmation.

We are not always aware of the sound that you hear, because as I have told you, it is not the easiest of things to use a human voice, but we are always happy with what we have achieved with you; but it is most interesting to hear your feedback about such matters.

Sarah: It is always very clear your voice. It's excellent.

George: We're very pleased to hear every word.

Again, you say kind words, but there is no need. I am always overjoyed when I join with you at these meetings.

Sarah: The feeling's mutual! (Affirmed)

George: Can I also say, Graham here was sitting at his computer recently and he did a search on the word 'Salumet,' and a number of entries came up. Some we know about—one was connected with Michael Cocks in New Zealand with whom we have communicated, one was connected to Paul Bura, but there were several entries in European languages—Danish, German, in an Eastern European language. It's very nice that your name is getting around on the internet—we wondered if it's all coming from this source, or perhaps you now have another group somewhere, whom you teach. Either way, it's very good news.

Do you remember when first I came to you I told you that whatever words I told you of, would be confirmed in many other places? (Affirmed) Yes, the name really does not matter. What is important is the teaching and I know my dear friend, you have wondered why that particular name was chosen, have you not?

George: Yes, but you indicated to us that it was a salutation.

Yes, but also, if you *sound* the name—remember what I have told you that letters and words have energy—if you break the name into syllables, you will get an energy pattern, which is greater than the Earth itself. For example: Sah-ah-ah-oooh-eh. All of these letters have energy, which you will not be aware of at this time. It is something for you to consider this time.

Sarah: Those words are our vowels and they are in use all the time.

It is not the language or the letter, but the *sound*. The *sound* is worldwide in your language. You understand? (Affirmed) Sound it for yourselves and feel that energy, which is released within you.

Sarah: And is it stronger because those 3 are together?

They were chosen because they are recognised all over your planet. Not for one language, one nation, but for *all*.

George: Yes, I feel the Tibetan monks might well have knowledge of the significance of this, because they use such sounds very much in their ceremonies.

Yes, many sounds are used in your world, but these sounds have much energy. I know each one of you will try these sounds when you are alone, but to have the full effect, you should try it together. If you so wish, try it my dear friends and see how different you feel. Perhaps this time as I withdraw, perhaps you could try to see for yourselves what each one *feels*.

Lilian: Say it slowly?

Shout it from the world, not so much with the physical voice, but *know* that the sound reaches to the Cosmos, to all that exists, and see what you *feel* within yourselves. So my dear friends, with that I will leave you this time; I will leave you with our dear lady, who as always, gives of her time and support to these meetings. As always know that I am close by. (Thanks + farewells)

We then softly chanted the sounds as suggested and discussed what we felt.

~8th December 2003~

Good evening. (Greetings)

As I come to you this time, I hope that you are aware of those who join with me this time.

Lilian: Is anyone aware?

George: I think I usually feel the presence, the energy.

Sarah: I did feel a little extra energy, but I didn't relate it to others here, but maybe that's what it was.

No matter if your awareness is not raised this time, because it matters not that the effort has been made by those from our world, who wish to stand close to you. (Thanks expressed) They have been attracted to your love and your energy, which allows me to come to you. I am happy to allow them to share this time with you.

George: We are certainly happy—very happy. (Agreed)

Last time we ended with sounds that I hoped you would find most interesting. I have been most interested in your thoughts about this in these past days. What I wish to say to you this time is brief, because as you are aware, we have reached that time of your yearly calendar, when I usually withdraw for a little time.

George: Yes, well it's been a wonderful year.

Lilian: Hasn't it just! *(Affirmed)*

George: So we look forward to your return.

I can say that it will not be a long absence this time, but it is important that I return to where I belong, in order that we may evaluate all that has happened in this year of your time. *(Thanks expressed)* I can only say to you my dear friends, that I have felt nothing but love and joy within your presence. But it is important that we move forward in your new year and go forward with the teaching and the awareness that you have started upon.

Lilian: Yes, I don't think we can find words to say how much we appreciate it all.

Again my dear friends, I do not look for any thanks, because without you, I would not be here.

George: You are probably aware of our joy, in any event.

Yes, I would like to thank you for your thoughts this time, for all of those who are seeking help in our world. Your words have been taken and I can assure you my dear friends that help will be given where necessary.

Lilian: Can I just ask one question? **(Yes)** Does it matter—the way I did it was that I gave out thoughts, but would it be better to actually use the voice?

My dear friend, have you not realised again my words, that your thought is your most powerful ally?

Lilian: Yes, but I wondered if it would help those lost souls, as we call them, to hear a voice.

They are aware of your thought pattern. (Good.) It matters not really, which way you give your help, but your thoughts travel upon that energy pattern, which will be recognised more easily. Although those souls are lost, they are after all, still part of our world. Whichever way feels more comfortable to you, then I would say to each one of you, that is the way that you must help. You understand? *(Affirmed)*

Before I leave you my dear friends, I wish to say that next time you meet, there will come to you those to whom your earthly Christmas time, has some powerful meaning. Within that group there will also be some children. Therefore my dear lady friend, I will leave them in your gentleness, to give some help where necessary. (Yes) Before I wish you all much love this time, are there any questions that you feel that you must ask?

George: You're happy to take questions from us this time?

Just one or two, because those who come with me are waiting to impress you.

Sarah: Salumet, you said you are growing the same as we are growing during this teaching time. Will you always be doing this? I know you don't have 'time', but are you destined to do something else after you have learned what you need to learn?

That will be part of me. That learning time with you has been a choice made by many. At this moment of your time, all I can tell you is that this choice of being with you to teach, is indeed a growing time for me also; but when I say 'me', remember that I am not *me*, but many. Therefore it is not that I can use the 'I' to tell you what will happen, but what I will say is that my work upon this planet will indeed be ended when I leave you.

Sarah: Well, thank you for choosing us!

But the words that I have brought to you, will never end, but the actual physical use of an instrument will come to an end, when this instrument comes to our world.

Sara: I hope not for a long time! *(Gentle laughter)*

George: We have to observe that this is the general pattern of the past that this happens.

Yes. There has been a purpose, and remember my friends, that when first I came, I told you that we had waited a long, long time; in fact much longer than before even this soul who sits here was born. So you see—and again when we speak of time, it seems so long to you, but in fact it is not.

George: I think we are beginning to get a feeling for this. **(Yes)** In fact I wanted to ask a question about our concept of past civilisations **(Yes)** and we think of them as past civilisations, but that aspect really perhaps only relates to the physical Earth. **(Yes)** I imagine there are groups in Spirit who continue those past civilisations, and some reincarnate into later cultures for further learning and all that knowledge is still there in Spirit, it is not lost at all. I was going to ask you, is that a fair picture of how things are?

Yes, your words are admirable, but just let me simplify it for the others. Past, present, future are but one—this we have discussed briefly, but time as you know it, is but energy and energy cannot be destroyed. Therefore when you speak as you do, of course it is never lost. You of course think of *time* within your own earthly planet, but it is but a *small, small* part of all that is. Energy cannot be destroyed, therefore what has *gone* in your *minds*, indeed has not.

George: So it is almost an erroneous thought form to think of them as past civilisations.

Yes, but it is acceptable, because mankind's thinking is so limited, you understand? (*Affirmed*) But my answer to your question would be 'yes', in your thinking. I will leave it with you this time. I feel when these moments come and I have to leave you for a little while, I feel somehow your earthly emotion sometimes and I wish to say to each one of you, that although I may not use this instrument to speak with you, I am indeed with each one of you (*Thanks expressed*) at all times and know always as you call my name in need, I will be with you. (*More thanks*) So my friends, until we meet next time, I wish you all much love and happiness in your daily lives, and no matter what troubles you, know that I stand by your side. (*Thanks + farewells*)

Sarah: And we wish you well back where you belong.

Thank you.

Lilian: And we could say we wish you a happy Christmas. (*Chuckles*)

George: Yes and you've left us with so much richness, we hope that we can return some of that to you.

One followed through Eileen, giving personal messages to each sitter. She gave the name of Emma, stating that while on Earth she had also dedicated her life to spiritual work. We later deduced that this was the first of many visits of Emma Hardinge Britten: <https://www.youtube.com/watch?v=8Uhx6zSqDU>

~12TH January 2004~

Good evening. (*Greetings*)

How good it is to join with you once again my dear friends. Although we have not joined together, always I have been with you. I would like to say to you this at the beginning of another of your earthly years that we have much to discuss, but also there is much time to be given to each one of you, in order that you may expand your awareness of all things spiritual. But for this time I would say, let us have just a small time in discussion and next time we come together I hope to bring you some words of upliftment and comfort. (*Thanks expressed*) So, you people of true trust and faith in all that is good, shall we begin? Are there any questions this time?

Lilian: Before we've questions, the lady, Sue who sits next to you sometimes, would like to say 'thank you'. She was telling me that she's called on you quite a lot and she would like to say 'thank you' for any help you've given her.

My love always surrounds all of you. Therefore my dear friends I do not need thanks. It gives me great joy when I see an individual who is struggling, when they know that I have been around and have tried to uplift and uphold them. That is all of the thanks that is needed.

Lilian: She does hope to come next time, maybe.

Bonds may not be broken once the connection is made. Although you may not physically be in this room, there is still the bond of love. As with some of you, that dear one has trials and problems—as you all have at times, but she will survive them. As each one of you knows, you have gained an inner strength which will support you in your times of need.

George: Yes, I think we feel that.

Yes, and it is becoming stronger within each one of you.

Lilian: And certainly the words that you've said to me from time to time have helped me, and thank you.

Yes, you are a kindly soul, who has harboured much hurt at times, but yes, you are growing stronger.

George: Could I refer back to a welcomed communicator who came through to us last month and she gave her name as Emma. She also reminded us that names are not important. Sometimes when they connect with our recorded history I feel it helps with those who might read these transcripts—help to focus their belief perhaps sometimes. From several things that were said, I rather felt that she might be the one who

had a life as Emma Hardinge Britten, who promoted the world of Spirit in the early part of the last century. I was wondering if you'd be able to confirm that it was indeed she, or perhaps I ask an inappropriate question?

My dear friend, I am always happy to help you when I can, and yes, you know I do not come to you to give trivial words, but inspiration, philosophy I hope and many other things. But on this occasion I will tell you that indeed you are correct. That dear lady works tirelessly still for what you call Spirit.

George: That's nice to know. I'm sure that will be noted by a number of people.

Yes, she is always attracted by dedication to the work and that is possibly why she was attracted to speak with you here.

George: Yes, thank you for confirming that.

She speaks many eloquent words, does she not?

George: She spoke extremely well, we felt.

She captures her audience.

George: Yes, she gave the impression of being a public speaker.

As she still is. I hope that satisfies you my dear friends.

George: It does indeed. Thank you very much. I'd like to ask—it really stems from the commandments or commitments given to Moses and the one in particular: *'Thou shalt not kill.'* The various countries of the world have had their forms of capital punishment which is obviously quite wrong. A number of countries have dispensed with that, some still have it because they feel it is protecting others on the planet and it's acting as a deterrent, but clearly one can see it, with the teaching that we now have, as transposing the problem from the physical world to the world of Spirit. I just wondered if you have any words for us about capital punishment?

Yes, I understand your question. Of course when that commitment was given, it was given on the understanding that mankind should always love his fellow man but of course, as you know full well, throughout your history on this planet, there has been much killing; killing in the name of religion, of war, of, as you say, justice—how then can we deal with such an issue? I would say this to you my dear friend: killing another human being cannot be justified. But we have to then think that for some upon this planet, they feel that what they are doing is for the betterment and the safety of others, so again we have to look at the *motive* for such killings. I would say to you, for everyone who has raised their hand against their brother, their fellow man, that it will be a source of regret when they come to our world. And of course, you are quite correct in your assumption that these problems do not end on your planets, but indeed come into our world, where many have these problems. Let us give you an example of one who is legally killed—and I use 'legally' lightly—by your institutions, by your governments, because they feel that they are protecting the majority of the people. Imagine the anger and the hatred of the one who is being killed and then think of the one who uses his hand to do such an act. That soul will come to our world still engaged with anger and hatred, which then has to be *seen* and recognized within our world. That soul will be lost in anger and hatred for some time. You full well know, you have had many rescues in this group, you understand the problems that people bring with them to our world. So, yes you are correct, killing can never be right, but we do take account of the motive behind these things.

George: From what you are saying, I think I understand that capital punishment can increase the problem (Yes) through generating more anger.

Yes, there is no question about that.

Sarah: And for those people who are forced to kill—regimes who make boy soldiers and people who don't really want to fight but are made to fight—account will be given to them too, because they have done the killing unwillingly or been forced into it, brainwashed into it.

That is why, my dear friend, there is never a clear answer to these questions. You cannot judge one human being against another, because you know not what is in that thinking—that being you do not know what they carry within. And yes, there is much injustice in your world, but all must be accountable for whatever deed is been done by their own hand—yes.

Lilian: Can I just mention the animals we have as pets—dogs, cats and so on. When they become ill, we can ask the vet to end the life of that animal when they are in pain and so on. Is that the right thing to do?

Every soul, every being upon this planet is here for a purpose. I would say to you only this, that the animals in your world who come within the scope of your love—and there are many, you would agree—are dependent upon you human beings for their lives here. They are apart from the animals of the wild, who look after themselves. They need the love-bond from the human being. I know what you speak of when human emotions come into play and they do not want their beloved animal to suffer. And for them they are doing it for love, but I would say to you, all energy has its time and its place upon this planet and no man should take any decision which curtails the lifetime of that energy.

Lilian: Even though the animal may be in pain?

There are many who are in pain, but again it is *motive*. You understand? (Yes) Because it is done from love, then the human being sees it as being right, but when you come to our world, you will see the fuller picture.

Sarah: Salumet, on the subject of death, a friend of mine, her son married an Iranian and all her family was lost in the earthquake and they were only together as a whole family, because they were mourning the death of another member of the family who had died in a car accident the month before. I *feel* that maybe all these souls are meant to be together. The earthquake I know was an act—you've talked to us about these things that happen, volcanoes and earthquakes, but am I right in thinking that they were a group of spirits that needed to be together.

When these problems within your world create what you would call 'disaster', then the majority of the thinking would say it was not meant to be. Again I would say to you my dear friends that you do not see the full picture of life. And yes, I would say to you that as a group of people, their time was right. Therefore, conditions exist which will help this to happen. Do you understand?

Sarah: I do. I felt that that they were all meant to be together.

Yes. They agreed as a group that their life upon this planet would end at a particular time; so conditions existed in order that this may happen. You understand?

Sarah: I do understand, thank you. The other question I had was, when souls come onto this planet as brothers and sisters, do all spirits know each other before they come or do they sometimes meet on this planet?

Lilian: For the first time?

Sarah: For the first time.

Let me say this to you that I have told you that you choose your parents—you make, shall we say, contracts for the lifetimes with others. But occasionally there are those souls who slip into life for whatever reason before their time, which therefore sets up a situation where those two souls have not made an agreement—it is possible but rare. Most of you upon this planet have chosen your time and your place and those with whom you will be in contact.

Sarah: I just wondered because sometimes there is such unease within some families.

But that is meant to be. They have chosen that situation.

Sarah: Yes, so you choose your parents for the opportunities that they give.

Yes, not because of the people so much as the situations which can help you along.

Sarah: Yes. And the parents, they are also aware that these spirits are going to join with them?

Yes. As I say, you must remember although years of earthly time seem such a long time, they are not, and souls have ways of coming together in a world to decide who and when and where. (Thank you.)

George: There is one topical question which might be good to ask. There is at the present time a mechanical probe on the surface of Mars and scientists are endeavouring to discover if there's evidence of any past life there. I think you've already told us on one occasion that there is no life on that planet, but now that we've the benefit of your further teaching, we are realizing that there are all kinds of life (**Yes**) in the cosmos and you probably meant at that time that there was no *physical* life.

No human life, yes.

George: I imagine that there would be the angels and the planetary guiding beings **(Yes)** associated with Mars and there may be other spirit life on Mars. Would you care to say anything on that?

Let me just simplify it a little for you. No matter what planet, no matter from which universe, no matter: all energy exists; there is not one *space* that is without energy. I think you will understand my meaning my dear friend. We have not gone this far before, but I would say to you that energy exists in *all* places and I think that would suffice for the moment. Would you agree?

George: Yes, energy equates to spirit, **(Yes)** spirit equates in turn to spirit form.

Yes, you understand. Is that helpful for you? (Yes thank you.) **We have many areas to tread that is outside of your own planet, but again I say to you, we must tread slowly.**

George: And the development of physical life from spirit would be a much more particular happening.

And remember I have told you that there is life outside of this planet, maybe not in the same form as you are, but nevertheless life of a certain type—life which you are mostly unaware of at this particular time in your evolution.

Sarah: When the astronauts went onto the moon, we were made aware that they knew something that wasn't released to the general public and I can only think that they were made aware of spirit whilst they were on that trip.

Yes, there is much more known on your planet than the ordinary man and woman is allowed to know, but the time is fast approaching when mankind's thinking will not be stifled.

Lilian: Yes, I did actually see a programme on our televisions about the knowledge of UFOs coming out. The governments are going to allow the people to know.

In no matter what form, you cannot keep truth in, it will always 'out', yes, but as in all things, it takes time.

Graham: Could I ask a question about the Bible and we were talking before about capital punishment and one of the most famous executions was that of Jesus. Are the facts in the Bible concerning the death of Jesus correct? I was reading some work by another spiritual teacher called Seth. **(Yes)** If I understood that right, in fact the circumstances behind Jesus' death were quite different than that said in the Bible. Is there anything you can say about that?

We have discussed the Bible on many occasions and I have told you that many of the words written there are not factual. Therefore I would say to you, do not believe every word, but that the commitments given, which we have discussed, they were the words truly given. I would say to you, the rest of the Bible has been—I nearly said 'fabricated' but that is not true—*much* has been changed, *much* has been omitted and *much* has been added. I would say to you, listen to what comes from our world to have the truer picture. Do you understand?

Graham: Yes, you've said this before that we are not very good at recording information and certainly in times gone by there must have been an awful lot of information was given by word of mouth—things weren't written and recorded in the way they are now and I find it staggering that the Bible was put together at all.

I think that mankind of today has many doubts about the written word, and as you said, there were very few scholars in those days and we have spoken briefly about *why* these things were written. If you would like to recapture my words, then please do as we have already spoken much about the Bible.

(Thank you.) **Not only your Bible but many holy books throughout your world have many errors within them, but of course each religion feels that it is the true one and of course my dear friends you know this not to be true.**

Graham: I think people are beginning to have more tolerance towards other religions these days. **(Yes)** People in this country are becoming Buddhists and other things and these days eyebrows aren't raised in the same way as times gone by. The people are seeking truth now more from an open mind than they have in the past. *(Eileen began coughing at this point and Salumet decided for the sake of the instrument, to withdraw)*

Yes, I will say I will close for the sake of this instrument. *(Thanks + farewells)*

One followed through Sarah explaining for those people who arrived in Spirit realm with no beliefs about the afterlife, our meetings were sometimes shown to help them cope with the transition from physical Earth to Spirit. They thanked us for this—we were only too pleased that our meetings were of help in this way.

2ND February 2004

Good evening. *(Greetings)*

I am happy to join with you once more my dear friends. There is much that we must discuss in the coming time, but also I would like you to understand that your individual awareness and development are of the utmost in this your coming year. No matter what your earthly condition, each one of you will find that you grow not only in awareness of our world, but of awareness of those people who are around you in your daily lives. This awareness does not belong solely to yourselves; the awareness of our world is taking place amongst you human beings at long last and I wish to say to you my dear friends that this awareness will be enriched not only by self-knowledge, but by the evidence given from our world. By the end of this your earthly year, each one of you will be aware of your own inner strengths, and as individuals you will know in which way that strength has helped you. There is much upliftment for you in this earthly year, but remember that self-will will no doubt be in evidence on many occasions, but the opportunity lies before each one of you that you may become more enlightened as human beings—as Spirit beings. You will find that the Spirit being within will surface and help to create within each one of you a strength, which you have not encountered before. Your planet as a whole in this coming year is reaching out for more knowledge and it is being give—make no mistake about that. There are many who are with you now who are willing to give of themselves in order that mankind at last can begin on the spiritual journey of knowledge. I can hear you say, ‘but how can this be so when there are so many problems in our world?’ But if you look at your world honestly you will see that individual knowledge has grown so much in the past twenty of your years. I am sure you are aware of this. *(Agreed)*

George: Yes, we’ve always been very much a mixture but within that mixture I think we see some very good people.

Yes, and do not dismiss my dear friend the part that each one of you plays in giving of the truth. It is most important for *you* as individuals to carry on the search for knowledge and truth, but the connection to you is strong. But you must be there for those individuals who fall by the wayside, who deny the knowledge they have gained and are spiritually lost. That is part of your purpose for this coming year. And my words to you my dear friends are that you have that inner strength, you now have more knowledge and you *are* much stronger individuals than you will ever understand. I say to you again, as I have done on several occasions that you cannot see your own light, but let me assure you that it shines brightly.

George: It’s nice to know. We are certainly well aware that the steadily increasing knowledge, that it has been increasing steadily over the past ten years, and I’m sure we are very much aware of that.

Yes, you *are* aware, but this year of your time will bring even greater awareness to you. Each one of you has your own mountain to climb and I do not say to you that you are near to the top of the mountain, but what I do say to you my dear friends is that the effort that you make, that the knowledge you have attained, already sees you standing on the top of that mountain. Do you understand what I am saying to you?

Lilian: Yes, thank you for those words.

You have a long way to go, but as far as your awareness and effort go, you have climbed mountains. Are there any questions this time?

George: Yes, I’m sure there are! Perhaps this one connects. It has been said from time to time that an induced fever can heal disease. I’ve been thinking about that and it’s possibly similar to what happens in a sweat lodge, in that a high temperature works against the physical nature of the body, so that the Spirit can come more to the fore and I imagine healing can then take place more easily when the Spirit is to the fore. Would you agree with that?

I understand your question, and yes, I would say this to you: in the state of fever, as in *all* cases of shock to the physical body, the Spirit indeed does come to the fore, but rather I would say that the Spirit stands to one side. Therefore the Spirit is aware of the physical problems more readily and in such circumstances healing can therefore take place much *more* than if the Spirit was encompassed within the body. Do you understand?

George: Yes, I thought it must be something like that. It's nice to know.

You could relate *fear* with fever, or you may relate it to some kind of shock or accident, which sends the Spirit from the body. Do you understand what I am saying?

George: Yes, I think this connects again to the Shamanic principle (**Yes**) when accidents and fevers occur.

Yes, if only I could take you with me I could show you in front of your spiritual eyes just how simple it is when the Spirit stands aside from the body, how things become much clearer. Do you understand? (Yes) The spiritual eyes are then much more in command of any situation.

George: Yes—thank you, that's very nice to know. I've one more, much more specific question where illness is concerned. There's a condition known as polycystic ovary syndrome, when girls sometimes fail to release the eggs and this has the effect of upsetting hormones, they generally grow very fat and develop male hair and it's a very unpleasant condition for a young girl to have. I just felt non-release of eggs, would there be a spiritual factor that connects there? Are you able to help with that one?

I thank you for your question. I will answer it for you with one word: 'fear'. The Spirit is in fear, therefore the body takes on conditions to—remember what I have told you that the thought becomes reality, and this is what happens when there is fear that the body must react in some way. And I would say to you simply my dear friend that that particular condition is a fear of *children*.

George: A fear of having children?

Yes, but the fear comes from the spiritual side. It of course can be helped, as you may well know, but it is a mission for the Spirit to undertake for itself.

George: Yes, I think the only help that the doctors are able to give at the present time is to suggest taking a contraceptive pill, which seems to have the effect of regulating egg release, which takes about a year to really work I think, but perhaps this in turn connects with the alleviation of fear?

Yes, it will only help when the Spirit recognizes that there is no need for fear. So many conditions within your world are based on fear. We have spoken much about fear and I have told you that there are only two relevant words: love or fear, and fear is a creator of many, many dark things in your world. If only mankind could look inwards and truly see himself and be honest with that spiritual part of his being, then there would be so much less fear in your world.

Sarah: When you talk about fear, you are talking about spiritual fear, but can physical fear have the same effect as spiritual fear?

It is not quite the same. Physical fear comes from the emotional body; that is the difference.

Sarah: Yes. I was just thinking about Alzheimer's disease in old people and I was wondering if that partly isn't brought on by fear.

Yes, it is a *fear* of what lies ahead.

Sarah: Yes, that is what I thought. I was actually just thinking about my mother who really wants to pass into Spirit but maybe she is afraid of that as well. I don't think the spiritual side would be afraid of passing back to Spirit, would it?

No, Spirit recognizes its home and would rejoice to join once more with all of those loved ones, but the physical part is afraid—that is the fear, the fear of what they call the unknown. That is why my dear friends your work is so important. Again I say, and I do not apologize for my words, but if you can help but one person, indeed you have done your work.

Lilian: Would my mother be a prime example of this fear and it causing her so much discomfort and pain?

If only they could recognize that they are creating their own discomfort and pain—they could release themselves to Spirit a little sooner if only they would look inwards and to let go of all fear. I feel that if you were to discuss or look into many of your earthly diseases, you would find the fear factor behind so much of it, (*Agreed*) but I am sure that if you were to approach another human being and tell them that

fear was the basis of their illness, they would be amazed and probably not believe you, because their understanding is like that of a child.

George: I think fear can be pretty closely allied to stress?

And what causes stress?

George: The fear causes stress.

A form of fear.

George: At least stress is mentioned in the medical world, **(Yes)** if not fear.

Yes. The medical world are now beginning to listen to what we bring to them. It is slow, but I can tell you my dear friends that great progress is being made in that direction. There are many of your doctors upon this Earth now who could verify for you that their spiritual knowledge is much greater than they would care to admit.

Sarah: And of course going with this disease again, positive and negative thinking have a lot to play in this, doesn't it?

It has everything to do—your thoughts become reality if they are strong enough. That is why my dear friends I have always cautioned you about your thinking. You can create for yourself dark fears which then manifest into illness.

George: Could I ask a question about developing knowledge. It concerns three scientists and some curious relationships. All three have worked towards the same seeking—seeking the workings of the universe. Galileo who died in the year 1642, Isaac Newton was born later that same year and he became Professor of Mathematics at Cambridge University, and in our present time there is Stephen Hawking who was born on the anniversary of Galileo's death and has also become Professor of Mathematics at Cambridge. So they all seem curiously linked **(Yes)** across the span of time.

Indeed they are.

George: I was wondering if there was a spiritual connection.

Yes, I was about to say to you that they are part of the same energy. Do you understand what I say to you? They are aspects of the same energy.

George: Yes, of the same soul or similar souls?

Of the same soul.

George: That then explains the curious connections.

Yes. Although they have existed at different times, they are aspects of the same soul who wish to continue with what they have started, and that has been their choice.

George: And Stephen Hawking, he seems to have achieved much despite being very much handicapped by Motor Neuron Disease.

But that has been his choice, because as each aspect has been reincarnated they have gained more knowledge and more understanding and when someone returns to this world as handicapped at that person, it is from their choice, because they are part of an old soul.

George: So they feel that the physical side of life is not so important.

It is not important, it is the spiritual aspect which they wish to express through their work and through their own demeanour.

George: Yes, it is a spiritual direction that is very much allied to new knowledge or rediscovering knowledge.

Yes and after all, has this handicapped, has it held him back in his quest for knowledge? It has not, it has—I almost said 'helped' him.

George: Yes, through lack of diversion perhaps.

Yes, yes, of course. That would be one consideration, I might say to you that would have been considered before he reincarnated into this life.

George: He does seem to be much admired for having achieved so much despite that handicap.

To overcome such difficulties with dignity and pride in their achievements can only come from a Spirit who has grown much. I hope that is helpful to you? *(Affirmed)* I hope my words to you this time have brought you some cheer and some upliftment into your lives. *(Affirmed)* May I suggest perhaps this time

that our dear lady (Sara) take you through a journey of peace and tranquillity to end this session. As always, I will leave you knowing that always you are within my love and my light. *(Thanks + farewells)*
Sara then took us on a meditative journey as suggested, which you can find on the website:
www.salumetandfriends.org

~9TH February 2004~

Good evening. *(Greetings)*

As we join together once more I feel the love from you. I hope my words last time gave you some upliftment.

Lilian: Yes, thank you.

Sarah: We always feel good when we've heard from you anyway, Salumet. **(Thank you.)**

George: I think we should apologize for our small numbers this time; some have not been able to get here unfortunately.

It matters not but they are with us in Spirit—that is what is important. My words to you this time my dear friends are these: that as time continues, not only have you grown, but your spiritual awareness is becoming greater than it has ever been. Some of you will experience much more than ever you have before. This is because as your awareness grows, so too the inner Spirit comes forward to meet that awareness. Therefore my dear friends do not be surprised that if in this coming year of your earthly life, you have some type of spiritual experience. My heart feels full as I speak these words to you, because my dear friends you deserve to *have* knowledge, you deserve wisdom and most of all you deserve our love. *(Thanks expressed)* Because our numbers are few, I do not feel it would be appropriate to speak on matters new, therefore we shall continue this evening and we will have what you on this planet call 'a quiet communication', quiet talk amongst ourselves. Would this be agreeable to you? *(Affirmed)*

Lilian: You mean you will take questions at all? **(Yes)** I think George has some questions.

George: Yes, indeed. Something has been recently published and has been reported in our press today about analysis of vegetables and those vegetables grown on farms in 1940 were very much more nutritious than those grown today and on their element contents they are on average 40% down. I think this is a firm illustration of issues of non-respect of soil and nature and bad farming method. I think this should jolt people into being more aware of the value of soil and agriculture and how we should do better. I was just wondering if you would have any comment on this?

Yes, I understand. As time has continued on this planet, mankind has abused the Earth, the creatures upon this Earth and so forth. Sometimes it takes what you would call a catalyst before understanding takes place. I would say this to you my dear friend, that for many, many, many of your earthly years, mankind in his ignorance has been abusing the soil and your planet; but I hasten to add, not in any negative form, because the knowledge was not there. Therefore I would say to you that it has taken this long in your earthly time, before people have reached the understanding of what they have been doing. But let me assure you that the tide *is* turning. I am sure that you are aware of the many who are trying to change what you call 'farming methods'.

George: Yes, we have a few farms that have become *organic* **(Yes)** and I felt for many years now that the methods used 60 or 70 years ago, were very close to what we recognize today as an organic system.

Yes, it will return to more natural growing of your food stock. It is happening and many are being inspired from our world to take care of your planet. Our elementals and Earth Spirits have had much to contend with for many, many years, but they will never stop trying to influence what is happening in your Earth. So I hope my dear friend that this brings a degree of hopefulness about your question. **(Yes)** It is slowly, slowly improving.

Sarah: And GM products, I'm fearful that some of them have crept into our food chain without us knowing. Yes, I understand your fears, but let me reassure you that the knowledge of natural growing of foodstuff is being impressed upon many, many people, not only ordinary folk, but governments. It will almost be a revolution in time when people will understand what they must do.

George: Yes, we need to revolutionize our farming methods, I'm sure.

But of course in your timescale it does not seem quickly or fast enough for you, but let me say again that things are progressing in the correct way.

Sarah: They're really returning to how they should be more than revolution. We say revolutionize our methods, but it will just be returning back to how it used to be.

Yes and to bring this about as in many instances of your history, where there will be *people power*, in order that governments listen to what the people need. People of your world today have great understanding: they will not be told what to do or how to live their lives as in past times. Therefore the all-powerful collective voice will be heard. You understand?

Lilian: Yes, we can already see this happening with the groups that have formed and protests and so on.

Yes. I hope that is helpful to you.

George: Yes, yes indeed. I wonder if I could recap and extend on the teaching you have given before. Where humans are concerned, we're happy with knowledge of the soul structure that we return to. Where animals are concerned, you told us about the 'spirit pool' that they return to. I couldn't help but wonder about lower forms of life—perhaps that isn't a very good description—but I was thinking of such classes as insects and then bacteria. Do they fit into this pool system?

Yes, I understand your question. Let me just begin by saying one word, and that is the *evolution*, not only of your planet, but of yourselves, and this goes down through the chain, as you say, to insects and bacteria, because as you may well know, there is existence of energy everywhere. There are planets within your system which house only bacteria. Now, let me continue to your question. The human species upon this planet, has evolved in order that they may understand Spirit that has always been. You understand this and you accept this, you also accept the condition of the animal kingdom, which is close to mankind. (Yes) Because the insect and bacteria kingdoms are not so, shall we say, 'advanced' as humankind, but evolved just as much, their return to energy is slightly different than humankind. Perhaps to simplify this matter I will explain it thus.

George: Yes, so it is more of a return to spirit energy than a spirit pool?

Yes. If you think of energy then perhaps it will make more sense to you. The insects in your world have a much shorter lifespan to begin with. Therefore what happens when they are extinguished from this planet life is that they return to the energy and therefore return to the Earth again more quickly.

George: I see, yes. And we can think of basic energy as becoming more complicated as a spirit pool for some life and as soul system for human life.

I would rather say, 'more simplified' than 'complicated' for the insects of the world. They have no knowledge, but it is a natural progression that they exist and return to the Earth. Do you understand? In the same way as bacteria exists, it will return to the same form very quickly, but it is more of an energy pool.

Sarah: I am a little confused. When you say 'return to the Earth', the energy goes back into the Earth? Let us for an example take an insect. When the insect dies, it will almost immediately return to the Earth energy, whereas humankind is aware of passing to Spirit and awareness is much greater.

George: There would be a molecular energy as well as a more general and unmodified energy.

Yes, you have to understand the difference, because of evolution. Remember evolution goes hand in hand as your planet progresses. Is that clear to you?

George: Could I just add onto that the plant kingdom. That would be an entirely planetary system and supported by the elementals?

Yes. All energy has its function upon this planet, but I would say to try to keep matters simple that you must first and foremost think of energy.

George: Yes. There is just one further question that adds onto that and we appreciate the dinosaurs have gone from physical existence and will not return, but would they or their Spirit energy still continue in Spirit?

Energy never dies my dear friend. This I know you understand.

George: Yes, but it can transmute.

Yes, you have taken my words! As you progress in our world, you understand that our world is one of

thought and all energy can be transmuted into any thought pattern that you wish, but that would take some time within our world for this to be achieved, but you know that when mankind returns home to our world that any thought becomes reality. Therefore if one should wish to see a dinosaur then that is entirely possible, because the energy still exists. Do you understand?

George: Yes, so the energy of the dinosaurs does indeed still exist in Spirit.

All energy exists, yes.

George: And it has not been transmuted.

Not in the sense that you mean. Is that helpful to you?

George: Yes it is. It was just a little point that arose in my mind and it's nice to have the answer, **(Yes)** thank you. Another question that is entirely different, concerns people on different pathways. You've talked to us several times about different pathways. My wife Ann, and myself are in fact on different pathways. We don't find this a disadvantage, we can compare notes and we are fortunate in that both our respective pathways recommend meditations, as the developed ways of Spirit do. I was just wondering if there's anything you would like to say about the interaction of different pathways?

Yes. You are a little puzzled by this I know, but let me say that both you and your dear lady wife are conjoined in effort to reach the same goal.

George: Yes, I felt that.

Yes. It matters not which pathway you take when the end of the pathway is reached you will be joined in one footstep together, and the separateness of knowledge will be of no avail. (Thank you.) It matters not which route you take, because all will return home in their own time. I would say to you that it is better for you both that there is this slight difference, because is it not of interest to you both?

George: Yes indeed, **(Yes)** we can learn from each other.

You bounce from one another with your knowledge. (Yes!) Yes, provided each has an open mind and an open heart—that is what is important. Never say to another, 'I am right, you are wrong', because provided you are reaching for the same ultimate goal, then it matters not. After all are not the atheists and the disbelievers in your world, are they not also heading home?

George: Yes, it's a very different journey they take.

Yes, but it is a journey and it may well be that it is a journey that they have decided to take for whatever reason the Spirit knows why. So therefore, always accept the pathways of others, even if it seems to you that they are falling down. Let them, that is their way.

George: I can see that an atheist journey could lead to debate and analysis, which might be useful.

Yes and for another, that may be the point where they gain their own knowledge. Can you see? (Yes) So, always my dear friends, always look at the wider picture, always look within your *hearts*, before you come to any conclusions.

George: And on my wife's pathway I was going to mention Joel Goldsmith, who seems to have had a great inspiration and although much of his teaching springs from the Christian Bible, I feel he has picked out the more mystical and appropriate parts of it.

Yes, you see my dear friend that some people in your world are afraid to let go of traditional teachings. In a way it is holding on and almost—what is the expression, yes people do 'hedge their bets'—is that the correct saying? (*Affirmed + chuckles*)—when the inner voice is a little afraid, can you understand? (Yes) They are afraid to free themselves completely. But no matter who leads the way for many, providing that individual *feels* that that is their pathway, then let it be.

George: Yes, I think that expression comes from the racecourse when people back more than one horse.

Yes, I understand but—

George: It seems very appropriate!

—but I do not know that the animals would agree, (*Chuckles*) but I will leave that one with you! I sometimes listen to these earthly expressions and ponder upon them, and I have to say this in our world, causes much amusement!

George: That's rather nice perhaps.

Yes, we are not *devoid* of amusement. Do not feel that all is serious, because laughter and love are very

much entwined. I hope that this is helpful to you.

George: Yes indeed. There was a question I've had on my mind—it isn't about Egyptian pyramids but it is about people in ancient Egypt. If you would rather delay that question until a more appropriate time, then I quite understand.

We have to return to that question I know, and I know that you are anxious that I do so, but I will pick an appropriate time when I feel my answers will be absorbed and understood.

George: Yes. If I wanted to ask a question about Osiris, you'd rather me hold it for that time?

Yes, I know your anxiety, I feel it often.

George: I quite understand.

Again I will repeat one of my words that I have used to you often

George: Patience!

Yes! Now you read my words—yes. (Chuckles)

George: Yes, I still have a little of that to learn.

Sarah: I often try and tell my mother little bits from your teachings and she says to me that she doesn't want to meet her mother again when she goes over and I tell her that she doesn't have to if she doesn't want to. But it lead me to think that if you don't get on with somebody in this world—you have told us that we are probably not on the same spiritual level—but can it be that because you don't get on with someone in a physical life it is perhaps a teaching and that when you get over into Spirit, you *can* in fact get on; I mean in Spirit I'm sure you can get on with anyone you want to get on with, but does it necessarily mean that you are not on the same spiritual level if you don't get on with someone in the physical world?

The difficulty lies when we use the world 'level'. It suggests that people are up or down and that is not quite true.

Sarah: It's vibration.

Yes. Let me say this: when two people do not, as you say, 'get on' in this lifetime, that may have been their choice or it may not—that is not important and that is not your question. As you pass to our world, your emotions do not immediately change; your thoughts, your actions and your deeds remain with you, as you full well know by your *rescue* work. But there comes a time when in Spirit, when all of these *disagreements*, shall we call them, fall away, because the realization comes that they are futile and oftentimes people will come together who at one time refused to see or acknowledge each other. But it is entirely dependent on the emotional state of the Spirit at that time. You do not suddenly become an angel as you might say; you *are* the same as you are upon this Earth. Therefore if there is fear, if there is hatred, if there is great love, then all of these emotions you will take with you, until such time as the recognition comes that these feelings and emotions are not necessary.

Sarah: Does that mean that the vibrations are becoming more...

..refined.

Sarah: Yes, and more equal I am trying to say as well. They are becoming more refined, but...

It takes a long time for vibrations to vibrate as one. It does not happen immediately and knowledge and awareness takes time and it may be that they will never meet as the two people that they recognize each to be.

Sarah: They could meet?

They could if the awareness comes.

Sarah: But they could meet once they've dropped the physical aspect.

If they so desire, but you may find that one will reincarnate and that aspect of the soul will never meet the other as it once existed. Do you understand?

Sarah: Yes I do, thank you.

Yes, but let me say that most people when they have been in our world for some time, recognize within themselves all that is negative. But do not be under the illusion that when you go to our world that all is well, otherwise why would there be so many people who need your help in this world? Do not feel it is something so terrible. After all, you know full well that the individuals that you are now, is only but one aspect of the soul. It is but a little blink of your eye—there is so much more to you.

Lilian: It's sort of a continuous learning.

Yes, so if two people do not join *well* in this lifetime, it may be that they agree to return to change those aspects of themselves; that is another way of changing how they feel.

Sarah: But that could take a long time before they decide to do that.

It could do or it may be quite quick, but it would depend upon the choice and the knowledge and the understanding of Spirit. Is that helpful? (Yes, thank you.)

George: Yes, in connection with that, could I recap on something about soul? Soul contains the knowledge of all those past lives, **(Yes)** and it would be primarily this which filters through to the current Earth life as conscience and inspiration, **(Yes)** and guiding influence?

That is always available to anyone who reincarnates here. That knowledge is always available to you.

George: Yes, so we can think of it as the knowledge within soul, **(Yes)** which is the driving force behind what filters through in the way of our feelings.

What filters through, and of your very existence here.

George: And when we return to Soul, when we return to Spirit, all that is felt more strongly.

Much more strongly.

George: And seen with greater clarity.

Yes, because you have left behind the overcoat, the heaviness of humanity of the human being and in Spirit all becomes much clearer, although, as I have said to our dear lady friend, it is not an instantaneous happening, but it is there for all to use. The Soul knowledge is available to all who come to this planet.

George: Yes, I think we are beginning to get a grasp and feel a picture of an individual soul, but then that soul is interconnected to many other souls.

Yes, you must not think of the soul as individualized, it is part of a much greater soul structure, but that is something that you are not ready for yet.

George: Yes. There is something I found rather puzzling. **(Yes)** Eventually, can I use the term that the returning Spirit eventually gets, shall we say, 'bonded into' that soul system. Is there a period before that happens when that Spirit is moving around quite freely and is still working? I was thinking about the Victorian lady who came through to us quite recently. She seems to be still working and visiting groups. Would she eventually become a more permanent part within soul structure and would that then phase out?

Yes. Her aspect of Spirit decided to return to this Earth, in order that she could continue the work that she started. That has been the Spirit's choice. That has been influenced by the aspect of the soul to which she belongs. Many, many lifetimes can be *given* to the Spirit, before that aspect of the soul eventually joins the soul energy. Do you understand?

George: Yes, I see, yes. I felt there must be a period of greater freedom, which then blends into a period of less freedom, shall we say?

Yes, there comes a time when Spirit feels it unnecessary to return to this planet to help or to learn or to expand. And therefore when such time happens, then that aspect of Spirit will depart and join the energy of the Soul. But what you must remember and be clear about, is that aspect of the Soul can exist for much, much of your earthly time, because, as you know, *time* has not the same meaning in our world. So always remember—I feel again that you are limited by the understanding of yourselves as a human being, as Spirit and not as the wider picture. I know it is always difficult, but that is what you must always try to achieve. *(The tape ran out here and was quickly turned over. Sarah asked what the purpose was of being shown a 'recording' of your life's events when you return to Spirit realm.)*

If that happening was not to take place, how would they have the knowledge of what they have achieved or what they have left undone? That is the purpose—people see themselves as they truly are. You can when you are clothed in this human garb, deceive yourselves as to your true purpose, but in Spirit *all* is exposed, not only for you to see, but *everyone* is aware of the true nature of your Spirit. Is that helpful?

Sarah: Yes, thank you very much.

I have been happy to answer your questions this time. It is always pleasing that I am able to at least help

to clarify for you any little detail.

George: As ever you've been most patient with our questioning and we do appreciate that.

I thank you my dear friend for your kind words again, but of course there is no need. I will take with me this time each one of you with my love, and I will try to impress upon each one of you, more understanding, more love and above all, I try to give to you each time a little more understanding. I will withdraw from you now in the anticipation of our next meeting.

Lilian: Yes, we look forward to that and perhaps more people with us. I'd just like to say thank you for sometimes listening to me—calling out to you just lately—thank you.

~22ND February 2004~

Lilian: Good evening Salumet. We are very short in numbers, but this is the way it seems to be going at the moment.

Good evening. I am always happy to be with you.

Lilian: And we are very happy to have you with us—more than we can say.

Although numbers help with this energy, it matters not, because we make adjustments for it, but of course it is useful that more should hear these words.

Lilian: Yes; although they will eventually.

Yes. What we will do, I will answer any questions that you wish to ask me and then I will work quietly with this one. There are many journeys that I have to take with her.

Lilian: That's interesting. Could you explain a little more?

It is partly development for her, but to enable us to bring much more to you all. It is early days, but when first I came to you, I believe I told you that there is much that we can achieve, but all of these things take time and cannot be rushed.

Lilian: We do admire her, because she does have some family difficulties at the moment.

We help where we can with all of you, but as you know we are limited in what we can do, not because we cannot do it, but because it would be interfering in a life. I know you understand this fully, but yes, we are aware of this instrument's earthly duties as we do each one of you. Remember my words that when the soul is tested, that is when growth takes place.

Lilian: Yes, I remember it, but it's hard sometimes to see the reason.

Yes, it is because you do not have that wider vision, but let me say this to you my dear friend, each day that you give of yourself for the good of another is never forgotten; it is part of your life's work—this you know. So, look upon it as a gift, a gift of opportunity, a gift that you should cherish, because as you help those other people, you are also growing much. Now, are there any questions this time?

Sarah: It's about the cloning, the cloning that they are doing for use on humans. The Korean person, he is very anti his work producing a human being, but what he's doing at the moment, is there a Spirit involved in any of the cloning that he's doing?

As in all scientific work, you can never be sure that what they are attempting to do is for the right reasons. Always there is the possibility of abuse. The knowledge which these people have is part of the evolution of your planet and although they will attempt to clone other human beings, there will be many problems ahead for them, not only physically, but spiritually.

Sarah: What I was wondering is what this Korean man is doing, he is only cloning parts for health reasons to help heal. **(Yes)** In that case, is there any Spirit involved?

Yes, I understand your question. At this stage, of course there is no Spirit involved. That knowledge has been given to them to use for good of mankind, but what you must be aware of, that there are unscrupulous people in your world who will wish to take it further. You understand?

Sarah: Yes, I understand that, but I was thinking that what this Korean man was doing was probably for good, **(Yes)** but I wanted to be clear in my mind.

Remember that whatever questions you may have, you must always put forward the *motive behind the deed* and I know of that which you speak and it is to help their fellow human man that this is being

developed, but once they begin to interfere with the very essence of union where Spirit becomes involved, that cannot be right. I know that you are agreeing with my words.

Sarah: I do indeed yes.

I feel it from you all and this is good my dear friends, because it shows—and I hope that you can see it for yourselves, that your understanding is such that you can now make wise judgement about these matters—although it is not a judgement in the sense that I am always telling you of, it is just the feeling from the heart. You understand?

Sarah: Yes I do indeed. But I think there are many, many people who feel that it's going too far—cloning a complete human is not right—many people feel that.

There will always be two sides and there will always be a section who do not wish to take either side.

That is the nature of humankind, but I would say no matter how uncomfortable it feels, when you sense when something is not quite as it should be, then your words should be voiced. Is that helpful to you?

Sarah: Yes it is, thank you. And the other thing I was thinking about and I haven't really thought this through, but I will just mention it. You were saying that small animals—small insects go back into the Earth energy and that bigger animals go into a 'pool' and that humans are on a different level. I was just thinking, why is this so? Can you just explain a little bit why we should have these different levels, as it were, these different energies?

For such a little word, it has a huge meaning this word 'why'. I am not the creator of all things, I do not always understand 'why' myself, although 'why' mainly belongs to humankind. In our world we see the creative laws as perfect, that there can be no mistakes. Therefore all of these energies create a balance, which perhaps to you my dear friend does not make full understanding, but all I can say to you is that it is the natural law.

Sarah: Right, yes, I think we don't see the full picture we don't understand things.

Yes, you are looking at it with physical eyes, with physical understanding, when in fact to us in our world it is the most perfect, natural happening.

Sarah: That's nice to hear, because I was sort of in my mind thinking that humans were perhaps being slightly favoured (**Yes**) and I didn't really think that could be true.

You were thinking, 'how unfair'.

Sarah: Yes, in a way.

But you were giving to the insect world intelligence that humankind on your planet does not have, so as you go through the whole of Creation you would be finding that many things would be unfair, but I assure you my dear friend that the natural law is perfect. Your understanding will come about these matters, but now is not quite the time for you to take them 'on board', I think you would say.

Sarah: Yes, I ought to know that whatever happens would be the right thing, but I was just curious in my mind as to why.

It is just a slight division of the same energy, but there is no unfairness, of *that* I can assure you. But yes, mankind does not sit upon a higher plane than any other creature on this planet. All has its purpose...

Sarah: ...and its place—

...it's place and together in unison this is what you have created, to make a world that survives without too many problems, until mankind begins to interfere.

Lilian: Yes, we can see that.

Only then are there *problems*, as you might say.

Sarah: Now we as humans go on to one vibration, what about these other beings on other planets? Do they go on to the same sort of vibration as us, or again another vibration?

You are speaking of deep matters, but of course all of Spirit belongs to one vibration, but it takes many eons of your time for this integration to take place. We have not touched upon this I feel, but there are many spiritual worlds. Now this will give you something to think about. Each planet has its own spiritual counterpart. You understand?

Sarah: Yes, I understand that, yes.

Although we all belong to the great universal energy, it is a subject which is for now much too complex for you to understand, but any being on any planet will eventually *cease* in the state that is known to them and all energy merges together to create a total energy.

Sarah: It must be a very long time ahead?

Yes, that is why it is not possible for me to explain it to you in simple terms. But yes, I appreciate your question, because it shows that you are thinking outside of yourself.

Sarah: So when we get this *total energy*, it will still keep developing because energy never ceases?

Yes, at that point you would not even be aware of any differentiation, but as I say that is something that you could not possibly imagine at this stage of your development.

Sarah: No, but it does make sense to me, because there has to be a working towards...

A point of unison.

Sarah: Yes, and we are all working towards something.

That is correct, yes. But each energy must take one step forward, one step forward, one step forward—as if you take parallel lines that are going towards one point, eventually the two will merge. Perhaps that comparison will help you to realize that all energy lines focus towards the one point. You understand? (Yes)

Lilian: It gives us a lot to think about.

Sarah: It makes even more sense you saying that, because there's a lot of racial prejudice on this planet and it just goes to prove that everybody *is* of one energy, is the same and this physical overcoat means nothing.

Look behind the *physicality*, look at the Spirit: Spirit has no colour, energy has no colour, love has no colour. Colour within your world is but a situation. You understand? (Affirmed) It is a situation mankind has been given—another gift, if you will, to overcome all of the problems on your Earth.

Lilian: I was just thinking in our hospitals, there are so many different nationalities all working together, the doctors, the nurses, black and white—all together to help people.

Yes, and does not the sick man appreciate the love and helping hand of his fellow man, not matter who or where they come from? (Agreed)

Sarah: Although I did hear on the television a little while ago, there were some white people saying they definitely wouldn't have a black person helping them. So I think they've got a long way to go yet. (Chuckles)

They are poor souls. You must not judge too harshly, they are misguided. Give them your love of understanding—that is what they lack. It is easy to condemn my friends, but to you it should be easy to express your love to all of your fellow man. I hope that has helped you. (Affirmed) Are there any more questions? (Pause) I think possibly what I have said to you this time will give you another avenue of thought. And do you find that each avenue leads to a larger one, as it should be? (Agreed)

Sarah: Each little bit of information you give us gives us a much wider vision. (Agreed)

You realize that these human eyes are so limited—limited as to their understanding of what they see, but the eyes of the Spirit sees much, much more. Now I feel this is the time for me to work closely with this instrument and to allow the others who would wish to come to you, allow them to come close. I ask only my dear friend that any talking be done quietly, but please do speak out about what you *feel* or what you *see*. It is helpful for those who come close to know of what you feel. As always, my love is with you. (Thanks + farewells)

After some time one through Sarah came through, giving a message many have gathered to be here, working together with our group for the purpose of individual growth. Another followed also through Sarah, describing life of a group like ours operating in times past, when meetings such as this were risky, during the time of the inquisition:

—My purpose in coming tonight is to let you know that your work is being monitored by many in our side and that group that I came to previously are most interested to listen to what goes on in this group. when you have been told that there are many around you, many who are there to help you, some of this group are those who are there, together with others. They have gained knowledge on this Earth and are eager to help with the knowledge that they have had and of course, with the knowledge from Spirit,

which they wish to impart to you. (Thanks expressed) All those who are helping you on this planet, will be available if you so wish, when you come also back to Spirit, but the desire must be there first.

George then asked a question about the group operated on Earth, but precise dates/times were not easy to establish. Nevertheless, our discussion continued:

There were many who gave up their lives on this planet, because of their belief and because of those who did not wish a particular person to be there. There were many who knew what they should have been doing and they were prepared to give up their lives on this Earth for that belief. And yes, many came solely for this purpose, but there were those who also gave up their lives at an earlier time than originally had been planned for them on this planet.

George: We are so grateful that they have all helped to pave the way forward for those who are here today.

Paul: They kept the spark alive in dark times.

Yes, but could I just remind you that the Truth will never die. And with that I will take my leave and thank you for your time that you have given me and those with me for this talk with you. (Thanks expressed)

George: Yes, we very much appreciate you telling us all this and we appreciate all the work that has gone before. Wonderful!

Paul: Nice to know a little of the background of some of the helpers who are working with us, who we can't see. (Agreed) We are all on the same crusade.

Yes. Thank you for that.

Lilian: Yes, we tend to forget that we're doing the same sort of thing.

Paul: Yes, we have the freedom to speak the Truth now, which they didn't have. There is still the old establishment, but—

George: There are those who listen, there are those who turn away, but at least one is free now to attempt to make known the Truth.

Lilian: Churches might still frown on it, but that doesn't matter does it.

Paul: No, you can live with a frown, it's when they...

Lilian: We can put up with a frown. (Chuckles)

Sarah: There are some countries still that are too strict.

Paul: Yeah, we forget about that, don't we?

Sarah: But I got the feeling it was this country he was talking about.

Paul: There were a lot of movements like the Knights Templars, who were underground.

Lilian: It shows how things have improved.

Paul: Yes, it really dawns on you, back in those days you'd have been burned for what we're doing...Now they just think of you as a crackpot or something. (Chuckles)

Lilian: It also was nice to be reminded that that's what they had come for. That's what they had chosen to do...

Paul: In a sense these are true heroes of mankind. One day in historical terms these people may possibly be viewed as true heroes of history.

Our discussion had become rather heavy and as sometimes happens, one came through to lighten the atmosphere before we closed. This was another through Sarah, who talked about her life in the countryside in times past. She had a dog who was very good at catching rabbits, which she was able to cook. She talked very fondly of this dog, and after a light, cheerful discussion, we closed as usual.

~8TH March 2004~

Good evening. (Greetings)

As I draw close to you this time, let me say a fond welcome to our dear lady friend. (Sue)

Lilian: Yes it's nice to have her back again.

As I join with you this time, I can see that within you all, in all of the growth that you have made, that there lies within each one of you some doubt.

Lilian: As to how we've grown, you mean?

Not about the work, because my words are accepted with much love, but my dear friends there is personal doubt with each one of you at times, doubt about your own abilities.

Sara: Yes, I think that is true. I'd agree with that.

Yes, I see it with you all. Therefore, this time I want to say to you this: with human beings doubt seems to be part of the makeup with which you come to this life, and although in your spiritual unfoldment and growth, many of these doubts and fears disappear, still there remains within you self-doubt, which creates within you fear. I want to say to you my dear friends, you have no need of such fear. Each one of you has blossomed and is shining and is a shining example to many others. Therefore any *fear* and doubt that you hold close to your heart, they are unfounded. I hear you say, '*How can we dispel these doubts?*' My words to you would be: *time* and *experience* of all matters *spiritual*. The doubts will fall away from you all in time. Sometimes when I am close to you I *see* you falter with your words. Should I, should I not?

Lilian: Or should I have said that?

Yes, but again it is because you are clothed in human *clothing*, but I would like to say to you there will be such time to come when many of your doubts will disappear, because you will not be able to defy what you experience and therefore will come to you great joy of understanding. I know that when you are faced with these doubts, you feel sometimes that you may not be worthy, and this, my dear friends I would say indeed you *are most worthy*. (Thank you.)

Sara: Do you mean when I thoughts become negative and we don't express ourselves in the best way, we feel unworthy because of these moments. (Yes) Yes, I understand.

Yes, but you should not.

Sara: We should take a broader view, (Yes) and realize that these are just moments.

Yes, they are but moments in time, and time will replace those moments with the joy of understanding.

Sara: Thank you, that's very helpful.

Yes, I want you all to know that at these moments in time, there stands with you many who are willing to guide you and uplift you and to inspire within you the words that you need to use.

Sara: So we must remember to ask for the help.

Always ask and you will receive. I know that this has been a long lesson for you all over many years, but it is a lesson that is well worth sticking to, because as you take each step, then you feel more worthy, because you see, that feeling of unworthiness is not humility but fear, and always you must try to dispel these fears. My dear friends you *are* shining lights for this work and if you were never to utter another single word, each of you has achieved much and for this we *will* always be grateful to you. Do you have any questions for me this time?

Lilian: Could I ask about hurt within? You said to me a few weeks back that I harboured hurt. (Yes) Does that mean I don't let go of the hurt, or is it because the thought is within me? Could you explain a little more please?

Yes. When I speak of *hurt within*, it is entirely for you who retains these hurts, it is for you to find the understanding to let go, and to forgive yourself. That is what many of you do not quite understand: you create your own hurt, you create your own fears, you create your own misunderstanding.

Lilian: It is also maybe a lack of seeing the other person's point of view.

It is a lack of understanding yourself—that is always the problem. We have spoken on previous occasions when I have said to you that you must be true and honest with yourselves. If a human being harbours any form of hurt, it is because they have allowed it to be. Do you understand? (Yes) You, my dear friend, have harboured hurt, because of your sweet nature, your kindness in not wanting to hurt others. Therefore in that respect you have been kind, but unkind to yourself. Do you understand?

Lilian: I see, yes.

There is so much hurt and fear and resentment within so many people. I would suggest to you all, not only you my dear friend, (*Lilian*) that you must allow full expression for your emotions, not in any negative sense, but to be honest with yourselves you must look at yourself first and foremost. You understand?

Sara: And sometimes when you need to communicate your feelings with others maybe sometimes too, rather than keeping it inside. **(Yes)** Sometimes it's better to air something with others.

Yes but always to air these feelings with love. With anger...

Sara: That will never work.

No—that is the way it must be done, always with love. It is possible, but I know within humankind it is so easy for the fire of anger to take over but again that is something to be looked upon and worked upon with love.

Lilian: Did you've another question, Sara?

Sara: I think when we feel disappointment at the way others treat us, for myself it is to do with having expectations that are too high. I think that is one of my problems; I sometimes have too high an expectation of other people and so I sometimes feel disappointed and rather than speak about it, I'd prefer often to withdraw, because I find it difficult to speak about it.

Yes, if only you could use your language to express the words of how you feel in a gentle way, then by uttering those words aloud, you would begin to sense within yourself an understanding of the other person. Life my dear friends was never set to be easy, but in all of these difficulties with which you find yourselves, you will find that is time of your spiritual growth. So, do not despair, and that is not the purpose of my words to make you feel disheartened, but rather to give you an insight into your own beings, an understanding which is there if you would but look.

Sara: Sometimes I wonder whether because I find it quite easy and natural to give to others, simply because I know this and understand this, perhaps it is my wrong to give to certain people in this life and not expect necessarily to receive from them. I don't know if it is wrong thinking. Sometimes I doubt whether I'm seeing it clearly or not but because I've done it for such a long time, I feel reluctant to change my ways with people even if they don't return. I'm not sure if I'm doing the right thing.

You, my dear friend are one of life's givers, as you say, but remember that you are entitled to good things in return. There is no need to feel some guilt about that being so, in fact it is all of your rights to receive the best that the universe can bring to you, but if these things are done because of the knowledge you have, then that is not the purpose of giving, but you know and understand this well.

Sara: Sometimes I feel that I give—originally it has been a joy and a pleasure, but sometimes I feel that it might be a good idea to withdraw because it is not being returned and I'm not sure if it is being appreciated, and it is a habit.

But you do not give to receive.

Sara: No exactly, so it is probably better to bring something to an end if it doesn't bring pleasure anymore.

If it brings to you feelings of discontent, then I would agree with you that it would be better not to do so.

Sara: Thank you, that's very helpful as I'm a creature of habit sometimes and I find it difficult to stop something that I've done for a long time, but lately I feel I should with some.

But how interesting that you have come upon this thinking all by yourself.

Sara: Yes, I think it is probably...

With a little help! (Laughter)

Sara: With some help! But also because my energies are going in other directions, possibly it's helped to bring this to a head, it's helped me to see it clearly. **(Yes)** I have to prioritize more.

And remember also my dear friend that you can give from your *thought*. You do not always have to give openly, you can give much with your thinking.

Sara: And Paul is very good at that. **(Yes)** He has worked that one out, I think.

He is a quiet jewel when it comes to spiritual matters—yes, I would agree with you.

Now I feel for this time I will take my leave and see who wish to come to you, to sit closely with you and allow our dear lady here (*Lilian*) to take charge of this evening. I know that upliftment has been felt by you in the past days, it will continue. (*Thanks + farewells*)

~22ND March 2004~

The previous meeting had been taken up with rescue work mainly, which Salumet refers to here:

Good evening. (*Greetings*)

Before we begin this time I would like to say to you my dear friends that many wish to give their thanks to you for the help given last time. We know that it has been some time since you have been occupied with such work, but I can reassure you that it was not taken lightly that we offered you the work last time.

Lilian: And we were able to help, were we?

Help was given. (Good.) I would wish you to remember that not only are you here to listen to my words, but also for your own self-developments, and this was but an opportunity and a thank you to each one, in order that you may come together and work thus. Now, as we continue on this another of your earthly years, I have told you my dear friends that it would be a time of self-development for you. There is much that will be given this one of your earthly years. I hope that already you have become aware of the discovery in your world of another planet. (*Affirmed*)

Lilian: I remember you said this would happen.

This is but one example of what you have been told, but the importance of this coming year my dear friends, is that each one of you undergo some form of metamorphosis within yourselves. You, my dear gentle lady (*Lilian*), that journey for you has already begun, but I would wish that each one of you become aware of the changes within and around you. You *will* become aware as time progresses. Has anyone anything to ask about what I have spoken of?

George: I did have the feeling at the time that the rescues last time were as much for our own development as for the progression of others.

Yes, that was partly our purpose that you should be aware, not only of those souls in need, but of your own capabilities in dealing within them as one group, and remember, all of you take part in these rescues. It is a joint effort for which you all need to be thanked.

George: I think we feel rewarded at the time that we were able to help.

But now you must become aware of your *own* unfoldment. It is important for each one of you that you become aware of the Spirit coming forth into your daily lives. I am sure if you were to think for just one moment, you would discover how much you have changed even within this last year of your time.

Lilian: I think we are all much more aware of the spiritual side of ourselves.

That is the purpose of growth and unfoldment that you recognize for yourselves what is happening. Have you any questions this time?

Lilian: Can I just say the few words that maybe I said to my mother has helped her now she has passed into Spirit?

My dear, all words used in the name of Spirit are helpful. Even if the receiver declines the offer of those words, it does eventually *sink in* with them and they do take on board much of what is said to them. I can assure you that that person, your mother, may have seemed as if there was some barrier, but now she is prepared to listen to much. (Good.) So, yes of course your help was needed and it has been gratefully and truthfully accepted by her.

George: It might be an apt time to put a planetary question: I think you said recently that one of the planets in the solar system had bacteria life and a few years back one of our scientists, Fred Hoyle, had put forward the theory that to explain how epidemics of illness occur in different parts of the world simultaneously, the theory that bacteria sometimes come from space, and if there are planets in the solar system that have bacteria, I was wondering if his theory might be a true one?

Yes. I know of this question, yes. Firstly my dear friend let me say that there is much of course that mankind knows nothing about as yet. There are those of vision who would in their time adhere to those notions which they gain from their own experiences of life. Of those people I will say only this: that oft times those individuals are the ones who are indeed influenced from our world. This planet is not one unit as we have discussed before, but is part of a much larger whole. (*Pause—breathing changed/deeper*) Forgive us my dear friend for that input of extra energy as there are those who would be eager to speak with you, but now is not the time. Therefore let me continue on the vein that I was using. This planet is one small part of a greater vision. Bacteria as you know it belongs only to this earthly planet. Your

scientists are limited in their visions. Let me say that there are many life forms of bacteria, forms which to the human is as yet unknown. I will say of the gentleman of whom you have spoken that *his* 'quest', shall I say, should not go unheeded, because there is much that should be taken from it. This is a subject which is young in years for your planet.

George: Yes, I felt inclined to view it as a possibility.

Yes, but it will not be readily accepted at this moment in time. As with all things that appear to be different from the mass thinking, then it is rejected.

George: Yes, I think we know from our history that to be true.

Yes, but I would say this to you that he is being guided in his thinking and the day will come when it will be recognized that this earthly planet is not a closed door. Do you understand?

George: Yes, I follow. Thank you very much for that information.

It is too young in its history to make any impact on the scientific community, but as with all things, you need *time and patience*.

George: Yes. Could I go back to last time to recap on a question that Sarah put? I think I understand that it is satisfactory that we utilize human eggs as a means of cultivating what we call 'stem cells' such that these can be used for therapeutic healing purposes. There is no Spirit involvement in this procedure and I think I understand that that is therefore satisfactory.

We have difficulty when we use your earthly words, but I would say, yes, 'satisfactory' is the word that we may use. Of course, once Spirit is involved we are speaking of an entirely different matter.

George: Yes, so if this technology was to develop...

...is being inspired for good use.

George: Yes—inspired again.

Yes, all things that are for good cannot be wrong. If you take any matter which involves the good of another human being without interference or hurt to another, then this is good for mankind and you may rest assured that our world is closely standing by, because as you know, so many times has mankind misused the information that has been passed to him.

George: Indeed, yes. It certainly seems an efficient way of re-growing areas of cells on the body.

Yes. It is a way to utilize and to help, but once Spirit is involved, or Spirit is used in any way, then it is, how shall we say, it is upsetting the balance of life and it is interference.

George: This would be interfering with creation.

Yes, and this can never be.

George: If this were to happen, then I could see that the possibility would be to have several biologically identical humans, but the Spirits within would not be identical, so we would not really have identical beings anyway.

No, there would always be differences and it is not a good pathway to follow and everything will be done from our world to help those who have this knowledge to use it only for good.

George: That's very good to know, thank you.

Mankind has misused so many, many things that have been given to him so many times—because of his evolution and knowledge he feels that he can interfere with all that is perfect; and this he cannot do.

George: Yes, that's reassuring to know that this area is being watched—this area of our development.

I hope that has helped you just a little. (Thank you, yes.) It is a concern to many people we know. Do you have more questions?

Graham: Yes, I was going to ask—through our days I understand the importance of positive thinking and I'm aware of the fact that quite often when we feel tired, particularly when we get fatigued, I think we often or can become more prone to becoming negative and I was wondering if this was just really part of the human condition that we need to go through as part of our development. Is this just something we need to learn to cope with or is it something that we create ourselves and it isn't really necessary.

You can stop that way of thinking, but of course it is practise, as in all things, but you, my dear friend, are a prime example of good, positive thinking for yourself, are you not?

Graham: I try to!

Yes, we note your every effort in this way and there are many who stand close by you to help and to uplift you in those moments of negativity. But it is part of the human (Yes) and I believe I would not be wrong in saying that the majority of human beings do feel at times, some degree of negativity—but it is not necessary.

Graham: I often wake up the next day feeling very different.

Yes. Do you know why?

Graham: Because in our sleep state we are in closer contact to Spirit world.

Yes, therefore does it not show you how, when you are in tune with that spiritual self, all things work for the better? (Yes) Yes. But you my dear friend are taking great strides now and I urge you to continue along that pathway.

Graham: Yes, thank you. It's something to think there's all this help surrounds us; it's something that most people are not aware of and it's very sad. I find myself now trying to talk to people about these matters—I don't think they believe me, but as you said, it's sowing seed in people's lives.

And it is a matter of asking for help for yourself—for some reason lots of people feel that they do not have the right to ask for help for themselves. If only they could but realize that each one of you is guarded and uplifted as soon as you ask—but you must ask for the help. We cannot step forward and interfere in your lives—you must come closer to us and then we can take every opportunity that is available to us.

Graham: Yes, thank you, I shall remember those words.

George: Could I mention the subject of Earth-bound Spirits? I think I understand that the Spirit can develop a firm attachment to places and to things, like to alcohol or to houses. It is said by some that there are several American presidents inhabiting the White House. Perhaps that's slightly humorous, but this is perhaps something which we should understand better that perhaps we should not form overly strong attachments during our Earth lives.

Yes, we have spoken about this before, but I am happy to remind you, my dear friend, of my words. You know that as you leave this earthly life behind, you do not suddenly change—you are the same when you come to Spirit as you are at this moment. All that is changed is the clothing that you wear—the body. But the mind belongs to the Spirit and if there are addictions, some of which you have mentioned, those addictions will still be strong within you and those addictions will draw you closer back to this Earth than any other thing.

George: Yes, and I think you mentioned around Christmas time this can happen.

Yes, therefore I would suggest to each one of you my dear friends that whatever your strongest need might be, that you relinquish it whilst you are here. You are correct, many of your houses of drink are inhabited by those who cannot leave it and cannot pull themselves from this life and become 'earthbound' as you call it—not only drink, but people, many forms of what you would call depravity in the way of killing and such like. You understand. (Yes) But not all earthbound Spirits are drawn back because of addictions, but because of the lack of spiritual knowledge—they will not let go of earthly life.

George: Ah, so there's a kind of balance between feeling of Spirit/element of Spirit and the likings developed on Earth?

Yes, yes. If your knowledge of Spirit was greater, there would be no attachment needed. You understand? (Yes I see.) Yes, but of course that is what your rescue work is about—those people who do not believe they have passed, but are not bound here by any strong addiction, only that they are afraid or do not wish to listen to another.

George: Yes, I think our experience is that theirs is more a lack of spiritual knowledge/spiritual development, (Yes) than earthly attachment.

So do you now see how important that it is, that those seeds of knowledge be sown?

George: Yes, that really puts it into perspective.

Yes. It is important work my dear friends. Do not underestimate what you do in your daily lives by writing words or speaking words or giving comfort to another. These are acts of Spirit, which will take

hold eventually and may very well help one individual to go forward when their time is here. Is that helpful to you? *(Affirmed)*

George: It is indeed, yes. That expands what was in memory quite considerably.

It is fruitful sometimes to go over old ground, because sometimes the same words can give you a new perspective on it. I am sure you would agree? *(Agreed)* That is why my dear friends I will never apologize for repetition of words, because in doing so your understanding becomes greater. And remember that each one of you is developing at a different rate, therefore what one may take the first time, it may take another just a little longer.

Lilian: Yes, I think we appreciate that **(Yes)**.

George: Would anyone else like to ask a question? I do have another one. *(Pause)*

Lilian: Yes, carry on George.

George: You've talked to us about psychic surgery I know, but there is a point that would be nice to expand on there. Perhaps I could mention Stephen Turoff—a Dr Kahn who died in 1912 works through Stephen Turoff. But Dr Kahn has a team of helpers in Spirit: there's a Nurse Grace and there's an Italian Dr Gino and there's a Dr. Kahn junior, his son. The number 17 has been mentioned of the numbers in the team and it follows I think that Dr Kahn is able to do a number of medical manipulations and surgery. I'm not quite sure how the rest of the team fit into the picture. I can understand Dr Kahn working through Stephen Turoff, but others seem to be able to come through and assist him at times. Could you explain that a little?

Yes. I understand your question. May I try to simplify it for you? At the moment I am using the voice of one person, but in this room there are many others who are not speaking from Spirit. But with each one of you there is a spiritual counterpart who brings to this meeting energy. Are you beginning to form a picture? *(Pause)* No—Let us take the gentleman who is being used for psychic surgery, as you call it. The surgery is being performed by one of us in Spirit. Yes? **(Yes) He is using the body of a human being here upon the Earth. When those good people come to our side of life, who *have* been doctors, who have *been* nurses, who have dedicated their lives to other people, they often times wish to continue to help. Therefore you know like is attracted to like in our world. Those of medical nature would congregate together to work as best they could. They would join together at the time when surgery is needed and it is not surgery as you understand it, but is surgery of the Spirit. But as in this room, the energy comes from a group of people—so spiritual energy comes from a group from our side of life. Do you understand? **(Yes)** They are there, but they may not necessarily be seen by the Spirit.**

George: Yes, they can assist in manipulation work?

They can, but most times it is to help with the energy. There is more energy needed for trance work and for work of that nature, and of course they would be much interested in how he would be using a physical body. They may well be there to learn how to do it. There are many reasons why there may be a group of them.

George: So it only necessary for the one to use a physical body **(Yes)** and the others can be present also and be an influence.

Yes, we need the physical presence to show what is happening, but the work is of a spiritual nature and those around are Spirit and can be of use only in a spiritual manner. Do you understand or do you need more help?

George: No, I think that clarifies. There is one point that I don't understand too well. Working on Spirit, I think there's the Spirit and there's the energy body **(Yes)** and I think I understand that either can be worked on, but they are intermingled anyway.

Yes, all parts are part of the same energy structure, but the physical being cannot be repaired until that—call it energy body, call it Spirit, call it what you will—until that is touched, there will be no healing. You understand?

George: Yes, because I cannot separate the two in my own mind, **(Yes)** I tend to talk of Spirit/energy body as if they are lumped together.

Yes, this is always the problem too, when we speak of physical being and spiritual being. People separate the two when in fact we are *one*. You cannot be Spirit separately from the body whilst on this Earth. You can be Spirit entirely in our world, but not in yours. You understand?

George: Yes, we can see the aura under particular conditions, which perhaps tempts us to think of the energy body as separate, because part of it is separate.

Yes, it is confusing I know, but you think of energy as a whole, as a unit that blends together. Can you think perhaps of coffee in a cup and cream in a cup—two separate items, but when blended together they become as one, although they are still two units, two separate units of food. Think of that when you think of Spirit—and it is a *blending*. I hope that is helpful to you.

George: Yes, thank you for that.

Graham: You said spiritual surgery earlier in your explanation. I'm not quite sure what that means. Is this where upliftment, help and guidance or getting rid of hurts? What form does that take spiritually?

It is working on the hurt of the Spirit. Until the Spirit is 'touched', the physical being cannot be healed. As in all, not only in surgery, but any form of healing.

Graham: Spiritual hurt—that's the bit that has to be touched. (Yes) That is fascinating.

Yes, always the Spirit—that is the purpose of all healing that the Spirit be 'touched' and the physical healing will then follow.

Graham: And of course the person by being there is asking for help by turning up to Stephen Turoff or whoever, they are asking and this where that can be given.

Yes, of course. (Thank you.) Well, I hope I have helped with your questions this time and I will leave you quietly in order for you to think about those words we have used this evening and to allow yourselves time to see that those who stand close by you, if they are ready to impress upon you anything of importance. (Thanks + farewells) There was then a difficult rescue through Eileen, before we closed.

~29TH March 2004~

Eileen was away this week, which meant no Salumet this time. The first communication came through Sarah, who communicated that there were 3 nuns from a silent order, who wished to come and speak and experience the human voice for a short time, which of course had been 'silenced' during that lifetime—Audio link: http://www.salumetandfriends.org/resources/2004_03_29+rescuesnr21.mp3

First nun: Hello!

Lilian: Hello, nice to have you visit us.

Thank you for letting me come. I have been waiting for some time for this opportunity to speak again and now that I know that it is quite in order to speak, I wish to say a few words and I was told this group would be ideal for the opportunity.

Lilian: It must have been quite difficult. (In the silent order)

It was extremely difficult and even at the end I often had wishes I could just say one or two words.

George: But of course you thought a lot.

I thought very much about all sorts and I did wish that we could just say a few words. But now I am happy that I have again opened my mouth! (Laughter) And I thank you for your time.

Margaret: You're very welcome.

Second nun: My time has at last come. (Greetings) I have so wished to speak and I am so grateful to you all for this opportunity.

George: We feel very honoured that you've come to this group.

I have watched you in session on many, many occasions and I have longed to come and be part of you and to speak with you. (Thanks expressed) This time is so joyful for me and I give you my greatest love for this wonderful opportunity.

Lilian: Will it help you to move forward?

I am ready to move forward, but I had this overwhelming desire to speak one more time, before I moved away from the time when I could come back. Once I move forward, I will not have this same opportunity.

George: I can see that after being silent for a long period, it must be a great joy to just find expression in voice.

I has I have to say, been most painful not to speak and although I have communicated in Spirit and know that I AM in Spirit, I still had this overwhelming desire to speak.

George: We can understand that. (Affirmed)

So for this I am most grateful and thankful to you.

Margaret: We're very pleased to be able to do it.

(We then chatted quietly amongst ourselves, before the 3rd guest arrived.)

Third nun: *My choice was not to speak, and when I hear you speak, especially of things that I would have liked to have said myself, I realise now that not speaking was quite unnecessary. These trials that I put myself through, did indeed help me to focus on many things that I most probably would not have focussed on. But I have to say, had I spoken, there would have been many things I could have passed on to others that I was of course unable to do. My thoughts were strong and many things I know I passed on through Thought, but there were indeed many things that I was unable to pass on and this I found most difficult. One thing I was unable to say and which I had a longing to say, was: why did I choose that particular profession? Why did I choose to go into an order that was so strict that there was no joy in living? The joy that I got was minimal.*

Lilian: Have you not questioned the reasons, since you've been in Spirit?

The learning I received was great and I know this was my reason for choosing, but whilst I was in that order, I wanted to ask the others, 'why did YOU choose this? Why did we all choose this?' But we could not discuss, we could not answer each other's questions, we could not ask ANY questions.

Lilian: Were you allowed pen and paper?

This was so difficult. We did not communicate at all.

Margaret: It's very sad.

Sara: Amazing.

This was a most severe order.

Lilian: Do they still exist today, in our time?

I am not totally aware of ALL that goes on, but I do know that there are areas where the regime is most strict.

George: It's a joy for us to realise that your thinking is preserved and you've obviously had much thought development at that time.

When you cannot speak, you can only think. This has to be in some ways good, but in others, there is no one to guide you, if your thinking is not quite correct. You can of course get much from Spirit, but when you are in human clothes, you tend to go astray and without communication, it is very difficult to stay on the right path.

George: Yes indeed. Might I ask if you meditated in your order?

We spend long, long hours praying and this was our form of meditation. Of course there were times of great enlightenment, but there were many times of darkness and to have been able to speak in these times, would have been an advantage.

George: Yes, and a shared enlightenment, would have been very nice.

That also would have been a good time to speak, but of course if you are happy you can cope with things, but when you are not, it is very difficult to not say anything. This was my reason for wishing to come back, so that I could just express a few words.

George: Yes, it must have been a burning desire to do that.

Oh! I have longed to be able to open my mouth to speak and sometimes I tried to catch the eye of another, but at a glimpse, the eyes were lowered—we did not make contact. This was a very long period and if I were to choose to come back, I most certainly would not go into this order again.

Sara: How many years were you in the order?

I was taken in when I was 23 and I passed away when I was 84. (Expressing awe) This was a very long and I have to say at times, painful time in my earthly existence.

Lilian: Very interesting to hear. (Affirmed)

And for your kindness, we—us who have come to you this evening, will stay by you for some short time, to give what we can to you, as our thanks for your patience with us all. (Thanks + farewells)

Another then came through Sarah to give thanks and request that Sara take us on a short meditative journey, which would help us receive our gifts.

~5th April 2004~

Eileen was away again, so no speech from Salumet. The first communication came through Sarah to explain the plans for the evening. Jette, a friend from Denmark was to be used. She was relatively inexperienced as a medium for speech, but had many years experience as a healer, which of course can involve a different kind of channelling. Towards the end of the meeting another came through Sarah, speaking a language which we could not recognise and George queries this with Salumet during the following meeting. There were no new teachings/information as such and was not transcribed, but the audio recording can be listened to here: http://www.salumetandfriends.org/resources/2004_04_05+jette+eveningnr21.output.mp3

~19TH April 2004~

Good evening. (Greetings)

I thank you for your welcome this time. Of course it brings gladness when we join as one on these evenings.

Lilian: Yes. I know you're with us at other times, but at times like this we can actually talk to one another.

I would like to welcome back into our little fold our dear gentleman friend.

Paul: Thank you very much. It's lovely to be back.

This evening there are so many who wish to stand by you all. I would say to you that as time continues, they come even closer to you.

George: That's nice to know.

Your awareness of those who come may not be strong, but I can tell you that each one of you this evening has by them a soul of much strength and upliftment. (Thanks expressed) As always it will help you with your daily lives. We have spoken recently about many things, but in particular about the state of your food crops. You remember? (Yes) I would like to bring to you this time another thought for your consumption, shall I say! We have spoken much of the civilizations of long ago. Perhaps my dear friends you are not aware that those ancients called upon angelic realms for the nurturing of food crops. Might I say to you that perhaps with knowledge growing as it is today, and the wave of thought of going back to growing more natural food stuffs, should I say that perhaps man might take a leaf from the book of the ancients. (Yes) There remains even to this present day a part of what was. After all, even in your churches this day, do they not bless the food and ask for heavenly help? It is a remnant of ancient times.

George: Yes, I think you refer to what we know as 'harvest festival' in the churches.

Yes, but it is similar also to those people who love to be with the Earth and the growing of all foodstuff. They have a love that attracts to them the elementals of the Earth, but they are slightly different from the angelic realms who are waiting for the *whole* of your planet to ask for help in this way.

Sarah: I think there are still some tribes today who ask for help from what they would term probably 'gods'.

Yes, there are people still upon your planet, but they become fewer and fewer. I hope my friends that you will think upon this matter and perhaps we may be able to discuss next time what you feel or perhaps even you could create your own little experiments and use your thoughts to those in the angelic realms. Yes? (Affirmed)

Sarah: It's come at just the right time for me too, because I've just made a vegetable garden, so I shall certainly call upon them!

Yes, try my friends. I am sure you would be amazed at how healthy these plants would be.

Paul: I'd imagine you could also use them to control what we term 'pests'—I know that's a bad word really—the parts of nature that damage the food that we grow.

With help from the angelic realms, there would *be* no disease—the plants would be naturally healthy.

George: Yes, I think there is a certain amount of relearning from ourselves, **(Yes)** in working *with* nature instead of against.

You must not allow any negative thinking such as our dear friend has broached about 'pests'. You must believe in that *power* and I can assure you all of your plants will be most healthy.

George: Yes, that's very profound and interesting thought. *(Affirmed)*

Help my dear friends is always available if you would but ask.

Sara: Presumably any type of work, whether we work with nature or whether we work in other fields, communication or anything—it's a silly question, but we can all ask for angelic help with whatever we are doing?

Yes. It will not come to you, they will not help unless you ask. They will not encroach upon your lives, but always they stand close waiting for that thought and the more those thoughts are used, the stronger the connection with that realm; then it becomes more natural for you.

Sara: Whatever it is you are doing? **(Yes)** It gives extra inspiration to whatever's being done.

Remember that the angels are many—and many who work with them. We have spoken of this before, but I would like you now my dear friends to use your own thinking to make the connections with them. It is their desire always to help those of you on the earthly planet. Have you any questions?

Sarah: If ever I've asked for help, I either have asked you or the Great Creator. So when do we ask the angels and when do we ask the Creator and when do we ask you?

If you go to the Source of all life, there can be nothing more. People go straight to the Creative Force when they *feel* and *know* and *understand* a little more about their own souls. The angels have been accepted in your world through many types of what you call religion. They are more acceptable to people, even through drawings within your literature. They have become known, therefore they are more acceptable to people. The Creative Force as you speak of it, is not available to that many people, because they do not have that awareness or understanding.

George: Yes, perhaps imagination or visualization comes into it, because, as you say, there is mention and there are illustrations in the literature and it is easier for many to visualize an angel than it is the Creative Force.

Yes. If you were to ask someone who was spiritually deficient, shall we say, they would not understand 'Creative Force'—it would be too much for their thinking. But of course, to ask for help—but may I remind you my dear friends, you do not ask for help, you place yourself to that Creative Force—you *know* that the help is there, you do not need to ask. That is when your understanding has grown to the point of knowing. Do you understand? *(Affirmed)* But until that time, I would suggest that you use all other forms of energy and power that are available to you each day of your existence.

George: The times when people sometimes do appeal to the Creative Force are in times of great distress. **Yes, almost when they feel that all is lost (Yes). Yes.**

George: Does that belittle or change in any way their request for help?

A cry for help is always listened to.

George: Whatever the situation? **(Yes)**

Sarah: Would it not be that they've got into that situation in order that they *can* ask for help, that they are beginning to turn their thoughts in the right direction?

There can never be one answer to that. Of course it depends upon each individual and their life's situation—but yes, I see what you say. The Great Creative Force is what we all belong to; we can never be separated from it in the sense that we all belong. There may be differences for a short time, especially when you come to the earthly planet for a small period of time; then you are burdened by the physical overcoats, the physical body which demands much from you—food, understanding, clothes, every day living. But when the soul is stripped of these things, then it is exposed to its natural force and a cry for help from those exposed, will always be listened to. *(Thanks expressed)*

Sara: Salumet, if I become aware that, for example when I'm working, I feel that I'm in the presence of angels or light beings, because there's much joy and laughter—for example today when I was teaching I felt there was much laughter in the class, it was very happy and lots of fun and it was very lively. I felt there was something—is it appropriate then if you feel the presence just to say 'thank you' for being with us and please join with us again?

Always I would say give thanks for those who help. In that way a connection is made and they are always available to your next word. The more you connect, the stronger the connection becomes.

Sara: Yes, I often give thanks for my students and my job and I'm sure it must help, but yes, today I felt very much that there was an extra ingredient and there was more light.

If only more people could understand by giving thanks for all situations, bad as well as good, then you become empowered within your own lives, and in giving thanks you are then open to receive more. You understand? (Yes) But yes, you my dear lady friend, have always had connection with the angelic realms, although I have to say, you have not always been *aware* of those around you.

Sara: Yes, that's true, not until I listened to you and your words. I enjoyed it, but I wasn't aware of it.

Yes, but the more the connection is made, the more your awareness will grow. I might say, of all within our room here this night, you are the one who could make the strongest connection to the angelic realms, but it is up to each individual as to which pathway of thought they take.

Sara: Actually I had an interesting experience today, because something happened which in the past I'd have possibly hung onto negatively for longer. I felt a little bit short-changed by something that happened, but I thought about what you'd said a few weeks ago, trying to see it from the other person's point of view and also expressing—I didn't say it to the lady, I wrote it in a letter on the computer my feelings, and then I became aware that I didn't want the connection anyway and I was actually very happy and just now I've said thank you for that—in my mind I said thank you for that experience, because in fact I didn't want the connection to continue really and I don't think she did **(Yes)**. In the past I'd have been cross about it for longer **(Yes)**, but it was a very short-lived experience.

That shows to you your own spiritual development, when you can allow these life situations which do not sit comfortably with you, when you can allow them to pass over you (Yes).

George: Might I ask if it's appropriate for me to ask a question about what happened in our last meeting when your instrument was not with us? Is that a silly question?

My dear friend, I always await your question! (Laughter)

George: The point about the last meeting, a Danish lady whom we know as Jette, who normally lives in Denmark, but she was in this country and she had been with us before about 10 years ago, but she sat with us and she channelled and it was a lovely channelling, but at the end of the session one came through Sarah and spoke to us very clearly in a foreign language, possibly a foreign *ancient* language, and we've no idea what that language was. It might have been a prayer or a blessing and I was just wondering if it's possible that you could help us in reflect of what the language is so that we can get a translation.

Yes, I feel that you should look towards the Inca language.

George: Yes, well, we ruled out quite a number of languages but yes, Inca feels right.

You may find that some of what was said is of the ancient language and may not be as easily available to you as you might hope. But let me say this to you my dear friend: when those who channel come to you with strange tongues for you, where your understanding is not great of what they say, might I say to you, accept, accept what they bring to you, because the energy has been provided for them to come to you and it gives you the opportunity to think about something that does not make sense to you; it encourages you to look further afield.

George: Yes, it seemed a significant meeting and we would dearly like to find out more about what was said. Thank you for putting us in that direction. I'll see what I can find out about Inca words.

I have no doubt that you will find out what was meant to be. It puzzles so many on your planet when those in Spirit use another of a different language. Let me say this to you, they only use Spirit who are in some way connected in past times with that same language.

Sarah: So are you trying to say that I was connected with the Incas?

That is what I am saying, that in some way there had to be a time when that language would have been available to you.

Sarah: Well, actually, Salumet you say it puzzles us, I'm actually surprised that we don't get more foreign languages through, because I know English is our language, but there must be many, many people who want to come through who aren't English speakers and haven't got the translation that you have. So it actually does surprise me that we don't have more.

But my dear friend there are many who have many languages through them, but it is usually those who are giving evidence to others who understand the language. Those Spirit people who work for us to give evidence to those of you on this planet, there are many tongues used through mediums who do not understand what they are saying. It does not occur here, because that is not our purpose with you. You understand?

Sarah: Yes I do. On this occasion when this Spirit came through me, I have to say I did think it would be nice—it was not exactly a test, but I had in my mind, because we had this Danish woman—I do believe that the Spirits that come through me, *are* coming through me—I thought it would be a nice proof if a Spirit came through me and I didn't understand the language, then it would be real proof that it is coming from Spirit. So I was sort of expecting to have somebody come through me, but I certainly wasn't expecting to have an Inca language through me!

George: You were talking of proof as a scientist would see proof?

Sarah: It was just for my own...

Might I say to you, this word I repeat to you so often 'the power of your THOUGHT'. Do you not see the interaction between your thought and what was said through you?

Sarah: I do now, yes—it hadn't occurred to me at the time.

No. Again, it is always a problem with you that your memories seem to be so, how do you say, 'short'. *(Chuckles)*

Sarah: Yes! I'm very aware of the power of thought **(Yes)** and I often tell other people that, but that particular moment I hadn't—well I didn't know what the language was and I certainly didn't know it was one that I had perhaps used in the past, but I was very grateful for that experience and very interested too, so thank you very much.

Do not thank me. Give thanks to those who used you. Give thanks to these people who listened to you and give thanks to yourself for allowing it to happen. Yes?

Sarah: Yes. And I now thank you for those words! *(Chuckles)*

Paul: When I was on my travels I met a German lady who does rescue work quite similar to the rescue work we do or have done, but she does it on her own often, using a pendulum or just her own intuition and I did a couple with her whilst I was in Pai. *(Pai is a small town in Northern Thailand)* I just wondered if you are working on your own, sometimes rescues can be very difficult **(Yes)** and I wondered if it could be dangerous for her doing it alone, or if that is all taken care of?

It would depend upon the degree of spiritual development, but on the whole I would say to you that it is not wise to rescue an individual by yourself. When you complete a rescue, there is usually more than one medium, because of the impact of their energy as opposed to the one who is being rescued (Yes). You understand? Because I know that you would agree that many who need to be rescued are not always quiet, gentle people. And yes, of course there are those beings who would wish to be troublesome and it can be that unless the medium is spiritually developed to a high degree, that those entities could cause many problems. Therefore, I would say there should always be more than one.

Paul: Would you recommend that she had others with her?

I would say that would be the ideal, but she must at best always ask for protection from those in Spirit, who work with her; but sometimes you see, if the Spirit being is to overshadow, you need another to help—that is the problem. I am sure she must be aware of this, but I would say it is much better to have another with you.

Paul: Can I ask another one? **(Yes)** A couple of my friends have moved to France and from what they say it sounds like maybe their house could do with a rescue, but I've never visited it. The man looked into the

history of the place and he found reference to a 'hobgoblin' in one of the rooms. I wondered if you could say whether there is anything that needs to be done there?

There was quite a long pause.

I will look to this one for you to see what the problem is there. I will ask those who work in that way to take it upon themselves to see if there is any problem which we can help with. I would suggest to you in the meantime that you instruct your friends to always remain positive whilst around that property.

Paul: Yes, I understand, yes, thank you.

Water! Is there water by this property?

Paul: I don't know. I will have to ask.

But they must remain positive and I will ensure that we will help, if it is necessary.

Paul: Thank you very much. I've got just one more question if there's time.

Yes, I will take one more.

Paul: When I was travelling we started playing this game whereby you try and guess the colour someone else is thinking and I thought that seemed a very good way to develop psychic power or something, by guessing colours or what is in someone else's head. I wondered if this sort of game was used in places like Atlantis by children and whether you've any knowledge of games like that that can also develop gifts—whether it's a useful tool.

I would say anything which helps with your own individual development and which feels comfortable to you must be good. Let me say, it may be that you could try when I withdraw from you this time, amongst yourselves within this powerful energy here, to see what is in each other's minds, and colour is a very good basis for doing such a thing as trying to *sense*, because that is what you are picking up on. Why not try it my dear friends as I withdraw from you? It will give you a little light relief. And after all, I have told you that this year of your time, much time *will* be given to your individual developments. So my dear lady friend, (*Lilian*), ay I say to you that you take charge of this *little game*, (*Chuckles*) as my dear friend has called it and see what you can achieve.

Lilian: Yes that'll be interesting. (*Thanks + farewells*)

We then played the game, beaming colours to each other to guess at. We didn't do very well, but it did provide much laughter.

~3rd May 2004~

Good evening. (*Greetings*)

How strong is your connection this time to us—I am sure that you must feel the power of connection this time. (*Some agreement*)

Lilian: It happens more when we are all together.

Yes, more energy is available, but not always. Tonight you almost can feel the strong connection between you. As you progress along your own pathways of evolution you, my dear friends, are becoming much more aware of your own individual connections, not only to us in this world, but to those who are part of your everyday living. There is within you all a strong light which is now visible to many upon this Earth; they are drawn to that strong connection which each one of you has with our world. Whether they know or you know of that connection, no matter, it exists, but I know that each one of you is now aware of what you give to others and that also is part of your life plan. Not one of you can avoid this pathway, because it is there is for all to see. Would you agree?

George: Yes, that feels right.

Lilian: This would be one of our chosen things to do in this lifetime?

At this stage of your development that this part of your life's plan yes. I have told you that you have come together this time for a purpose and that is part of your purpose; that your knowledge not be retained only by yourselves, but that knowledge be given to many others with whom you come into contact. This my dear friends I know you have achieved for many of your years. Since first I came to you, you have willingly and lovingly given of yourselves, not only your words, but your time to many, many others, in order that the truth may become more widely known.

Lilian: Of course we gain a lot from that as well.

You are evolving each step of the way. You must, because when the Spirit is to the fore then there can be no other way. When you recognize the true self, the Spirit within, then all becomes freedom; freedom from fear and anxieties of this Earth—you become free to be the Spirit with. You understand? (Affirmed)
Do you have any questions about this? Have you any doubts about your own developments?

George: I think we are beginning to understand simply following our pathway forward is connected so strongly with our own spiritual evolution. I think we are beginning to see that as a powerful connection now.

Yes. You see with the spiritual eyes. It has taken you much time my dear friends to realize that when you see with spiritual eyes, all of life changes, and some of you have experienced these changes we know.

All powerful is your thinking, all powerful are your words, all powerful is your connection to our world.

George: I think it was Aristotle who said of our psychic connection: 'It is not so much to learn something as to experience.'

Yes, we have discussed this my dear friend, it is the experience which is uppermost for you. Yes, how else do you learn without the experience?

George: Yes and I've a question in mind that is about intellectual thinking as opposed to spiritual thinking **(Yes)** and while the spiritual thinking or experience seems so simple in its way forward, by comparison the intellectual thinking is so much more complicated and cluttered, especially when it connects to science and politics. Perhaps this is why you've said on occasions that one can become too intellectual, which is a danger, or something to that effect, **(Yes)** and I was wondering if it is simply that the intellectual complexity crowds out the possibility of spiritual enhancement?

Yes, of course. Let me—have I not always said to you my dear friend, when first I came to you to speak, did I not tell you that always my words would be simple because you see my dear friends the truth is simple. But, yes, I agree with you, mankind has initiated a pattern of intellectual thinking, which has grounded his mind into confusion. So I say to you, always to think simply and the answer to any question you may have will also be simple.

George: This does suggest that some of our scientific methods, which involve incredible complexity in order to seek proof of some small point, I feel perhaps this is overdone and it's not quite the right pathway. I'm not sure where I'm going here, but perhaps one should either not seek ultimate proof of things spiritual, but more head towards the inner feeling of what is correct.

Yes. It is the feeling which is the most important. It matters not about proof, but mankind today relies heavily on what you term 'proof'. The only proof that you need, lies within, lies within without words, but with feeling, with that inner knowledge of what and who you are; that is all the proof that any individual needs. But your scientists do have complex thoughts, not always wrongly, because they have achieved much.

Sara: One thing I've learned is that when we are open to Spirit and we recognize the power, what we actually do becomes easier. **(Yes)** That is one thing I've noticed. Life doesn't need to be particularly hard work; we need dedication, but with dedication to Spirit as well as the task, the actual task itself is not so difficult.

It is the inner feeling of the problem which will help you in all of life's everyday happenings. I am afraid my dear friends that many times you are the creator of your own problems, when all so often there is no need for fear or worry. Remember what we have spoken about, about love and fear, and your everyday problems stem mainly from fear of some kind.

George: I'm happy that scientific reason has produced wonders of understanding of the physical laws of the universe, but it's when that reason tries to probe the details of spiritual connection that it doesn't seem to work.

It does not and will not work whilst they use physical thinking; that is the problem.

George: Yes, physical thinking is for physical matters.

Yes, we have agreed about this before. Until such times as your scientific minds are able to put to one side all that intellectual thinking of a physical sense, they will never fully find their answers.

George: And past civilizations that have worked wonders from what you've termed 'spiritual attribute', that arises more from spiritual thinking or spiritual awareness and not from physical thinking progression. Would I be correct?

Yes. In returning to your ancient peoples, the people of power within those communities, was always the individuals who had the strongest spiritual connections with our world. They guided the others along the pathway of spiritual knowledge, but unfortunately mankind—how shall we say, became greedy for the fruits of the Earth, and that spiritual knowledge soon became obsolete in many civilizations. You understand my words?

George: Yes, because that spiritual attribute could not be maintained as a result.

Yes, but we have approached a time as I have already told you, when mankind this time cannot, *cannot* deny his true spiritual self, and I am sure each one of you is aware of how much more open it is for people to speak about spiritual matters. (Agreed) There has become more freedom of speech, freedom of thinking and of course much influence from our world. I know you are all aware of this. Have you any more questions?

George: Could we say more about the period of terrorism, which the world is with at the present time? I believe the seer Nostradamus mentioned the date of July 1999 when the 'great king of terror' as he put it, would come from the skies'. I feel he is connecting with Osama Bin Laden and probably his flying to some location, where an important meeting took place to set up the cell network of terrorists we know exists, and this has led to September 11th and many other atrocities. Nostradamus also indicated that the period of terrorism or terrorist war, would continue both before and after the date given and I think he has rather cleverly put it thus. I'm thinking that the period is a very important period in which we are further developing spiritually and it's probably helping a number of people to live with fear and cope with that emotion. I'd be glad of any commentary you've on any of those points.

I understand what you are saying my dear friend. Always upon this earthly planet there has existed *fear*, whether it be on a small scale or a larger scale as you call 'terrorists' now, but fear has always existed. It is part of mankind's evolution that fear should be faced, no matter which way it is confronted. Much has been written about what you call terrorism today. May I just my dear friend again simplify this for you? What is the basis of what you call terrorism?

Lilian: Obviously fear.

Yes—let us simplify it: Those who commit what you call 'atrocities' are doing what they feel right. Whether it be right or wrong, black or white, remember what I told you my dear friend, there always is balance, there needs to be balance in your world for all to exist. Nostradamus indeed had foresight of many things as have many other people who have come to this world. But remember what I have told you that freewill has the ability to change what can happen tomorrow. Do you remember my words about this?

George: Yes, we accept that entirely.

Yes. Let me speak a little about what you call terrorism in your world today. Throughout your earthly history there have been many injustices by all of your nations in one way or another. There is no *nation* upon this planet who is free from that accusation, and we know that what seeds are sown then you must take the consequences.

George: So there is the karmic balance.

You must always look to that balance yes, before making any judgement.

George: So that might be said to be another—should I say 'useful' point about this period of terror, in being a period for balancing karma?

Yes, partly, but as you have said it is a time in your history for mankind to wake up, to what is important for him to know. Although there are many distressing things in your world—what is distressing that *you* may feel, but in our world we see the fuller picture. Mankind is now awakening to the realization that

fear creates many things and to balance fear there has to be LOVE! Are you beginning to see where I am leading you? (Affirmed)

George: Yes, and you mentioned the principle of being able to see the fuller picture and this period is perhaps just doing that, helping us to see that fuller picture.

Yes, it is a time of adjustment for all of mankind. It is an important time in your earthly evolution for *all* of mankind, not only those nations who are in disharmony with each other. I say to you my dear friends, counteract all of this negativity by sending out your love, by helping others to understand what it is they need, in order to live peaceful lives—lives without fear, lives without harm. It is achievable, but it will not come tomorrow.

George: Yes, another point occurred to me that St John through his vision in Revelation, he indicated the important periods of history that humanity must go through, **(Yes)** period of conquest, period of war and so on, and this period of terrorism seems to be another important period.

It is the catalyst before the understanding of *Peace*.

George: Yes, wonderful—it's good to feel that it has an important point.

Yes, remember always there is never one level of fear or love. There is always many aspects to it and again we return to the way mankind thinks—that his intellectual thinking interferes with that spiritual thinking, and again I say to you my dear friends: *that* is the thinking which you must use if you are to be truly *just*. I hope those words have helped you a little in your understanding.

George: Yes, I'm sure those words will go out and help very large numbers of people, because this is a period of our history which needs to be understood.

Let me repeat some words to you that are well known within your world, 'love thy enemy'. And with those words I will withdraw this time, but...

George: 'Love thy enemy and do good to them that hate you.'

But what is hate but fear?

George: Yes, that's a nice connection. Wonderful!

As I leave you with our dear lady friend, perhaps you will sit and feel that close connection to those who stand by you once more. As always my dear friends I leave you cloaked in love, in understanding and with those who love you most. (Thanks + farewells)

~10TH May 2004~

Lilian mentioned to Salumet at the start of the meeting that it was thundering outside and wondered if it would affect the session as Eileen had a fear of thunderstorms:

Good evening. (Greetings)

I thank you for your concern, but let me reassure you that all is well.

Lilian: Good. Hopefully by the time she's back with us it will have blown over.

As always my dear friends it brings me much joy to join with you once more.

George: The joy is mutual.

I would like to speak with you this time a little about your thinking. As always I am sure you know by now that this topic is most important to you. You know and understand how important your thinking is and that your thoughts become reality, but I have to say this to you that perhaps you have not considered asking to be taken to the library of the mind. You are aware of the libraries in our world full of knowledge.

George: Yes, we are aware. Yes, it has not occurred to me, I must admit, to ask to be taken there.

Yes, it is possible and you my dear friends have reached a point in your own developments, where this may be possible for you, but firstly you must understand what you are asking. All knowledge is open to you, but let me say this to you that the knowledge that you gain will be on a spiritual level and may well be forgotten as you return to this earthly plain. This you understand, but it remains that it is possible for you to enter our libraries of the mind if that is what you so desire.

George: But this would be during meditation, would it?

During meditation, in your sleep state—no matter, provided that you have asked.

Sara: Would it possibly provide more insight at certain times, for instance when we are meditating in future, if we've asked to be taken? Although we may forget it physically when we return, is it possible that we might access some inspiration whilst meditating?

Yes. That would be the purpose for doing so. How many times have you pondered upon some question and you have not been given an answer or you feel you have not been given an answer—the answer is available to you all.

George: And if forgotten, I imagine there might nevertheless be an influential feeling lurking there.

Yes, of course, although it may not at once spring to your mind, there of course would be that spiritual influence upon you.

Sara: So in meditation or in sleep, we could ask for a particular matter to be revealed in the library. **(Yes)** That's wonderful!

Remember the library of the mind does not have any books, but all is available to you. I would like you to remember that all of this information can be sourced, and again my dear friends all you need to do is to ask, to be genuine and to ask in love. After all, our purpose in our world is to come and to help you in your progression. It may be that you feel your questions are irrelevant, but how can they be if they are already in your mind? You understand? *(Affirmed)*

George: That's a most interesting thought, thank you.

Always my dear friend that is the purpose of my visits to you that we expand your thinking, which in turn expands that spiritual progression, and although as I have said previously, you are not always aware of your own progression, let me reassure you that indeed each one of you is moving forward. Have you any questions?

George: Yes, curiously enough I've a question because there has recently been a programme on TV entitled 'What makes a genius?' During the programme several ideas were put forward regarding what does *not* make a genius—it does not seem to help to give extra tuition, a genius does *not* seem to be part of the main stream in school, he tends to be one who steers his own course/has his own thoughts, but I think from what you've previously told us that a genius results from *spiritual connection*. Would you care to add to that?

Yes. I think my dear friends that you would agree that many people have equal opportunities in life, (Yes) but there comes before you all throughout your history people that you on Earth would call geniuses.

George: Yes. An example would be Albert Einstein, who was actually expelled from school, **(Yes)** but he became a genius.

I believe I said to you that these people are influenced greatly from our world, (Yes) but more than that, they have experienced and felt much in previous lifetimes, which they have accumulated and have chosen lifetimes where that accumulation of knowledge is to be used.

George: Yes, and so their own soul connection would be most important?

Yes of course—without it they could not be as they are.

Sara: And does that also explain why certain gifts or talents suddenly blossom when triggered quite quickly at specific times? They may not show in the early life especially, but perhaps when the time is right something triggers **(Yes)** a past memory. Can that explain why?

When the Spirit is touched, then all of these gifts will come to the fore.

Sara: Yes, because I've notice some people are very able from a young age, but for others it can be a bit later—their gifts seem to flourish at different times.

All of you my dear friends have your own particular gifts. What is relevant is whether those gifts are necessary for this lifetime. Do you see, that all of you at some point in your evolution have been gifted? It is a word that I find a little odd, because 'gifts', as you mean, is something is given to you, when in fact all of these 'gifts' are innate within you. You understand?

Sara: Yes, I understand, but I see that everyone has many different gifts **(Yes)** or different—I don't know what to use—innate abilities.

Yes, but the important issue is whether those gifts are to be used within any one lifetime.

Sara: Yes, there needs to be a greater purpose attached to the bringing forth of them.

Yes, like the ones you call genius. They have agreed to reincarnate into this world in order that those 'gifts' make an impact. Does that make sense to you? (Yes)

George: Yes, so it would be largely their own soul connection. Might there also be influences from another Spirit, angelic for example?

Yes, Spirit is never alone whilst you inhabit these earthly garbs. Always there will be influence from our world as well as from the soul. You understand? (Yes) And that being also, can call upon us in our world for that help which they feel they need.

Sarah: A Spirit came through me in the Inca language the other week—you said it was Inca. My husband was taping this language to put on a disc and I was in another room and I thought to myself, I wonder if I can speak this language now being awake and to my surprise I could do it, I was speaking quite fluently. Now is this because I have an Incan Spirit with me closely, or was it my thought, or what was it?

Yes, it is exactly what we have been discussing, where your thought becomes the reality. It is that simple, and because you had the trigger of the words that thought was more easily used for the reality. Do you understand?

Sarah: Yes I do understand but...

But you are also confused.

Sarah: Slightly. So at any time if I wanted to I could come out with this language?

If you so desired, if the thought is powerful enough, but there would, I would say to you, need to be some trigger such as in meditation, or as in the instance you have recalled, where you were hearing the words. You understand?

Sarah: Yes, thank you.

You are not yet at that station, where you can immediately create reality with a thought, unless you are in a state of meditation, which you were before. Again, it relates to what I have told you this time, that your thought is all-powerful, but you must have the willingness and the love behind the thought to make it reality.

Sara: Salumet, **(Yes)** if you're painting you are often channelling some inspiration from Spirit to help with a painting and with music I can channel when I play the piano sometimes. Is it similar with languages, you are channelling the language?

Yes, but what the difference is, is with painting and music you are providing the instrument by the *hand*, to be used or the *voice* to be used, but first you must have the thought pattern. You understand?

Sara: Yes, you have to have some understanding. **(Yes)** You have to have some connection with what it is you are doing.

It is slightly different from our dear lady friend, who has a connection from past times with this particular language. With music and painting it is available to *all*, but if it is chosen to be in this lifetime, then you will be influenced until such time as those gifts are used. Can you see the difference?

Sara: Yes, there is an influence until the time is right. **(Yes)** I wondered, because recently I was singing with somebody and he was playing music which I didn't know very well—jazzy music, and I was improvising, but I was very surprised by what I could do, not really knowing that type of music. That made me wonder—I *know* that someone was helping me, that someone must have been with me.

Yes, what you have done is provided the situation, so therefore the influence was able to come and to influence you, although you were not aware mainly of that kind of music.

Sara: Yes—it makes me feel that many things are possible.

Not many, *all*!

Sara: All things are possible—yes! It's very exciting! *(Affirmed + chuckles)*

It is a small word within your language, but it has a powerful meaning. Perhaps it is a word that you could all dwell upon.

Lilian: Any questions Paul?

Paul: Yes I did have a question. I was thinking that *legends* can be quite useful: They are something for lots of people to put their thoughts onto in a way and capture the imagination, in positive ways sometimes. One that captured my heart for many years was the King Arthur story. It's been embellished a lot over the centuries and in some ways that's helped in a way I guess—it's made it more colourful. I see it as one of those legends that's given people a lot of hope through a lot of dark centuries—they've had something to inspire them. **(Yes)** But I wondered if you could chisel out a little of the fact from the fiction.

Let me say this to you my dear friend. You are one who also thinks deeply on many things. Within your world from the time of its very existence to the present time, there have been many stories that mankind has taken to his heart. I am happy for your question and I do understand where you are leading to, but my purpose in coming to you my dear friends is not to take all of these things and give you more detail—this is a question you could find from the *library of the mind* if you so desired. But my purpose is to bring to you all that is true, not upon this planet, but in all matters spiritual. But what I will say to you is this: that any legends or stories, no matter how you name them, if it brings a purpose to the living of mankind, then so be it. Mankind has always *strived* to find fact from fiction—that is part of the human nature, and you, my dear friend, are no exception on that. I am sure if everyone within this room were to speak, they could find a tale or a legend or a story or some part of history, which brings them hope, which to them is an idealism for living. *(Agreed)* So you see I could spend many eons of time in trying to separate fact from fiction. I gently say to you my dear friend, we will leave that to *you* to allow your brain to function and remain healthy. It is not something I wish to embark upon, you understand? **(Yes) I know I have in times past clarified situations for you, but that is not my purpose.**

George: Could I just add that part of the King Arthur legend is searching for the Holy Grail and I think that symbolises '*seeking*' **(Yes)** and part of your coming to us is to stimulate perhaps our seeking. **(Yes)** So there might be a symbolic connection there.

Yes, it does not harm mankind to seek the truth. Yes, all of these things—when the time is right, mankind will discover what is true and what is false. After all, can you all remember how long it took *man* to understand that he would not fall from this earthly planet when he sailed upon your seas? The information was not given straight away—mankind had to decide and seek for himself. *(Agreed)*

George: And get himself into all sorts of pickles on the way! *(Chuckles)* I was going to ask a medical question about asthma, which is one of the problems that we seem to be getting ourselves steadily deeper into, and especially young children seem to be more afflicted with that breathing problem in the world today. I feel there's possibly a multiplicity of reasons for that, which would include perhaps the use of vacuum cleaners putting fine particles of dust into the air, becoming allergic to various pollens, stress. But there may be spiritual implications as well. Could you help us to understand this increasing medical problem, which we seem to be developing?

Yes, I understand your question. Of course there is always a spiritual aspect to all that happens in your world—this you know by now. As this planet has progressed and mankind has created many abuses of this planet—this you all agree with I know. **(Yes) There is a time when mankind has ignored many warning signs and you now have people come to this world, and because of the conditions of this world, there are many problems, one being asthma that you have named. I am going to, my dear friends, put back this question to each one of you before I give my answer. What do you suppose the spiritual nature is of this condition?**

George: It might be losing our way spiritually?

Losing our way.

Sara: Not feeling relaxed—the breath is central to taking in life.

Yes, I will stop there, because our dear friend has hit upon the true problem. When one cannot breathe—*breath* is the very being of life. When one cannot breathe properly, it is a cry for help that life is not being sustained in the way that it should. Many who come to your world today know and recognize that they are coming to a lifetime where they cannot speak as they find *freely*, that the intake of the breath is not as pure as it should be. Those who come in this world at this time and suffer with this condition, have agreed to do so in order that mankind may see the error of his ways. Therefore, if

there are so many, mankind has to stop and think, *'what are we doing wrong?'* Therefore this almost epidemic proportion of what you call asthma and breathing conditions is a sign from our world that all is not well, and mankind *has to* address the problems of your world. And my dear friend has already quoted atmospheric conditions, pollution, all of these things.

George: Yes, and I note you said, 'problems' in the plural, **(Yes)** so there will be many factors that are wrong. **Yes, yes, yes.**

Sarah: In Mexico City where pollution is very high, there is very little asthma. Would this perhaps be because the people have decided not to come back with the condition, because there wouldn't be a chance of helping them there, because they are so poor?

There is always a reason for returning to a lifetime with any condition—that is between our world and the Spirit who wishes to reincarnate. Of course there is always reasoning behind all action and it is too diverse to go into in one meeting, but we can return another time and discuss it more fully. (Thank you.)

Sara: Do most souls have physical infirmity or imperfections?

Not at all, no; it depends on the reason for returning to another lifetime. You cannot generalize, unless, as we say, with those returning now who have *agreed* to return with this *asthma* problem—they have agreed as many to return at the same time—within 1,000 years of your time, of course—I do not mean they reincarnate together, and again, as we approach the time issue, we are getting into more complicated matters.

George: And the fact that more and more children are being affected by asthma, **(Yes)** would seem to connect with more people returning for this purpose at this time.

Yes, of course—that is why you are now finding that it is the young people who are displaying all of these conditions. I hope that has been a little helpful for you. (Affirmed)

George: That does explain the child aspect in this, which is very interesting.

Lilian: And also when it's children, we don't like to see them suffering so it's looked into even more I'd imagine. **(Yes)**

Sarah: That would perhaps be the same thing with depression. A lot of young people seem to be getting depression these days and that could be for the same reason.

It is an indication that life is not as it should be. (Agreed) **All too often we listen to you in your world speak about *progress*, but it is not progress what you are doing to your world. For this time I will leave you to work a little with this instrument and allow you to continue with this evening and you should find that each one of you is given a little clairvoyance. So may I leave you as always with my love.**

George: Thank you, and again you've given us much to think about. (Agreed)

I am always happy to hear those words and I thank you all my dear friends for that. (Thanks + farewells)

There then followed a message through Sarah, that George would be making an important discovery benefiting all those interested in Spirit realm. So the time was now right for him to be receiving this particular important inspiration from Spirit.

~17TH May 2004~

This was a development evening, where we all dedicated quiet time to going within, receiving individual clairvoyance and guidance and has not been transcribed.

~24TH May 2004~

Good evening. (Greetings)

I would like to thank you all for allowing me last time to work with this instrument. I hope that what you were given has been of some help to you. (Affirmed) **This time I will answer any questions, but I would say to you my dear friends that there is an exercise for each one of you after I have spoken. I will explain it for you now, before we continue with any questions. It would be appropriate for you all to go back in time to some point in your childhood. There of course will be many points where you could reach back to, but we ask that each one of you use your freewill to choose which time, and to find within that time**

a point where some kind of realization came to you that has stayed with you throughout your life into adulthood. Do you understand? *(Affirmed)* I would say that you will know at which point you must begin. All of these exercises are not frivolous, but are happenings for your own development, as I promised you that this year of your time would be spent in your own self-developments. It is most important that as we continue, not only are my words important, but that each one of you *feels* that they are making progress as far as allowing the Spirit to come to the fore. I hope that you will agree with me. *(Affirmed)* Now if we have any questions this time, I will be happy to try to help you in your understanding.

Lilian: Yes, thank you. Could I ask one about when you work with your instrument and it's quiet, could you explain a little about what happens when you are working with your instrument, or is it too complicated for us to understand?

As last time you mean? (Yes) Yes, when I work with this instrument she is of course placed to one side, as I believe you well understand. But when I ask to work with the instrument quietly, then the opportunity is given to us to make adjustments and for the instrument to be taken much more deeply on a higher vibration.

Lilian: That would account for the fact that it's always very difficult for her to come back—it takes quite a while.

Yes, because I am working with her on different levels.

Lilian: She remembers nothing when she comes back.

Yes, that as may be—the time will come I can tell you, when she may recall at times what has been happening.

Lilian: That will be interesting for the rest of us and for herself of course.

But I have to say that will be quite some time yet. All things take time, all actions need patience.

George: I'm pleased to hear that in a way, because that also means that you'll be with us for quite some time! *(Affirmed + some cheerful chuckles)*

Always, my dear friends, your words always seem to be that of the wise one, but I hope that I can help each one of you to grow much whilst we continue with our acquaintance, and yes, I can tell you that the time is not ready for this instrument to leave.

George: Yes, that is nice to know.

Sarah: You have helped us all a tremendous amount and we would miss you greatly if you were to go too soon.

Lilian: Yes. Every problem that comes along we try to think of the spiritual side and the whys and the wherefores.

Yes, that is as it should be. Ask and you will be given—not only by me my dear friends—do not forget those who stand close by you at all times. Remember those dedicated souls who you may never know by name in your lifetime, but they are always with you. To them I say, give your daily thanks, because no matter what problems you encounter, they will help and uplift you.

George: We do appreciate their presence very much.

I of course am always with you, but as you know all of us cannot interfere in your lives, but we can help and we can uplift and we can guide you; but ultimately all choices are yours.

Margaret: Thank you for the help I get.

George: It's wonderful to feel that we are not alone in any way.

No-one is ever left alone, even those souls who *feel* that they are all alone, are never by themselves. It may be more difficult at times to uplift those who have gone deeply within themselves, who have no knowledge of Spirit; but they always have someone with them.

George: Certainly people sometimes are driven by various means to deep depression, **(Yes)** sometimes with very sad results, **(Yes)** but I cannot begin to imagine how those who stand close feel about that in those very depressed times.

Yes, of course they can become engulfed within the sadness that radiates from the human being, but they have the ability to withdraw and to *find* that peace to which they belong, in order to return to help

those most in need. And remember, there are many, many, many who are willing to come to your earthly plane, to help those in despair and great need.

George: And those in despair really only have to *ask*...

Yes, if only they would use that one word, and to know that the help will always be there.

George: Could I ask a question about synchronicity, that we've talked about I know, but some further clarification might be possible at this stage. We talk of chance—that really links to mathematics and probability, as for example, throwing dice and there is a particular calculable chance of a particular number coming up on the die. Now I think I'd be right in assuming that what we call synchronicity always has its Spirit connection and even the numbers on dice could be influenced from Spirit, but not usually.

Yes, I understand your question, but let me put this simply for you: remember the power of thought? Do you not know those individuals whom some would term 'lucky'. Can you not see?

George: Yes, so good gambler can work the odds through his power of thought?

Yes. He may not be aware that that is what he is doing, but the mind can make many things happen, but it is the power, the force behind the thought that creates the reality. Always my dear friends we return to these same issues. All of life seems so simple to us in our world, but I have to say that you human beings complicate what is so simple. You use so many words when one would suffice.

George: Yes. The extraordinary synchronicities that come to us from Spirit, they would also connect with power of thought, I'd imagine?

I feel that we should differentiate just a little my dear friend. When you speak of dice and men who use these things to gamble, they of course have the freewill to use the power of their thought. When you speak of the mind and synchronicity connected to Spirit, we are speaking on a different level.

George: Yes. Could I give an example? We had the channelling in Inca language, which I understand is 'Quechua'. We are in touch with an Inca language expert and we are waiting to hear back from him. But in the meantime I received a postcard of Machu Picchu in Peru from an acquaintance—not a close friend, more an acquaintance, who was declaring that he had just completed the Inca trail. Now, it seems to me an example of an extraordinary synchronicity.

Yes. It is our way of saying to you that this—and I use your word 'trail' that you must follow up on, and we will help to supply all of these things to keep your interest.

George: Yes, I'll accept that entirely. I've had a number of such synchronicities and I've always had the feeling that they mean that we are on the right course. **(Yes)**

Sara: It's a sort of encouragement.

Yes. You might say as the human might be interfering in some way—that is our way from Spirit, to keep your interest going, to have all of these what you call 'co-incidences' when in fact they are placed before you, to keep the memory going, because we know how forgetful you can be. *(Chuckles)*

George: So that form of synchronicity would always come from those in Spirit?

Yes, that's why I said we must make some differentiation between actions. The one who wishes to gamble is using freewill to use the power of his thought.

George: But if we are throwing dice and not particularly thinking about it or wishing for a particular number, then the laws of mathematics will apply? **(Yes)** That's clarified things beautifully for me, thank you!

Yes, you must accept all of these things—you inhabit a human earthly plane, where all of earthly things apply, and of course we would not encourage any human being to gamble, when it can affect so many others in their lives. You understand?

George: Yes, what is a win for one is a loss for someone else.

Yes, you must again always look for the fuller picture. You understand? **(Yes)**

Sarah: That's also the balance, isn't it?

Yes, yes, but some human beings become so self-centred that they cannot see further than their ego.

George: That is a wonderful clarification. Thank you for that.

Sarah: Somebody who's very interested in this work and who I give all the transcripts to, he was telling me the other day that as a young man he had a personality and then he had a very bad accident and had a

major operation. After the operation he became a different man—he was more aggressive and not willing to toe the line. Is this part of his freewill, or is this—I know you can't generalize with all things, but can you in your life suddenly decide that maybe you're not on the right course and you need to change, or is it just an accident—although you're going to tell me that accidents don't happen!

Yes, we will not talk of accidents. The laws are perfect and no matter how you *define* spiritual law, I can tell you dear friends that all are perfect. Do not forget what you decide before you come into these bodies. It may be that this gentleman decided that this would be the *life—change* of life that would suit him best for his own progress. So the opportunity came when he had to have the medical operation that would create the change within the physical body. You understand?

Sarah: Yes I do, thank you.

But of course, as you full well know my dear friends, the power of your thoughts can create much within your lives and you have to accept responsibility for all thoughts that you create, and I am sure by now you fully understand that some thoughts are more powerful than others. (*Affirmed*) You have to have the recognition of the power of your thinking. Each one of you my dear friends—and I have said this many times to you before, **you create your own reality. No one else is responsible for your thinking. Never blame another for the thoughts that you have as an individual. So again I bring you to thinking about your thoughts.**

Lilian: Any more questions?

Sarah: I just wanted to say I know Salumet that you never want any thanks, but this particular person, he keeps thanking me for all the help your words have given him, so I'm just passing that on to you. He is very grateful and it's changed his life and it's changed his daughter's life immensely. So he's very grateful.

That is why my dear friends I draw each one of you close each time we meet, because *this* group has done much to make the truth known—you cannot in your lifetime do more. You can improve your own lifestyles and your own thinking, but to spread the words of truth is what we are about. I have said to you previously, if you touch one human being in a lifetime, then you can feel that your work has been done. So I, my dear friend, return the thanks to you. (*Thanks expressed*)

Sara: I just wanted to ask on behalf of my neighbour. Two evenings ago he felt that he had a visit from a Spirit from the darker realms and he felt that he had been manhandled physically, because under his arms felt a bit sore the next morning. The incident frightened him and there were a number of not very pleasant messages. He was told that he (*the Spirit*) had been sent to show him that there are darker realms also. Anyway, because he was frightened, we suggested that he ask for protection in his dream state. I wonder if you could comment on the possibility of this happening to the physical and he was accurate in what he was feeling?

Yes. Do you remember what I have told you my dear friend: all experience is based on either love or fear? (Yes) This gentleman—I will speak briefly, because I do not like to personalize what I say too often, but I would suggest to you that this one has opened up too quickly to psychical things. He must learn to close down and, yes, we will help him if he should voice that concern.

Sara: Thank you. Yes, I felt that he has been through many changes recently.

Yes, too quickly, without proper guidance and help. He has opened himself not only to the love forces, but to the forces of fear. Do you understand? (Yes, I do.) You and your loved one can help him, if you so desire, but he must learn to close himself and bath himself in a cloak of love and protection. You are quite correct in that assumption.

Sara: Yes, thank you. I told him I thought that is what had happened, because I didn't want him to abandon the spiritual path which he has started to develop, because of fear.

There are so many people in your world who suffer, because they have not had guidance to open themselves more slowly in the act of love, (Yes...) but what you must not do my dear friends, is make him feel afraid. Love is there, but he needs to ask for it, with your help.

Sarah: When you say he has to close himself down Salumet, how would you begin to tell somebody who doesn't quite understand *how* to close himself down?

They must keep their feet upon the ground; they must visualize the cloak of light and love from our world, to encase them, to feel that powerful love. But he must visualize it first and call upon those who are close to help him. There are many ways that this can be done. Some people will use the visualization of a blind being pulled, a room divider, a cloak of love, pure light—there are many ways and it would be better for this one if he can find what suits himself.

Sara: When do you suggest he does this?

He must before he goes to sleep state ask for that protection—protection throughout his sleep state and upon waking he must give thanks for all the help that is given. *(Thanks expressed)* You may find that it does not come in an instant—because he has allowed that cloak of fear to enter, it may take your help for him to be free. Explain to him, all things are based on love or fear, and he has to negate the fear.

Sara: He is very intelligent, so I think he will be able to grasp.

Yes, I might even suggest that as he goes to sleep state that he clears his room with beautiful music with good vibrations that will cleanse the area where he is to sleep.

Sara: Yes, because he has received many good and beneficial messages in his sleep state of late, it was a big surprise to him to have something negative.

Yes, whether he recognizes it or not, it is only that he is too open. In all the cases of opening yourself psychically, there must be *control*, there must be *discipline* and there must always be love. No one should ever sit in anticipation of anything other than love.

Sara: Yes that's right, I understand that and spiritual development and service I'd imagine over time brings protection?

I would suggest to anyone opening themselves up, to sit with someone who has some experience, because this is what happens and there are many people within your world who are called insane, because they cannot deal with all of these psychic events.

Sara: Yes, I've come across this before.

Yes, but you can help.

Sara: Thank you, yes. And because I've started to sit myself for mediumship, the only protection that I'm doing is a prayer before and after, but the same would apply to me, would it?

You are already protected my dear friend—because you come here, you understand what is happening, you are automatically protected. But it does not—it does not matter if you don't, but it is always accepted gratefully to those who protect you, to hear your words, to ask for help and to thank them.

Sara: I'll do that yes, thank you.

You must always sit always in love and never in any place where there have been vibrations of anger or negative vibrations, you understand?

Sara: Yes I do see that, yes.

You should always choose one spot that is filled with love and as time continues then you build a barrier to all of these negative thoughts. I hope that has helped you. *(Thanks expressed)* Now my dear friends, I will leave you this time; I am sure you have much again to think about, *(Agreed)* and I will leave you with our dear lady to sit quietly and to discuss afterwards what points you find have been relevant from a young age. Each one of you will be helped with this, so I leave you all with my love and my protection. *(Thanks + farewells)*

Unfortunately, there were no further meetings for a number of weeks, but there is always good reason for these breaks and we certainly had much to think about and practice during the break.

~26TH July 2004~

Good evening.

Lilian: Lovely to be together again this evening.

Your welcome as always fills me with great joy and love. Always when we come together on these evenings, it is a great joy for me to see the love which shines forth from each one of you.

Lilian: It really is lovely to have you back—to be able to speak to you.

Yes, I was about to say, *always* I am with you, although I would say, *mostly* you seem to be unaware of my presence in your daily lives, but matter not, I always will be there for each one of you.

George: That's very nice to know. Perhaps we should work on this, becoming more *aware*? (Yes)

Sarah: I think we also know that you will always be there for us Salumet, so even if we've not recognized it, we *know* that you are around.

Yes. Remember my dear friends what I have told you in the past: I am the whisper in your ear, I am the smile upon your lips, I am the inspiration that you *seek* in those times of troubles in particular, when you feel that some upliftment is needed. Always I am there in some form.

Lilian: I'd like to say 'thank you' for listening to me in the last few weeks.

Yes, your words are never lost my dear child.

Lilian: It's just sometimes things don't happen as quickly as we hope or would wish.

Yes, again this is an earthly problem of patience of time, but our side of life does not see time in quite the same way as all of you. Again I will repeat to you: see the fuller and the wider picture, the fuller scheme of your lives. Each incident, each time of happiness of sadness, of worry of *escapism*, which some of you can relate to at some point—they are *all* the building blocks of your spiritual nature.

Sarah: I think sometimes though we feel that time is running out on us a bit, so that's why we get impatient.

But your time of physical life, is as you say, 'running out', but it is *running out* to a better time, to a time of returning *home*, where all who know and love you throughout many lifetimes will be there to greet you. So, try not to feel that physical time is all important, it is but a blink of your eye. One lifetime is but nothing in time in memoriam.

Lilian: Yes, I try to think of that as well.

George: Yes, that seems a very wide picture indeed.

Yes, it will be a difficult picture for you all to imagine, and truly whilst in these physical bodies you can never fulfil that vision. Only when you discard these physical clothes will all that is available to you make sense. I have told you that all knowledge is available to you now, but, my dear friends, each one of you still finds difficulty in erasing the physical blocks of your living; but that is the normal for most of mankind, so do not despair, but continue to work and to grow and to give love to your fellow man.

Always that is my message to you, not only to give love but to *feel* it, to *be* Love. You understand? (Yes) Love is a state of being and I know so often when you enter this room, that state of being is much easier to achieve.

Lilian: Yes! That's so truth.

George: Perhaps the first step in what we call spiritual realization is the recognition of that higher authority, but beyond earthly authority. And this is an area that we could hopefully one day go into a little more, because our picture of Soul structure and Spirit is rather vague at the moment. Would it at some stage help us to go into further details of Soul structure?

I would be willing to discuss that with you if it should *help*, but when we speak of Soul structure, we speak of the very essence of being. The heart of Soul structure is not something that you can clasp to your bosom so easily. It is an ever-learning process. It is, as you continue throughout the spiritual realms, something that changes with your spiritual *being*.

George: Yes, perhaps more to do with developing *feelings* than...

Yes, you are *being*, you are *experiencing* all of these *feelings*. It is not even what you call *feeling*, it is *being*. Do you understand the difference in what I am saying?

George: Yes, I think I'm grasping that it is not a geographical thing that we could set down on a page; it's more a development of feeling.

Yes, it is a state of *being* and to reach that state of *being*, you have to have experienced all manner of *feelings*. This is difficult for me to place into physical words, but when the point of *feeling* becomes *being* then you would know the difference—you just *are*. When you speak of *feeling*, it means that it is almost something tangible that you can *reach* to and *touch*, but a state of *being* is just that—it cannot be changed or altered, it just *is*. Do you understand my words?

George: I *think* so.

It is a complicated issue, but I am happy to discuss it with one who needs to understand.

George: What you've said does help, yes. Thank you.

Yes. We will develop it along those lines of course as we continue, but for the time being it is more relevant that you become aware of the spiritual being and all that is attached to it and to leave for another time the complete Soul structure to which the Spirit being belongs. Firstly we must move through the physical being and the understanding which physical being holds. Am I making sense to you my dear friends? If you are worried or do not understand then please allow yourselves to *speak*.

Lilian: I think it helps for myself when we read your words and we can read them slowly and maybe go back...

Sometimes my dear friends it takes some of your earthly years before understanding of words can be reached. That is what you *find* that sometimes words are spoken to you that you *feel* at the time make sense, but it is only in returning to those words does *full* and *true* meaning and understanding come to you after a period of time. It is because the Spirit within *recognizes* and becomes *aware* of what is being said and in unison with the *physical* brain, understanding becomes greater. You understand? (Yes)

George: Yes, in the past you've talked to us about soul aspects (Yes) and how the soul aspect continues to have identity for a time after returning to Soul, (Yes) after returning to Spirit. Eventually I think that aspect and many aspects merge and in one sense lose identity and yet you've wonderfully demonstrated to us that an aspect of Soul may be retrieved (Yes) and presented yet the Soul is not really segregated into parts like that in its non existence by the ...

Can I perhaps simplify this for you? (Thank you.) Let us take something as simple as an egg. Within the egg you have the nucleus, which is the yolk, you have the white of your egg, but both parts belong to the whole. At some stage both the nucleus and the outer part, if blended together become as one. (Yes) Yes, so there is some non-identity of both and yet both still contain the same identity. If you were to remove part of that blended egg, does the remainder look any different? (No) And if that separated portion be returned, does it change the whole? (No) Does that help you to understand a little more clearly?

George: Yes, thank you.

Lilian: It blends back together.

Yes. So if you try to think about these simple matters in explanation of something so complex, it gives you a better understanding I feel. Too many words are used in your world, too many complicated issues are uttered, too much is said which remains unconvincing to many, many people. I say to you this, my dear friends, as my words to you come as simply simple words, look always to a simple analogy to all questions and the answers will become clear.

George: And it's probably not quite right of us to think of Soul as a unity, (Yes) given that you have indicated that...

...it is fluid.

George: ...there is much connectedness.

Yes. It is not something that we can give one word to describe it. It is far more complex and far beyond your understanding at this time.

George: Yes, using your analogy of the egg, I'm tempted to think of many Souls as a sort of frogspawn—many eggs are joined together.

Yes, that is a very good analogy—that is what I mean: *find* your own simple explanations, explanations which you can understand, both spiritually and physically, because until the two are united in thought, you will not understand. I could explain in complicated detail what I feel you would like to hear, but is it not best that you find your own explanation of my words and that I give you guidance in your understanding? Would you agree with me my friends? (Agreed)

George: I'd not dare to criticise your teaching method! (Laughter) I'm amazed that you manage to convey so many ideas/thoughts to us in such a way that we can grasp them.

I feel that for all to understand, I came to you with the understanding that my teachings would be simple. They would be teachings that you eventually could come to understand and I can say to you that by the way each one of you has grown spiritually, then those simple words indeed work. *(Agreed)*

Paul: I sort of understand it, it's like teaching, you can *lecture* people, **(Yes)** but that is not the same as *teaching*.

No, I would agree with you my dear friend and of course you see it always with the teaching of the young people. If you can keep their attention, they become interested and they wish to continue to learn. If your words are complicated and not understandable to them, they become easily bored. Would you agree? **(Yes)** Yes, I hasten to add that I do not consider you to be as children, but I can say to you the choice I made before I came to you, was that spiritually you would be alert to any teaching that I was able to bring. Therefore I would say to you, *physically* you may not always understand, but spiritually you are all beacons of light.

Lilian: Talking of children, are we going in the right direction to help my granddaughter?

I think my dear friend that you know the answer to that question—yes. **(Yes)** I know there is concern, but give the problem up to that Creative Force and all will come right. *(Thank you.)* Still you have to learn that when life troubles you, you must let it go; you must place yourself within that spiritual light and trust that all things will work for the better. But I know and I understand how human you are and how often how many tears are shed unnecessarily, but still I understand those feelings. I say to you my dear friend, do not fret. *(Thank you.)*

I feel for this time in consideration of the instrument which I use that I finish speaking with you this time.

Lilian: We understand. She will be very pleased that you've returned to use her voice.

Yes, there is much work to do, but I need to be a little patient also with this instrument, because she too, is human. So my dear friends, I leave you with much *joy*, with a little more to consider I hope.

George: It's so nice that this side of our togetherness is now re-established.

Yes. There may be breaks, there may be times when there are few of us, but that connection wherever you are in this physical world can never be broken. It is a spiritual connection, which, as I told you, took many of your earthly years to establish and the light of Spirit will not be extinguished. Therefore my dear friends I will take my leave, leave the light of my love with you all and those whom you love, and let you continue with some self-development this time. *(Thanks + farewells)*

~2nd August 2004~

No Salumet this time as Eileen was away. Nevertheless Sarah was able to channel much information of interest. It should be mentioned that at the subsequent meeting with Salumet, Sarah raised the issue of giving money, presented here and Salumet gave further guidance to that given here:

Good evening. (Greetings)

This time we hope to bring to you a few of those who have been waiting to come and this is the opportunity that has arisen for them to bring word to you. They come with much knowledge and are ever hopeful that they can impart a little of this knowledge to you, but the time has until now not been right. They are all working alongside those in your world and they hope that the messages they can bring to you will help to bring out a little of the secrets that you believe are available to you but you have as not as yet been able to unravel the code that is there waiting for you. So, those who come tonight hope to give you perhaps not the full knowledge, but a little, shall we say 'key' to the knowledge that is available to you. I have come to unlock the door for them and now that I have unlocked this door, I shall return and make the gateway wide for them to come to you.

There then followed another through Sarah:

We bring to you this knowledge with much love. We have been waiting for this opportunity to tell you that we are not only here by you to guide you but to help you to find the knowledge that is available to you. Sometimes this knowledge is staring you in the face but you are not able to see it. We have been trying to get you to see some of the things that are available to you but as yet from Spirit we've not been

able to get you to see the picture. What I'm trying to tell you is that when you see one who is in some state of trouble, your immediate thought is to go to the aid of that one and to give what you can on a personal basis. This is a natural reaction from Spirit—from the human form, but from Spirit the action should be somewhat different. Take for example one who has come upon hard times—your reaction would be: give this one some money—but in fact this is not the right approach. We are trying to get you to see that this one who has fallen upon hard times has fallen because his or her spiritual growth has declined and this one is falling upon hard times in order that the Spirit should awaken and in this way the Spirit will grow. Therefore, your reaction to give to this one in monetary terms is not in fact helping this one; all you are doing is putting this one back on the same level as it was before it fell upon hard times. What you should be doing is surrounding this one in light. You should be trying to give help through Spirit. You should, if you can, try to explain a little to this one that should he or she ask for a little help from Spirit, then this one would begin to realize that what is important is from the Spirit inside and not from the physical outside. There are, of course, some who are in desperate need and the monetary gifts that are given are essential, but we are then talking about those who have been put into situations, because mankind is slipping into decline spiritually and the effect of this spiritual decline in mankind is affecting those who otherwise would not be in this situation.

George: I think we are talking about certain famine situations due to our wayward politics. Would I be correct?

You have at this present time one of these situations, yes, that is created by man at this moment and this is in fact a different situation. What I'm talking about on the other level is on a personal basis, one that has been created by him or herself. One who has brought upon themselves the situation even though this person is not aware that it is in fact a spiritual decline. I wish to help you to understand that by not giving gifts in material form is a way of helping, even though perhaps it goes against your human nature. What we are trying to do is to help you to understand the importance of helping others spiritually when you are aware yourself. There are many who don't and will not understand this view, but to you who are aware of so much spiritually, I believe this is the time to let you know that the greatest gift you can give to these people is spiritual.

George: I think we appreciate that and I think that we also appreciate that a problem in our country today is that people are being encouraged in various ways to spend their money unwisely and a number of people are getting into debt as a result and I think you'd say that in that case that it is not money that they need, it is the spiritual help. I think I understand that from what you are saying would connect there.

There are many situations, but many of these situations where debt is incurred is because of the greed of that one in the first place.

George: And that is a decline in Spirit.

Greed is not healthy, so yes, the Spirit is indeed declining in situations such as these, but you are going to say to me, there are some who have spent because they are indeed in great financial need. There again the situation is marginally different, but the Spirit has been aware they would be in a poorer situation in this lifetime and this is what they need in order to fulfil the requirements of their Spirit in this lifetime.

So, can you see that each time there is a reason why these debts are incurred and if it is because they need to be in this situation, then giving is—giving monetary gifts is not of huge help and neither in the other case when greed is involved, because the Spirit needs to grow once more to make good the backward step it has taken in that instance. I hope that my message has been of some help to you.

(Agreed)

Finally one more spoke through Sarah:

This time we bring a little knowledge taken by those who are standing by. The gift that is given to you of reading the thoughts of others is paramount to the life that you have come from. This gift is available to each of you. You feel on many occasions that you know what one other is thinking and if you follow this through, your feeling will be correct. You are able to communicate with all via this thought. You are, I know, aware of the power of thought but you are not using it to its full potential. We have tried to give you this information in times when you are at your wit's end how to get one who is perhaps seeking to

help them. Take a little time and talk to them, talk to them through your thoughts and wait for the reply. So many times you ask for help to help another and this you are doing through a third party, but you are able to communicate with others directly and receive replies directly, but you need a little time and a little patience and should I say perhaps, a little practice—but you just need to be aware that to speak to one other is an easy thing to do, but to wait for the reply you seem to lack the knowledge that you can have this conversation without any distance barrier. So, next time when there is some sort of communication barrier in the physical term, try working with Spirit and thought only; do not involve speech, just thought—then you will receive a reply. Now that you are aware of this situation, I think you will find that it is much easier to communicate in this way when there are physical barriers. I know that you have all tried to pass the message one way, but you have not been waiting for the reply. So, this is my message to you.

George: Could you give an example? If we wanted to influence a friend whom we feel is eating a bad diet and we wanted to suggest ways of improvements and perhaps give reasons, the telepathic approach might well work there. Is that the sort of thing you are saying?

You are able to influence others by your thought, but you must be careful that what you are trying to influence is indeed the correct thing for this person. It is much better not to tell this person that this or that is bad for them, but only to suggest and then to ask them what they think of this idea.

Get them to communicate, but do not...

George: ...impose?

...yes, or if I should be so bold as to say be careful what you tell them.

George: No, I will offer suggestions.

Yes, suggestion is much better and in the same case in the physical, it is always easier to get the person to agree to something when they feel it has come from them. So, be careful not to influence in a way that may be detrimental to them in the long term.

Lilian: Interfering with their life.

Yes, this is important not to think that what you believe is right, is in fact right. In some cases it may be, but in others it may not.

George: And in telepathic communication, material distance is no barrier. **(No)** But you'd have to know the person concerned. It wouldn't work with a stranger.

It would be possible, of course, if you had some idea of this person, but then if you did not know this person, you would not be able to give the information that is correct for that person only what you think is correct for that person.

George: I was thinking more along the lines of approaching a book publisher with details of the book. In some cases one finds there is some kind of block with the physical approach, but I was just wondering if it would be possible to present possibly useful information telepathically to that person.

*All information can be passed and can be received, but you can only **pass** the information, because if you were to try and wheedle your way into this person, you may find that this person is perhaps not the right one to be dealing with your work and it could be if this person were to have your work, it could be detrimental to you.*

George: I think you are suggesting if it doesn't work physically, then it's unlikely to work telepathically. *Of course you can give the information, but this will only provide an earlier insight to your work. If the person you are giving the information to receives it telepathically, it will not make too much difference, because this person when he or she reads it physically, will be taken on board spiritually at the same time, so in the end the final decision will be the same, but you can pass the information on and what is needed from your words spiritually to this other Spirit will be accepted and may well help that person personally; but when we are talking about words you wish to pass on to others, the information given spiritually and the information given to the physical, the result on that person will be the same.*

Lilian: I'm sure we shall all have a little go at this one way or the other, as long as we get it correct.

The most important is not to tell, but to make available the information and perhaps suggest that this information may be of use to this person.

George: I see the problems from a publisher's point of view: they are very busy people and they don't have time to read what people might send to them and this itself is a problem, so I was just thinking about the possibility of sending information telepathically instead of getting them to read something which they are very often reluctant to do.

I think you will find that the one who is prepared to publish your works will be the correct one, no matter which way you approach.

George: We have an expression from the Spanish: 'que sera sera', what will be will be, and I think that is what you are telling me.

I believe you understand my words.

George: Yes, they are very apt and profound words and yes, thank you for them.

And now those who are working with you all are looking forward to the results of these words this evening. (Thanks + farewells)

~16TH August 2004~

Good evening. (Greetings)

As I join with you this time, let me say to you all how much love comes to you. (Thanks expressed) As we speak my dear friends I would wish for you to see with those spiritual eyes how much is being achieved in your world at this present time. As the veils of knowledge are peeled away, there is within all of humankind the ability to collate, to digest and to express the words of truth which come from our world. There is coming the time when communications by means of your machines is growing and all will be made available through this form of communication. It is becoming known that these forms of communications now exist for all of mankind to make use of. I would like to say to you this time my dear friends that as time continues, as we grow closer together in Spirit, and yes, have no doubts that indeed we are, as we grow closer together that your own veils of knowledge will be peeled away in order for you to expose the Spirit within. Again I say to you as I have on many occasions, do not doubt that which comes from within you, because each one travels their own pathway, each one of you has your own unfoldment's to accept and so as a whole my dear friends *you* are the blossoming of the flower. This year of your earthly lives has seen gradual development of your own unfoldment, whether it be through many aspects of the spiritual works, or whether it be recognition of what your physical lives are about. There is no doubt that all of you have matured in some way. I do not hear acceptance of my words! (Affirmed + laughter) **Yes. Always my dear friends you remain modest in your ways.**

George: Looking back a few years, I can see that much progress was needed, I could put it like that—speaking for myself.

Sarah: In situations that arise I can feel myself thinking one way and can feel the people around me thinking in a completely different way, so yes, I know I have. **(Yes)**

Lilian: When problems come along we look at it from the spiritual point of view.

Yes. I pick only the purest of gems! (Soft laughter and thanks expressed)

George: I think earlier you were making reference to the further developments with computers and the internet and how that it becoming so worldwide in its application. **(Yes)** We were told some years ago that there would be a certain element of impressed *truth* in this system of communication.

Yes, it is a form of communication that will be available to all of mankind, not only to those who are involved in spiritual work. This is where the expansion of truth lies, that the wider field of people can be reached. And that is making great progress in your world at this time now and you will see in time to come that it will be the main form of communication for many.

George: Yes that's nice to know and have confirmed, because in spreading the word we are in a position to make use of this system and to know that this is the way to go. **(Yes)** So, thank you for your words.

You understand now the burst of technology and why it has become so important in your earthly lives. (Affirmed) It was not brought and given to you for earthly matters, but in order that its use could be used fully for spiritual gain. You understand?

George: Yes—and accepted, yes.

This time I speak to you generally and sometime this evening again will be given to each individual for development, but next time we come together I wish to speak to you on a particular subject. Therefore, if you have any questions, I will take them this time and then we will devote the rest of this evening to your own particular development.

Sarah: I know I shouldn't doubt, Salumet, and your instrument (*Eileen*) was just telling me before we came into this meeting that I mustn't doubt, but I'd just be grateful—there was one teaching that came through me and they said that people who haven't got any money shouldn't actually be given any money, they should be surrounded in light. I don't know if you are aware—well, I'm sure you are aware of that teaching, but can you just confirm, because I feel, although I know they weren't my words, but you did say that some people aren't as advanced as others and I just want to make sure that by *not* giving money to these people is actually the right thing, because it would be nice to think that we were doing the right thing for people in need. **(Yes)**

Lilian: They did say not the very hungry—they excluded them, didn't they.

Sarah: Yes, they said that those who hadn't got into the situation of their own accord, it was influenced by man, that was slightly different, but those who'd got into debt, into trouble on their own, they were the ones not to be given money to.

I understand your questions and your doubts my dear friends. Let me say this to you: Yes I have told you that those from our world teach only in as much as they know and understand themselves. The law could be no other way. Do not doubt the words given to you, but let me say to you as someone from a higher vantage point shall we say, that I would say to each one of you, to give with love can never be wrong. I would say to you, money is not evil, it is when there is great love for that money; therefore in the giving of money to one in need, how can that be wrong? But it does not mean that the communicator who was with you is wrong, it is their understanding of a situation, but again they have much to learn themselves.

Sarah: That's why I wanted to ask you, because I didn't doubt that what that person said was right, but I knew that from a higher vantage point...

Yes, you had already heard from my words that to give with love is never wrong. How can it be wrong my dear friends?

Sarah: Yes. He did say that just by giving money to these people it would not give them a chance to develop.

Yes, what I would say to you is that when you are dealing with your *brothers* on this earthly plane, sometimes harsh decisions or harsh decisions that *you* may call harsh, is sometimes the best for that person, but anything given or withdrawn with love can never be wrong.

Sara: Wanting money if you've a good purpose in mind is not wrong, **(No)** provided that the purpose is a good one that will benefit others—well—yourself perhaps and others.

Yes—money in your world has become a necessity for you to live your lives. We know and understand this perfectly.

Sara: I've discovered recently there are a lot of websites on our internet/information system about manifesting money/money manifestation. Thinking about what you've taught us about thought creating reality, it seems to make sense that if you start to focus on the idea of having money, then that must be what they mean—you attract perhaps situations where you can win or earn money. Is that right? I wanted to find out what you had to say about it.

May I simplify that for you? (Yes, of course) If you give, you will receive. Therefore, does it not make sense that if you are to give with love to someone in need, that act will be returned to you.

Sara: Yes, I do see that. So that is simply what it is really? **(Yes)** That is manifestation? **(Yes)** Yes it is much more simple to think of it like that.

Sarah: Then you have to be careful not just to give thinking that you will get back.

That should not be the reason for doing so.

Sara: No, but I've read some people believe in the idea of 'tithing', that is giving away for example 10% of your money that you make to others, simply because you don't need to have—often we can give more than we think. What do you feel about tithing as it's termed?

It is indeed a term. The basis of money within your world is that it supplies you with the food and the covering that you need to look after this house of the Spirit. There is nothing wrong in that. I would say whatever action is taken in regard to money you must look within to the reason why it is being done. If that reason is a good one then it cannot be wrong. If you feel that you can give without harbouring thoughts of resentment or such then that can only be good for yourself and for the receiver.

Sara: We enjoy giving and we thought for us the idea of tithing was in some way a little more organized for us—we can organize ourselves better to know how much we can afford to give, because we enjoy giving.

If that gives you pleasure and you wish to help, then that is a good motive. You use any title that you wish, it makes no difference.

George: I think one thing you're saying is that a very important part of this is that the giving should be in love.

Yes, that is a word that I would give to all matters as you well know. Any actions within your lives should always be given or received—do not forget that to receive is to receive with love. It is a two-way thing, yes.

Sara: I recently met an interesting man from Jordan. It's a different part of the world and they have a different relationship, a very protective relationship towards family on quite a large scale—they look after their family financially and I noticed that he was a very generous soul and equally he had no worry about money, because he said, 'because we all look after each other, nobody has to fear, no-one has concern'. I thought that was rather good.

That is being generous of Spirit.

Sara: —Just generous of Spirit...but I felt that many could learn from this cultural difference, I thought it was a nice difference, because they all looked after each other and therefore money was always available.

If only mankind could strip away all of their differences, if all of mankind were placed in the centre of your world and told to survive with one another, eventually all of these differences would be gone and mankind would learn that the importance of existence is in loving one another, in helping each other. I cannot my dear friends stress enough these words to you. It is the one word in your language that encompasses all nations, all people, and not only on this planet, but in the wider scheme of life. I will never cease in the repeating to you the word and the actions of Love. Without love I would not be here with you, without the love you show, I would not be able to be united here in Spirit with you. And so that must be taken from this room and you must express that love to all those people in whichever way it transforms, in order that all people feel the love that you have.

Sarah: And surely the love is extended to everything really, not just people—to the animals and...

To the whole of your planet, to all of existence and of course to yourselves—remember love begins from within.

Sarah: I remember you saying that if you don't love yourself, you can't love anyone else.

Now I feel for this time we will withdraw and allow you to sit quietly to give out what you see or feel or know and to allow that spiritual energy which is with you here, to manifest itself to you all. I look forward my dear friends to our next meeting. (Thanks + farewells)

After sitting quietly for some time, a delightful character came through Eileen, explaining an exercise, asking us to focus on one part of our body which needed healing and seeing if we could feel the warmth.

~23rd August 2004~

Good evening. (Greetings)

Please do forgive my silence as I come to you, but conditions this time are not perfect, but we will try to manage with it this time. I have spoken to you my dear friends on many occasions about thought and

the power which it holds within not only your lives, but in all of existence. We have discussed briefly that there are degrees of thought. Can you remember our conversation?

George: Yes and the thought can be very, very deep and that comes from Spirit.

Yes. I have taught you well that your thought is the most powerful thing that you possess, not only in this world, but in ours and all of existence. Those small, everyday thoughts, you know well that they do not make a mark; they come and they go, although the energy will remain as residue within all of the energy of all things.

George: Yes, and we have talked about how the power of thought can affect a random number generator, so that the numbers produced are no longer random. I think that also would have to be a deep thought involved in Spirit.

It is a combination of thought. That subject we have not broached, but this evening I wish to expand upon the subject just a little more. To speak about thought would take so much of your time that I feel my dear friends that it is wise to tread carefully in order that your understanding be at its greatest. You know full well that those thoughts of love are always heard, are always used for good, but the point I would like to bring to you this evening is about 'rebounded thought'. Have you, my friends, thought about this?

Graham: If you've had a strong negative thought perhaps against another being, the Spirit world in some way reflects that thought back at the source of the energy of that thought, the person who gave that thought out in the first place.

Do not attach negative thought to our world. Does that give you a clue?

Lilian: It would affect the sender—ourselves.

Negative thought will reach out into the aether and what happens is that negative thought can be rebounded in many ways. Can you see? Not only to the people concerned with the thought, but also to many innocent beings, because that thought remains as residue within the aether and within your own atmosphere. Are you beginning to follow me just a little? (*Affirmed by some*) My dear friend is silent, I would wish to hear his voice also.

Lilian: I was thinking that's a bit worrying! (*Chuckles*)

Sarah: I know you've always told us we always have to be very careful with our thought.

Yes, thought given out with love will always reach its destination, also in some sense it is mirrored back to the sender; this you understand I know. But it is thoughts that are not strong enough or sent with love that remain to be used by others, without always their consent. This is where you must be careful with those thoughts.

Sarah: You did say to us once, Salumet, that there are people protecting—people who had just gone over to Spirit, if we were to give bad thoughts to them, there were people who protected those people (**Yes**) in Spirit to stop the thought going through.

If the thought is directed to one who is already in our world, then of course there are those whose work entails just such a job to do, to protect and to redirect that thinking.

Lilian: But not to people on the planet?

It can be dissipated a little at times, but no, we are speaking of thought that is almost in limbo if you like. Do you understand? (Yes)

Sarah: So, when you say it will be redirected, where will it be redirected to? The negative thought towards somebody in Spirit, you said it can be dissipated a little, but you said it can also be redirected; so where will they redirect a negative thought to?

Thought can be transmuted when it reaches our world. This is something I feel you are not quite ready to understand, but in our world all of these things can occur without too much or too many problems.

George: One thing you are saying is that we should be positive in our thinking and our approach to life.

(**Yes**) We should not be half-hearted with our thinking; this can lead to problems.

To be over-generous with thought, not only negative thought but *all* thought; if it is not directed correctly, you have many thoughts which exist—it is a residue of thought which can be tapped into. You understand—tapped into by those souls on your Earth who do not have the strength or belief that you

do and are unable to protect themselves. Have you never my dear friends wondered, why it is that some of your fellow human beings would seem always to be, how do you say 'unlucky in life' or that life never treats them kindly? (Yes) Sometimes but not always—sometimes it is because their own energy is absorbing some of the residue of thoughts that exist. Do you begin to understand? (Affirmed)

Sara: Yes, because their protective armour isn't strong enough. (Yes) I understand!

George: Does this thought residue—is it part of or is it connected in any way with what we call the collective consciousness, or is that something quite separate?

That is separate from what we are discussing this time.

Sara: Can I say consensus thinking, the way a lot of people think, (Yes) perhaps materially and in a slightly *unloving* way—the way that many minds think, not always in the highest way. (Yes) There is such a thing as mass thinking/consensus thinking.

Yes. What I am trying to get you to realize this time is that thought is not as simple as I have put it to you in time past; it is a much more complicated force. It is a *force* that belongs to your world, to our world and to many other worlds within many universes. It is not for the Earth people only.

Sarah: So does that mean that not all existence has thought? You said some planets, not all. What happens to those—I say people but they are not all people—do they not have thought, do they not need thought?

All of existence has some form of thought. You cannot exclude—it may be that the energy would be called another thing rather than thought, but thought is the word for the energy that you human beings use. I can tell you that on this planet at this time, there are those of your scientists studying and trying to prove that thought exists.

Lilian: I think we can begin to see that it is a most powerful thing that exists, apart from love.

Yes, it is most powerful and this I have always tried to teach you.

Sara: But could we say that until we learn to master thought in ourselves, we can be to some extent vulnerable to the negative mass thinking?

All of you my dear child are open to thought which is around you. Not only the thoughts of your fellow man, but, as I have said, that residue of thought that has found no 'target' shall we say—perhaps that would describe it better for you.

Sarah: You say that once something has been created it never goes away. What is going to happen, because there're a lot of—I'm talking about people on this Earth at the moment who have negative thoughts that are being accumulated in the aether or wherever they are going. Can eventually—you said that eventually the world is going to be a loving place and the thoughts will be of love later on—what will happen to all these negative thoughts? Will it just be that because people are becoming more aware that they need to give out loving thoughts and not negative thoughts that they will then be protected? Otherwise I can just see that it will become a vicious circle.

My dear friend you are becoming, how do you say, 'bogged down' under your thinking. Do not forget that we have light workers whose job it is to try to transmute some of these thought patterns.

Sara: Can we do anything ourselves to try to directly transmute...

You can send love for any negative thoughts that you *feel* may be around. When you become sensitive enough, you *feel* within atmosphere that there is a residue of *thinking*, which has existed for many of your years. In that way you can send loving thoughts in order for these thoughts to become ones of love, and in that way you help those workers who are trying to change those thought patterns.

Lilian: I was just thinking that sometimes we go to visit someone and I'm sure we've all experienced it in this room, and they are depressed, I'll say 'moaning away', and you come away feeling down in the dumps yourself. That is basically just thoughts?

You are allowing yourself to be open to their way of thinking. You must always my dear friends know how to protect yourselves within those situations.

Lilian: So before you actually visit, ask for help before you visit?

Yes, if you feel you do not have the capacity to overpower those thoughts with love, then yes, I would suggest that each time, especially if it is somewhere that you are not familiar with, then protect yourself before entering.

Sarah: You said about the feeling. We have talked before about Spirits that remain close to the Earth and when we go into a house, we talk about a haunted house and we get those feelings. They are also just thought that you are picking up, is it?

Not always, it can be that the Spirit has remained and is Earth-bound and needs help by people like yourselves, who can help with rescue work; but sometimes there are places that, it is true, it is just the residue of thought that remains.

George: Yes, I've read accounts of people entering places with bad feelings and they go to curious ways of trying to improve this, using salt and holy water. Perhaps this is of no value at all, or perhaps it would help to focus one's loving thoughts in some way. Could you make a comment on that?

Yes. I believe I have told you on other occasions that all of these things are *tools* and if it focuses the mind on helping whatever is before you, then I say let it be. It is the love from within that is doing the work.

George: Yes. All else is purely a means of focus.

Yes, they are tools for helping you. So, that is fine by us if it helps you to focus well.

George: Thank you for making that clear.

Sarah: Could it also be some of our leaders who we feel have gone a bit astray, could it also be that they are picking up some negative thoughts?

If they are open to it, yes. Anyone can pick up a residue of thoughts, whether you be a statesman, whether you be a child, whether you be a man of good deeds—if you are open to such thoughts, then yes. That is why you need the Spirit within to be strong. That is why it is important for you my dear friends to cultivate the habit of going within each day, so that you link with that Spirit. So the physical body then shows and shines that Spirit within and you become protected at all times. Do you understand? (Affirmed) Anyway, I would say this to you: I would like you to perhaps if you will, to think about 'rebounded thought', 'residue of thought' and how you feel it may have entered your lives at some point and what the results of that might have been. I think you will see, my dear friends, how those moments in your life needed to be changed. It will give you something more to think about this time.

George: Yes, curiously enough there has been recently a scientific experiment concerning thought. **(Yes)** I wonder if I could mention this? It is to do with the random number generator machine, and if the output of the machine is recorded and then at some later stage the thought power is applied, and then after that the recorded numbers are examined, the result is found to be the same as if the thought power was applied at the time the machine was running. Now this, I think, is confusing a few scientists, but I wondered if the thought being applied is of Spirit, where *time* has oneness, but later, when the recorded numbers are examined, that happens in linear time. I just wondered if the duality of time here, might be the key to understanding this. The thought that is applied as it comes from Spirit, would it be in a sort of floating oneness...

May I interrupt? (Yes) The thought remains as a memory. The thought does not disappear, so however strongly that focus is, whether it be in linear time or from Spirit, again this is a subject that we have not travelled the path of knowledge, but I would say to you that there is memory involved in this practice that you mention, memory of thought.

George: The thought is applied...

It matters not *when* the thought is applied, it still exists. Do you understand? (Yes) Whether it is yesterday, tomorrow or now, that thought remains the same.

George: Yes, so it is in a sort of 'time oneness' situation?

Yes. I am trying to simplify it for you, but they will find when they have searched a little more, that they need to examine *time* in a different way. They have to involve thought, memory, time and their own focus.

George: This could lead to a very big step forward, I feel.

Well I will leave that with you. (*Chuckles*) Now I feel there has been enough this time for you to digest. I do hope that you will think upon my words and when next we come together I will be interested in hearing your replies. (*Thanks expressed*)

George: Yes we have much to think about.

I can also tell you that at this particular time in your developments that with your computers, will come many answers to your scientists about thought. They are very interested at this time of your development in your world about *thought*, about *time* and in general all things which you term *spiritual*.

George: Yes, that's a very good thought! (*Chuckles*)

I will leave you my dear friends to think and I would say to you as I depart from you this time, I also leave with you my strongest thought of love, in order that it helps you, protects you and uplifts you.

(*Thanks expressed*) For the rest of this evening there will be some around you who will try to use others of you not normally involved in speech, but they will attempt this time to use. (*Thanks + farewells*)

~27th September 2004~

Good evening. (*Greetings*)

As we begin this time, can you my dear friends feel the harmony which connects each of you within this room? (*Affirmed*) It would be appropriate that at the beginning of each meeting that your awareness becomes more alive to what is happening amongst you. It will help each one of you in your individual development if you were to partake in this simple exercise.

Lilian: Yes, we will do that each time we sit—together I mean.

Even when you are not joined together as in this room, you can feel the connection to one another, if you so desire. Each one of you, as I have told you before, have many spiritual capabilities, but it is entirely open to each of you whether you develop these gifts or not. I can tell you that you are capable of many things, but if you do not use these things to your best advantage, there is nothing that we can do to change you. You understand my dear friends? (*Affirmed*)

Lilian: Our freewill again. (**Yes**)

Sara: We have to put the work in ourselves.

Yes, I believe there is a saying in your world that anything of great value needs to be *worked* for, and I would suggest that that is quite an apt saying for you.

George: Yes, it's up to each and everyone to rise to the challenge.

Yes. The abilities are there to be used, and remember that you must ask for our help. We always stand by you, but we will not interfere. It is just a gentle reminder my dear friends of what you can and should achieve.

George: It's nice to have that encouragement, thank you.

What we do not wish to do is to seem to bring to you instruction of what you must do, because the best development comes from within. There is *so much* love within this room this evening, I do hope that you can sense and feel what is round and about you. It is not always so, but this time there is much that is being given to you as well as your input to us. It always is a two-way—I almost said 'challenge', but that is not strictly true.

Lilian: We thank our friends for their love.

Yes, it is time for you to think about those words and for each of you to decide which of those spiritual gifts you *will* use for much better use than you already have. If only I could show you your colours and your light, then you would have a much wider picture.

George: I think we already consider ourselves very fortunate to be having so much connection, which seems to be increasing all the time. We do appreciate all who contribute.

We are always humbled by your words my dear friend, but may I remind you that without your dedication these meetings could not take place. You are emissaries of Spirit, this you know, but what I wish to bring to you now after our acquaintance of some time, is that now the time is ripe for each one of you to develop as individuals; but that decision is *yours*—but the help is there, the help is available to you. We will discuss a little, but I would like this time a little of the time available to work once again

with this instrument and as always when I am working quietly, I will leave you all in the capable hands of our dear lady friend. (Lilian) So, this time, have we some discussion?

Lilian: Would you like us to go back to your last talk about 'thought'?

I have been waiting for you to bring it to the surface. Yes, whatever you wish to discuss, I am willing to answer and to listen.

Lilian: Well, yes, I'd say for myself, thoughts that rebounded back on myself, I could probably think of quite a few instances, where I'd had maybe not very good thoughts about someone and then felt quite miserable myself. So, I imagine that would be the thought affecting me, would it?

The very fact that you have come to that conclusion, shows that your thinking time has been devoted to something that instinctively you know to have been unkind. That is a good point, but we will hear what the others have to say before I make final comment.

George: I haven't any very firm ideas about this, but I think we were talking about what happens to the thoughts that, shall we say are not 'targeted'. I'm still not clear in my mind how those are finally processed. I'm very happy that the good thoughts have good effect generally as regards their targets and as regards the person thinking those good thoughts, and I think there's a general aura of the world becoming a better place as the result of thinking good thoughts—and the reverse can possibly happen.

May I interrupt you briefly? The opposite may not *possibly* happen, it does! Energy is positive and negative remember—so there is no *possibility*, it *does* happen.

George: Yes. So, as individuals we've the choice to feed good energy into the system or to feed bad energy into the system.

That indeed my dear friend is your responsibility and indeed it is a responsibility that needs to be recognized.

Lilian: What about you, Sarah?

Sarah: I haven't quite been with it, but in my life I've done things that I'm not desperately proud of, but I don't know how much that's been from rebounded thought and how much it's just a case of growing up, feeling guilty and trying to make good. Maybe the guilty feelings have been impressed upon me and made me do good, but I don't know if it was the rebounded thoughts that made me do things that perhaps I wouldn't do now—I don't know. But certainly since you've told us that we should never judge and we shouldn't have bad thoughts, I've tried not to and if any that have crept in, I've tried to quash them. So, from this point onwards, I hope I'm going on a better course than perhaps I've done in the past.

And with that understanding and that *recognition*, you should find that throughout the continuation of your physical living that less rebounded thought will have an effect on your life, but it is the recognition and the acceptance of responsibility which will make the difference.

George: Yes, we can have a mixture of thoughts in relation to 'bad' news received, and one comes to your teaching that one should not judge in that case. And that thought seems to be a wonderful salve for not being drawn into the trap of bad thinking. (Yes)

Sara: And interpreting news as bad news, (Yes) because it isn't always. We think it is and then often later we look back and realize that it wasn't necessarily, but we interpreted it as 'bad' news.

Yes my dear friend, it is indeed your interpretation of what is 'bad' and as I have told you often throughout our acquaintance, that you do not see the fuller scheme of life, you do not know or understand the workings of one Spirit, or are able to *judge* the happenings that go on within your world. It is not an easy thing for mankind to be able to detach from criticism; it is part of the human form, but I say to you, it is *possible*. Again, with recognition and acceptance of responsibility, it *can* take place, and in so doing you also become better human beings. The vessels which you *are*, begin to shine forth that light from within, and *that* is our purpose here on your planet, that each and every individual first shines forth with that light of great love and understanding. I cannot stress this to you *all* strongly enough.

Sara: In work situations it's quite common to feel more of an affinity with one or two members, but on days when I've consciously projected love towards *all* of my colleagues and maybe students as well, I have experienced a really elevated feeling of walking in love and light, and it's tremendous. I don't always

remember to do it, but when I have done it, I know that it's possible to receive back good feelings from everybody, whether or not I normally experience such a natural affinity.

You are experiencing rebounded thought. You have said and explained the question which I have put to you all. If that thought is of love, you will feel the benefit of those rebounded thoughts, and in the same way that those thoughts of negative energy are discharged, so they will come back to you in some form—that is rebounded thought. Think carefully each time you send those energy thoughts out into the aether: *Think carefully.*

Paul: That's clarified it very much. I just had the thought it would have been wonderful to have been aware of this when I was at *school*. All these thoughts—I couldn't detach then, but detaching is one of the important keys I guess.

The important issue here is not what has gone by in time. The problems begin when you realize that negative energy exists and still you allow it to happen. You *are* human, but now my dear friends you also have knowledge of Spirit. Therefore your responsibility towards yourselves and all of humankind is much greater—that is what you must take on board and think about and dispel those negative thoughts at their source.

George: Could I say that there has been some disappointing news about Sai Baba, who has been revered as an avatar by many. The news was that his behaviour was disappointing to many, but I think the answer there is that he *is* human as well and simply we should not judge the matter. I think that connects with something we were saying earlier, but I think it is an example of where we simply should not judge, even if one hears something disappointing of one who has been revered as an avatar. Have you any comment there?

I am happy to make comment. You speak of one whose name has become well known in your world—we have spoken of this individual before, and yes, you do not have the wider picture. All of you my dear friends possess the gifts of Spirit, because, after all, you *are* Spirit. There *are* individuals in your world whose gifts are much greater, but being within the human frame presents many problems for some. I might, I feel, mention but a few: That is, the *ego*, which belongs to the human form, *materialism*, which belongs to the human form, *false adulation*, which belongs to the human form. But what you are not discussing is the amount of love that was given and shown towards this one human being that helped to change the lives of many. So, therefore again we are looking at the positive and negative of a situation, and yes, my answer to you all is: do not judge. The only one who is being fooled, is that one individual, who when he returns to our world, will face himself. But there has been a sea of love for many years that has built, wrongly you may say, but again that is judgement, but if you could see that pool of love, then you would have a different picture. Is that helpful to you?

George: Yes, I was asked to ask the question of you and I'm sure that will clarify. Thank you.

Sarah: On the flip side of that, you have said to us that we shouldn't take a person's life, so those people who are taking the lives of others, you cannot help but think that that's wrong and *they* are creating a lot of negative, bad thought in those actions—apart from the fact that they are doing something that they shouldn't do. There are a lot of people who are thinking badly towards them, because of that. **(Yes)** It's very difficult not to think—you give them love, but it is very difficult not to think that they—I mean, I feel that they are doing wrong, because you said that no lives should be taken, so that's a difficult one.

But that is not for you to judge. You have not reached the point of forgiveness if you can make a statement that you have. That is not for you to make any kind of judgement. You do not know what lies within the hearts and minds of any individuals; you do not know the conditions which surround such things. But of course it is never right in the sense that we understand, of taking another's life. But again, I stress to you: *that* is not for us to judge. So always you must with your thoughts change them from one—

Sara: Isn't it unrealistic of us to expect perfection from anyone who walks this Earth?

Yes, this planet can never be perfection, as you know it at this time.

Sara: This is one thing I often say to people who are critical of spiritual pathways. I just say, why do you expect perfection from any one pathway or anyone who is advocating something—we don't have to.

You are here as individuals to learn of that great word ‘Love’.

Sarah: I do know that you’ve also said to us, I always bear in mind when things like killings happen, that you’ve said to us that if you believe strongly that what you’re doing is right, then how wrong is it?

You can never make judgement on a wide scale—that brings many difficulties, but each individual who comes to our world, has to face all decisions that have been made by them. They have to see that Spirit as it truly is. Only then will there be *recognition* of what has been done in love and what has been done with negative energy. That is what in traditional religions is called the *Judgement Day*.

Sara: We have an expression: don’t throw out the baby with the bathwater.

I am not aware of that one.

Sara: Don’t throw away what is good with what is not good.

Yes, I accept the meaning of the saying, but that is a new saying for me. Thank you, I will keep that.

(Chuckles)

Sara: It’s actually ludicrous really to take one error and say that a person’s life is worthless or meaningless.

Again, that is making judgement, is it not? (Yes) Yes. Are there more questions or shall we leave you with our dear lady friend to see what continues for this evening, whilst I continue to work with this instrument? (Agreed) I know my dear friends that when you leave here this evening there will be a feeling of great upliftment, because the love within this room this evening is of such a degree as I have not felt before.

Thanks and farewells + special thanks from Margaret for all the prayers that had helped her through a difficult patch.

There followed one through Eileen, and it was believed afterwards that this may well have been Joseph Merrick, which was later confirmed by Salumet. Communication was slow at first, but is fine after a short while—audio link: <https://www.youtube.com/watch?v=EQeLuvu7658>

Not church...

Lilian: Your instrument did have a bit of a troubling cough, which is probably not helping.

...using voice...I been given opportunity to come to you—to come to you with all this disfigurements. I am being helped to come to you with a helper, but had to make this transition this time. Can you hear me? (Affirmed) I have been told this one will be looked after. If her voice or head is uncomfortable, she is to get some healing. (Agreed) I want to say thank you for allowing me to come with such terrible disfigurement. (Sitters stressed that it was a pleasure)

Lilian: You do know that you don’t have this disfigurement now in Spirit?

Yes, but it necessary one time—this time—and I had permission to use this one. I don’t know who allowed it, but I am eternally grateful.

Lilian: She’s a very kind soul, (*Eileen*) she won’t mind.

I was responsible for her voice.

Lilian: I see. When you go back, you will be able to move forward, will you?

I am going to help people like me, to come to people like you. (Thanks expressed)

Lilian: We will give disabled people our thoughts when we sit quietly.

I hope my condition have not distressed you too much.

Sarah: Not at all, we are pleased that you came to us. (*Agreed*)

Lilian: We’ll make sure the lady you’re using is fine when you’ve gone back to Spirit.

I’ve been told she’ll be well looked after, but just in case, because it can’t be comfortable for her.

Lilian: I see. Can you tell us your name?

I was called Joseph, but I was referred to as ‘it’ sometimes.

Sarah: That wasn’t nice.

But I’m not concerned about that now. I’ve got to go now, but I just feel that a big step has been taken for lots of people. (Appreciation expressed)

Lilian: We’re glad you came and said hello to us.

Yes, I don’t know your names do I, but it feels nice here.

Lilian: Thank you—come again.

I will never come back again like this. It served a purpose this time.

Sarah: But you don't need to.

No, and it's most uncomfortable.

Lilian: I'm sorry.

It's alright.

Lilian: Well, we will say goodbye and thank you for coming.

Sarah: And let you get rid of that body again.

Yes, I don't need it any more. (Agreed)

~4th October 2004~

Salumet did not speak this time. The evening began with one who has visited before through Eileen. The recording starts slightly late:

To the younger of the two gentlemen we wish to say: Have a very good journey! We will be with him all of the way.

Paul: Thank you!

But we wish to say: Be careful with your footing. If you are aware, then you will come to no harm.

George: Well, there are some mountains where he's going, I know.

We are aware, yes, but we wish you just to be a little more careful. But we will be with you on many steps of your journey.

Paul: Oh, I don't doubt it, thank you.

And we will also look forward to your return.

Paul: Yes, I will too. Nice to go and nice to come back. (Yes)

To the other gentleman, we wish to thank him, including all others within this group, for the work that they have done. We wish to say to the gentleman: Well done!

George: Thank you. Thank you, that's timely indeed, because I aim to get the book to the publishers on Thursday.

Yes, we would wish to say to you that the simplicity of the words within this narrative will do very well. But without you it would not have happened.

George: Well, we've all made our contribution, as you've said, ***(Yes)*** both from your side as well as our side. ***(Yes)*** And I certainly appreciate all the contributions that have happened.

Yes. Indeed, for us it is a great pleasure to see people who stay together for so long. The dedication that each of you give to this work is not forgotten, and in fact we help you in any way that we can, to come together at these meetings. We may not speak to you as often as we would like, but of course we know you understand the teaching that comes to you as a book.

George: Yes, that's very interesting.

I know that so many words are given from our world that so many books have been written. But I am happy to say, that those of us who have come to know well, accept that these words of wisdom will go far, as they already have done. But, within the written work, these simple words can spread the message of love and truth. That was always our aim, although not so fortunate as to have all the availability of spreading the word that you all have today.

George: We have the electronic media that does make a difference.

It is fascinating is it not? But I have to admit that I am not familiar with it. But I know that it exists and that so far there is much good that comes from it.

George: I have to say that during the last ten years, I've rather struggled with the details of it! It has not been straightforward!

Yes, all the more reason that we give our thanks to you. We do know and understand the struggles that you have sustained. But it makes our thanks even more so.

George: Your words are very much appreciated. It is very nice that you give us that encouragement.

And, of course, we cannot forget to thank your dear lady who allows these meetings to happen. (Lilian)
Without her generosity of Spirit, it would be much more difficult, would it not? (Agreed)

George: And we do realise the many on your side during these meetings. Might I ask if you are a frequent visitor here?

Since first I came to you I have observed many times, and of course, I too am still learning. But I always return to those who speak the simple word truthfully. I am always drawn to the simplicity of the word, because I feel that although it might seem, how shall I say, very appropriate at times to use the longer words of your language, always the simple word, as you well know, has sometimes has greater impact.

George: Yes indeed, I do agree with you. ***(Yes)*** I'm trying to write for some of us who are more scientific, as well, and I must admit I've put in just a few longer words. ***(Chuckles)***

Well, we would not expect anything other than that from you! (More chuckles) But all I will say is that I, in particular am attracted to the simple words of truth, because I now realise that the simple word has greater impact sometimes and for the majority of your population, the simple word is more easily digested.

George: I'm sure that's very true, yes. ***(Yes)***

Lilian: So do you listen in when our friend comes with his teaching?

I have been honoured at times to listen to teaching, not here with you, but in our world. I do inhabit, shall I say, the Halls of Learning at certain times. But do also like to return to your world at times, especially to dedicated groups such as yourselves.

George: You spend time in the Halls of Learning, as does Leslie who founded this group.

I believe that he does frequent at times, the Halls of Learning. I do not know too much about the gentleman, but I am aware of his existence and of how he came to form originally this group of people.

Lilian: We're very grateful to him.

Yes, he was a stepping stone, if that's how you would say, (Yes) to form what you now have today. I do believe that he felt, that the phenomenon would be slightly different from what you had. (Leslie had tried to develop 'Direct Voice' before Salumet's era began in 1994)

Lilian: That's true.

But I am sure he would certainly agree with me, that what you now receive is far greater, than what he had anticipated.

George: Yes, it's the message and the teaching that are so important, and not the method of delivery.

Yes. It is not the individuals, it is the word and the truth and the love that continues to exist. But always we need people such as yourselves who are prepared to sit and allow the Spirit to come forward—and of course, to develop your own spiritual being, which each one of you does. But there are few who would allow as you have done yourselves, to sit quietly to enable another to speak. Therefore, as I take my leave of you, I will once again give thanks to you all.

Lilian: We thank you.

George: We do appreciate your words. Thank you for coming to us.

Paul: Yes, thank you for your messages.

Yes, I will be with you again, but I cannot say of course when. We must always take the opportunities when they arrive and of course, we know that there are not many occasions within this meeting place, where those simple souls such as myself would be allowed to speak.

Lilian: We're very pleased to have you.

George: I think we all rate ourselves as simple souls. ***(Chuckles/agreement)***

Yes! Simplicity without ego, is the greatest love of all. I will bid you goodnight and thank you for allowing me to speak with you. As always, I say to you thank you and until we meet once more, my love and hopefully what I leave with you, will continue. (Thanks + farewells)

Next, one who gave her name Jennifer came through Sarah to say, with our agreement, she and her colleagues, who did not have the opportunity to sit as we do whilst on Earth, would like to join with us. They wished to enjoy the feeling of our meeting and remain with us for the evening.

Next, a Chinese lady came through Sue to make known that one would be coming through Paul, who didn't normally get used for speech. This turned out to be the first of many visits from one from another planet, who became a friend, known to us a Bonniol. The communication was rather difficult at first, but with practice, this link has improved much over the years. The initial few minutes were rather fragile, so the dialogue here begins after a few minutes:

Lilian: This instrument you are using, (Paul) is going on a journey soon. Did you ever travel?

I am travelling now—this is an incredible journey to here!

Lilian: You've been going for quite a while, have you?

I think it's best to say, I am not from this place. I come from a different—I come from another planet—I think that's the word. I am testing the water, you might say, for possible future exchanges. Then we can teach each other things. At first we are meant to get to know each other.

Lilian: I think that the gentleman you are using will be thrilled to bits that you've used him. And we look forward to more visits.

Eileen: Will you tell us the name of your planet?

I will try to tell the way we say it in our language: It's 'Pre-an-this'?

Eileen: Thank you.

It's from a galaxy you will not know yet.

George: Can you say how far it is in light-years? (Pause) Perhaps that is too difficult.

I think it's probably further than you could imagine.

George: Yes, we can accept that. (Chuckles)

Eileen: Are you of the same form as humans, here on Earth?

George: ...or do you have a physical body?

We are very similar, very similar. Only a little bigger and perhaps more thicker, with longer hair and bigger eyes, but very similar in other ways.

Eileen: And are you more advanced than we are?

Yes and no. We have broken the spatial barriers that you are still working—behind in certain areas, but some—well it's for us to broaden our...

(Tape changed-end of side one)

Eileen: May I ask you one more question? (Yes) You've obviously learned to speak our language to communicate. What language do you use on your planet? Is it with words? (Pause)

Lilian: Or do you communicate by thought? ...on this planet we have many languages.

It's the language that ... has evolved on our planet. It is not like anything I have heard on yours.

Lilian: Have you been looking around our planet? This beautiful planet...

Yes. We have so much in common.

George: A simple question: Do you wear clothing as we do?

Yes, we have our own fashions. (Chuckles)

Sarah: Going back to your language, are you able to say how you speak?

It may be better to wait for this link to improve. Then I can try. I think it's time to go now.

Lilian: Thank you very, very much.

George: Very interesting! Thank you for making the effort to come to us!

Lilian: When you come again, will you use the same instrument as you are using?

Yes, I will be glad to.

Lilian: We shall look forward to next time.

~11th October 2004~

This was one of those very rare occasions when the tape recorder failed. These recollections were typed next day whilst still fresh in the memory.

Salumet began by commenting on how the linked/shared energy within the group was especially good this evening. Lilian asked if he could explain why there should be the variation from one evening to another. It seems that it is not entirely down to us and it is nothing to be concerned about. It does relate to our mind-

state and it also relates to how things are in Spirit. It helps if we are able to experience some quietness of mind before entering the meeting room, but Salumet knows that our lives are sometimes busy.

Salumet next observed that our last meeting, at which he did not teach, had been interesting and invited any questions that we may have. Lilian placed two questions before him that Eileen had requested. These were: The communication through Paul was brought by Spirit. Is Spirit now bringing beings from outside our own galaxy for a reason? Secondly, can Salumet explain to us why this is happening, when it is already difficult for most people to accept space travellers from within our own galaxy?

Several points were made; firstly that Paul is inexperienced in the role of medium and indeed there is a general lack of familiarity where extragalactic communication is concerned! Paul it seems is the favoured instrument for this source/link. The method used is (spiritual) mind projection. This is the chosen method for the communication, having regard to the protection that this group has and safety in general. It seems that there is a choice when it comes to method and this one is favoured. This is a new connection that has been achieved and there will be further communication. Whilst the vast majority of Earth populations would not have ready acceptance of extragalactic communication, the group in Salumet's estimation is ready for this. I put it to Salumet that I felt that Paul had reflected upon the matter and felt it to be a 'real event' and something to be excited about. His reply was that Paul (now travelling in Tibet and China), now has much time to reflect and the timing of the event was not accidental! My own feeling on this is that it is another major step forward and another doorway has been opened that will eventually help with world-awareness as regards Earth's place within the vastness of the cosmos. We expressed our enthusiasm for the new venture.

Graham next placed a question relating to the previous meeting when a very much deformed one came through Eileen and gave his name as Joseph. Eileen had had impressions concerning head-shape and one arm being across the body. He seemed a compassionate soul and from the details observed, Graham made the connection to Joseph Merrick, known to some as the Elephant Man. He had lived through Victorian times and into the 20th century. Salumet stated as he has stated before, names are in reality unimportant and that he does not usually give personal data. He observed, however, that it can sometimes help to have links to accepted history and he confirmed for us that this had indeed been the one we know as Joseph Merrick. Salumet added that he is a progressing soul who does not wish to be remembered for the bad treatment he received. He currently does much good work in Spirit helping handicapped ones in their way forward. I ventured that there had been a wonderful energy connected to the visit and many had been gathered in Spirit on that occasion. Salumet confirmed that this had been so.

Graham's next question concerned a detail of meditation. Observing that there are two kinds of thought: those thoughts involving words and those that are just feelings. In meditation, the word-thoughts are lost as we go deeper within, but how does one handle the feelings? Salumet's answer indicated that they are best given freedom to enter and leave. If they are given that freedom, they will eventually leave and not return.

I then placed a question on a lighter note. Seeking a little more on the tricky subject of humour, I suggested there might be times when Salumet sees us as a 'very odd bunch'. We humans drinking the milk of other species, being embarrassed if we are caught wearing wrong clothes in public and denying our own smell by using floral scents. Does Salumet sometimes think us oddly humorous? His answer was serious, explaining that he understands our humour but that the humour relates to our physical living. He sees us as the points of light that we are spiritually. The details of our physical living with the attached elements of humour are not seen from (I assume advanced) Spirit. I said that we sometimes have to laugh at ourselves. That we were told is fine, but it is all part of the physical existence and is not really the concern of Spirit.

Salumet then departed leaving us with much love and leaving time for another to come through who would be known to us, yet has not been through a Spirit medium before. It would be a first time for that one and the process may take a little time.

One briefly came through Sue to collect some energy that had been given, because it was now needed in Spirit to assist the one coming. When this had been explained there was silence for just a few minutes. Then a voice through Eileen said: "It's Ruth!" Ruth had been Leslie's wife in the physical life and passed to Spirit

1990. Ruth, Lilian and Sue had been very good friends in the early, pre-Salumet days, and it might be said that it was Ruth and Leslie together, who established what we now think of as the Kingsclere Group. In those days, Lilian and Sue would sit either side of Ruth. On this occasion, they still sat either side of Ruth who now came through Eileen.

It was a grand reunion for the three. There was laughter. Ruth declared that she must take care to control emotion and it seemed that she managed this very well. I noticed the three held hands and smiled a lot. Lilian and Sue were addressed by name, but the rest of us were also no strangers, because Ruth looks in on our evenings from time to time. And she says what a nice room it is and it was easy for us all to exchange pleasantries. Ruth has seen Leslie, Roy and others and she keeps busy. She works helping those coming to Spirit to adjust and go forward. Eventually she said that she was told her time was up and we all felt delighted to have had such a chat. I said it had been a treat and a privilege and of course Lilian and Sue asked if she would come again. And what a shame that Ruth could not stay for tea!

~25TH October 2004~

Good evening. (Greetings)

Lilian: As always, machines are fine as long as they work! (Referring to tape recorder)

Firstly let me say to you my dear friends I am heartened that you take so much trouble to record my words, but let me reassure you, that as you know from past times, my words are often repeated. So, do not become too concerned about any failing of your earthly instruments.

George: But we will be getting a new machine, because quite obviously it is very important material that we are recording and we wish to do it justice.

Well, again my dear friend, I thank you most sincerely for those kind words. Yes, it helps if you can show to others the words of truth and for this from my world we are eternally grateful to those of you who have the desire to spread the words of truth.

George: We do realize that we are a very big team with those in your world as well as the few here.

One cannot function without the other—remember this always. Always we are given much in the way of gratitude from those in your world, but let me repeat that without your dedication and your love of life, these events could not take place. Therefore our need of you is as great as your need for us.

George: We do appreciate your reassuring words.

I hope that each one of you felt some upliftment from last time, because it was felt that each one of you in your own way was in need of some little upliftment. (Affirmed)

George: We have our periods of being busy and that happens from time to time.

Yes. I would like to say that it would seem that at this time of your year in this country that you inhabit, so many of you have energy levels which are depleted, in the same way as your plants and trees and animals become still for the winter of your years.

Sarah: I was going to say that not having the sun makes you feel a little low.

Yes, but what I would like you to try to understand at this point in your development, is that you have full control over your energy levels. The quietness is the time for rejuvenation, and it is important for you all, especially at this particular time of your quietening down, that you seek quietness in order for the Spirit to be uplifted and the energy patterns to maintain their levels of energy. So again I am saying to you my dear friends that I am giving responsibility back to each one of you. 'How much responsibility can one take?' I hear, but let me say—and if it seems a little harsh I do not wish it to be that way, but you are entirely responsible for your own well-being and your *physical* lives. When we can step in and help to uplift you, then of course we do. We will always try to support and help you in any way that we can, but as you know full well, we are limited in what we can do for you. We can, as I have said previously, we can guide and uplift you, but we cannot interfere with your own free wills. But I would like you to ponder on my words this time about responsibility for your own energy levels.

George: Yes, I think we do better in that regard as we learn more about energy and the energy of consciousness, and it seems to fit in well with my reading at the moment, but I feel the more we understand about energy and consciousness, the better we are able to handle it.

Yes. As consciousness expands so too must your new minute forms of energy—you also expand. The only difference is that as human beings you have a greater responsibility for that expansion of energy that you are. Do you understand?

George: Yes. So the responsibility is ever-increasing.

Yes. It does not become more simple, in fact I would say that life in the knowledge which you have becomes ever increasingly more difficult—because of the knowledge, you have the responsibility known to you. So you see, much of my time in the past months has been to guide you to ever-widening consciousness, to help you unfold spiritually, to help you to recognize that being within, that true self. After all, in that recognition of self there lies all knowledge. And that is what we are endeavouring to do with you all my friends.

George: Yes. Thank you, it's a wonderful and sobering thought.

I hope that your minds open and expand as time continues, because there is much for you to experience, provided that the love to experience comes from the heart and not from the thinking. Remember that we have spoken of this.

George: Yes there's always the danger of becoming too intellectual and too, shall I say, detached.

Yes. Now, because we are quite small in numbers, perhaps we could spend some time with any questions you wish to raise.

George: Yes, I know there are several. Several of us have read something by a Japanese gentleman, Masaru Emoto, and he has done some very interesting experiments with various different waters. He seems to have highlighted the fact that good thoughts change the energy within water—and you've told us about water having all this energy within, but the good thought and the word and good music all seem to have an effect on water, such that when moisture films are frozen—I think he would probably freeze them on glass slides, then the little snowflake ice crystal patterns have extreme beauty, but the reverse happens when water is subjected to bad thoughts and bad conditions—then there is no beauty in the crystallization, it just forms a mess. To begin with does this make sense in your thinking that the good influence has a good effect on water?

Let me say this to you. I have listened to your words quietly and what I wish to say to you is this: This has begun to reinforce all that I have taught you.

George: Yes, that is precisely my feeling.

Have I not told you my dear friends that the power of thought is the most powerful thing that you will ever possess in this human form? Firstly, that power of thought is crucial for all of mankind to survive this physical being. *(Short pause)* Forgive me for that lapse, but there was input from others who felt the need to speak to you. It took me just a moment to *gently* say that I must speak with you, because my words to you my dear friends are acceptable and may not be quite so acceptable from another person's voice. You understand? (Yes) But many wish to speak on this subject, because the power of thought is all things; all actions-deeds start from the thought. So the simple answer to you my dear friend is that the gentleman you have named is only reinforcing what I have already taught you.

George: At the same time he seems to be proving scientifically what has been said.

Yes, *he* is being influenced, *he* is being given help in that direction, that *his* word, because of his standing, will be accepted by many who would otherwise deny such a thing.

George: Yes, well he's written a very good book and I think that must have quite an impact.

And again, it is a very fine illustration of what rebounded thought can do. You understand?

George: Yes. And what he has done in relation to water seems to connect with so many other things. There is on record a priest who has fed 'holy' water to a Canna plant and that plant has grown four times the size of other plants in that locality that did not receive holy water, or blessed water.

Why do you not my dear friends take this information and also what I have told you and use it for yourselves for the betterment of your own health: use the thought for the water that you drink, for the food that you eat. And we have spoken of the plants in the fields, in the gardens—all these things respond to thought in the same way that healing thoughts are given to those in need.

George: Yes, and it is on record that plants grow faster when nice music is played to them. Conversely there is one type of music that has the reverse effect—it's called '*heavy metal*' I believe.

It is to do with the vibrations—this we have touched upon also, but now you are seeing examples of my words. I did say when first I came to you that there would be other sources of conformation and this is what is now happening.

Lilian: I'd like to ask a question.

May I—I am sorry to interrupt my dear friend. My dear friend who has just spoken, I do not often speak on a personal level, but I want you to be aware that at times you are becoming over-tired. (George)

Please be aware that the physical body also needs rest, that the Spirit needs to be rested also and that you must always, at all times, be aware of the need of physical rest.

George: Yes thank you. I'm sure you are perfectly correct about that. I was beginning to have some feelings about that.

Yes, we know! (Chuckles) Now if you would like to ask your question. (Directed towards Lilian)

Lilian: Yes. We were lucky enough to have a visitor from another planet and we feel very privileged, but would I be correct in thinking that other groups such as ours would have had visitors from planets just the same, in the same way? We weren't just the only group that this has happened to?

Of course, as I have just said, there will be confirmation of all that occurs within this room. I am not the only one who has come at this time of your evolution to teach. I believe I have told you that many of us have gathered at this time, in order to come and teach the truth, the truth that at this time, as in the past it has been denied, it cannot be denied this time. If only I could tell you how much effort those of us in our world have put forward to help you human beings, you would, I am sure, be truly amazed. So, yes, whatever is being told here will be confirmed from elsewhere. There are groups such as yourselves throughout the world who are doing exactly what we are doing here.

Lilian: And are ready to accept a visitor from another planet and people like yourself.

Of course. It can only be given to those of you whose minds are open to such information. There are too many who would deny such a thing, whose minds are not open to that expansion of consciousness. After all, we have spoken for many of your earthly years now, but it is not the words that are important—although they are to many, it is that your understanding and your own developments be such that your way of life and your words are the truth and the pathways for others. It is your light that will attract others to accepting the truth. Do you understand? (Affirmed)

Sarah: So would you say Salumet that all those who would be ready to accept your word, will in some way find themselves into a group?

Not always. Remember, it has taken many lifetimes for people such as we have here to come together once more. One individual who is open to truth will always find their own pathway, but those from my world who have come to teach, have taken a long time to find groups such as this who are dedicated, who are simple and open-minded—and by saying 'simple', please do not take that as you understand it in your world—when I use simple, I mean purity of Spirit. All of these attributes are not with everyone. So again, I say to you my dear friends that you may regard yourselves as *chosen*, in as much as we have waited a long time for you. (Thanks expressed)

Lilian: Any questions Margaret?

Margaret: Only that after I've been here I go home very, very happy knowing that someone's looking after me. I feel honoured to be able to come to this group.

Yes, you see *there* is the simplicity of your words: that you feel *honoured*—perhaps *honoured* is not the correct word, but that you are *humbled* and that is who we wish to teach the truth to—people who are humbled in their thinking, people who can show love to their fellow man, people who can join together as you do without envy or greed of another being. All of these attributes are with you my dear friends and once more I will say that we welcome the love that you give back to us.

George: Could I mention another scientific area which I think has become very important and may well connect with Mr Emoto's work and that is Kinesiology—the healing through Kinesiology, which is muscle testing. Now at first a chemical in a small phial, which would be harmful to the body, if that is merely held

close to a person who is muscle-tested, that muscle will go weak, but if the phial contains a substance that is beneficial to the body that muscle will stay strong. This is the principle of muscle testing and it's called Kinesiology, but the good thought, of course, can also induce strength in muscle and the bad thought induces weakness in the muscle testing. It struck me that this is rather similar to the influence of good and bad thoughts on water that the other gentleman was experimenting with.

Yes. I am familiar with the word that you use. This action has been known of for a long time in your world.

George: Yes, in our world I think about 30 years.

Yes—no, much longer, much longer, but let me say this to you, that every single cell within the human form is almost as individual as each human being. Each cell within the muscle responds to whatever is happening *without*, as well as the workings of the body *within*. Are you following me? (Yes) Now, these individual cells have the ability to work *with* each other or *against* each other and that is the power of the thought that is coming to them. Again, it is to do with the thinking of the human being, whether it be muscles, whether it be skin, whether it be whatever part of the human frame you wish to mention—it has a reaction to what is *good* and what is negative. But of course, as you know, *positive* and *negative* are necessary for all of existence. But we are speaking of something different when we speak of negative *thought*. Let me say, with this type of treatment, and that is what it is called at this particular time, that the muscle tested will respond subconsciously to the thoughts of the person who is tested.

George: Yes it is a way of communicating with the body direct.

Yes and therefore that is the way the muscles will respond, but what I wish to say to you is this: that the human being instinctively knows what is good and what is bad for its own wellbeing—that knowledge lies within every cell, every atom of the physical makeup of the body. Are you beginning to follow me?

George: Yes, so one human being is rather like a huge colony.

Yes, and that physical being has the responsibility of listening to the small voice from within, and that is where the Spirit being comes to the fore. If this is ignored, then we have all kinds of problems. The body does not *listen* to what it is being told. Remember that I am simplifying all of these things for you. It is a little more complicated than my words, but I am endeavouring to tell you that ultimately all of these things stem from quietness and listening to that still, still voice from within, which is your own spiritual selves. The body instinctively should know what substances are right and which are wrong for that particular physical being.

George: Yes, so the principle involved in kinesiology is really very different from that involved in Mr Emoto's water experiments?

Slightly—there is an element of thought as I have said to you, but it is for the human physical being, it is a matter of knowing instinctively what is good and what is bad, whereas the water reacts instantaneously to either positive or negative thought. Water is pure energy after all. The human physical being is rather more complicated in its structure. You have to remember this when you are making comparisons. I hope that has been a little helpful to you.

George: Yes. You indicate that while Kinesiology has been published in book form for the last 30 years, it has been known for much longer.

Yes—all it does is highlights the fault of the human being in recognizing what its own faults are. The human form should recognize instantaneously what is right and what is wrong for its own wellbeing. But again this is a process which has been forgotten and which mankind needs to reintroduce into his own thinking.

George: Yes, I get the impression it is a very important area (**Yes**) for us and the principle seems to be extending into charting the development of consciousness, (**Yes**) which could perhaps make it, as far as our understanding goes, even more important.

Yes, I agree with you there entirely. Now I feel that for this time you have enough to think about. Again my words are being repeated, but on a different subject; but do you see my dear friends how *all* thoughts come back to the same thing?

George: Yes indeed, you've given us a very interesting evening again. (*Agreed*)

Well, I will leave you this time, of course as always with much love and support in your own lives, but let us finish this time with some self-development. I would suggest perhaps, my dear lady friend, that as you are small in numbers that perhaps each one would sit quietly and see what is given to them for another one within the room. Let us see how much they have grown in their own way in using that part of Spirit, which is *mind*. Let each of you see what can be picked up from another. Do you understand? (Affirmed)

Lilian: Yes. We will do as you say, see what we can pick up. Many thanks again.

I am always pleased to join with you and always I leave you with much love. (Thanks + farewells)

~8TH November 2004~

The usual cassette recorder was faulty, so there was some disruption at the start of the meeting:

Good evening. (Greetings)

As I come to you this time I am touched by your consideration in trying to capture my words on your machines; it has occurred to me just how base your equipment is still on this planet, but nevertheless my gratitude goes out to all of you.

Lilian: The other machine which is not working belongs to Paul.

We would not wish to call him back from that which is educational for him. (Yes) This time my dear friends, I wish to speak with you about emotions, which in your world at this particular time—emotions are running high and all too often we hear about good or evil. My purpose this time is to remind you all of my teaching, that there are only two emotions within your world which are of importance: that is ‘love’ and ‘fear’. And when you humans speak of evil, let me remind you that ‘evil’ as you call it is based in fear. It is a little awareness of what is truth in the sense of knowing that Great Creative Force. In this I am not speaking of religion, but of that deep personal awareness which is within every individual: that is what is lacking at this time in your world. I wish to say to you again, there is no need for fear, because in allowing fear to enter your hearts, you are opening up to that non-awareness of all that is good. I wish just to remind you gently, that to live in love, to be aware of all that is good, brings you closer to that part of existence which we know to be truth. Do you understand my words this time? (Affirmed) I ask of you my dear friends to once again think of your brothers in this world who need your help, to send thoughts of love to all of those areas within your world who are spiritually in darkness. You are, as I have said many times, beacons of light, as are many within your world, and the light of the Spirit cannot be extinguished. Therefore I say to you my dear friends, use that love which you have to help your fellow man. I know that I ask these things of you on many occasions, but it does not hurt I feel to gently remind you occasionally of these things. Do you have any questions for me this time?

George: I was just thinking one of the words in our language is ‘disappointment’ and this perhaps is one of our emotions. We sometimes see our governments doing the opposite to what we feel would be good, and we are disappointed that it doesn’t happen. I just tell myself that I think it’s going to take a little while longer. Have you anything to say about disappointment?

Yes. Let me say this to you my dear friend. Disappointment is within yourself. You cannot judge other people on their actions, because you do not know what is within their hearts. But what you can do is to send love to all of those people who you *feel* are not aware of the goodness which surrounds you. We too, in our world at times, I will not say are disappointed—that is a word belonging to your Earth, but those in our world sometimes feel that our love is not touching those in your world. So, in some sense I suppose we have the same emotion, but on a slightly different level.

George: Yes, that’s interesting, thank you.

Sometimes those who work in our world and who have not reached a state of unity within themselves, can also feel that their work is not going as quickly as they would wish. But the difference between our world and yours is that we accept more readily that these things will happen, but in your world you feel that in some way you have let yourselves down.

George: Yes, it often takes us a little longer to accept.

Yes. What I would say to you, is dwell only in feelings of love and the emotions that you feel that come from the love source, will eventually work their *magic* in your world. But again I have to say my dear friends that *patience* is not something you human beings are good at. *(Agreed)*

Sarah: I suppose that in our world we cannot see the full picture and that's why we get impatient, **(Yes)** whereas in your world you do see the full picture and know that it going to happen.

You must *know* you have to know within your *hearts* that what you say and do will occur. Any doubts, any fears will create more negativity. This you know also, but it is something I do have to remind you of. So forgive me if it seems that I am always repeating those same words to you.

Sarah: It's good you do, because quite often I need to think more on them and I'm pleased to hear them again.

Yes, and time as you know it here is not as it is in our world, but at this moment in time there is so much talk about good and evil, I suggest you focus on the good. Good and evil is love and fear. Are there more questions?

Lilian: The visitor we had from another planet the other week, they are very much aware on that planet of their spiritual side, are they? Much more aware than perhaps we are here?

I know of whom you speak and yes, the particular individual who came to you is much more aware spiritually, yes.

Lilian: So, in the past you've told us that at some time in the life of this planet we were space travellers. Is that how you travel—travel with the mind? Did we travel in the same way?

You must remember that to space travel does not take you far from this planet. It does mean travel throughout all of the universes that exist. Yes, this planet did have space travellers in times past, but the traveller that we speak of now was of course travelling with the Spirit—the mind; there is a difference. In the same way as your spacecraft travel now, so too was there craft that left this planet in times past. You understand?

Lilian: Yes, it's interesting.

George: Our recent friend, it seems his travelling is in the nature of 'mind projection'.

Yes, it is different. (Yes) He could not possibly travel in a way you would understand if it was not by the mind.

Sarah: Has this traveller any connection with Paul or did he just choose him to use as a channel?

The gentleman used as a channel was chosen by the visitor from another place. That was entirely his choice.

Sarah: They are not connected in any way?

No, no. It was just that the channel has been primed for some time in order for this to occur.

George: I imagine that suitability of energies comes into it?

Yes, and it does not happen just like that, although I know sometimes as you sit within this room you feel that communication is an instant thing—it does not happen that way; there is much work on both sides.

Sarah: So even with the rescues, have the rescues already been worked on for some time?

No the *channel* has been worked on for some time, not the rescues. The channel and those in our world who will bring those rescues, have united on many occasions, in order that rescues may take place.

George: A further question I'd like to ask is about the work of the Japanese gentleman, Masaru Emoto, and his work on the configuration of water and how it is affected by our thoughts. **(Yes)** You mentioned the planetary etheric being altered at some stage and I was wondering if that altered etheric acts in a similar way?

Will you rephrase that question to me, please?

George: The planetary etheric, which has undergone a change, **(Yes)** would that have an effect on earthly things? Would it for example configure in any way the rain that falls, or would it behave like a thought input into...

Yes, I understand. You understand that the etheric part of your whole being is *engaged*, if you like—perhaps that is a good word to use—that the physical and the spiritual energy is engaged together, and

one cannot work without the other, therefore is influenced by each other—in the same way is the etheric energy of the planet. In the same way as thought becomes reality, so too is the effect of the etheric on the planet used as waves of energy to alter all that is around. So, therefore, my answer to your question is: Yes that change within the etheric body can have an effect on the physical planet. It can influence in many directions.

George: Yes, it just occurred to me that it might be acting in a similar way.

Yes, it is very similar.

George: Thank you, that's interesting

Yes, you always have that interaction between the two. You cannot separate them and speak of them as separate things, because all things are interlinked. Therefore, as you have the wave in your seas which affects the further part of the water, so it works from the etheric energy down through the physical. You understand?

George: Yes, thank you! I've another question: It is about our language really. We understand and accept what you've told us about soul and how it is part of a larger soul or system...

May I interrupt? I would wish to say that the Spirit belongs to the Soul. The soul is the all-encompassing being. There are different parts of Spirit, not Soul. Soul is the all-encompassing, yes.

George: What I was going on to was there seem to be a number of other terms which are derived from our science and our thinking, which all sound rather similar. And from our further study of kinesiology, there is the expression 'attractor energy field' which is described as being part of a larger attractor energy field, which is also part of a much larger attractor energy field extending across the universe. **(Yes)** And there is David Bohm's 'implicate order' underpinning the physical order of things and there's Carl Jung's term 'collective consciousness'. These all seem to be somewhat similar and I get the impression that our science is striving from various sides, but perhaps not quite getting there. Would you care to comment on that?

Yes. Your science at this time of your evolution is indeed making progress. When first I came to you, I told you that much influence was being placed not only upon your world leaders, but also your scientists. Science is beginning to realize that what has been said for much of your earthly time is indeed correct, but having logical minds, they insist that they must have proof as you full well know. But they are beginning to understand that what they cannot see *does* exist and those in our world are at this time giving much influence to them, so their understanding is greater. And we are not far away from *some* of your scientists within this planet who are willing to stand forward and to say that life does exist on another energy level. And they will—I will not say 'be happy to say that', because it will put forward new ideas that have for so long been denied. But yes, many of your scientists know about 'soul-connection energies' that have not been discussed before and many other things, which come from our world. They will stand tall and tell the truth as it is. But many names are given to these energies and I would like just to say to you this: that it matters not what words are used, what names are given, but if you stand still and imagine reverberation of sound that goes further and further out into your atmosphere, then you begin to get the idea of what it is about. Think of the echo. How long does the echo continue? Yes—think about it. Has that helped you?

George: Indeed, thank you for clarifying what was becoming a confusing area. And we must get out of the habit of wanting to devise physical proof for spiritual things.

You never will have all proof, but there will be events and happenings which they will find hard to deny.

George: And when all the pieces of spiritual information all fit together beautifully, like a huge jigsaw puzzle, then that in itself is a proof I believe.

Yes. Truth cannot be denied—it *has* been denied for too long and many have denied what they know to be true, but the time will come when spirituality of man cannot be denied. It is growing within your world, although you *feel*, as I have said to you when I came, that so much talk of good and evil exists in your world, but there are so many voices now that come out and speak of the truth and that is what we are inspiring to do from our world.

George: Yes, that is a joy to see and hear.

Yes, again have I not told you that truth would be given through many mediums and it is beginning to happen. Now my dear friends I will leave you this time and allow another to speak and I hope that you will find it to be of interest to you.

Lilian: Thank you. It has been a very enjoyable evening. *(Agreed)*

I am always happy my dear friend to try and enlighten you in the most simplest of ways, in order that our words are acceptable to you and that you can go forward in your own thinking. Until we come together once more, I will leave you ever clothed in the light of love.

(This change in the etheric is referred to in the teaching of 10 March 1997, an extract of which is in Appendix III of George's book: 'A Smudge in Time'.)

One through Sarah followed, giving further information that so many were helping from Spirit, to encourage those on Earth to move a little closer to truth. World leaders were also being influenced more at this time to bring them nearer to truth than they are at present. It was explained that they could not interfere, but help was certainly being given in every way possible. A 'Pool of Love' had been created around the world, which would help to pacify the anger of some. This was not interfering, but was merely a tool to help it was explained. There were of course many still angry and sending out many negative thoughts, but as much was done as possible to reduce the effects of the rebounded thoughts—again not to interfere, but as a help where possible.

~22nd November 2004~

Good evening. *(Greetings)*

As we have joined together this time I have felt that union of your light; it grows stronger as time continues. As we are nearing another end to one of your earthly years I would just like to remind you my dear friends, of what we have tried to achieve in this year of your time. Perhaps you remember my words—the words that I told you were that this time much of it would be devoted to individual self-development. A number of you have gone through a transitional time in these past months, mainly connected to your earthly families. But let me say this to you my dear friends that *all* happenings have a purpose and by now you must recognize that these happenings are for the growth of your Spirit selves. I know, as those come close to you also know, that this awareness has grown much within you. You must also recognize that not only have you learned many of life's lessons, but that family in Spirit—and in using the word 'family' I mean your spiritual family—those you are not aware of consciously, but who nevertheless are family—they also have played a part in your development. Therefore my dear friends I ask also that you remember them when you give thanks for all that you have attained.

Lilian: Would it be that they help us with their problems?

They help you in *your* problems, not in *their* problems. But they come close to you in times of need, in order that the Spirit may be uplifted when needed; and each of you have had times when this has been necessary.

Lilian: This has certainly been quite a year for some of us.

Yes, I did tell you that it was a year for growth. You now accept readily the words that I bring to you and for this my dear friends, I will remain ever grateful. My love extends to you all at all times, but we are fast approaching the time when it is becoming necessary that each one of you now recognizes the spiritual gifts that you each have. I would say that the greatest gift since first we met has been that of great humility in the knowledge that you have accepted, together with the love which you have given out, not only to those of us in our world, but also to each other. When we come together in another of your earthly years, there will be occasions when there will be for at least one within this room, help with your own gifts. I know that you are not fully aware of what gifts you have, but it is time my dear friends that the fullness of your gifts must be explored.

Lilian: Would the biggest gift we have be the knowledge that you've brought to us?

You have readily accepted my words for so long and there is much more that I wish to bring to you, but the time has come when individual development must go forward; it must go hand in hand with the information which I have given to you. And again I will say these words to you: that as much as we wish

to help you, the responsibility for the use of your spiritual gifts mainly lies with each individual. Therefore the responsibility remains in great part with you, but we will endeavour to bring to you many who will try to help as they have done for many of your years, but for many they still feel that they are not being recognized.

Lilian: We will try to give more time to become aware of them.

Yes, as I have said, the greater responsibility lies with you. We cannot make you do what you do not wish, but we would wish to encourage in any way that we can. (*Thanks expressed*) You all have many gifts between you and although I would say although you do not seek phenomenon, it is part of you that these gifts be used. That is why we will endeavour to help you all we can. Do we have any questions this time?

Graham: Yes, I was reading a book and it was talking about karma and the subject of manifestation came up. There's a lot of books at the moment talking about manifesting all that you desire and the book was actually urging caution against this, because if, for instance, you try to manifest £100, then in doing that you may well be successful, but it may well be at someone else's misfortune. It was saying that you have to be very careful about the karmic consequences of manifestation. Is the book really giving a true account of how things really are?

I will reply to you my dear friend in just a few of the words that I have given to you before: be careful of what you wish for. Always be cautious with your thoughts, be careful that what you think is for the very best of reasons for everyone who is attached to you. (Yes) Again, responsibility lies with each one and of course these gifts or 'karma' as you may wish to call it, is available to all, but not necessarily for the best. So I say only be careful of each thought. Remember the power which lies behind thinking and remember of course my words about rebounded thoughts, which could then encompass what you call karma. You understand? (Yes) There is no harm in desiring many things, but it is the reason behind the wish that you must analyse. (*Affirmed*) You see you know already my words, because it is there within your own thinking.

Graham: In the past I've taken the explanation, but with time the understanding of it is deeper. Sometimes you have to go over the subjects over and over and over again until it goes much deeper and the true understanding comes to the surface.

Yes, that is why my dear friend I never apologize too often to you for repeating my words, because we know that as human beings you need to hear words often before the understanding becomes fuller within you consciousness. But I would say this to you that if you have any doubts about anything, then you can say that it is not that right thing for you. Always listen to that quiet voice. That is the easiest way I can put it to you. I hope that is acceptable. (*Thanks expressed*)

Sarah: This isn't really a question, but I was thinking how difficult it must be for leaders of countries who are not perhaps going in the right direction, and I know you are going to say that I must not judge, but there are many who are giving bad thoughts to these people and some who are giving good thoughts to these people. I was just wondering how much the loving thoughts override the bad thoughts from the people. In this case, public figures are probably being bombarded all the time.

Yes, I understand your words. Of course it does not happen in an instant of your time, but love will always override any negative thoughts eventually.

Sarah: Even though there may be more negative thoughts than positive ones?

But loving thoughts will grow. Negative energy has to be transmuted and changed—that is what you must try to understand. Loving energy can never be destroyed or changed, it just grows. Negative energy can be transmuted into good. Think along those lines and the understanding will come. (*Yes, thank you.*)

Sarah: I was just thinking that sometimes people behave in ways that disappoint us. Merely telling someone about the experience or what happened, that is not negative is it—if you just observe the behaviour and then if you send them love and you don't really bear them any ill will, you are just observing their interaction. What I was wondering was that it's not negative to tell somebody about what has actually happened or occurred—we can't control how people behave towards us sometimes, even if we are loving.

Whatever is done in a loving way cannot be negative, but let me once more my dear friend repeat to you words that I have used before: if words or actions from another human being does not sit right with you, look within yourself, because that discomfort, that unease lies somewhere within your own Spirit and has to be faced. But to speak truthfully with love is being true to yourself. Never, never use negative words to another.

Sara: Not to another, but if someone behaves...

The fault lies within your own Spirit.

Sara: Ah, interesting. I will have to think about that.

As if you were looking within the mirror. Look to the mirror image and you will find where the unease lies. You understand?

Sara: Yes I do understand, thank you.

Sarah: If you were, for example, at war and you feel angry at, for example, a Muslim killing a Christian because the Muslim does not believe that the Christian is behaving correctly. You can sort of understand it, but it is difficult to—if I were to look inside myself and think...

Why do you feel anger toward them? Why do you feel unrest?

Sarah: I don't feel anger towards them, because I know that I must just give them love, but it's very difficult to understand their actions, if I'm thinking that was not very good to do that just because they're Christian, do I still have to look within myself and see?

Because my dear friend you are being judgemental and why do you have the right to be judgemental for actions created by others? When the Spirit can look upon all negativity with loving eyes, there can be no unease within the Spirit. That is what you are trying to achieve.

Sarah: But when you say that nobody should take another's life...

I stand by those words.

Sarah: So if somebody takes somebody else's life, I know you mustn't *judge*, but you can't *think* that that is right—if they have taken another life when you say that we shouldn't take a life.

But you cannot pass judgement, because you do not know...

Sarah: ...the full picture.

Yes. Again, the person who has done the deed that you find sits uncomfortably with you, must, when he comes to our world, face his own reality and you do not, if we are speaking of right, do not have the right to place judgement upon another—only that Spirit has the right to make judgement upon himself. You understand? (Yes) I know that in general human beings find it most difficult not to look at war and other situations within your world that you feel to be not quite right, and of course there is much negative energy in your world. But, as we have said, you have to give of your love if you wish to dispel negative energy around you.

Sara: I recognize that when I do give loving thoughts I think always I can achieve the best from someone, I can achieve a good result in terms of good behaviour towards me, but of course sometimes if I don't perhaps do it so often or make an effort, I think possibly interactions can degenerate, because some relationships are easier than others. I recognize we have the power to change all this with loving thoughts.

(Yes) I think what I was asking before was, if someone behaves in a disappointing way then that's how I process things; I come home and I analyse, I think. Really the answer is just to give love—the thought.

Yes, it is your individual thought that has *decided* that it is disappointing. It's your own judgement, so therefore you must look inwards to yourself.

Sara: So in fact there was no offence intended anyway. **(Yes)** Of course, it is an interpretation of the behaviour.

Do you understand?

Sara: I do, I do. That makes it a lot clearer.

Sarah: So the whole war thing, countries going to war, we just have to give love and recognize that that's meant to be.

We have spoken of karmic debt earlier, partly when we speak I will use your earthly word of 'war'. When these things happen in your world, there is always reasoning behind it. You may not fully accept

or understand it, but there always has and always will be negative and positive energy. Whichever way it is transformed, that is up to the human beings that inhabit this Earth.

Lilian: So no matter what situation, whether it be to do with children or adults...

That, my dear friend, is not for you to pass judgement. Because of your human nature, you feel that you must always focus your intelligence upon what others are doing, instead of unconditionally giving love to *all*, to all things. You have been given freewill, which at times does not serve you well, but that is why it is most important that the spiritual side of your being must stay to the fore throughout your human existence. Do you understand? (Yes)

Sarah: So if you see a situation where you think you perhaps ought to intervene...

That becomes part, my dear friend becomes, of your freewill, but you must fully accept the responsibility for your own actions. You understand?

Sarah: So if you let the Spirit come to the fore, the Spirit will let you know.

You will always do what is right for you, yes. You cannot become human beings of great purity—that is not why you are here, but always with you there is this struggle of what you consider to be right and wrong, when in fact you should be focussed on developing your spiritual gifts and awareness, in order that you can rise above many situations in your daily lives. (Agreed)

Sarah: So on the one hand you want to help and do the best you can for others and on the other hand you have to stand back and let the Spirit come to the fore and then you will know which one to go for.

If you are spiritually aware, that inner knowledge would be foremost in your thinking, in your realization, in your everyday living—that my dear friends is another reason why you should give more time to your quiet moments, in order for *us* to be able to *influence* and *help* you to the true natures of beings that you are.

Graham: We live in a society where there are courts and prisons and there are sentences and punishments that are given out to people. Many people feel that the system does not work and that prisons are ‘universities of crime’ and that when people go to prison, they actually come out more embittered, more angry and more knowledgeable about criminal activity than they did when they went in. I was just wondering, will it happen at some future time that this type of judgement—prisons and punishments will no longer be relevant, but society will have a natural justice?

Only when each individual recognizes what is right and what is positive energy, and I have to say my dear friends that your planet is quite some way from ever having that kind of situation. There is still so much learning that is taking place in your world, but in saying that there are so many from our world who come, who are here, who are *helping now*. Therefore I say to you, do not feel dejected in your thinking. Love will override negativity at all times.

Lilian: Yes, that’s encouraging to hear. (Agreed)

If only you could see that in each dwelling place such as this, where light is strong and pure, that as that grows within your world much love can be given. But also you need patience. (Agreed)

I feel that for this time I must withdraw from you. I will leave you as always cloaked within my love. I will leave you with my dear lady friend and see what the rest of your evening brings. (Thanks + farewells)

After some time, one followed through Sarah to explain new protection being given to this group, which would especially be of benefit to new mediums wishing to be used. It was described as a ‘wall’ built to keep those ‘forces’ out who they know should not come, allowing the group to be free from ‘unlawful’ spirits.

~29th November 2004~

The cassette recorder was not yet fixed, so this recording was very bad quality and some responses were unclear, as stated in the text.

Good evening. (Welcomes)

This time I feel that with some there is depletion of energies, but as we join together this time you will begin to feel much upliftment. (Thanks expressed) Before we begin I would like to ask of you my dear

friends, that before this earthly year is ended, if you would be prepared to give one evening to helping those in our world—in other words the work that you first began with us. *(Agreed)* If conditions are right then our next meeting those in need will be there. You are happy with this? *(Affirmed)* As always, we are indebted to you; without your help we could not go forward so quickly with those who are in need.

(Pause) Forgive the quietness, we are helping with vibrations. As I said, some of your energies are depleted this time. I will come to you only once after our next meeting before I leave you for that break which comes at this time of your year. But let us this time ask if you have questions about last time.

Lilian: You asked us to think about our spiritual gifts. **(Yes)** You mentioned our spiritual family. So is that people we have known in this lifetime, other than our family we know, and those on the other side we are unaware of and are they part of own soul?

All of those questions are correct, yes. There are those who you have known in this life, who have now become part of your spiritual family, but that is not to say that that is always the case. You know quite well, that the love bond is the most important thing, but yes, your spiritual family are those who are with you all of your lifetimes, who are part of your own soul; indeed *that* is your spiritual family.

George: I was not here last time unfortunately, but I'd imagine there to be some within our spiritual family whom we've never met physically?

Yes, I would say as human beings you will not remember the spiritual family until you come to us, you understand? **(Yes)** But the recognition will be instant when you join us. **(Yes)** Does that make it clearer? *(Affirmed)* Do we have more questions this time? You are all happy for us to move forward?

George: I've a general question if that's appropriate at this time?

If there are questions, we are always happy to try to give a satisfactory answer to you.

George: Prior to reading Courtney Brown's book: *Cosmic Voyage* I had no idea how American military surveillance has progressed. They have developed a 'mind projection' technique that they call 'scientific remote viewing' originally to find out how many rockets were being stored in distant silos. This took them into Spirit realm, that they call 'subspace' ... they have their own jargon. So they have STUMBLED into Spirit realm and time-oneness, meeting various entities, including a non-physical group that they call: 'The Galactic Federation'. I understand this group go about the galaxy doing good works where needed. Having set the scene so to speak, my first question is: Is there a Galactic Federation? Or should we know it by a different name? Or are they merely reporting on the work in Spirit Realm that we know of anyway?

I will answer your question my dear friend. Firstly, let me say this to you: the purpose of their work was to begin with not for good, as you have quoted to us, but they have discovered, much to their amazement, what many of you Earth people already know through mediumship. This is not new to those who have worked with our world for much of their human lives—that is the first point I wish to make. Let us now come to what you feel is a new concept, a new idea to you—nothing comes to you by accident.

George: This book was certainly no accident! It was quite literally put into my lap. I was sitting in the back of a car and it was in the seat-pouch in front of me! *(Chuckles)*

But my dear friend we had spoken, had we not, of mind projection, when our young gentleman friend was used for that very purpose?

George: Yes indeed, and this is a type of mind projection...

Yes, it is the beginning of letting you know, as I have told you on many previous occasions, that whatever I bring to you will be verified from many other sources. **(Yes!)** Yes, therefore I think your amazement is now a little dulled! *(Laughter)* Yes. There are many words—descriptions used by you human beings in your world. We have, as I told you previously, reached a point where you can now accept a fuller picture.

George: Yes, I feel I understand that concept.

Yes, and mind projection is nothing new; it has always existed, but it is only in your time, may I say, that all of this information is being gathered together and there are pockets of people on your planet, who are wishing to strive for evermore knowledge and that includes your scientific communities. The question about those beings who take care of the cosmos; that also is not new, but has a new title.

George: Yes indeed. Can you say a more appropriate title that we could use?

You may use whatever words you wish to help you, but to us they are spiritual beings working for the good of all planets.

George: Yes, that really says it all.

Yes, you may call them travellers, they call them galactic—that is a word used in your time.

George: Yes, and in their mind projection literature, they refer to encountering 'Midwayers' and point out they should not be confused with angels. I think they would be what we know as Spirit guides. *(In an earlier teaching, Salumet had pointed out that some confused Spirit guides with 'lower' angels.)*

Perhaps an apt question for them would be, 'midway to what?'

George: I think the implication was that they were midway between the physical Earth plains and deeper Spirit realms.

But they have a long way to travel. *(Agreed)*

George: A further question that arises from this, concerns Mars. I believe you once said there is no life on the planet Mars and I think your meaning was: no physical life on the physical planet now. Perhaps there was once, so that there are soul aspects in Spirit?

I will say to you once more, as all that is physical is recognized by you at this time, there *are* no Martians, but you are getting to a deeper subject when we speak of the soul aspects, and yes, as has happened to your earthly planet, so too has evolution taken place on all of the planets, within not only your cosmos, but to the wider picture of all life. When we speak of soul aspects, we are speaking of something much deeper than your understanding.

George: Yes, the reason I asked the question was that encounters with Martians are reported in the book and it is suggested that they have infiltrated into earthly life.

Let us say this, that there are beings who inhabit many planets that you are not aware of, such as the visitor who came to you through our young gentleman, through mind projection. You understand? (Yes) Why do you suppose that there are differences in these beings on different planets? Remember: think of your own earthly planet and the diversity of all the animals upon this planet. Those beings trying to infiltrate another planet's life force may very well succeed, but that does not make it the right way to be going. Are you beginning to realize where we are going with this? Because beings exist on other planets, does not necessarily make them *spiritual* beings; they have existence, in the same way as you beings on this Earth planet. So what I would wish you to think about my dear friends is that any infiltration—and it can happen, because there are beings so very much more advanced in their ways than you are, but it does not always make it the right action.

Sarah: When you say they are not necessarily spiritual beings...

Because they are beings from another planet, they are not *spiritual* beings.

Sarah: But they do have Spirit, because we all have Spirit...

Of course, you are Spirit, but you are not completely Spirit, because you are donned with physical garb and so too are many of these other planetary beings. You understand? (Yes, thank you.) They may be more advanced in their spiritual virtues, but having the knowledge does not make it always for *good*, because spiritual gifts can be misused, in the same way as the gentleman has said that they *(US Military)* have used knowledge that they accidentally came across, but the purpose behind that was not ultimately for *good* to begin with. So you must always differentiate—just because a gift is used, it is what is in the mind and what that gift is to be used for that is important.

Sarah: Yes, so can these space travellers influence, for example, leaders of countries?

Only in as much as the being would allow them to, in the same way as another human being can influence you, but that inner knowledge will always come to the fore.

George: It occurred to me that, just as the Atlantean civilisation lives on in time-oneness Spirit, so too might Martians and they might possibly get transmuted/transferred into earthly bodies. This would I believe be the only way that Martians could live on Earth?

You cannot destroy energy and anything which has existed will continue to exist—you can never destroy that energy. (Yes) As you say, it can be used, it can be transmuted or transformed, but it cannot be

destroyed. Therefore you could say that all that has ever existed still exists, because there is a never-ending blend of energy that is left behind that is ever-changing and which is happening to all of the planets at the same time. We are getting into very deep waters here my friend and I feel that at this time your understanding might be adequate, but for the others, they are not quite ready.

George: It is indeed complex.

When we speak of Spirit you are speaking of a completely different dimension. There are degrees of Spirit, as I have told you.

George: Yes, in fairness to the author Courtney Brown, I should point out that he is no longer with the military, but continues his own research using the basic procedure initiated by the military.

Yes, and if he is looking for truth, then he will find the truth that he desires, but let me say just this one thing, that each one of you takes your own truth. For example, if I give some details, some knowledge, each one of you will decipher that knowledge to your own capabilities. So the understanding is quite diverse—so remember this also, when people are going further within themselves to seek greater knowledge that they are expanding into an unknown world that they perceive. You must always take this into account. It is too simple and too easy to say ‘x, y, z’, to clarify in your own minds something which is not quite so simple.

George: Yes. One of the motivations of this research is to try to explain the abductions... (*Unclear on tape*)

But I would disagree with you about this—non-physical beings—but my dear friends they *are* physical beings—they are not spiritual beings. They come from other planets, but they are not Spirit. They have physical garbs, which may be different from your own, but nevertheless they are people, of how you would term on this Earth, they are capable of dying and throwing off those garbs which they now possess. Do you understand? Do not be fooled into thinking that these visitors from other planets are spiritual beings—they are not. (*George’s response is again unclear on recording.*) They have spiritual attributes the same way as you do, because all life is spiritual energy, all life returns to that spiritual essence. But why do you think that you Earth beings are the only beings in the whole of existence?

George: We readily accept that there must be many planets through the cosmos supporting life that is similar to ours.

Their only difference is in their perceptions of what they can do... (*Tape too faint*) Many of these beings are curious as you are. They want to understand greater things in the same manner as you Earth beings wish to explore space that surrounds your planet. But because of their wider knowledge of travel and spiritual gifts, they are able to do what most of you beings here cannot. They are just more advanced in many ways in their abilities.

George: That helps put things into perspective. Thank you.

That is why I am always pleased for you when you suddenly begin to understand some of my simple words, because with simplicity comes assured knowledge that what is being said is correct. I hope that has helped you just a little.

George: Indeed it has and it all adds on nicely to our introduction to ‘mind projection’

Yes. It is somewhere that we will expand to, but for you finding the book is another stepping stone to what I had already placed to your mind.

George: Yes, I’ve had two important books placed before me recently!

Yes, and they will not be the last!

Sara: Sometimes when I have a quiet time I experience a ringing in the ears. I was reading a book by Doreen Virtue in which she explains that it is information being “downloaded” to use a modern term.

Could you please comment on this?

Firstly, let me say that all Spirit finds the use of vibration in your world much easier to use than materialization and words, and what is sensitive within your body beside what you see in your eyes, but the ability to *hear*, which has been lost over your earthly time. I will say to you that yes, I would say that you need to listen a little more closely. It is very often those from the angelic realms who use this method of communication.

Sara: That’s interesting.

You have to listen with the spiritual hearing and then it will become more clear to you what is being given to you. It will not come in an instant, but with practice you will suddenly feel that you will *know* what is being given to you. *(Sara's response unclear on tape)* And although you do not fully understand what is happening, the spiritual being that you are knows instinctively know what is the right thing.

Sara: Thank you. I did notice that after the last time I experienced it, I knew how best to help someone who was in need and I felt changed in some subtle way after the "ringing sound".

You may also find my dear friend that the vision that you have also has very subtle changes when you are still. This is part of your personal development. And now as we speak of personal development, I will withdraw this time and allow you all to try to blend with those who come close to you. I would say it is time that you become more confident in what you are feeling and in what you are seeing—in any small detail, you must give out so that those in our world know that you feel and received what they try to give. *(Thanks + farewells)*

~10th January 2005~

The first meeting of the New Year began with more information concerning our group and previous past life connections. This first communication was through Sarah:

How nice it is to be back with my fellow followers. We have been together before. We have been in the same tribe together. I was the chief and we were in a community of many tribes. We were self-sufficient, but without the other tribes we would not have been able to cope. Each tribe contributed something to the overall welfare of us Indians and you may be somewhat interested to know that the main task of our community was clothing—we needed to hunt and use the skins and the feathers for our costumes.

The community was of course mixed in ages and this group was also of mixed ages. I was the oldest of you all by a big margin and the youngest of you all was the lady who has a problem with her eyes. (Margaret) She was but a baby and was very capable of letting us all know that she was there. The youngest of the men was a teenager and this was the other lady who leads this group. (Lilian) The youngest of the girls was a young lady and she still is. (Sara) The grandmother, if you like to call it that, although at this time this grandmother was very young in comparison to grandmothers today, was the tall gentleman. (Graham) And her husband was the other gentleman. (George) So, you see that you two gentlemen here this evening have been related before. This lady, (Sarah) was an important young man who was deemed to take my place in times to come, but this was not to be, because he was killed on a hunting expedition. So his life was taken a little sooner than we had expected. So, the lady, (Eileen) who is not speaking at the moment—but I would like just to tell you that she will be speaking in a short time—she was the one who communicated with Spirit. She was the one you all turned to in times of trouble and she was what perhaps you might call today, an agony aunt. So, you can see that you have all worked together and it is my pleasure to be back with you once more after so many of your earthly years.

We were known as 'Gor-rukka Tribe' and the overall group of the many tribes together was called 'Baa-Ba'.

I am trying to give you a time when we were on this Earth planet, but it was not something we talked of in that period. It was a time before your civilization and I would perhaps say it was around the time of what you might call your Christ.

There are many of us, what you term Indians who are still grouped together in Spirit. Many of us still work together and I know when you return you will be able to re-meet many of those who you have already known and I am one of those who now help any who wish to meet together, to act as an intermediary if there is any problem meeting together and if you, when your time comes, wish to meet together I am sure I will be there for you as a welcoming face. You will know me and the name will not be necessary, but if you wish for a name I can give you the 'Grand Mancha'. There will be instant recognition. And now I leave the other lady to bring to you one other.

One followed through Eileen:

Please to retreat a little further back. I come to you only because I have been asked to. Before you ask, I am Natashiwah. I also belong to Indian race but I have no name—I belong as a child of the Great Spirit. I embrace all of my fellow men; I am happy to embrace them all within this love with which I feel from that Great Spirit in the sky. My name was given to me from that Great Spirit. 'Nahashiwah' mean: small body, great Spirit. So, therefore, you can understand why I feel this great love for all of mankind. Even today I come within your realms to embrace and to bring comfort to those who are in need. I feel love which emanates from each one of you and let me say that I too enjoy the feeling of great love from another human being. It is almost tangible when I return to these realms. Therefore I, Natasha-Wa, will leave you and leave you with great love.

~24th January 2005~

Prayers were sent out at the beginning for those involved in the Sumatra–Andaman earthquake and the subsequent Boxing Day tsunami:

Good evening. (Welcomes)

I wish to say to you my dear friends how pleased I am that we have come together again this time. I was aware of much happiness when first we came together and it has enabled me to join with you quite quickly this time, because as you understand, great joy and happiness raises the vibrations which are necessary within this room. It is unfortunate I would say that you do not laugh as a race so much more. Even in your darkest moments, laughter will always raise the Spirit. Each one of you has achieved much in this past year of your time. That was our intention, if you remember, that each one of you should grow as individuals. I can say to you that each one of you has in some way moved forward, but that is not to say that you can leave it as it is, because there is so much more for you to achieve. I will always try to help and guide you in any way that we can, but as I told you, the responsibility of your own spiritual unfoldment largely remains with you as individuals. There is much that I hope to bring to you in the way of knowledge in this your coming year, but also there will be occasions for this individual development within this group. I hope my dear friends that by now you feel the great unity which exists between you, because awareness is part of growth; without the awareness going forward would mean little as individuals. Therefore, it is essential that each one of you is much more aware in this coming year.

George: I think we are very happy with that. I feel the awareness seems to have given rise to insights that we might not otherwise have had.

Yes and it will allow you to understand more fully what it is that I bring to you. I know that you have been pleased with the information brought to you, especially I have noted that each of you has been wondering about mind projection, and for this group that is a way forward when it can be fully accepted.

George: Yes. It is something to really look forward to and we have heard that Paul will be with us again next month.

He has been chosen as a channel if he will but allow it, but we are hopeful that he has the self-awareness to allow this type of communication to take place. He has been given this quiet time to ponder about what has occurred, but we have many avenues to travel yet. I feel the eagerness and the anticipation that each of you brings and of course must be tempered just a little for the time being. But, nevertheless, I am sure that I can say to you with much love that there will be many occasions when your desire for knowledge will be there. But we have so much time—we must never rush this kind of knowledge. It is for you to absorb, this knowledge that you are given, in order my dear friends that you may teach others, that you may teach others step by step in the same way that I have endeavoured to bring to you knowledge. It does not matter that words are repeated many times. If you but help one human being on their journey, you have done much my dear friends and I do feel at this time that our thanks must be shown to our dear gentleman friend (*George*) who has endeavoured to bring to your world many of the words which we have spoken to you.

George: The second proof copy of the book is now being checked through and I hope many copies will be sold through the usual channels—and I expect we shall give a number away as well.

You cannot keep the truth; the truth must always out in some form or another.

George: I can think of a number of outlets for the book and the book teachings and I imagine there may well be some guidance in spreading the written word.

Rest assured my dear friend that you have not come this far without some help.

George: I know I've been given so much help and I'm sure the guidance will continue in that direction—very happy for that to happen.

We will always help you, be assured of that. (Thank you.)

As you know my dear friends, the work in our world at this time has been great in dealing with many souls who have come to us. I would this time like just to say to you a few words about this. Of course loving thoughts are given to all those who are in need in our world and in yours. What I would like to say to you here is that when so many souls come to our world so quickly, thoughts have been given out as to how they all can all be dealt with. Let me say this to you: as so many come to our world together, so they are encompassed with love first and foremost, until such time as the Spirit recognizes that they have come and they are free. So many in your world feel that each individual needs to be helped, as one Spirit—as one entity, when in fact the work in our world includes hundreds at a time. I will not explain in detail at this particular moment, but only to let you know that not one Spirit is left on their own, without some form of help.

George: That's very good to know. In relation to the earthquake and tsunami I believe the number was in excess of 170,000 which seems an extraordinary large number to us, but as you say, you're able to deal with the numbers in, shall I say, a batch-wise method? *(Later casualty figure revised to almost 300,000 as work continues)*

Yes—it is hard for you, I know, to understand, but what I *do* wish you to understand is that all are helped, in *many* ways. But also let me just say to you, now that you have mentioned numbers—numbers mean little when it is part of your planet's evolution, and you must, of course, again my dear friends look to the bigger picture as we from my world do—you have to, otherwise it overtakes you in emotions.

George: Yes, we accept the planetary evolution—I sometimes wonder if—well it has to be sometimes perhaps a simplification, but recently we've become aware of what is termed '*Global dimming*', which amounts to about a 20% loss of sun energy reaching the planet, and I can't help but wonder if that loss of sun energy due to our pollution has an effect in relation to the buckling of the planetary crust. Would you care to comment on that? What I'm asking really is if we contribute in this instance of evolutionary disaster?

As part of your planet and the way that each of you is responsible for how you live your lives, then yes, of course, I must reply that the very existence of human beings, and the way that the planet has been treated, must of course leave you with some responsibility. But of course the planet would evolve whether human life existed or not. And remember what I told you some while ago, my dear friends, that there is light and there is dark and neither one can exist without the other; therefore any happening upon your planet or disturbance of the effect upon your planet has to be relevant. Therefore it is not only responsibility for you human beings, but you are part of the existence of this planet and in the meantime evolution will still take place.

George: Yes, it's almost that we are part of that evolution—

Yes, you cannot exist apart. Do you understand?

(Affirmed)

So I do not want you to feel that mankind's deeds have been responsible for this part of evolution—it is a gradual process which takes place.

George: What I find difficult to come to terms with is that we have very good scientists who understand earthquakes and tsunamis and there was the time to give warning to coastal dwellers around the Indian Ocean, but there was no warning and perhaps this underlines the principle that knowledge by itself is not enough; we need to apply our knowledge and understanding of earthquakes more, to help the common good.

Mankind, my dear friend, will always try to master the elements of your planets—mankind will try and on many occasions will succeed. But mankind does not *have* that knowledge of the bigger picture of life, wherefor (whereby?) he can intervene at a time when what happens *is meant to be*. Do you understand?

George: Yes, I think we appreciate that the bigger picture of what is meant to be—what is ordained—yes, we can strive, but that's all we can do.

You will always (*Voice becomes stronger, then begins to fade*) my dear friend have problems if you try to make man far above that stronger picture of all existence. We need to discuss more for your understanding.

George: Yes, I think I understand that we can help ourselves in a small way, but we cannot turn back the bigger picture that is unfolding.

Sara: We can't control it. **(Yes.)**

Lilian: Which is probably just as well—

Sarah: Yes, because after all, this disaster, or whatever you like to call it, has brought people together and done so much good, that that in itself is maybe one of the reasons that we weren't supposed to put the warning signal out—

Those who survived—it was not their time. But my dear friends, always, *always* try—and this is most difficult for you, to look beyond your understanding.

Graham: I think that the events have shown this planet and the people on it, how much we actually love each other and there has been tremendous outpouring of love and sympathy towards that part of the world—groups of people who formally did not get on very well, have been helping each other.

Yes—as we have discussed about wars in your world, there is always light and dark, which coexists and always you must view life upon this planet in that way.

I think my dear friends that for the rest of our time it would be of benefit for you all if our dear lady friend (*Sara*) can take you on a spiritual journey and leave your hearts filled with peace and love. As always I will be close to you.

(Thanks expressed)

George's Notes:

Sara's inspired journey showed us the huge expanse of starry heavens that left me with the feeling that it was a continuation of the teaching and an encouragement to think beyond the Earthly scene, to imbibe the WIDER PICTURE—all these meditative journeys are freely available on meditation page of website:

www.salumetandfriends.org

~7TH February 2005~

Good evening. *(Welcomes)*

Last time we spoke about how important it is for you, my dear friends, to grow in awareness. I would like to say to you this time that we will endeavour to help each one of you with this awareness, for each one of you to become aware to such a degree that your spiritual eyes will be opened wide.

Lilian: You mean in our everyday lives?

Awareness of the soul—I would like this time my dear friends to place before you a little challenge before we come together next time. I ask that you, when you look with your physical eyes, to see what spiritual awareness lies within. I would like you when you feel love towards someone, to recognize the awareness you feel when this happens. I think that you will be surprised to find that you have not truly been aware as you may think. So that is our challenge to you this time.

George: I think I understand there will a number of depths to that extended awareness.

When we speak of awareness, we are speaking of many, many depths within the Spirit that you who are clothed in these human clothes are not aware of, but if you wish to grow and expand, that awareness has got to come to the surface.

George: An interesting challenge!

I do hope so, because I will be happy and also challenged to hear your replies.

Sara: We will be looking within others for...

No, you will be looking at your own Spirit in relation to how you feel about others. The awareness and the growth is belonging to you and that is part of our plan for you in this, your coming year, that each one of you of course develops at your own rate, but that together as a group your spiritual awareness becomes fuller.

George: Recently you were speaking to us about awareness of soul family and shortly after that Chief Grand Mancha came through to us talking of the time many years ago when we were part of the Gor-Rukka tribe of North American Indians, and you have told us that there is no such thing as co-incidence, but it is nice that that talk from the Indian Chief should follow your talk about soul family. Are we correct to see a connection there?

There is cohesion in all talk. Never will anything I bring to you be brought in isolation. Therefore you are correct that these, as you say, coincidences are part of the teaching. So, yes, you are correct in your assumptions. We do not waste the words and it is important that you see the connection between all the words that we bring to you and this is what you have done.

George: It is nice to know that we have had that past connection with soul family. Thank you for confirming that. They did not number the years as we do now, but it was implied that it would have been about 2000 years ago in our *(Linear)* time.

Yes, in your time and our time there is quite a difference. Time as you know it, and as we have discussed my dear friend, is almost irrelevant in these matters.

George: Yes, we are becoming more aware of that now.

Yes, it is one topic you will always have difficulty with, because your understanding will not reach its greatest point until you come to our world. So time will always remain a puzzlement for many.

Lilian: Could you explain—we were talking about love—it's quite a few years ago now and before you came with your teaching, definitely. I was sat quietly and I just felt a love for everyone I thought of, be it family or whoever. It was a strange feeling, I remember mentioning it to Leslie *(Les Bone who used to lead this group)* and he said to his wife, *'She's had that feeling.'* Can you explain what it was?

I will say it to you in simple language that what you were feeling, the feeling of what you call 'love', became reality and you were 'love', the true essence of love.

Lilian: It was a beautiful feeling.

That is all it was, but for you human beings they are moments that you remember when your connection to all that is great and good is 'joined', if you like. To put it more simply, you actually are living that reality; then your own being shines as love. After all you are Spirit each one of you and Spirit is Love.

(Thanks expressed)

George: The book was mentioned last time and I have now had the chance to do the final proof-reading. And I can say that—even making allowance for your wonderful teaching, wisdom and all-knowledge—even allowing for all that, it is still a much better book than I could have put together. It just shows how many must have contributed from Spirit and from here. I would just like to say 'thank you' to everyone concerned and it is clearly much better than I thought it would be. I appreciate that many have been involved in it, not forgetting Leslie who came through and provided words that we have on tape, which have formed the final chapter of the book. So a big 'thank you' for all concerned.

Have we not always told you my dear friend that there have been many who stand close by you and bring to you their influence and thought, but you do yourself an injustice when you say of yourself how little you have done. Without you it could not have followed through to this conclusion, therefore those from our world ask that you be thanked and also that the one you mention was of course part of the whole from the beginning, although he *(Leslie)* was unaware at the time of his physical living that this group would be used for such a great conclusion of our wisdom.

George: And we are all most pleased that his photograph is in the book.

Yes, I am sure there will be words given to you at a later time when those thanks will be expressed directly to you.

George: We look forward to that.

We have told you that your work will always be full of words—that is part of your spiritual progress, that is part of your placement amongst this group of people. Therefore, again, we will thank you. But also let me say my dear friends that without each one of you in this room and others who are not in this room—we give much thanks, because without each one of you we could not have this group who are indeed shining with love, shining with love for the work of Spirit, and for this we will always be grateful to you.

George: We are very happy to be a part of this project and that we are as we are.

Yes, that it why it is imperative that you also grow as individuals and that your spiritual unfoldment continues to take place alongside that knowledge which I try to bring to you. It is important that each individual who brings love and spiritual light into this room should also bring forth that spiritual love and knowledge which is deep within and that is what, my dear friends, we will try to achieve in this coming year of your earthly lives. If you have any questions before I leave you, I will be happy to try to answer them for you and then to allow others to come.

George: I have one, but would anyone else like to ask one? *(There was a pause while George stepped into the hall to check his notes.)*

Whilst we await the gentleman's question, I would like just to say to our other gentleman friend—and you know that I rarely make personal references to anyone, but I wish to say to you my dear friend to be most careful with your knees. Do take care and if there is any slight problem, that it be attended to quickly. I do not say this to concern you but to forewarn you if this should occur.

Graham: I shall be careful, thank you.

George: There is another *timely* question. There has been a 60th anniversary of Auschwitz—it was a terrible time and many, many people of the Jewish faith were exterminated in Auschwitz and other camps designed for the purpose. It has received much media attention and I think a number are still finding it difficult to come to terms. I imagine this to be one of those much wider pictures that you have talked about. I imagine it would probably not be a freewill happening but have wider picture connections. Have you any words for us to improve our understanding?

Yes. Your introduction to that question indicates that you presuppose my words to you, which shows that already you are beginning to think along the lines of the wider picture of life. This I give you credit for and that is what we are trying to achieve. This has many times happened in your world, where you have considered it to be evil and disastrous with the loss of many human lives. It has occurred throughout your worldly history, you would agree, and still it is happening in your world now where man, as you put it, is evil towards his fellow man. There never can, my dear friend, be one answer to these questions. As I explained to you last time, this planet also has an evolutionary history, which includes the inhabitants of this Earth. There is always a wider picture to be viewed, but let me say and speak a little more personally about the subject you have brought to me. The world, or the place which you speak of at that time, your world, or part of your world, was in great crisis. I am sure that if you are aware of the history of that time, you will know that much was going on—many developments and many human beings whose thought patterns were not of love—many indeed did suffer as you would say.

George: I was a teenager at that time and was able to observe. *(Via newsreels, people, press etc.)*

Of course many human beings did suffer at the hands of the few who indeed were not driven by the light, but indeed by the darkness of their own minds. These people of course would have to face themselves when they have to return to our world, and those human beings who suffered much at their hands of course return to our world to a place of love surrounded by much *that they had forgotten*. What I have to say to you my dear friend is this, that again many of those souls would have chosen that pathway.

George: This is something that is not generally known about.

It would be foolish to try to explain to the non-believer that people choose to suffer whilst they live upon this Earth, but indeed as each one of you has grown to recognize, that indeed is the way of Spirit. It is a growing time for many, for many it is a time of great learning, but again that is difficult I know for many to understand.

George: For those who suffer it can be seen as a period of tremendous growth...

Yes. And also remember that for many they would have been souls who would have been able to bear such misery in their physical lives. We cannot generalize too much, because each individual soul has their own pathway, but when we have what you call destruction and evil, as you call it in your world, there is always a larger picture behind and that my dear friends is what you must always try to remember, because without that awareness and knowledge we will go round and round and round within those physical brains and arrive nowhere.

George: Can we say as part of the wider picture that particular event was 'required', or am I looking at it in the wrong way?

I would not use the word 'required'. That event was a happening that had to be, not necessarily 'required'—required means something rather different. It is a difficult topic, but throughout your history—and mankind as a whole are so horrified—I wish you my dear friends to try to go forward from that horror, to place yourselves outside of such things that happen in this world and to realize that life is not easy, and it has not been easy, but eventually we are moving in the right direction *because of* these events.

George: Because of the fact that Auschwitz is still in memory, the learning still continues?

It is very fresh in the memories of many. Of course it is something that *will* be remembered, especially by those who have survived such hardship in their lives. But again I say to you that many choose to come to life because of the hardships. It is a learning, it is a growth of the soul and that at the end of your physical lives is what is important: how much the Spirit has grown, how much you have learned in these few earthly years.

George: And does it follow that the spiritual growth ensuing from Auschwitz continues still?

Of course. There is a wave that extends from those circumstances which is still happening to this present time. Yes, and those who came to our world with that knowledge, who ended their earthly lives in that way, have great knowledge of the feeling of other human beings and they are therefore able to extend that knowledge and that help to the others. Always there is good from what you call evil. Do not dwell on the physical aspect of all of these disasters, because you will arrive at a place of confusion. Again I say to you my dear friends, look from within, see with your spiritual eyes and not your physical eyes, feel the deep knowledge and understanding which comes from within and only then will you be able to live your earthly lives as you should. I hope that has been helpful. And now, my dear friends as I leave you this time, remember my opening words to you: face the challenge which has been placed before you and we will, I hope, have much to discuss next time. I leave you always cloaked in my love and know that you are protected by many. (*Farewells and thanks*)

~14TH February 2005~

Good evening. (*Welcomes*)

As we come closer together at this time I want you to know my dear friends that many have been close to you since last we met. I hope that my words to you last time have been taken and dissected well.

George: I am sure that has given us all much thought.

Yes and more than thoughts—but this time we shall hear each one individually convey to the others what they have discovered about themselves. With your permission I will remain silent until all have spoken.

Lilian: I think what you mean is when you asked us to look with our non-physical eyes to someone we loved and see what we felt extra. Would that be one of the questions?

Yes, to discover yourselves more fully.

Lilian: How about you, George?

George: In going within and going with the love feeling, several things occurred to me: it was a 'swimmy' feeling and a *detached-from-the-physical* feeling. I got the impression that it doesn't have to relate to the present. There have been those meetings in the past when one has felt a wonderful, instantaneous bond

with people and that feeling seems to be still there if one goes within; it is just as fresh as it was at the time. So this inner feeling I suspect is not time-bound and there is a comparison: when one is at the theatre—a musical with a good refrain—one can have that similar feeling. It's probably not the same but a *similar* feeling of detachment from the physical and a more general love bond comes into it. I just cited that as an interesting, similar feeling that one gets. Those are my comments.

Sarah: I didn't do it as much as I should have done, because I found that every time I was with somebody I could do this with, I was talking! But when I did do it I felt almost as if somebody was with me and then I got white and blue light. That's all I can tell you.

Graham: I have been with people all the time this week with people I love and I thought about my soul in their presence. I felt that perhaps one of the reasons I felt a deeper love for that person is because they were showing something to me about myself. We have been told in the past that your own faults in other people can irritate you and with this it seems it's the other way round—things about yourself you can see in other people—they are telling you something about yourself.

Sara: I felt a love-energy this week and I became aware of the tremendous variety in people and the many aspects of myself as well as in other people. Other people bring out different aspects of me and possibly I bring out different aspects of them, but I was aware of different vibrations in other people. Everyone has such different qualities and they can be quite different so I did become aware of that, but always there was a love energy. Today I was with someone I didn't know well at all, but I felt very a comfortable, seductive sort of love energy which was very relaxing even though it was the first time I had sat with him, and that could have been with someone that I knew quite well also.

Lilian: I sat with a friend up the road the other evening and she is having a bit of a tough time with her husband. Sometimes she irritates me, but I thought, no, she is a lovely person. That was the only thing I got on that theme.

Margaret: I have had a wonderful week, a happy week. I was walking along the road and I was going to talk to somebody and they told me to '*shut up, enjoy the day*', so I enjoyed the day. I haven't talked too much, I have just *thought*, and this week has been really wonderful; it was so peaceful.

Lilian: It happened whilst I was waiting for the bus actually. It was a sunny morning and one of those windy days. The day before my mother died and the wind was quite strong and I was looking at this bare tree and the branches were just swinging in the wind. The light on the bare branches as the sun caught it was quite something. Then I noted the grass as I went along in the bus, it just shimmered and I thought that was lovely...but that is not quite what Salumet was talking about...

George: Perhaps it relates to the ones who have been with us this week?

Lilian: It was worth noticing...I think we have gone all round, Salumet.

Yes, now as you have listened to each other, I am sure that you must be aware of the diversity of explanation, but that is how it should be, after all you are individual, you are unique, therefore your experiences should be so that any awareness that comes from within belongs to you solely. I am happy that you have felt this awareness from within, but now I wish to say to you: now that this awareness is to the fore, I would now like you in this your coming week to focus upon an individual with whom you do not feel that love and contentment, in other words someone that you do not feel close to or particularly feel good vibrations for; and then to take that awareness that you have gained and try to utilize it for that individual. It will, I assure you, be much more difficult for you, but it will be interesting to see what you do with this kind of awareness. I would like to say to you my dear friends, have any of you learned from the awareness of any of the others who have spoken?

Lilian: I think it made me think about people more in a different way.

But have you learned from these people within this room? Have you learned from each individual's own awareness? (Affirmed)

George: There are different ways of approaching this...

Yes. Because you are unique, it would be expected, but the recognition of each individual awareness is necessary for each one of you. You understand? (Yes) Therefore I will leave you with this new challenge and I am sure that it will be most interesting for each one of you. I did like the word 'detachment' that

was used, 'from the physical'—that was a good word to use. You have to detach yourself from the physical being to truly understand that spiritual being that you are. You have to understand what you can achieve from within. Remember my words that *'you are all-powerful if you so wish'*, but it is again, my dear friends, something that each of you must recognize and use for your own spiritual unfoldment.

George: I imagine that detachment taken to its full course can be described as a spiritual attribute?

Yes. All of your experiences are spiritual in nature, because to feel that love or kindness or that genuineness of feeling is, of course, part of your Spirit. It is the beginning my dear friends of truly recognising and knowing yourselves. That is what we are trying to achieve for you. There are many things that you can do to help that unfoldment to take place: firstly you must be happy to do so.

George: This feeling of going within is a little like meditation or perhaps the first stage of. Would that be fair comment?

What is meditation but going within and connecting with the Source of all creation?

George: So it is a bit like attempting meditation whilst with another...

... With consciousness—it is like a meditation but being aware consciously of what you are doing.

Perhaps I could compare communication with our world a little like you can be in trance and communicate, or you can communicate and still be consciously aware. It is two-folds of communication but slightly....

George: Being what we might call a partial trance. Would that be a fair name to put to it?

It is a raising of consciousness or vibration or whatever name you find suitable. Yes. I wish you to tone, shall I say, your own attributes, but to be conscious of them. Do you understand that when you experience spiritual emotion, shall we say, I want you to be aware that that is what you are doing. It is just to raise your awareness of all that is around you.

Sarah: It's interesting that you say that because when I said to you that I thought someone else was with me, what I actually was feeling was that same feeling I get when someone is about to come through me which I suppose actually is a raised consciousness.

Yes, words in your world can mean many things. It is not always easy to explain fully what we are trying to say to you, but yes, consciousness rises and falls with your daily lives. It is awareness that we are trying to achieve, because my dear friends we have reached a level that must be expanded. It is too easy to say, this is one of them and we accept, but what is not so easy is to say to oneself, 'I wish, I wish to go forward, I wish to be part of all things', and that is what raising your awareness entails.

George: It is like living that progression forward as opposed to recognizing it...

We are trying to take you out of the shadow and bring you more fully out into the light of all-knowledge. That is why in this year of your time much will be given to each individual in order that you have the opportunity to fully understand who and what you are.

George: It sounds wonderful.

It sounds simple, but it is not as you will find in this coming week. If you truly project yourself as I am asking you to, you will soon recognize the difficulties which inhibit your life here, but, my dear friends, it will bring to you greater understanding.

George: I suspect one aspect of this is leading us to break out of our single natures and to become more united.

Yes, we want you not to be the chrysalis but the butterfly. We want you to be free to be who you truly are and to achieve all that you can.

Sarah: Thinking about the people we don't particularly like, when you talk of detachment, it is only the physical that doesn't like the other people, if we were just Spirit-to-Spirit we probably wouldn't have that problem?

You would have less of a problem. Remember, just because you are Spirit does not automatically make you an angelic being with lights! (Chuckles) You understand? (Affirmed) Therefore I will leave you with that. If you have any questions this time, I will be pleased to try and answer them for you.

Graham: The person we don't feel comfortable with or don't like, for the challenge, is this somebody we are actually going to meet or is it somebody we know about?

You need only think of them. I would not put you to meeting them personally. Your thought becomes reality therefore to focus your thinking upon a person that you truly could not be too close to is sufficient.

Sara: And in doing so we will probably come to understand their particular struggles or difficulties that make them as they are. Would that be the ideal outcome if we were able to do that?

I will leave it with you to see what you discover. You may well be surprised or indeed even find that it is too difficult at this particular time, but I will say that each one of you should find it a great deal more difficult than this last challenge.

George: Could I ask—could we return to the subject of ‘the spiritual energy of the sun’? Could I ask questions on that? **(Yes)** Would I be right in thinking that all creation requires that spiritual energy for its continued existence?

All existence *is* spiritual energy so would you wish to elaborate on your question?

George: I was wondering if the spiritual output from the sun was needed by creation as a sort of ‘top-up’. **Without the spiritual energy your *suns* would not exist. As a physical planet—all planets in all universes need spiritual energy to exist. There cannot be an existence of a planet or a sun without spiritual energy. All of life is spiritual energy. Do you understand?**

George: So there is no inter-dependence; it just all *is*?

It *is* and always has been, but the time will come when the physical part which you call ‘sun’ will be ended in the same way as all that exists *returns to the spiritual energy*. All is involved in the evolution of the particular planet or sun, in the same way as in time to come your Earth will no longer exist. It is part of creation.

George: I was trying to work out if that general spiritual energy was like the deep thought and not in linear time.

Yes, I know where you are going and I feel that you would confuse the others if we should go more deeply into this matter.

George: I would probably confuse myself as well!

Yes, but always you are prepared to ask the questions and I fully understand your thirst for knowledge. It will come, but not at this particular time. All you need to know and understand at this time is that all existence is spiritual. Any physical existence does depend on spiritual energy for its existence. In the same way as you humankind will discard your overcoats, so too will your suns and your planets in time. Everything has its place and its time in all of existence.

Graham: Scientists are now aware that they can see the end of suns and they can predict the lifetime of stars and they can even predict the time into the future that the universe will exist and with this understanding more facts will become more widely known upon this planet...

Their knowledge is growing, but they cannot accurately predict as yet. But yes, their knowledge grows much as each year of time continues.

Graham: We certainly enjoy all their theories. They have come up with some really wonderful theories. Theories become popular, then they become unpopular and then they become popular again. It is great fun watching the unfoldment of this understanding.

It is part of the confusion of the human mind and I do not wish to sound as if I am putting down these human beings, because they are open to impressions from our world, but being human makes you fallible.

George: There is something in the media at the moment about how we handle our finances and I would observe that the prices of commodities have steadily gone up and up and the value of our money has gone down and down and this in itself says something of human nature. And coupled with this there are many firms that are advertising the lending of money and more and more people are getting into debt at a young age, so that they are unable to get out of it. The financial system that we have made for ourselves seems to be leading us into greater and greater difficulties, so that many people are getting into irretrievable debt. Have you any comment on this for us, or any observation that might be of value to people?

Yes. I understand your question. Let me say this to you: much of your world, although it has grown in acceptance of communication with our world, still remains very materialistic. There are many divides in your world: you have poverty, you have riches and you have greed—all of that remains. But let me say this to you, that at this time of your earthly development, especially in those countries who consider themselves to be wealthy, they have lost the basic truth of existence in believing that objects and things can bring them happiness. So often they feel that money or objects can bring happiness to them when in fact they should be finding themselves spiritually, and although much work continues from our side of life, this is a learning curve for many, many of your people on this planet. Sometimes you have to reach a peak and take a fall before realization comes that it is not what you wanted in the first place.

George: The 'realization'—that is a key word...

Realization is the key word. And many, many—in the same way as illness brings to many the realization of Spirit, so too in your world will the realization that the material things in your world is not what you need.

George: It occurs to me that the debt that people get into, especially young people, can cause stress and that again connects with the medical world and illness.

There are many aspects to life which take you on the right pathway, but there are many pathways in your world that lead to the downfall of the human being, but sometimes it is necessary for that to happen before the Spirit shows itself fully.

Sarah: We have all seen people who have had a lot of trouble and they've been changed people afterwards.

In every era of your existence upon this planet there has always been something or other to attract people to the wrong pathways, and again that is because you have freewill. Always you must consider how strong that freewill is when you consider these matters in your world. Every individual has freewill to use for good or for negative purposes.

Sara: And often human beings won't change until it becomes too uncomfortable not to do it.

Yes. The recognition has to be there. That is not to say that all things are negative. As we have discussed before, there is nothing wrong with being comfortable or having money, it is how you view and how you desire those things. I feel now that this time I must leave you with those words. I hope that, as I know you do, that you make something constructive from them and I look forward my dear friends to hearing of your struggles in this coming week. I feel to end this time we will ask our dear lady friend to take us on a short, spiritual journey. As always I leave you with much love.

George: Could I just say that on the previous occasion of the spiritual journey it did seem to connect with the wider picture that you had been talking about earlier. Clearly, it seemed to be a continuation.

That was our intention. (Thanks + farewells)

~21st February 2005~

No Salumet this week as Eileen was away. There were however three communications through Sarah:

We began with a develop exercise as we were informed that one standing next to each of us would endeavour to impress each with a message and we might perhaps help each other in discovering the message.

There then followed a gentle, sensitive one who urged us to pray for a reversal of the currently increasing incidence of personal abuse. The increase is causing much concern to those in Spirit. There is so much abuse happening and increasing in what we call the Third World. The term paedophile was also used in the communication and reference made to how more generally the electronic media are being misused in regard to child abuse. We added our own thoughts and concerns. But this was a most heartfelt plea for prayers to effect a reversal in what is a very bad increasing phenomenon.

Finally the one had had been before, known as Chief Gran Mancha of the Gor-rukka tribal days. On this occasion the chief told us how delighted they all are that the contact has been made and that he was so well received. We pointed out that Paul, currently travelling in the East was due back shortly and he would

also be looking forward to renewing acquaintance. The chief continued that everyone was most pleased and that we would all be having a party!

~28th February 2005~

Good evening. (Welcomes)

Firstly, let me say to you welcome back to our dear friend. (Paul) He returns to us as a student of truth, not as sheep to the flock. I am sure he will express himself to you and tell you of his many journeys, both physically and spiritually. As we come together this time, I feel amongst you a restlessness—a restlessness which is not always apparent. But for this time I ask that you feel that spiritual light enter from the top of your heads. It will bring you peace, it will bring you calm. I will not speak much to you this time, partly to save any discomfort to this instrument, (Eileen had a sore throat) but also in order that you may speak individually of the task that I set for you last time. I will stay with you to listen to your replies and next time we meet I will speak to you of what you have discovered.

Lilian: That will be interesting because I found that quite difficult.

Yes. It was meant to be a difficult task for you. But what I wish for you this time, my dear friends, is that each one of you once more takes on board what the others have experienced. You should as each one speaks, be aware of their Spirit coming to the fore. But I do not wish to say more, because I do not wish to place words into your mouths. Therefore my dear friends we will continue this time, and listen to each one of you.

George: Before we proceed, perhaps I could just apologise for not recognising the name of 'Nahashiwah' when she came through to us recently. On checking the records, it was ten years almost to the day, when that old friend came through, and it was explained to us on that occasion that she was a past life aspect of Eileen your instrument, and I imagine that was the same Nahashiwah—I do apologise for not recognising the name right away.

Your kindness in apologising is accepted, but there is no need. After all, you have been influenced to remember.

George: Yes. (Yes) I felt aware of the influence.

Yes, so therefore it is good that you have retraced our words so many of your years ago, although as you know, ten years in our world is but a blink of the eye. (Yes) But I do understand the human failing of memory. Now, I will listen intently to each one of you. And I will leave it with our dear lady friend to take charge of the rest of this evening. Discussion amongst yourselves would be appropriate, providing there is no sudden loud noise. But I will be here until the end of this session. (Thanks expressed) I look forward as always to our coming together again.

Lilian: We feel the same.

Yes. I know and feel the love that surrounds each one of you. (Thanks + farewells)

There followed our discussion in fairly muted tones. We had been set the task of thinking of those we do not particularly like or identify with as friends—to go within ourselves in love and see what we find.

~7th March 2005~

Eileen was away and so there was no Salumet this week. We began with one through Sarah:

The time that was given for the one to come this evening has been altered. We have taken this time this evening to bring to you some of those who are waiting for another to influence them as well as to give information to you. The one who is to come to you will be the one who came to you before the gentleman went on his travels. We have organised those of us to be with you all this evening, so that we too can join with the information to be brought to you. This experience is not only something different for you, but it is also of interest to us in Spirit.

George: Very interesting, yes...

So, if you will permit this one to come, I will take my leave of you at this moment now.

Lilian: Thank you—we look forward to this visitor.

Following a pause of several minutes, the one began with some hesitation through Paul:

Find the connection—will be able to speak better...

Lilian: We can hear you...

Communications will take time, I am happy though, it's started.

George: Yes, we realise how difficult it is and you must obviously take your time and you are very, very welcome to our group.

Thank you... it's the wish of the whole creation that this is happening and with all the help—it's not that hard really—with all the help available.

Lilian: It's pretty amazing to us!

George: We're very pleased and I think what is happening is what we would call: mind projection. Does that sound right?

Yes. That is the way that we've been told and that is the way you have understood it. I will not say much more about the method at this time. The way it's done is far beyond your understanding at this time.

George: Yes. We can easily accept that!

Lilian: Yes. Thank you...

We will go into it more fully later on.

George: The last time you indicated that we could learn from each other. We can ask you questions or you can ask us questions or you may prefer just to speak at the moment.

At the moment it's good to acclimatise, with the host...and to enjoy the communication and we will get onto the more information areas later. But we should say something about the times to come. There is going to be arranged a series of talks about a number of...

George: I understand a series of talks about a number of subjects?

I am thinking of the arrangements for the coming year and I am allowed to come for other's visits...

(Struggling to find/express the words)

George: I imagine there has to be some more experience—feeling the way?

Yes, experiencing—

(There followed a break in transmission of several minutes. Then the visitor went on to explain that he was making adjustments in an attempt to improve communication.)

I will try to arrange a slightly different...will be much more...better for us than this first time ... both using the opportunities to experiment and find the best arrangement. I think we should continue with our discussion and if there is a problem we will leave it till next time. But let us continue now the line is clear.

George: We are very grateful. It is wonderful really that it is happening at all.

Lilian: And we have a small group this evening and probably the power is not as strong as normal.

Yes. Good things always take time, but every step brings us a little closer to finding the truth of life and our true natures. I come from the furthest reaches of your galaxy and there is so much life and pure energy in the furthest reaches. I can bring some of power...and its wisdom... (Thank you.)

George: Last time I think you mentioned the planet 'Erra'. Is that your planet Erra?

Yes...Aeer-rah. (A much more expressive pronunciation)

Lilian: Thank you. It sounds a little like 'Earth'.

She is our planet and our brother. She is conscious of all the life around her.

George: Your planet has consciousness...

As does your Earth. (Yes)

Sarah: When you say she is your brother. What do you mean by that?

We are all Brothers...like your Earth...your sky...we are all as one.

Lilian: Yes I do agree with you there. (Yes)

George: We that live on the planets...all brothers...

Lilian: Yes. I remember our friends in Spirit have asked us to think of our brothers on other planets...

Perhaps your master more than I can...

Lilian: You have done very well! Could you just remind us of your name again please?

The energy faded at this point. The communication was intermittent and transmitted slowly with gaps and some difficulty, but was nevertheless successful. We were reminded of the slowness and difficulty when Salumet first came to us. One cannot expect instant clarity when amazing pioneering channels first open. As has been said, it is wonderful that it happens at all and practice makes perfect.

~14th March 2005~

Eileen was away again, so the evening began with one through Sarah:

Firstly let me let you know how much we appreciate your meeting together this time. We hoped to bring to you one from this group who will endeavour to join all physical Spirits and those from our world—Spirits together this time. The group I mention is part of the group that used to be the whole of this group whilst on this planet.

Lilian: Oh that's interesting.

They have been waiting for you so that they can join with you for a reunion. The leader of the group who was chief at that time will be the one who will lead those to join you this evening. He has many memories of the time we were all together, and in coming together once more, not only will he endeavour to bring back some, for you, interesting memories, but he will also try to give to you a little insight as to how life in Spirit now is. So this will be a combination for you of part experience and future encounters, mixed together.

George: Most interesting! (Agreed)

We will take a little time and then the one who is the leader will come to you to proceed with some joining together.

Lilian: Lovely! We look forward to that.

Chief Gran Mancha then began through Sarah, in a powerful voice, speaking the old language:

Har tor ta toah! God tor ta toah!

Lilian: Hello.

George: You are most welcome to our circle again.

Aah—let me say to you: welcome together again dear friends!

Lilian: Yes, it's nice to be together again.

George: How nice to have you with us again.

In the time we spent together, we would have greeted each other with a hand signal. Take your right hand and place it across your chest. Take the left hand and put it in front of you so that your thumb is facing you. We shall now all join for the greeting ceremony. (Pause while this was done) Now put your hands down. I would just like you to know that we have all been in one circle again together with the greeting to those who we knew as 'the God of Light'.

Lilian: I see. Can you tell us how many there are in the group on your side?

There are at least two 'squaws'.

Graham: Two 'scores' would be forty...

There are more than forty. I talk of 'squaws'.

George: Ah—your word 'squaws', not our word 'scores', which is rather similar!

(There was a loss of power / transmission for several minutes at this stage, during which Sarah afterwards said she felt temporary loss of a kind of tension that she has during trance work.)

Forgive the delay—the connection is not so easy as I had anticipated.

Lilian: That's a shame.

George: We do all realise it is sometimes difficult, very difficult, we appreciate that and we appreciate your efforts in coming to us.

The party is still waiting, so, let me just say that after the greeting to the God of Light, I can now tell you that those greetings were accepted most graciously by the one in Spirit. And you may like to know that all your good thoughts and intentions have been accepted and worked upon. Now that we are on the other side, as it were, we can see that much of what we achieved as a group in bygone times was equally important as the work that you are doing today. (Agreed) Although your knowledge is greater than some

of ours was at the time, the bond that was between us all has never gone, and it is because of this bond that we are returning now.

George: Yes, I imagine the feelings are equally deep on both sides.

They are much joined together and have continued to strengthen over the time that we have been together. We are now working as a separate group in Spirit and await you to join us once more when you return. However, we feel that it is important that we join together at this time, because you have now an awareness that is at a point that you can accept us once more.

George: Yes. We can certainly accept and enjoy.

We are the ones who stand by you in your moments of explanation to others, of Spirit life.

Lilian: I see!

George: That's nice to know.

We have always had that knowledge of Spirit and in the past we worked together as a community for the good of Spirit. But now, you are able not only to work on your own Spirit, but have the knowledge to help many, many others outside your community. This was the difference between the group then and now. And this is why those in Spirit are standing by you when you give out information on Spirit, because of course, we have the realisation that not only ourselves have to go forward, but we can assist in the forward thinking of many, many others now. This is the selfless part of you that we are working on. So you see, the bond has not been broken and we are continually working together so that all can benefit.

George: Oh that's really wonderful. (Agreed)

Lilian: We shall remember that when we are speaking to others.

George: Chief, there's a question that I would very much like to ask. Over the years we have received visits from—the names that I recall are: Moon Feather, White Horse and Great Elk. Are these all part of the tribe can you tell me? And do they help to represent this bond? Do those names mean anything to you?

The names are of great significance to many. They are of a higher Spirit than we. We have all had contact with these names, but they were not part of our tribe.

George: I see.

They are the ones who come to teach on a higher level than we did at that time.

George: I see. That's interesting to know. Thank you for that.

The knowledge we now have is far superior to when we were on Earth. And these names you give—they are ones who have had the knowledge whilst on Earth. We have only the knowledge now that we are back in Spirit. So, you see they were of a higher level, if you can say that, than we were. But yes, the names are familiar to many of us.

George: Yes, thank you! That's nice to know and nice to know that there is that connection.

Sara: Could I ask you also is Grey Owl one of those names, Grey Owl?

This one is not of the same group as the previous names, but is still one of a higher group than we were. There are many who come to lead and this Grey Owl was one of those.

Sara: Thank you.

Lilian: The young man who sits next to you was not with us when you came before and explained our relationships to the group. Was he one of the group? Where did he fit in?

This gentleman has been an important member of the group. He has had much experience with these Indians, as you call them, and he has not only had the experience within our group, but he has been with many others as well. He has gone from one strength to another and was much regarded as a Spirit communicator in the time he was within our group.

Lilian: That's nice Paul.

Paul: Thank you. That's very interesting to know.

Lilian: Interesting!

He has had much experience of Spirit communication and continues in the same way still.

Paul: There is something happening with the communication at the moment.

Can I just say to you, there are many helping you and there is one from our group on Spirit side who is with you to help you with communication. The bond was strong and continues to be so. You need only ask for the helper guide and you will find communication much easier.

Paul: Helper guide, oh right—I'll remember that—my love goes to them.

Lilian: That should help our brother from another planet come through. When you were on this planet, were you aware of life on other planets? I know you are now...

The only planet we were aware of was the sun—for light, but we were not, when we were a group together, aware of communication with other Spirit beings on other planets, but we were aware that Spirit beings existed.

Lilian: I think it's taken us by surprise, in our group here.

The communication has come at a time when many have joined together and because of our connection with you and Spirit knowledge, this is why we have been able to take the opportunity of coming to you this time, so that you can be helped with all sources of knowledge in Spirit communication.

Lilian: Yes, we are very grateful for your help.

George: Yes, very much so. Those in Spirit now, and had physical life 2000 years ago, have they had physical life since, or have they remained in Spirit all the time?

The majority have experienced other forms of Earthly life, but not all. There has been a core that have stayed in Spirit so that there will always be a reunion of this group when their time comes to come back to Spirit.

George: That's nice to know.

You could almost call them 'the housekeepers'. (Chuckles)

George: So that has been their calling, to remain in Spirit and to take that role...

So that love bond will always be there and the part of you that needs to be reunited can home in.

George: Yes, that's very good to know. Thank you for that.

I think we will close by the traditional way. If you could put your feet together and part your knees very slightly, put your hands together and place them between your knees. Now, if you would bend forward and place your lips on your thumbs and give thanks for all that has come about. (Pause, while we did as suggested)

George: That's not at all difficult for us to do. We are most thankful and we do thank you for your wonderful words and the interesting facts that you've brought us.

Lilian: We hope you'll come again.

Paul: Yes, and may the tribe long continue. (Agreed)

Lilian: God bless you all.

George's Notes:

Chief Gran Mancha spoke loud and clear. He led/leads the Gor-rukka tribe. The nearest tribal name we could find on the Internet is: 'Karuk' (Their tradition up-kept in California.) During the séance, Paul had the impressions of a red ochre colour permeating the room and a large bird image—American bald eagle or similar.

~21ST March 2005~

Good evening. (Welcomes)

As I join with you this time, are you aware my dear friends of all those who come with me this time?

Lilian: No, I must confess I'm not.

Graham: I did feel very tired but now I feel as if I have lots of energy now.

Yes, thank you.

Sara: I think I feel more alert, too.

Yes. We are pleased that some of you can now begin to feel a change of energy that comes within this room. It always has been, but it is your own awareness that has grown. When last we came together, we discussed, did we not, about your reactions to the simple tasks that I set for you.

George: Yes, we had our discussion.

Yes. Have you since thought about what you have learned from that discussion?

George: I find difficulty with two I know who are of nervous disposition and do not socialise at all well. On going within I felt there was a fear of the outside world that could be helped with unspoken love. That was my learning.

I can tell you that all of you faced something that you had not previously thought about. The diversity between you was obvious to all I am sure. And again, my dear friends, it only reinforces how individual each one of you are. Now, as I have told you previously, much of this coming year will be for individual development. Therefore I set you one more task before we continue onto new ground and it is this my dear friends: how would you react both physically and spiritually if you were confronted by a Spirit of superior strength and motive? Do you understand?

George: I think we are encountering yourself quite regularly, Salumet! *(Chuckles)*

Yes, your humour grows my dear friend, yes, but let me say that myself must be excluded. Do not forget that I encompass you all; I do not come face to face with you individually in that manner, but I am speaking more of an earthly being.

Sara: I would imagine we would feel inspired to greater thought and...

Let me just say this to you my dear friend that superiority can also be negative.

Sara: Ah, it depends on the people...

Therefore I will leave this with you all to try to see what outcome you bring to it.

George: And of course we know you come to us in love and that love encompasses...

It does of course. I hope you are happy with this task and then we will move forward to your world.

Paul: Someone with superior strength and motive...

Sara: Physical and spiritual...

Yes. And you will of course, instantaneously feel this when you encounter this that each one of you has, at some point in your living.

Sara: But it depends upon the feelings within?

That is why it is an *exercise* for you. I look forward to the replies. I hope as we go through these little excursions of growth, shall we say, that each one of you is beginning to feel that individually that you are much greater beings, because in looking inwards you are allowing that Spirit to come forward more and more into your physical living; that is why it is important.

Sarah: It is when you see the reactions to other people in various situations and you wouldn't react in the same way that you know you have grown.

Yes and that is what all of us are trying to achieve. You cannot stand still, you have to grow, you have to expand that consciousness to greater things, but it is good that you all understand that you come from different angles and yet you respond the same. Have you any questions you wish to ask of me?

George: There are two friends who would like to come along and sit in with the group for the experience, one of whom I feel obliged to refer to yourself on account of her youth; my grand-daughter, Natalie I would describe as a robust 15½ year-old who meditates and has read transcripts and we talk about this work. She is expressing an interest and would like to sit with us, but I felt I should mention her, because of her 15½ years. Is that too young in her case?

Sometimes I have spoken and said that someone is not quite—it matters not, the number of years; it relies upon the growth of the Spirit. Therefore I say to you, if each one is happy, then I am happy to sit with this person of young years. Let me say this to you, she is not young in Spirit. If the others are happy—after all, it is not only I who has to give permission but it is also each one of you in order that this group remains compatible—I would be happy to sit with this one.

George: Thank you for that.

Sara: On that subject, could I ask permission to bring Ashley; she is 18?

She is a young soul who is growing much and, yes, I see no reason why she, too, should not join.

George: And Natalie and Ashley get along extremely well together!

(There then followed a personal question, which has been edited out.)

George: There is another question. You have spoken to us before about marriage and I have always felt myself that marriage is purely a state of two minds and it really doesn't matter about pieces of paper, certificates and things. There are within our society connections to the church and to the state and these are highlighted at the present time by the forthcoming marriage of our Prince Charles and Camilla Parker-Bowles. Theirs is a proposed marriage that has its connections to the state and church and it is a highly controversial matter within the realm and I was just wondering if you could help clarify by giving us your views on those connections in this particular matter that is very topical.

Yes, of course, each individual abides by the laws of their lands and that is part of earthly living that each one takes part and believes in the laws of the land. From a spiritual standpoint, the meeting of two hearts and minds will always unite people together and this happens in your world, whether it be male and female, two males or two females; you all know and recognize that these bonds take place. From the spiritual view, where there is love there can be no wrong, therefore if two individuals feel that their hearts and their minds can be unified, then they will surmount all problems facing them for this union to take place. You speak of a prince in your world, but to us he is one being. The lady is one being—two Spirits who wish to join with their hearts and minds whilst on this Earth. Therefore from our standpoint my dear friend, love will surpass all other emotions.

George: Including state connections no doubt!

All physical obstacles will not stop that reunion.

Sara: And in any case, forgiveness is important.

Forgiveness?

Sara: The reason why some of the approval is being withdrawn is related to the past that is not relevant now.

If only all people could rise above their physical thinking and look upon each event as a spiritual event, then the attitudes in all of your planet would be so much different. We know and understand but the majority of your population is yet to reach that point of understanding. Therefore, no matter what, these two people if they truly feel great love for one another, will come together and if it is their chosen pathway, then doubly so. I hope that answers your question.

George: Thank you, it's so refreshing to have a proper answer to that question compared to the newspaper headlines that leave much to be desired.

Sarah: This too, is a somewhat personal question. My sister-in-law has seen Spirits—I don't have a problem with that—I understand that, but she also sees and has done on several occasions, spiders on the ceiling. They are very real, as real as the Spirit beings she has seen. Can you help me with that, because I didn't know what to say to her when she mentioned it?

Why, my dear friend, do you find difficulty in accepting that?

Sarah: No, I don't have difficulty in accepting the spiders, but it seems a very strange thing for her to see—big spiders.

All life is energy, all energy continues, therefore not only do you see the Spirit of people, but of animals, of spiders, of trains, of cars, whatever. Once that avenue is opened up you can see much. Anything that has ever existed in a physical embodiment can then be seen spiritually.

Sarah: Would she have had any connection with these spiders in a previous life? **(No)** So it doesn't have any...

The energy or the residue or the existence of the spider would be enough.

Sarah: So it is not trying to tell her anything? **(No)**

Lilian: It is about my grandson who came as a visitor. He hears voices in his head that are there quite a lot. I did suggest that maybe they went to a good medium, that he switch off, and so on, but is there any advice I can give him?

All I can tell you is, yes, you could teach him how to ground himself and how to be in control of his thinking. He is opening up, but without the knowledge of how to deal with it.

Lilian: Would he be aware that he is offering himself up?

No, he is naturally opening up and is quite afraid of what he hears. You must teach him how to switch off and ground and protect himself. You, my dear friend are quite capable of doing this for him, or if our dear friends gathered here should wish to ask for healing help, that is another way.

George: Another question arises out of that: There has been quite a lot in the media about taking cannabis. One criticism about taking cannabis to excess is that it produces voices in the head. Is this a matter of the drug bringing the Spirit forward?

That is not Spirit, that is hallucination—that is the difference. Any chemical that distorts the mind and body is not Spirit, it is physical damage. You understand?

George: So the voices would arise out of physical damage...

Yes, in the same way as you have people in your world who are mentally disturbed, it is a problem with the body, not the Spirit. Always I feel it is difficult for people on your planet to understand the difference, but let me say my dear friends, there are indeed many difficulties in your world. That is why we always tell you to find out for yourselves whether something comes from Spirit or whether it is part of the physical makeup. You must always be conscious of these things.

Lilian: So, the voices in the head, would they come from Spirit? Is it Spirits that are around near to the Earth?

You are an open channel, you can see much if you are open, but there must be discipline. If you were to leave this room without closure and the love that surrounds you, you would also be constantly hearing and seeing with no control.

Sara: I feel that my vision is getting much clearer and I have got strong feelings about people that then without much delay get confirmed. Is it because I am getting help at the moment?

Because your awareness has grown so, at this particular time you have the opportunity to grow much, therefore accept what you are being given.

Sara: I am being given...

Yes, you are helped. There are many who stand behind you, but the more you accept the more you will be given.

Sara: I am very grateful, but I would like to have confirmation, because it's something I have noticed recently.

All of you, each one of you here now, should find in this coming year some new development in your spiritual growth. That is what we are aiming for.

Sarah: For quite a long time when I feel someone is with me or anything to do with Spirit, I feel behind my eyes a sort of stretching, almost a kind of ache behind my eyes. What would that be?

It is just the incoming of energy that those who are with you bring. It affects many people in different ways and that may be the way that you are receiving Spirit. That is why each one of you is unique. You receive Spirit in many different ways with many different feelings; that is why it is important that you judge carefully whether it is Spirit or whether it is physical. I cannot stress enough my dear friends this fact. And now I will leave you this time, because there are others who would wish to speak. I will remain and be quiet with this one, but until we come together again, I wish you well on your quest. (Thanks + farewells)

~4TH April 2005~

Good evening. (Welcomes)

I feel great joy my dear friends in joining with you once more. I hope that you feel the love that encompasses you all this time. (Affirmed) We have many things to speak about in the coming weeks and although I mentioned last time that we would begin to speak on new ground of information, I would instead this week like to speak a little about the outpouring of the grief that is on your planet at this time. (Pope John Paul II died.) I would like to say to you how this grief affects those also in our world, because you see there are a great many who still hold fast to the same beliefs as they held upon your Earth. Therefore they also feel the grief that comes from your earthly plane. I am sure that each one of you has been in some way affected by this grief from all over your world for someone of great earthly

status, but as we all know, he is but one man on your planet and although he has shown much love, he is also a human being with his own faults—although his own faults would not be viewed in the same way by the majority of people.

George: Yes, I think he has been hailed as—I'm not quite sure how to put it—as one of the more outstanding popes of the ones who have been in office.

In as much as he has done his job well. But of course, although he *has* done much, he has forgotten much, and if I may say to you my dear friends, his faults, if I may use that word to you, has been the denial of his own experiences in so much as his own spirituality has been involved. But he will recognize these omissions in our world. But I wanted to remind you that any event in your world also has some rebound effect in ours.

George: That is a timely reminder for us.

Yes, it bodes well that you remember these things. Would you like to place before me any questions on this matter?

George: Yes, there has been prophecy as regards the Vatican and as regards the number of popes that we shall have and according to Saint Malachy's prophecy, there should be two more in the list. According to something you said a while ago, the papacy is in decline (*See transcript 28/07/97*) and will not go on forever. I wondered if you have any further comments regarding that?

Yes, I remember well my words to you all about this matter. I believe I said that your earthly religions cannot last forever, because this time when so many of us, including myself—we come to bring Truth, and Truth and Love cannot fail this time. Therefore, earthly religions will have their day when people realize that there is but one Truth, one Creator, one who loves and nurtures all things, all experiences, all planets, all universes, all of life. Yes, this religion has limited time. The people within your world are now able to think and to feel and to see for themselves. This I gave to you previously when I told you that each successive generation will not take any form of religion at its face value. Each individual will decide as time continues, what is right for them.

George: Yes, I believe according to that prophecy by Saint Malachy, this particular Pope John Paul was described in terms of the 'olive', which seems to be fitting that he should have been in office during this period when the whole world I think is letting thoughts of peace more into consciousness and the olive equating to peace.

Yes. Nothing is left to chance. All is influenced from our world and, yes, the gentleman in question was the correct choice at the correct time.

George: Could I just correct myself on that? It is the coming pope, I think, that equates to the olive in the prophecy—yes I made a mistake there.

Yes, but really it matters not because...

George: ...we are coming into that period of peace.

Yes. Already that state is beginning to make itself known throughout your world.

George: Yes, and Pope John Paul was described as 'from the labours of the sun'. That is interesting because he came from Krakow in Poland, the same town of Copernicus, who thought much and laboured on the sun and motion of the planets around it, (**Yes**) and there seems to be a connection there.

Thank you. It always surprises me my dear friends when you seem so amazed by all of these happenings, when indeed I feel by now your understanding of all creation and how it works within your world—it should *not* surprise you as much as it does.

George: It is not entirely surprise. I think it's interest (**Interest, yes...**) and joy—Joy in seeing the validity of prophecy.

And while we speak of joy, before I used this voice I was aware of the great joy of you all in seeing your words, my dear friend, in print. (*The Salumet book had just been published.*) I also would like to say 'well done' to you.

George: Well I must use the expression that you have used several times: *I am humbled*.

As I too am humbled.

George: We all have our joy (**Yes**) of participation in that. Thank you!

Yes. If only more human beings could find that joy within their lives, how their lives would change.

Each one of you needs love, needs joy in their daily living—yes. But, yes, to answer your question more fully, the end is nearing for many, many earthly religions.

George: And this would be presumably largely due to the dogmatic approach, which they mostly share: a kind of non-flexibility allowed in mind...

It will come about as I have said, because each individual will use the love and the experiences that they feel, in recognizing that all of these dogmatic religions cannot be right for today's thinkers. People will take responsibility for themselves, rather than to become sheep and follow the flock and the thinking of some person, who dictates to them what is right and what is wrong. It applies to all religions, not just to the papal dominion, but to all religions who have held a great many of your people in almost, shall I say, 'chains' for so many centuries.

George: The other factor of course, would be the distortion of truth from the original teaching, **(Yes)** which I feel *must* happen when a divine teaching is given to people who are lesser-minded, if I could put it that way—there *has* to be a loss of perfection and that is bound to lead to difficulties.

Yes. Unfortunately, in many of your earthly religions the greed of power has taken the lead in so many, where the 'chaining' of the populations and the fear which has remained—it must be broken in order for people to be free-thinking. It *has* to be, and that is what, my dear friends, those from our world are trying to do this day.

Paul: Maybe another way of putting it is that we don't need the 'middle-man' any more. People can deal with creation directly. Instead of going through a religion, we can cut out the middle-man of religion.

Yes, what a wonderful way to describe it: 'middle man'. Yes, I like that. *(Affirmed + chuckles)* Yes, each individual is responsible for their lives on this planet as you know and now it is coming that each one will recognize that it is so, that you cannot put blame to another or to a church or a religion, but you must take individual responsibility for your lives and your deeds upon this planet.

Sarah: I think too that so much is being talked about spirituality without the 'middle-man' now that it is going to snowball. I was just thinking about the person I was talking about last week, who saw the spiders and she was quite afraid of seeing these things and I said to her how wonderful I thought it was that she was obviously beginning to open up, and then she began to see things in a different way. We need a little help along the way and more talk and more people will catch on, I think.

Yes, we cannot dismiss that religion has not brought some good—that is not what I am saying to you. Of course, for many, many of your people on this planet, religion has brought comfort and goodness to their hearts, even if they have been misled. But as always, when something is done for the right reason, then how can you dismiss it as being wrong? You cannot.

George: I think we have to observe that divine teaching is at the central core of each of the religions and that it why it has a modicum of success.

Let me say: divine teaching is at the very core of every *individual*. That is the way you should describe religion; it is an innermost thought, an innermost feeling, an innermost *knowing*; it is an all-knowing from within. And only when this is available and the understanding is available to all people on your Earth, will things truly begin to change.

George: Yes, so it is the recognition that it evolves from within **(Yes)** and not from within some building or some book for that matter.

That is what saddens me when I look upon you human beings and so many have experiences in their lives which should show them the way, and they deny it because of religion, when before them is the evidence of who and what they are—and still they are embroiled within religious scriptures. Do you understand?

Paul: Yes, they often *block* our progress. **(Yes)**

Graham: Many people who are involved in religion, say they suffer from the feeling of guilt through their lives, which is a great shame.

Yes, unfortunately, it is almost a form of what you on Earth call a 'brainwashing'. **(Yes) Is that the correct term?**

George: Yes, that fits well.

Yes, and unfortunately lots of people feel that way.

Sarah: I think our spiritual leaders who feel they have a calling to their work they must be feeling something spiritual that they actually want to lead. I think for some perhaps it may be a power-ego thing, but many feel they want to do good and that's their calling, so...

Yes, we will return to the one we began this conversation with. (*The ex-Pope*) He was a man who was meant to change the thinking in your world to some degree, but his pathway led him to the religion he chose and he has done great things to help many people, but as I have said to you this time, his downfall again is the refusal to accept what he knows to be the truth. Do you understand? (Yes)

Paul: I feel that if someone has a very strong connection with Spirit they probably wouldn't go through the big religions. Because if they *had* strong connections with Spirit they would see that they don't *need* to go through the big religions.

Yes, but that is what is so wrong, we feel, that especially someone like the Pope, who has just passed to our world, because so much time was spent in meditation—and remember that is what prayer is—he cannot have lived that life without some recognition of what spirituality really is. But because of his earthly position as head of a great religion in your world, he has denied what he truly knows—as being wrong, as being of the devil as he would say. *That* is what is wrong and that my dear friends, is what he will now regret. Even although he has brought much comfort to many, for himself he has denied the truth and knowledge of all *love*, as all religious leaders do. He was a good man, but as many who have passed before him, he has been misguided.

George: In many ways we humans have the failing that we resist change (Yes) or fail to take the step to break away on a different course.

Yes, might I add to that, that you suffer so much from doubt and fear. Remember my teaching to you that all events in your life are based on either love or fear, and it is *fear* that holds you from moving forward. Can you see that? (Yes) But again it is a failing—perhaps that is the wrong term, it is an *occupation* of the human being.

George: There is a certain fear (Yes) in breaking away from tradition. One sees it in a number of walks of life—one sees it in farming practices as well in keeping to the old ways instead of branching out into something better.

Yes. There is always the fear of being oneself, and if my dear friends you truly accept your own spiritual self, there is nothing that could harm you. Do you understand what I say? Have you any more questions before I leave you?

Sarah: When you say: 'can harm you'. You mean spiritually, not physically, don't you?

Yes, but of course, if you are strong spiritually, no harm should come to the physical being. (*Pause*) You sound surprised.

Sarah: No, not really, but I was just pondering, thinking of a few examples of how things could happen to you physically but then of course, if you've the right thinking, you'll go on the right tracks. So, no, I am not surprised, I am with it now, thank you. (Good.)

George: I promised to ask a question on behalf of a gentleman I met at the weekend. (Yes) You may be able to help us here. (*Name edited for anonymity*) He's a micro-biologist, a very intelligent scientist...he is somewhat aged and is rapidly losing his physical eyesight. He is becoming aware of what I think are many Spirit bodies around him and he describes a cylinder appearing within the room and a number of what seem to be translucent Spirit bodies emerging from it; he will sit in his room and look out of the window where there are trees and grass and he says he sees dozens of these translucent bodies amidst the trees. He is rather bemused and not understanding of this, and I think he would dearly like more understanding of what is happening in relation to himself and this accompaniment to his loss of physical eyesight. (Yes) If you could help us I can send a tape to him so that he can listen to it.

I understand. Yes, again we have the scientist with the logical mind, who always finds spiritual matters rather disturbing or confusing. Let me firstly say this to you: we have spoken some time ago about the loss of any senses and how the other senses become much more magnified. That is my first remark to

you my dear friend. Let me say this to you, that this gentleman, if he applied himself and joined with the right people, is in fact a medium who can produce much ectoplasm to have materialisations before him. That is what he is beginning to see and if he so applied himself, this could be developed for not only *his* own good, but for the good of many others. These visions will not stop, because he has reached this point because of his failing eyesight, where he now cannot apply logic and he cannot deny the existence of what he is seeing. Whether he accepts this explanation or not, that is the fact of the matter. But I ask you please that he listens to my words and he may feel or he might feel a recognition of what is happening to him. I will try to help him in any way that I can. *(Thanks expressed)*

George: That is most interesting and I am sure he will be most grateful. So he needs to go within and think of this...

He needs to accept that what he is seeing is reality. He needs to recognise that what he is seeing comes from within himself—that there is no outside logical explanation. I hope my dear friend that it is helpful to him.

George: I'm sure that will be and I imagine that will then lead him to feeling more comfortable about his condition.

He will not feel comfortable about the loss of his sight, but it might bring some comfort that he is now entering a new phase of existence. Remember, I have told you that sometimes life has to be harsh for the recognition to show itself to you. I must take my leave of you this time and allow any others to come to you, but as always my dear friends, as I depart from you, my feeling of love for you grows stronger and stronger. *(Thanks + farewells)*

~11TH April 2005~

Good evening. *(Welcomes)*

As I come to you this time, I feel the power of love within the group. I feel the upliftment that is needed and will be brought to each one of you this time. *(Thanks expressed)*

I hope that the past weeks with self-development issues has been of use to each one of you.

George: Yes, I'm sure we shall keep returning our thoughts on that.

Yes, that would be of great use to you in the coming months, to remember how much you have learned and to see yourselves, not only as individuals, but as a collective group of energy—which brings me on this time to what I would like to discuss briefly with you. Many words have been spoken on energy, and as you know, I have always told you that it is a difficult topic of conversation for you, in as much as the understanding creates difficulty in using earthly words. But, as we have touched upon mind projection, it brings to us the equation between projection of the mind and the involvement of the energies. You know my dear friends that energy is ever-moving—it is the whole existence of life. Let me say this to you: energy as you know it can be used in many ways—it has been used to see what has passed in your Earth time and it can be used to see what is to come in what you call your future time. This you know and understand well, therefore I would say to you: what is the equation between energy and mind projection? After all, mind projection can be used here on your Earth, in your everyday world, by anyone who stands on this earthly plane.

George: In which case would we then call that: telepathy?

You may use that word if you will. It is an apt word for the way the mind is projected on this plane of existence. Let me give you an example: have you not seen the connection between man and his animal friends when thought has to be projected for the animal to understand? A simple thing, but it is the beginning of projecting the mind. You are now aware, my dear friends, of the one who comes to you from a great distance *(The one who comes from another planet through Paul)*

George: Yes, we consider ourselves very fortunate and privileged to receive him from such a distance. It is but another stepping-stone in your teaching. That is why we must at this point continue a little more about the knowledge of energy. I would hear you say: to project the mind, must you raise your consciousness, must you be so much more aware of what is happening within the Spirit? And my reply to you is this: That of course, mind projection as you wish to know it, and as our friend from afar has

brought to you, that is the mind projection of which I wish to speak this time. How is it possible for the thoughts of another from so far, to travel through space to reach you here upon this planet? I say to you, it is simple when you know *how* it is done!

George: Yes, it doesn't seem to happen very often, so I suspect the 'knowing how' is rather complicated and difficult to grasp.

It is being aware of the Spirit self rather than the physical; you must let go of all things physical in order to use the energy, which after all, is Spirit. All energy belongs to Spirit. You agree? (Yes)

George: Yes. The energy that is under discussion is we agree belongs to Spirit. I'm not quite sure how that relates to the energy that we see as physical, such as the heat from the sun—perhaps we really need a different word for that? Perhaps you would comment for us?

Perhaps we could say the heat from the sun is being projected forward to other planets; it is of no difference from mind to mind. It is all the same energy which is being used, although you relate to it in physical terms. Without the *spiritual* energy, your sun could not exist, and neither could your earthly planet or any other galaxies.

George: That clarifies—so it is all spiritual energy, yet some of it overlaps into the physical domain so far as detection is concerned.

Yes, that is correct.

George: Thank you that does clarify.

Yes. You have to see again the wider picture to understand what is happening. Because you are locked in a planet that is so young in its existence, you do not have the capabilities of understanding that is attached to many other planets and many other peoples. But that is not to say it is not available to you, because remember that I have told you that anything you so desire is available if you wish to partake of it. You understand? (*Affirmed*) So therefore, although you are young spiritually, *all* is within you, all of existence lies before you, and it is up to each individual to go forward in whichever way they so determine for themselves. But let us return once more to this projection of the mind. How, I hear you say, can this projection come so far? Perhaps I should begin and say, when you return to Spirit, it is but a blink of the eye, is it not? (Yes) Yes, and in the blink of an eye, so too can thoughts be transferred from one to another. It is the clarity of the thought energy which makes it successful.

Paul: So distance is *irrelevant*...

...irrelevant—you took the word I was about to use—thank you.

George: We appreciate the distance so far as the physical world is concerned, but does that distance still exist in spiritual terms or...

No—this is the difficulty in the understanding.

George: If it all happens in the blink of an eye, yet the distance is there, or is it that the distance is *not* there?

The distance does *not* exist—the thought is instantaneous.

George: So the actual distance does not exist...

As the young gentleman has said, it is irrelevant. But this is the difficulty when you have *physical* ideas of distance. After all, let us assume that you wish to use your machine, your telephone as you call it. Along that energy you can hear someone as you speak, yes? (*Affirmed*) If you think along those lines, perhaps it will become a little clearer—if that is possible, then spiritually it must be equally as important when using the Spirit of the mind, and remember the mind is Spirit. But what you are trying to understand is your physical brains and there lies the problem.

Graham: When you think of great distances of course, our physical brain starts thinking of speeds and velocities. (**Yes**) Of course those terms are just not relevant, as you said. Thought is instantaneous—it's in any corner of the Universe—an amazing thought.

Yes, of course, in the same way as your healing thoughts come to us, they are taken immediately they are given. Therefore, what I wish you to try to understand is that when you have mind projection from other planets and someone giving you information, it is instantaneous in thought. Try not to think of the great distance within your universe, because you can only become confused.

George: Yes, we can think intellectually, but we can also *feel* (Yes) and of course the feeling is allied to Spirit.

Yes, of course. Always you must use your heart, you must *feel*, you must use what is given in a spiritual way, because once you begin to *analyse*, then you will lose your way; always you will lose your way.

Lilian: So he wouldn't be aware of travel?

No. It would be an impossibility to *travel* great distances; you must realize that because being as young a planet as you are, you have only so far succeeded in a very short distance in space travel. So it would not make sense, I do not think, to think along those lines.

George: Yes, I have been thinking about the instantaneous factor in this, because question and answer have no significant time interval between them. (Yes) It *has* to be seen as instantaneous.

Yes. I am so pleased that you are as accepting as you are in your understanding, because my dear friends, for many these questions and answers would seem so far-fetched in their understanding.

George: I am so pleased that you have organized these practical examples for us and I think I would be right in saying that you *have* organised all this?

I would not take such credit, but let me say that Spirit is responsible; I will accept that.

Paul: It's a little bit similar to the TIME thing in Spirit, because there as well, there's no time in Spirit, (Yes) and it seems like there's no space really either.

These are so difficult topics for you to understand, and, as I have said to you so many times, it is difficult to equate Spirit with the physicality of living.

George: Would it be true to say that, because there is no time in Spirit, it just *has* to be instantaneous?

Yes. There we get what I have told you so long ago: past, present and future are all as one. If you begin to think on those lines, then those words which seemed so confusing to you at that time, now begin to form and to make sense.

George: Yes, and we're talking about Spirit in the sense of beyond the near astral planes where there is still some consideration for time?

Of course. The plane of existence of which you speak, because you are still so close to the physical plane, there has to be some sense of time in order for the Spirit to adjust. But again it is a *sense* of time, it is not time as you know it, but it is a *feeling* and a *sense* of time.

Graham: Looking to the future as we grow as a planet and become more spiritually aware, will there come a time, when we'll be able to mind project to one another and no longer need our machines and telephones and things, in order to communicate to each other, will that time ever come?

I believe we have discussed previously that there is a nation upon your planet who already studies mind projection, but of course not for spiritual reasons. Therefore is that not an indication that it is possible?

George: Our friend who communicates from another planet, he told us that a proportion of their population are able to communicate in this way, but not all, so I imagine it goes with spiritual development?

Yes it comes with evolvement and each planet, as well as each individual, has its own evolutionary time.

And remember that the planet from whence he comes is still a planet of *beings* and not Spirit—please also keep this in mind. They may be different, they may have different ways, they may have different voices and speech, but they are still of existence and not Spirit as you would think of it. Does that make sense to you? (Affirmed) And there are many, many planets with life upon them.

Sarah: These visitors we get from other planets, they are physical are they, or are they Spiritual or a bit of both? I was thinking of the beings who make crop circles.

All of existence is spiritual, but of course they have as you do, form; so they are physical beings.

Although they look different from you, they are still of physical make-up. You understand?

Sarah: Yes, I was just thinking at the moment they're able to travel vast distances to see us, but maybe they're not travelling as we would understand it, because they're more spiritually advanced, or maybe not physical as well?

There are some beings who, within your own space-time, can travel—let us not misunderstand that, there are travellers who can space-travel.

George: This would be through dematerialization.

Yes, but still travel.

George: So there are really two types of being in the universe: There are physical beings with spiritual counterparts such as ourselves and there are beings who are entirely Spirit. Would that be a fair categorisation, to say that there are two types of beings in the universe?

If you are speaking of *Spirit*, then they are Spirit, they would have no ‘overcoats’ of flesh. Yes, as I am speaking now, I am a being from Spirit, but I come not to you by mind projection, although if we were to become more involved in this subject, then perhaps I could explain it to you. But for your own understanding I come to you using a human instrument, whose voice and body I borrow for such a short time.

George: Yes, we are so happy with that!

Well, I am so happy to be able to join with you and to help you in your understanding and your knowledge.

George: You certainly help us.

Lilian: Enormously.

Sarah: You have made a vast difference to all our lives, and not just us, but to the people we pass the message onto, who in turn are passing it onto their friends.

Yes, that is always the purpose of love and truth that truth will never fade, will never die whilst you continue to spread the word and you continue to be emissaries of truth. For this my dear friends we are eternally grateful that you have accepted us into your hearts and that you have in turn, developed slowly in your own individual ways, but at the same time you are spreading *truth*.

Sarah: You said to us when we were ready to accept the words we would and we were ready to accept your teachings at that time.

Of course I have to say that we would not have made an appearance until such time as you were ready to hear me.

Paul: I hope it continues for a long, long time. (*Agreed*)

Sarah: Can I just go back to one thing that you said at the beginning? You said that we were a very young planet and we were young Spirits—you have also said that certain people, such as some handicapped people, are older souls. Could you just clarify that please?

Because you are a planet of learning, that part of Spirit which returns here, we tend to call ‘young’, because the Spirit or the aspect of Spirit is still learning—that is all. But there are some who come to your world, such as you have mentioned, who are already old souls and that is why they return to this life with many problems, because they are able to cope with them and that is what they have chosen. Many of these old souls have no need to return to learn, but it is their own choice.

Sarah: Because there are always going to be some humans who are going to be born handicapped and they need a soul—that’s why they choose perhaps to come back?

It is the choice of the Spirit not the choice of the human being; the choice originates from Spirit. The Spirit sees the opportunity, sees the physiological aspects of both parents and takes that opportunity.

Sarah: So, if there were no old souls wanting to come back, are you trying to say that there would be no handicapped people?

I am indeed saying that, but in your world that is most unlikely, because you *are* a planet of learning.

Graham: I was reading a book talking about past lives and it said that we have 500 lifetimes. I have no idea if that is true or not. Is there anything you can say about that?

I will not be tied to a number, because each individual Spirit has its own destiny, if you like, so I would stay away from numbers, because each one of you is individual, each one of you comes to learn different things, each one of you has existed in all time and is evolving at different rates.

Graham: Yes, that feels much more comfortable, yes I can align to that.

Yes, and remember also my dear friend, you know that it is not one Spirit, but a Spirit with many aspects to it which involves a rather larger picture of it.

George: Would it be true to say that mostly this young planet receives younger souls. But the older souls, would they come from beyond the domain of young souls?

We are becoming a little confused I feel by using the terms 'young' and 'old'. Let us return to the different aspects of Spirit. *Soul* is the whole, *Spirit* is the lesser with the many aspects of Soul. Do you understand, because I feel that you are becoming a little confused? One aspect of Spirit returns to Earth to learn, because they have chosen that that is what they need to do—to evolve and to join forces with the other aspects of Spirit. Soul is a much different thing. We are speaking of Soul beyond many, many lives. Do you remember when we spoke of this before?

George: Yes, we spoke of Spirit not returning to *one* Soul...

I think perhaps next time I will return to the subject in order to clarify your many feelings and misconceptions about it. (*Thanks expressed*) I know that we have discussed it before, but I feel now it may be the appropriate time to return to it. Therefore, next time we meet, we will speak of Soul, Spirit and the aspects and what you term 'young' and 'old' Souls. Therefore if you have no more questions this time, I will take my leave and allow others to come. (*Thanks + farewells*)

~18TH April 2005~

Good evening. (*Welcomes*)

As I join with you this time I hope my dear friends that you feel how the energy is building within this room. You should be able to, at the beginnings of our meetings, to feel and sense the energy that surrounds you all.

Paul: I think I feel a lightening, or something like that.

You will all have your own feelings about this energy, but so long as you have that feeling deep within, that is all we ask. But each one of you should be aware. I would even go so far as to say to you that you should concentrate at the beginning of every meeting that we have in order for your sensitivity to be increased.

George: We must remember that. It is certainly a very good feeling in this room.

Lilian: Yes, sort of a closeness, isn't there.

Sara: I feel a love and peace and it is very comfortable.

Yes. It also should bring to you upliftment to you for your daily living. I do not intend to speak long this time, but we bring to you someone who you will find of much interest and with whom you will be able to converse. (*Thanks expressed*) We will need a little time for the one to come and they will come to you through this instrument, (*Hand gestured towards Sue*) but might I suggest to you that our dear lady friend, (*Sara*) takes us on a peaceful journey in order for conditions to be right for this one here—this lady of energy to come to you. I will remain this time although there will be no speech, because my dear friends, we wish to make some assessment with each one of you. Therefore I will sit quietly with this instrument and make observations of you all.

Lilian: May I just ask: there're two people I know who live in the village here and they would like to come as visitors. They do know quite a bit about the group and have read the transcripts and so on—just a one-off visit.

Yes, again provided each one is content, I am happy to receive. (*Thanks expressed*)

There followed Sara's guided meditation, then dialogue with Moon Feather through Sue, who last visited in September 1999, and then a lengthy session with Bonniol through Paul, transcribed separately:

Moon Feather!

Lilian: Lovely to have you.

Stand! (This was an instruction that Moon Feather wished to stand) Prepare for next time. We bring new man, never here before. Has taken much to bring him. Moon Feather has worked for this for many, many moons. (Thanks expressed) Next time—I have missed speaking here, but working hard for you all. Little one is not used to me this time. (This referred to Sue the medium) The clouds are racing by—time goes, never still. In blink of eye I will return with new person for you. (Thanks expressed) Please give thought to

this new person, help to increase power for next time. In busy house, difficult to find time, but please I ask you spare a little meditative time a day previous to next meeting.

Sara: We will all remember this, Sunday, before the meeting.

Day not known in my world, but will leave it in your hands.

Sara: Yes, we won't forget—we will remember to do that.

Paul: Would it be possible to have a name for this new man?

Nothing that would mean anything to you, but I will give you a word: 'Gorm'—not a name but a presence, like master who comes to you here. I have to return to my realms, but will return before you realize it. Please to give little one help when I leave. (Affirmed)

Some words in a different language were said, something like the following: 'Tar-kioo-pushunka, mor-kabree-sharumka'. (Thanks + farewells)

~25th April 2005~

Good evening. (Welcomes)

As I come close to you this time I see within your light that there is some need of upliftment. This we will extend to each one of you. (Thanks expressed) What I would like to say to you this time my dear friends is that at this moment in time there is a great outpouring of love directed to your planet. Always within your planet there are many turbulent times, therefore it is necessary that we clothe you in much love which will be duly felt by many, many of its inhabitants. I can therefore say to you also that within five years of your earthly lives, there will be discoveries made within your medical fields, your scientific field and also facts of historical value to you. (Thanks expressed) There is much for you to look forward to in the gaining of knowledge and that knowledge is for the good of mankind.

George: I think we are aware that some historic knowledge that would be of value to our understanding—there has been some indication that this might concern Egypt's ancient past.

Yes, there is much still to be uncovered, but I would like you to remember that within your next five earthly years is when all of these things will have a greatness for you, especially within your medical fields. We are approaching the time upon this Earth where man has begun to recognize the need for nurturing of his own kind and the importance of that will take precedence within his thinking. I will take this opportunity my dear friends, whilst we speak of medical matters, to thank you, all of you, for the thoughts and love which you give to each other and to your fellow man. These thoughts that you give grow bigger each time you wish to give help to another human being. As I have said many times, the light from each one of you spiritually has grown so much and this you demonstrate each time we meet. So therefore I say my dear friends, thank you from all in Spirit who are involved in these words.

George: We are most grateful to all concerned. We realize that it's not just down to ourselves.

Yes. You recognize I know that now you are part of a whole, and not single entities as such, and when you agree to work for the good of mankind as a whole, so much more can be achieved, not only for yourselves, but for those who come from my world and who are ever anxious to come to help. Would you like to ask any questions this time?

Sarah: Something that came to mind as you said working as a group—our thoughts are magnified, and the same would be true of those who work as a group who are not doing good things and I suppose that would be magnified as well?

Yes, you cannot separate them. The power of the thought again, as you know, is all-powerful. Yes, therefore if thought is not for good, then collective thought in that way is magnified also. That is why I stress so often to you how important it is that you regulate and control your thinking. It is most important for you and also for those whom the thoughts are directed to or for.

George: Yes, could I just say that the mind projection that we are in receipt of has really brought home to us the fact that Spirit is without time or space.

Yes. Always this has been a difficult subject for you, but we do feel that by this example you are now ready to receive and to accept that there is much more than you at first recognized.

George: And could I just refer back to that distant time in the past when we mentioned ‘big bang theory’ and in relation to that, scientists came up with the idea of a ‘singularity’ and the singularity would be visualized as a point-without space-or time, and of course that is—the singularity as conceived was viewed in physical terms. **(Yes)** But if that singularity were viewed with *spiritual* eyes, without space or time, it might well be seen as Spirit. So perhaps scientist’s mistake was only to view the idea of absence of space and time with physical eyes instead of with spiritual eyes. It was a thought that came to me.

Yes, you are correct with your thinking. After all, many of what happens, many things that happen upon your planet have been because individuals have seen life through physical eyes, rather than seeking the spiritual explanation. That is true in many aspects of your living, even in the way that you view your own planet. For so long individuals could see nothing other than what stood before them, but all that is changing; gradually mankind has awoken to the spiritual aspect of all life. We no longer speak of planets or individuals, but of Spirit as it truly exists. And after all, remember that *Spirit has always been*, and whatever explanation mankind places before itself, it cannot change the ultimate truth.

George: The Spirit has always been, as you have told us, and...

Yes. No matter what words or discussions are used within your scientific community, it cannot be altered; no matter which words are used, which intelligences are embarked upon...

George: Yes, I am rather amused by the idea that scientists have said that it began with a singularity, and I see now that that singularity as envisaged, can simply be seen as Spirit—and Spirit has always been.

Yes, it seems so simple, does it not when you speak your words, but to many it has not appeared to be so simple.

George: No, because we’ve been so intellectual and so physical.

Yes. I would say to you, each one of you, my dear friends, think simply as does the small child. When they look for explanations, it comes from within, and that is where the truth lies, deep from within.

Graham: A few weeks ago we got onto a subject, which I think there was a little confusion over and you said you may be able to talk to us about it, and that’s concerning young and old souls. Young souls are still learning on this planet, but I think there was some confusion amongst us about this particular topic. Is there anything more you could say?

The confusion lies with you—yes, I understand. It is quite simple in as much as when we say ‘old souls’ that their experience of different incarnations has occurred. But ultimately, *all* is Spirit whether it is called ‘young’, ‘old’, whatever you wish to name it—you all come from the same *energy*. But in using those words it is only in the use for explanation purposes.

Sara: So if somebody was described as a young soul that would simply mean that they had less experience of other incarnations?

Yes, that is all. But it does not mean that when they return to our world, to Spirit, to soul, that there is any difference. You understand? (Yes) Firstly remember that there are many aspects that we speak of. Again you cannot think that there is only one individual, otherwise it all becomes complicated and a little messy with your thinking. Again, a simple explanation of understanding with spiritual eyes and not those of the human eye. (Thanks expressed)

Lilian: Any questions Paul?

Paul: I was just thinking—it may have been asked before actually, but leading on from that one: is the Earth the only planet that we’ve incarnated on or have we also had lives on other planets as well?

The Spirit chooses where to live a life and I would say that the human beings upon your planet have chosen to come *here*, because it is a planet of learning. It is a planet where much can be gained, but on the whole you do not jump from planet to planet, but in saying that, if the soul desires, then it can be so.

Paul: There might be other planets that could benefit...

If there is benefit to the Spirit, to the soul, then of course that...

Sara: It is possible, **(Yes)** but maybe not common.

It is not the ‘normal’ as you would say.

Sarah: So those on other planets perhaps don’t need to learn so much. Could that be true?

No, that it not true. They have different reasons for choosing the planets which they inhabit. They are of different form and makeup and that is why they would choose the particular planet that they have chosen. Each planet in all of existence is there for a reason, the reason being for the Spirit to grow in the best way that it knows how. But as you have found out my dear friends, communication through mind projection is possible throughout all of existence. That is what is important, not which planet, which form or how much you know; that is all irrelevant to the Spirit, what is important is the growth of the soul. I hope that makes sense to you.

George: Yes, and looking back over some of the dialogues, we have sometimes mentioned 'universes'.

(Yes) When that term is used, would that be seeing the physical universe with its spiritual counterpart as one universe, and would other universes be, shall we say, spiritual domains? Or have I got the wrong idea? Yes, I believe my dear friend you were beginning to become a little tongue-tied, (*Chuckles*) which is most unusual, but let me try to explain. You know that universes exist *physically* in your world. You understand? Your astronomers would confirm that there is only so far that they can see, but they believe there are other universes.

George: Other *physical* universes...

Yes, there are, but let us for a moment, speak spiritually. That as we sit here, Spirit is with us—you *are* Spirit, therefore you are in the *domain* of Spirit, therefore all of existence is together. But for those many planets which exist, there has to be a reasoning of what is beyond their own planets and their own universes. You would agree? (Yes) But spiritually, all of these universes are part of Spirit. (Yes) In the same way as within this room, as you sit here in physical garbs, there are so many Spirit forms that you cannot see, but Spirit is here. Therefore, for example, the distance between one person and another within the room could be comparable to universes in the physical sense, but when you look at the *whole* of the universes within this room, all is Spirit and can be seen with one eye. Do you understand what I try to say to you? (*Affirmed*) It is a complex subject when we speak of physicality and Spirit in the same breath. It is not always easy for you to understand, but if you take each individual as different universes, within each one there lies many planets, but at the same time it is a *whole*, as in Spirit. I hope that helps you a little. (*Affirmed + thanks*)

Graham: I don't think our scientists are yet aware of any proof that other universes exist. They know a little bit perhaps about our universe. Your words are really intriguing as to how utterly enormous what we belong to, truly is.

Yes, you cannot—unless you use your spiritual eyes, you will never know. You have been able to travel in space but a short, short distance, but I believe even within your own travel in space, that those men have been amazed by what they have felt and a knowledge deep within them that they are but one small dot in all of existence.

Now my dear friends I will leave you, but as I leave you, I hope you feel the upliftment that has been given to you, (*Affirmed*) because I tell you that it has been needed this time. Therefore, until we come together once more, I will leave you encompassed in my love and with those who wish to be here with you. (*Thanks + farewells*)

George's Notes:

Notes: The 'big bang' theory of creation was discussed on 1st August 1994. [The concept of 'big bang singularity', involves bestowing infinite curvature upon space-time (usually thought of as of nearly flat form). Salumet's words on that occasion were that Spirit has always been and 'I know of no beginning'. That the primal singularity can be seen simply as Spirit, could be seen as a 'breakthrough' that brings scientific reason and spiritual knowing together.

~9th May 2005~

Good evening. (*Welcomes*)

Salumet first referred to a minor adjustment of schedule that had become necessary and then addressed us on the subject of reincarnation:

To just retrace our steps a little—we have spoken much have we not, about reincarnation and the affects that that brings to your lives.

George: Yes, I think we have an approximate understanding, but I'm sure there are many details that we don't know.

So often within your world, there are contradictions about this topic, as you well know. (Yes) And I feel that I have given you a reasonable explanation why this should be so. (Yes) But I would like just, this time, to elaborate just a little more about this subject. As you know and understand full well, there are many planes of existence within our world. (Yes) And so often we hear: why is it not possible to go forward, once we reach the Spirit world, and of course, that is a genuine question to be asked—why do you not go forward and progress instead of returning to this dense world?

Sarah: We're not quite ready to go forward, we need to learn a little bit more? (Yes)

Lilian: Maybe we can't learn all the lessons in the Spirit world that we need to?

All lessons can be learned within our world, but...

Lilian: ...I see—maybe experience?

Yes, but what you have to understand, and again, I am returning to words I have used to you often: *fear*. Although there is much love surrounding the Spirit, that connection to this Earth plane is so strong, that Spirit chooses to return to learn what it feels it needs to know. But what I wish to embark upon this time, is when the Spirit reaches the point of knowing—of acceptance in feeling the love which surrounds its whole being, *then* will the Spirit accept that it does not need to reincarnate into human form, but that it must go forward.

George: I see, so it's entirely the choice of the Spirit. Would also a *liking* for the Earth life come into it as well?

Yes, as I have said, the attachment is strong and it is almost sometimes, how shall I say it to you, like the being is attached by 'elastic' to this Earthly plane. You understand? (Yes)

Sarah: The first time that we would have come onto this planet, there wouldn't have been that draw would there, because... (No)...no...

No. The purpose would have been to have become attuned to Earthly life and its existence. But, as you know, in this world and in the etheric plane, the attachment to all things human is so strong. But of course, although there are many in our world who are there to advise, to provide love, which is needed, we cannot, as you know, interfere with what is in the mind of the Spirit. As on this plane we must allow all to have their free will, but that is not to say they are not *counselled* in what would be best for them. (Agreed)

Sarah: So if we have the knowledge that we can learn what we need to learn in Spirit and we don't actually need to come back here anymore, if we take that with us—can we take that with us, so we needn't come back again, because we can learn it all in Spirit?

Yes, provided you have the knowledge, the love and the intent to go forward that is exactly what you could do.

Paul: Like Open University... (Chuckles)

I am not familiar with that I am sorry, yes, but obviously it is recognised by you all, because I could hear you chuckle. (More chuckles)

Paul: It's like studying and getting a degree from university, but we call it *Open University*, because you can do it through the post, so you don't have to go to university.

I see. That is a rather good explanation. So, I shall prepare your caps for you! (More laughter)

Lilian: So, our friends on other planets, they would be drawn back as are the Earth people, would they, depending on how advanced they were I suppose, spiritually?

There is no difference from planet to planet when each returns home to Spirit.

George: Some seem to take much longer to return to the Earth. Does that mean that they've taken longer to make up their minds or to receive the counselling? Sometimes it seems a quick decision and they're really keen to get back to Earth, but sometimes it is a more lengthy process.

Yes. It would depend on each individual as to whether they recognise that they have returned truly home in Spirit, or whether they realise that if they quickly return, they return to what sometimes they miss. There is not one clear answer to this question.

George: Yes, I imagine sometimes some will feel much more comfortable in Spirit than others. **(Yes)**

Sarah: In saying that—you say there is no time in Spirit, so therefore...

It is insignificant to the Spirit. (Yes) They are not governed by your Earthly clock; as long as it takes for that decision to be made, then so be it.

Sarah: So they're not actually—I supposed if you've just come from the Earth, or a planet, and you go back into Spirit, perhaps you're a little more aware of the speed to get back again, but if you've been there for some time, you wouldn't realise that you'd been over that length of time...

It depends on your knowledge, how much you have gained, how much you recognise that you have come home and that there is no need to return to this density, to this dark planet, as we say in our world. But for many, many people it is more comfortable to return to another life. They feel rightly or wrongly that it is their only choice.

George: Could one say, in the near planes, there is a memory of time?

Yes, of course, you must always consider what is there, what is within each individual Spirit.

Paul: That makes me think it's even more important to teach people properly here about reincarnation, so that they all go over, *knowing* the full facts.

Yes, that would be most helpful, but you would find even although they are given that information whilst in the human form, that when they return home, the pull to this Earth plane, is still very, very strong within many.

George: And I think it's true to say that some Earthly religions are much better at recognising the importance of reincarnation and the teaching of it, than others.

Yes. It is a subject, as I have said, that has created many diverse opinions, but in recognising that it has been a time of learning, but that you do not necessarily have to reincarnate, then that is the message that should be put forward in your world.

Lilian: Well I think with the wonderful teaching we've had from you, I think we probably won't want to come back—we shall have to see...

Sarah: There again the planet has still got life in it, so it still needs people that do come to it, so obviously there are going to be some who'll want to come back.

There will always be those souls who will return, yes. You cannot change the thinking of individual Spirits in a second of time, and after all, as we have said, time really is so insignificant. (Yes)

George: Of course occasionally, one will return to the Earth, out of compassion for the Earth.

Yes, and in the hope and desire of meeting once more, those they have loved and left—that is also a draw that pulls them towards the Earthly connection.

George: Yes, of course.

There are so many reasons, but there are those within our world who take counsel with them, to try to advise what is best for them, but as I have said, free will is a most important part of the whole making of Spirit.

George: And a group such as ourselves, we could desire to meet again on the Earth...

As you already have...

George: Yes, and equally I imagine we could be together in Spirit.

If you so desire and that is what is best for the Spirit, then of course, but remember that your options, if I may use that word, in Spirit, are far greater than anything you will recognise in this world. Your recognition of all people that you know and loved and have encountered—it is like opening a river to a sea—that is the difference. (Agreed) I hope you can understand those words.

Graham: I think you once said that the purpose of our life is to rediscover what we already know. **(Yes)** And this process presumably will carry on into Spirit world when we no longer incarnate on this planet?

Yes, it is the recognition, because within, you already know. But, as we have said, you come to this planet in order that you may regain that knowledge.

Sarah: In the case of somebody like Hitler, he too could learn all he needs to learn in Spirit, but would he *need* to come back to get it right the next time? I know we shouldn't judge, but can you understand what I'm trying to say? If you've done something that you know perhaps you shouldn't have done, would you *have* to come back from Spirit to sort it out?

Paul: The karma?

Yes—again, there is no one answer—it depends upon Spirit, and someone such as the one you have named, will eventually recognise that what he has done has been against the laws of love and light. But that may take many, many hundreds of your years before that recognition comes. But, in saying that, these lost souls are never left alone. There is always love ready to surround them, but again, free will intervenes and prevents that love and advice which is waiting for them. But, if the Spirit has recognised and is willing and has the intent to move forward, then there is no reason why someone such as Hitler cannot move forward in our world, without returning to the Earth plane.

George: It's amazing how that 'doctrine of fear' I think I could call it, went through the German nation and extended to other nations as well. But of course, that was not all down to Adolf Hitler, but that doctrine of fear was exacerbated by many others as well.

Yes, you cannot have conditions such as has existed, by one man alone. (Agreed) You are correct in saying this, but in so many people's minds this one name is spoken of as 'pure evil'. But remember, I have told you that each Spirit cannot be all-evil. There has to be the balance between Love and the darkness, if you like; it may be an imbalance, but always there is love and light there. And that is the part of the Spirit which is reached out to, to touch and hopefully to grow, and that that Spirit might recognise all that he has done.

George: Yes and he did have his good points as well. **(Yes)** He was vegetarian, he abstained from drinking alcohol and he set up the 'people's car factory'—he did a number of admirable things!

That is why I say: never judge another human being, because you do not have the whole picture. And only the whole picture will appear when that individual returns home to our world. But that is not to say he has got to remember many, many deeds of creating fear amongst his fellow man.

George: While on this subject could I put a question that I promised to place from another? We're familiar with what you have said about similarity of soul aspects, about for example, the reincarnations of the Dalai Lama being all different aspects of the same great teaching soul. **(Yes)** Someone came across the information that Saddam Hussein the Iraqi premier and the military commander Lord Kitchener and Nostradamus are aspects of the same soul. Is it possible to be that diverse from one soul?

Yes, there is no reason why that diversity should not exist, because each aspect of the soul would come here to learn something in that lifetime, and although it is not usual for aspects of the soul to reincarnate at the same time, it is possible, as I have told you previously. But yes, they can come from the same soul aspect, only in as much as the diversity is upon the Earth plane and not when they return to Spirit.

George: Would you be able to confirm that those three are of the same soul?

I would say not. My answer to that, my dear friend, is 'no'.

George: Yes, I must say I had my doubts myself.

Yes. I say no, but I wish you to know that there can be much diversity when incarnating into human form.

George: Yes, that's something else we have learned from you, thank you.

After all, what you must remember is that when you are within the human form, it is up to you how you live that life. The purity of Spirit is there for all to see, but it is the free will that creates the fear when in human form, which then creates many, many other complications for life. You understand?

George: Yes. We come back to this duality of love and fear again.

Yes, this you must always remember, all of existence is either based upon 'love' or 'fear'. I hope that is helpful to you.

George: Yes, yes indeed. Thank you!

Sarah: I was talking to a lady the other day and her daughter arrived at the door and as she stood there, her mother appeared instead of the daughter—her mother was sort of superimposed over as it were, on the daughter. Could it be that maybe the mother was once the daughter or the daughter was once the mother, or she just put herself there because it was convenient?

It was her opportunity—it was superimposed in order that the mother could see the *mother*, and what better vessel than one who was loved by the one from Spirit. (Yes) But it was superimposed upon the young lady.

Sarah: Yes, thank you for that.

It is the same as when those who connect with you here, or when you are in your quiet times and you *feel*, although you cannot see yourselves, you can *feel* that people superimpose themselves upon you. It is the connection—it is a way of connection.

Sarah: Yes. Thank you very much.

George: I have another question I would like to ask—I was with a group of forward-looking scientists yesterday...

And you did very well! (Laughter)

George: Well, chairman of the group has your book and so I expect that may have registered. (*But on reflection it might possibly have been the several good one-to-one chats during the day that Salumet tuned into.*) They have this idea that they'd like to prove the validity of out-of-body experience. And they are liaising with several hospitals that have resuscitation units. People temporarily 'die' sometimes—the heart stops and sometimes they can be resuscitated within four minutes and life begins again. Several have reported that they have been up near the ceiling somewhere and have been able to see the resuscitation team down below. But in order to convince the world and sceptics of this, they propose displaying an eye-catching sign at a high level that can only be seen from up above. Then if the people that recover and return to consciousness say: '*yes I saw the resuscitation team and I saw this sign,*' they will indeed have irrevocable proof that the Spirit was out-of-body and above. I feel a little uneasy about this myself, but can you say if that procedure would work?

I have to say to you, my dear friend, firstly let us say to those who seek to find evidence: how glad we are that they have that vision at this moment in time. But for so many of your Earthly years have people been trying to prove that this does happen. So many times has good *evidence*, as you call it, been given and *still* your doctors and your scientists have tried to deny that this has happened. I will say only that as long as they try to continue to prove, then the time *WILL* come, when it will be more readily accepted. My only words on your scientific friends is: if the Spirit leaves the body and does not *see* what they are trying to place before them, does that mean that they have not left their bodies? Of course it does not it means only that they have *seen* what they want to see—it does not prove or disprove. But, I can say to you there will be a good proportion of those who leave the body, who will in fact see whatever symbols they attach to the room or wherever they wish to place it. There will be proof for them, but it will not categorically be every one, because, after all, the Spirit is still very close to the body and may well be absorbed in what is happening to their body, rather than what is placed upon the ceiling. You understand? (Yes) Or they may feel that they can travel outside of the room and listen to *another* conversation.

George: Yes, I think the idea is to have it just below the ceiling, so that there would be a good chance of it being seen if the Spirit were that high.

Yes, of course, anything which helps to provide what they call 'proof', can only further our cause. But if they expect that everyone who leaves the body should find the symbol, I fear they may be disappointed.

George: Yes, well, they do plan to carry out a large number of experiments.

Yes. In that case they will not be able to dispute their own findings. There have been many cases where they cannot find explanation for what has happened, but still with their negative thinking, they will always find some other answer.

George: Yes, I appreciate there is much of this.

But the time is coming when people are more ready to accept what is happening.

George: Yes, thank you very much for that. I shall send a copy of this transcript to the chairman of the group. **(Yes)** I'm sure he will be pleased to receive it.

Yes. We are always happy and we will try to influence what is happening, if they are genuinely open to the truth, which I feel they are.

George: Yes. Yes, I'm sure you are right on that. Thank you!

Now, my dear friends, this time I will take my leave of you. It brings much joy to be with you again. And I hope that our words rekindle within you a little more thinking on the matter that we have discussed.

George: There's certainly much joy with us.

Lilian: Our love goes with you. *(Thanks + farewells)*

One followed through Sarah, explaining another would be coming through Eileen shortly. The expected guest then arrived and it turned out to be our dear friend Leslie Bone:

Lilian, Lilian?

Lilian: Yes I'm here.

Drafted breathing.

Sarah: Ah Leslie! *(General excitement and warm welcomes)*

I thought I could control it this time, but...How lovely to be here.

(Side A of backup recorder ran out at this point and George went to change the cassette)

Lilian: George is just changing the tape. **(Yes)**

Sarah: Anyway you're coming through loud and clear Leslie. We can hear you very well.

I just hope it's not too uncomfortable for Eileen.

Sarah: Anyway she'll be pleased to have you through.

This is the opportunity to say thank you to George. I've looked at the book. Lo and behold, I have to say I felt some pride, even though I shouldn't be feeling that now, but I do and I'm most grateful that the teachings are carrying on.

Lilian: Yes it's absolutely wonderful.

George: Yes we're delighted that they continue.

Oh, I'd forgotten how uncomfortable these conditions can be. Ruth's here, but I'm the spokesman as I always was...

Lilian: I guess you are aware that we now have a visitor from another planet?

I'm aware of all that happens here. I often come and listen and I'm surprised you haven't been aware of some comments... (Laughter) But I want to say good luck and god bless you all. (Everyone voiced their gratitude to Leslie.)

George: We think of you often.

I know and you lot aren't easily forgotten. (Laughter) And on that note I'll leave you to it.

(Much thanks and suggestions to come again.)

George: Do come again, because the next book will require an epilogue as well. *(Chuckles)*

Ah, he wants to see me suffer! (More chuckles) Bless you all!

Sarah: You too Leslie.

Lilian: We're ready with a glass of water Les.

George's notes:

Re Leslie's visit: As we know but other readers may not, Leslie was troubled by breathing difficulty whilst on Earth. On return visits, it is natural for that difficulty to recur for a little while (although it is absent in the Spirit life). The glass of water was to refresh Eileen who would have been impressed with the breathing difficulty and the mention of it was to reassure Leslie that all would be well. The epilogue quip related to the fact that Leslie had been through to provide the final chapter of the book just published. As Leslie departed, we discussed ideas to help with the breathing next time.]

Re question placed to Salumet: This refers to a DERG/Network meeting held at Hampstead on Sunday May 8th chaired by Dr Peter Fenwick.

~16th May 2005~

One came through Eileen at the beginning to explain the agenda for the evening. There were to be exercises for our various developments. They were going to try to super-impose faces onto our own and we were to see what we were given. After we had sat quietly for some time, we described various faces that we were impressed with. After some time, our friend from planet Aerah came through Paul, which has been transcribed elsewhere.

~23rd May 2005~

Good evening. (Welcomes)

(Our aging tape recorder failed to respond to a kick-start.)

It is a trial sometimes for you. (Chuckles) But nevertheless, you cope very well.

George: We don't want to lose any words. We do in fact have two recording systems going, which does allow for one going wrong now.

Yes, I am aware. This time, after I have spoken with you, we would like to invite our young lady (Sara) and ask if she would be prepared to invite another through her.

Sara: Yes, of course. I would be very happy to try.

That is good, because the time is right for you.

Sara: Wonderful! I am very excited by that.

But of course it is always much better for you to be aware and to be prepared.

Sara: Thank you for that.

So, after I have spoken with you, I ask that you go into your silence.

Sara: Thank you very much for telling me. I am very pleased.

I will take questions this time, but before we do that I would like to speak a little about so many words that reach our world and we feel causes much confusion amongst you on your planet. Those words so often are: how can I be a medium? Well, let me clarify it for you: each and every one of you, whether you know or accept, is of course a medium, because you are Spirit after all. But, what we feel is being asked is: how can we make communication between the two worlds—which is a different matter. But you ARE all mediums in the sense that you are already in contact with Spirit. Do you understand?

(Affirmed)

George: I think we understand that we receive from Spirit in our various ways...

Yes. Therefore you are all Spirit, therefore all mediums. But the confusion lies when people want to communicate consciously, in the conscious state and provide what you term 'evidence'. That of course is not open to everyone in your world, only in so much as they do not wish to develop their own spiritual gifts—it is not because they are not *able* to. I think this needs to be made clear to *all* of you. Therefore, when you hear someone say: how can I communicate? Then you must tell them, they are already in communication, but on an *unconscious* level. (Affirmed) Now that I have clarified that small point, do you have questions this time? (Pause)

George: I'm sure we have—could I begin with one? Lilian recently came upon a book written in the year 1700, about Myddle in Shropshire. And there is within its pages, mention of one who remembered that there had been a small monastery near Myddle, and described its location. We all accept that we had a previous life at that location, but it's nice to have historic mention, written down, of that small monastery. But what caught my eye was a story about a nearby farmhouse, where six people had been taken ill at different times and died, and on each occasion, two pigeons came to the farmhouse and perched on the roof and remained around the garden until the deaths until 2 weeks prior to the deaths and then they departed. There's one other who fell ill and recovered and during that period, no pigeons were seen. There seems to have been an interaction between the birds and the deaths. Can you say anything about that?

Of course my dear friend, I will try to tell you why, on that occasion there should be birds present. The answer, also as always, is simple that on many occasions, but again, not always on a conscious level—remember our talks about angelic beings, (Yes) how their form can be changed at will? (Affirmed) It, I would say to you, was a form of an angelic being, being present and waiting for the Spirit to depart.

Lilian: That's interesting. *(Agreed)*

It can be a butterfly, a bird, an animal, a human being, but they belong to the angelic realms which help people to pass to Spirit.

George: Yes, thank you for that explanation. That had not occurred to me.

Yes. Of course, you must not assume that every bird you see perched upon your window ledge when someone is ill, is an angelic being. But remember that they *can* change form, because you see, the pigeons at that time, or any bird, is well accepted by most people. (Agreed)

George: Yes, and I have noted there is a very similar story written down by Carl Jung at a different time, so I felt it had to have some significance.

Yes. But it is a simple explanation.

Lilian: It's strange George mentions about a death, because there's a man up the road who is obviously near the end of his time here and he's talking about the strangest things, some of them not very pleasant and I also noticed it with my mother in the last few days of her life—hallucinations—would that be the drugs or is that something to do with when they're near?

Yes, it can be a combination of both. But, I would say hallucinations in the way that you say, is down to the chemicals given in their strong doses prior to passing. But it is known that certain human beings, because of their beliefs and their upbringing, see what they want to see, and therefore their so-called hallucinations may be their own thinking.

Lilian: Some things are quite distressing really, (Yes) for the listener

Yes of course—she must distance herself from this.

Lilian: Right—thank you.

If she can, she must stand back and allow it to flow over her. (Yes)

George: We have some very wonderful communications with the group on the planet Aerah. Last time they were talking about the energy that they utilise for their machines and things and it is supplied to them by the elementals, who obtain the energy from plants. They describe it as a sort of 'milking' process from the plants. And I couldn't help thinking, on reflection, of the work of one Wilhelm Reich, an Austrian gentleman of about 70 years ago and he researched an energy from plants—it's a universal energy in fact, which he called 'orgone'. This work was not accepted by the scientific community of the day, but I wonder if I'm right in seeing a connection between his research on 'orgone' and the energy that is used on the planet Aerah?

Let me just say this to you, my dear friend, that all energy belongs to us all, in so much as we are part of the whole. I believe I have told you in times past, that there are many forms of energy of which you would not be aware, and will be brought into your knowledge in future times as your scientific community delves a little further and is inspired more by people from Spirit. (Yes) But there are many forms of energy that is used throughout the cosmos. And although this is not a topic that I would wish to enter into at this present time, what I want you to focus upon is not so much the information that is being given to you about another planet, but to focus upon the mind projection that is being used—that is the important point. (Yes) The information remains secondary to that fact. It is the mind projection that you must focus upon, because it is something that later you could cultivate for yourselves. I am not saying, to the same extent as the one that comes to you, but definitely it is possible whilst upon this planet.

George: Certainly it is a very interesting and wonderful thing that is happening. (Yes) We do appreciate that.

Yes. There are many things that will be brought to you, but always focus on that inner spiritual knowledge and all that comes to you must remain on that spiritual level. (Yes) And although the information is exciting and is available to you, it is still only information. (Yes) It will not help with your spiritual growth, but in focusing on mind projection, then you will most certainly grow. Do you understand?

George: Oh yes, yes and thank you for your advice on that. Yes, I'm sure we all appreciate that.

You are so limited, my dear friends, by those human brains. If only I could expand them for you, I would gladly do so.

Sarah: We're willing to let you do it! (*Chuckles*)

I do wish I could, but of course that would be against all of our laws.

George: Yes, we do appreciate that there *are* laws—there are cosmic laws.

Yes—there has to be.

Lilian: Paul?

Paul: I was just going to speculate that I think mind projection—it's quite different to thought projection. Is it more like 'remote viewing', more like your whole consciousness is projected?

Mind projection belongs to the Spirit. Thought can be projected from the human being, from the conscious part of the thinking, but mind projection has to be done through the Spirit, if it is to work successfully; always remember that difference.

Paul: But thoughts are tied to the physical a bit?

Yes, when you are in human form, of course the thought is connected to the consciousness of the body, and to the spiritual mind. But mind projection—remember, the brain belongs to the physical, the mind is spiritual; always keep this in *mind*.

Paul: I'm trying to think whether it is more like an out-of-body experience—mind projection...

You could compare it in similarity, but it is not quite that, no. The mind is not something you can see or feel—it is what is part of your whole being; it is that greater part of your Spirit—the mind, the *mind* that will continue to *grow* and to *exist* all through levels of Spirit. It belongs to *Soul*. Is that helpful to you?

Paul: Yes, yeah...

I feel you are struggling with that answer.

Paul: I don't think I understand the...

This is why it is so difficult and this is why it has to be explained and used in simple terms for your understanding. In showing you that mind projection is working, we bring it to you with information of interest, but you have not focussed upon how the mind projection is working. You need to be more aware of the spiritual nature, before you can project the mind. You do not *have* to go into the silence to send out a thought. This you realise, because that every time we meet, you give thoughts for those who are in need (*Affirmed*) and although you are beginning to quieten down, it is not necessary, to send a thought for help. But mind projection entails rather more. I hope that is helpful. (*Affirmed*)

Sarah: I've been rather amused, because I saw a something in the paper that somebody had been given a large sum of money to investigate 'the mind'. So maybe I should send this person a transcript... (*Laughs*)

But again, my dear friends, you see the confusion which lies within your planet, because most human beings are accepting of the fact that the mind belongs to the human, when in fact you know full well that this is not so. That is where the confusion lies—the difference between the human brain and the spiritual mind. (*Agreed*)

George: Could I mention my old friend Cyril Martin, (*Graham's father*) who, 50 years ago, drove 400 miles to the town of Brighton. A clairvoyant was there, seated on a dais and surrounded by a crowd of people. He was at the back of the crowd and the clairvoyant's assistant went around the crowd, placing a hand on a shoulder here and there and the clairvoyant would say a few pointed words relating to that person. And my friend thought: *ha! She's got a few people planted in the crowd that she knows about!* And then the hand alighted on *his* shoulder and she said: '*Mr Martin, you haven't signed your driving licence!*' He fished in his pocket for his driving licence and saw that he had indeed not signed it! Well, I met him recently and he was still puzzled about this. I suggested that there may have been a Spirit with him who was concerned about his driving licence and the clairvoyant lady would have picked up on this concern. Would you care to say anything about that?

I would not say that they were *concerned*, but it was the opportunity to show him that his *sceptical* thinking was not perhaps correct. (*Agreed*)

George: Yes, it was first and foremost a demonstration...

Always from our world we try to bring—again, it is the helpers who work with the clairvoyants and the mediums; they work together to bring the best 'evidence' for that individual. It may seem trivial, it may seem remarkable—it matters not, provided it sows the seed within that person.

George: Yes, so the Spirit would be with the clairvoyant lady—the Spirits concerned with the communication?

It would depend who was bringing the information, but of course the medium and the person who was placing the hand upon the shoulder, would have a spiritual connection, of course; it would have to be that way. I hope he is a little less sceptical now, but probably not. *(Some chuckles)*

Graham: He's been thinking about it, ever since I've been alive. *(More chuckles)*

George: Yes, I feel his mind is opening.

Yes. For some it takes all of their life's existence, for others it is much quicker. Of course that depends upon the human being and their own responsibility for what they accept.

George: I'm sure he'll be interested in this transcript.

Sara: Yes, he's certainly had some experiences—he's had other experiences too in his life, **(Yes)** that he has been unable to explain, such as—well, he called it a 'ghost car'...

George: Yes, he's had disappearing cars and rotating flowers...

Sara: And a lost engagement ring that was found on a huge common after months. I mean, a very unlikely happening. **(Yes)** So I think that was sent, I would imagine also...

As I say, it takes some people a *long* time to find acceptance of these things, where as another being would have one or two happenings and say: *why is this happening?* It is down to each individual.

Sara: And possibly other experience in other lives perhaps?

It could have an influence of course, yes. You are complex beings, you human beings. (Yes) Yes, but mostly, you are so negative until you open your minds and all begins to fall into place.

Sarah: And sometimes it only happens when there's a shock or something happens that leads to something else...

Yes, so often that is the trigger point. *(Agreed)*

Now, I feel for this time, I have spoken quite enough and we would like to give the young lady *(Sara)* an opportunity to open up to whoever wishes to try to use her, and our dear lady friend *(Lilian)* will be on hand to help. But do not try too hard my dear friends and the others will send their love out to you in order for you to open fully. *(Thank you.)* I will leave you as always, in the knowledge of my great love for you all; and remember, I hear your words. *(Thanks + farewells)*

There followed one through Sara, a 10-year old child who had at some time fallen from a ladder and was now helped by the opportunity to talk with us.

~13th June 2005~

Good evening. *(Welcomes)*

How good it is to join with you all once again. *(Pause)* It would benefit many of you this time, to have upliftment and some healing.

Lilian: Thank you. You always bring upliftment—at the end of the evening we always feel better.

That is kind of you to say, but of course, that is our wish that any connection with our world should leave you in a state of upliftment.

George: It certainly does.

We know full well that within your busy lives, it takes much to remain dedicated to this work and as I have said to you on many occasions, that is why as a group you have been chosen, because of this great unity and love which is shared by you all. Therefore it is part of our purpose that we try to help you maintain an equilibrium of both spiritual and physical unity. *(Thanks expressed)* I would say therefore at the end of this evening that our gentle lady *(Sara)* take you all on a spiritual journey to end this meeting—if she so agrees to do so. *(Yes)* I feel for this evening that we should take any questions that you may have, because we feel my dear friends that this should be an evening of quietude and peacefulness that each one of you should be aware of. Therefore for this time, we will not disrupt your thinking too much.

Lilian: If I could just ask one question—a friend of mine has just had what we call a stroke, which must be quite distressing, and she lived opposite me and she read the transcripts and she has now got the book.

But when the stroke happened and she was obviously feeling very shaken, she called your name and I wondered if you were aware of this?

Always we are aware of any cry for help that is needed. Never would a cry for help be left; but I am aware of all who call to me, and I would say to you that because of her desperation and the situation which surrounded her at that particular time, we were able to help and therefore her stroke was not as serious as it might have been.

Lilian: Thank you very much. *(Affirmed)*

All those who are aware of the help that is available to them are never left alone. It may not always be what you desire, but it will always be acknowledged in some way, either by sign, by deed, by words from another human being, but always it comes from us in Spirit.

Lilian: I will tell her, she'll be very pleased and very grateful.

Sometimes, my dear friends, we feel that you are reluctant to ask for help, as if by doing so you are committing some great spiritual crime. *(Chuckles)* But, let me assure you that as emissaries of Spirit, we will always try our utmost to help and to uplift you at all times throughout your physical lives. *(Thanks expressed)*

George: Thank you, that's very comforting. Sometimes I feel it's a matter of trying to be responsible and perhaps we overdo that at times?

Yes, but of course, that is why you are here, to make judgements for yourselves. But, never forget my dear friends that help is always to hand if you so ask for it.

Lilian: I suppose we should think of children—they ask for help when they need it—we must be more like that?

You must always be open and true to your selves, and if your cry for help is a genuine one, then always it will have some response; and as you well know, it may not always be the result that you require, but it will be what is best for you at that particular time. But, never fear—again, I return to that word 'fear'.

Learn always to place your trust in that greater Spirit and you will always be upheld and uplifted. *(Thanks expressed)*

George: I've been asked by a friend to place a question to you. He would like to come along here and place the question himself, but this week he goes into hospital for a heart operation and he's still hoping to be here after his convalescence. In the meantime, I'm asked to place this question, which is quite lengthy and I shall have to read it. You may feel that this ground has been covered before, but he puts his question in a particular way and I think this is something that will be in the minds of a number of people, so I'll read the question on behalf of Jim:

Jim's question: *In view of the large number of religions across the world and inter-religious strife, is there a plan to offer mankind a unifying message for all religions with which to bind everyone in love and peace? Such a message would be a 'joint communiqué' in the name of Allah, of Jesus, of Buddha and all the masters that have visited this planet over the last few thousand years. It would have to be 'front page news' and would not be open to any ambiguity or politicising by world leaders or those who use religion for political ends. Would the masters unify in this way? It would certainly take a master to have the wisdom to create and deliver such a message. Who would ask them? Would this be something that Salumet could do? Is the question really in a league which is beyond my understanding of what is involved? It probably is, but the idea is basically very simple. With today's world-coverage of information, the whole planet could receive the message almost simultaneously. This would be 'the sermon on the planet', reaching all the world's billions, not just the '5000'. Well, this is what you have evoked in me with the book. *(Jim has been reading the Salumet book)**

George: Well that is the question that I feel is a rather thought-out question, and I'm sure the gentleman would be most pleased to have your reply.

Yes. I would thank him for the question, and does it not show how well he thinks upon spiritual matters? *(Agreed)*

George: Yes, he's certainly taking all this very seriously, and we have spoken over the years together.

Yes. Let me say this to all of you, and especially for your friend who asks the question: always there has been, as he puts it, *a master plan*. What he must remember is this: that the plan affects, not only your planet, but all those other planets which are in existence. The plan of that great consciousness has always been, but that is not to say it has been worked as it should have been. But when we speak of your Earthly planet, and that is what your friend refers to, let me say only this to you: on your Planet Earth, there have come to all people, many forms of religion as he has stated. Mankind upon this planet has been given free will as have many others on many planets, but mankind being in a stage of growth, being in a stage of infancy, if you like, within spiritual matters, is still at a point of learning. But let me say to you, that your world is becoming much smaller, but in becoming smaller in communication, it grows in understanding. You accept this I hope? (*Agreed*) And although there are many factions upon your Earth who are still so set in their thinking that it has created many problems, there also is a much greater faction, who are coming closer together. After all, I think you will know and understand that your religions in this past century have become much more tolerant towards each other.

George: Yes, we have seen signs of this.

Yes. At this moment in time, it would not be appropriate to try to connect all religions, not because it cannot be done, but because it is not part of the plan of unification of which we are going forward to. Therefore, my answer to your friend is this: the time will come when all people upon this Earth, will have greater understanding, not only of each other, but of each religion—but greater still will come the understanding that every religion is focussed to one *point*. But, it cannot be done in an instant. Part of the great plan is that we bring people together by their *own* free will, by their *own* workings and understanding of each other; and although we could make as you say ‘world news’, we know that it still would not succeed at this particular time. There have been many instances when this should have happened. The coming of the one named Jesus, of whom you all know—that was part of the plan to bring people together. There have been many, many instances. But, let me say that within your next 100 years, there will be greater understanding amongst all people in your world. Down will come religious barriers, down will come the dissatisfaction that people feel because of their individual religions. We *are* moving forward, my dear friends, to such a time when the people of your world must accept each of their brothers of who they truly are—not of separate race, not of separate religion, but one *brotherhood of man*.

George: And as you said at the beginning, that falls in place in relation to a wider plan concerning the universe.

Yes. You cannot segregate this planet with a separate plan—it is not part of the universal laws. There is a much greater plan in place and that great plan is moving forward at all times. Therefore, I thank your friend for his question, but may I gently remind him, that as much as he would wish one to come to bring together all people, that is not likely to happen for some great time yet.

George: No, but it’s a grand thought to have...

Yes. We appreciate his thinking. It shows that he thinks deeply, but he must not become weighed down only by matters of this planet. He needs to widen his views to all of existence.

George: Again, in relation to the grander plan, Lilian has drawn my attention to another book, which concerns a teaching from what has become known as ‘The Council of Nine’—a teaching from Spirit through Phyllis Schlemmer in the United States. And I note that the teaching that comes from The Council of Nine in Spirit, is very much in line with your teaching, but there are several points which I would question. But firstly, do you know of The Council of Nine and would they be part of the grand scheme?

All that comes from Spirit is a part of the greater plan. Those of us who come to teach, of course are part of the greater plan. In the same way that as I speak as an individual voice, you know full well, my dear friends, that I am a conglomerate; I speak not individual words, but I speak of knowledge that has been united within our world.

George: Yes—with this other group, there is one spokesman who gives his name as Tom, who speaks for the Council of Nine. (**Yes**) They in turn, speak of 24 civilisations in Spirit...

May I stop you there? (Mm.) Yes, all who communicate from our world, bring to many groups, much knowledge, knowledge that will be accepted by them, for whatever reason it is being given—as I bring to you the knowledge that I give. Let me say this to you, that there are many groups and many individuals who come to your world to bring knowledge, but as in all knowledge, there *has* to be some kind of ‘ladder of knowledge’ and you can only bring what is available to you. But I would say to you, I am aware of what is being given and what you refer to.

George: Yes, and of course that would be a little different, because it is for an American public, (Yes) who are a little different from ourselves.

Yes, you understand completely—you are given what *can* be accepted by you at a particular time and for whatever reason, the communicator comes to give. And if that is what *they* are accepting, that is fine—there is no problem with that. All communication from Spirit will bring only what the communicator is able to project. That is why there are so many anomalies within what is written about our world. It is not that anyone is not telling all of the truth, it is only that they are projecting only what they know. Do you understand my meaning?

George: Yes, I do understand that. I must say, I was impressed with the amount of agreement between your teaching and what was delivered by The Council of Nine.

Yes, of course, when you have group teaching, which is what that is, it is brought to you by many; then of course there has to be a link with others who bring the same kind of knowledge.

George: One thing that rather surprised me was the statement that Planet Earth is the only planet of free will in the universe. I felt I just had to bring that point to you for clarification.

Yes, that is because that is what they have been given and that is their understanding. Until you reach a point within our world when that knowledge is extended, then of course, that is what you will give. But I can tell you: *no*, it is not the only planet endowed with free will.

George: Well, thank you for that.

It would not be feasible, would you not agree that you be the only planet with free will?

George: Yes, I’m sure we all agree!

I feel it would make you very exclusive! (Laughter)

George: And the title of that book is ‘The Only Planet of Choice’, and so I had to ask the question.

Yes, I would say to you my dear friends, as I have in times past, that you must collect all information, collate it and then take only what *you* can accept at the time. We ask nothing else of you and I have told you also, if any of my words are unacceptable to you, then you reject them, because of course, that *is* your free will, and that is part of the understanding of Spirit. That is part of your own *growth*.

George: I can’t think of anything that I would wish to reject (Agreed)

I thank you, and I hope I come only in truth and in love.

George: One small point that ensues: I notice that one of the sitters in that American group, was one Gene Roddenberry, who was the author of a very successful series on TV called ‘Star Trek’ and some very good points—some mystical points featured in that series. And I suspect that Gene Roddenberry has recycled some material into the science fiction TV series. I imagine that’s perfectly all right and will help to in a way make people more aware?

Yes. I would say only that if it puts the seed of thought forward, then that is not wrong. If you can put forward the seed of Spirit or anything *mystical*, as you put it, then as far as I am concerned, that is only good. All things start with a seed of thought. And if it brings people to think about something that they have not considered before, then that is opening the way of further seeking and searching. (Yes) I hope those words have been helpful, not only to your friend, but to each one of you this evening. (Affirmed)

George: Yes, and I am sure they will be helpful to many others.

Now I feel that it is time, my dear friends, that you have your own thoughts and upliftment and healing, which I feel each one of you is in need of in some way. (Thanks expressed) Before I leave you, I want you if you will, before next time to be aware of *blue* light, as you go into your sleep state at some point in this coming week and to know that we are close to you. (Thanks + farewells)

Following Sara's conducted healing journey involving blue/purple light, one came through Eileen and addressed us in clear voice:

I don't intend to stay too long. I am here only to help the lady to return this evening. But of course, I always take the opportunity whenever it arises. I am so pleased to be here with you again, because you see, groups like this one, are always close to my heart, because it was a group such as this that I also belonged to (Exclamations of surprise). It is always a great pleasure, once you have made contact, to return more than once, but of course, I have nothing of significance to bring to you, only that I am here to help the lady to return to her own being.

Sarah: It sounds as if you have been to visit us before. Is that right?

I most certainly have. (Warm welcomes)

Sara What's your name?

Emma.

George: Yes, of course!

I would like to say only that someone is calling the name of 'Wilson'. I don't know if that is acceptable to anyone, but it is of little importance...

George: I knew a Winnie and Tom Wilson.

Ah! Well indeed it may be for you. It is possible. Are they with us here in Spirit? If they are...

George: They are...

They are sending their regards to you.

George: Thank you very much. I send my regards to them! **(Yes)** How lovely to hear of them. **(Yes)** Yes, they were dear friends.

Yes. I do believe my task this time has been completed and the lady will return eventually.

George: Yes, I think you were known as Emma Hardinge Britton, on the Earth, when you were here, and as I recall, well known for your speaking.

Well, it is of little importance that names are given, but for the sake of recognition I always say my first name.

George: Yes, of course. We have our history book notes, as you know—and your name is there.

Well, I've been humbled that you should remember a name that is hardly for remembering, but of course, I know that when you are on the Earth plane, that names sometimes have some kind of meaning and seem important.

George: Yes, well, they get into books sometimes and we read books and it makes us more aware of the diligent work that was done at that time.

Well for that I will say: thank you and on those words I really must leave you. (Thanks + farewells)

George's Notes:

'The Only Planet of Choice' was first published 1993 and the first reported transmission was received 1975 (just two years following the first St Stephen transmission in New Zealand). Much detail is given in the book concerning the 'seeding' of Earthly civilisations from Spirit civilisations.

Emma Hardinge Britton first came through to us in December 2003 and this was confirmed by Salumet during the meeting of 12th January 2004.

~27TH June 2005~

Good evening. (Welcomes)

As always it is good to join with you once more my dear friends. Firstly, let us say 'welcome' to our guest (Pia) this time.

George: She has come a long way from Finland.

I am well aware! As always with any guest which enters this room, we will give her the opportunity to ask of any questions that she may have, but before that begins let me say this to you all: That words I have spoken to you in past times about many comings and goings and the evidence of my words from other sources is taking place at this present time and you will hear more of it as time continues. There are a preponderance of people upon your Earth plane at this time who come as beings of light to bring to

this world much light to those in need and there is one who sits before you now. I would say to our dear lady friend that her life path will change many times throughout her life upon this Earth and as she travels this pathway, there are many times when choices will become difficult for her. But I say to you my dear friend that you are constantly guided. Have you any questions for me this time?

Pia: Not right now.

You are happy to listen quietly. (Yes) **Yes.** I am sure my friends have questions for me. *(Some knowing chuckles)*

Paul: I have a question I wanted to ask about creativity in relation to music. I was just wondering how music is *given* to those musicians. How does it get inside their heads? Who gives it to them and how do they get hold of it?—that sort of thing...

You are not content with just one question! *(Laughter)* Let me say this to you: it comes through the Soul aspect of every human being and it is never the property of one lifetime. These musicians that you talk of have housed these abilities for much of *time*, and as we have discussed on many previous occasions, you retain all knowledge—all knowledge is within. Therefore if you have chosen to come to a lifetime which includes music as a great part of your being, then you have opened yourself to those of us in our world to influence you. But the seed is already sown before your return to this life. It is a choice from the beginning, but of course you know *all* of you are influenced in many ways and I feel that I should say to you, that I feel very few people would not be influenced by the vibration of what you term 'music' and what I would like to term 'vibrations of love'.

George: So 'vibrations of love' would be an alternative expression to 'music'.

Yes, a much better term, but of course as human beings, you well know that you are prone to giving titles to all things. But music can touch the heart and the soul of all people, but as always it depends on the individual and to which pathway they are turning. But creativity with music makes the soul lighter.

Graham: I would imagine that everything you've just said would also apply to art?

Yes. You may give it different names, but the influence comes from the same source, as do all forms of influence whether it be music, art, singing—any form of vibration which lifts the Spirit. But also, too, as we have discussed before, music also can be heavy and make the vibration very dull, which can also affect those souls who are lacking in light and love. Remember always what we have spoken about of positive and negative energies—it applies to both.

George: Yes, we've spoken about Mr Masaru Emoto's work with the influence of thought upon water and one type of music was found to not be beneficial to the activity of water and that was 'heavy metal rock'.

Yes, this is what I speak of when the vibration of the music creates its own lightness or density, yes. We would wish that you are influenced by that lighter vibration of what you would term 'beautiful music'.

George: And I think that is the majority case in music. **(Yes)**

Sara: Can I just continue with that theme? Graham's mother was commenting this week that she was surprised by his artistic talent and she wondered if it was from another life, so I would assume that he has tapped into something that was already there and developed it further. Am I right?

It has taken time, it has been necessary for him to make contact with that all-knowing knowledge that has always been, and it has taken his illness—*(Eileen coughed)*—forgive—I will attend to this for one moment. Forgive—the air is dry for the instrument's throat.

Paul: Is the fan a problem? *(It was a very warm evening and the fan was put on to try to keep the room cool.)*

I have dealt with it, thank you. Let us continue. Yes, our dear friend needed his illness to come and to make connection with our world, and once that happened, then all kinds of influence have entered his life, but the ability was always there.

Graham: I certainly felt the influence at times—it's been overwhelming.

And may I say to you dear friend, that it will continue.

Graham: Thank you for telling me. I shall look forward to that.

As long as you are open to our influence, then you will receive.

Sara: And I imagine it's the same for me with music, can I ask? **(Yes)** I'm tapping into something, I'm receiving the guidance?

Let me speak generally to you all, that each individual here has been placed together for very good reason, which we have discussed. Each one of you has the combination of love and the ability to open to our world, which then enables us to come close to you and to influence in whichever way is necessary for your life's pathway. You recognize that each one of you has different lifestyles, but yet each one of you is connected by that thread of love; and that cannot now be broken. Whether you depart of ways in times to come, this connection which has been made can never be broken, as you know well, because you have come together in another lifetime. (Agreed)

George: I was going to ask a question about Soul family which seems to connect. I *feel* that this group as we are, we a little unusual in the way that we have come together in this life and we have also come together in previous lives, and I believe also others tend to reincarnate and meet up again through some varying degrees. Could you say a little more about that, about the way that people return and do come together again?

When we speak of Soul connection, we are speaking of something much larger than you could understand whilst on the Earth. You, my dear friend, are but one thread in a web of threads, but without your one web, the rest would collapse. Picture the web full of individual threads and you will begin to understand the complexity of the Soul. Remember that you are but one aspect of the Soul, therefore you are but one small part of one small thread; then we begin to enter into deep matters. You understand fully that when you leave this world and return home that you return to that fuller aspect of Spirit and Soul, but it takes many times for each individual Spirit to connect and to learn what it is he needs to know. Therefore shall we say it is a *community choice*, when individuals decide that they will return to the same lifetime. These choices are not taken easily and they can take place hundreds and thousands of years apart, but let me say, once connection is made, whether it be in this lifetime or another lifetime, those connections are never broken. If there is a love connection, that connection will never be broken.

George: And the actual choice, that extends *beyond* this group?

Yes, yes. The choice is much greater—it is not only *your* choice, but the choice of a much greater energy.

George: I have a funny picture of Soul at the moment: A huge cloth of many, many threads.

Yes, it *has* to be many, many threads. It is difficult to put into words how complex the situation is. We could try, but I feel the minds would become confused. It is better that we remain and keep the explanation simple.

George: It is good to have an idea even if it is a hazy idea.

Yes, but you see, you are one who needs always to probe further, what you are given (*Knowing chuckles*) and I do not say that to you to discredit you, because it is a worthy thing that you do.

George: But I'm happy with your answer, very happy, even if my mind is open-ended at both ends!

They are your words. (*More chuckles*) Does that help you?

George: That does indeed, yes. I think it helps us all. (*Agreed*)

Are there more questions this time?

Pia: I was thinking about when you said 'when they meet, the connection can never be broken'. So does it stay as a feeling or in what way does it not break?

It remains as an *energy*—feelings belong to the physical body. You are all *energy*, you are all *light* and you will return to the same *energy* when you depart this world. You have to, my dear friend, visualize that you are beings of energy, if you are to grasp what I am trying to teach you. It is a difficult concept sometimes, but slowly your thinking becomes adapted to the words as I am sure my dear friends will confirm for you, that slowly, slowly they now understand themselves to be beings of light and energy and not just a mass of physical bones and flesh. Does that help you?

Pia: Umm.

Ummmm? (*Laughter*)

Pia: But can this energy be felt in any way? **(Never.)** Never...

Never, energy cannot be destroyed in that way.

George: Yes, there's another question which concerns energy in a way. A recent news item is that people living close to electric power lines, within those families children are 70% more likely to get cancer as a result of living close to those power lines. So I assume there would be an effect of that high electrical voltage, an effect on the energy of the bodies of people living in those areas. Can you say anything about that?

Yes. Electricity is an energy as there are many, many energies within your world and our world. As you know, all energy intermingles; you cannot fully, when you leave this world, separate energy in such a way. Therefore I would say the conditions of which you speak and because children are vulnerable in their growth state, they do react to an abundance of this energy, which then causes their physical bodies to react in such a way as to cause illness. Let me give you an example. When those from our world come to you to give healing to the physical being, there are restrictions in the amount of energy which can be given to an adult body. Therefore if you take the body of a small child in the stage of development, think how fragile they are and if we were to overdo the energy of healing, let me say that you would not exist as a human being, but you would be joining us in our world, because of the overload of energy available.

George: That's dramatically put. Thank you for that.

I hope that helps you in your thinking.

George: Yes and I hope many people will read this, because it's something we should very carefully consider.

Yes. Yes, again man is determined that he knows how to use the energies that the Earth is supplying him with, but as in all things, moderation is essential.

Sarah: Salumet, I was going to take a friend to see somebody on the Isle of Wight—unfortunately she has been taken into hospital so she won't be going, but she was going to see somebody who has a machine that changes the chaotic light—this is the word that she gave me—when you have an illness, the light which is emitted is chaotic and this machine changes the chaotic light into pure light. Can you tell me anything about this?

It is the same type of energy that is used from our world through the hands of an instrument. It has been channelled into machinery, but it is of the same kind of energy. And after all, let me stress just one thing to you when we speak of illness: you need no machinery, you need the working of your mind, that is the only machinery that you should be using, but, as in all things physical, if we cannot influence the individual, we have to influence those within the medical fields who can help others. But I would confirm for you that this is possible.

Sarah: Thank you. I'm going to try and get the message over to her that she doesn't have to go to the Isle of Wight, she just needs to use her own mind.

You know many times I have told you the importance of your thinking, of the importance of your quiet times in connection with us here in my world, where we can influence you for good. You human beings have everything to hand, and yet you are still either fearful or you doubt. I have told you before that it is a human trait and it saddens us sometimes when individuals could help themselves and they allow negative thoughts to enter.

Sarah: I must say with this friend, she was concerned that too many people were visiting her and she didn't have enough time for meditation, because she was sure it was meditation that she needed to do, so I think she's probably on the right track.

Yes, and of course my dear friends, as I have said many times, you need very little time to make daily connection with us, therefore to say you do not have time is something that you have to face when the time comes. So I say to you, make time. You are responsible for these vehicles which you inhabit, no one else, no one else can cause you hurt or distress, only you as an individual are responsible for what you allow to happen to your body. It is a sacred vehicle with which you have been endowed. You have been given the abilities to live this life in a good and honest and truthful way, and because of the materialistic way that life has been transformed, human beings find it increasingly difficult to enter that state of union with the energy of Spirit.

I hope my dear friends that my words this time have given you a little more food for thought.

(Affirmed + thanks) As always I am happy to join with you and shortly we will continue on our errand of learning.

Lilian: Yes, we look forward to that.

Now I will take my leave and know always that I stand close by and that your words are always heard.

(Thanks + farewells)

~11th July 2005~

Good evening. *(Welcomes)*

I will for this time remain for just a short time.

Lilian: Yes...

This evening is intended for some self-development for each one of you. We would ask that each one calls upon their own guidance, and that if conditions are right this time, you should become more aware than you have been at any stage of your development.

George: That will be very welcome.

I have been aware of the thoughts of one among you who has been feeling afraid. I wish to say: all thoughts which come to me, I will endeavour to help in any way that I can. I wish to reinforce these words to you. If I may suggest to you that our dear lady *(Sara)* takes you on a short journey in order for you to go deep within yourselves in preparation for those who stand beside you. *(Thanks expressed)* I will leave it with you, and for the rest of this time, I will be working quietly with this instrument. It may be that your help will be required in the stages of returning.

Lilian: Yes, thank you.

Next, Sara took us through a meditative journey as suggested, followed by one with a wonderfully gentle voice through Eileen:

My name is Selena.

Lilian: Welcome to you.

I come to you, only to say, should you be fearful, should you be troubled, please hold out your hands to us, because we stand close by. We are here only to help you, to give you love and to help in your living.
(Thanks expressed)

Paul: Are you a guide?

I am most honoured to be a helper of the angels. (Surprise and delight expressed) I am most honoured when I am given opportunities such as this, to speak with people of your own kind. We hear your thoughts, we are aware of all your emotions and when instructed, we come so close to you, and we take every opportunity to stand by you and to help to change those fears, and to help you to see more of the beautiful spiritual light, which is yours for the asking. (Thanks expressed)

George: Very nice to know.

Sarah: We are very honoured that you visit us.

I would, like before I go, just like to say to you all, how wonderful the lights are that surround each one of you. If only you could see how clear and bright they are at this time, I am sure you would be truly amazed. Because I have to say, not all groups such as yourselves have so many beautiful aspects of light.

(Thanks expressed) Again, I will say thank you and goodbye, but not forever. I will be around you...

(Thanks expressed) Thanks to those for whom I work, who have given me this beautiful opportunity.

Lilian: I'm sure we are all very grateful.

Paul: We'll look forward to 'feeling' you.

George: If you have the opportunity to return again, we shall be most pleased.

Thank you, and now I must take my leave. *(Thanks + farewells)*

One followed through Sarah, giving feedback on what we had been trying to do earlier:

I have been waiting for a while, and I thought perhaps this was not quite appropriate this evening. But I have now come to tell you, just a short word to say to you. The ones who have been standing with you this evening have asked me just to let you know how pleased they are to have made contact with you,

and they hope that you will continue with your thoughts to them, when you go to sleep tonight, because they will still be around you and would be happy to impress upon you, some other thoughts, if you would be open to it. So please, they would be most grateful to be able to help you a little further.

(Thanks expressed)

And that is all I have to say to you, and I will leave so that you can close down now. (Thanks + farewells)

Note: Sara's meditative journey 'In the pink' can be listened to on the website:

<http://www.salumetandfriends.org/16.html>

~18th July 2005~

Good evening. *(Welcomes)*

As I come to you this time I am aware that this past week of your time has seen each one of you raise your own individual awareness and consciousness. I wish to say to you my dear friends, I know that you have been most grateful for the information which has been given to you in the form of mind projection.

(Agreed) Of course there is more to come and I hope that your interest will be retained for that. But what I wish to say to you this time: I wonder if you realize by this mind projection which has been given to you, just how small the communication is between us all, that the world is not solitary, that many universes are closer than you can at first imagine.

George: Yes, this I believe is viewing it all in terms of Spirit, which we should, **(Yes)** but what is seemed to make it all far away is our physical observation and thinking.

Yes. What has transpired before you is meant to make you think more deeply, not only about mind projection, not only about the information given, but to your connection to the whole of existence, and just how unique that is. So you see my dear friends, your part is to play your own individual interpretation of what you receive. Would you have any questions about my words?

George: There was one question I was going to ask anyway: There have been occasions when Bonniol, the one who comes to us from Planet Aerah, has arrived a little early. In fact he has listened to some of your teaching on account of accidentally arriving a little early.

Let me stop you. There has been no accident. (Laughter)

George: Yes, I was going on to ask if it would be possible for him to deliberately arrive early and sit in for one of your sessions. Would that be a possibility?

If he so desires, of course that is possible. If the gentleman who offers his voice for his use is willing, then of course he may sit and listen to my words.

George: This possibility was voiced and I can say that he regards that an interesting experiment.

For you my dear friends I am willing to accommodate anything which is to the betterment of your Spirit.

George: Wonderful—this is certainly a most interesting area for us to explore further.

Yes. I recognize that you find all of these things most interesting, but of course it is all part of living as far as we in my world are concerned, but it is important dear friends that you expand your awareness and consciousness at this time. I have said to you previously, *this* is a year of your earthly lives when you could make great progress in your spiritual growth, but as always, the choice is yours. We can offer the help to you, but we cannot make you. Therefore, each individual within this room has the possibility of expanding, of growing, of becoming much more *aware* of all those who are around and are willing to help and to teach, not only within the confines of this room, but in your everyday living. That is the gift I offer to each one of you. *(Thanks expressed)* The help is there for you to use, but we cannot make you use it. And before I go further, I would like to say that when the end of this meeting is near, the two gentlemen within this room will be used to the degree possible that they will allow. Therefore, as we sit quietly towards the end of the evening, please my dear friends, be aware of what is being given to you.

More questions? *(Thanks expressed from Graham and George)*

Graham: Yes—at the moment I am doing a little experiment at home where I have a balance. I've got a see-saw set up and I'm trying to mind-project one of the sides to go down. **(Yes)** I haven't succeeded yet but I thought it would be a good idea if I were to bring the scales to this place, where we could gather round as a group and have a go. Would that be a relevant thing for us to do?

There would be no problem with that and in fact the combined energy would make it even easier for you, but do not expect it to work first time.

Graham: No, I realize it is going to take time, but it's an exciting thing to do. **(Yes)** Thank you.

George: I wonder what would be the best approach to that: to work on the idea that one pan on the balance is getting lighter—floating. Would that be the best approach to try to *impress* on the device in that way?

The best way to work is to *feel* the energy, to *feel* the heaviness of the earthly object and to transform and transmute that energy to one of a lighter degree. You understand? (Yes)

Lilian: Is that what happens to apports?

Yes. It is the change of energy which creates these things.

George: So in a sense we are visualizing a transmutation?

In a sense, but you are also focussed with the spiritual mind. There is a focus which must be used. You understand? (Yes) **But of course, when you attempt this first time, you must remember that many minds together can also create havoc, therefore it will take some discipline. But you may be surprised—I feel it would be something worthwhile for you to attempt.**

Graham: Is it best to do it with your eyes closed to focus? I have been trying with my eyes open.

Yes. What happens then is that with earthly eyes you see only the solid object, so I would suggest to you my dear friends that perhaps—and again I do not wish to make *rules*, because that is not our way, but I *feel* that to have the eyes closed would simplify it for you. But of course whatever is most comfortable for each individual is of course the best way. (*Thanks expressed*)

George: Last time we spoke, you said something about music, and since then there has been a world-wide event and ten concerts were arranged largely by three people: Bob Geldof, Richard Curtis and—the other name escapes me. That was a set of concerts listened to by many, many people and held in aid of poverty and hunger in Africa and unfair trading in Africa. I would imagine that this would be seen from Spirit as a very good event and a step forward for the world?

Yes, not only seen by us, but inspired by us! (*Laughter*) **You must know my dear friends that as I have told you in past times, that as your life continues, although there are many actions within your world which disturb the human race, there are also many which are born out of good for humankind, such as the one you speak of. I have said that as time progresses, human awareness and the acceptance that life continues and Spirit is something that is part of everyday being, then humankind will slowly change in its outlook.**

George: Yes, the third gentleman who should be mentioned is Bono, **(Yes)** the lead singer. I felt those were three did extremely well.

Yes, there always will be leaders who will accept positions of honour and trust for many others—there has to be for humankind to accept these things. That is why it is people in public eye who will be to the forefront of these events, but I have to say this time the event was worldwide, it was known of worldwide and that is how these things will progress. As one ripple continues on its way to join another, the wave becomes greater.

George: Yes and I could not help wondering if your few words on music the week before were also no coincidence.

Yes, you are observant my friend, yes. But does not it warm your hearts when you see such things take place (*Agreed*) **and the generosity of Spirit from so many. But always there is the positive and the negative within your world, but the positive aspects of living are growing—it may seem slowly, but I know that you will believe me when I say: *we are making progress this time*—yes.**

Sarah: Certainly, with the bombings we have had in London, the people—well they were obviously unhappy with it, but everybody was saying that it is not going to set us apart, it's going to bring us together. So, I'm sure that those bombings were another reason perhaps for bringing people together.

There will always be misguided people. I would rather use the word 'misguided' than what most people call evil. They are misguided souls in this world, but of course it brings much heartache to those in your

world, but as you well know my dear friends, there is always the wider, bigger picture to consider, and that is what we view from our world.

Lilian: Would there have been a debt to pay at all there?

That is a possibility, but you must not always assume that that is the case. As I have said, many of these human beings are misguided in some way, or are in pain, or are fearful for whatever reason. You must not stand in judgement; *they* will do that when they join us in our world. So always—again I repeat my words to you: **never pass judgement on another one of your fellow human beings.**

Graham: There's been an awful lot of thinking since that bombing, about what drives young men to do such a thing. I've been impressed by the amount of understanding that people have actually shown to the situation that arises that causes people to do such a thing. **(Yes)** Those people are becoming more compassionate and are beginning to understand that people don't do things for no reason. There's usually something behind it.

Yes, whatever the reason, that is for them to decide. Whether the majority of the people on the Earth plane agree with their thinking or not, that is their freewill and that is their life choice. That is why you cannot judge, and as we have said on many occasions, there is always *good or bad, or positive and negative* energies as I would prefer to term it.

George: Yes, running parallel to all of this of course, there is the process of law and I imagine that that is all right, so long as—well what I would like to say is, the opportunity given to those convicted for reflecting within and offering the possibility of moving forward. **(Yes)** Would that be a sensible comment?

I understand your words. Of course there has to be within your world, what you call laws for your societies—of course there must be, that is the way of human living; but coupled to that law, there has to be humanity in the true sense of the word. It is not up to the human being to make judgement in such a way as to tell each individual what they must think or reflect upon—that remains with each individual. Remember also that there are individuals within your world who are misguided in their thinking, but who feel that they are right in what they do. Therefore it is a difficult equation is it not, when it comes to making judgement. Judgement will be made when every individual comes to our side of life. Judgement will be made by those individuals as they will see how their life path took shape or did not take shape. Therefore, never say there is no judgement, because ultimately the judgement will come from Spirit itself.

George: Yes, I imagine the one thing we can say is that it's absolutely fundamentally wrong **(Yes)** or has been in the past and that has been capital punishment, because that prevents the accused from having the opportunity of reflecting.

Yes, I understand the way of your thinking. Yes, let me just say this about taking the life of another human being: It is never right in the spiritual sense that one human being extinguishes the life of another. There is always another pathway for them to take, but the very fact that you *are* human beings, you are not perfect and there are many injustices that you feel exist in everyday living, will create this imbalance in harmony. It is a difficult topic to speak about, because the human consciousness automatically wishes for justice and it takes a Soul indeed, a Soul of wisdom, to stand back and to allow that greater picture of life to continue to continue to take shape and to allow the ways of Spirit to move forward as it always will. There is indeed much influence being given to the world at this present time, and that will never stop, until such time as the human being becomes more gentle within himself and recognizes the Spirit within. The greatest Spirit can change an entire situation into a much better one if they so desire, but that is the crux of the situation—*desire!* I hope my words have given you something to think about.

George: Yes, indeed, they've taken us forward and also they've embellished certain things from earlier teachings and yes, thank you for that.

Yes. Life is most difficult for some, not because that has *been* their pathway, but because that has *become* their choice. So be cautious that you do not make every event something that is preordained. It is difficult I know, but look deep within your hearts my friends and you will come to the right conclusions.

Sarah: I think we're all thinking very differently now to when you first arrived to teach us.

Yes, I am sure that is so, because your lights are so much brighter, your understanding so much greater and your knowledge of Spirit so full of understanding. Yes indeed, you have grown my dear friends—unfortunately you do not know how much, but that is for me to welcome each time I join with you.

Sarah: Well I think we are going to give you 10 out of 10 for your teaching. *(Chuckles)*

I take it as a compliment, thank you. *(Chuckles)* Now I will withdraw this time and allow any others to come who may wish to speak with you, but do not forget gentlemen that you have work to do this time. *(Thanks + farewells)*

~25TH July 2005~

Good evening. *(Welcomes)*

As I join with you this time I feel there is some depletion of your energies, therefore we will try to uplift you before the end of this meeting. *(Thanks expressed)* I also wish to extend our greetings to the young man who we have waited sometime to say welcome to.

Ben: Thank you. *(Sarah's son Ben, visiting from Australia)*

I will give you the opportunity to ask any questions that you have, but firstly let me say this to you: you are almost a contradiction in yourself. You are reserved and yet you are outgoing. You find that people are attracted to you in many ways, but there is with you a trend of impulsiveness, which would benefit you to temper a little. I am sure you understand what I say. It is always difficult to gauge one's personality, but within this young man there lies a pathway, which would open to him should he so desire. But as with all people, the desire needs to be there; the freewill has to be respected. But I say to you my dear friend that gifts of the Spirit are waiting for you if you so *desire*. Now, as always when we have visitors, I will take questions from you. Does anyone wish to ask any questions?

Lilian: Have you got any questions Ben?

Ben: Not at this stage, thank you.

Lilian: George?

George: Yes. I think you invited us to think on mind projection—on that subject, and it does occur to me that on thinking about the spiritual world and the physical world, a key difference perhaps, if I could put it that way, is that the physical world has rotation within it running through and through—from the smallest particle, to the atoms, to the planets, to the suns, to the galaxies—all rotate. This may be part of what gives rise to the physical properties of mass, gravity, space, time and various energy fields. Now, that is the *physical* world, and the spiritual world has none of these properties, yet connects to the physical. Where mind projection is concerned, I think the astral planes are important, and one can mind-project from planet to planet via the astral planes, which are like staging posts between the planets and what I might refer to as 'Spirit proper' or 'formless Spirit. So mind projection utilizes Spirit, with the good offices of those in the astral planes. So mind projection is from physical beings to physical beings, but involves Spirit and those in the astral planes, and so *there is* no effect of space or time, so that the communications are instantaneous. And I would ask: is that a fair picture of how things are, involving mind projection?

Yes, I understand your question and let me say I admire the complexity of your words. *(Chuckles)* If I may simplify it for you further. Whether you speak of the physical or the spiritual, you are speaking of 'energy'. (Yes) Physical energy is much denser—that is so, whilst spiritual energy is much more refined, and yes, the mind projection from the human is part of the spiritual connection which is needed. But in your mind, the way you have described your words, you are thinking along the correct lines, but I would prefer to say that refined energy *conjoins* with denser energy at certain points, which therefore makes it appropriate for mind projection to work between *beings*, and not—I do not say, *human* beings—there are many forms of beings who are not of Spirit. But the connection is simplicity itself: it is the joining of refined spiritual energy, joining with that denser energy, which comes from the human beings own thinking. If you try to make these things more complex by your human thinking, you will come unstuck, because there is no simple answer for you. But your explanation I much admire.

George: Thank you! I'm searching for a reason for one world having a set of physical properties, while the other world has not, **(Yes)** and perhaps this is unnecessary thinking...

Yes, it is extraneous thinking. It is just denser energy—the same energy of all life, but much more refined energy, combined with denser energy is utilized for the purpose of mind projection. It is as simple as that.

George: So the denser energy automatically has the physical properties?

Yes—yes. Does it not seem more simple now?

George: It certainly does seem more simple, yes, thank you!

I hope that helps you. We are speaking of a difficult topic here, when we are speaking again of energy.

Always this has been a difficulty, when we come to explanations.

George: Yes, and going on from there, from mind projection between *beings*, would that mean it also happens between beings who are *not* on physical planets?

There are many forms of life my dear friends, some of which we have spoken of, and as you have become aware in recent times from our visitor, shall we say, who is projecting his mind, because, from where he comes, it is so much easier for them to do, because they have developed that sense of projection. I am afraid mankind as he is at this moment in time, is but a child in this activity.

George: Yes, I'm sure we all accept that!

But that is not to say they cannot be taught and that is what we are trying to attempt with you all, my dear friends.

Lilian: Anyone else a question?

Graham: Again on the subject of mind projection, in trying to visualize it in my mind, I realise how difficult it is to do. Probably some people are better at this than myself. So before I try to influence the scales in the experiment I was describing last time, what I am trying to do is to practise the visualisation of objects in my mind during meditation, and I assume that if I continue to practice with this I will actually get better and better, eventually visualising things in my mind, which means that later on I will be able to focus better than I can at the moment.

Yes, of course you need to develop the spiritual aspect of your being if you are to focus with the thinking brain of humankind, then you will always find it to be more difficult. You have to be in a state of raised consciousness, (Yes) which means leaving behind the physical thinking and just *being*.

Graham: With a totally quiet mind.

With a quiet mind if possible. (Yes) But as you well know, this takes practice, as does all things. You would not expect to do anything in your world without practice and also it applies to many of the spiritual attributes that they also must be practised often. You understand? (Affirmed) But yes, please continue in the way that you are and you will reap the results if you stay true to it.

Graham: Yes, so that's something to look forward to. Thank you.

I would gently remind all of you, that many things are possible if you have that deep spiritual desire. It is entirely up to each individual, how they develop in their way; it is part of their own freewill and their own responsibility, in whatever way they choose to develop.

Now, I feel this time that we will allow some others to come.

Lilian: Thank you.

And I look forward to our next meeting together. (Agreed) And I know that as you leave this meeting place this time, you will feel much more upliftment within your individual lives. (General thanks expressed)

There then followed a rescue. (Audios of rescues freely available on website: www.salumetandfriends.org)

~1ST August 2005~

Good evening. (Welcomes)

I am happy to join with you all once more.

Lilian: Yes, it's lovely to be together again.

For the duration of this meeting I wish to work closely with this instrument, therefore if there are questions, I will answer now.

Lilian: Could I just say before any questions that Sue who comes would like to say 'thank you' to you. She did ask for help and has called your name in the last few days and she wished me to say 'thank you'.

I am available at all times my dear friends. Before we have questions I would like to take this opportunity to say that I will be working with this instrument in order not only to use her voice, but to be able to be a little more animated, but as you know, these developments take much energy and time.

(Yes) There is one exercise my dear friends for you this evening, for your own development. It is that each one of you chooses a colour to be visualized in the area of your third eye and to look deeply within and to find what lies within the colour that you have chosen.

Lilian: We'll try that.

Yes, it is just another development for you to try. Now, we will make any questions short.

Lilian: Ben, how about you?

Ben: I don't seem to have any questions at the moment.

Sara: Could I ask a quick one? My little boy I'm sure he is seeing Spirit and he spoke to me about it yesterday. I don't think he's too afraid of it, but I felt I needed to say something to him, so I told him not to be afraid, just to see what happens and what he could see and that possibly when he's older he may be able to help people with this gift. Is that appropriate? Could you comment?

Yes. Just let the child be, and whatever comes to him will feel natural without any detailed explanation. If it seems an everyday occurrence, then children will accept it as being so. That child also sees much colour.

Sara: Yes I thought he did, yes. He told me he was seeing light. **(Yes)** I'm not sure if it's *aura*, but I think he sees Spirit in the form of light—the colours.

Yes, that is so.

Sara: Yes, he can at times be a little nervous, but when he spoke to me yesterday he didn't seem nervous at all. He seemed to accept it and was very happy to know that it was a special gift.

Yes, it is for him a natural progression of his development, and as parents, if you allow him to be himself, even including some fear, he will come along very nicely.

Sara: Good! *(Chuckles)* I'm beginning to understand just how sensitive he is, **(Yes)** and I understand why sometimes he finds things a bit difficult, because he is so sensitive.

Yes. Just because we have Spirit in child human frames, does not make life any easier. (Yes) In the same way as I have told you that as adults, sometimes the more knowledge that you accumulate, can cause you in some way, more problems, because of the development of your understanding. But just let it happen naturally. You will find with this one that animals are attracted to him, but it will come at a later stage of his life. But be aware.

Sara: Yes, perhaps a pet might be good for him probably...

Again, I will say to you as I have in the past that this boy child is much impressed by the father's words. Do you remember?

Sara: Yes, there is a strong connection with him.

Although he will come to his mother, the words of the father are the ones which will go deep. Therefore you have a great responsibility my dear friend!

Graham: I shall be careful what I say! *(Knowing laughs)*

Yes, you may at times find that he knows what you are about to say, before even you say the words.

Sara: Have they been together before, is there a past life connection?

There is always a connection in some way—we have discussed this many times. But of course, as you know, *all* come together on many occasions. (Yes)

Lilian: If our friend comes from the other planet to visit tonight, we were going to play some music and if you're working with your instrument, will that disturb? Would you rather we didn't play the music this evening?

Provided there is no sudden noise, there is no problem. It is the suddenness of noises which will affect the instrument. But as I work with her, she is far enough away.

George: Could I ask a question about something you were talking with us about a while ago—about the time we move to Spirit and there is the choice of moving forward in Spirit, or returning to the Earth for a further physical life? And the implication was that many people return to Earth, because they have certain likings for the Earthly life. And I wanted to ask: is there any danger in Earth becoming a kind of spiritual ‘bottleneck’, so that not enough are moving forward in Spirit, and this part of the universe gets retarded, because not enough people are moving forward in Spirit and making that choice?

I understand your question. I will correct one thing that you have said, (Thank you.) and that is, you do not consider when you are thinking of returning—you do not consider returning because you have likings for the Earth plane—you do not; that is the first point. Secondly, the remarks that you make my dear friend also implies that the great plan is imperfect, and this can never be. Therefore, your question is really one of a hypothetical nature.

George: Yes. The reason I ask this, I came across this idea in a book I was reading, (Yes) and I thought it might well be good to have some clarification.

Yes. Remember, as in all thoughts and in many books, it is the consideration of the author’s thinking, rather than actual factual details.

George: Yes, well thank you, it is good to have clarification on that.

Yes. But never assume that Spirit wishes to return to Earth, because they like what is here. They return, very often unwillingly, but know that they must, if they wish to progress. So, I hope you will consider that idea more fully.

George: So the Spirit, either moves forward in Spirit or returns to Earth, but nothing is going to go wrong, whichever happens—it is a perfect plan!

How could it go wrong, when it stems from perfection? You understand?

George: Yes. That is understood. Thank you!

Now, for this time I will work quietly and allow you to continue firstly with the exercises which will be good for you all, and please speak quietly until such time as I have taken this one to a slightly different level. Until we come together again my dear friends, know that I am always with you. (Thanks + farewells)

Note: The notion that Earth is a spiritual ‘bottleneck’ was taken from the book: ‘The Only Planet of Choice’, also mentioned in our meeting of 13th June 2005.

~15TH August 2005~

Good evening. (Welcomes)

As we join together this time there is about you all a sluggishness a tiredness of your energies, but as I continue, you will feel before you leave this room much more lightness within you. (Thanks expressed)

George: Yes, I must admit to feeling a little tired this evening; I commented on it earlier.

It is much more general than your good self.

Lilian: Yes, I can appreciate what you are saying too.

I have been most interested to see how much you have gained from our visitor (Bonniol) who comes to you.

George: We have indeed gained much.

Yes, but I have to say, my dear friends, that the practice that would be good for you is not in general taking place.

George: No, I think we feel we need to get ourselves into a slightly less tired condition so that we can be sharp of mind. I think that sharpness of mind seems to be an important factor in this work. Would you agree with that?

What is important is that you are willing to try. After all, it is the Spiritual essence which will be at work and not the physical being. Therefore physical tiredness is really irrelevant.

George: That’s interesting.

Paul: Would you say that to concentrate on *one* aspect of mind projection at a time?

I would suggest that each one chooses what they wish to try and to make it individual to *themselves*, but to focus upon one thing, as you say, is a much better thing to try to achieve, yes. But if you do not attempt, how can you expect for these gifts to grow?

Paul: Yes, that's very true.

But as I have said to you in past times, it is dependent upon each individual what they attempt to achieve. We can offer our advice which I must say I have done often, but in the end it is up to each individual to decide for themselves. But remember that the object of the mind projection was for your benefit and not only for the enjoyment and the knowledge. Do you remember those words?

George: Yes indeed. Yes, I'm sure we all appreciate that, and yes, we must get down to the practice more thoroughly.

Paul: Yes, it needs to become part of our daily meditations.

Yes, indeed, you are quite correct my dear friend. Daily meditation is the source of your knowledge, and again I have to say dear friends that some of you are rather lax in this area. But again, the responsibility lies with you all, and I am not here to place criticism at your feet, but to try to encourage you. So I hope that my words do not bring offence to any of you.

Lilian: No, we need that sometimes.

I also would wish to welcome our visitor this time and to say just a few words to him: That it would be appropriate at this time in his own spiritual thinking, to perhaps make a little more commitment to his own spiritual growth.

Richard: Thank you.

And I will leave it there with you. If you have any questions this time, I will be happy to answer them for you.

George: Can I refer once again to the London bombings which were mentioned. And there was a gentleman who wrote in the Press something quite interesting I thought. He mentioned that the recent bombings were due to Muslim '*extremists*'—that was the expression used. And exactly 400 years ago there were some further attempted London bombings; that was the year 1605 and it was the Guy Fawkes gunpowder plot; a plot to blow up the Parliament building—and that was due to *Catholic* religious extremists. It does seem rather extraordinary that 400 years exactly should separate these two events, it's like history repeating itself and just I wondered if you have any comment on that?

I am happy to pass comment as you know. Yes, let us go back to the beginning of human time upon this planet. There has always been unhappiness amongst humans. There has always been a degree of dissatisfaction with some, which has caused unrest, which has led to *wars* as you call them—to man against man, killing, fighting and all of these things that you are well aware of. But of course as time has progressed and what you call *weapons* have been constructed and become such destructive forces, then of course the unrest and dissatisfaction with fellow men has become greater, because the destruction of fellow men is greater. But there has always been this element of mankind, no matter what religious status you place upon them, there has always been a minority of peoples, who for whatever reason they feel to be right, have brought upon themselves and their fellow man much harm and destruction. So you see, this is not new, and the coincidence of time that you have noted has no bearing on what has happened. It is something that has constantly happened throughout your time. That is why it is most important that those from our world have gathered in numbers at this time of your evolution, so that mankind can recognize the many, what you would call *injustices* within your world. And until such time as mankind realizes, there will always be unrest. But remember my words that this time mankind will not be allowed to become a destructive force upon this planet that as time continues, and of course we are not speaking of months or years or even in *your* earthly time—but eventually the time will come when mankind must realize that his fellow man is the object of his *Love* and not his hatred. For whatever reason he feels there may be injustice, it cannot be allowed to simmer. And I assure you my dear friends, that that is our purpose and our plan for this planet.

George: Yes, thank you for putting that into—proper context, I think that would be a good expression.

Yes, you must always remember these incidents are small incidents in the history of your Earth, and no matter how devastating they may seem to you or to the peoples of this Earth, there is always that much wider picture. (Yes) I hope that has been helpful to you.

George: Yes, indeed. Yes, thank you! While we're on this topic, I have been asked to place a question to you by a friend. And the question concerns the running down of the Earth's oil stocks. And I know a lot of people see this as a difficult period, a period of transition in some ways I believe. But it could also be a dangerous period politically, when different factions are striving for the last remains of Earth's oil. But I *think* you will say this is a physical exercise and this is an exercise for us in looking to new energy sources, **(Yes indeed.)** and some which will not be as damaging to the planet as oil has been. I would welcome any words on that, which is seen by many as a difficult forthcoming period.

Yes, again you see, mankind on this planet has always tried to *claim* what the Earth brings as their own, when in fact all of these things are on loan to you. And let me say that the word 'transition' that you used, that is precisely what it is, as it has been in times past. But the depletion of oil supplies in your world will of course be replaced by other energy. And if you remember quite some time ago in your time, I told you that they would look to the seas of your world for energy. That is something to come. But I understand your question and yes there will be many who will be unhappy with the situations in your world. And again I will say, it will cause problems, but to you I say, *keep faith* in that all of the earthly laws will continue in the way that they are meant to be.

George: Yes, that is a lovely, strong finish to your statement—*keep faith*—yes, thank you for that! **If there are no more questions, I will work quietly with this instrument and allow your other visitors to come.**

Lilian: Thank you. Is it ok if we play some more music?

Of course. Again I say, no sudden loudness, please. (Thanks + farewells)

~22nd August 2005~

Good evening. (Welcomes)

How pleased I am to join with you once more. I do not intend to stay long speaking with you this time. I have work to carry out with this instrument and I would say to you that she will be taken a little more deeply than usual and therefore may need some little help at the end of this meeting. I was most interested to listen to you before this meeting about remembering words long past and how it reinforces your thinking about the words I have used to you. (Paul has been transcribing older Salumet recordings which had been discussed.)

Paul: Yes, we had very special meetings with Leslie and continuing—we're very lucky.

I would not call it 'luck', but I would say to you, this was always meant to *be* at this time.

George: Yes, we have some expressions and 'our good fortune would be another expression and we certainly rate ourselves as being in much light as a result of this work and I think we *feel* it is our good fortune.

Lilian: Maybe that's the human part of us...

Yes, in that case might I be included in feeling so honoured to work with each one of you.

Sarah: That makes us feel even better when you say that Salumet.

But it is the truth. Now, because I have much work this time, I know that you have words to say to me, (Yes) therefore let us speak of them so that your evening may continue.

Lilian: Yes, do you mind taking—one question this time, from a young lady who lives opposite me—and she's obviously searching. She's read some of the transcripts—would that be alright? **(I will be happy...)** Yes—this is about her daughter: *'My daughter is an extremely sensitive and anxious child who feels both physical and emotional pain intensely, both her own and others. I am increasingly seeing a strong nurturing instinct in her toward all living things—plants, animals, insects and human, and she can show great distress if she sees anything being harmed. How best should she be guided in view of her young age, so that she can retain her kindness and gentleness without being overwhelmed by the challenges of life? She is often unhappy and deep in thought and I would like her to have greater peace of mind and confidence.'*

She is obviously searching herself.

Yes and as all mothers upon this Earth, she is concerned for this young soul. (Yes) Not only does this happen with youngsters, but mothers of the adults in your world also feel they need to protect. To protect is not all, but to allow the Spirit within to grow is a much greater gift of Love. If the child has sensitivity and emotional sensitivity, how can you decide that she needs to find more strength? That sensitivity belongs to her Spirit, and should be encouraged, although I have to say it is innate within this child. What I would say to this mother is that she must help her on the emotional sensitivity, because, as you well know, you must take control of the emotional aspect of your being if you are to move forward in life. Do you each remember my words about emotion? (Affirmed) (Yes)

Lilian: And she has gone through a pretty tough time herself.

That is her choice. She came to this life with those choices—that is something that the mother is still to understand. She can only protect her in as much as she can offer in the purely physical sense, but the child needs the spiritual aspect, if she is to develop that great sensitivity which she now has. The mother is in fact ‘borrowing’ this child for this lifetime and the way that she can best help, is to allow the child full rein of that sensitivity in all aspects of living, but to try to help her to understand that to become too physically emotional, is not the way forward. But of course the mother at this time has trodden a pathway, which for her has not been easy, so she would find at this time it most difficult to deal with the emotional aspect of the child. So I would say only this to her, that to encourage the sensitivity and just to allow the child those times of great love and also of *unhappiness*, because as you know, you cannot have full rein of one without the other.

George: So I think your previous words on emotion included: if we can distance ourselves from the seat of that emotion and view it from more afar.

Yes, because your emotional body belongs to the physical, the sensitivity belongs to Spirit—there is a great difference and it is something which you human beings struggle with throughout your lives, but having the knowledge helps to ease many emotional institutions. I have seen it within this group, how you now view matters within your world, which at one time would have caused you great concern and distress and which now you accept as part of a fuller picture.

George: Yes—the knowledge certainly helps.

Yes, but it is not something that comes easily to the human.

Lilian: Thank you very much.

Now, I will continue my work with this one and please do try to refrain from any sudden loud noise.

George: Might I ask if the music we played last time, was an inconvenience at all?

No, because I am *aware* of what you are doing; it is any sudden loud, sharp noise—and again, it is not for my benefit but for this instrument. (Thanks an farewells)

~5TH September 2005~

The meeting began as usual with our giving of names (and brief identification address) for healing. In addition to individuals this time, our prayer/heartfelt feelings were for those caught up in Hurricane Katrina and the many hundreds that lost their lives and the bereaved ones in Iraq:

Good evening. (Welcomes)

As always my dear friends it brings joy to join with you once again.

Lilian: Yes it brings joy to us as well.

George: It certainly does.

Before I came to you this time, it was good to see how brightly each one shone as help was asked for your fellow man. This is a time when asking for help for another increases your own dimensions of light, not only for those who ask, but for those of you within the room who join together in asking the Great Creator for the help that is needed. Your light shines more brightly at these times than at any other time in your earthly existence, because you place to one side your own egos, your own thinking, and you feel and love for one other human being. There are many who gather around at these times, because your thoughts are *seen* before they are asked, and therefore many gather in the name of Spirit and in the

knowledge of knowing each one of you that your prayers must be offered in the way of love. Therefore I wish to say to you: thank you from so many in our world who are dealing with your thoughts of great love for your fellow man.

George: It's very good to hear—to have confirmation of all that connection which we think we feel sometimes, but it's so good always to have that confirmation.

Yes, you are always prone to some doubts—we know this too well, but by now my dear friends you *know* how powerful your thoughts can become, and those thoughts when given selflessly and given with much love, are so much more powerful in their destination. I would like to say just a few words this time about something that puzzles so many in your world concerning the transportation of your Spirit from this world to ours. So many times have you heard that when the Spirit leaves the human body, so many describe the journey of the tunnel and Light. You full well know my dear friends that as the Spirit departs from the body, there are many who are ready and waiting for that Spirit to come home. There is some talk amongst you human beings in your world about why the majority of people who depart, and who have returned to the body, come back mainly with the same conditions of seeing a tunnel that is filled with light at the end, and feeling of great love. Many say that the Spirit actually travels *through* this tunnel towards the light. Many refute this explanation, but as you well know, when the Spirit leaves behind that overcoat of the body, it is immediately lighter, and the Spirit does not travel through a *physical tunnel*, but it is the *experience* of being free from the body that the Spirit is expressing—the feeling of lightness and leaving behind the fear and the darkness of your Earthly world. After all, it is much darker and denser in your world, is it not? (*Agreed*) Therefore the Spirit immediately feels this lightness and the feeling of travelling through a tunnel, but it is not a *physical tunnel* as you would expect, it is the *experience of lightness*, the *experience of the Spirit being* and the *Love which surrounds them* at that time. Therefore I wish to say to you that whenever these experiences are denied, you can my dear friends say: '*No, it is a genuine experience of the Spirit.*' And although it is described as a tunnel, it is the experience of Spirit being free.

George: So the idea of the tunnel suits our physical way of thinking?

Yes, it is a description given when the Spirit then returns back to the heaviness of the body.

Paul: We have an expression a bit like, emerging from a cave, from a dark place.

Yes, darkness to lightness, but that is what it is. And of course my dear friends, *well* you know that there are many experiences when the Spirit departs this Earthly plane—that many experience instantaneously, standing with those who have gone before. There are many experiences, which belong to each individual Spirit, but I would say on the whole, those who return to physical life *say* that they have experienced a tunnel. It is because they have been allowed to experience for some short time that lightness of Spirit. You understand? (*Affirmed*) Do you have any questions at this point?

Graham: A soul who led a life of wrong-doing, would their experience be any different in their destination in Spirit world—would it be different?

Again we are touching upon something which has so many explanations in your world. So often we hear of *good* and of *bad*. I would rather say that the experience of Spirit in your world is varied so much that when Spirit returns home, then it goes to the place which it has built for itself by its own experience. For some, as you know, that may entail a 'darkness', but it is not a darkness as you would understand here, but a darkness of Spirit.

George: So those who experience what we sometimes call 'near death experience' or 'temporary death experience', they might well come back and report the 'light tunnel'.

Yes, but you have a minority who also experience some form of heaviness or *darkness*, as you call it, but as I have taught you on many occasions, that darkness is the *fear* which they hold onto. So what I am trying to say to you all my dear friends, is that you must not consider these things on a physical level, but always look to the spiritual explanation and things will always become much clearer to you.

Sarah: You did say once before that we create our own light and we also create our own darkness. (*Yes*) The darkness that we create then, you are really saying is fear?

It is *based* on fear and the way that their life upon this planet has been conducted. Remember I have told you *all* of life's experiences depend either on love or fear. Darkness or whatever you may wish to call it, stems from acts of fear. Therefore the Spirit remains in the darkness of its own making, until such time those in our world can reach out and 'touch' them.

Sarah: I remember reading once of somebody who had had a near death experience and who saw lots of animals—not very nice animals that they didn't really recognize and they were in this pit with these animals. That was just *fear* then, was it?

Yes. The fear is their creation, which then becomes their reality. Remember that your thoughts are so powerful, whether based in fear or in love—whichever one you are based in, that creates your reality. Therefore, if you remind yourselves, *all* experience of leaving this world is entirely at your own freewill, and although there are many who wait to help, as I have said many times, we are not allowed to interfere. The Spirit must recognize for itself what actions it must undertake. Do I make sense to you?

(Affirmed)

George: So those waiting, just have to continue waiting until the Spirit moves forward?

There is much those in our world can do to help, but we cannot step forward and say you must do this or that, because so often those in a state of darkness will not listen—they do not *want* to listen and we must respect that freewill, which has been endowed to them. (Yes)

Sarah: On a slightly different tack, a friend of mine said that she had heard that when you have Alzheimer's, part of you has already gone to Spirit. Would that be true that the part that they seem to forget, that they don't seem to be aware of what is going on in this world, have they already started coming into the Spirit world? Is that true what she was saying?

I would say to begin with, no, it is a *physical degeneration* of the physical brain, and only at a later stage of this condition does the thinking then begin to remove itself. But in the majority of cases, no, it is no different from any other disease in your world.

Sarah: So when you say at a later stage the thinking begins to remove itself, is that the stage when it is starting to go into Spirit?

When the body begins to close down, then the Spirit becomes closer to our world, as in many conditions of diseases within your world. For example, those who are unconscious for any length of time and their thinking is not in this world, but it is only in the latter stages of these diseases that the Spirit is preparing to return home—and there are many who stand close to help. But yes, I believe I have spoken before about returning home, and that as the body ages and begins to break down, then those human beings begin to be closer to our world than to yours.

George: And the silver cord would still be in tact at that stage...

Yes, you cannot be in Spirit until that cord has been severed.

Sarah: This friend who I was talking about, she is beginning to get paralysed, she's got bone cancer, and she *feels*, she is beginning to feel that her Spirit is beginning to get purer. I know you don't normally say things about people, but would you have anything to say about her?

It is her thinking which is creating these conditions, and if her thinking is saying: '*the Spirit is rising*', then of course it will happen. It is, I would say, a good way to condition yourself, preparing for that ultimate move. Yes, I agree with her.

Sarah: Thank you very much.

What she must not do, is doubt and become negative, but to allow the Spirit to rise.

Sarah: Thank you very much, I will pass that on to her.

I hope those few words, although we have spoken in past times, I hope it has triggered your memory of my words and again clarified the position on these things. *(Affirmed)*

George: Yes, you've now given us more detail and clarification. Thank you.

Paul: You've given more reason to it for our understanding.

It is only because your understanding has become greater that we are now able to, how would you say, 'infill' with the detail a little more.

Paul: I'm sure there's lots of that to be done!

Yes. The more you grow, the more you begin to understand and the more that we can elaborate on these details for you. Therefore my friends, I will say to you that each time you come together and give thoughts for help for those in your world, you are indeed growing in your own spiritual natures.

Lilian: Yes, we'll remember that, thank you.

Now, if you have any questions, I will take them before I take my leave of you this time.

Graham: I would like to ask a question about Spirit rescues. I am sure this has been covered, but you were saying that you're not allowed from the Spirit world side to interfere with a soul that is passing over to your side. With a Spirit rescue, is the situation created, where we are able to help and guide somebody who is passing over to do the right thing, but they're reluctant to do so—is it that they would listen more to the physical voice?

Yes, when we bring to you rescues, it is because the Spirit has shown a glimmer of light in the way Spirit is thinking, but because it has been encased within the darkness of its thoughts, it is closer to your world sometimes. Therefore we *need* your help and the easiest way if that individual Spirit will not listen entirely to us or one who has gone before, is to return it through a medium who the Spirit normally will accept, although not always, but it allows that Spirit to think about what has been said to them.

Graham: Yes, thank you for that.

So you see, in rescue work, it is imperative that our two worlds work closely together.

George: Yes and those Spirits involved, they could perhaps think of them as being delicately balanced between worlds?

Yes, that is why it is of utmost value that there remains in your world people dedicated to the work of rescue, because without you they may well remain in that darkness longer than they need to be.

Graham: That's very interesting, thank you.

Sarah: I must say that the majority of rescues that we have, which aren't that many these days, but the majority they do find the light, which is very encouraging.

We would only try to bring those to you that would not create too many problems, but I can assure you there are those individuals who would resist and fight any attempt to free them into lighter conditions. That is why it is important for you all to be secure in the knowledge of your safety with us.

George: On a lighter note, could I mention a report that comes to us from India, about a monkey that approached a Shiva temple bearing flowers on a holy day, and there were hundreds of people there in silent prayer and meditation, I gather. The monkey took vermillion and touched its forehead, as is the custom, and sat with those in silent prayer for nearly an hour, **(Yes)** at the end of which period, some of those present, garlanded the monkey with flowers and it ran off back to the jungle.

Yes. *Still* my friends you are amazed by all of these actions.

George: Well, I'm wondering if the monkey picked up that consciousness and joined in...

Animals can be influenced by the minds of those in Spirit, in the same way as you human beings are, in the same way as I am using this instrument, so too can we influence the actions of our animals in this world.

Lilian: That's interesting.

George: It's a lovely story.

But it is not unusual. And after all there is so much close connection between humankind and the ape populations in your world that it is easy to influence their thinking also. Do not be *surprised* that the animal kingdom is closely related to your own thoughts and thinking. After all, your domestic animals recognize your feelings and your thoughts, do they not? (*Agreed*) So I say only this to you: do not be surprised by anything that includes the actions of animals in your world.

George: It's nice to see such stories in print.

Yes. They would have been ridiculed many years ago, but now there is so much influence being given to your world that mankind cannot now deny what he sees.

George: Yes, these things are so much better accepted today. And there was another story about a 12-year old girl who was abducted by some men—this comes from Ethiopia. They took her out into the desert and were trying to force the girl to marry one of them and some lions appeared, whereupon the men ran away

and the lions stood guard around the young girl for several hours, until her family and the police arrived and took charge. So the lions seemed to be doing a very good job there!

Yes. Although you say the *lions*, it is the influence of the girl's own guardians in our world that have created that situation. She, I would suggest to you, has a special task in this world to live up to and therefore has great protection. You understand?

Paul: I would imagine it is the same for those swimmers who have been rescued by dolphins, and I think one was rescued by a giant turtle even...

Yes, so many times you will hear: why is this one saved, why is that one not? That my dear friends is not for you to ponder. But to accept that in the larger scheme of life that is what is to *be*, and to learn to accept all that comes to you. If you could but do this my dear friends in your daily lives: accept what comes to you with love and with thanks, then all that you do would go forward in the right direction. But of course, being human beings, you do like to make your own lives so difficult. *(Affirmed + chuckles)*

Lilian: It was very interesting the week before last to hear about beings on a smaller planet than the Earth that looked somewhat like the mushrooms that grow on our planet. I thought that was quite fascinating—I suppose we hadn't thought of beings that didn't have legs and walk...

Again, you see my dear friends, that so much your human *ego* affects your thinking. *(Agreed)* Think of creation on a much larger scale. After all, is Spirit visible? It is not when it reaches the stage of all existence, of all the love, of all unity. Therefore do not be surprised by anything that you hear. I do not say accept it without deep thinking, but that which you can accept, take aboard and think about it deeply; that which you wish to reject, then please reject it, because it means that you are not ready for that knowledge. But what we are trying to achieve now with you, is to open your hearts and mind to much *deeper* and *greater* things. It is up to each individual to decide for himself whether he wishes to advance with that knowledge, or whether he wishes to stay quietly within the knowledge, which he has already attained.

George: Yes and you have told us before that all things are possible, and I think we are learning the wisdom of that.

Yes, you are beginning to know the ground rules, as you would say in your world. You are quite a long way from all knowledge... *(Knowing laughter)*

...but at the same time I can tell you how much your minds have opened to the way of Spirit, and after all, as sparks of divinity, you must have that all-knowing knowledge within, otherwise how could we make sense of it all? Now my dear friends I feel that I have given you more than enough to think about this time.

George: We have *much* to think about.

Yes. I do not apologize for going over old ground, but hope that you realize that by reiterating my words with a little more added on, it helps you in your understanding. *(Affirmed)* And with those words I will leave you, and I know that until we come together once more, your lives will be enriched by the knowledge which comes to you. *(Thanks + farewells)*

Note: Both the 'monkey' and the 'lions' stories were recently reported in Fortean Times; a monthly magazine that has as one of its objectives, to present unusual and intriguing stories, found in the world's press.

~26th September 2005~

We had to cancel a number of meetings, so it was wonderful to get back to our group once more. It was only a small gathering, but one who had been before came through Sarah:

I am visiting you once again. I hope you remember my last visit to you. This was some time ago, when there was a Danish lady here. *(Expressions of joy)*

George: That was Jetté! *(A good friend)*

When I came that time I spoke in my native tongue. I have been asked to come to you and speak in a tongue that you will understand.

Paul: What was your native tongue?

We were from the Southern Americas.

Paul: Ah yes, I remember.

This group that was my family was brought to a kingdom that was foreign to us. We were taken as slaves to work for this powerful unit. We were ostracised, because we could not speak their language and it was during this time that the language I spoke became intermingled with the language of those who took us, and in time, our language became redundant. It was for this reason that you could not find a translation for our language.

George: Oh that's most helpful that you've told us that. We thought at the time that it was an Inca dialect—an ancient Inca dialect. Would that be anywhere near?

The Incas were the ones who took us. But the language was not Inca. It became intermingled with their language, but the pure language that I spoke at that time was from further south, and was a tribal language. It bore little resemblance to the Inca language and this is why it died out when I was taken. The tribe that I came from was so depleted that it was unable to exist for much longer, and the language ceased in that part of the Americas as well. So it would be very hard for you to find any translation of that language.

George: Yes. Thank you for telling us that.

But we were a proud tribe, and we wished dearly that the language would continue. It was for this reason that we wished to bring this to you, so that a recording could be taken and it is therefore not completely lost.

George: And it is not lost in Spirit of course...

This language, of course, can be used, but I have to say that we do not use language any more. But, in returning, I had this strong desire to use a language dear to me and to the members of my tribe.

George: Yes, we understand that. I can say that, since that occasion, we have got some much better recording equipment, so if at some stage you would wish to use that language again, we now have a superior recording of it.

Our guest immediately launched into a 2-minute oration in their language—Audio link:

http://www.salumetandfriends.org/resources/2005_09_26+keeping+a+language+alive.mp3

George: Wonderful! So we have your introduction as well as the spoken language. Are you able to tell us something about the meaning of the words you have just spoken?

Much of what I was saying was to praise the tribe and the living that we had. When we were happy, we were partying, as you would say. And it is in this joyful atmosphere, that I was bringing you words of happiness and enjoyment, and discussion of various activities that had pleased both the tribe and the elders. (Wonderful!) Words that were given were difficult to translate word-for-word, but the general feeling was happiness and gratitude for life, and the joyous moments that can be taken from activities of groups together. Venteh-ooah! Is 'greetings to you all'. And I know that the members of my tribe are most happy that you take such an interest in our language. We would hope that sometime, we will be able to impress upon you, not only the beings as we were, but of our clothing and headdresses that we wore.

George: That would be wonderful.

We will try on another occasion, to bring to you the atmosphere and the whole concept of our living to you, and we will try to dress each one of you in an attire of that time. But I will need some help from others in order to do this, so this will be for a later time.

George: Yes, and hopefully we shall have a larger group here; our numbers are small at the moment. We offer you our regret and sympathy that you were taken into slavery. That must have been a difficult time for you.

It was a very sad time. But, as you are aware, that is really of little importance today (Agreed) So, I will take my leave of you, and look forward to dressing you all up on another occasion.

George: Thank you so much for your visit, and we are very happy to have this recording of your words in both languages.

Paul: And it would be lovely to hear more about where you lived—it's a beautiful area in South America. You've got so many different aspects—mountains and jungle—wonderful rivers—lovely to hear about where you used to live.

We will bring more information to you next time. And we will bring the chief with us, who will inform you of much of the area, as he was the narrator at that time.

George: We shall look forward very much to that visit. Thank you so much.

George's Notes:

On the Monday following the earlier visit (19/4/2004), questions were asked of Salumet about the language, and his words were: I feel that you should look towards the Inca language. He also said: you may find that some of what was said is of the ancient language and may not be as easily available to you as you might hope. On reflection, the words as chosen are very apt! Through the Internet, we were in touch with Barry Werger, in California, who assured us that it was not Quechua—the lingua franca of the Inca, and that is about as far as we were able to get with our enquiries.

~3rd October 2005~

Good evening. (Welcomes)

I am happy to join with you again.

Lilian: We're very happy to have you.

George: Yes, we've missed you and are indeed very happy ourselves.

I have not been far... The delay this time was because there was one anxious to come forward, but I have delayed that this time. As we gather together again, I say to you all my dear friends, how far you have come in this year of your time.

Lilian: Thank you.

Not only have you gathered information about mind projection, but indeed your own individual Spirits have soared, at some point in this one of your earthly years. You have come together as a united group and I know you feel you always have been that, but it is only in this year of your time that this has occurred spiritually. You cannot always see or feel this for yourselves, but because we are more aware of the wider scheme of life, we are able to see much more clearly how you have grown.

George: I think there is a *feeling* that this is a very important time, but it's very nice that you tell us that things are moving forward for us.

Yes, and of course I reiterate to you that a great deal of that responsibility lies with yourselves. We can bring to you much, but without your cooperation, without your dedication it would be lost. But this growth of Spirit is not only confined within these walls, but it is something which is growing throughout your Earthly world at this time. It is a map, which is being written in time, as many individuals are beginning to recognize that they indeed are more than physical beings. I am sure that most of you by now have recognized that many more people are speaking of their own experiences, about what they *feel* and what they know. This has not always been so; there have been times when the words of many have been put down as 'complete rubbish' in your world, but the Truth will always survive. And this is what is happening—it is almost like an explosion of Truth within your world at this present time. No longer are people being kept quiet about what they know to be the Truth. The people of today on your planet are recognizing that each one is an individual with a *mind* and thinking of their own. Have you any questions at this point?

George: In our exchanges with Planet Aerah, we were debating about the way in which our many and complicated rules, laws and regulations are really taking over, or have taken over to a large degree, *from personal thinking*. We differ from Planet Aerah in that our lives here on Earth are much more complicated in terms of rules and regulations as opposed to free personal thinking, (Yes) so if the thinking comes to the fore, I imagine this is a very good process.

Of course. I have told you previously that this planet is such a young planet as far as spiritual growth goes. There are many worlds that you know not of, which exist and exist with the use of the thought and

the spiritual mind, and yet are not Spirit, but they have attained a *degree* of knowledge that just to 'be' is all that they need to be. Do you understand? (Yes) And, yes, your connection with that mind projector, which after all was meant for your own spiritual growth, is a planet, which is much different from your own.

George: The comparisons help us in a way to see *ourselves* more clearly I feel.

Yes, that is a good point. It is something that you should study well. You should learn from the information that is being given to you, but at the same time, it is not only information which we seek to give to you, but we wish to *teach* you of the experience that you are ultimately capable of, and which I am pleased to see you are trying to now put into some kind of action.

George: Yes, we are trying and I am sure we all realize the great *value* that this can have.

Yes, you must always keep that focus in mind. It is for your benefit also, not only just to be given the information which comes, because after all, you may digest a book, but never really understand it. But what we wish you to do is to accept the information, but to also take that projection which is being shown to you and put it into daily practise.

George: I get the impression that, as the spirituality increases on a planet, the *matter-density* of the planet decreases, (yes) and the water on Aerah sounds to be more like the water in our Earthly Astral Planes...

Yes, you are quite correct in that assumption. After all, if you grow spiritually you are leaving behind that heaviness, that *density* as you call it, and you become much lighter beings. Therefore, if so much lightness exists, so too does that have an effect on the planet within which you live. In the same way as you as human beings give out thoughts of love to many on your planet—when those thoughts are received and help is given by all involved, there are areas within your planet, which also become much lighter, much purer. So, can you imagine the lightness of a planet whose spirituality is far above your own?

George: Yes indeed. This is quite a realization and I'm sure our scientists, and particularly chemists, have felt that *matter* is all much the same throughout our universe! But its density *does* seem to be very different...

Yes, it has to have some effect, in the same way as your thoughts project and give help to others—it is the same, it is the lightness which touches the density of the matter *where you are*, and makes it lighter, because of the love element. It is the love element, which alters matter and structure and people. Always remember this my dear friends and you will not go wrong in your thinking.

Graham: With the development of mind projection, which we are trying to achieve, if that is achieved to some extent and a certain level of attainment is reached in a lifetime, is that level of attainment then continued into the next lifetime?

You already have that attainment within you; it cannot be lost when you return home. (Yes) You are on this planet rediscovering what you already *have*. It is just that because of *where* you are and the situations that you are in that everything becomes much more dense, and that your mind has become dulled over the many centuries of living upon this planet. But as Spirit you already *have* that ability, you already *have* that knowledge—you are here to rediscover what you already know.

Graham: Yes, you have told us that before! (*Chuckles*) (Yes) It is interesting that Bonniol (*from Planet Aerah*) said that the Spirit children, even when they are unborn, are able to mind project to those around them, which I thought was extraordinary. They have obviously progressed so far and they have come back to their planet with this extraordinary ability ready to continue where it left off.

Yes, they are already lighter beings and that is what you are working towards on this planet, although you will never achieve the same amount of ability as they have upon that planet, because that is not part of the evolution of this Earth.

Graham: So our two planets won't necessarily converge; we are just following different evolutionary paths. (Yes) I understand, yes.

You cannot be the same, but you *can* have connection through the mind projection.

Graham: One thing I was particularly interested in was their method of transport, where they use the energy from the elementals to help them provide energy for their vehicles for transport, and things like that. Is this something that will become part of our evolution in the future?

We are looking a long way into your future, before any attempt at that kind of travel is possible. I would have to say your evolution is in the first stages, in the same way that you as Spirit within these physical bodies are quite naïve in your knowledge. But it is only a shell, the knowledge lies within, it is up to each individual to hold that responsibility for how much of that Spirit is allowed to become free whilst upon this planet. And I do not ask any pardon for repeating that you are entirely responsible, with our help, of course.

Graham: Yes. Thank you for those answers.

There are many planets, which you could not associate with, because they are, as you know and understand full well, all of existence. Yes, too much for your understanding; you will never fully know until you return home, how much of existence there is within all of creation. You are but one iota within all of Creation.

Lilian: Something to look forward to, to be able to understand...

And even when you return home, you also have responsibility in discovering what there is to know. It will not come to you in an instant, but it is there for all to see.

George: It was very nice to have a further visit from the 'ancient language of South America' friend, and it's now our understanding that it was a South American tribe that was enslaved by the Inca, so that their original language was melded with the Inca and it is not exactly an Inca dialect. Your words "look to the Inca" when we asked you about it were most apt. (*Knowing chuckles*)

I thank you for those words. It means that sometimes I am correct! (*Big chuckles*)

Sarah: I think, Salumet, you could knock the 'sometimes' off—I think you're *always* right! (*More laughter*)
I am here to serve you, to encourage you, to help you and most of all, to bring to you Truth of Spirit. And as I told you when first I came to you my dear friends, I ask only that you can accept what you will, and if any of my words do not fit, then I ask you to reject them, not because my words are untrue, but because you may not be ready to hear them. But I can again say to you that this group to which I have come, and waited many years to come to, are *sound* in their acceptance of my words, and for that I thank you.

(*Thanks expressed*)

George: We would be very foolish not to accept. We have so much enjoyed your words!

Lilian: Could I ask a question of something you said I think the last time you came—I'm not sure, but it was about a neighbour of mine who has this young daughter, and I believe your words were that she 'borrowed' that child, obviously in Spirit. Could you explain a little more please?

About borrowing children?

Lilian: How come she *borrowed* the child?

Perhaps the word 'borrowed' has confused you.

Lilian: Yes, I am not quite sure that was the word, but I think it was.

Yes. Let us speak generally—in that case that each one of you comes to this lifetime as part of an agreement with many others, and when I say 'borrow', if that is the word I used, it means that no one person belongs to another. You have come and taken a pact to be whoever you may be in this world for the betterment of either your own Spirit, or that of others, whether it be husbands, mothers, fathers or children. Each Spirit comes with the knowledge of what needs to be attained. Therefore, that child has come to that mother on their own agreement; therefore that way the child does not belong to the mother. Does that make more sense to you?

Lilian: Yes. It's almost teamwork, but we don't *belong* to one another.

You have responsibility, individual responsibility, but of course in the way of life of this planet, adult members have children who need to be looked after and guided and helped, but you do not 'own' your children.

Lilian: Yes, thank you.

Graham: A lot of talk has been about '*learning planets*' and planet Earth is certainly a learning planet, but are there any other types of planet in our universe, where beings are just *being* there and not necessarily on their planet to learn but for other reasons, just 'to be' for instance?

There are indeed other planets that have different purposes. In fact there are many, many planets, where the Spirit is there only to reach enlightenment in order that they may return home more 'wholesome', if I may use that word. Yes indeed, there are many, many planets of which you do not know.

Graham: So the beings on such a planet would be of a meditative state?

Not necessarily, but their awareness would be much greater.

Graham: Yes. That's very interesting.

Yes. There are also planets for the angelic beings, who return to them time to time, but that is a topic for another time. But yes, you are correct when you say there are many, many planets. (Thank you.) You are isolated on this planet for knowledge; that is why I felt it would be good for you to have a visitor from another planet, to expand your way of thinking, and to introduce you to the fact that there are many planets in all of Creation, which are different from your own—but nevertheless they exist.

George: Yes, it's like taking a look at ourselves from afar. **(Yes)** We have the expression: 'you can't see the wood from the trees', but if you're away from the woodland you can see it most clearly.

Yes, that is a good analogy, I would agree.

Sarah: And also it seems that, we call it Planet Aerah—the people on that planet have become more spiritually advanced, or *aware* perhaps I should say, than we are, but they weren't *always* like that. So, it gives us a little bit of hope as well that our planet will get there as well—you tell us we will, and it's nice to see that planets *can* get there.

You must not compare yourselves to another planet, because each planet has its own function. As the gentleman previously has said, there are many types of planets. There is still a learning process going on in Planet Aerah, which you would not be aware of, or perhaps even understand, but it *is* still a planet of learning, although far superior in knowledge to your own. I hope that is helpful to you.

Sarah: Yes, thank you.

George: Forgive me for asking another question about the past, but it does have connections and I wanted to check material, which comes from a particular source. I have heard that in the days of Atlantis there were four brotherhoods, and those four brotherhoods had connections to the four elements and the *elementals* within those elements; such that the brotherhood relating the water element were very good at looking at problems of 'emotion' in humans, and the brotherhood that related to the air element, they were very good at examining problems of 'mind', and correcting them and so forth. Would you be able to confirm if there were four such brotherhoods?

Let me say this to you my dear friend: much has been spoken about Atlantis. Yes, it did exist, yes there have been many things spoken, but I will simplify this for you. Indeed there were many *brotherhoods* as you call them upon this Atlantis. If you look to your astrological processes of today, you will find similarities. They also speak of Earth, fire, water, air, which are connected in the same way as you have mentioned. Water and air, and yes, I will confirm that there were brotherhoods who dealt mainly with these things. But look to astrology and the *source* of astrology and you will *find* that there are many comparisons to both. I hope that will be helpful.

George: Thank you, yes, that is another thought for me. Yes I know this lady whose Atlantean high priest still visits her, while she's in this life. **(Yes)** I just felt I needed to check that piece of information.

Yes, they had much knowledge at that time, but I have to say there was a lot of abuse of their knowledge.

George: Yes, thank you very much for your answer—that does help enormously.

Sarah: And the 'abuse of the knowledge'—you said that great civilizations, because they have abused their knowledge and power, that is why they have fallen. Maybe that was the same with Atlantis.

Yes, and of course evolution played a great part in the downfall of Atlantis.

George: The Earthly evolution?

Yes, it is a much wider picture than is usually painted, but there was abuse of their knowledge also.

I hope that is helpful to you.

George: Yes indeed. It surprises me sometimes how much interest there is in that particular civilization, and how much controversy there is, **(Yes)** with scientists who dispute the Earthly evolution factor and in terms of—they would expect to see more evidence on the ocean floor of the upheavals.

As I have told you, in time past that your oceans have yet to produce much which has until now never been discovered—but that time will come; it will present itself for all to see. Your oceans on this planet at this present time—little is known about the far depths of the planet.

George: And as you have said several times, the timing for these revelations has to be correct.

Yes, it would be simple to say ‘why, what, where’, but as you have said, those people who are credited with knowledge, are sometimes the last to know and understand. (Yes)

Now my dear friends for this time I will leave you once more with all of my love and I ask that you sit quietly and allow anyone who wishes to come, to come to you in peace and in love, and I will leave you with our dear lady friend. (Lilian—thanks and farewells)

George’s notes:

Matter density: What constitutes matter of course, is: molecules, atoms and sub-atomic particles. It all becomes less dense as spirituality comes to the fore. And it is clear from our other communications that this confers a bias on properties of liquids, metals etc. So, one cannot assume that ‘chemistry’ is constant on all planets in the universe.

Atlantean brotherhoods: In fact we had mentioned Vincenta before to Salumet (3rd Nov 2003) and had been told that there is good purpose in our communication. (Perhaps I was checking a detail prior to later publication of some facts on Atlantis and their connection with the Salumet teaching.) Anyway, it is always good to find agreeing cross-reference between sources, especially such sources as Salumet, Bonniol on Planet Aerah, a lady who ‘receives’ from an Atlantean High Priest, one from an extinct tribe in South America who were enslaved by the Incas (More on that next time) etc. How diverse can one get?

~17th October 2005~

One via Sarah, from a pre-Incan South American tribe:

Lilian: Good evening.

I am most happy to be with you once more. We have been keeping an eye on you, and feel that you are ready to take on some of the clothing that I mentioned to you last time.

Lilian: Yes I remember.

If you are happy to dress in another garment I will bring my friends with me and each one will put on one of you, a garment that was used in our time. So, can I ask if you will be happy to be dressed this time?

George: We’ll all be very happy. Thank you. (Enthusiastic agreement)

So each one will have a separate dresser and each one will take a different costume. We will ask that you try to tell one another what garments you are wearing. This has been done in conjunction with others in Spirit, and this is part of your development as well as a little light heartedness from a ‘previous time’s dressing’. So, if you will prepare yourselves, we will bring to you the costumes, and I will return in a short while to hear what you feel you have been dressed in.

Lilian: That should be interesting for you.

And if I may say, I think it will be quite interesting for you as well. (Chuckles)

Lilian: Yes, it certainly will!

So, I will stand by for a short while, and then will return for your comments.

George: Can you say if they would be everyday clothing, or would they be ceremonial attire?

There will be a mixture. This is why I have brought along my friends to dress each one of you in different attire, but let me assure you that my tribe would have all had a part in the preparation of these costumes, so they are from our tribe only.

George: Mm—thank you (General thanks expressed)

(Pause of 2-3 minutes)

Let me first explain my costume: I have several feathers in my hair. My hair is tied back and the back part is plaited. At the end of the plait there is also a bunch of feathers. On my feet I have skin from a wild boar, and the fur is covered over the top. On my legs I also have skin. This is wrapped round the legs and tied with pieces of skin and coarse grass. On my lower part I have a skirt which is also made of skin, but it also has woven in it, parts from a plant which is most hard to touch, but when soaked, becomes soft. When it has been woven together and crushed, it becomes quite soft. This is used only in the hot weather. In the cold weather, the skin is laid over the top and is fastened together through the legs. This helps to keep warm. On the top, I have another of these woven garments, and on the top I have a beautiful fur, which has on the back, many feathers with the quill pointing upwards and the feathers forming a fan over my shoulders. These feathers we colour. Each colour of the feather denotes something. In my case, most of the feathers are red. This is because I am the chief of the tribe. On the front, I have buttons, which are made from pieces of bone, and are tied on with pieces of skin and grass. My headdress with the feathers, is kept on by a leather strap. When it is cold, a cape is made from the grasses, and the fur is stitched onto it. It is attached at the shoulders, and this helps to keep warm—but always the feathers must show. On my back, the feathers are mostly red, but on my head they are white. This is a signal that I have taken over from a deceased relative. If there are no males to take over, the one in charge would have his feathers red, and the ones on his back would be red and white. And now I look forward to hearing what you feel you have been dressed in. I will sit quietly and listen.

Lilian: Yes. Thank you for the way you have described your costume. *(Thanks expressed)* Graham, what did you feel?

Graham: Well, I think I could feel something around my body that was brown and I think was tied around my middle, and I think there was something white round my neck and across the top of my chest. And my legs were covered with brown leather—soft chamois-type leather. These kept me warm. I didn't feel anything else.

Lilian: Sue?

Sue: Well I felt very cold and was wearing almost nothing, but I then had the impression of a heaviness around the shoulders and I think I had a cape on. I also feel I have bells sown around my ankles, also something like an apron covering most of it, going across my chest, round the back and tied. And I've still got this feeling of a heavy cape, with very little else.

Lilian: George?

George: Well, I have a feeling of more like a bark-cloth, but I may be wrong about that. It seems fibrous and smooth—a sort of brown jacket, and something around the lower body—tan coloured with small brightly-coloured pieces. A sort of shoe—possibly a skin sandal. I haven't really got any feeling of feathers. And that's about it.

Lilian: Eileen?

Eileen: Yes, I'm also dressed in a brown chamois-type material, quite plain type of material. My hair also is plaited. And I have a feather, which is white, with a black tip. But at the end of the plaits, it is like pieces of leather of some kind, in blue, yellow and black. At first my feet were bare, but now I could feel flat boots, with a white fur. And I've got beads around my neck and they also are blue yellow and black. And it almost feels like I am in a marriage costume. And perhaps that's why the boots were placed on me. All I can say is that I feel very clean, if that's important *(Laughs)*

Lilian: Well, I was feeling feathers, almost before he'd stopped talking. I can only think it's a cloak. I may be wrong there, but a cloak covered with feathers. I don't know about my feet, but I felt there was braid about my legs. Nothing with the hair or the head. So let's see how right we are...

We are most glad that you have been able to accept what we have put on you. Let me tell you that the first gentleman, (Graham) was a worker in the stables. We have many animals, and you were indeed helping with them. The costume you had was one of one who works with animals.

The lady (Sue) who was dressed in this heavy cape, this was because she was taken to the fields with food for the shepherds, and it could be most cold. This was her work, and the one who would wear this cloak was the only one who would take the food out in the winter months.

The lady who was sitting next to me, (Lilian) she is the one who would prepare the food for the summer months. In the winter months, she was allowed to be with the elders in their capes, and her role would have been to make sure all was well with the high-up people in the winter months. For this reason, she was made to look much more attractive than most of the females in the group, and was permitted to wear these braids upon her, not only on her legs, but also on her arms and around her head and neck.

The gentleman, (George) he would have been one to prepare the ammunition for fighting and hunting. He was a most important gentleman, and he was the one who organised all, to make sure there was sufficient arrows and suchlike for the fighting and the hunting. But he seldom went out hunting himself. The job of fighting and killing animals was up to others.

And the last lady, (Eileen) how right she was! (Speaking tenderly) She was my wife.

Lilian: Oh—very colourful, I should imagine...

Unlike nature itself, the females of the tribe were dressed in the most beautiful attire that could be made, and much work was done by others in the tribe, to prepare the ladies for this most important role. At all times, they should be dressed and attired in the most luxurious and attractive clothing and ornaments that we had available to us. This was partly why the other ladies were always dressed in dull colours, so that the most important ladies could shine and were indeed noticed.

We are most grateful to you for letting us bring to you a little of our life and costume.

George: We also are very grateful.

It warms us most heartily, because we now feel that our language and our dress have not been completely lost forever.

George: Chief, you mentioned the cold several times. Does this mean that you were from a mountainous area?

We were a tribe of some 'nomadity', if that is the word...

George: Yes, nomadic, yes...

We spent some months in the valleys and some in the mountains. But we were pursued, and we needed at times, to go high where it was cold, so that those pursuing us would not venture that far. For that reason, we needed to have both warmer and cooler clothing. We would have preferred to stay in one place in the warm climate, but for the sake of staying alive, we had to suffer the cold. So I hope that answers your question.

George: Yes indeed. Thank you very much for that.

Lilian: Did you have more than one wife, or just the one?

I had the one.

Lilian: As we do here...

But it was not uncommon for leaders to take more than one. But I needed only one.

Lilian: Did you have big families of children?

I was most fortunate in having twelve children, and five of them were male. So I was hoping that I would have an heir. But this, as you know, did not happen (Yes) I will now ask my friends to join with me, and give each one of you a taste of our celebration wine, which was made from a berry that was so sweet that in next to no time, the wine was ready to drink.

Lilian: Interesting that you made wine as well...

We are putting a little on each of your lips, and ask you to savour the sweetness, as we take our leave.

Lilian: Thank you—very interesting!

George: What a lovely thought! Yes, thank you very much for that. (General thanks expressed)

That concluded the third visit from our South American tribal friends, and left us with a valuable picture of how life in that region must have been; and how sad it is that they were finally taken into slavery by the Inca. Perhaps this record and the language record received earlier have been in the nature of a healing? There then followed a meditative journey of upliftment, channelled by Eileen, the audio of which can be found in the meditation section of the website: <http://www.salumetandfriends.org/16.html>

Finally there was a rescue through Eileen. (Audios of rescues freely available from website: www.salumetandfriends.org)

~7th November 2005~

Again several meetings had to be cancelled for various reasons. One of interest came through Sue, describing all of the spiritual lights in the room as looking a bit like fireworks. There then followed a rescue through Eileen. Audio link: http://www.salumetandfriends.org/resources/2005_11_07+Rescue+pastry.mp3

~14th November 2005~

Lilian: Good evening, welcome.

Good evening. (Welcomes)

Before I begin, let me wish and extend a warm welcome to our guests this time. As always, my dear friends, it is good to join with you, to enable us to discuss matters, which will provide you with more information. But, because we have our visitors this time, let us have an evening of your questions. Before we go on to your questions, let me just say this to you: that, as we approach another of your Earthly years, you all my dear friends, will find a great upliftment of your spirits and as we approach the time of your new year, I ask that each one prepares himself for more new knowledge.

George: That is certainly something to look forward to.

You have been hopefully, developing that inner strength, which belongs to you all, and this past year has seen many occasions when this has been so. Now, if you have any questions at this time, let us try to discuss them.

Lilian: Shall we start with you George?

George: Yes, there's one question I would like to ask: We have a term 'Ascended Master', which I think implies that a Master has developed and ascended from planetary life. But I think we know that it is not always like this and this presupposes different kinds of Masters, or Masters that have travelled different pathways, and as a result, reach the status of Master. Can you tell us something about that, to help clarify our thoughts?

Yes, I understand your question. Let me say this to you, my dear friend: As always we have the problem of physical words, and the saying, 'Ascended Masters', has been used as a cloak for many things. But for you, I will try to clarify *our* position. There have been, and are today within your world, many people who have *gifts of the Spirit*, which is far above the normal human being. These people who have come to this Earth Plane with these many gifts of Spirit to display, are given titles, to which truly they do not deserve to have, because, let me clarify this for you: **An Ascended Master from our world, would be one who already had many gifts of the spirit and would work from the spirit world, in the way of influencing another human being. That is the reality, but because you human beings hold on to your egos, you are inclined to think that any soul who has descended to this Earthly plane and shows these many gifts of Spirit, must be a Master who has ascended and returned to your Earth plane. Not so—they are another aspect of a Soul who is still learning in your world. And although the word 'Master' may well be used for them, I have to say in *our* world, they would not be called Masters.**

George: Yes, I see—this has to be the key to our understanding, **(Yes)** that they are Masters as defined in Spirit world.

Yes, yes—always you human beings are so keen to have something special, when very often it is only a Soul who has come to grow, in the same way as every individual within this room, has come to grow.

Graham: Would Jesus be an example of an exception to what you've described?

No, no exceptions. He came to this Earth—if you wish to use the word 'Master', then he was a 'Master of Spiritual Gifts'. (Yes) But he was not what we would call in *our* world 'Ascended Masters'. Ascended Masters teach from *our* world. You understand? (Yes—) They exert their influence through *many* people, not only one.

George: So an Ascended Master, as defined, would not reincarnate, **(No)** and would possibly not be *able* to incarnate?

No of course, ‘ascended’ means ‘risen’, and if you have *risen* in our world, there is no need to return in a physical incarnation. You understand?

George: Yes, that does clarify. Thank you.

But, we are happy, and we understand that physical language dictates to you, for your own understanding, and to us that is perfectly acceptable, providing the knowledge is understood.

Sarah: So those that come back to this world, sometimes they come back to help others, but the main reason is to learn?

If you return to this Earth plane, you have come to learn something. There is no one person upon this Earth, who is—has full knowledge of Spirit, only when you return home, is that knowledge extended for you.

George: Yes, I think I can understand that Jesus would have had much more knowledge **(Yes)** than others inhabiting the Earth, but I assume, as you say: not *full* knowledge.

Of course, otherwise he would not have returned in human form. But of course, he had many, many spiritual gifts, which were useful to him while he walked this Earth. And as we have discussed on many occasions, there have been many so-called Masters in your world—those Spirits who come to offer their love to this world, and to use their gifts for the betterment of mankind. I hope that is helpful to you.

George: Yes, I’m sure that’s helped clarify *all* our thoughts.

There is much misunderstood information upon your planet, but as I have said, if people find these words helpful in their understanding, then so be it.

George: Yes, I think part of the difficulty has been our incomplete knowledge and our language **(Yes)** and our thoughts. **(Yes)** But that does help to clarify, thank you.

And as I have stated: mankind’s own ego—that has to be a huge consideration.

George: Yes, that can power our thoughts in the wrong direction. **(Yes)**

Lilian: How about you Roy, any questions?

Roy: Thank you, yes. George told me, Salumet, that you would not be available over the Christmas period. Is that a coincidence that that is also the main Christian festival that’s on at the same time?

I understand your question and thank you for it. I withdraw on many occasions throughout your calendar year upon this Earth. But at what you call ‘Christmas time’, which after all is another religious festival, it does coincide with a time when many of us in our world gather, because there is so much love already in your world at that time of year, that we feel it appropriate to withdraw for a very short time. But in saying this, although we withdraw, we are fully aware of each and every one to whom we come. There has to be a time when we withdraw, and we have to *regenerate* if you like, our own spiritual energies (Thank you.) But as you would no doubt agree, at the time of your many festivities throughout the year, there is always more abundance of love and goodwill to each other—and in this, I am speaking generally. But it is not *because* it is Christmas—that really does not hold any strong indications with us. It is all to do with the love energies, which surround your Earth at that time. (Thank you.)

Sarah: And you have told us Salumet that you need to yourself, get regenerated or whatever is the word... **Yes, it is something that has to happen, because, as I have told you in past times, to come *down* to this level of energy is *not easy*, and it is important for us all to recoup those spiritual energies and return to where we truly belong.**

George: Yes, and I *think* I would be right in saying that that difficulty of coming down to this Earthly energy also connects with the last question, and would make it impossible for a Master (*An Ascended Master*) to incarnate?

The density of your energy indeed would make that so. A true Master would not reincarnate into a human form—it just would not happen. And again, we have not gone enough into the subject of energy, that your understanding would be great enough for explanation of it.

George: Yes, perhaps that is again something to look forward to in the future.

That is to come, but that is some way off, I have to say. (Yes. Thank you.)

Lilian: How about you Pam?

Pam: I haven’t any questions at the moment. I’m just interested though in what I hear.

Yes, her mind is whirring within.

George: Understandably! (*Chuckles*)

Lilian: Graham or Paul?

Paul: I've got a question—a bit of a tricky one but I'll try and simplify it. It's about the power of thought I think. I've been reading a book called: 'Seth Speaks', and he gives information about 'thought' and how our thoughts effect and create the world around us. **(Yes)** And he gives information about an invisible energy grid, throughout the Earth that interacts somehow with our thoughts and is used in the way they materialise into the physical forms. And this energy grid has various intersections throughout it, such that certain places are easier or quicker maybe to materialise thoughts than other places. And I was listening to the news and picked up that there are an unusual amount of lottery winners in two towns that are close together. (*Romford and Ilford in Essex*) It was beyond the mathematics, so I wondered if those two areas were benefiting from this energy grid? And also there's a place called Pai in Thailand—a favourite spot in my travels, where I've felt thoughts seem to happen rather quickly there. I don't know if you can confirm any of that?

Yes, again you are delving into deeper matters when you speak of energy, but I will try in a simplified manner, to explain for you. In fact there is a confusion of questions here, and some, which I have answered for you previously. Yes, there are many 'areas', if you wish to call them that, throughout the whole of your planet, where energies are much stronger, but I would say that the areas mentioned by you, which have been lucrative for—I do not know what you said, 'winners'...

Paul: Lottery winners.

I am not familiar with 'lottery', (*Laughter*) but I take it that you mean that it has become lucrative for those who are doing such actions. (Yes) I cannot say that the energy of your world in that particular place is especially (*good*) for this to happen. (*Eileen coughs*) Forgive the lady, she still has a little problem with her throat this time. Let me say this to you: those places where you feel true energy, and there are many places throughout your world, where thoughts quickly become your reality—and those in the main, are places where there is not too much abundance of *people-energy*, but that the energies remain purer. Yes, there is what you call some form... (*Another cough*) Forgive—I will deal with this problem. (*Pause*) Yes, we have not discussed this before, but we do have *beings of energy*, and I mention it only because you have asked the question. There are beings of energy, who help with the thoughts of every single being within this planet. Do you remember the conversation that we had, when thoughts can be intercepted, (*Affirmed*) when they are negative thoughts? In the same way, thoughts of harmony and love and for good, can be harnessed and helped to create that reality. After all, I am sure you remember that your thought *is* your reality. (Yes) Reality begins with the thinking. So therefore you are correct when you speak of grids of energy. That is not the way I would have explained it to you, but it is satisfactory as far as I am concerned, if it helps again in your understanding. It is something we will go into much more deeply at a later stage. Again we have broached the subject of what I feel is the most important, and that is 'thought'. How often have I repeated about your thinking? (Yes) Your thinking is everything. And it is important to realise that what you think and what you wish for, should be guarded well.

Paul: We should monitor and pay attention to our thinking...

Yes, do not allow your thoughts to be too random. Be careful of your thinking at all times, or if you are not, then you must be prepared and be responsible for the results.

Paul: Yes exactly—we're responsible...

Yes, and of course again, that brings us back to thinking and the way that it affects the physical body. So you see, you come full circle with thought?

Paul: Yes, it really is our—it's everything; we have to acknowledge it, it's right at the centre of all of our lives.

Yes, but yes, there are many points of energy throughout your world. I *can* confirm that for you.

Paul: But generally these are away from the busy-busy people places...

If you are looking for pure energy, go to the places of openness, where the energies have not become tarnished with the everyday *mass-of-thought*, which occurs in places like your cities and towns. Return to the more natural habitats, and *there* you will feel the power of your thinking, and the way it is *utilised* to become your reality.

Paul: That clarifies it, thank you for that.

Lilian: Sarah?

Sarah: I haven't really, but there is one thing with—I know you've covered this ground before Salumet, but when people get older and they start to lose their memory, is this part of what they've created themselves, or is this a process of...well, perhaps I should just ask you just what it is?

Well there is never *one* answer, as I have told you, but I have to repeat once more, that in general, the result of your thinking creates your illness. (Yes) But there are those people in your world who have chosen to come, to live for however many of your Earthly years, and loss of memory can be part of that life they have chosen.

Sarah: I was just wondering if it was a depletion of energy...

It is either an abuse of your thinking, or it is a chosen pathway. (Right—thank you.) And of course, the way you live your life will determine what comes to you. And whatever you have chosen, will always come to you, if your freewill allows it to. You understand? (Yes, thank you.)

George: Coupled with that, it is a frequent pursuit these days for people to exercise their physical bodies, but not necessarily exercise their minds. In fact, much physical exercise must be very boring for the mind, and I was just wondering if this detracts from the mental self at all—exercising the physical body in a rather boring sort of way—monotonously?

Yes. Let me just say this to you my dear friend, that physical exercise I know for *many* people *helps* with their thinking. If that is the case, then it can only be good for them. (Yes) But, if they are exercising the physical body for the wrong reasons, then of course—and when we speak of mind, I believe you are speaking of the physical brain, when you say 'boredom,' because the mind would never become bored, because of course the mind belongs to Spirit.

George: Yes, that is correct. I was really thinking of the physical brain.

Yes, I thought that you were, but of course the mind needs to be—and I use your Earthly word, 'exercise,' only in as much as you need to meditate, and again I am saying to you, my dear friends, *that* is the way forward, because without your quiet times, you cannot develop those spiritual gifts. So in a way, that is the exercise for the mind. You understand?

George: Yes indeed, thank you.

But again we return to your freewill and every deed, every thought, lies with the responsibility that *you* have made the choice. *You decide* my dear friends, what it is you wish to do, what actions to take, *what thoughts to think*. It is a great responsibility is it not? (Yes) And indeed becomes more complex, as indeed you grow in Spirit—that responsibility becomes greater.

I will take one more question this time.

Lilian: This is more of a comment really: I just wonder what your thoughts were. I was listening to a program about animals—especially the farm animals—sheep and cows and so on... It has been discovered that the animals are much more intelligent than originally thought. If this is so, then we'll have to think again about the farming methods, and obviously make it much more kindly to the animals. I wondered if this is the way forward, hopefully to help the animals in the long run. Is this the way it should go?

Any deed or action that is better for the animals in your world can only be good.

Lilian: Yes, I think some are very badly treated.

I would say that in times past, the animals in your world were treated much better than they are today, because hunters and people killed animals to survive, and they did not have the knowledge, which is available today. They were in a sense, much kinder in their treatment of their animals. And again I am speaking generally, because there always are in your world, many exceptions to the rule. Animals in your world today are farmed to be killed, and that is a blight upon mankind. Animals were placed upon this Earth for a reason, and it is not always cruel for a man to feed his family—to kill an animal, provided it is

done with love and for the right reason. But today I have to say, fear has been created among many in your animal kingdom, not for the feeding of many people, but for the making of money, (*Agreed*) and for many reasons, which are not good. So my reply to your question is that any opening of discussion can only be good, and can only take you forward as far as the animals are concerned.

Lilian: Let's hope so.

Sarah: When you say Salumet that the animals are here for a reason, is that just part of the ecological development or...

Animals have their own evolution in this world. They have the right to grow in the same way, although differently, as you human beings. But, as I have said, in past times, for humankind to exist, he needed he felt, to kill to survive. Not all—many survived upon the pickings of the Earth—that is because their innate spiritual knowledge was greater. It is the thinking behind the action which is important.

George: Yes, I imagine that in present times, our interaction with the various animals on this Earth is an opportunity for us to go forward.

Yes. The very fact that there are now discussions about it, means that mankind is opening his eyes to the suffering that he creates, and no one upon this planet can be without some responsibility for the killing of your animals. Mankind I feel thinks he is the superior animal because of his brain size. That, my dear friends, is not entirely true.

Paul: I think I've read somewhere that dolphins have actually got more developed brains than us.

That is true.

Paul: And even they hadn't, I don't think we have the right to do the things we do to them anyway.

And who is mankind to say that the love of an animal is not as strong as the love which *he* feels? (Yes)

Now, my dear friends, for this time, I will take my leave of you. As always, I will be with you in your everyday lives, and as I have said, you will begin to feel an upliftment in all of your lives. (*Thanks + farewells*)

~21st November 2005~

No Salumet this week. We did have a rescue through however and there was also our visitor and friend from planet Aerah, which has been presented elsewhere. (Audios of rescues freely available from website: www.salumetandfriends.org)

~28th November 2005~

Good evening. (*Welcomes*)

As I join with you this time, I am happy to see that you are more uplifted than last time we met. (Good.)

As we are few in number this time, I will say to you that until we have gathered more of you together I will continue with questions, but before we continue with those, I wish to say that there are many gathered who would wish to come close to each one of you over the following weeks. As always, I tell you that I shall be with you on the next two occasions that we come together, and then, as always, I will withdraw for a short period of your time.

Lilian: We look forward to more people being able to come.

George: Yes, we have our various little difficulties.

We fully understand your earthly conditions and that try as you may, it is not always possible. But no matter, so long as the information is passed to each one, which I know that it is, then that is most gladdening.

Paul: Yeah, hopefully they get to read it even if they don't manage to get here in person. **(Yes)**

George: And I'm aware that with our email system we are sending the transcripts steadily out to more people all the time.

Yes, is it not of interest to see how your progress develops so quickly upon your planet?

Paul: It's tremendous.

Yes, in your past few years there have been many steps to help you with your daily lives. I will not go as far as to say that I think all of this is progress, but I will accept that if it helps to make your lives easier, then so be it.

George: Well I guess it's nice to have these various assisting things, as long as we make good use of them and that's rather down to each one as an individual I guess.

Yes, you do not want to become a slave to machinery—you are much more than that. Now as we continue this time, I am happy to take your questions.

Paul: There was a question on my mind about animals: we mentioned how dolphins have a very developed brain, even more developed than humans. I know it's been said that animals have a different system when they die and come back—they haven't got the spiritual awareness that humans have, but I was wondering if that was definitely applying to *all* animals, or whether there were a 'select'—I don't like that word, but I wondered whether there were some that were much closer to the human awareness.

Yes, I understand your question and I feel that it is probably quite obvious to you as human beings which animals have that closeness to the human way of thinking and the human spirituality. Yes, every animal upon your planet is Spirit—all things belong to Spirit as does your planet. Therefore let that be the starting point: that all is Spirit. But when mankind has a connection with some animals whose brains have also developed over eons of time, then there has to be some similarities and it is only *now* that your many scientific minds and those who deal with animals all of their time, are beginning to understand that these animals have the ability to think and to feel and have *intelligence*.

Paul: And I think some have freewill, I'm not sure if all do?

There is an element of freewill of course within all animals, but not to your understanding of freewill.

There is freewill within the regime of the animal kingdom. You only have to look at those great creatures within your oceans—your whales and your dolphins and even those sharks that man is so intent on calling—what is the word I seek—a *vicious* animal. This is not true. In fact the shark could teach mankind *many* things. You probably already know that the shark in the deep oceans do not suffer the disease that the rest of the animal kingdoms do. There would be much to find from those sharks; but it is coming as all information gradually comes.

Paul: Because a lot of these animals, they've existed since the dinosaurs...

Yes, so of course their minds and their brains evolve as does the human being, although as human beings you have developed a little more quickly—that is all—neither better, neither worse, but different. You only have to look at the animal kingdom of the apes and the monkeys within your world to see their intelligence. But it is not only within those animals that display some form of intelligence, you must also look to those what you would term 'lesser creatures' and look to how they plan and think, and of course, whatever anyone says within your world, they *do feel*. So I hope that has been a little helpful to you.

Paul: Yes, thank you very much.

George: Where sharks are concerned, they're certainly recognized as superbly efficient creatures. **(Yes)** I'm not quite sure what that means, but perhaps it means that they in a sense live a good life.

They have the ability to cast off disease and that is something that mankind has not yet the ability to do for himself...

George: Yes, that's an interesting point.

But I will stand corrected, mankind *has* the *ability*, but he does not *use* it.

Sarah: But we cause our own disease, **(Yes)** so you told us, so at some point, even though we've caused ourselves to have a disease, we could get rid of it.

Yes, there is no doubt about that.

Sarah: Because some diseases that we get today can kill us...

Yes, there is always confusion when we speak about this subject. Always we hear: 'but we do not *wish* to be diseased'. No, with the thinking brain you do not *wish* to be diseased, but with the *mind*, which belongs to Spirit, there is an inner feeling and thinking which has to have a result within the body. That is where you must look to find the beginning of disease. You are only open to disease if somewhere within

your lifetime you have been open to wrong thinking. It is as simple as that, and yet humankind finds this so hard to accept.

Sarah: I was quite surprised to see in a woman's magazine that I was looking at, and the heading was: 'Heal yourself with your mind.' I thought this was good news.

Did you want to say: tell me something new! (Laughter)

Sarah: But I was pleased to see that that sort of thing is coming through now... **(Yes)**

George: Did you see it in a magazine for sharks?

Sarah: No! (Laughs)

Yes. But be aware as I have said before, there is much information that can be obtained from looking to the oceans and seas and rivers of your world, as yet not quite discovered.

Sarah: Do you think if we were to give your words to the scientists that would help them to go forward to look—they just haven't even thought perhaps of looking at the sharks and if they were aware of it they might find the information quicker?

This is always a possibility, but I can say there is influence being given in the right places at this particular time in your evolution. It will come, but of course within the oceans of your world man cannot travel too far down to discover what is there, but it will come in time. But, even now there has come to mankind an interest in all kinds of animals in your world and a much greater understanding in this past century of your years, where men are beginning to see the animals are their equals in life rather than beasts to be preyed upon. That knowledge is already here and in place, so do not doubt that more information will come, because we are giving that influence to those in the proper places.

Paul: People are beginning to—like the song of the hump back whale—they feel it's something very special—we do not understand the clicks and the noises in the oceans, but I think they are beginning to realize that there is so much that they *don't* know.

Yes. It has to be recognized that you *are* different. Mankind and the animal kingdom *are* different, only in as much as you have evolved very much more quickly as a group of animals—that most of you come into this world and have greater opportunities before you than do the animal kingdoms.

Paul: And that applies even to the dolphins and the ones with more developed brains...

You see the attunement today between dolphins and those who feel their energies and I am sure you must be aware of the healing energy that this animal can display.

Sarah: People go and swim with the dolphins...

Because they are in tune with the energy, with the *spiritual* energy, and we all derive from that same energy; that is what you must remember. It may be in a different format, but ultimately it is *all* of the same energy.

Paul: I've read that the Atlantians had a much better rapport with the dolphins—they interacted with them. Maybe it was the children, I'm not sure, but I read that they helped them realize that the oceans are friendly places.

George: They rode on the dolphins...

They were a race with much more open minds and hearts than anyone today, so therefore any spiritual gifts of the animals and the people would find that blending so much easier. That is all it was, and of course it was lost, and so mankind returns to the beginning to relearn what has been lost. And that is the situation of it in simple words.

Sarah: I think you did tell us once before, why they disappeared. I know that the city went under water, but the people could have moved.

George: There was evidence that some *did*.

Yes. There has always been dispute in your world as to whether they have survived to this day or not. Always there has been this question mark within your world. And there are those in your planet today who have come from this family of lost souls, but all who lived on that land, disappeared when that land disappeared into the ocean. And you must remember that people did not travel quite in the same way as you have the opportunity to do in this present day. But, yes, I will confirm for you that there were those who survived and travelled to other lands.

Sarah: And took the knowledge with them, but over time that's got lost as well. **(Yes)**

George: Thank you for the confirmation of that. Some of this information tallies with past life readings of Edgar Casey, which refer to escapes from the continent, which was submerging.

Yes, you could compare it to those of us who join together in this room. At the moment there are most of you here, but there are some who are elsewhere. So if we were to go this evening there would be those few left to continue and carry on the good work. It is a simple comparison, but in your minds it will help you to understand.

George: Could I say thank you to all concerned for welcoming my cousin and his lady last time. That visit was much appreciated.

We are always happy my dear friend to welcome those who show an interest in these words. We are always happy to accept those who are willing to keep an open mind—whether they accept the words or not, is entirely part of their own freewill.

George: Yes, I'm sure it's given them much to think about.

Yes, yes I am sure that they understood a little more by being here with us, because what they achieve by being in *this* room with all of you who brings such energy is that they feel the difference in the communication, rather than seeing the printed words or hearing the voice upon your tapes. They do not get the feeling of the energy and the unique oneness that is within this room.

Paul: I suppose that's something we'll never be able to...**(No)**...even if we get a website we still will never be able to give people this experience unless they actually come.

No, that will only be experienced within the group, because of the group energy, and after all, it is your energies my dear friends that brings me to you. So please remember how important each one of you are to this meeting—without you it could not take place.

George: Yes. Could I mention another similar group? Having been away on holiday for the past week, I had the opportunity to read a book concerning Seth and the medium Jane Roberts and her husband Rob. Seth first came through in 1963 and he, I would describe as an advanced Soul remaining in Spirit while the other two incarnated. All three I understand had shared previous incarnations. That group of the three continued for 5 years and then what is known as Seth II came through. Now, we have to see Seth II as a much more advanced being in earthly terms, from our future, our distant future, and Seth II describes himself as a conglomeration of beings, **(Yes)** most of whom have not had physical existence, but that conglomeration includes the much advanced Seth I. Now, I've heard a similar description in terms of a conglomeration of beings before! *(Knowing laughs—Salumet has described himself as a conglomeration of beings.)*

And did I not tell you that in time there would be confirmation of my words? And I would say that this is one of those times.

George: Yes! It's a very interesting similarity and *Seth I* displayed a little bit of ego and panache while he was teaching, **(Yes)** and *Seth II* has a totally different voice, which displays none of that.

Yes, because it is another aspect of the conglomeration.

George: And I *think* I would be right in seeing Seth II as a Master who teaches.

Yes. Yes, we are not always open to a dual reality, it is something that we *learn* when we come to this plane of existence, and I have to say, you *have to* understand the makeup of you human beings to be able to display all of those truths, which we try to bring to you. So, sometimes I have to say a little dual reality is perhaps what you seek although it is not part of any *truth*. You understand?

George: Yes. I think reading about that one has opened my eyes to a few things. The idea of all reincarnations, as seen from Spirit, happening at once; this is something I hadn't really thought about much before.

Yes and what is happening is that your mind is being broadened to all that exists. It will never expand to the extent of understanding what happens in Spirit, only of what we bring to you—the understanding from our world to you. But you can only expand so much whilst you are in these clothes of human flesh. There is so much that awaits you my dear friend that you will never understand here, but sometimes you can have a *glimmer* of what it is like and our understanding from Spirit.

George: Yes, I can well accept that.

Yes. We know my dear friend you will always be the one to push forward for more and more information—you seek clarification in all things, and that is your part within this group; and may I say to you my dear friend, you do it well.

George: Thank you very much. Well, we all try in our various ways and I think we all realize that it is to no avail unless we manage to put this information before many others.

Yes, the opportunity must be given for others to open up to the prospect that there is much more spiritual knowledge for them to digest, but as always, it is entirely dependent upon their freewill, and we can never force any truth upon anyone and that would never be our purpose—our purpose is to come to you. And remember my words when I told you that you may always reject anything that I say until such time as your understanding is greater, but I have to say your acceptance of my words and thirst for knowledge has made my task just so much easier.

George: I was going to say that the thought of rejecting your words would be—that process would be most difficult. (*Knowing chuckles*)

I am gladdened by those words, but that is entirely up to you, as is all information that is given from our world.

Paul: Some of these books like the Jane Roberts 'Seth' books, though they were written, by our standards, quite a long time ago now, but to my mind they are very clear and obviously full of more spiritual knowledge than a lot of books that are written today, but they probably don't sell as well unfortunately. But I suppose it's out there for people to dip into if they search hard enough and maybe one day, even though the books were written a few decades ago now, they may actually at some point when we've progressed enough, they'll achieve their more rightful place really, because a lot of these books should be best sellers, (**Yes**) but they are not at the moment.

The truth will always prevail and throughout your time upon this planet we have always brought to mankind the knowledge that he seeks and it is brought to those individuals who we feel will digest and dissect the information and then to pass that knowledge without any prejudice. It will come at many times throughout your world and in many places, in order, as we have said earlier, that the truth may be *verified* in many places and in many ways. But we cannot make you as human beings accept our words, accept what is truth, unless you are open to us as spiritual beings. That is why it took many of your earthly years *before* I was able to come to you, because many factors dictated that we must wait for the right time, and that is what happened. We needed the right mixture of human beings within your group, we needed the right *place* that had the purest of energies and we needed my agreement to come to you. So you see, it was not something that happened in the blink of an eye as you would say, but something that we waited *many, many* years of your time to achieve.

George: Yes I can visualize the preparation and there is something in the Jane Roberts book that caught my eye as well: apparently she had a previous incarnation as a medium and I imagine that this was part of *her* conditioning to be ready for that happening.

Yes, it does not happen within one lifetime. These preparations from our world are thought about for *many, many* years of time, before we can put them into action, because after all, if you think of it, each one of you incarnated into a different body in this lifetime at different times, and therefore we have to wait for that coming together, which in your time took many, many years. Although you *have* been together in previous times, in this lifetime the expanse of time has been greater. I hope you understand my words.

Sarah: So when we were together previously, we weren't ready for this information?

No, only when you returned to Spirit. You would not have been aware of it at that time of coming together. Each of you has had lifetimes when the others have not joined you, or been aware of you; some have remained in Spirit and some have reincarnated.

George: Yes, we've had very interesting information and visits concerning our past lives and the most recent—I'm not sure how many of us would have been involved, but the South American group who were enslaved by the Inca, I *think* I understood that that had past life connection to *some* of us at least.

Yes. You have not always been together, but some of you have in different lifetimes, but *this* is the one when it was thought that the information and the truth was going to be delivered by each one of you now at this time in your spiritual evolution of this planet—that the time was right for each one of you to have separate lives, but to come together in order for this truth to be given.

George: I certainly have a very strong internal feeling about that myself and I think I speak for us all in that. (Yes)

Sarah: And Leslie, who started the group off, that was just his job to bring us all together, was it? He did not *bring you together*, you brought *yourselves* to a situation, where eventually you *came together*. But his *energy* and that of many others throughout the years, was the '*build-up*', if I may use that term, to what was to come. He was a little misguided in his thinking, because they had set their minds to other happenings, when in fact what they were doing was building the energy within that place.

Sarah: When you say 'they', are you talking about Leslie and his wife?

And those others over many years who entered.

Paul: Everyone played their part.

Yes. It is not up to any one individual; it is the coming together of many Souls and the energy being used for the purpose it was intended for.

Paul: I guess we all agreed this before we came and all decided that it was time for us all to really get the clearest message out we could ... (Yes) ...about truth, because this is the clearest way for the delivery of the truth. You can be inspired yourself, but to have yourself coming through communicating with us like this is, I think, is the clearest way of all—to deliver the words.

Thank you. It is not always easy to find the proper words in your human language, but before I came to you, it was decided that the simple words were the best to be used. Of course, many words within your language can be used, but the truth must be available to everyone—everyone's understanding, and so many times we have seen words used that are confusing to many. Therefore my purpose was to come to not only bring to you truth, but to come to you with *simplicity*, and that my dear friends is what I have tried to achieve.

Sarah: And you have! (Agreed) I know you can't generalize, but would you say that those who can't accept your words are young Souls?

They just are not ready in this lifetime, not necessarily because they are young Souls. They may well be old Souls, but cannot accept the truth within this lifetime. It depends why they have returned. (Thank you.)

I feel for this time I will take my leave of you. As always I feel your love and how receptive you are to my words.

George: I feel there has been so much joy with this particular meeting.

Yes. I hope you may feel the love, which surrounds you all at this time. There are so many who stand close who also listen to my words, but who clothe you with love and with protection, and to them also I will say: until we meet next time, my love stays with you.

Lilian: Thank you. What a wonderful evening. (Thanks + fond farewells)

Finally there was one briefly through Eileen called Maizie, who had been mute in her lifetime and worked in a stately home, where she suggested certain infidelities regularly occurred, which was probably why she'd been given the work, as her muteness meant that she could never talk about such capers. She made up for it now, having a delightful joyful voice, full of expression. She said that she would be working with Eileen, giving clairvoyance.

George's notes:

The interesting point is made that sharks are highly efficient and do not attract disease. And Salumet is careful again to distinguish between our physical/thinking brain that 'wishes' not to have disease, and the spiritual mind, the stress of which may lead to disease.

The point is well made that visitors have the added experience of the group energy when they 'sit in'. All are welcome to, by arrangement, come and share that experience.

It was during Salumet's second visit to us (4th July 1994) that, in reply to a question, he described himself as one from a conglomerate of beings, most of who had not experienced planetary life. And I think his implication is that such 'structures' are a reality of Spirit that we shall know of when in Spirit, but such material does not form a necessary part of the earthly teaching curriculum.

It is a well-known fact that publishers and bookshops tend to steer clear of spiritual and Spirit communication books, even those about Ascended Masters. (They are in business to make a profit and 3-for-the-price-of-2 fiction simply sells better. And I quote Margaret Atwood: Publishers are in business to make money, and if your books do well they don't care if you are male, female or an elephant.

The 'little misguided thinking' and 'build-up time' referred to, was prior to June 1994 when the group meeting at Leslie's, anticipated 'direct voice communication' as the next step. The next step was of course not direct voice, but Salumet. Clearly, it is the teaching that is important, and not its method of delivery ... all very quickly came to this realisation.

~5TH December 2005~

Good evening. (*Welcomes*)

As I joined with your energies this time, the colours which surround each one of you are bright and have grown much in depth of colour, so I feel happy to say to you that you have the abilities within to make much growth in your coming months.

George: That's nice to hear.

I have told you in times past that your own individual development is as important as the words which I bring to you, because you cannot remain the same once you have heard and understood the words which I bring to you. There has to be personal growth also, if we are to move forward in the way that it has been intended. You are all working hard at trying to become part of the mind-projection and I see your struggle, but nevertheless I hope that you will continue along this pathway, because it will be to your benefit, your growth and your understanding of Spirit.

George: Yes, I think we all probably understand that there's the feeling within that this will be so worthwhile.

It is a start—there is much that you can gather in the way of knowledge and understanding, but what you do not see is how much the Spirit grows in your endeavours, and that is what interests us in our world, that each one of you becomes aware of that inner voice *which can help you* at all times.

George: Yes, I feel that the inner growth has two parts in a way, one part relating to our endeavours and the other part coming direct from your teaching as we become more aware.

Yes, you are correct in your assumption. As always my dear friend you quickly pick upon my meaning and my teaching as well. Both must go hand-in-hand if you are to succeed. I can come and I can bring to you many things, but if it does not travel *along* with your own spiritual growth, that would not be me doing the job that I came to do—I would be failing you miserably and I hope that I am not doing that.

Sarah: I don't think you are failing us at all Salumet, I think it's entirely us failing you!

Lilian: Yes, I think that is our worry.

No, we will not use that word 'failure', because your endeavours must be congratulated—your patience and your loyalty to your own group has to be mentioned in any words of goodness that I say to you, because indeed my dear friends you are an inspiration to all others. I have to say, not all groups have that bond which is here within this room, and I do not say those words lightly to you. I have said it before and I will say it again, that you were bound to come together in this lifetime for this work and of course it is entirely up to each individual whether they accept or they go from these teachings.

Lilian: Thank you for your encouragement.

When I return to you in another of your years upon this Earth, I will bring more teaching for you. It will be interspersed again with general *looking within*, in order that you may grow; that will also remain an important part of my coming to you. I will not speak too long this time, because my dear friends, I will bring to each one of you a very strong colour, which you should be aware of as I leave, and within that colour you should see your own individual guidance. I know we have attempted this with you on another occasion, which was partially successful, but now I feel you have reached a stage of your development when you should be in much closer contact with your own helpers. So I say to you, if you have any questions I will answer them now before I leave.

George: Yes, a gentleman who came through to us last time called Ond Kulla, a head farmer from ancient Egypt, he seems to be watching over us and encouraging the process of organic farming, which is needed on this planet and it's so heart-warming to know that such people are still attempting to guide us, to help us, to influence us. I get the impression that there are many, many individuals and groups working like this and it helps to give one just a glimmer of the 'oneness' of Spirit. Am I right in thinking there are many, many such people and groups all endeavouring to influence us in the appropriate way?

Yes, of course, I have told you before my dear friends that any development in your world originates from our world, but for those thoughts to develop there has to be that gathering of thought. And for those in our world who have found an interest in whatever subject, if that interest is strong enough they will constantly endeavour to return and influence all that happens within your world. As many groups as you are within your world, also there are many in ours who are working for the good of this planet—

whether it be farming, whether it be in energy, whether it be generally one-to-one impression.

There are indeed many Souls in our world who stay—I will not say ‘behind’, but they remain close to this planet in order that they can help.

George: And they seem to come from so many time periods...

Yes. Time means nothing. Of course, we understand the difficulty always you have about time.

George: It helps us to glimpse the oneness of it all.

Yes. That is a good way to describe it—yes, because you see *all* is oneness. You are united with us throughout many, many years—eons of time in your world—but time in our world does not have the same meaning. Therefore those people whom you consider to return from a long time past, to them it is but a blink of the eye, and if the love is there—and which I have to tell you there is much love still for this planet—you are surrounded by love, even if you are not aware of it. But remember, you are *never* alone, my dear friends. In any *thing* that you do upon this Earth, there is always someone who is looking out and trying to influence *all* for good. I hope that has answered your question.

George: Yes, thank you for that—that sharpens the picture I’m sure. **(Yes)** Could I just go back also to the shark, which is seen as a most efficient animal...

Yes—it has set you thinking I know...

George: Yes—on thinking about that, I think also that he is a very *objective* animal, much more objective in his living I would say than we humans **(Yes)** and I rather fancy by comparison that we have all sorts of right and wrong ideas within our minds which don’t go together too well and create the stress that results in illness. I get the feeling that the shark is so objective that he has none of this, **(Yes)** and so I rather fancy that this is the key to what makes the shark a fit animal that doesn’t have disease.

Yes, and the animal in the form of the shark has been within your world for such a long time; and as you as humans have grown, so too have the animal kingdoms evolved. And the evolution of the shark would indeed give you much to think about, and that knowledge is being imparted to people within your world now, who are interested in this sea creature. There is much to be gained from the creatures of the seas—but the knowledge will come.

George: That is nice to know.

Lilian: There is certainly a lot of interest in the animals in the sea. **(Yes)**

Sarah: It was also a good teaching last week Salumet, because I have discussions with my brother who doesn’t believe a word I am saying normally when I pass on some of your words, but this last time I just mentioned to him, because he is interested in animals, about the shark and did he know that they didn’t have diseases—which he didn’t, and at that point he became interested. So thank you for that, I shall send him the transcript and maybe that’s the seed beginning to grow just a little.

Yes, you indeed, as all of you do, have many seeds still to plant in the minds of others. And as you say, what sparks one mind will remain dull within another. But it matters not, it matters that each individual be given the opportunity to look for himself, and then the responsibility lies with each individual—but I am happy to hear your words.

Now, as I have said, as I leave you and work quietly with this one, you should be aware of a *strong* sense of colour with each of you, and within that colour you should be aware of a helper who stands close to you. You will obviously discuss it between yourselves, but I ask that while I remain with this instrument that your voices stay quietly as you speak. *(Thanks expressed)*

Sarah: And we will see you again in the New Year...

No, I will be with you one more time and then I will take my leave as usual for your holiday period.

Colours and images were seen concerning our guidance during our quiet time. One came through Sue afterwards and gave feedback on our results.

~12TH December 2005~

Good evening. *(Welcomes)*

As I join with you this time let me extend a welcome to those who visit with us this time. They feel a little tentative, but as they leave this room this evening, they will feel much upliftment. As you know my

dear friends, this is my last visit in this your year of earthly life. I will withdraw as usual during your holiday period and return once more when you welcome your New Year. If I may continue from last time when each one of you discovered the colour which was given to you, and within the colour you met one of your guides. I would ask my dear friends that you continue this practice while I am absent from you.

Lilian: It will be an interesting thing to do.

I would suggest to you that you remember my words and remember the difference between your guardian angel and those you call 'angels and guides'. Do you remember the difference?

George: Yes, I think our guardian angel is the one who is with us always.

Lilian: All lifetimes...

Yes. You have remembered well my dear friends, but keeping those thoughts within your minds will help you to recognize and come close to those who stand by you.

Sarah: So this practice we do whilst you are away, we won't necessarily meet up with the same person as we met last week?

I would like you my dear friend to try to differentiate between them, to see if your recognition has grown. After all, we have devoted much time this past year in your own individual development, and this my dear friends, is to continue. But, in your new year, when we have gathered together with more of our group, I will be bringing to you information you have not heard before, but it needs to go hand-in-hand with your own spiritual evolvement. Now, because again we are few in number, this time I will take questions and try to help you understand anything that has troubled you in this past year.

George: Shall I begin with a question? (*Agreed*) You have told us about our planet and the way it has a consciousness, and you have explained the nature of planetary evolution and what we call 'natural disasters'. I've been thinking what we do and think must feed into, to some degree, that planetary consciousness and that planetary consciousness may well have its connection with planetary evolution and with some of those things that we call natural disasters. So I'm really putting a very direct question and saying 'what we do to the planet—and not all the things we do to the planet are nice at all—but what we do to the planet, does that have direct or indirect result in regard to natural disasters so called—the hurricanes, the earthquakes, the tsunamis'. Can you elaborate a little further on that please?

Of course. I understand your question my dear friend. Let me say this to you. We have spoken much about the power of your thinking, and yes, as you have helped to create this planet, therefore also must you take responsibility for the evolutionary pathway, which this planet takes. You cannot separate *your* responsibility from the natural disasters, as you call them, of the Earth itself. Each goes hand-in-hand, and whatever pathway this Earth planet takes *must have* an effect upon all of the planets around the solar system. You must always keep in mind that there is great responsibility on each individual's thinking. Of course, there would be what you term *natural disasters*, even if mankind did not exist upon this planet, but what I will say to you my dear friend is that mankind has accelerated some of the disasters which have occurred.

George: Yes, thank you. I felt there must be some input from ourselves in this.

Yes. I am not always happy to use the word 'disaster'; after all, we have cause and effect and mankind is growing at all times. Therefore these situations have always occurred and will continue, until such time as mankind recognizes his part in this pathway of life.

George: Yes. Perhaps I should use the term '*major event*'.

Yes, that I would suggest is a much more suitable term. I hope that has helped you.

George: Yes, indeed. We rather suspect that some of what we are physically doing to the planet results in the hurricanes, or results in some change in the hurricane cycle.

Yes, you are not responsible for *all*, but there lies within mankind a *great* responsibility.

George: Yes, and I think we appreciate the planet must have its own evolutionary process as well.

Yes of course.

George: Yes, thank you that does help clarify.

Lilian: So if something has contaminated some of the Earth, could we call on the elementals to help to restore the goodness back to the Earth?

The elementals of course, as you well understand, have a great deal to do with the health of this planet, but they can only do so much. They also are limited by the thoughts of man, and although their work is in some sense superior to the thinking of man, they still come under natural laws, which in fact would deprive them of doing all that they would wish to do. And never forget my dear friend that they are governed by the angelic beings, who see for themselves the far greater plan of every planet. So, as in a way you cannot interfere in another's life, so too the elementals have their limitations. I hope that is helpful to you.

Lilian: Yes, thank you very much. Any questions you two, Daphne or Rod?

Rod: Not a question, but I rang my daughter up in Cheltenham, Heather last night and she was so excited that we were coming here. She sent her love and wishes she was here with you, and also apologized for the...

Daphne: ...'hounding'...

Rod: ...*hounding* that she's given you over the last months with the problems she has had with running the company...

I understand my dear friend. Let me just say to this one that she has a good heart, but she must learn to adapt and to call upon her own protection, her own angels and helpers, who are with her at all times. (Thank you.) Yes, of course I am always aware of what comes to me, but I have to say there are those who come much closer to her—always in time of troubles and worries which each individual seems to have upon this earthly planet. But she can find contentment and hope if she is willing to ask for that help.

Daphne: Thank you, that's very kind of you.

...but she does have her own guidance.

Rod: Thank you very much.

George: Perhaps she'll come and sit in with us one day.

Daphne: Yes.

Rod: I was hoping so—she'd be thrilled to come along.

George: I'm sure she'd be very welcome.

Daphne: It would be a great privilege.

Rod: Thank you very much.

Lilian: Can I ask a question for my grandson who has visited and was hoping to come tonight, but was unable? As you know his mother is quite a good channel for Spirit, but twice just lately, someone has obviously thought to communicate through my daughter-in-law and just said '*Richard*' to Richard, but the time was not convenient, so she grounded herself and said '*no*'. Richard wondered why someone was trying to contact him. Can you help at all?

I would say this to you: that when the time is *right* and you are ready for the teaching, then every opportunity will be sought to make connection. If there is someone who is awaiting contact, then if the channel is available, then it will take place. That young man should already be working for Spirit, but how would you express it within your world: *he is dragging his heels*.

Lilian: Right—he will read your words.

Many opportunities have arisen for this one, but as in all things in *life*, it is his freewill and it is his choice. That is all that needs to be said about that.

Lilian: Thank you, thank you very much. Any questions Sarah or Paul? (*No questions*)

It seems I have taught you well!

Sarah: (*Chuckles*) Very well!

George: We are not denying that! (*Chuckle*) Anyway, there's an extension to a question I would like to place. You gave us very fine words on Auschwitz some months back and we were searching for meaning for that event and you gave us meaning. We have since talked quite a lot about animals and in particular farm animals, and abattoirs, and I couldn't help but make that connection that what we do, the way we treat animals in abattoirs, is rather like the treatment at Auschwitz to the human race and I couldn't help but

think: does that help to give us *feeling* for what we are doing to animals—mistreating them. So perhaps this is a further learning for us from that horrific event. Would you care to comment on that? **I would my dear friend. It shows you, does it not, how much you have grown spiritually, when you can make such a comparison. Whether it be to mankind or to your animals, *cannot be right*, and great responsibility has to be taken for those who perpetrate such actions. The animal kingdom within your world my dear friends, has always been placed beneath man, not because they are inferior, but because mankind has insisted that this be so. But, as you know, as I have said many words upon this subject, they may not have the same brain within the physical coats, but they have that element of understanding, which makes them suffer from the actions of mankind. And it shows when your understanding, and you make comparisons for the animals, that your Spirit has blossomed, that you understand that the animal kingdom has feelings of love, of pain and all else that man also feels. I would say only this to you my dear friends: **Treat every animal as you would a *loved one* within this world and you will not go wrong. That is my words to you.****

Sarah: So really we should all be vegetarian and we wouldn't have to kill the animals...

At certain times within your history mankind has killed the animals, but he has praised the animals for that flesh to eat. Remember it is the thought behind the action, which counts. Therefore, I will not say that those who have killed your animals in past times were wrong—that would not be entirely true, but it depends upon the situation. But as you stand today, as supposedly 'developed man' when in fact we know my dear friends that you have lost so much in past times. Animals are treated so much with disrespect today in your world, whereas in past times they have been honoured as part of living—there is a great difference.

George: Yes, that's something which many, many of us should think upon.

Lilian: Is there a glimmer of hope that things are improving anywhere?

Sarah: The trouble I think with today is that there are so many rules and regulations that even if the farmer is being very kind to his animals and likes his animals, he doesn't have any choice in where they go to be killed, so they're shipped all over the country, just to be killed. So it's the government that we've got to get to.

Yes. Until mankind forgets his materialistic ways, there will *not* be great change just yet—but mankind is developing in his understanding and that is what we are trying to impose in the minds of those who deal with your animals.

Now, my dear friends, as always it brings me great joy to have spoken with you, but I will withdraw for this time and allow others to come to you. As always, although I may not *speak* with you, I surround each one of you in that light of love and protection, which belongs to you, and until such time as we come together once more, I will withdraw and look forward to our next meeting.

Lilian: Thank you for a wonderful year.

George: It's been a wonderful year, which we've all much enjoyed.

Paul: Yes thank you for the whole year.

Sarah: And we wish you a very pleasant stay back where you belong.

Yes.

Paul: I thought you were going to say, we wish you a merry Christmas. (*Chuckles*)

George's notes:

Planetary progression: As stated, there has been considerable mention of planetary evolution/motivation over the past 12-years. I think I understand that our responsibility for our Earth is two-fold. There is the intrinsic responsibility inherited from our connection to its creation—and that includes acceptance of its required evolution in the shape of volcanoes, quakes etc that must happen. And we must be sufficiently responsible to live with that successfully, developing a 'planetary consciousness' and making sensible allowance. (cf. Indonesian elephants during the tsunami) Then there is human influence on planetary consciousness, which can have good or bad repercussion—for example, accelerated global warming, changing ocean currents and atmosphere deterioration.

~16th January 2006~

Good evening. (*Welcomes*)

As I connect with you this time I thank you for the love and the anticipation, which I could feel.

George: We are pleased that you have a good-sized welcoming group this evening.

Yes, I have to say your lights are shining brightly this time. As we come together this time, I wish to say to each one of you that I hope your holiday period has left you uplifted and rejuvenated and that the spirit is ready to continue its journey forward in this, another of your earthly years.

George: Yes, I think we are all approaching the year with optimism and I know that some of us feel uplifted.

There are one or two within this room who do not feel quite uplifted, but hopefully by the end of this evening that will change for them. There is much to be given to you in this, your coming year. It is now time for us to move forward, that I might relate to you some information not already given, but because we have new faces this time, I will speak in a more general manner. I wish to tell you my dear friends that this coming year of your time will be devoted to your own personal understanding and responsibilities. That we intend to move forward gladdens me as it must you, but before we can move forward we have to accept that each one of you is responsible for this to happen. On many occasions I have told you that each one of you is responsible for all actions within your life, and those acts of whatever incidents, is responsible for what is to come; with this I am sure you all agree. (*Agreed*)

Therefore let me say this to you my dear friends: that as the time continues we hope that your understanding of mind-projection is a little fuller, because at the moment we are taking things very slowly for you and I understand that you are finding some difficulties with it. (*Agreed*) But we do not wish you to become despondent; it will come to you as do all things that continue to be worked upon. But there will be exercises for each one of you throughout this coming year that will broaden your outlook on many subjects—but as I say, you must endeavour to play your part. So I hope those words have brought you hope and inspiration for the weeks to come.

George: Yes it is wonderful to have your words and the words from Bonniol, our visitor who comes via mind-projection, and to have those dialogues plus our *attempts* at trying to mind-project—with all three working together, I think I could say there is much hope there.

Yes, but there will be expansion in other fields. I do not wish you to become static in what you are trying to achieve; you must widen those horizons in order that the spirit comes forth and grows, but again that is the responsibility of each one of you. We can help, we can uplift, we can encourage, but we cannot live life for you. Now I feel that I have spoken enough about what is to *come*, therefore the rest of my time with you this evening we will use for any questions that you may have.

Lilian: Have you any questions Heather?

Heather: First of all I would like to say, Salumet, thank you so much for all the upliftment that I know you've given me over the past months—when I've called for your help you've been there, I know you have. But I would like to ask you: I've read back in the transcripts and you mentioned that healing takes place when the spirit is touched, (**Yes**) and I felt on two occasions my spirit has been touched while I've been giving healing. Would that be correct?

Yes, I understand your question. Of course, as you allow the spirit to come forward and if you are giving healing to another, then you are in a prepared state for your own spirit to be helped. Yes, you are quite correct, but what I would say to you my dear friend is that first you must come to know yourself much better. If I might offer some words of comfort it would be that within you there is a deep fear, which allows you to have problems within the physical being. You must go within more and find your true self. You will then find that once you understand yourself fully that the healing that you are trying to give will be much more successful. But your problems are based on fear. As all of my dear friends here already know, all actions are taken either from the basis of love or fear, which then will have a cause within the physical body. It is up to each one of you to truly know yourself and, as I have said on many occasions, to be honest with yourself. I hope that is helpful to you.

Heather: Yes. Thank you very much Salumet.

Lilian: Do you have any questions Richard?

Richard: No.

I welcome this young man back into the love within this group.

Richard: Thank you.

You are ready to be used my dear friend, but there is something which holds you back and as I have said to our dear lady friend, if you truly *wish* to develop the gifts that you have, then you must go within, you must allow that spirit to come forward. Again, as with our young lady friend, you *are* fearful. I would say to the gentleman, he has the ability to achieve much, but again it comes to his own freewill and that, as I have said, cannot be interfered with. There are many who stand behind you waiting. Now it is up to him.

Lilian: Yes, he's obviously got great gifts there.

As do all of you. I do not wish it to sound as if he is exceptional, because each one of you within this room has—as does all human persons—have gifts of the spirit, which are to be used. It is whether the desire and need is there, but that does depend on his own freewill. I would ask my dear lady friend that you go forward and place your hand upon the lady next to this young gentleman and we would wish to give her some healing help this evening.

Lilian: Yes, I will.

Are there more questions?

Jan: Salumet, thank you for the healing this evening, that's nice to receive. Is it safe for Richard and I—the young man sat next to me, to work together in the comfort of our own home?

Provided you have that protective cloak around you, which I believe you have discussed. Yes, you are both very much connected to each other as has been told to you in past times. Provided you sit in the name of love and you have protection, there is no harm in that. But if there is fear, I suggest that you go very slowly, because there is a deeper fear within this young gentleman, a fear he may not even recognize.

Jan: We have recognised together that it's more Richard's fear (**Yes**) than my own when we are on our own.

Yes—you are there for support. Yes, that is perfectly acceptable as long as you know that when you have opened up, if fear exists there is the possibility of those who are not so gentle in coming. You understand what I say?

Jan: I do. We have been careful on the two occasions to make sure that I feel we have closed and Richard feels happy in his own body, if you know what I mean.

And if you wish you may call upon me for protection.

Jan: Thank you very much. And the second question I have Salumet, which I think you've already addressed, because you have asked the lady next to you to help me. (**Yes**) The pain I am experiencing at the moment, is that because the pathway I am treading at the moment is not the right one?

You at the moment have a fear of going forward and the fear is connected to your earthly husband at this time. Once you allay those fears you should find self-healing in evidence, but whilst this fear is there, it will not take place. As I have said, all conditions within the body are basically from love or fear.

Jan: And mine at the moment—I'm experiencing fear, I know I am.

Yes. Try to allay those fears within yourself. Surround yourself with positive thinking, ask for help from those who come close to you; and I have to say there are many who come close to both of you who belong to the same aspect of Soul for both of you.

Jan: Is that because Richard and I are of the same aspect—is that possible?

You both come from the same soul energy, yes—that is why the connection is there.

Jan: We will try and do our best. Thank you very much.

Lilian: Would Richard's grandfather be able to help him from spirit? Would he be able to help him?

If he so desires, of course! Let me say that any healing thought is never placed to one side—again we go over old ground. I have to say that if healing thoughts are sent out, then they will be addressed, but not always in the way that you *desire*, but in the way that is needed for the individual. But whilst there is

fear, it almost creates some blockage for that love and healing to take place—you understand? (Yes, thank you.) That is where your own personal responsibilities come into play. I am sure our dear gentleman friend across the room from me will tell you that once he looked within, there was a betterment of his condition, besides the other steps that were taken.

Graham: I should say! (*Graham was at this time recovering from Dystonia, a so-called 'incurable' neuro-degenerative disease, which he nevertheless did indeed make a full recovery from!*)

Yes. So within the comfort of this room, you can see one who has experience of positive thinking.

Lilian: Yes, definitely. Do you have any questions George?

George: Well, there is a fairly topical one. Recently there was what is known as the 'Hajj pilgrimage' and this is a pilgrimage on which many come from around the world—it is held in Saudi Arabia I think, and they file past a representation of the devil and they throw stones at it. And on this last occasion, there were so many people and there was a stampede and 360 died. It's a very curious pilgrimage I think, and it's a very curious thing to happen, for so many people to die as a result of it—it doesn't seem to make a lot of sense. Perhaps it's an exercise for us not to judge. I was just wondering if you have any thoughts on that occurrence.

You are beginning to read me my dear friend! Of course you must not judge. There are many what would be termed 'strange ways' within your world—many religions, many pathways, many ways of thinking. Whether it seems to you foolish or otherwise is really not for anyone to judge, but again it comes back to what I have been speaking about and that is the personal responsibility of every individual that is involved in either the death of a fellow human being or in any kind of destructive behaviour; that is something for them to judge themselves for. It may not always happen in your world as you well know, but when each spirit returns home they have to face their own judgement. Mankind has many strange practices I am sure you would say, but I would like you my dear friend to take the wider view of your world, to take the good within your world and to elaborate your thinking upon those many things, and in concentrating on the good of your world, you will help it to expand and to dispel any negativity that is still within the planet, but as we know, that is not going to happen just yet.

George: I was going to say, likewise there is a political trial going on in the law courts at the moment and I picked up a reported statement that the man said that 'Allah curses a sector of the community', and I would think that's something to be impossible.

Yes, I would suggest to you all my dear friends that your thoughts of love are needed for these people, that the thoughts of love may change those thoughts of evil, as you call it—I would prefer to say that these are misguided people who need your thoughts of *LOVE* on so many occasions, if your world is to become a better and safer place to live.

George: Yes, I feel you've just made a very, very important statement: these people all need our thoughts of love.

Yes. Again I would suggest that you dwell upon not the negative, but the positive aspects, because there is *so much* good happening in your world also, and you tend as human beings to focus too much upon the negativity. I want you my dear friends as this year progresses, to feel that you are beacons of light, beacons of light, which will touch every individual that crosses your pathways. You are already my dear friends sending out the words that have come to you, so many thousands of people will *know* that the truth and love will always prevail.

George: Yes absolutely. Did you have a question, Paul that follows from that?

Paul: Not so much that follows. I was just thinking that was a beautifully simple way of putting it: focussing on the positive. The negative—you can get bogged in it anyway and sometimes there's probably not too much to understand from it. So yeah, that really struck a chord.

If I may simplify it even further for you. Which would you prefer to view, the cloud and the rain or the sunshine and the flowers?

Paul: (*Said with a chuckle*) Funnily enough, I do like the rain actually—I rather like it, but I know what you mean. (*More chuckles*)

I do not say the rain is not beautiful—all things are beautiful, but it is your conception, your thinking in general, which is important.

George: Yes. '*Beauty is in the eye of the beholder.*' That's one of our expressions.

Yes, therefore, focus on what is beautiful and that includes all of your fellow man.

Paul: Sometimes I think when you focus on someone's positive points, the negative just disappears, doesn't it, and you don't need to delve into the negativity to sort it out.

Can you remember some long time past when I told you that when you disapproved of what someone did, then to look within yourselves, because within yourselves lies all negative and positive viewpoints.

George: Yes. Unfortunately the barristers in our law courts don't do that! (*Laughs*)

I accept your statement completely!

Sara: And our politicians.

Paul: And psychiatrists.

Yes. But they are being helped. No matter, they are being impressed, but for those of you who know just a little more, then of course the responsibility is much greater.

George: Yes, I must say I have met a number of barristers and there *are* some very fine people there—I must say that as well.

Yes. Well, I think for our first evening back together, I will take my leave of you. As always, I leave you with my love. I thank you for your coming together and all that you give to each other. (*General thanks and fond farewells*)

~23RD January 2006~

Good evening. (*Welcomes*)

As I join with you this time, I am happy to say how happy we are to be joined by those who are not part of our regular group; I extend my love to each one of them. You would be surprised, I feel, to see the difference in the energy within this room when we have others who come to join with us. I wish this time to say to you my dear friends that ahead of us in this coming year there is much for us to discuss, but I will say only a little this evening in order that our friends might have a wider picture of what happens within this group. There is much my dear friends that you will learn of in this coming year and one of the things that I would wish to discuss with you in the weeks to come, is following on from what you have been trying to achieve: *mind projection*. This, as you may have gathered by now, is not something new, but is new to all of you.

George: Yes—*new* and very interesting.

Yes, and it will become even more so as time continues. I will say this to you: that already, and for many years past, the mind has been projected to many areas within your world—even so, the mind and the thought has been captured upon film. Of this, you may not know, but I assure you that these things have taken place, and it is the step forward from mind projection. There is evidence upon what you call your *photographs*.

George: Yes, I don't know about this!

No, but you will. It is something I will discuss with you, as I say, at a later stage. I feel sure, and especially you my dear friends, that to capture thought to film can only be most interesting for you.

George: Yes, indeed.

Also in this year there will be much more spoken about communication from *our* world. It is ever-increasing to people who seek all that they do not understand, and this coming year will see many more people who become interested in what is termed 'paranormal', but that we know as '*perfectly normal*'. Also there will be in these coming next few years, more information about the whole cosmos in general. Your scientific fields and your astrologers (*astronomers?*) are beginning to see a wider 'film' of all that exists and these facts will become known, as too will be known the formation of other planets, which can only again be of interest to you all. So you see my dear friends how much we have to discuss in this coming year, and of course I will discuss with you things that have been promised from me in the past, and if the time and conditions are suitable, then these topics will be raised.

George: It's wonderful to have this feeling for spirit and spirituality running through the entire universe and I'm sure this has not yet occurred to many, many scientists who have been very interested in the physical universe, but to add and have a feeling for the spiritual dimension has to be seen as a great joy and a step forward for mankind.

Yes, yes. Truth cannot be kept in the dark—this I have told you many times and still upon this planet for every believer in Truth, you will have one who is sceptical, but that is the way of your earthly lives at this particular time. But what is satisfying for us who come to you from spirit, is that now you human beings are beginning to think for yourselves and are not going into life with what you term 'blind faith'. This indeed is a big step for mankind. As you know, each one of you are individuals in your own right, but the common ground for each one of you is the knowledge of Truth and Love which surrounds us all in this world. Truth and Love cannot be denied. Have you any questions on what I have just told you?

Paul: Going back to the thought-photography, you said that that's already been *discovered*, has it? **It has been achieved and the time is now ripe for that knowledge to be made known—yes.**

Paul: That is a fantastic thing because it really ... um ...

It should again reinforce my words how powerful your thoughts are.

George: Yes, I was just wondering if this relates in any way to the 'random number generators'...

That has been *part* of it I have to tell you. Many things have taken place and I know that we have discussed briefly the case of the numbers, but much has been happening in our world, which has to be transferred to you human beings in order for it to become your reality. But there has been much work 'behind the scenes'—I believe that would be your expression. Yes.

George: Yes and I was wondering—a great area of scepticism relates to elementals. I was wondering if in taking steps forward, if elementals would be coming any more out into the open in our thoughts.

All that has existed ... has existed. It is only that it has been denied, by those, who have been *spiritually* blind, if you like. Until such time as each individual opens their eyes, they will not see. Now, as we continue, I wish to say to you my dear friends, I would like you if you would when you leave this room this evening, if you would send a thought to all of those people whose eyes are spiritually closed, to help them to understand what is round and about them. They can be helped from our world, it only needs to be asked, and I can assure you that in this manner, it is not interference in their lives, it would be the rebirth of their lives. You understand? (*Affirmed*)

George: Yes. In any event it seems to be it would be in the nature of a prayer.

Lilian: It is like healing for them, isn't it really?

Yes. It is help in understanding themselves, in opening their eyes to Love and to the truth of their very existence.

Paul: I don't know why but I just had a feeling that this year would see a bit more spiritual growth on the planet. I suppose every year sees a little bit more as of late. Do you see this year as being a particularly good sort of spiritual growing year?

I understand your question and, yes, take heed of what you *feel* of that innate feeling within, because you would be right in feeling this. Each year that I have come to you my dear friends I see as a time of being special, because each year I come to you, there seems to be a little more understanding within your world, and although this world still has many problems as you see it, I have told you that all is working together for the greater good and you cannot have positive without negative. Do you remember those words? (*Affirmed*) So try always my dear friends to keep a balance, not only in your own lives, but in your thoughts of your planet and all of your solar system and as you now realize, even further. Try to expand your own consciousness and the realization will come to you of all that is *good* and all that is *truth*.

Paul: We are also hoping this year maybe, maybe this year, to get the website with all the wonderful teachings you've given over the years. If you have any suggestions for that, we would be most grateful to hear any.

I am most humbled by your words, and of course if I can help in any way, I will do so, but it will not come in the form of words; it will come to you as it has done by inspiration, and without your dedicated work,

you could not have achieved what you are doing. But I wish you to understand that behind all of you we stand, we give encouragement, we give hope for your futures, and we hope we bring to you peace and calmness and goodness for your lives upon this Earth.

George: Yes, and we feel that the technology developments today are helping us immensely, and it is now possible to put the whole of your teachings over twelve years onto a single compact disc, so that all of the teachings can be thrown onto the computer screen and read and this will carry a subject index as a means of reference. So we are being helped with the technological developments.

Yes and they have been important in this development upon your planet. So often we hear people say, 'Why is this necessary?' But imagine what I have told you earlier about the thought that has been put to film, to photographs—how would this have been possible without that technology? (Yes indeed.) So, always there is a reason for these happenings. But to all of you I give you my love and support at all times. And if you can remember when first I came to you I said to you my dear friends that if only one person is touched by the words I bring, then indeed I feel my task has been achieved.

George: In fact there is one person who has put a question to me, which I would dearly like to pass on to you, because you will clarify so much better than I. So if I may ... you've spoken much on the subject of meditation, but in possible connection with this there is hypnotism and there is *self*-hypnotism. Now, I rather fancy that *self*-hypnotism is very much like meditation but for different purpose. For example: removing pain during dentistry—and of course, ordinary hypnotism needs control by another, but are you able to clarify those three things and how they connect for us?

Yes, I understand your question. The purpose of meditation is slightly different from the others, because in true meditation the spirit should in fact raise from the *physical* body to meet that of spirit—in *true* meditation. I wonder if you are speaking of a deeper sense of relaxation, which goes deeper than you normally would in *waking* time. True meditation, as you know and understand it, should connect you to that spirit outside of the body; the spirit is raised from the human form in true meditation. (Yes.) When you speak of hypnotism, it is indeed going deep to the subconscious mind, and we know that the mind belongs to spirit, but it is also encased within the human form; for it is possible to reach that deep, subconscious mind, without the spirit leaving the body. Does that make sense to you?

George: Ah, I see, so where hypnotism is concerned, it is a part of the spirit, which is more contained...

Yes, it is still part of spirit, but it is more contained within the human form. But in true meditation the spirit should be able to raise itself from the human form towards spirit—there is just that slight difference.

George: Yes, thank you for that—that does clarify it beautifully, because it did seem to me to be a difficult area.

It does not seem so difficult now.

George: No.

No, no.

George: Thank you.

But all states where you are trying to go deep within the subconscious, is a state not normally achieved in waking time. Now, my dear friends I have spoken with you enough I feel. I feel it might be beneficial if our dear lady friend (*Sara*) could take us on a short journey this time and I will leave you in the capable hands of our dear lady here, (*Lilian*) who will take charge of the rest of this evening's meeting. And as I withdraw this time, know always that I stand close by each one of you, know that I know your thoughts, I know what is within your hearts, and whenever I can I will endeavour to help you all. (*Thanks + farewells*)

Sara then took us on a guided meditation within ourselves and there was also a communication from Bonniol, all freely available on website: www.salumetandfriends.org

George's notes:

We were pleased to welcome on this occasion: Izumi (A friend from Japan), Heather and Natalie. Each has sat with us before, and it is always a pleasure to welcome back old friends.

Salumet's words on 10th March 97 were: **'...no longer will there be the fear and the distrust over all things termed supernatural. They will become known and natural...'** This coming year then, Salumet is saying, that many more will be seeking the paranormal, that we know to be normal. So that earlier statement is coming to fruition. The 'restrictive' view of hypnotism and self-hypnotism seems important, because this is a corner of scientific thinking that could be seen as 'in the melting pot'.

~30TH January 2006~

Good evening. (Welcomes)

As I join with you this time it gladdens me to hear your laughter.

Lilian: It certainly lifts the spirits.

It also helps to raise the vibration within this room. Now my dear friends this time I will speak to you for just a short time, because there must be some time left for some self-development this time. I wish to speak with you, the last time for a while because I know I have spoken much about this subject. I am sure you already know what I am about to say.

Sarah: Thought.

Yes, thank you my dear friend—not only thought but love. Many of my words have been dedicated to these two simple words of your language, but words which should mean much to you. You all know how much and how powerful your thoughts are, and we have spoken much about those insignificant thoughts which remain within the ether. We have spoken of the purpose of powerful thought and how it can affect, not only oneself, but not only your planet, but also the whole of your universe. How powerful those thoughts are! You also know that powerful thought—and we have spoken of collected thoughts and how much more powerful they can be—how they can transmute darkness of thoughts from many upon this planet. You understand all of these things. (Affirmed) What I would wish to say to you this time: have you considered my dear friends what happens with the thoughts that you have formed just before you enter your sleep state? Would someone like to...

Lilian: Personally, no I haven't.

Graham: I think sometimes when I have a question in my mind and I've gone to sleep on that question, next day the problem around that question doesn't seem so bad and I can see the answer.

Yes, so therefore you *have* had positive thinking before the sleep state. (Yes.) Let us assume that before your sleep state you have watched your televisions, you have read your newspapers, you have read your books or you have been thinking with negative thoughts, *before* you go to the sleep state. What do you suppose happens then?

Sara: Your minds are filled with whatever you've been absorbing (Yes.) and I imagine it can sometimes produce strange dreams, but also I believe it can lower your vibration (Yes.) before you sleep.

Yes. Of course you are right. Your last conscious thinking will—and as you know, when you reach your sleep state that the spirit leaves the body—yes. What happens then is that with negative thinking that last conscious thought will find you in the lower astral planes, because like-minded thoughts will come together. Can you understand? (Affirmed)

Lilian: Yes, that hadn't occurred to me I must say.

Have you any questions?

Sara: So it's much better to go within before sleeping and have quiet time.

I would suggest only positive thinking, or of course your meditation—that would be an ideal time for many. But this is an important point for you to remember.

George: So that thought would travel with the spirit and would not remain with the subconscious part.

Yes, because it is the last conscious—and remember that thought belongs to spirit, so of course it will travel with spirit and in the same way as your thoughts will travel into the ether, so too those last thoughts will travel with the spirit into *our* world, but any negative thinking will keep you in those lower astral ranges. So, that is also something else for you my dear friends to consider.

George: Yes, that is very useful information to have.

Sarah: So, if you wake up feeling really wonderful, it's probably because you had good thoughts before you went to sleep and it's been worked on whilst you've been away.

You would have joined us in spirit to the place where you rightfully belong at that moment in time. Remember there are many planes of existence and it would not be right to forego telling you of these lower astral planes, because that is where all of the negativity would still remain.

Sarah: When you go to sleep, Salumet, and your spirit leaves your body, is this really a little bit like you going back to where *you* belong to rejuvenate the spirit a bit?

I also would return to the place that I am suited to, yes, of course. Yes. You all, although your memories are few, do return to that place where the spirit can be rejuvenated, uplifted, and, as the gentleman has just said, can be inspired. In many ways you are helped during your sleep state. But of course you have times when you wake and you feel as if your rest has been negligible. That *could*, I do not say always, but could be because your thinking has been incorrect.

Sarah: And if you're in the lower astral plane, those negative thoughts, would they—and I know you're going to say that energy is always moving, but would they remain fairly stagnant in that lower astral plane, whereas when you're in your rightful place there's a lot more movement and a lot more work being done on your thoughts?

Yes, of course, because like attracts like and you would be attracted to a place of negativity, where indeed there are still many who have retained those negative thoughts, although they are in our world. Remember that you do not ultimately change, you do not suddenly become angels, (*titters*) you do not suddenly become a positive-thinking person; but it might be good for you my dear friends to assess for yourselves each thinking thought that you send out as it occurs throughout one of your days and I am sure that you could see from those thoughts whether you are a very positive person, or whether your thoughts dwell upon the negativity of your lives. After all, thought becomes habit, it grows from habit and it is much easier for you as human beings to focus upon those lower feelings rather than those feelings from spirit. It is a pattern, which is easier for you all to follow, but I do not excuse you all my dear friends, because now you have the knowledge to change, therefore you see how that responsibility has grown. (*Agreed*) You are not only responsible for yourselves, you are responsible for others whom your thoughts reach out to touch, you are responsible for the condition of your planet, and you are responsible for those thoughts that reach further out into your solar system.

George: I was just trying to visualize the *habitual criminal* and how that would apply and I think I can see that it might well be quite difficult for the *habitual criminal* to get out of the routine of *non-love*, should I say.

Yes. But as a group you could help to transmute that way of thinking by another. The love from your auras can reach out and touch and change. That is why it is so important my dear friends that this understanding of thought is great. That is *why* I have on numerous occasions returned to this subject, but now I feel that your understanding has reached the point where we can now move forward.

Graham: I can see that it's important, Sara and I, with our children that we always try to give them a happy goodnight—sometimes getting children into bed isn't always easy; (**Yes.**) we try very hard to keep them happy at that very important part of the day.

You have become wise, yes. And of course it allows their own special angels to watch over them at that time of their living.

Graham: And this would be a good time for prayer as well...

Of course.

Graham: ...to say thank you for the good things in the day.

Yes, and it would be most helpful if children could be taught to say thank you, not only for the love and the goodness which surrounds them, but also for the learning and the understanding of the problems that they encounter in their young lives. It is important that they learn to give thanks also for the—what you would call, 'not so good times', because that is the time of their understanding and recognition of themselves and their own spirit's growth. (*Thanks expressed*)

Sarah: And also the people who are depressed, they must go to sleep feeling low, so it's a downward spiral really.

Yes, if only they could understand themselves a little more, but they can be helped by people such as yourselves, whose light shines more brightly, who can touch them, even without their understanding. But always, as I have told you in the past, light will always gain over darkness, and it is a matter of perseverance and understanding with these people. And of course that brings us very aptly onto LOVE, because without love, nothing could exist. All of your being should be of love and understanding, and to understand others you must come to understand yourselves. And my dear friends, is that not the hardest task of all? (Agreed) You must know how to forgive yourselves, to love yourselves, because if you cannot love yourselves, if you do not have forgiveness, if you cannot let go of all loss—and I feel at this point I have to explain to you loss, because you automatically think of loss as the passing of a loved one: not so. People need to learn, because they fear so many things: they fear the loss of their youth, they fear the loss of course of one they love, they fear everyday living. They must learn to deal with loss of these things. Do you understand what I am telling you, (Affirmed) because truly, until you feeling love shine from you like a bright light, you will never truly understand what life is about. And I can tell you many things, say many words but until each one of you fully understands what love and forgiveness is, you will always falter throughout your earthly lives. You really must come to know yourselves well.

Sara: I think the hardest thing for most human beings is accepting their own dark side, their own dark shadow, (Yes.) and it is only then that you can accept other people's darkness, but then of course they show different dark areas sometimes to our own, (Yes.) and that's where the real learning is because sometimes we have to make a friend with a particular dark area to enable us to understand another one we've judged. I've found this in my own experience.

Yes. Firstly you must never judge—that has been one of my teachings to you—but because you are human this is a difficult thing for you to achieve, because none of you are infallible. You try so hard and you cannot ask for more, but it is the knowing and the understanding of these things, and the trying to achieve that greater spirituality which belongs to you all. Do you remember my words of some long time past, where I told you, if you had a problem with another human being, if you make judgement, to look within yourselves, (Agreed) and therefore you will find your answer to all of these so-called disagreeable traits in your fellow human beings.

Sarah: I also remember you said that when you have some troubles, that's the time when you grow. And a recent experience I've had has made me understand some things so much better that I wouldn't have understood if I hadn't had the problem.

Yes. I am sure each one of you has something that you could say about experiences of life, where in hindsight, you can say, yes I understand better, or the way I think has changed, or my understanding of another person has grown. That is your spirit growing, that is your inner voice telling you that these difficulties have been the test of human living. And yes, my dear friends, you have learned much from these words, but I did wish to remind you just once more before we move on to pastures new, how important love and thought are in your lives.

George: Perhaps there is no loss, only change, in the final analysis...

Yes. There needs to be positive and negative to create the whole, and that remains a fact for all living.

Sara: *Not judging* becomes easier with experience. (Yes.) We have to have quite a lot of experience sometimes.

Experience is why you are here. Yes, you might like to call it 'lessons', but experience is a good word I feel. As long as you *learn* from those experiences, then you will always move forward. Now, if you have any questions on what we have discussed, I will answer them before I take my leave. (Pause) No?

George: Yes. I was just thinking: we spoke of loss, but within this tremendous aura of love of spirit, the losses that we can think of, they seem to diminish (Yes.) and we all know of course that life is ongoing.

The feeling of loss would be transmuted into love—of course. Those feelings of loss and fear within you belong to the negative vibrations of your life, but once you allow that love and understanding of yourselves into your lives, then of course all else falls into place. I hope that you will try as I have

suggested my dear friends, to try to assess your own thoughts each time they come to you—assess them at the time that they are created and see what comes from that. I am *sure* you would be surprised throughout one of your days how much negativity can be created unwillingly.

Sara: I have noticed when I'm positive, I have so much more fluidity, I can move through so much more in a day (Yes.) and my mind travels more quickly, everything is easier.

And your energy...

Sara: ...is better.

Yes of course, because the human body is then filled with spiritual lightness, which is then transformed through to the human form, and as you have just described, feels so much better. Yes. Perhaps on days when you are feeling down, then ask your question: 'Where is my heart, where is my thinking?'

Sara: If something goes wrong in my day, I do always check what I was thinking at the time, to try to understand how it came about.

Yes, in this way you can change thoughts quickly, because your thoughts are your reality and your reality creates form within the human body. And of course you know that is how we have illness and it does not always occur in an instant—it is a culmination of negative thoughts and not being able to know oneself—yes.

Now my dear friends, as I take my leave, let us thank that Great Creative Force for this time together in joining, in discussing and hopefully in expanding that love vibration which is within this room. As always I shall stay close with you, and before I leave, I would just like to say, although I am aware of the thoughts that are sent to me for help, I will not give individual attention to whatever thoughts come to me. I will in every situation try to help and uplift you, but I will not recognize those thoughts within *this* room. (Thanks + farewells)

George's notes:

Regarding Salumet's final statement. It is felt that it embraces several points. Firstly of course, that he is aware of our thoughts. Secondly, he has reiterated several times that he can give love and upliftment, but cannot solve our life's problems. Thirdly, his mission is to teach, raise awareness and place spiritual knowledge before us for the benefit of all humanity. Fourthly, he is not recognising of 'individual' request 'within this room', because he credits us with knowing these things, from having had the benefit of 12 years of teachings.

~6TH February 2006~

Good evening. (Welcomes)

As we join together this time I was happy to hear your loving thoughts for those who are in distress in your world. They, as are many others within your world, so misguided about what they feel to be the truth—can only allow people such as yourselves, who have good and open hearts—it allows them to be engulfed within your love. Therefore, I will take this opportunity to thank each one of you for each week that you give out your loving and healing thoughts.

I hope my words to you last time about the state of your thinking as you approach your sleep state, has made some impact upon you.

George: Yes, I'm sure we all benefit from that knowledge.

But it is of no use if that knowledge is not put into any form of action. But it brings me to the much greater and wider picture of what you have been trying to achieve over these many, many, many months of your time. I have brought to you the thought of 'mind projection', yes, and indeed you have been interested in all that has been brought to you. I now have related to you that you must be more careful of your thinking as you approach your sleep state—these, my dear friends, are not separate issues. Tonight I will explain to you why it is important that you take on board what I have been bringing to you. You know the power of your thinking, you now know and understand that the power of thought travels but in an instant—as you think, so it is reality.

George: Indeed. **(Yes.)** Yes, you have told us how we can be an influence throughout the universe, and yes, one is beginning to feel the wisdom behind those words.

Yes. Your understanding is great on those matters. That is not the purpose of my talk this evening. What I now wish you to understand my dear friends is this: you of course realize that in my world thought communication is all that happens—there is no need of words. But what I wish you now to achieve with your thinking, especially as you approach your sleep state, is to make that stronger communication with our world and already I can hear: ‘but how can we achieve this?’ You can achieve this quite easily with what you have already been trying to do—to project the thought; I know it does not come easily to you at this time. Now we bring in the thinking as you enter sleep state. If your thinking is on a higher and purer level, then it is much easier to come to our world in sleep state and then to use the thought as a means of communication, not only with those who stand close by you, but also loved ones with whom you have been acquainted whilst on this Earth. It seems a mammoth task, does it not? But let me tell you my dear friends, that you are ready for this next step in your unfoldment. Again, it will depend on your own freewill, because even in our world that is not taken from you—but the opportunities are great. Do you have any questions at this time?

Lilian: That has certainly given us something to think about.

Sarah: It makes a lot of sense to me, that...

That is because you are ready to accept my dear friend.

Heather: So what you’re saying Salumet, is as we go into the sleep state and we are *in prayer* as such, we’re starting to be connected at that stage. Is that what you mean?

The point of connection is already made easier for you. That is why it is most important that that time before your sleep state, places your mind, which of course belongs to spirit, into a frame of thinking, which would then make it much easier to connect—because again, as you think, it then becomes your reality. Remember this always. That has been the point of these many months of demonstrating to you the power of the mind. How could we have given you through an instrument in your world, the thoughts and the feelings of another from far away? (*Referring to planet Aerah communications*)

George: It certainly brings home to us how ‘close’, if I can use that word, everything is.

It is but in the blink of your eye and it is the way of communication for those in our world. That is why the thought of another brings you immediately to that person or to that place or to that animal. That energy, that spiritual energy, is within you all. You have now reached a state where your hearts are open to all things—but again, the responsibility lies with each of you. I do not have a magic wand that will bring to each one of you your heart’s desires, and after all, that which is worthy must be worked for.

George: We must think in terms of ‘magic minds’, not ‘magic wands’.

Yes, yes—the words of our dear writer friend! (*Chuckles*) Do you have any questions?

Paul: So if we are able to get greater communications in our sleep state, will we have stronger memories of it when we awake?

Yes, of course—that would be one part of that development. You would be a much larger part of spirit, and that memory would be retained.

Sarah: So therefore if we are giving a message to or making contact with somebody in spirit, or even somebody perhaps like Bonniol, we could well remember what they were sending back if we were having some communication in our sleep state?

Of course—how do you think it works between these mediums upon your Earth or on any other planet, if it is not by the thought? But I wish you now my dear friends, with all the knowledge that I have brought to you, to place these into action and to use the information wisely for your own spiritual unfoldment and for the greater good of your group and all those people that you touch in this world. I will not say more, but I wanted to collate all these things together for you this evening, and it places a much greater responsibility on each one of you that you may now be careful in the way that you are thinking.

Sarah: You did ask us this week to try and have a day when we could see how many negative thoughts we had, **(Yes.)** and although I didn't count them up, I was aware each time that I did it and I thought: *'Whoops, let's change this one!'*

It is always a good exercise to fall back on, just to remind yourselves that these negative thoughts come so close to the surface of your thinking.

Lilian: Yes they do.

Paul: They so easily slip in.

Yes. So many people feel that they are positive human beings when in fact, as I have told you, if they bring it to the surface they realize that they are not.

Paul: I hold my hand up to that I think.

I will not exclude you my dear friend. (Chuckles) I feel that each one of you is responsible for that.

George: Yes, I was thinking recently about perfection and imperfection and I thought: the Divine Plan is perfect and the Creative Principle is perfect, **(Yes.)** but we ourselves, and all earthly things have to be imperfect...

Do not feel that those in *our* world are perfect—that is not so. What you are working towards is that state of perfection, but it will take many eons of time. You cannot expect perfection in one second of time, and one second of time is where you human beings belong.

George: That's right and I was wondering how the divine plan appears, not from where we are, but from in spirit. Does one have an impression of the *complete* divine plan?

Yes. I can only speak of what I know and as a conglomerate of beings, I feel I can speak and tell you that we also are working towards that perfection, but it is a feeling, which you attain. But suffice to say, as you feel you have gained ground, then you become aware that the vista before you opens wider—and so, you are forever growing.

George: Yes, I felt there must be a difference of view, and when you say, a wider vista before you...

Yes, but it is a deeper, more meaningful feeling of great love. Perhaps that would be a descriptive viewpoint for you. But, yes, from my *point* of view, then things are much different.

George: Yes, thank you for that.

Paul: Yes, that's interesting. We can relate to that as well, I think the way a new vista opens up, just when we think we've reached a certain point. **(Yes.)**

Lilian: We have, but we need to move on...

I believe that many years ago I made the analogy to you of climbing a ladder, a never ending ladder, and although as you look backwards you can see the progress that you have made, but as you look forward you can never see the end.

Sarah: I do remember you saying that. **(Yes.)**

George: What helped me in my thinking a little, was when we talked of 'Seth I' and 'Seth II', I felt there had to be a large number of rungs of the ladder between those two. **(Yes.)** As far as *our* view is concerned, Seth II, who described himself as a conglomerate of beings, must be far into the future compared to Seth I.

Yes, of course. Now you are beginning to understand—yes. And remember also that your human thinking is three-dimensional; it is so *stunted* in a way that you will never fully understand the way of the Great Divine Plan. Perfection is not easy to describe.

George: So, in deeper spirit, there are more dimensions to the thinking. **(Yes.)** So it's like comparing an abacus to a computer perhaps?

Yes, again you have given a good analogy. You see, as we move forward, each individual piece of information then grows to be much more expansive, as each piece of information breaks into areas of greater magnitude. So, rather than become simpler in terms of understanding, it becomes much, much more complex, but because your understanding of *yourselves* has grown, then your understanding of each developing part becomes greater.

Now my dear friends, I hope I have given you a little more to think about.

George: You certainly have.

Paul: We'll have to practise this—so going to sleep in as high a state of thinking as possible (Yes.) and then with the intention of communicating with our spirit friends and guides...

Firstly you must pay attention to your everyday thinking—all thinking—you must become masters of your own thinking. That is the pathway to be in command of what you think, and then to make sure as you enter your sleep-state that the purity of your thoughts is much greater; and then you truly can move forward. And as you say, the gifts of the spirit will indeed unfold before your very eyes. It is entirely within your grasp, but I do not want you to think that these things can happen in a blink of an eye—it has to be worked for.

Paul: Yes—all the best things you have to work for I think.

I will, next time I come, have a much longer discourse with you on another subject, but for the rest of this evening, it is important that each one within this room be given the opportunity to come close to those who *guide* them, and to help again in their own spiritual knowledge. Therefore my dear friends, as I take my leave from you, I offer you much love. We ask that Great Creative Force to help you, to lead you throughout your daily lives. Therefore I will take my leave and leave you in the hands of our dear lady friend. (Thanks + farewells)

Lilian: Until we meet again, our love goes with you.

George's notes:

On 20th June 05, Bonniol spoke on the subject of mind projection and how it was becoming for us, the norm: **"That is always the way with a new thing. It always starts like that and then after a time, you will be doing it ... in your sleep!"** We laughed and saw it as an ordinary joke at the time! Now we are able to see a clever double meaning in the remark. It is also worth remembering that on 22nd August 05, another planetary being visited with Bonniol who's mind projection activity occurs only during sleep-state.

Interesting connections!

We are reminded that our earthly experience is 3-dimensional. Salumet and deeper spirit clearly experience a more complex dimensionality. This status may well begin to explain the mechanism that lies behind the phenomena of synchronicity and Bible Code.

~20th February 2006~

As is our normal routine, names were given for healing at the start of the session, before Salumet or any others speak.

Good evening. (Welcomes)

I am happy to be with you once more.

Lilian: We are very happy to have you with us.

Before I continue this time, I would like to ask you my dear friends, how many of you are aware of the change of energy within this room this time?

Some of us could feel this difference and we made our various comments and it was described as a 'good' energy.

It is because we have with us this time two much younger energies, (two teenagers) and it has made some difference to the overall energy within this room. So, I am most pleased that the awareness of this has been good for some of you—which brings me to say a welcome to our latest visitor to this meeting. (Ashlea) As I continue this time I wish to speak to you my dear friends, to speak to you once more about healing thoughts, but also to elaborate just a little on what you already know. It is most apt that I speak to you this time when so many thoughts have been given for those who are ill and are distressed. So many times we are asked from your world: 'Can you please explain how the power of the spirit is utilized for the purpose of healing?' And as our acquaintance my dear friends, has been one of much knowledge, you are now aware of the *power* of thinking, you are now aware that your thoughts become reality, but how then are those thoughts used in *our world*? That is what I would like to talk about this evening. Thought sent by people upon this Earth, come to us in one instant—this you know—and that thought becomes reality, it becomes a vibration, which can then be utilized, not only for healing but for many

other things. What is spirit power? Spirit power is the very LIFE FORCE; it is infinite, it is malleable and therefore with those words you see that it can then be used in many ways. We have within our world scientists and chemists, as you would call them here on Earth, who take this spirit power and they characterize this power, this energy, and it is used in many permutations and then it is finalized for use, to be used through the instrument or channel for healing. So you see my dear friends that, that one thought goes through a process of change. The aspects of the power are used in the same way as the many aspects of each individual are used in these meetings. Do you understand my words? Or if you have any questions I will take them now.

George: I think my understanding is that the healing thoughts that emanate from us here, pass into spirit where they are changed—and I'm not forgetting that these are living thoughts, **(Yes.)** and those living thoughts having changed, they are then returned to the target person. Does that describe the process? **They are through the instrument of healing to the person who is in need so that this power might touch the spirit of the individual. That is the process of healing work. So, it is not just one random thought, there are many processes that are used.**

Sarah: I know there is no time in spirit, but this is quite an instantaneous...

Already the thought is used, because we are aware of what is about to be said. We are a little ahead of you as human beings. All we wait for is that connective vibration from you and the process of using *spirit power* or *Life force* or *Love*, whatever you wish to term it, is used immediately. That is not to say that it is felt by the individuals concerned in that moment of time, because as you know, for healing to work, the spirit has to be *touched*.

Sarah: So does it actually go one step further still? You said that you are one step ahead of us with the thought that we are going to give out. Do you actually sometimes impress us to make this thought? **(No)**

George: Should we think of this healing process in a collective sense rather than an individual sense?

No. You can if you wish, but it does not change the outcome from our side of life.

Lilian: So if we can't remember the name of the person who needs the healing, but the thought is sent anyway, how does that work? Is that thought discarded or is it able to be used anyway?

No, we would never discard a healing thought that is sent with love; only those thoughts that have no power behind them—everyday thinking as I have told you previously. But a healing thought sent with love is never disregarded. Collective thought, as I have told you previously, has a power of its own, but all of these thoughts are collected so do not concern yourself with active thinking about how it should be done. Just give of the love and the help for those who are in need.

George: Yes, I was really thinking, does it work in a collective sense as seen from spirit? Do thoughts get combined and circulated where needed or is it on a more individual basis?

It matters not—all thoughts are collected. It matters not whether it comes from, as you have said and as happens within this room, 'collective thought', or whether it is 'individual thought'—all of these thoughts have their own reality and that is what will be utilized, will be changed. Aspects of that power are being altered and changed to suit the situations needed for each individual sickness or illness or whatever problem is being asked for help for. Is that helpful to you?

George: Yes, thank you.

But it gives you food for thought. We have spoken much about the power of thought, but now I wish you to *realize* that there is much more involved, that the work within our world is on-going and does not stop on *reception* of any healing thought or for that matter any thought that is for help—and I have to say, any thoughts that you send for yourselves.

George: Yes, that certainly gives us much to think about.

It shows you, does it not, that spirit-power is indeed infinite, that it is changeable and it can be felt, indeed in a very strong way by all individuals upon this Earth plane.

Graham: I was wondering if I could ask a question on behalf of these two younger ones who are with us this evening? **(Of course.)** They had an experience a few days ago which seems to have touched both of them. During their skiing holiday, Natalie here got lost and she ended up in a place where she was very lonely and afraid and she asked for help and she felt as though someone was with her. My daughter here

(Ashlea) was also part of that drama and she played her role in it. They both feel as though things happened which they both described themselves as miracles, and I was wondering if there was anything you could say about that experience to them?

Of course I am happy to speak with these young energies. We know of course that the one you call Natalie has already made connection with us here within this room. Once that connection is made, it cannot be severed. As every individual who has entered this room knows, when you make a connection with our world, you are in fact uniting with your own spirit, and therefore at all times you are closer to our world, and when instances of fear or whatever emotion lies within, then those who stand close to you will come close to help you. What these young people do not fully understand is that they are *never alone*. It is entirely up to every individual to allow us in our world to come close to you. But sometimes, because of the strong emotions and the ties to the material world, it blocks our efforts to *help*. But what should happen now is that these young people learn and get to know themselves, and when that happens then their spirit is opened up to us in *our* world, and that connection will always remain with them.

Graham: Thank you for that answer.

George: Yes, I'm sure they will both note that well.

Yes. There is a good energy between them; it could be utilized if they so desired, but they have a lot of material living to do. But if they could only recognize their true selves as spirit, then life for them—I will not say will be easy, that is not for me to say, but their lives will be enriched in many ways, and I am sure it has demonstrated to them that they are *never alone*. It should be a comforting thought for them to know that you do not always need the human touch to feel comforted.

Graham: Thank you, that's very interesting.

Natalie/Ashlea: Yes!

Graham: My daughter was a little nervous about coming and she has been apprehensive for a while, but I'm so pleased now that she has made the step.

Yes. This young one could do much with the pen, but I will leave that with you and perhaps words of wisdom will be listened to and perhaps if she so desires at a later stage that she might find a connection close to her. It is not for us to tell each of you what you should do. You know that has never been my purpose, but I also wish to encourage and uplift anyone who wishes to receive help from spirit. Have we more questions before I leave you?

Sarah: Yes. I was telling my daughter that you said the last thought you have before you go to bed should be a positive one. She said that that first night that I told her that, she said that she definitely went to bed with a positive thought and then she had nightmares! So she wondered why that should have been.

Because one positive thought is not enough. She has many negative thoughts, which the spirit has to deal with. You know that the material body and the spirit are interwoven and one has a very strong effect upon the other; because you retire with one positive thought, will not automatically erase any negative thoughts throughout that day. What I have tried to teach you is that this must be an accumulation of good thoughts, and *then* when you retire to the sleep-state, that last thought then is like the catalyst that takes you forward into spirit. I hope that is helpful for her.

Sarah: Yes, that is very helpful. I shall pass that message on to her. Thank you very much.

It is not that you need just one positive thought; it is something you should try to achieve at all times.

Lilian: It is something we really need to work hard at, isn't it?

Yes, and I have to say that my words on that subject have been easily forgotten with some of you, therefore it is apt that this is a timely reminder for everyone.

Now, I hope that you will consider my words carefully this time and to realize that this is a further step in your knowledge. I ask only my dear friends that you continue to give of your love, your time, your energy and of course that you give this knowledge to others in order that it may help them in their everyday lives; and of course for yourselves in your own spiritual unfoldment. I will take my leave of you, I bathe you in spiritual love, and for the rest of this evening I will work quietly with this one (Eileen). (Thanks + farewells)

George's notes:

Natalie skis well, but on this occasion she got stuck in a narrow ravine in deep snow, that had cracking ice and water beneath! She got separated from the group and was out-of-sight. Rescue came 5-hours later and happily she was none the worse. It is worth noting that in addition to spiritual connection, the mobile phone also played its part in this.

~27th February 2006~

Before Salumet spoke this time, one through Sarah spoke of delays due to difficulties in coming through this time. Another also through Sarah, wanted to let us know that our rescue work had been of much interest to others in spirit realm, and had helped many in learning how to make the transition from the physical to spirit world much easier. Salumet began to speak some time later:

Good evening. (Welcomes)

As always my dear friends, there is purpose and reasoning behind all that occurs within this room. This evening has had its purpose. It has had a purpose, not only for yourselves, but for those in our world. It is a discipline for them as it is for you. As we come into this silence together, so many expectations await you, not only from this side of life but from yours, and without each other these meetings would not occur. It is I feel, most apt for you all to learn that we, from our world, cannot be summoned at will—that sometimes conditions, as you have been told, are more difficult, but also that unless there is a deep love-bond, we cannot come close to you. That, of course, is not the case within this room; there is so much love, which each of you brings to each other and to those who stand close by you. But the purpose of this evening was to let you recognize that you must not always take us for granted.

George: Yes, I'm sure we appreciate that.

Lilian: That was quite a lesson.

Sarah: So those two who came through me Salumet, were they opportunists?

Of course not—there is a purpose in this evening and the one who spoke through you had that job to do: to mention conditions, as did the one who comes through with mind projection. All are informed of what is about to happen. Each takes their place and speaks thus.

Sarah: Thank you.

I wish to say to the young gentleman who has joined us again this evening (*Richard*) that you must *allow* your natural gifts to push forward. This is the time and we know that you are a little hesitant at times, but there have been many who have worked with you this evening. Whether you are aware or not, I can assure you my dear friend that there are many who wish to work with you.

Richard: Thank you.

Now, before I leave you, I know that if you have any questions I will be happy to answer them for you.

Lilian: Any questions? George?

George: I wanted to ask a question about the condition of schizophrenia and I think we just mentioned this in passing on one occasion. **(Yes.)** Schizophrenia in our modern world seems to have become an umbrella expression for a number of conditions, **(Yes.)** but one type of condition concerns people having two personalities, if I could put it like that. Sometimes one is a violent personality and it may be that sometimes it's related to a form of mediumship, and sometimes it may relate to an undesirable spirit taking over or being present. I think it is a very misunderstood or little-understood area. I wonder if you could say a few words about that general topic?

Yes. As many illnesses within your world are misunderstood, this of course, is one that comes to the forefront on many occasions, and yes, as you have said, many who are labelled 'schizophrenic' are indeed mediums who are confused, but they do not involve the negative and violent side of the nature of the spirit—that is nothing to do with mediumship. The violent personalities within the human being who has dual personalities is indeed a state of spirit that has been confused, mainly at birth—not always but mainly. The lady who spoke to me previously, used the word 'opportunist'. That is exactly what happens when there is confusion and spirit wishes to reincarnate quickly and ignores advice given to

them. We have spoken about that subject previously also. You remember? (*Affirmed*) That is why sometimes when a child is born, it is not the spirit that should be there. Do you remember my words?

George: Yes. So a wrong spirit, if I could put it like that...

...an opportunist—it is an apt word for this question.

George: Thank you. And would be there permanently?

No necessarily so.

George: So it might be possible to, shall I say, *correct* the situation through exorcism? Would that be the word to use?

That would be one way to go, but it would have to be done with a medium in your world. It is controlled somewhat by your medical people: there are medications used which subdue the will but does not *cure*, if I may use that word.

George: Yes, we were rather thinking that and some of us have discussed it.

It is a distressing situation and of course it always will be resolved when spirit returns to our world.

George: So it might be a job for a medium as opposed to a medical situation?

In a number of cases—I do not speak about all cases, there are various reasons for this condition in your world.

George: Yes. And very often children who are incomplete in some way, have a wonderful loving nature, which I think suggests that their spirit connection is heightened perhaps, while their intellectual development becomes stunted. I think we see that in a number of handicapped children.

You must always remember that children are closer to our world and therefore are more open to all that happens within their young lives. They are much more open and therefore so many happenings can occur, which would not necessarily happen with an adult within your world. Is that helpful to you?

George: Yes, indeed. I think that clarifies several points, although, as you say, it is a varied and complicated field.

Yes. But remember also the responsibility of each spirit in these cases. All that happens within your world does not happen purely by chance. Always consider any condition from a spiritual level and then your understanding becomes much greater.

George: Yes. Putting that another way, there is always purpose...

Not always. As I say, there are—as in your world there are people who will take advantage of another and when you have a child or a baby about to be born (*Conceived*), the spirit who wishes to come into, and into that pure light, will take the opportunity if they can. Therefore you have the disturbance, you have the positive, you have the negative, you have the lightness and the darkness together.

Paul: Is this something that maybe happens perhaps one percent of the time?

It is, I would say my dear friend, rare. It is not something that happens all of the time, but of course the opportunities are there.

Paul: I have heard of mothers who talk of simply not being able to bond with their baby. Can that be a sign that ...

That is normally karmic.

Paul: I see. So that's not necessarily anything to do with this then?

No. Always view these problems and conditions from the spiritual standpoint.

Sarah: So when you say karmic, that's both from the child and the mother?

Yes, yes. Remember that you have chosen whom you wish to be your parents—remember the agreements that are made before you reincarnate into this life. There is always a pact made, not only with mother and child, but all that you come into contact with within the earthly life.

Sarah: When you said just now that a spirit would jump into a child that is about to be born, I thought that the spirit entered into the child as soon as it was conceived... (**Yes.**) ...not at the point of the actual physical birth...

At conception—yes.

Graham: There's an extraordinary child in the school that I am working who has certainly made people think. It is a child with great learning difficulties, who has been diagnosed, I think, with autism and is in

many ways restricted intellectually. He has what the school call 'a little party trick' and that is where you can give the child a date either later in this year or next year and immediately that child can tell you what day that would be. **(Yes.)** And when that child is asked how he can do it, the child replies: 'It is just in my mind—it just happens.'

Yes. Of course, because although the child has physical problems, the spiritual and the mind which belongs to spirit, is to the forefront and therefore that spiritual memory is still within that child. That is why you have that happening. The physical body is 'troubled', shall we say, but never the spiritual mind.

Graham: Gosh! So that gives an insight as to what the spiritual mind is capable of.

Yes. It is just within that human being.

George: So it's a very good spiritual/soul connection.

Yes. A strong memory of what has gone before, even within the unfortunate human body.

George: So the child, if I could put it this way, would have a proportion of that all-knowledge.

Yes. As all of you do. So, I feel my lesson for you this evening is again to always think with your spirit.

Leave aside human/physical thinking, use that higher level of thinking and all matters within your world will become much clearer.

George: Yes. This general topic has come to the fore as a result of Graham's present teaching post, which involves handicapped children—it started us all thinking.

Yes, it is the same as when the human form gets closer to our world to return home and then they begin to think with the spiritual mind and all becomes clearer to them. No matter what the physical problems are, remember that the mind, which belongs to spirit, will always be clear.

Sarah: So even in people who have dementia...

Yes, I was waiting for you to ask! (Knowing chuckles)

Sarah: ...although they are perhaps not aware of it, their spirit is clear, **(Yes.)** their physical body certainly isn't.

It matters not what the physical condition is.

Jan: Salumet, may I ask: Richard's condition—the young man sat next to me, my son—he was labelled as dyslexic and we thought the voices that he could hear and the noises in his head were all part of the condition. We have sussed it out for ourselves I believe, that that was not the case. So am I right in saying, or are we both right in saying that in Richard's case he was hearing clairvoyantly **(Yes.)** rather than the condition?

It has taken some time has it not, but that is why he is now ready to accept. So many people in your world are given labels, which do not belong to them, and one of them is what is happening here when children see faces, they hear voices and they are labelled as being strange, when in fact they are being more than normal.

Paul: Yes!

George: That is an interesting thought.

Jan: Richard would see animals, and especially one particular animal in the house very early on, and I just knew it was happening, but it was very difficult to get through to—obviously academically educationally, people who were labelling him all the time.

They still do not fully have the understanding. You cannot say they are wrong, because they do not know, but he is fortunate in having you and your understanding to help. He has the opportunity now to go forward and make good use of the rest of his life, but again as I have told you, it is entirely his own freewill. And as much as I would wish you all to live lives to the full, to recognize that you are spirit, I cannot interfere in your lives, because that is part of the pathway that you have chosen and each one of you is responsible at the end of these earthly lives for all that you have said and done.

Sarah: When you said that Richard was fortunate to have Jan as his mother, surely he chose his mother so that she could help him, perhaps.

That is always a possibility, but deep within themselves, they will know the answer to that question, whether that is part of their life's pathway or not, because all of you have that inner knowledge, but so

often as human beings you deny what you know—mainly from fear, and I do not wish to tread upon that subject again this time.

Paul: I think it relates to that thing about being normal and if you're not normal having all these labels. (Yes.) It would be okay, but these labels carry with them so much negativity.

Yes. And we know, do we not, that positive thinking can make so many changes to a person's life. (Yes!)

Sarah: Can I ask one final thing? When George was talking about schizophrenia and you said that it can often be treated by a medium, can you give an example of one that couldn't be treated by a medium?

Only inasmuch as how strong that spirit is within the human frame. It is like what you call—now how would you phrase it—'hauntings', where you have so many negative happenings and it is difficult to remove that spirit from those situations. Remember that the medium has the helpers and the light behind them, but so also does the spirit have the darkness and the negative energy behind them, and always it is a battle between light and darkness. Does that help you?

Sarah: Yes it does, thank you.

Richard: Salumet, trying to make connections, I believe the difficulties I'm having, probably, as you told me, are about fear, but there is a great amount of negativity (Yes.) that I'm trying to lift, but I'm having great difficulty in doing so.

It will only come my dear friend with practise and with meditation and in acceptance of your guidance, and in recognition that there is with you a guidance who is here to help and to protect you. It will come, but you need to be dedicated to that task. I will endeavour to try to help you all that I can.

Now my dear friends I will take my leave and as I have said, I hope that this evening has been a fruitful one in as much as it gives you a little more food for thought. (Thanks expressed)

And as I take my leave from you, we ask that each one of you in your daily lives be given the help and the strength and the love, to continue. (More thanks)

George's notes:

Schizophrenia, as agreed, is a set of conditions, poorly understood, and Salumet's words are enlightening. The spiritual reasons are interesting indeed. When he refers to a previous mention of 'opportunistic spirit at time of conception', that was in relation to 'transgender' on 4th November 2002, which generally arises from that cause. It is very useful to know that some conditions may be exorcised through mediumship, and some 'surprising abilities' relate to spiritual all-knowledge. (And proof that spiritual mind is separate from inferior intellect?) And suppression of personality by administered drugs is not a cure.

~6th March 2006~

Good evening. (Welcomes)

It is good to join with you once again my dear friends. This evening I do not intend to speak to you for too long. I will work with this one again as there is much to be gained by silent cooperation. There will be our friend from another world this time and also one other. That being so I will answer any questions fairly quickly this time.

Lilian: Any questions?

Rod: It was to do with the number of spirits within a newborn baby. This is where we had a 'Jekyll and Hyde' question last week and we were discussing: are there two spirits within that baby or within that person in later life?

You are speaking of the medical condition that we spoke of last time, yes? (Schizophrenia)

Lilian: Yes.

Yes. You cannot have two people, as you say, in one body, but what happens is you can have the infiltration of many minds within one body. There is a difference and if you remember: mind is spirit and is capable of much influence in the physical presence that you human beings are. Therefore I hope this clarifies it for you just a little.

Rod: Thank you very much, that does, yes.

I apologize if I made any confusion last time, but as you know, always it is difficult to put into physical words, happenings that are non-material. This is always a problem for our world, but I hope it is clear for you now.

Rod: That does clear it yes, thank you.

George: That was certainly a very interesting session that we had on that subject last time.

I was slightly amused by you all, in recognizing how unusual it was for me to speak to you at the end of these meetings. But I hope also that the information brought to you some little moments of thought.

George: Yes—now that the transcripts are circulated, I'm sure that will be of interest to many people—to many readers.

If ever my words confuse you, please do ask at the time of my speaking and it will save you unnecessary thinking energy.

George: Yes—thank you. I was watching a recently made film on the last days of Adolf Hitler and information was taken from a personal secretary who survived the war and still lives. Something came up which intrigued me: he apparently regarded 'compassion' as a weakness to be trodden under foot, and I felt this perhaps is the key to his wrong thinking, which in some measure explains what we consider to have been atrocities. I know that we have our physical emotions, which we need to control, but he seems to possibly have confused compassion with controlling physical emotion. Would you care to say something further on the subject of compassion? And of course this has to flow from spirit and I cannot really see how he could have had so much confusion about that subject of compassion.

I understand your question my dear friend. Firstly let me say, this is again a very good example of why you cannot judge your fellow human man, because you do not have the full picture at any time. The gentleman in question was indeed a confused human being. He was not of sound mind much of the time at the end of his earthly life. But what I say to you is this: of course, compassion belongs to spirit—to the mind, but you also know that the physical being is activated by the mind and the mind is controlled by the physical action. There always is interaction between the two. Therefore, when there is some kind of discontent within the human being, whether there be fear, whether there be confusion, of course this has to have some effect upon the whole structure of being. The physical and the spiritual are intertwined, but whilst you remain upon this Earth, oft times is the physical reasoning the more powerful, which then creates all of these situations.

George: So the physical intellect could control the input from spirit and could shut out the spiritual mind in effect.

Of course. Remember I have told you, there are so many in your world, who are spiritually inadequate, and this is the reason why—they do not allow those spiritual attributes to shine forth. Remember always the balance of light and darkness. Does that help you in your understanding?

George: It does indeed. It shows well the balance between the physical and the spiritual and how the spiritual mind can be dimmed by our physical control. Yes, thank you, that does help.

Yes, perhaps a better word than 'control' would be 'influence'—rather than control. But always there has to be interaction between the two. It explains, does it not my dear friends, why so many in your world create what you have termed 'atrocities'. It is a lack of light within their spirit, whilst, and only whilst, they inhabit these bodies.

George: It makes what we call 'atrocities' the more understandable. (Yes.)

Graham: So it wouldn't really be their fault then, if they were to find themselves in the situation, where the spiritual influence is being pushed away and their physical mind is coming to the fore; if they're not aware of the fact that this is happening. Is that situation really their fault? Are they blameless?

I do not like to use the word 'fault'. They of course must be *responsible* whilst in these physical garbs for every deed and action that they take against their fellow man, and they will become aware of these things when they return home to us. But what would be much better is if they could begin—and I will use a saying within your own world that is used frequently: if only they could '*see the light*'. If only they would allow their true selves to step forward, then all the negativity and hatred and fear within them would dissolve. But no, you can never call them blameless, but that is not a judgement. You understand?

Graham: Yes. And presumably they live such a life and for learning not only for themselves, but for others around them.

Remember that like attracts like and in so doing it makes a greater picture of all that is dark. I am sure you are aware in your own world of many who are like this.

George: Yes, and with Adolf Hitler, it was quite amazing the way those close to him seemed to be swept along by his—I could call it ‘wayward philosophy’.

Yes, of course. I hope that has helped you and for this time my dear friends I will take my leave and work quietly with this one, and I would say to our dear lady friend that *her* assistance in helping the instrument this time to return would be most helpful.

Lilian: Yes, I will. Thank you once again.

I leave you all again in my love and light. (Thanks expressed)

Bonniol followed as indicated by Salumet—all Bonniol transcripts are freely available from website:

<http://www.salumetandfriends.org/5.html> This particular Planet Aerah session has also been included here, as Salumet enters the discussion later on with our friend from a planet so far away:

Lilian: Hello.

Hello.

Lilian: How was your journey tonight?

It was better, thank you. I had a very easy entry.

Graham: Is that because conditions have returned to what they were, or have you managed to adjust?

I believe conditions have returned, and we are also improving our links all the time.

George: That’s very good to hear.

Hopefully, if things can improve, then we can move forward.

Lilian: Yes, we look forward to that. Have you a full house tonight?

Yes, there are the usual numbers gathered. We look forward to it each time.

Lilian: I’m sure you do.

It’s always a beautiful experience for us...

Lilian: And for us!

...meeting with other aspects of creation.

Lilian: And you are much more used to it than we are.

(Pause) It is something you never really get used to.

George: Yes—a good thought. I’m not sure how many of us have been attempting to project things to you. I have been attempting myself, and I must apologise, because some things seem more difficult than others. I chose an object which I felt was reasonably simple, but I found it very difficult to hold a good image in my mind. So if you didn’t receive anything from me, I quite understand, because my image was so fleeting. Sorry about that.

But it is a sign of progress, when you are aware of your *image quality* and you have an idea of the quality that you would like. So that is a *good sign*, and you *will* reach a much better quality, if you continue to practise.

George: Yes—thank you.

Lilian: You didn’t by any chance pick up one of our small animals—a frog? I remember one was mentioned in the early days...

I’m still waiting for a *really* clear mind projection from *any* of you. I am picking up blurred images. But I’m still waiting for that crystal clear unmistakable...

Lilian: I picked one up the other day to rescue it from one of our roads and I thought: that’s a good idea, I’ll send Bonniol a little frog.

Yes, I understand, the frog would be something you will...

Lilian: Something you would recognise...

...yes. It is not the easiest of things to project when you are starting off, but if you *feel* you can create that image mentally, with enough clarity that it is as if it was in front of you, then it will be possible.

Rod: Last week, Bonniol, I stood an orange watering can on our bin and I spoke to you and I'm sure you were with me—at least on thought—and I looked at this—I don't know if you know what a watering can is—for watering plants...

Yes, we also use them. I will continue to watch for these images, and I am sure they will become clearer to me as you send them each time. But at the moment they are still shadows of the things they represent. If I was of your world, it would be possible to read the shadows, but it is very hard to read them when these are all new to us, but it is very good practice for you all.

Lilian: Yes it's a good practice for us I must say—yes.

And it is nice that you are doing it during your day, at various opportunities.

George: Yes, and you're happy for us to continue to attempt to send to you?

I am always very happy to be given these thoughts and to monitor them for you.

George: Right. Thank you.

Sarah: It seems to be a very good connection we've got this time Bonniol. Do you feel it's a better one than before?

Yes, I have had a little bit of quiet time with this one (Paul) and I think it has helped this time improving the link. We are improving each time and it should become more 'varied', if I could use that word—the communications may become more interesting as we get the sort of link we are hoping for. It is always hard to talk about more unusual things at the beginning. We have had to be patient and discuss things that we are familiar with. Hopefully we will be able to broaden our communications.

George: Well, so far we've had a wonderful mixture of science and philosophy, music and poetry and an incredible mixture—and a little bit about living things and industry, which has all been quite fascinating.

Yes, these are all topics, which are familiar to you. We also have much that will *not* be familiar, and we hope to share a little of that.

Graham: That would be interesting.

George: Yes. I was doing a little overview recently and the picture that is emerging, is that spirit/mind of God—however one wishes to define it—extends throughout the universe, and is an influence obviously, throughout the entire universe, so that both our planets are subject to the influence of this mind/spirit which extends throughout. So it's not surprising really that there are so many similarities within both our cultures. There are the joys of understanding music, literature and theatre—so many things of the mind, of the spirit. It seems so natural that we have these similarities.

Sarah: I think that's partly because Bonniol and his people on his planet are similar to us, but if you think about the planet with the 'mushrooms' on it, they would I expect be quite different. **(Yes.)**

George: Well, I wonder if their philosophy would be different—the things that connect to spirit.

Lilian: Yes, I see what you mean George.

George: Do you have any thought on that Bonniol?

Yes, the (Pause) the word eludes me for the moment, but the ways that spirit defines itself in the various worlds of matter—there is always a—there is always the truth which comes to the surface, in all worlds. But the patterns, if you like, are incredibly varied. The final—it's the various ways of getting to that truth, that defies the imagination.

George: Yes—I think evolution comes into it. We evolve in our different directions or with emphasis on different things as we evolve. So perhaps, where we have differences, it arises out of that way in which we evolve.

Yes, the evolving is your pathway—the roads that you take to your final destination.

George: In recent years, we've evolved in the direction of materialism, whereas you have evolved on your planet much more in the direction of nature, recognition of nature spirits and...

When you become aware of them, it becomes natural to work with them.

Sarah: Has your planet gone through a period where it was materialistic?

It was once very materialistic in a slightly different way, of course, to the way yours has grown. Each person is different and each planet is equally different in the way it displays its material nature. It would

seem strange probably, to talk about how we displayed our material natures. But when you look at your past civilisations, they also displayed it in different ways to today, did they not? *(Affirmed)*

George: Yes. Just looking back 100 years, we I feel were closer to nature and farming economy then, because one small farm might have had ten people working on it, whereas today that same small farm would only have one person working on it and organizing a lot of machinery to actually do the work. So, in that sense we've moved away from agriculture and nature.

Yes, machines in some ways have cut you off from the *land* experience.

Sarah: And also in the cooking, whereas before you used to use your hands a lot more to make things, now that also has been taken over by machines. So there's very little contact with the raw materials, or the raw produce, which again takes you away from...

George: Yes, we are not preparing the food with love in quite the same way...

At this moment Lilian noticed Eileen's hand movement and had awareness that Salumet wanted to speak—I think we had all forgotten that Salumet was still quietly with Eileen:

Lilian: Can I just see if Salumet wishes to say anything?

Thank you. I apologize for this intrusion.

Lilian: We're pleased to have you.

I wish to say just one thing—and Bonniol does not have the knowledge which can tell you about the connection between all planets and spirit. There is a simple explanation, and I will put it to you thus: the unifying bond between spirit and all matter, no matter what that form of matter takes, is LOVE and PERFECTION. That is what every planet strives for, and that is the unifying bond.

Lilian: Yes—it's simple when you say it.

Bonniol was struggling to define that question, so I do apologize to him, but I felt it was a point to be clarified.

George: Wonderful! *(Thanks expressed)*

I will now leave you once more.

George: Could I just suggest that that bond, then leads to or is responsible for there being so many similarities between cultures on different planets?

The love consciousness is what connects you—no matter what; whether you be human form, vegetable form, or whatever. And it shows in the vegetable form as perfection in the way that it tries to grow and demonstrate itself. You understand?

Lilian: Yes.

George: Thank you so much for that.

But every planet is striving towards the same goal.

George: Yes—wonderful!

Bonniol then continued:

Thank you! That clarifies it for me too.

Lilian: Yes! It's so simple.

George: We mentioned the idea some time ago, that it would be nice if you would sit in with us when Salumet is here and now we've experienced it!

It makes for a very interesting evening.

George: Wonderful. So, where do we go from here? Are there any questions you'd like to ask us, or would you like us to ask you questions?

I would like to be a little more frank, about some of our peoples. I think you have an idea that our world is perfect in many ways. And I have told you that we have different problems—of over-population and some disagreements over how we work with the elementals, for example.

George: Yes, you mentioned this.

We do not have wars or fighting, but we do have unrest from time to time, and this may surprise you, but we have had assassination—is that the word. *(Affirmed)* So there are political groups struggling for their points of view to be made.

George: We understand. We've had occasional assassinations ourselves.

It's not common, but we have had it. And so, it is something that cannot be dismissed.

George: But nevertheless, people have the collective good sense not to go to war over disputes or over annoyances...

There is enough love from the majority of us to not allow war.

George: So again, 'love' is the key to that matter.

But there are those who are prepared to take life, if they feel it helps their cause.

Rod: Do you have armies fighting people, to protect one against the other?

We have something, which has evolved from your 'armies', but it no longer functions like that. They are like a group who rescue people—deal with natural disasters—are available for many different activities, depending on what is needed at the time.

Rod: Almost like a United Nations here I should think...

Yes. They understand medical as well as natural disasters. They can—they understand how to fight, but it is not a main part of their training.

Sarah: What would happen to the assassin if they catch him?

If this person is caught, they would be placed in confinement for a time.

Sarah: Do you have special prisons like we do? Do you need them?

We have something like a prison in the sense that it separates them from the world, but it is not meant as a punishing place.

George: And are they left to their own thinking, or would they be subject to what might be considered to be helpful learning for them?

They will have many who will try to help them. They are not so many to deal with—it is less common in our world. But they are always those who, for some reason, are unhappy with the way things are, and are prepared to act without regard for another. So they need to be watched over carefully and if possible, finding out why they have chosen that pathway—and if they can be encouraged out of it in *this* lifetime, as opposed to waiting for the disappointment when they move on.

Sarah: Salumet has told us that you should never take a life, so all of you must be aware of that as well...

It is something that we would hope everyone is aware of, but when you have mass populations, it seems there are always some individuals who choose another course other than the one we recommend.

Sarah: Sometimes they say when places get too crowded you get this kind of thing. Maybe it's partly due to the overcrowding on your planet, do you think?

There are many possible reasons. That is one that has been voiced at certain times with certain people.

Rod: Reading between the lines, you seem to know how many people we've got in prison here...

I have looked through the memories of this one and I do not know the numbers but...

Graham: It's about one in 800 in this country—I've just done the calculation, about one in 800 in England at the moment.

I am aware of your problem with prisons and the scale of it. It would seem to be a problem, which has not been tackled very imaginatively, can I say?

George: Yes, I agree.

Graham: I think they're trying to find alternative methods to punishing other than going to prison—allowing people to reform outside prison, giving them the opportunity to do so, which is perhaps a step in the right direction.

George: Yes, we're trying. We've still got quite a long way to go. Would you like a break? Would you like a piece of music at this stage?

That sounds a good idea—yes, thank you.

George: I think we mentioned the theatre before. We have 'musical' shows, and these are often centered on a story; it can be any sort of story. Occasionally it's taken out of politics and there was one musical in fairly recent times called 'Evita', and it concerned the government of Argentina, one of our countries. Juan Perón was its president, and his wife Evita was First Lady, and assisted with running the country. She was in charge of social welfare, and she was *much loved* by the people. She departed this life before her husband and 'Don't cry for me Argentina', was her song: ♪ ♪ ♪ ♪. (*The song was played for Bonniol*)

It's a little easier now, to listen with these ears ... and that one was able to sound the words a little more easily than in some of the songs.

George: Yes, sometimes our musical shows are little bits of political history like that, but any subject can be taken. But that is quite a heart-warming little song, and it has been very, very popular.

Sarah: When you say it's easier for you to listen to, is it also easier for you to relay back to your 'audience', can I put it that way?

Yes. It's not that I relay exactly. They experience it with me--we share the experience.

Sarah: And they enjoyed it as well?

I'm sure they enjoyed it too, yes.

George: So is it as if they were here with us?

It is for them, as it is for me—yes. They would be listening with me to your words. I speak for myself but when you speak, they are able to listen. We all listen together. So it makes it even more a meeting of worlds.

George: Could I ask, have you all listened to a Master who visits another planet—have they experienced what was experienced tonight before in your planetary travels? Or is this a first?

It is a first for me. I would imagine it has been done before, but it is a first for me, and something very special. I have listened to your Master before, but to have him come into the discussion is something I will cherish.

George: We are delighted that this has happened and we shall equally cherish this evening for that reason. But I hope that we will have even better communications now that we have improved our link.

George: Wonderful.

And I'm sure we will. But for this evening perhaps I have spoken enough.

Sarah: And we have a saying: practise makes perfect, so we'll keep practising then.

George: It's been a very good evening...

I look forward to receiving more from you.

Graham: We'll do our best.

Would you like me to send to you as well?

Sarah: That would be very good, yes. *(Affirmed)*

I will be sending you something.

Sarah: Are you going to send the same thing to all of us?

I think that would be easiest for now, yes.

(Thanks + farewells)

George's notes:

This was a very special evening. It was at the start of our meeting of 25th April 05 that we suggested Bonniol might like to deliberately come early and be in session with Salumet, on a future occasion. On 18th July 05, we checked with Salumet that this would be acceptable. Now it has transpired!

Armies: Our Earthly evolution has recently seen a condensation of regiments and some military reductions. There have been peace and non-nuclear proclamations. These are first steps. We have sometimes discussed amongst ourselves what next? Perhaps a single United Nations World Task Force—more of a disaster rescue unit. Such a unit would perhaps preserve and make better use of existing skills—transportation, engineering, medical, policing etc. worldwide. Perhaps on TV it has already happened in some measure—Thunderbirds Are Go!

~3rd April 2006~

Good evening. (Welcomes)

I am pleased to join with you once more.

Lilian: We are very pleased too.

(Everyone echoed these sentiments)

George: Yes, welcome. I think an apology is in order, because I gather the music we played last time was disturbing (*Music was played for Bonniol whilst Salumet was working silently with Eileen*)—we heard that from another, so apologies for that.

Do not concern yourself my dear friend. It has been noted and I have to say it did not cause too much disturbance to this instrument.

George: I'm pleased to hear that. Also I'd like to say how pleased everyone was that you joined in the discussion with Bonniol, and he too was delighted. **(Yes.)** Thank you for that.

He was faltering a little and I did feel at that time that interruption was perhaps necessary.

George: He used the word 'cherished'. We all cherish that occasion when we were all together. Thank you. **Yes, it only goes to show, does it not, how much connection and communication is possible between all, when it is needed.**

Paul: We're so lucky to have that here.

Lilian: Very!

There is no point in always having philosophical views if you cannot then expand the consciousness—it would be a fruitless task I feel. And you should, my dear friends, thank yourselves, because without you and without the dedication that each one of you shows, you *cannot* move forward. I offer only encouragement to you.

George: Thank you again. (*Affirmed*)

I feel this time that some upliftment is needed for some of you and therefore that will be forthcoming before you leave the room this time. I know that when this is given in times past, you are aware of the difference in the atmosphere before you leave. (*Agreed*) Therefore this time you will feel a great upliftment. (*Thanks expressed*) Now, although it is good to join with you once more, because the instrument has some physical problems with *her* throat, I will not indulge her too much in the matter of the speaking voice, therefore my dear friends, for this time if you have questions, I will take them and try to satisfy you with an answer.

Sarah: I'm sure I know the answer but I will just ask anyway. When people are ready to pass over back to spirit and they're not in a very good physical frame of mind, they don't know the people who are perhaps coming to visit them, it's still important to visit them because the spirit would recognize the other spirit as well.

Of course—of course! When the time comes to discard the physical overcoat, whether they can speak or communicate matters not, it means only that the spirit is closer to home. Therefore their awareness is heightened of all things that are happening and they would of course recognize who, on this side of life, is speaking to them. In fact I would say to you, they would probably be more aware than when they would be more physically aware. Does that answer your question?

Sarah: Yes, thank you very much.

George: Could I mention two synchronicities that I've come across? The singer, Gracie Fields, was on the deck of The Queen Mary, on one occasion, with her music director, when he dropped his spectacles over the side of the boat. He couldn't see to work without them. Later they went down to the ship's shop to see if they might have something that would help. On the way they passed a notice that referred to a pair of spectacles that had been found. They were rather surprised but went along to enquire, and they were indeed the music director's spectacles that had been found. It seems that, at the time when he dropped them, someone in a cabin below put his hand out of the porthole to see if it was raining and they dropped into it. So that is rather a nice synchronicity and the music director was able to continue his work.

(*Chuckles*)

I am pleased to hear the laughter from you, but all too often do these, what you call 'synchronicities', these happenings should not surprise you, because have you not learned by now that you are watched over, safeguarded so often throughout your physical lives, (*Agreed*) and this is a case in hand of probably his own angel taking care of him for some particular good reason.

George: Yes, that feels right.

But you see, these stories are sent for people to stop and to think.

George: The second one I was going to mention was quite different. It was about a ship that sank in the Menai Straights and of about 70 people, there was just one single survivor. His name was Hugh Williams. That was in the 17th century. During the 18th century, there was a similar happening: there was just one survivor from a ship that sank and the name was also Hugh Williams. And during the 19th century, exactly the same thing happened again with one survivor—Hugh Williams! So that one is rather strange and I haven't been able to think of a reason, but you've just given me one actually. **(Yes.)** I was going to ask you if you could tell us more of the nature of synchronicity.

It is meant to make you think. That's why, all of what you call *mystical happenings*, occur. It is not to make you go 'Awe!' like so many do, but it is for the spirit to come forward and to analyse all of these happenings, to be reminded in one sense of what they can accomplish whilst clothed here in these bodies upon this planet.

Paul: That's an excellent demonstration that the universe is not governed by chance events.

That is true, but be careful that you do not *always* assume that any happening is from our world; there are sometimes within your world, happenings which are created by the physical side, by the human nature. So do not always say: this is a *mystical happening*—be aware that there has to be some balance. Do you understand my words? (Affirmed)

George: I have a picture that the true synchronicity might be seen as the interaction between the two universes, **(Yes—always.)** and this would be a guided interaction.

Yes, of course. Anything in your world, such as you mention, *always has a purpose*. It may not be obvious to you at the time, but in hindsight, most people see the common denominator and all becomes clear.

George: And it might be simply to start us thinking...

Most definitely—as do all events, which happen in your world; from the time you are born till the time you are reborn—all events within your life are usually there for some good purpose, for some reason and that is why, and I will take your example of one survivor of many, that I may add that that one survivor had a continuing purpose throughout his life and therefore *he* would have been saved for that purpose. I hope that is clear to you.

George: Yes. Thank you very much.

Lilian: Can you take any more questions? **(Yes.)**

Sara: I do have one question. I know that you've talked about the question of lying before Salumet and we've said that lying is not a good idea. A friend has a dilemma at the moment in that her employer has prevented her from moving on by giving a very bad reference. She feels there's justification for lying in this situation. I've encouraged her to have faith that the universe will support her to move on if she tells the truth. **(Yes.)** I just wondered about your comments, because she wants to progress.

Yes. Of course, that is a human failing, that in some way you humans feel that some wrong-doing as you see it, must have some form of retaliation to put matters right. I would say to your dear friend: that must never be so.

Sara: Yes, I feel that too.

You must encourage this one to do what she knows—what is right from the heart, and that is always to be truthful and to be true to herself.

Sara: And in some way when these things happen, I think we have to take some responsibility, even though we can't always see **(Yes.)** every reason why it has happened physically. There is usually a reason.

It is for this purpose again that she is faced with this dilemma. She has to make a choice. She has to recognize that the action has created within herself this dilemma, and the dilemma is created by her *self*, not by the person who has written or said the words. Do you understand?

Sara: Yes. I have been telling her that thought is energy—I did tell her this a long time ago, and I know that the thoughts towards this person have not always been what they could have been.

Yes, she must learn to transmute all of this energy.

Sara: I think also, potentially it's a big turning point away from old ways of thinking that don't serve any more.

Yes, it has served a purpose for this very thing.

Sara: It has been a big shock.

But all of *life* is a shock if you like to use that term.

Sara: Yes, lots of learning.

Lots of learning, lots of learning.

Sara: Continuous learning.

Continuous, yes. But you cannot move forward unless you learn all of these things.

Sara: And to look inwards.

And to look deeply within oneself, of course—yes, the answer lies with her and all that you can do is to support and encourage.

Sara: And ask for help for her.

Yes, you can do that also, and hopefully she will recognize within herself the *strength* to disregard these *negative* thoughts and to allow the spirit within to come forward.

Sara: I feel there is a lot of hope here, because she has generated a lot of support from people, because she does have a lot of the time a loving personality and I feel that she can be affectionate and giving.

But if she were to exude her own generous thinking and spirit, then she would *not* need backup, she would be the one to give off this aura of truth and honesty. And it is like a mirror effect and it can only be beneficial to her and to all who surround her.

Sara: Yes. Thank you. I know this will be very helpful, because if she can actually read this and see it, I feel it will make some impact.

Yes. Sometimes that is all that is needed, because you human beings tend to withdraw inwards and do not see the wider picture as I am always saying to each one of you: you always must look to the wider picture.

Sara: Yes, thank you. That's very helpful.

I will take one more question only this time.

Paul: I've got a question. I was reading a book and it talked of different star constellations and certain animals from this planet coming from these stars—the Pleiades was one, and I'd also read in other books, I think there's an idea from certain people that humans as well came from certain stars like the Pleiades. This doesn't make any sense to me, because—well our physical overcoats must be of the Earth anyway and our spirits would come from the pure energy that cannot be from anywhere, (**Yes.**) from any space as such. So I wonder if they're talking more along an astrological influence of these star systems?

That is what it sounds like, yes. Of course you are correct: Spirit has always been. You are all divine parts of all creation. So that cannot change. What changes is where spirit decides to take on physical form in whatever manner it chooses. So, human form was decided for this planet alone, in the form that you now behold, of each other. You are physical human beings that belong to this earthly planet, and as you now know, there are many, many planets with different life forms, but which are activated by spirit. Therefore there are many I am sure who have many theories about what happens within all of creation, but I have to tell you my dear friends, many of these come from vivid imagination.

Paul: Yes, that was my impression. I wondered if there was any significance to this Pleiades constellation, because it seems to occur in many books, but maybe they're just repeating words that started off in someone else's imagination.

Let us take the word. Where do words begin? How do you come by words that you know? Can I place the question out to you all?

Paul: We learn from our parents and from people around us.

And from books and from the words of others—but what you have to do my dear friends is to *digest* all of these words and then from within you must understand and accept what you *feel* to be true. There are of course *many* constellations within *many* universes and here we are going further than I would intend for you. Mind projection has been brought to you from another planet—a far distant planet, but let me say, there is far too much spoken of other universes which really most human beings could not

know. So I would say, be careful of what you accept, but also to understand that there are galaxies within this system, which eventually will come to be known, but not at this time.

Paul: Yes, it sort of comes under the term of 'New Age' information, which—some of it's okay, some of it's a bit faulty and that's why we are so lucky to have this...

You must always be discerning in your attitude to information. As I said when first I came to you, I bring to you the truth, as I am aware of it. I am by no means perfection, but what I wish you to do is to listen and to dissect, and what you do not wish to understand or to accept, then you must disregard. And I would suggest to you my dear friends that that applies to all reading matter.

George: Could I ask for clarification on the multiplicity of universes? Would I be right in thinking of different universes as coincident, but each based on different vibration?

All is vibration my dear friends, all universes are 'conjoined'. Does that simplify it for you?

George: Conjoined—yes. Thank you! That was beginning to dawn in my mind. Yes, that feels comfortable.

We will expand as time goes on, but I feel my dear friends that it is better for you—and I use one of your earthly expressions—that you keep your feet firmly upon the ground. There is all of time to expand your consciousness. I hope you would agree with me... (Agreed)

Paul: We have all the time in the world...

Now my dear friends I hope I have been helpful to you. (Affirmed + thanks)

Therefore I will take my leave of you, but know as always you are within the scope of my love and the blessings that come to you from our world. (Thanks + farewells)

George's notes:

Many universes: 'Conjoined' is an interesting choice of word, subtly different from 'coincident'. To coincide means to occupy the same portion of space—but spirit has no space dimensions, so that the word is not quite right. To conjoin however, means to join or to combine. Space does not enter into the word definition. Therefore 'conjoined' is much the better word.

Menai Straits synchronicity: The days also agreed: 5th December 1664, 5th December 1785, 5th December 1860. On each occasion there was just the one survivor named Hugh Williams.

~17th April 2006~

Good evening. (Welcomes)

I am happy to join with you once more my dear friends.

Lilian: We're very pleased to have you. (Affirmed)

There is much I wish to tell you in the weeks ahead, but it would be appropriate for more to be here with us. So therefore for this time only, I will speak to you thus: I have to tell you my dear friends, how happy we are, the way you have become such good ambassadors for spirit and this applies to all of you. In your own individual ways, you have created a great wave of knowledge, which has touched the hearts of many. So firstly I repeat our great thanks and love to you.

George: It's very nice to hear that. I think we all feel that this year will be a very good year and so much is now coming to fruition, in terms of the written word, in terms of the computer discs that Paul has been working on and we feel there's so much being placed on discs and in the written word and we should this year, be able to take a huge step forward in presenting this material.

Yes. Not all of your earthly creations are bad. In fact you are finding some good in your technology.

(Agreed) **Yes, and your world as a whole has much more awareness of what surrounds you on this beautiful planet, because there is so much that man can take advantage of. And as I have told you previously, there is much to find within the waters of your world.**

Sarah: We look forward to finding out a bit more about that.

Yes, but as always, again we must be patient and all good things will come.

George: And I think in relation to the water that includes our ongoing energy resource, which I think you said something about, as energy, will eventually come more from the sea.

Yes, it has to be so, but as always with human kind, you have to somehow *believe* that the knowledge comes from yourselves. (*Amused chuckles*) Although as you well know my dear friends, much is inspired not only from our world, but from people such as yourselves, who are devoted to the truth.

George: Yes, the idea that it comes from ourselves, seems almost like a cosmic joke now.

Yes, I understand, yes.

George: We have become so much more aware of the sources of knowledge and inspiration that particularly comes to us from spirit. (**Yes.**) This is much appreciated.

Sarah: You were thanking us Salumet for passing on the word, but I can only say that it's your inspiration and those in spirit, that has inspired us to *want* to pass it on. It seems the natural thing to do now.

Thank you for those words my dear friend. That of course is our purpose, to gather together those of you who are willing to listen to truth and who are willing to stand up for truth and also who are willing to spread their truth. On many, many occasions, in this planet alone, have we tried to inspire amongst humankind, elements of truth, which somehow have been corrupted and changed. But I am sure not only from what I say, but from your own recognition of humankind, that you also can see a quickening and an awareness throughout your world. It is there for all to see, but our object is to try to spread the truth even further at this time in your evolution—and much is being done.

George: Yes and perhaps we should not overlook the development with Bonniol, which *in itself* I feel, is a further help to us in spreading the truth (**Yes.**) and presenting a particular slant of interest to people. It's so nice that we are being able to compare our own progress as physical beings on a physical planet, with another group of physical beings on another planet. (**Yes.**) It seems somehow to reinforce everything, in making those comparisons.

Yes, you have very aptly, led me into the introduction of my next words, which were to say, *why* as a group, you *have* been introduced to such knowledge. Because my dear friends, you *have* been ready to receive, you *have* been ready to accept, and you *are* now ready to *give forth* that knowledge also. And I am sure in some way, you will find disbelief, but it matters not, because as I have told you on many occasions, if only the seed is sown, then you have achieved what you are meant to do and we cannot ask more of you dear people.

Sarah: Are there many other groups having visits from other planets?

There are many groups throughout your world, who have contact with other beings, who can speak as you do, with a certainty and a knowledge. The way I have introduced you, is slightly different, in as much that your visitor comes through another, whereas with lots of groups, it is through trance work, but this is a conscious effort within this group.

Sarah: What was the word you used...a trance group?

Paul: Trance 'state'...

Yes, they receive information in that way. But of course we had been speaking much of '*mind projection*'. So, as it is not easy for each here to project mind easily, we felt it was a very good exercise to combine both things. But to answer your question, 'yes' many people would clarify knowledge of other life.

Sarah: Yes, that's good.

George: It's interesting too that it comes to us by this other method of communication, (**Yes.**) which apart from anything else, helps us to understand the nature of mind, which by and large on this planet, is rather poorly understood.

And still it is. (Yes.) Yes, you will never fully understand the workings of the mind, because after all, mind is spirit, therefore there must be limitations in your understanding.

Sarah: So only when we return to spirit will we fully understand it?

Fully understand, but of course as we continue forward in our knowledge, your understanding will become a little greater, of course it will. But to *fully* understand the mind, you must belong in spirit. And even then, I would have to say, it would take some considerable time for the understanding, because you see, it is a natural part of your spirit to use the mind, without fully understanding the mechanics of it.

George: Yes, at least we are becoming more and more aware, that 'mind' is so much exterior to the physical brain.

Oh, of course, it is I would say, almost separate. There is a union of course, but the mind exists on its own merits—it does not need a physical body to function.

George: I know that in the past many have credited the physical brain with far too much.

Yes of course, but it is their lack of knowledge, which brings forth these kinds of words. They do not understand, they only see a physical being and nothing, nothing else; so of course their thinking is dulled. Now my dear friends, I have one more thing for you this time and I would like you to look deeply within yourselves, because I bring to you a question, a question which I would like you to think about and to answer. And the question my dear friends is this: What with all the knowledge that you now have, and with the truths which I have brought to you, what do you now feel is the purpose of your earthly life this time—past, present and time to come? (Pause) And again I feel your silence.

Paul: I'm thinking, to sort of put the record straight, on the spiritual meaning of life. To set the right—what others have done in the past that's been forgotten or changed—we can put it in such a way now, with the technology we've got, such that the truth *stays* and can grow and reach all those people that perhaps missed it, or didn't receive it properly.

I understand your words and of course that is the purpose that you recognise for time to come. What do you *feel* has been your purpose in a more human and personal sense?

George: Life is a journey and it's a journey towards greater perfection of spirit, which seems to be learnt through these physical bodies.

Of course, but do you recognise your purpose this time?

Sarah: My immediate thought was your little story about the diamond and trying to make ourselves better and I was just feeling a need to be less selfish, and so become a selfless person—that 'you' perhaps don't count so much, that you can just give rather than take. I think when I first came onto this Earth it was a 'take' and now it seems to be changing to a 'give'.

Yes, now you are beginning to understand my question. Of course each one of you has the knowledge now to give of the truth and to allow others to partake of your truth. But as individual human beings, you came here with a purpose and this was part of your purpose, but there also was a human learning as well, to enrich and to enlarge your spirit. That is what I speak of and yes my dear friend, I would put one question to you: Where does that feeling come from?

Sarah: It must come from within. It's just something I feel now...

It is something you *know*.

Sarah: Ah right.

Yes. It is a knowledge that brings itself to the fore. And now that your understanding has grown, you see yourself in a much different light. Yes, that was a very good answer and as always I do not promise life to be easy, but it will be a life enriched with knowledge for each and every one of you.

Sarah: Thank you.

George: As a child, as a young person, I seemed to feel that the horizons one looked to were so much closer then. The horizons today are so much more distant and that expanse to the horizon embraces so much more knowledge and awareness.

Yes, I may say to you my dear friend, that even as a child, you exuded a knowledge, which captivated others and that has been one of your life's purposes.

George: Well thank you, yes there were moments, (Yes.) I was not a paragon of virtue all the time.

(Chuckle)

I did not say that you were, but the purpose that brought you here, you have endeavoured to carry out, in the best way you know how. And these purposes in life, have lead each one of you to come together at this time, for the purpose that we have spoken of. But I would like you to ponder in your meditation state, what that human element, what that purpose has been. Whether you have achieved it, or are yet to achieve it, the recognition will be instantaneous for you. As the lady has said, it is a 'knowing', not a wondering, not anything else, but a true inner knowledge.

Lilian: Well I remember you saying to me, that I was learning tolerance. **(Yes.)** I remember mentioning my mother at a time when we were both finding life difficult and yes I can see that hopefully I've become a much more tolerant person.

You have my dear friend, but you still have a way to go.

Lilian: Oh! *(Chuckles)* **(Yes.)** Yes I can see that too.

Sarah: Talking of mothers, my mother always used to go to church right up to not so long ago—2 or 3 years ago, and now you said when you get dementia, you start getting nearer to spirit, but now she's saying, she doesn't think there is a god at all. So from all her life believing there was one, she's now deciding there isn't one. I don't know if that's because she's not thinking...

Yes, she is becoming not well in the human form, which creates the human thinking. But spiritually she will be moving towards that all-knowing. Whether she is aware of it or not, I can tell you that she will be moving closer to going home, *(Said with great gentleness)* to the joy of returning home. But she still has to endure the physical life, with all of its problems and all of its disturbances. You cannot change that for her.

Sarah: She's looking forward to leaving this physical life, I know that much. I hope she's looking forward to another life unknowingly, because as I say at the moment, she's thinking there isn't one.

No matter what you think physically, you can never deny your spirit, because that *is* your existence, that is the part of you that continues, that is the part of you that is reborn. You cannot change, so do not be too concerned.

Sarah: But what about these spirits that don't know they've died and they're not moving on? Can you just again tell me, why then, if their spirit is all-knowing, why when they've passed over, they don't get the all-knowing? Is it something to do with when they left they were determined they weren't going to...

Because my dear friend, they still retain their free will. (Oh yes.) You remember my words now? (Yes.)

They still retain free will and if their beliefs have 'forgotten', to put it in a casual way, if they have forgotten that they are truly spirit, then they stay close to this Earth vibration and that free will, that free thought holds them back. They hold themselves back, but help is always available to them.

Sarah: They've just got to accept it, **(Yes.)** when they're ready...

...when they are ready to release earthly feelings and realise their true being. I hope that has helped you.

Sarah: Yes it has, thank you.

George: It might seem a curious question, but if I were to ask you if there are many conglomerates such as yourself, would your answer be that all is connected anyway?

Yes.

George: Yes I thought it might.

Of course, how can we not be connected? It would not make sense?

George: Yes, so we cannot really talk of separate conglomerate beings?

You can speak of separation to a degree in this spirit side of life, but as you progress and you belong to the fuller aspect of life, then you cannot be separate, you are part of the whole. You understand? (Yes.)

Separation comes only when you first enter our world and there are still many of life's lessons to be learned.

George: Yes, I was just seeking a further impression of yourself having...

I have noted your curiosity and at some stage I will try to explain to you, but it is difficult to explain non-human phenomenon as opposed to the physical elements.

George: Yes I think it was partly from having knowledge of 'Seth Two', who also described himself as being part of a conglomerate.

Yes, 'conglomerate' is a word we use mainly for your understanding.

George: Yes, I see that all would be connected anyway.

Yes, but the greater part—there can be no separation as such. (Thank you.)

Sarah: Is this a physical question? Did you have to 'work up' to the position that you are in?

Work up?

Sarah: Yes, you know, did you start lower and have to work up to get to...I think it's a physical question. (*Chuckles*)

I understand your question my dear friend. I feel the word you are looking for is 'progression,' progression of the spirit. (Yes.) Yes, that is correct. As time—and again we enter the physical word 'time,' as you continue in spirit, when the knowledge has become great enough, then yes, the spirit progresses.

Sarah: And you did too?

No.

Sarah: No...I understand that *we* do, we progress, but I wondered if *you* had?

Not in the sense that you understand. Of course, all of existence is progression, that does not stop, that does not stop. Always we are growing, as I too am growing in this situation with yourselves, with this teaching. It is a progression, it is a progression for this aspect of spirit that I am.

Sarah: Why are there these different aspects of spirit, if I could say—you are, to put it in physical wording, a much higher spirit than us and than we will ever be. But why are there those—I understand we need you to teach us, so perhaps that's your purpose.

Lilian: Why do we have higher and lower ones do you mean?

Sarah: Yes, if we are all part of the whole, why are there these different...

Because the whole is not static, it is ever-expanding.

Sarah: So...yes I do understand.

It is like the small child who is learning. Until they reach such time, as they feel they know all there is to know and then suddenly they *realise* they know very little and they move forward. So is all life—all life is ever-expanding, knowledge is ever-expanding.

Sarah: I understand that, but why did you start off, being a higher knowledge, a higher being?

As a being who has never existed upon this planet, that is what you mean?

Sarah: As you are a spirit, you didn't start off as a meagre, as a lower spirit, if I can put it that way, spirit, and work up or progress to that? (Yes.) You started off your existence as a higher being?

That is your words 'Higher being'—I just AM. I cannot explain it to you in simple words, but there are beings who have always been, not to the extent of the Creative Force, but there is energy which has mutated and changed, as all of creation changes. We are in difficult waters here.

Sarah: Saying that now that makes sense to me actually, what you've just said.

I am pleased, because always this is the problem, to try to put non-physical conditions into physical language—it is not easy.

Sarah: But what you said then, I can understand that.

That helped you? (Yes.)

George: I think Jesus found a similar difficulty (Yes.) and I recall the phrase, '*I am that I am.*'

Yes, it is something that I feel as human beings, is too difficult for you to comprehend. But yes, not all energy has trodden this earthly pathway.

Sarah: Yes I understand that, yes.

As do the Angels—they have never trodden this earthly pathway. It is a difficult subject.

Sarah: But that does help a lot. Thank you for that and I'm very glad that you *are* as you are, because without you, we wouldn't be able to progress—so that's very good!

George: Yes, why should it be an assumption that life begins on a planet (Yes.) and progresses from there? One could say that this is an assumption that is made by a mind that needs to expand more, shall we say?

You—I will say to you once more, as human beings you are at the bottom of the scale. (*Agreed*) And I do not wish to sound disrespectful to you, because human achievement does much for the spirit. But it does indicate that there is much growth needed.

Sarah: Yes. When I asked you just now about progressing, I knew that you hadn't been physical, I meant it purely in spiritual terms. (Yes.)

George: But surely human beings are one way, one method of progression, but we should never view it as the only way.

Of course not. All of existence is progression—all is expansion.

Sarah: I think we may have gone over this a little bit before, but all our aspects don't necessarily have to have a physical learning curve? **(No.)** Only this one part, perhaps some parts?

Some parts yes. No, not all aspects need to return to physical overcoats—of course not.

Lilian: So what we call the 'Higher Self' that aspect would be...

Your Higher Self is your spirit.

Paul: And that spirit already *is* in a sense, is it—quite '*high up*'?

That is the all-knowing part of you.

Paul: And that doesn't wear the physical overcoat, does it, that just stays spirit.

Lilian: That's what I was thinking.

You can call it 'Mind,' you can call it an aspect; it is that part of the being that helps to activate all areas of your existence. It is that part of you that is all-knowing and can help you to go forward.

Paul: So if it's all-knowing, does that mean that it's part of the Great Creative Force?

Everything is part of the Creative Force. You cannot say otherwise.

Paul: It's just that when we're involved in the reincarnation cycle, we're perhaps the furthest removed from that purity?

Yes, yes.

Paul: But we're still connected to it.

But it causes confusion, when you try to make a *scale* of spirit. It confuses your thinking I feel. You must just see yourself as that point, and part of the Creative Force. You must look upon this lifetime, this human lifetime, as part of your growth and not a part of you that is any the *less*, of spirit.

Lilian: That's a good idea.

You are kind of placing the human form to the very bottom of the ladder, which in a way you are, as far as learning, but not as far as your *spirit* goes. (Agreed) You have to find the connection at all times.

Sarah: So all spirit is equal, in...

When it is pure spirit.

Sarah: Yes.

George: The material being is just a...

Yes, it is nothing...

George: It is just a method of...

It is a method of *growth*, yes.

Sarah: So we *choose* to come here, because simply because that is what we need for our learning?

You have chosen to come, because that is what you feel is best for your spirit.

Sarah: Yes it's not that we've been *given* this thing it's that we've *chosen*. **(Yes.)** So the other beings on other planets that are far more advanced or intelligent, or whatever word you'd like to use...

It is just part of their evolution, within the whole scope of existence.

Sarah: And whilst they're away from their hold in spirit, that's how they are, but once we return to spirit, we are all equal?

You will still have the knowledge there, but as I have said, you retain freewill, which can hold you back in a sense. But you have the knowledge to progress and go forward. I hope that has helped you, I know it is difficult.

George: This evening has been a nice cosy chat and we are very grateful for that.

Sarah: I've found it very interesting, it's helped me a lot.

If it helps to reinforce your thinking, then my dear friends, it can only be good. You are more than what you think you are.

Sarah: It's just a shame the whole planet don't know all this, isn't it? If we could get it to all of them in one go, it would be brilliant.

Paul: Well we're gradually telling them all, passing on the whisper.

George: We're back to the object of our project. **(Yes.)**

Sarah: We've got to get it to the world leaders—that's what we need to do.

Paul: We'll do that next week... *(Chuckles)*

George: As I see it, it doesn't really matter which level becomes aware, because even if the leaders don't become aware, they'll be dragged along.

Paul: And also, the very fact that we're understanding it now and thinking along the right lines, our thoughts alone must be sending out waves.

I will use my favourite words before I leave you this time: You have spoken, and to SEND your thoughts, to UNDERSTAND your thoughts and to PASS ON those thoughts, is the most powerful tool that you can possess. There is the power of the word, there is the power of your own one-to-one communication, but you cannot have better than your THOUGHTS, because as you now know, there is no distance involved in thought projection. And that is part of your way of sending your thoughts. You have now taken for granted my dear friends, the healing thoughts, which you send every time you meet. You do not question, you do not analyse how these thoughts reach our world and how these people are helped; but indeed it happens. So, again I will leave you with that word: *thought*.

We all gave our deep thanks for this particularly enlightening evening.

~1ST May 2006~

Good evening. (Welcomes)

As we join together this time we offer thanks for all communications and connections made this time in the name of the Great Creative Force. We give thanks for all that we are. That having been said, let me say to you my dear friends: I intend to speak to you all whether your numbers be few or many next time concerning those beings who have never trodden the earthly pathway and the connection that they have with each planetary force and vibration. We have not spoken about the planetary forces before, so this for you my dear friends, should be new territory of learning. Therefore we will consider that information for next time. Because we are few in number, (*5 sitters*) I feel it would be appropriate this time to help those from our world who are in need of your help. This is also something which will be connected to my talk to you next time: how you are used, my dear friends, in the use of healing. Much has been spoken about healing, but I do not think I have discussed with you in what way you are used as individuals. Therefore I will leave you this time and allow those who need help to come forward.

Lilian: Yes, we'll do what we can to help them.

Paul: Yes, and we'll look forward to next time.

We will endeavour to try to use as many within this room as possible. There are many who are awaiting your voice and your help. I leave you as ever cloaked and bathed in the love of spirit, knowing my dear friends that you continue forward in your knowledge and your work.

Sarah: Could I just ask before you go Salumet, you said that there are those waiting to come—all those who are going to come this evening, they are aware that they are going to come, they are not just ones who are going to be brought because they think they are ready to come.

There will be a mixture and those from our side will endeavour to bring those most in need. But remember also my dear friend that these dear ones are so confused.

Sarah: If we know that they know they are being brought back that puts a slightly different slant on it. When they don't know they are coming, sometimes it can be quite difficult.

That is the purpose of your good work.

Lilian: I'm sure with help with your side we shall be able to help.

They would not be brought to you unless we thought they could be helped. Of course there are many who still refuse to accept, but their vibration is lighter for just being here with you. So you see, no matter what happens within this room, those we bring to you will receive the help that they need.

Lilian: That's encouraging.

Rod: Presumably this is over a long period—not just tonight but over the coming months, to send our healing to those people.

My dear friend, your thoughts for any other human being is great and it is never forgotten. Not only does it help with your own spiritual growth, but every good and light thought that you send for another is a gift to you. Yes, I would say always send thoughts of help for those in need, because as the others

may understand but you may not, unless we are asked for help, we cannot intervene, we cannot interfere in another's life without being asked. So it is most important for those thoughts to be sent.

Rod: Yes—on a daily basis.

That my dear friend is entirely up to you and how you think—but on a daily basis is indeed very good.

Lilian: Well, thank you for coming tonight and we look forward to the next meeting.

Paul: Just a quick one on-thought, on what Rod was saying: is it okay to send general thoughts out to mankind or is it better to be specific to certain people?

Thank you for your question. Of course your thoughts can be more general than for individual people. Have I not told you that any thought is never wasted? And after all, collective thought is powerful and in the same way an individual thought for many is also expansive. We can use your thought for many and utilize it thus.

Paul: Ah—good...I quite like to do the 'many' thoughts as one.

Yes, we know your thoughts shine brightly for all of your planet. (Thank you.)

Now I must take my leave this time and allow those in need of help to step forward. (*Thanks + farewells*)

~8th May 2006~

Good evening. (*Welcomes*)

You may remember that last time I said that I would speak to you a little more deeply about what you call 'absent healing' and also the planetary forces which surround you.

Lilian: Yes, we're looking forward to it.

We have begun this time, by asking for help for many in your world, who are in need of some help. You know and understand that your thoughts are powerful, but I wonder if you understand just how this operates from our world. As human beings you think much of space, when in fact in our world, there is no such thing. Therefore as the connection is made to us, those angelic healing beings, already have those people amongst them, in an instant. I want you to dwell upon those words just for a second. As you speak their name, so our angelic healing beings have them in their midst. And because of their knowledge and wisdom, they are able to see for themselves, what problems these dear ones have. The healing angels come to you, in the vibration of colour and light. What you may not know my dear friends, is these healing beings, take from each one of you, a little of the healing colour, which is necessary for healing to take place. And they are the ones who will distribute these rays to those in need. So therefore can you see the workings of healing and how each one of you are responsible for healing to take place? You are connected by your colours of light, not only on this planet, but on many others—it helps with planetary evolution. Do you have any questions at this point?

Lilian: Yes could I ask one please? I remember questioning you about my youngest granddaughter and you said to put it into the hands of the Creator and all would be well. Well I do ask for healing for her, but what would the difference be?

She would be receiving help, but it may not have the outcome that you desire. She will be given the help that is sufficient for her in this incarnation. Do not always assume it will be a physical healing—you are closing your mind to the wider picture.

Lilian: Yes—it's difficult to see when it's a child...

No, no matter whether it be a child or an adult, healing is given to *all* who ask for it, but healing is on a much deeper level than the physical being. You touch the physical, you touch the emotional and you touch the spiritual. But do not doubt that she does not receive help.

Lilian: Yes, I'm sure—thank you.

I know you wish me to say that her physical life will be free from all things that you *consider* not to be good, but again my dear friend, you do not judge, you do not know what she has to achieve in this lifetime. It is making her stronger *spiritually*. I hope that helps you. (Yes.)

George: You mentioned the involvement of a colour; is there any connection to the colour healing that is done on Earth—is that an earthly equivalent of what you've just described in spirit?

Yes, colour healing does take place, but what you must *remember*, is that the instrument using colour, is giving of their best, although they do not have that wisdom that the healing angels have. Therefore it will be down to those beings, to bring the right proportion of colour for that person. In every room where there lies a healing thought, you have an angelic being of healing. If only you could but see with the inner eye, you would see a shining being of light in every room; and many of them are recognised by the colour vibration, which they use—so all is connected. What I wish you to try to think about is this connection between all things. You do not have separate healers in this world and you do not have separate entities in our world and separate angel beings; each has a part to play in a united way. I do not feel my dear friends that you can understand the *grandeur* of the scheme of all things.

Sarah: When you talk about healing colours Salumet, depending on what needs healing, is there a separate colour for that, or is it a combination of colours?

All of life is colour—it is that you cannot see it, unless you use that inner eye, that inner knowing, which you all have. If you could see a human body from within, from the spirit, you would see that you are made of *many* colours. But it is not so much the colour, as the use of the vibrations and which vibration is used. Those angelic beings come on the vibration of love, which is one of the most powerful rays. Do you understand what I am trying to communicate to you?

Sarah: Yes I do, yes thank you.

Yes, there is much spoken about angels, there is much that is misunderstood also. There are two kinds for you to understand, whilst in this world. We have those angels, or 'planetary beings' as I would prefer to call them, because they come from the heart, they come from the *source* of all love. They abound on all planets that have form. And here we enter deep waters, but your understanding has grown because of the mind projection brought to you from another planet. You cannot fully understand or grasp, I feel, the evolution that is taking place on many other planets, because until now, you have not had any connection to them. But I assure you my dear friends that those who inhabit other planets, are as well aware of the planetary forces as you are here on this Earth.

George: Yes we are beginning to feel this pattern that runs throughout the Universe and it's been so good to be able to compare notes with our friend who visits.

But it is just a small drop in your ocean, that you have had communication in this way. What I want you to try to focus upon, is the connection between *all things*; the love connection, which ties you all together. I would like you to try to recognise the workings in your everyday lives, of these planetary forces, which are here to help each and every one of you, and they come as I have said, from the source of all knowledge. Do you have questions at this point?

George: The source of all knowledge being the creative principle?

Yes. Yes and these planetary forces, these angelic beings, belong and come from that source. They themselves have never had form as you would know it, but they are capable of changing form as they wish. I have told you this previously, (*Affirmed*) but it is most important for you now, my dear friends, that you begin to understand that *there is no space, that all is one, that all is joined and all is striving towards the centre of all love.* (*Pause*) These may sound simple words to you, but they have the most powerful meaning for each one of you, for every human form upon this planet, as it does in every inhabited planet in this Cosmos. *All is connected.*

Sarah: So when you think spiritually you can begin to understand. When you drop the physical overcoat then you begin to understand.

You must use your inner eyes and you will begin—not to see, but to sense and to feel and to *be*.

George: There's a question I would like to ask if I may. Is one of the differences between the angelic beings and yourself that they assigned or connected to a particular planet?

All angelic beings of the higher order are connected to all planets. But there are those advanced angelic beings, who are connected to the human form and they are the ones who help, in the everyday living in your world. But the planetary forces who *are* the angelic beings, who are 'masters' if you like of Karma,

who are masters in love and organisations—they are the ones that have not existed in any human form, or indeed in any form on any planet. So there are differences, it is just a matter of form. Is that helpful to you?

George: Thank you, yes.

Sara: Can I ask a question? **(Yes.)** You mentioned that love is one of the most powerful vibrations in connection with the healing angels. **(Yes.)** What are the other most powerful vibrations?

Wisdom and I would say to you mercy—mercy in the sense of understanding.

Sara: Thank you.

That helps you?

Sara: Yes it will, in more ways than one. **(Good.)**

George: Does that connect to forgiveness, the mercy?

Ah—all of these words come under the umbrella of love, as does the negative feelings and emotions, they all come under one umbrella. But the vibration of love is the most powerful that you can use and it is that vibration, which brings to you the angelic healing beings. I feel that I would like you, my dear friends, to consider my words and to now think a little more widely, on how healing works and of those planetary forces, which are used for that purpose. I want you to think about space and how wrong that is for the correct picture in all things.

George: Yes I feel very much immersed in the tremendous beauty—yes space doesn't come into the equation.

No, but mankind is so immersed in thinking about space, but it is now time, my dear friends, for you to dismiss this from your vocabulary. There is much for you to ponder upon this time I feel. And let yourselves *FEEL*, rather than think.

Lilian: Yes, I was just thinking how we are surrounding by love, aren't we—by all these different beings.

But you are a powerhouse of love. Every individual here is a powerhouse for love and therefore you must raise your own vibrations continually.

George: We seem to be immersed in this greater powerhouse.

Yes, you must see yourselves as being the connective energies. You understand?

Paul: In the sense that perhaps we are the ones to instigate the healing?

Yes, we need your help of course—but without your help it would be more difficult. You understand?

Paul: Yes, these beings won't do it until we...

They need your connection—yes. But do not underestimate your own beauty, your own inner beauty that is used for healing. Each one of you strives for it and it is up to you and your own responsibility also, to make sure that you are constantly striving to raise your own spiritual gifts. And I feel for this time that I must take my leave of you.

George: Could I just say that when angels have appeared in visions in the past, these visions, as described, don't seem to particularly relate to space. They may be huge, they may be small, they may be light, but I suggest these visions, they don't really appear to relate to space, on reflection...

But they do on the planets that you have no knowledge of. They would be viewed in a much different way, although their love and energy would be recognisable by their colours. Remember I have told you they can change form, they can present themselves to you with the human face, if you like, surrounded by great light and beauty. That is the way that they show themselves to you as human beings, but they can change form, as they so desire.

George: Yes, they're clearly not fixed in space.

No, again you must look at the *WHOLE* of existence—you have to find that connection between all things. As you feel the closeness and the connection within this room every time you meet, try to then expand that feeling to all of existence. Now I will leave it to you to think about this and when the time is right, we can take it a little step further. *(Thanks expressed)*

~29th May 2006~

Good evening. *(Welcomes)*

I am happy to join with you all once more my dear friends. As we begin this time, I want to say a warm welcome to the gentleman of logical mind, but who is willing to place that to one side for the betterment of his understanding. As always, my dear friends, it is better for any individual to come within this room, and hopefully to feel and to know and understand the difference in the energy that surrounds you, and of which you are part. It is important for every individual to come to know for himself what there is to know and experience, and to have a fuller understanding of life beyond this life. Now my dear friends, as always when we have visitors to this group, I feel it is essential for times of questions and answers, in order, not only for those who seek more knowledge, but for you also, my dear friends, that I might reiterate things said in past times. So, if you are happy to do so, we will continue with some questions.

Lilian: Thank you. I know that Jim has a question. Did you have one George?

George: Would you like to go first Jim?

Jim: Yes. I've been so impressed by what I've learned through George and the book and the understanding that I've gained through the messages from Salumet about spirit. I have friends who are in total disbelief, and I'm trying to talk to them and tell them of the good news about spirit. Can you give me some advice on a simple way, if there is such a thing, of talking to them to convince them of the reality of spirit?

Yes, I understand your question. Let me say this to you my dear friend: as one who has for many years had a logical mind and has now come to the realisation that there is more to this life than first was thought. Let me say this to you: that those who have disbelief—you cannot convince them otherwise, because you see my dear friend, they are not spiritually ready. You can of course speak with them, you can tell them what you feel and what you innately know, but you cannot convince another to accept *truth*. This is what we have been endeavouring to do for many years now, and what happens, as I have told all of these dear friends here, is that you can only lay the seeds, and when the time is right for them, that seed will grow into understanding and the *seeking* of knowledge. What you wish to do is admirable, but I understand how you *feel*, that you want everyone to have that grain of understanding that you have achieved. I would say to you my dear friend, continue to tell others of what you know, and allow *them* to come to their own conclusions—and do not judge them for their reactions. I hope that helps you.

Jim: Yes it *does* help me and I'll remember what you say. Thank you.

Lilian: George?

George: Yes, I've heard from Jetté recently (*A Danish friend*), who has sat with this group and she has sent a fascinating story by one: Mellen-Thomas Benedict. It is an account of he who died, in care, with cancer, and he had a wonderfully developed mind, and when in spirit, he asked questions. And it seems he was given what amounts to a tour of the universe, far back to the 'big bang', and he describes going beyond the big bang, to the 'energetic void'—it is described as, and then he returned. It seems he was dead for at least 1.5 hours in our time, and he was expecting to be reborn as a baby, but no, he was returned to his old body. And with full memory of what had transpired, he was able to write his account and I must say that the account given is very much in line with your teachings—also in line with the information given by Bonniol. I felt I would like to say this and to me, I feel it is a very true account, and I wonder if you have any further comments on the idea of returning to the big bang and beyond and what is described as the 'energetic void', or if you have any comments at all on that account?

Of course, I understand your question. Let me refer to the individual here mentioned. Let me say this to you: he was indeed one of many to have had this experience, shall we say. When someone comes to our world before their time, they are privy to much within our world. He obviously had a task to achieve, and returned to the physical body. You, my dear friends, know full well, because of our many discussions, of what has happened. We have discussed the big bang... (*Pause due to coughs*)...I apologise for causing distress to the voice of the instrument. Let me continue my dear friends... beyond all of existence, there is a pattern of energy that you do not know of as yet. It is a pattern of energy that *all* souls strive towards, no matter where they have lived in physical form. That is why the mention of Bonniol's information comes into play, because all physical beings are striving towards a greater goal—

to that universal force, which you all belong to. *(Pause)* As I speak my dear friends, I feel this energy, which I also come from, as a whole unit. And because I am speaking of such energy, *I now am blending with it*—this has not happened in this group before. But the very mention of the energy raises me to a higher degree of energy, and I have to struggle to remain with you. But this energy force is far beyond all-knowing knowledge at this time. It is not appropriate at this time to try to describe this for you, but the very fact that someone has returned and been shown such things, can only confirm my words to you over time.

George: Yes, this certainly is felt, having read the document.

Yes, yes—there would have been a very good reason for his full memory on return to the physical.

George: Yes, I should also have said that he returned with full remission of the cancer.

Yes, of course, you cannot come within those energy fields and return with physical ailments. It would be impossible, because when you are—*forgive me, I am feeling this energy pulling.* When you return from that energy field, it is like a cleansing, and of course most people have left the physical garb behind when any experience of this kind takes place. So I hope that has enlightened you just a little.

George: Yes, it has indeed and I appreciate, we can't understand about the energies, but I think from what has been said, we are beginning to feel that there's the physical universe, there's the spiritual universe, but perhaps there are a number of what we can only describe as spiritual universes within each other.

Yes, of course—it is a much wider picture, and to explain to you energy of which you have no knowledge, would be like—how shall I describe it to you—looking for one grain of sand on a beach. It would be almost impossible at this stage of your knowledge.

Lilian: So when you leave us for a few weeks, is this the energy that you go back to?

Yes, I return to the part of me that...those words are not correct, let me rephrase that for you: I am one aspect of the whole, and the whole would then be regenerated by the energy fields from which I come. And of course I need to have those breaks in Earthly time in order to recharge that energy, if I may put it that way to you.

Sarah: You said that we're not aware of that energy yet. Will there be a time when the physical being will be aware of it without going into spirit?

No, it is impossible. Not all spirit are aware of this energy.

George: On those rare occasions when you have been speaking to us and another has wanted to also speak, might I ask, would that have been another aspect of yourself?

No. On those occasions it is—how can I say—like a surge of power to help me, but it is not another aspect. I am the only aspect of the soul who has been able to come to this physical world.

George: Thank you. That clarifies that.

Lilian: Very interesting. Did you have a question Sarah?

Sarah: I was just thinking when Salumet was saying you are a conglomerate of beings...

Yes, but I am the only aspect that is *empowered*, shall I say, to return.

Sarah: So it's really like a bit of back-up you're getting...

Yes, yes.

Sarah: Some years ago, somebody came through Sue to say that there was going to be somebody of similar sort of teaching to you, who would come through her. Is that going to happen, or have things changed since? Do you recall that?

Yes. Let me say this: that when communication takes place, there are many from our world who wish to make connection. But I can say most definitely to you, that there will not be communication within this group by another of my energy. There may be communication by others, but they will not be of this same energy—if that is clear to you.

Sarah: Yes. Thank you.

There are many who wish to communicate, but not...at this level.

Sarah: No. That's fine and we're very happy with your teaching Salumet! *(Chuckles)* We don't feel the need of anymore!

George: We'll take that as read, to use an expression.

Yes, I appreciate your words, and of course I would be aware if I was not accepted by you, and would therefore withdraw from you. Do not worry I am quite aware of all of your feelings.

Sarah: That's good. I wonder if you could clarify some words I have given to my daughter. She got very angry yesterday, and I said anger wasn't a good thing to have, it was a negative thing. And she said: well, it's an emotion, and you said to me that you have to have a balance of good and bad, and so I'm having an angry emotion. So I really didn't know what to say. So, what should I have said to her in reply to that?

Yes, of course the reasoning behind the anger is most important. Of course people have emotions, which you call anger, which in fact sometimes they are being *themselves*. The angry emotion which I speak of, is when it hurts another. If it is directed to another human being, then that emotion is most definitely negative. And it would be for her a good thing to try to control any negativity because of course she is prone to deep and angry feelings. But if it is a feeling to allow her only to express herself without desire to harm another, then that is fine.

Sarah: Oh right, thank you.

After all, it is only a label is it not?

Sarah: It is, yes.

So, perhaps you can dwell upon those words, and think for yourself what the meaning *behind them* is. And in that way, you can see both positive and negative viewpoints, because of course, she is correct—all life is balance; you have the light and darkness and that must always be balanced.

Sarah: Yes, that's why I was confused, because when she said that, I thought well that's right, it is that, but I could see that to have anger that affects somebody else is not good...

Yes, anger directed to another will always rebound, in the same way as your thought-waves will rebound. If you think again, my dear friend, about the spiritual aspect rather than the physical emotions, then you will find the correct answer for her.

Sarah: Thank you very much for that.

You note that I do not give you the words to say, because this is a lesson also for you.

Sarah: Yes—I have to find them myself, yes.

George: But if she recognises the balance, then perhaps we could say: you are teaching her well!

Lilian: Yes, we forget it's a two-way thing. Talking of children, you know I mentioned my granddaughter—I think the last time you were here. **(Yes.)** Unbeknown to me, she read the transcript and the little bit about her, which surprised her mother, and her mother said: how do you feel about that Catherine? And she was very happy to have read that.

Yes, as I have said to the gentleman at the beginning of this meeting, the seed is there to be sown—and the time is right for her to begin to think about other things.

Lilian: Yes. Thank you.

So do you see my dear friends, how all of life is connected—and when we continue to discuss these things, that you see the connection more clearly? *(Agreed)*

Lilian: Yes. Any questions Paul or Rod?

Rod: Yes. You may have been asked this before, and forgive me if I repeat it. I saw a programme last night—the Da Vinci Code—and it was surmised on this programme that Christ had married or had a lady friend and had a child, and this was debated one way and the other, and I thought: well it's quite interesting and why shouldn't he have done like the rest of us? Has that question been asked? Is that a fact or fiction?

I would say this to you: that Jesus the Christ still walks upon this Earth to help, in other forms, and of course, when he came, he came in physical form to teach many of the truth, in the same way as many others have trodden this Earthly pathway. I would say to you, this 'story' as you call it is part truth, part fiction. We have discussed Jesus the Christ many years ago, and without me returning to that subject, perhaps you may find within the transcripts, my answers to many questions—if our dear lady could arrange that for you. *(Yes.)*

George: Yes, the answers are there. Could I just add that I think this book, the Da Vinci Code—yes, it is a work of fiction, with also historical facts built into it. And it may well be that the interest in this book is one

of the factors which is affecting—I could put it this way: it is affecting the influence of the formal church today. I think there are various things that are affecting the old established formal church, and it may well be that the interest in the Da Vinci Code story, is quite a big important factor in the present time. **Yes, I thank you my dear friend for those words, and of course, I have spoken to you about religion also and as I have said earlier, there is a time in life when seeds that have been sown, grow in order to give truth to mankind. And perhaps at this time, that story is one which will make people stop and think just a little more deeply. So again you see, the seeds are being sown in many ways, to discover what is the truth. But of course you must remember that Jesus the Christ was one person upon this planet, of one religion, which has been abused by many in their writings. I, my dear friend, would wish you to look at the larger picture of life, and not any one individual religion. I hope that has been helpful, but I am sure our dear lady friend will find for you, my words on Jesus the Christ.**

George: Of course, our eyes have been opened also by the knowledge that there have been or there *are* religions and different Masters who have been to other planets.

Yes, of course. Again it is always the wider picture that you strive to understand. In that way, you will open more fully to the truth. Man has so much to learn, but he cannot learn with a closed mind.

George: And it's good to look beyond this single planet within the creation.

Yes, yes. It would be ill fortune indeed, for you to centre all of your thinking upon this one planet.

Indeed, it would do much harm to your spiritual unfoldment, to be so closed in your minds.

Now, my dear friends, I think for this time, I have spoken with you enough. I would just say to you, that if you are happy, we have one rescue this time—you are happy for that to happen? *(Affirmed)*

And as I leave you, remember always, I leave you enclosed within my love and the knowledge, which I bring to you.

Farewells and thanks were followed by the rescue which concluded the evening.

George's notes:

1. Jesus references: 18th July 1994, 23rd June 1995, 27th November 1995, 26th March 2001, 13th August 2001, 12th November 2001

In the present transcript there are several comparisons to the sowing of the seed, and one is reminded of the parable spoken by Jesus concerning this.

2. Coughs: *There is a very marked difference between the voice of Eileen and that of Salumet, and the throat may get a little 'tickly' at times. A cough is not produced often, but when there is a cough, Salumet seems to be able to deal with it, and usually needs to give attention just the once.*

3. All-knowing knowledge: *This may seem a quaint term, but 'all-knowing' is a state of knowing to which Salumet and the light-beings of spirit aspire to. They know the workings of the universes and are not shackled by time or spatial factors.*

4. Energy effect/blending: *Speaking of or being overtly consciousness of the higher energy seemed to draw Salumet and there was a small voice change, with the words becoming 'sharpened' or crisper where italics have been used. (And there was an early Bonniol communication in which he seemed to be drawn and had a little difficulty when speaking of another planet. The condition cleared when his thoughts were returned to Earth-Aerah communication.)*

5. Wider picture: *We are clearly encouraged to look to the wider, more universal picture in our thinking. The creation extends far beyond one book, far beyond one planetary religion, far beyond Earth, far beyond this galaxy and the creation is much more than just the physical universe. There is no need to be of blinkered mind! The pea that stays in the pod can have comfort but no future. We have now gone full circle and have returned to the parable of sowing the seed!*

~19th June 2006~

Good evening. *(Welcomes)*

As always my dear friends I am pleased to join with you once more. This time I would like to say to you on a more general note than usual about the state of this, your planet Earth. In times past, mankind has made life most difficult for himself. There have been many causes of course, but mankind was on a

journey of destruction. When first I came to you my dear friends, I did say to you that many of us from our world had come to give to you the truth. That is what I and many, many others are attempting to do at this time. I would like to place before you a more positive energy and say to you that even though mankind as you might see it, is still very destructive, I can tell you that on the whole mankind is beginning to recognize his true self.

George: Yes, I get the impression that these days there are more people who are frowning upon the few trouble spots that we still have, and I just have the feeling that the consciousness regarding that is better. Yes. I would like you to consider each country within this world and how more open-minded individuals have become, where mankind is now able to speak out, to say what he truly feels, and this can only be good. And of course with the communication that is possible in all areas of your world, then these things are much more available to all of man. So what I wish to say to you my dear friends, is to take heart, and although there will be many incidences of what you would call violence or disruption within your world, always remember that in the wider picture of life mankind is slowly beginning to understand, and all nations are beginning to pull together in the voice of reason and understanding; that to have this world as it should be, mankind must at last take some of that responsibility. Therefore my dear friends take heart that these things are happening in your time.

George: It is very good to have your words on that Salumet. I think many of us feel this change in our hearts, but it's so good to have your words.

Not only can you know that these changes take place, but you know by the power of your thought that you can help to change and alleviate the many difficult areas. Is that not so?

George: Yes. I think we are all working on that in our small way.

Yes, it is good that you be reminded and not always to dwell on incidents which mankind considers to be destructive, because remember as you dwell upon those thoughts, then your thoughts will become reality, and therefore you will join this pool of thought of destruction. You understand? (Yes.) Therefore at this time, I feel in apt to gently remind you my dear friends.

Lilian: Yes, it does help.

George: It's better that that other more positive thought becomes the reality.

Yes, yes. And it may seem that I repeat myself so often, but in so doing, it reiterates what I have previously told you. Have you any questions about what I have spoken?

Lilian: I was wondering, say, in the past when things have gone wrong and there have been wars and so on, is a lot of that the power of our thoughts or is that mankind just taking the wrong pathway?

Be careful with your judgement! Partly it is part of the Earth's evolution and partly it is mankind himself, of course. He has a great responsibility, but as with all planets with all that exists, there is an evolution which has to take place also.

George: It seems very complicated to us; I mean, with just the Iraq war or the Iraq unrest that continues—there's been influence between governments and there's our own nation who has voted in our present government and there are our various feelings trying to influence decision-making and it's all very complicated!

Of course, but life on this planet is complicated. Mankind has always felt in some way that life upon this planet is most troublesome, and yet each spirit is only too willing to return to this planet, because of the learning abilities which are here for them.

Lilian: I was wondering about that.

So you see, there is much to learn.

George: And I guess the ultimate goal—that too is attractive: something to work towards by returning to this planet.

Again, it is part of the growing awareness of the spirit—yes. Have you any more questions?

Jan: I have a concern. I've been sat here trying to ignore it, but it won't go away.

That is why I am here, to help you.

Jan: My concern is a very human one, rather than—I know I should be looking at it spiritually but I'm going to talk to you of the human element. Many people are concerned of the migration of people from different

countries into other countries that are becoming saturated and far too overcrowded, where they leave their own countries behind for looking for work and for a better life, which everyone can understand on a spiritual level, but what worries me is what happens in the future when everybody migrates to a certain area, what's going to happen to those other countries left behind?

That can never happen. There will never be migration from one country to another, where one country is left *desolate*. That will not happen.

Jan: I am thinking of Africa in this instance.

But remember that each country has a karma, and karmic effect will take a toll on every country upon this planet. What you speak of, of course, is a human concern, and this I understand my dear friend, but I can only answer you in a spiritual way. It is up to mankind to learn to adapt to all that life brings and in that way to bring forth the spiritual knowledge which is within, to create within this world a kind of humanity that is good for *all* of mankind. There is not one person or one nation who is above another. You realize how diverse peoples and lands and countries are within this planet and therefore it is for mankind to learn tolerance and love towards his fellow man; and yes, we understand that humankind finds difficulty with this, but that is part of your learning.

Jan: So we are all learning a very valuable lesson at the same time.

Yes, yes. It may not feel comfortable in human terms and many people are not comfortable with many things in your world, but that is part of their learning.

Jan: So I shouldn't be concerned, because...

Well, I would say my dear friend it is always good to think, because in using your thoughts you can create much better things, but as I have said previously, the more you are positive in your thinking, the better results you will have and the happier your life will be on this Earth.

Jan: Okay, thank you.

George: I think one aspect of this is that certain countries will be seen as more attractive and people will flock to them and there's some danger that those countries will become rather over-crowded, but on a positive note, perhaps we can see that as setting an example of good living and hopefully other countries will follow in that.

Yes, I am afraid my dear friends that still mainly within your world there are materialistic ideals, which cannot be erased in the blink of an eye.

George: No, I think we have to see that as a really major problem—the materialism.

Yes, that is part of—and I will say carefully, 'problem', but it is still a major factor in your world today. But I have spoken of material things in the past and you know well my views on it, but of course this time I am being much more general and speaking about *all* of your planet. You understand? (*Affirmed*)

George: Yes, it's very good for us I feel, to compare our materialism with certain other planets, including Aerah who have much, much less materialism.

Yes, only because they have grown spiritually. The problem existed of course, as in many other planets—it is part of learning, it is that part of you that is less spiritual, may I say, but it *has to* be encompassed within you—the understanding has to become the reality.

George: Yes, and perhaps it will be good for us to see spirituality and materialism as a kind of balance and know that we have to keep it in balance.

Always there must be balance—yes, all of life must be in balance. Remember you cannot have light without dark—remember my talk about this and many other things. You, as beings, are in balance—the human element and the spiritual being, must be in balance at all times if you are to survive upon this planet. You understand what I am trying to tell you?

George: Yes and helping us in our survival was, I think I am right in saying, the first part of your mission.

Yes. If I can help but one of you to come to a fuller understanding of who you truly are, then I feel that my work has indeed helped. And of course I am most fortunate to have encountered so many people of like mind, who come together as you do and are willing to *listen* to truth. Of course, as I have always said to you, I do not expect you to accept my words without thinking in your own way, but as I know, and I appreciate how much you have come and how much you have grown together.

George: I'm sure I could speak for us all in saying that we *do* accept your words and I think also we are the fortunate ones!

Jan: I wish it were just easier, at the click of a finger, to live the way that you speak without having this human cloak. I find it so nice—I can be looking for example in a book or on TV and wanting and being able I think in my own little way to see the wider picture and feeling that I'm connected to everybody and everything and then all of a sudden something will happen and the human element starts again. If we could only brush that aside, life would be so wonderful.

Yes, but you are much too harsh on yourself. You must accept that indeed you have this human element, as you call it, and yes you have failings as many do, but that does not reflect upon your spirit, because deep within you know what is good and what is true. So do not be harsh, you can only but try your very best and we would not expect more of you. As long you are true to yourself, that you recognize that indeed you are spirit with a learning to do, then you cannot do more in *this* lifetime.

Jan: I understand.

And again, I return to the word I use most often, the power of your thought.

Jan: Yes, I think I've experienced that in my personal life quite a lot just recently, and rebounding thoughts—bad and good thoughts have come back to me in many different ways and I try to amend things that I feel I may not have thought in the right way.

My dear child, it is the *trying* which is important, it is the *understanding* that is important. Of course you may fall down at times, because you are clothed in this human garb, but the *recognition* is what is important. Because you understand that some of your thoughts are not, shall we say, spiritual, but you recognize this and that, that my dear friend is the most important thing for you.

Jan: So the recognition is part of the growth; (Yes.) every time you recognize you grow that little bit more.

Because in recognition, you are trying to change.

Jan: Yes, right.

You understand?

Jan: Yes, so you may make the same mistake over and over again, but as long as you recognize it each time.

And try...

Jan: And try...

Yes. You have made many mistakes, not only in this lifetime, but in many others and sometimes you bring with you those failings. So you see it cannot be wiped out in an instant. That is what you have come to learn. You understand?

Jan: Of course, yes I do entirely, thank you.

But don't be so hard on yourself.

Jan: Or any of the others in the room, we all must learn that, not be so hard on ourselves.

Yes, and your hardest task my dear friend is in being judgemental. Try to be non-judgemental in all aspects of life and *then* you will find your own life will become much easier. But thank you for your question and I hope it has helped you.

Jan: It has tremendously, thank you.

Sarah: You saying '*non-judgemental*', I was just thinking that the text that George gave us to read about the person who had so-called 'died' for an hour and a half, (*Mellen Thomas Benedict*) when he came back, all he could see was love in everybody, he just felt love for everybody and I thought, well, those are just the very words that Salumet has been telling us we have got to find.

Yes. It is only when you discard this human cloak, if you like, and truly recognize yourselves as spirit that you understand really what great love means, what not judging another person means, and to have had that kind of experience remains, because it is so vivid and I am sure there are many people in this world now who have experienced similar things and have returned to your world as much better people. It is only that they have recognized themselves as beings of love. But that is not available to many in this world without some kind of event such as you mention.

George: No, I imagine the mind has to be developed to some particular degree before it can question in the way that that one questioned, and before that event can happen.

But that is why my dear friends, it so important that you cultivate your meditating time, because when you go into meditation, then you are closer to *our* world, the spirit is closer to our world and all questions can be asked. You do not actually have to leave behind the human body for this kind of knowledge.

George: Now that is an interesting and profound thought.

But it is possible for *all* of you, it is just that it has never been considered, but if you ask the many people within your world who meditate for much time, they will tell you that it is quite easy to be within the human frame and yet the mind is free.

Jan: Richard, my son, as you know who comes here sometimes, **(Yes.)** at the weekend he described his experience that he had at home as being with the nature spirits. **(Yes.)** I'm sure that he'd like it and we all would like it confirmed that he was correct, although we believe him 100%, that the nature spirits were with him.

When next he comes, I will speak with him and I will tell him what is happening at this particular time, but I will speak to him when *he* is here.

Jan: Okay, thank you. I will tell him, but he is digging his heels in a bit, but obviously he's on his way...

Yes, his awareness is becoming much greater. He *has* resisted to an extent, but contact has been made and it can only go forward provided he remains open to it.

Jan: And he's perfectly safe on his own, isn't he? **(Yes.)** He is protected at all times? **(Yes.)** He doesn't need us to be there with him?

You can reassure him, once contact is established, then we do not fail you unless the mind so wishes and blocks us from them and of course then there can be *some* problems. But, no, he is okay, I think you would say.

Jan: Thank you very much. I'll tell him.

Lilian: Any questions Jim?

Jim: Well, I keep thinking about the very large number of human beings upon this planet—a number like 6 or 7 billion souls on this planet. Do all of the things that we hope for within this group for ourselves, are they true for everyone? It seems such a big number. It's mind-boggling, the scale of the spiritual existence of human beings. I haven't really formulated a question, but ...

How large is the cosmos?

Jan: Infinity and beyond.

Yes. You are speaking of one small planet where people exist in human form, but in spiritual realms, space means very little. Everything is part of everything else, and I know this for you is difficult when first you are looking into many aspects of spirit, but let me just reassure you my dear friends that although you call it 'mind-boggling' I believe you say, the mind is never boggled. (Laughter)

George: It's a human thought. **(Yes.)**

Paul: Brain-boggling...

The brain becomes confused, but the mind is forever free and you may speak of numbers, but there will come a time when the many aspects of spirit becomes much clearer to you and really that only happens when you return and revert back to a spiritual being.

George: Yes, I had the thought that there are more angels associated with this planet than there are human beings, because for a start we each have one guardian angel...

Yes, you are one tiny speck of creation—you really are. Imagine my dear friend the tiniest of ants sitting in the middle of this room. What do you suppose his aspect of the world would be?

Paul: Very small.

And you are but one tiny part of all existence.

Jan: One grain of sand, on a beach.

One grain of sand.

Jan: In the whole universe.

There is [*sic*] many comparisons that you could make, but it is—and I understand the question from our dear friend, that in your search for truth, all of these questions are very confusing.

Jan: That question has been put to me by many people who are just starting to think the way we do. If all of us have been here before and there are souls before us, etc., etc., it's very difficult for them to actually understand. They imagine rooms and rooms I think of people bumping around with each other—and of course, like you say, there is no space.

Yes, you are looking at existence with a human form and that is why it is difficult to understand the essence of just *existence*. All that exists now has always been. We have gone this road before also, but it is a very difficult subject to convince people of. But as you well know, the time will come when suddenly these questions become unimportant, because there just *is* this understanding and knowing of what life is. But I always say *question*, if that is what you need to grow and to try to understand. The understanding will come, but as always with development, it takes *time*.

Jan: Why, Salumet, would somebody who has never really thought of life in a spiritual term before, suddenly start seeing what they describe as their guardian angel and spirit people around them—they can actually see them. Why would that manifest itself to somebody who may not in their knowledge—of course their true self could be a totally different matter, but their own human knowledge, aware of what's happening to them. Does that make sense?

I think there is a saying within your world, and I will use it to simplify that question, and it is this: when the pupil is ready, the teacher is there. There comes to every individual within *this* lifetime as a human being, there comes some point within their lives when they are ready to accept some knowledge.

Jan: Is that everybody in this human life?

Everyone is given the opportunity—whether they recognize or accept that opportunity depends on each individual. Remember always my dear friend the interference of your freewill, because it plays such a large part in your existence in this planet. But every individual is given the opportunity to seek and to search their own spiritual being to find the truth, and it is then when these happenings, or the seed is placed within their mind, that they then begin to search and question.

Jan: I'm asking this because I am preparing myself to talk and help this person who is very frightened at the moment. I haven't met this person at all, it's a telephone conversation I have had with them and they will get back to me I am sure—I wanted to have the right answer for them (**Yes.**) and you've answered that. Thank you.

And of course remember, I have spoken—all actions are placed either in love or fear and sometimes it is perhaps the fear of death or some 'tragedy' as you may call it, but I would not use that term. It takes something like that for the spirit to wish to *seek*.

Jan: That's clear, I can understand that—I can help her now if she calls me, if she's ready to call me.

Yes, you will find the words. Ask to be helped and guided and you will be.

Jan: That's great. Thank you.

Now my dear friends I feel I have reminded you enough this time. I hope that my words this evening will trigger within you those ideas and thoughts which are sitting within your *heads* and that you will give thought to them, and perhaps, although I have spoken these words before, it will renew your interest and *help you* to go forward with new ideas, to continue to help others, and as our dear lady friend has said, to find the words of comfort towards another human being. In this my dear friends, I will leave you always cloaked within my love, and to know that as we leave this time, we thank you for all the help and the knowledge that you impart to others. (*Thanks + farewells*)

George's notes:

It might be interesting to reflect for a moment on how world consciousness has changed since Salumet began his mission in June 1994. The nuclear threat has diminished. East–West relations have continued to improve. Perhaps 'people power' has become more noticeable. Aspects of materialism are being questioned. The environment has become a front-line issue. Alternative energies are fully seen as necessary. Smaller and more fuel-economic cars are encouraged. Recycling is the first step towards a non-wasteful economy. Sensible diet is being seriously thought about. The media are beginning to account spirituality just a little more. The Internet is bringing unity to the whole world. The Planet Aerah

communications help us to see our connection to the entire universal creation. Science detects and explores the world's collective consciousness. These are a few of the recent changes that come to mind.

~26th June 2006~

Our list of names given for healing was lengthy this time, and Salumet's initial words aptly followed on from this:

Good evening. (Welcomes)

As I join with you this time, we are pleased to feel the love which emanates from each one when asking for help for others. I would like to begin this time by offering some thoughts to that Great Creative Force from which we come. We ask that all conditions that come to us are accepted with love and as tests in this our earthly lives. We accept that these conditions are part of our spiritual unfoldment. We thank you for the intelligence to understand these things and the power that may be used to change the conditions of our lives. We also give thanks for that power of will which enables us all to overcome diseases within this world. But to do this we have to have an overriding will, power of the will and thought—the vibration must be much greater than any of your diseases which exist in this world. We have my dear friends understanding now of all of these things and it is appropriate on this evening of many healing thoughts given that we return the thoughts to the Great Creative Force, that within yourselves you recognize the power within. When we have finished speaking this time, I feel it would be most appropriate for each one of you to recognize where you stand on your own spiritual unfoldment and therefore to offer words and thoughts of what you would like now to achieve. I hope my dear friends you can agree to do this, this time. (Affirmed)

Lilian: If we sit quietly and put forward what we would hope...

For each one to speak out so others may hear and understand also what is trying to be achieved by each individual. You may be surprised by how many comparisons there are between you, but it is something I feel would be good for you at this present time. But for now I will take any questions that you may have for us.

Lilian: I know Richard has got one. Would you like to start Richard?

Richard: Yes, Salumet, you said when I wasn't here last time, that there was something you would be able to explain to me?

Yes. We have been told of your latest experiences and we are pleased to hear of this, but what I wish to say to you my dear friend is this: that from an early age you have been bombasted by thoughts and actions from our world, because always your life-plan has been that you may follow the spiritual pathway. No matter what your *physical* life enfolds before you, always you must follow the spiritual pathway. We have spoken and I have told you that the time is right for you to grow and this you have agreed with. (Yes.) Yes.

Richard: I'm still very confused as to what to do about that.

Yes, you must first of all have my dear friend, acceptance that indeed what is happening is from our world, and although you are happy to have these happenings, there is a degree of non-acceptance deep within. (Yes.) So firstly you must find within yourself that acceptance and that you can bring forth the words of spirit, because you see, my dear friend, you can be used in *many* ways spiritually. But as always, again your freewill will always come into play, and the danger is that you will place your *physical* lifestyle before the spiritual, but it is possible with our help that the two can go hand-in-hand.

Richard: Should it mean a great change in my physical lifestyle?

No, not necessarily. As I say, it is possible to lead your physical life and still allow the spirituality to come forward. We will only make the opportunities when you are ready. We cannot interfere in your life. We can try to guide you, encourage you, but we cannot interfere. But what you experienced before was in fact an aspect of your own self with the help of the elementals and the angels which surround you.

Richard: More experiences like that would be helpful.

Once you accept, then we can give you more; it does not work the other way. After all, why should we give you these experiences if you are not prepared to accept?

Richard: I agree.

You agree, but you still find difficulty in acceptance, but we will help you every step of your way. But of course, as you know and which you will, we feel, find difficulty with, is in giving of your *time*.

Richard: Yes, I definitely see a difficulty.

Yes, but there is a way and there is a pathway for you to follow.

Richard: I will try my hardest to find it.

We will help you, we will. (Thank you.) **All we ask is for you to be open to all that we say, to all that you hear, to all that you feel—and the more that you accept, the more that we can give to you.** (Thank you.)

Was there any question that you wish to ask of me?

Richard: No I don't think so. Actually, there was one: The aspect of myself which you mentioned, **(Yes.)** would that be one called, Simon, my twin?

It is the aspect of you spiritually. Physically that was your connection, spiritually there is that connection also, but it is more than that. Is that helpful to you? (Yes.)

Lilian: Yes, thank you. Any more questions, anyone?

George: Yes. I would like to refer to some work that our Russian neighbours have been doing very recently...Professors Golod and Krasnoholovets have been building quite large, hollow pyramids out of glass fibre and plastic, up to 44 metres high. They are two good scientists and they have conducted a number of experiments, and two of the interesting results are firstly that water as it cools to very low temperatures, minus 40 degrees Centigrade, it doesn't freeze! And another factor, seeds kept within the pyramid for a period then germinate to give a crop yield that is between 20 and 100% greater than would normally be. Now this sounds like an energy effect and rather like the energy of the crop circles that we talked about some time ago regarding the increased crop yields from the seed. So, I think we are beginning to have an understanding of the energy that is collected or enhanced by the aligned pyramid shape. Would you have any comments on that?

Yes. I understand your question. Always—not always—I beg your pardon. If you go back to the time of the ancient civilizations, they were much more aware of energies than you are at this present time.

George: Yes, I think some of us are just beginning to realize that.

Yes. What is happening with your Russian friends and their pyramid experiments is not new knowledge, but is knowledge that has been regained and is now *beginning* to be understood by men of your time.

The ancient Egyptians in your world, in particular that race, had much more knowledge of energy and vibration and space travel—we have touched lightly about this before.

George: Yes, I'm sure we remember your words on that.

Yes, but perhaps you could think of many bodies that have survived at sub-zero temperatures without freezing. When you speak of the water which reaches certain temperatures and still does not freeze, it comes under the same energy. And I would say to you, your analogy of the experiments and your crop circles are indeed related to that same energy. It is an energy not fully understood as yet, but I have to say many are being helped in this field so that the understanding is greater and that these, what are termed 'mysterious happenings', can now be collected and collated together in understanding. The energy used is indeed of a higher vibration than currently known in your world. But, do you remember my dear friends, when I told you that 'sounds' have their own vibration and that one evening you made the sound within yourselves and you could feel that vibration within. Do you remember? (Yes.) **In the same way, the shapes of many things have their own vibration. There are many people in your world now, who find benefit from being within the shape of pyramids, because of the energy which is created within. And if you think of the shape of the pyramid, you will begin to realize my dear friend that all lines reach to a pinnacle as if the energy is being drawn upwards to a higher vibration.**

George: Yes and I can say that radar does detect a column **(Yes.)** of some kind of energy reaching—I think the figure was 1,000 metres above the large pyramid.

Yes, and beyond, you will then find that the vibration becomes even finer, but that is something not to be understood at this time. It is important for your scientists in your world now to recapture knowledge long lost.

George: Yes. And there is mention of meditation being enhanced within the pyramid structure.

Of course, because as the energy reaches and goes from the top of the head, what is happening, but it reaches for the pinnacle. Can you see, because the energy is drawn upwards and becomes even more refined? (Yes.) So, perhaps my dear friends this would be something for you all to consider this time, the shape of the pyramids and how the construction is ever upwards and perhaps I will hear your thoughts next time.

Lilian: And of course they have been found all over our planet in days gone by.

Yes. The ancients were much more adept in their knowledge of these things.

Graham: Did the ancients actually have a name for the energy associated with pyramids?

Not that I can tell you. Of course they would have found a physical name for their own use. But, um—yes, of course they would have a name.

George: The Russian scientists are theorizing on this and the name they have devised—they explain it in terms of what they call ‘inertons’, these being energy units which divide—but that’s part of their theory at this time.

Yes, I have to say, if it is helpful then put a name to these things, but what I would say to you my dear friends: have the knowledge and the *feel* for these things—names are unimportant; it is the recognition which is important.

George: And I think we recognize from the work done that the energy penetrates many things and alters their character in some way.

It is part of the scheme of life. It is just because it is the unknown to you as humans at this time. It is nothing extraordinary, in fact I would call it *most* ordinary.

George: Yes, yes. One nice thing is that the political relations between East and West are so improved now, and this sharing of knowledge is a very nice thing that is coming out of that.

As it should be, do you not agree, (Yes) because mankind should be sharing with his brother, because all knowledge belongs to all people?

George: Yes, and we can really appreciate the good work that these Russian scientists are currently doing—and thank you for giving us your further words on all that.

Yes, well I will look forward to the remarks brought to us next time and whoever is absent will be asked at a future time. So this is something which we must discuss a little more of, now that the topic has been raised.

George: Thank you for that—wonderful!

Paul: It is interesting that a lot of the more ‘simple’ people like the Native American Indians, they had their wigwams (Yes.) constructed in that sort of shape.

Again, another very good example of the recognition of energy available. There really is, my dear friends, much in your history if you return and go back to ancient times; although the Indians that you speak of do not go as far back as those ancient civilizations of which I spoke previously, but their spirituality was great, their knowledge was full of understanding and acceptance. But this is an opportunity for each one of you to think deeply about this matter.

Now I feel that we should go around each one of you this time to allow you to unfold from within what you would say to that Great Creative Force about your own knowledge and unfoldment. And with those words, my dear friends, I will withdraw from you this time, but I will be listening to the words sent out by each individual. As always, I leave you within the light of love, I leave you with the many thoughts which we have discussed and I leave you always with the anticipation of our next meeting. (Thanks + farewells)

We thought a while, and each gave our thoughts on how we see ourselves and what our further aims should be.

George’s notes:

Re Russian pyramid work: Internet: If you do a Google search on Prof V Krasnoholovets, it will produce an 8-page document entitled: ‘The Great Pyramid as an Aether Wind Trapping Site’. A search on: Russian Pyramids produces other useful information.

Pyramid effects that have been observed:

Water does not freeze.

Razor blades are sharpened, (compared to ultrasound polishing).

The vertical column extending above and detected by radar was 2 Km.

Salinity of water decreased.

Altered resistance of carbon materials.

Effects on animals and disease incidence.

Human aura is brightened

Foods stay fresh longer.

Domestic pets thrive well in situ.

Patient's burn areas heal faster.

Meditation enhanced.

Plants grow faster in early phase.

Structural changes in materials.

Can cause nausea in too much pyramid environment. Compare crop circles!

Seeds ... crop yields increased. Compare crop circle wheat!

Immune systems are enhanced.

Pathogenic strengths of viruses and bacteria reduced.

Radioactivity decreased.

Crystalline materials kept in pyramid, then transferred to surround jails, reduce crime.

Pyramids have been aligned to the pole star (which effectively aligns the other pair of sides to planetary rotation). The Russian pyramids are built to phi ratio and are described as having 70-degree slope. The Egyptian pyramids are less steep and to pi ratio.

~17th July 2006~

Good evening. *(Welcomes)*

I am happy to join with you this time.

Lilian: We are very happy to have you.

When last we met, we spoke about the energy and the pyramids and I remarked to you that when we came together once more I would ask you about your many thoughts on this subject. But because we are few in number, I will leave my discussion about the pyramids for this time until we have more in numbers. But nevertheless my dear friends we can discuss amongst ourselves what the individuals here have gathered from thinking about that energy within pyramids.

George: Yes, gladly.

I am sure that you have given thought to those words and are indeed happy to discuss this amongst yourselves. *(Agreed)*

Lilian: Bonniol, he talked about different shapes that give energy—plants and water. **(Yes.)**

George: Yes, I remember you talking to us about making a sound vibration within ourselves—to have the feeling of this—and I rather fancy that the energy of the pyramid is like a ‘micro sound’ form of energy—a higher vibration than what we think of as sound-in-air. I feel there are two parts to it in a way: shapes have their energy, I can see that, and the pyramid going to an apex will have a sort of condensing effect as the sound rises to the top and beyond, but also the orientated pyramid with two sides facing the east-west direction has a collecting effect of energy I feel from its passage through the ether, with the rotation of the planet. So I think there is a collecting effect within the pyramid and an effect from the shape in refining that collected energy. So I feel that there are those two aspects to it and it’s a higher vibration which can get into things and modify structures. There’s one other point: the pyramids made on the Earth are of two different side angles. The Egyptian pyramids are built to the ‘pi’ ratio and the Russian pyramids are built to the ‘phi’ ratio, which is a steeper incline of side, so I rather suspect that the angle of the pyramid is quite flexible, but the orientation of the pyramid is very important.

Paul: I think the Central American pyramids are a different ratio again.

Of course the shape dictates the way the sound vibrations are used and as sound becomes more refined, then it reaches the point of not being audible to human ears—you cannot take one without the other. When you experience the sound within yourselves, remind yourselves of what you then felt. Can you remember?

George: Yes. I felt an on-going vibration within self.

Yes, until you became as one.

George: Yes, perhaps a better word than ‘on-going’ is a ‘resonance’.

Yes. What you should have felt was that sound energy being refined until you became unaware of the human form and you became as one with the sound energy. So you see, all shapes, all sounds go together and, after all, is not the human form in some shape? And where does the sound rise to? Were you aware of these conditions, or was it just a little too early for you to recognize what was happening? Yes, I feel that it was.

George: Yes, I was not aware of the sound rising to any particular place.

The sound will always rise to the pinnacle of the shape, to that point within the shape that allows that sound to vibrate at a higher degree.

George: So with ourselves it would rise to the top of the head... **(Yes, yes.)**

Lilian: How about a round shape, because in nature, the planets and so on, are often round...

Yes, you would have a vibration which would be surrounding the whole shape of the circle—no beginning, no end, but there would be a crescendo of sound and vibration.

Lilian: I was thinking of the energy that needs to keep the planets in place—it must be tremendous.

Yes, of course, but that is something that we cannot discuss at this particular time. I feel that to speak of shapes and energies is what you are now ready to receive.

George: I was wondering about a perfect cone on a round base; **(Yes.)** that would have its energy-enhancing effect, but perhaps it would not be a collector of energy in the same way that a pyramid collects?

No, of course not—because of the base, that would change the energy frequencies. There is so much that can be spoken about energies and while we speak of energies, my dear friends, have you become aware of the talking going on within your world of harnessing the waters of the seas? (Affirmed) I did tell you previously that that was the way forward.

George: You did indeed, yes.

Paul: There is so much energy there.

Yes. May we ask now for someone else's thoughts about the pyramids and the energies?

Paul: I was giving it thought, but I couldn't get much past the idea—it seems like it's a chamber then, like a musical instrument for producing certain vibrations, which—I guess it's got a very pragmatic use for the Egyptians and the ancient people. I think you indicated in the past that—I understood that the pyramids were involved in the travelling to other stars.

Yes, as the gentleman, my dear friend here (George in an earlier session) has noted that certain shapes and sides of the pyramids relate to those of other planets for the purpose of space travel, which was not unknown to those ancient civilization.

Jan: Were they (Egyptians) visited by other planets? **(Yes.)** They were—that's how they gained most of their knowledge?

The knowledge was innate within them, which would make it easier to accept other cultures from other planets. Their knowledge was indeed far superior to anything on this planet at this time.

Jan: At that time, or this time?

Far superior in *their* time.

George: And I think I can say that in addition to the pyramid energy that we talked about and how it becomes enhanced, I think I would be right in saying that there were further structures in granite and rocks **(Yes.)** within the Egyptian pyramids to further enhance and develop the energy.

Yes, you are correct and this is something I will discuss with you when we have more people to listen.

Yes, of course it is not only shape and sound but texture, and remember, as we have said, all *things* have their own vibration. You all, my dear friends, are nothing but vibration.

Jan: What came first in the ancient Egyptians, for example their thoughts—to entomb their dead so that they could pass into spirit more freely, in their belief that they take all their possessions with them...

That came to a later civilization. The knowledge of which we speak was innate within them.

George: I think we are speaking of a time which is 10,500 BC or thereabouts.

A little longer, yes.

Lilian: Our friend who visited last week from spirit who lived quite a long time ago when the *(later)* pyramids were being built. He was aware of the energy in water and the food.

As were all of those people—this knowledge belonged to all of that civilization. So you see it was normal to them, but gradually that knowledge was lost.

Jan: Why was the knowledge lost Salumet?

Because of the karma of the people.

Lilian: They didn't want to listen, I suppose.

Materialisation [sic] (*Materialism?*) was beginning to take hold. There are many, many reasons, but the downfall of many civilizations was caused by man's own ego and although that seems too simple, that is the basis of many, many civilizations' downfalls where mankind assumes a role of being the 'creator'.

Jan: Was that part of creation's—was that part of man's freewill or was that part of our evolution that we had to lose that to come full circle which I am sure one day we will. **(Both.)** Both...

Yes, both; yes.

George: I think what we are talking about having lost would come under the heading of 'spiritual attributes' **(Yes.)** and while one can write down material things, can keep records, and the records don't necessarily get lost, but spiritual attributes *can* get lost, through our deviation from spirit. Would that be fair comment?

Yes. I...

Jan: So the wealthier they became and the more natural minerals and gold and everything else they found in the Earth—that became their downfall.

And their beginning of abuse of all things spiritual.

Jan: Including themselves.

Yes, mankind basically, in simple terms, has lost his way; but as you well know my dear friends that is being reversed gradually in your world.

Jan: In our lifetime this time—the people in this room—we’ve just been talking about how many years before Christ? 10,000 before Christ did you say?

George: Well, Salumet says more than 10,500. **(Yes.)** But haven’t we come a long way spiritually in the last 100 years even?

As human beings, let me say it to you this way: You have always been spiritual beings, but you have been in the dark as far as *recognizing* those spiritual gifts. And perhaps ‘gifts’ would not be the correct word this time ...

Jan: They’re attributes as you put it, aren’t they?

Yes, they are innate within you, but the recognition of who and what you are over time, has become lost. Mankind’s focus has been placed in areas of living which are not spiritual, (Yes.) but slowly, as mankind has become more aware and able to accept and understand his own way of thinking, he can rationalize more easily that which he knows to be true, and at this time in your evolution you cannot deny what you know to be true. So, yes, you could say that you have ‘turned full circle’ I believe your words were.

Jan: I believe that one day we will, but I don’t think we are there full circle by any means yet.

I would not be here if that were the case! There is much, much work to be done.

Jan: The other thing is we are developing at a very fast pace.

Yes. In this one of your centuries, the whole of your planet has become much more aware, because of the great effort from our world to come to you in many forms and to help you to know and understand who and what you are.

Lilian: We are very grateful to you.

George: Yes, we are very grateful.

And I have to say my dear friends, apart from all of the other information given, that is what is the most important part of our coming to you, that each one of you, whether it be within this group or in the many, many others throughout your world, it is to *recognize* and to *know* that you are spirit and that you have the abilities of spirit at your call.

George: We are making contacts with other people around the world who seem to be active in presenting spiritual information.

Yes, much, much is being given.

George: Can I mention a new contact that we have just made or would that be a digression?

Of course, if you wish.

George: There’s one Victor Zammit in Australia who is a retired lawyer and he’s presenting evidence of the continuing life in spirit. He’s very active and has a website and his findings are going out to the world. I know he has several times sat in with a group and there is David Thompson who is a medium in the Australian group and he seems to be very good at materialisations. He has materialised Sir Arthur Conan Doyle, and the materialised form shook hands with Victor Zemmit and he was *most impressed* with this. I wondered if you would have any comment about the idea of shaking hands with a materialized form?

But there should be no doubt within your mind my dear friend that this can take place.

George: Oh no, there is no doubt in my mind!

Firstly, I would say this to you: that that form of mediumship is becoming quite rare today, because very few people are prepared to sit as diligently as the one you have mentioned to allow this phenomenon to occur, But I would say to you, ‘materialization’ is good for all of your senses, because not only can you touch, you see, you experience the *whole form* of those who have gone—they can speak to you,

therefore your hearing senses are in force and there can be no doubt when this occurs that spirit *is indeed*.

George: So, if our friend Victor is impressed in this way and in turn recounts this to the world, this is a useful presentation of evidence, can we say?

It has already been presented to your world by many people, but let me say that as long as you have sceptical people, the most amazing what you call 'evidence' you will not shake their foundations; but to those who are seeking, it is the kind of evidence which cannot be disputed. But again, as human beings, there are always doubts and suspicions and as in all forms of mediumship, it takes personal experience sometimes for people to truly accept. So, do not be surprised that this wonderful evidence is ridiculed by some, but I would say, apart from healing, it is one of the best forms of mediumship as far as giving evidence goes.

George: I can perhaps add that there has also been a materialization of the jazz musician Louis Armstrong with him singing and the sound can be played through computers today so that the evidence—I take your point that there will be many who will remain sceptical, of course, but the evidence itself and its presentation are I think becoming more impressive.

If you are a seeker of truth, then of course you would be impressed, but as I have said my dear friend, the past century of your living here on this planet has produced much evidence in the form of materialization and still people wish to deny what they see with their own eyes.

George: Yes, you are absolutely right, of course.

But I would say that this type of mediumship should never be lost and we are trying to encourage those who are capable of it to develop and come forward, but of course it takes many years of dedication from our world and from the medium involved.

Jan: Going back to the subject of energy, Salumet, is the ancient practice of Feng Shui altering the energies within our own environment? **(Yes.)** Obviously that would be of a similar but very much smaller—same vibration as we mentioned of the pyramids, wouldn't it?

Because everything has a vibration, not only human beings, everything vibrates at a different speed ...

Jan: Even a man-made material?

Yes, everything that exists vibrates. What you are speaking of is recognizing the best use of the energies available, whether it belongs to a light bulb or to a vase or whatever.

Jan: So we can all experiment within our own environments, can't we? **(Yes.)** We don't have to necessarily follow what somebody else has tried.

Yes, you should have that inner feeling for what is right and that would be a much better way to go, and not only be aware of the outer energies, but what is far *more* important is that you recognize that inner energy; and that then, my dear friend, returns you back to energy within the body and would help. You understand?

Jan: Yes I do.

Yes, that is a good way to go.

Jan: That's something I am interested in I'm definitely going to really try to mediate and concentrate on that.

Yes, it would be far better that you regain your own finely attuned instrument, and then you can become aware of all forms of mediumship which surrounds you within this lifetime.

Jan: Yes. It's a human feeling, but I feel very frustrated sometimes, which is a negative feeling I know, but all the information that is within, you have to spend so much time—it's the giving it the time...

Yes but the knowledge is worth waiting for.

Jan: I think it's the excitement rather than frustration, it's an excitement. Richard and I were talking about the knowledge that you have given us. He said that you could be sitting within a group of people on a train or bus and suddenly have this overwhelming sense of '*I know, I know*' and you want to shout and share that knowledge, **(Yes.)** but you know you have to be one step at a time and tread carefully. I know exactly how he feels.

Yes, but my dear friend you must learn how to harness what you call your 'excitement', you must harness that energy within, and then whatever comes from within is what is supposed to happen in your lives. It will be a natural emergence of spirit—but I understand your words and I understand your impatience, if I may use that word, to create a situation of your knowing and your knowledge.

Jan: I'm sure we have all felt that, haven't we?

Yes. Does anyone else wish to comment?

Lilian: Sarah?

Sarah: All I was going to say was that just letting gradually the information come out or the knowing come out and I do find, although I have a tremendously long way to go, but I am beginning to—just suddenly things—I think, ah, I'm beginning to see things differently. The light is beginning to dawn, perhaps I should say that—just various things.

That is the kind of words I like to hear. If but one or two of you *feels* that the knowledge gained is helping you in your expansion of knowledge, then that is so good to hear.

Sarah: It's good to feel, too, so thank you!

But is it not just a recognition of who you are?

Sarah: Yes, I'm sure it is.

And not only who you are but who you have been and the whole form of your spirit. That is what you are giving out my dear friends, not only of who you *are* in this lifetime, but all of the knowledge that has been gained in times gone by. All of that knowledge is within you and it is there for you to use at any time that you choose.

Jan: I definitely feel that those people—I can only refer to those people in this room—I know that they are all used as beacons of light, if that's the way to describe it, (**Yes.**) many, many people come to us, do they not? You've said, haven't you Sarah?

Sarah: Yes.

Jan: People are drawn to you.

And can I say also my dear friends that people are drawn to your lights, even without your knowledge; they would be attracted to that spiritual light without your knowledge. So you see, your work as channels of lights are spreading all of the time.

Jan: I've begun to recognize when those other like-minded people that you may not even have met before, you're very much drawn to—I'm drawn to them as well (**Yes.**) and in conversation, it comes out—it's amazing, they're on a level and you know, we understand—few words are needed to be exchange.

Because your spiritual lights are compatible, shall we say, you are drawn together. That works also with those people, and I am sure you recognize also that there are certain individuals whom you feel you cannot approach or become too close to. (*Agreed*) That is the energy pull between opposites, yes, so instead of coming closer together you feel you must stay ...

Jan: ...avoid.

Yes—that is a good word.

Lilian: So we shouldn't feel guilty about this?

No, but what you must not do is to pass judgement, but to step back and to leave the situation as it is.

Jan: So it's still nice to smile and be pleasant, but...

Yes, but be careful of any negative thinking. So you see again, all of life is energy.

Jan: You can't get away from that word—that's how we started and that's how the conversation is still.

Yes, you are now beginning to realize that thought and energy patterns are as one and how you use those energies in the way of thought is most important to your spiritual well being.

Now my dear friends I feel for now I have spoken enough, but we *will* continue when we have a fuller group together in order that my words are heard by them also.

Sarah: They will get a copy of what you said today anyway.

Yes, but it will give them the opportunity to ask any questions before we move on to something different.

Lilian: Well thank you again, it's been very interesting.

George: Yes. It has been a very interesting evening and I'm sure we will all of us look forward to some further discussion of the pyramid energies.

And you see also my dear friends, that knowledge is built in the same way as energy—a little at a time becomes more refined. And that is what you are all achieving my dear friends. So as I leave you, again I say to you, place yourselves in the love of the Great Creative Force and all will be well. I also remain close to each one of you and will try to help each one of you as needed. (Thanks + farewells)

George's notes:

Energy from sea: The internet indicates much activity. The UK has eight possible 'tidal barrage' sites and off-shore turbines are the other likely development.

Egyptian pyramids: Earlier discussions are detailed in the Salumet book, pages 62 – 67, that took place over the period 1995 to 2003.

Evidence for life after death: The Society for Psychical Research was founded in 1882 and over the years, many books and papers have been published. So, for the last 124-years huge quantities of evidence have been presented. This has been much valued by many of open mind. A notable early work was 'The Survival of Man – Sir Oliver Lodge (1909), 379 pp. But as Salumet says, there will always be some who remain sceptical.

Victor Zammit's website: A regularly updated, interesting site: www.victorzammit.com

~24th July 2006~

Just prior to the meeting, Graham had been talking about strange flight patterns of butterflies that had been observed, and this had sparked our interest.

Good evening. (Welcomes)

I am happy to join with you once more my dear friends.

Lilian: Yes it's great to be together.

I would like to say to you this time: I was aware of your discussion about your butterflies and rainbows and I would just like to say to you that the butterfly in your world is indeed used for showing some people that there is more to life than first they thought. After all, if you think about your butterflies, have they not gone through their own metamorphosis into the second stage of their existence? (Agreed) Therefore you can begin to see some connection. Yes—that is why the butterfly is used so often for these things.

Sarah: That's interesting because I remember watching a programme of some famous people who were visiting an old house in Italy and whenever a black butterfly appeared, there was an awful lot of spiritual activity within that house. It wasn't very nice spiritual activity, but it was always when the black butterfly appeared that that activity started.

Yes, but the association was with the colour.

Sarah: Ah right.

You see?

Sarah: So the black was not such a good colour.

The negative energy, yes—so remember my dear friends, be aware of all of nature's dealings with you, because within nature herself there lies many invitations for you to recognize the working of spirit.

(Agreed)

George: Butterflies are certainly very beautiful and a joy to be with. **(Yes.)**

Sara: Rainbows always bring joy and I think a feeling of hope as well.

And also the energy from the colours; remember we have spoken of colour vibrations and this too plays its part. So I have deviated a little this time, but I felt that it would be good for you to think a little more deeply about all of these things.

Lilian: Could I just say that last year I had a caterpillar—quite a large caterpillar. I looked it up in a book and it was an elephant hawk moth caterpillar and no way did I ever think I would be lucky enough to see the moth, because of course they come out when it is dark, but I did, in the garden not so long ago under a lilac bush. I wondered if that was coincidence or...

It is only that your awareness is now greater to all of these things; therefore you are more aware of what is happening around you.

Lilian: I did feel very, very lucky.

Yes, of course, and that is as it should be. There are many, what you call 'wonders', my dear friends, which are everyday happenings in our world, which are given to you in ways that you can recognize. If you are not fully aware of spirit as we near you, then we show you what you can and will understand, or at least gives you the opportunity to think about these things. You understand? (Yes.) Therefore my dear friends always look with those spiritual eyes. There are many ways in which we can touch you.

Sara: Yes, I had seen this metamorphosis symbolism recently when my friend embarked on a moth project at school with children, and I saw how the moth for her had many meanings, because she was going through a change herself. It was very interesting.

Yes, and of course she could recognize the many changes.

Sara: She's very aware in many ways and now she's wearing butterflies all the time—and I think she is aware of how important the change has been.

It is a good analogy, do you not feel? (Yes.) Yes, of course.

Now my dear friends, before we embark on further talks of energy and vibration of which I have promised you, we have one more exercise for you this time. I hope that each one of you will feel the energy which is you, which belongs to each person; and as we continue on this short journey, I would wish you my dear friends to speak among yourselves of what you experience and for this one time, we ask after this exercise, that there be some rescue work and we are attempting to try to use as many of you as we can. Therefore my dear friends open up your hearts to those who are in need. You can be used, you must not be afraid, because you are always, always protected. When you have experienced what I am about to tell you, we will then go on next time to what I have to say about pyramids and their energies and discussions we will have amongst us. I would like each one of you my dear friends to imagine yourselves, to use that spiritual mind to feel yourself within the vibration of a pyramid, to become that structure, to *feel* what the physical body is feeling and also to feel and understand with the spiritual mind what is happening. Do you have any questions before we proceed?

Sarah: We are going to be *within* the pyramid, not part of the pyramid?

To begin with you must feel yourself within, but I want you to become part of that energy, to express what you feel and what the mind is also experiencing. You understand what you are trying to achieve? (Affirmed) And as you begin to have these senses of vibrations, towards the end of your experience I would wish that each one of you joins together as one form of energy. Therefore, I leave it with you my dear friends for this time. There is much for you to achieve, so open up your hearts and your minds. I will leave it with you, my dear lady friend, (*Lilian*) and when this is complete, we will be with you for some rescue work. (Thanks expressed)

George's Notes:

There followed a period of 10-minutes silence as this exercise was pursued. We then discussed the feelings experienced. These included sensations of energy-blending, being drawn upwards and a feeling of freshness at the pinnacle of the pyramid. One of us visualised pyramid sides and a desire to rotate a little into favourable position. There was a feeling of smallness in relation to the greater expanse of energy. Mind seemed to diffuse into the greater energy shape and become part of it, all very difficult to describe. There was mention of dreaminess and following dream sequence.

Four rescues followed, through Eileen and Sarah. All were able to move on, thanks to Lilian's gentle encouragement.

Our dear friend Leslie was always drawn to the rescue work when he presided. He too then joined us for a chat, via Eileen, explaining that he just could not stay away with 'rescue' work going on. There was typically much humour as we talked, and we mentioned the several plants that were passed on to us that continue to thrive, including 'aloes'. We referred to the aloes he'd left behind and he declared that he hadn't been issued with any of those. And I quickly had to say: 'aloes without an aitch ... aloe variegata!'

I think I can say we are often aware of Leslie's presence, but it is so good that he also has a physical word from time to time.

~31ST July 2006~

Good evening. (Welcomes)

As I come to you this time, I feel that there is a great depletion of energy amongst you. This we will try to rectify before you leave this room this time.

Lilian: Thank you. I think it's all the hot weather that we've had.

I would say to you my dear friends that you must allow yourselves time to rest both physically and resting the mind. The two must go together if you are to remain physically strong and spiritually alive. Again, I will reiterate for you that you are in full control of this housing which you call the body. Each goes hand in hand—the physical and the spiritual mind must be in complete balance if you are to be strong. I feel my dear friends that sometimes as we are gathered here together, your thinking is strong, your awareness is high, but then as you enter back into your physical lives, much of what you know is forgotten.

Lilian: Yes, very true.

So I am gently reminding you my dear friends the importance of balance in your lives. I wish also to say to you that next time we come together I wish to speak with you about a subject that you have waited for and that will be: the energies available, and to the existence of the civilization of what you term the Egyptian race. So, I hope when we come together next time, you will have your questions ready for me and I know that you will find much of interest from what I have to tell you.

George: Yes I'm sure we shall.

Now, I will take questions, but for a short time only, because this time I wish to work with the instrument that I am using. But there will be just a little difference this time inasmuch as I will allow some retention of memory as she returns. Therefore as she returns to you, she will remember some happenings.

Lilian: She'll be thrilled.

We will leave the rest of the time to whatever is planned for you. Therefore...

Lilian: Before I ask the others about a question, may I ask one on behalf of Jim who was unable to come tonight? He's come two or three times, but he's poorly at the moment. He had been thinking a lot about your talking on thought and he was curious as to whether you had picked up the thought that he had sent to you—I don't know what the thought was. I was to ask you this if I had the opportunity. (Yes.)

George: I think the background of this is he is trying to piece together a structure for what is happening. Yes, he is seeking for answers, of course, and I entirely understand. But of course my dear friends, you know full well that my purpose is never to generalize. But in saying that, of course you know and understand that your thoughts are known to me, but it is not my intention to acknowledge every thought that comes to me. And what you have to remember is that, apart from the times when I come close to you on this Earth, I am returned to that pure energy from which I come. And although the thoughts will come to me from each individual, there are those in my world who will answer your thoughts and prayers. That is not to say that I dismiss those thoughts—not at all—but you have to understand the workings and the structure of energy.

George: Yes I wondered about that. There must come into the pattern: appropriate placement of thoughts. Yes, of course. And although I receive the thoughts, I am not that energy that is able to create for you the answers. But if your thought is strong enough, as you know, it is always received—but your answers may not always come as you wish. I accept the thoughts, but my sole purpose is not in recognizing them, and if that my dear friends sounds rather dismissive to you, that is not my intention. I blend with the energy from whence I come, but others will take charge of those thoughts. Can you understand what I am trying to tell you?

Lilian: Yes.

George: Yes, I think we're beginning to see a certain beauty in this as opposed to an awkward complexity, shall I say. We have our complexity of things in the physical side to our living, but I feel it has to be a little bit different from that in spirit.

Yes. You will not fully understand, you cannot, and again I say to you, the difficulty lies in trying to find words to explain non-physical happenings. It is almost impossible for you to understand the laws of all energy. You see, when you send thoughts, you recognize them as *physical* attributes when indeed they belong to the spiritual energy of life. So you see, the matter is quite complex. (Yes.) I would say only to the gentleman involved, to carry on searching, to continue to send his thoughts to me if he wishes, but he must try to recognize that outside of this room I am but *energy* and not the physical association that he thinks I am.

George: Yes, I think that has to be seen as a very widespread error in our thinking.

Yes and because he is seeking, he feels because I possess a voice in these meetings that it is like sending a thought to another human being.

George: Yes, that really does help clarify, I feel.

It is a complex matter, but I will say once more that any subject that becomes personalized, I will always try to be kindly in my answers but firm in the fact that that is not my purpose.

George: Yes thank you for that. Perhaps we should see personalization as not always appropriate?

It is not always appropriate. I know I have given help sometimes personally, but if you remember well, I have stated that there are many who walk in your world who can help with these personalized matters. My task is on a different energy vibration. I hope that will help your gentleman friend.

George: It is helpful to all of us, thank you.

Lilian: Any more questions?

Sara: I have got one actually. I don't know whether you will wish to comment on a personal situation, but I know somebody who has asked if I can ask you for advice. She's been having a very severe test recently—she's called Ros—with her partner/her husband who has completely changed character recently. She didn't really understand what the cause was. We explored all possibilities because it was so strange; we didn't know if it was caused by drugs he was taking for his illness or even we wondered about spirit possession, because he became almost vindictive towards her when previously it was not the case. We wondered what caused it or whether it was wrong thinking over a period of time. I wondered if it would be possible for you to give any guidance.

Again I will say, this is not my task, but I do accept your question because you are fearful for your friend—yes, you are fearful for the gentleman in question.

Sara: Yes I am.

It is not for you, my dear friend or your lady friend to question the actions of another. What I would say to you is this: that rather than try to find answers and explanations for his behaviour, is for *her* to look within herself in order that she may deal with a changed situation in their lives. Once she can accept that she cannot be responsible for his actions, she will then begin to help not only herself but she will help him. So I would suggest to her that she steps a little way back from the situation and changes her own way of thinking about the situation.

Sara: That is very helpful, thank you.

This applies to each one of you my dear friends—when life seems tougher for you or you cannot find the answers you are looking for, the fault lies with *you*, not the situation or the other person. But I would suggest that you continue to support her whenever possible, because your worlds can be healing for her. (Thank you.)

Now, my dear friends, I will not leave you because I wish to work with this instrument. I ask only that whatever work is here for you this time, that there be no loud voices for a little time. As always I leave you with much love, with upliftment in your lives and with the understanding of your own greatness.

(Thanks and farewells)

George's notes:

Perhaps there is an important issue raised here. The spoken words of Salumet SEEM like they are from a personality, because he has used voice expression ... so that we can understand his message. But his true 'self' is of course pure energy, as is the case for all light beings. Our impression of God too, is not a 'head and shoulders' physical figure. The Creative Principle must also be viewed as pure energy. And in one sense, the closest we materialised Earthlings can get to the word of God, is to listen to a being of pure energy.

~7th August 2006~

Good evening. (Welcomes)

I am happy to join with you this time. Your laughter before I came has helped to raise the energy within this room, so I thank you all my dear friends. As I told you last time I would speak with you about the ancient civilisation which—(Eileen coughed) ... I said that we would talk about the ancient civilisation known to you as Egypt and about energy in as much as you will understand. Much has been written and said about your ancient civilisations, much of which is incorrect. And I know to this day there is much puzzlement about the structures that you call pyramids. We have spoken recently about smaller versions of the pyramids and the energies which they contain within. But let us go back in time to that time when mankind had much knowledge, when that Egyptian race should have been leaders of their time in the way of spirituality, but of course, that word would not have been known to them.

George: Might I ask if that would have been the time of Osiris?

We go further back, we go further back in time, when many from our world came to advise and to help this planet to become—I will use today's phrases for your understanding—to become more spiritual in nature. The people of that time had much knowledge within. They understood much of the way of nature in your world. Much was made of the Earth, the Fire, the Air and all that was natural in your world. They also had the abilities of spirit in as much as they recognised the transmutation of energies and how energy could be used to benefit mankind. They understood what man has now lost. I would say when first they began to build—and I say to you: the knowledge *came* to them from within, from that innate understanding, but it also came to them from other beings from other planets. So, you understand my dear friends, how much knowledge they had before them. As they began their structures, their building work, it was for the purpose of 'travel' and 'time' and to be in alignment with the sun and the planets at that time. These structures were not for, as used in later days, as burial mounds for their pharaohs. That comes later and I will explain a little to you. Within the structures that they built would be a chamber that would be used by *all*—man, woman, child and even the animals of that time. It was used like today's people would use your cathedrals; for upliftment, for healing and to gain knowledge. Within these structures there would be one who would be willing to teach, who had come to this planet for that very purpose. Therefore these buildings were always in alignment to nature. And, as we have spoken briefly, the energies within pyramids is most powerful. I will hesitate at this point for any questions that you may have at this point.

George: Yes, regarding those who came from elsewhere, the names that I have are 'Osiris' and his queen 'Isis', and there was a son 'Horus'. And it is my information that these were the last of that biological line from elsewhere.

Yes, that information is correct. That is why I said we go further back, because they were indeed the last in that line.

George: Yes, thank you.

You understand?

George: Yes, and there is a connection there that I wish to ask about. The Egyptian pharaohs that followed, there is one source which claims that they are incarnations of Horus...

Yes, we will discuss this—yes, this is where problems begin to arise. From a race of great knowledge, mankind suddenly realises that he can have status. In that land at that time, because they had abundance of good earth, water, air and such to be used—as well as limestone, granite and all of these material things.

George: Yes, and which would have been wonderful materials for construction...

Yes, and which were indeed used for the later pyramids, but the pyramids of which I have spoken were constructed both spiritually and manually, whereas the later pyramids had mainly manual workers.

George: Yes, it's wonderful to have that confirmed. (Yes.)

Paul: Is that where sound comes into it, to help with the construction of the pyramids?

Sound of course was used, and the sounds were used in the hieroglyphics later used on all structure—on the pyramids, on papyrus, on stone, in many ways, and I believe you probably will know that the coding on these drawings and words—pictures, were to do with sound—connective sounds—I will explain as we go along. So we have reached a time when pharaohs decided that they were gods, and some I have to say were reincarnations, and you know about this subject, and will accept now that some pharaohs were reincarnations of previous, what you like to term, 'gods'.

George: Yes, I was wondering if there was a parallel there with the fourteen Dalai Lamas that I believe are reincarnations of Buddha...

Yes, the same *kind* of situation, but with the Egyptian race, it is a slightly different situation. Let me explain this to you: as time progressed the pharaohs realised that they could amass great wealth and it is shown on their drawings that the more cattle they could have, the wealthier and more outstanding they became. Therefore materialism started to creep into their lives. But their downfall was that they began to think of themselves as infallible and that they themselves were godheads; and slowly, slowly this created many, many downfalls—many pharaohs came to no good.

Paul: It sounds much like what was said about Atlantis.

Of course—it is the same, it is greed of mankind, it is a denying of that inner knowledge, yes.

Lilian: So the people that came from the planets, would they have visited other parts of our planet?

At that time, no, because the Egyptian lands and the building of the pyramids was for distance and travel. It was a point of unison with the sun, the moon and the stars, and pyramids were built to face north, south, east, west. But the details, and indeed they were so accurate, came from those space travellers at that time.

Lilian: Would they have looked similar to human beings?

At that time, I would say, they would take the form so the recognition would not make the people fearful, and this is where we bring in 'energy', the vibration, and how—you remember I have taught you that it is not static, it is ever-moving and energy can transmute itself into whatever, and especially the *higher* energies, the *higher* vibrations that come from our world, in the same way as I have told you about the angels, can change shape, can become whatever they wish and this is what indeed happened at that time. I am sure my dear friends, this all sounds very fanciful to you in this day and age, but I want you to *realise* that that civilisation had great, great knowledge.

George: Yes. There was one ancient historian who referred to those visitors as 'gods' and differentiated them from the ordinary people.

Yes, because they had powers which surpassed, may I say, what the Egyptian civilisation recognised. So to them—and of course you must remember that although they had great knowledge, this also became coupled with superstition, which became another part of their downfall.

George: Yes. Could I ask another question (Yes.) which may relate to the energy? An old name for the pyramid complex was 'Rostau' (Yes.) and Rostau means I understand: the shaft to the Duat, the Duat being the sky-map of stars. (Yes.) Now would that shaft be the energy shaft that rises vertically from a pyramid? Yes. It is that light energy which has been given those names. It is the spiritual energy which is created within. Yes.

George: Yes, I thought there would be a connection. (Yes.) Thank you.

Paul: Could I just ask you: is the spiritual energy connected to the Earth's energy that forms in these pyramids?

Of course, but you must realise that the Earth energy is *dense*. It is the same *energy* but it is *denser* because it belongs to the Earth; in the same way that you as a human being are much denser in mass than someone would be who exists in spirit, but it is all the same energy—it has to be, because we are connected to all things. Is that helpful?

Paul: Yes, it's becoming clearer, a little.

Yes. Energy, my dear friends, will always be perplexing for you, because as I said last time, trying to put into human words something which is nonphysical is the most difficult task that we encounter.

George: This is all fitting together very nicely, and a title given to Osiris was: 'Lord of Rostau'.

Yes—yes. You have researched well my dear friend. Your knowledge is admirable and I congratulate you on it. But I am here to try to clarify any queries or questions that you may have.

George: Thank you. It's wonderful to have confirmation, because there is so *much* information, and it's a matter of trying to pick the correct information.

Yes, and you must use your inner feelings for this to happen.

George: Yes and another factor that came up was the connection to the star Sirius. **(Yes)** That is the star that has been mentioned in connection with this.

Yes. But of course the problem today in your world is that, as time continues, then the stars and planets become a little out of sync—is that how you would say it?

George: Yes, that's wonderfully expressed, yes!

That also you have to take into consideration. But let me continue a little further. There came to that civilisation, many pharaohs—good, generally kind people, but who became a little misguided about their purpose in life—and then the materialistic side of life came to be. And then, because of their great ego, they decided that they should have pyramids as pharaoh's resting places, which they so became, and in fact, some of the pyramids were built with manual labour and also the help of spiritual knowledge, because within that land they had all the resources to hand, and of course they had that great river which today I believe you call the Nile. So they had water, they had manpower, they had granite, they had limestone, and they had rock.

George: And I believe they had a more favourable climate than they have today...

Yes of course. Everything was in their favour for these structures to be built. So, that is when, I would say, about 9,000 years, because I know you like to stick to times *(Chuckles)* ... about 9,000 years before Jesus the Christ.

George: Yes. That also fits beautifully with certain information, which is by no means generally accepted on this planet.

I assure you my dear friend, it is around that time that the pharaohs decided, because they thought *they* were gods, that they should have a special burial places, and also that their cartouches should be specially made for them with the information for which they felt they had become great. I do not know if you are aware of this, but there are many in existence today, to show of these things.

George: There are many cartouches...

Yes. (Yes.) Yes, and of course, the hieroglyphics used—because you have to remember also, at that time, papyrus was very, very *expensive*, although the Nile produced much, much had been used in former times, so by the time we come to this era, papyrus was most expensive and so other forms were used to draw their pictures, which tells a story and which also brings us to 'sound'. And I can tell you that the Egyptian race used the sounds of 'oh', 'eye' and 'pee'. But they had a way of phrasing words by using sounds to put together, to shorten the examples of what they were relating to what they *thought* were the gods, because remember the superstition, because they had become a race filled with superstition and how to please their gods and their pharaohs. And the pharaohs had overcoming *(overriding?)* *power* of the people at that time. But still, that civilisation had an abundance of great wealth. Their lands became farmlands. The grape became most important and they learned how to harvest. There was much going on in their lives. But they did reject what they should have been doing, and that was spreading the word about spirit, the energy and the ability to tell time, and also the ability to travel in space.

Paul: Did you say the ability to tell time?

Yes. Yes, the pyramids were used for time.

(Salumet's voice was fading)

Paul: How would that work?

Jan: Using the sun?

Yes.

Jan: Like the sun dial?

Yes. *(Pause)* I feel for this time, the energy is depleting a little.

Jan: Salumet, before you go then, may I ask a travel question that sort of links to energy and travel? One of my grandmothers who's now in spirit, she used to say that she would be taken in her dream state to fly, and one of the places she used to visit were the pyramids. **(Yes.)** I'm really interested to know the energy source in her dream state that she was using, and if she was correct. She'd fly all over the world...

Because the pyramids still retain that element of energy, many peoples—I have to be quick I am afraid this time, because of the energy—she would have been drawn to it. As there are many places in your world that people wish to visit in their sleep state. Sometimes it is to the top of the highest mountain, which again, in a form is a pyramid, and ...

Jan: Thank you. *(Thanks expressed)*

George: Salumet, this has been a wonderful evening and a very important evening, for us and for all who read the transcripts. Thank you so much. *(Thanks/appreciation expressed by all)*

I will try to say some more next time.

George: Wonderful

Lilian: Yes, we look forward to that.

As Salumet withdrew this time, we were left quite spellbound. One came through and quietly asked if Sara would conduct us on an inspired spiritual journey—a journey that gave us more awareness of our feelings within.

George's notes:

Scope: The data given confirms and considerably extends the facts given in SALUMET ... His Mission to Planet Earth, pp. 62-67.

Time: An understanding of time would have been important in space travel as well as in agriculture. The Egyptian 'star clock' was based on 36 star-groups in the heavens. And Salumet refers to stars being 'in sync'. One full cycle of Earth precession in fact takes 25,920 years, so that the stars get perfectly back into their same sync as seen from Earth just once in 25,920 years. (We are perhaps more familiar with the 12 zodiac houses, but the Egyptians divided further into 36 for their calendar.) There may well be more said on the time connection next time.

Written language: Salumet touches upon a very important development here. It was Thoth who was associated with writing. The hieroglyph form continued for many years, and Salumet indicates that a simpler form became necessary. Hence the development of what is known as cursive script. From hieroglyphs came hieratic, demotic and eventually Coptic and Roman and Greek alphabets. So the Egyptian hieroglyphs represent the mother of our written language. The important discovery of the Rosetta stone (1799), bearing hieroglyph, demotic and Greek script made translation between the forms possible for modern mankind.

Dating: The date of 9,000 BC for the origin of the Great Pyramid is a little more recent than the date of 10,450 BC given by Graham Hancock, derived from state of weathering and other considerations, but not too far different. The date of 9,000 BC is in line with the statement of Herodotus that 341 priest-kings (pharaohs) followed Horus if their average life span as pharaoh is taken as 25 years

Rock: Having mentioned granite and limestone that were so important in pyramid construction, it seems odd that Salumet should separately mention 'rock'. I think this would be the bed-rock on which the structures were built. It does not matter about the type of rock for this of course, just so long as it is a strong foundation to receive the huge weight. We shall see about this in due course.

Energy fade-out: It occasionally happens that the power fades at the close of a session, and it just goes to show how dependent we are on the available energy.

'Egyptian Mythology': Perhaps the main factor in all this is the endorsement that this is a factual cornerstone of Earthly history, including the origin of our ability to write and division of the heavens into star-groups for purpose of time measurement. A dictionary definition of myth is: traditional narrative

involving supernatural or fancied persons ... fictitious person or thing or idea. And there is much on the internet listed under the heading: 'Egyptian Mythology'. But this matter is just as real as Troy; also once very similarly regarded as mythic until Heinrich Schliemann dug it up. Osiris, Isis and Horus were real flesh-and-blood beings who made their mark on Egypt in ancient times and this has had its knock-on effect for our own society today. And we should not overlook the fact that the Egyptian race had already developed their spirit potential within, to a degree that led to and made possible this eventuality that happened around 9,000 BC. And there is no need to spend money on an air-ticket when 'astral-projection tours' are available in sleep-state!

~21st August 2006~

Good evening. *(Welcomes)*

I am happy to be with you this time. I have to say to you my dear friends that there has been amongst you a little unsettlement spiritually with some of you. We hope that we can help this time to rectify these conditions within those who are feeling not quite themselves. *(Thanks expressed)* This time I would like, instead of speaking to you, I would like to place before you my dear friends one question that I hope you feel you can answer with all the knowledge of spirit and with truth and honesty. Whatever you feel we would like to be spoken aloud in order that each one here can hear the spoken word. My question to you my dear friends is this: 'Who are you?' Three very simple words, but let me say to you, when you think about these three simple words, you should have a sense of purpose and knowing within and although it might sound easy, I feel my dear friends that at this point in time it is a question that each must ask of himself.

Lilian: So it's, 'what am I?'

'Who am I?' Yes. Also, before I withdraw this time, I would like you all, my dear friends, to consider which part of understanding, of awareness, you would like me to discuss with everyone in this room. Do you understand? And I will take one topic at a time whenever we meet in time to come. Therefore, I say to you, now will be your opportunity to think deeply about what you do not fully understand, because my dear friends you know that not only is my purpose in bringing you knowledge, but in trying to help each one of you to become much more aware. And with these words, I ask, 'who are you?' Try my friends to be honest and to express yourselves freely, and if I may say, you may even find that your own human emotional side may come to the surface. I will leave it with you dear lady. *(Lilian)* I will work quietly with this instrument whilst you continue with this self-awareness. I leave you as always surrounded with much love and light.

During the next 20-minutes or so, each one in turn expressed their feelings as to identity. The various notions embraced personal identity, objectives, connection to spirit, being a minute part of creation and Creative Principle etc.

Salumet then returned:

I have to say just a few more words this time. I have listened to your words carefully my dear friends and I have to say to you that for the most part, your understanding of yourselves is still based in the 'ego I' of the material world. Did you notice how often the words 'I, I, I?' And of course that is the way of your language. But what I would wish you to think about as who you are, how about 'I am love', 'I am all-knowing', 'I am you as you are me'? That realization of leaving behind that material individual and seeing your true spiritual selves as that spark of divinity which brings you all together, that is the 'I' I would wish you to cultivate. Do you understand? *(Affirmed)*

Sarah: You said 'I am love', all spirit would be love ...

To a degree.

Sarah: Right, that's what I was going to say, because I was thinking that ...

Yes, to a degree. It is a forward path, but you are all sparks of divinity and that cannot be anything other than goodness and love, and it is only human lifetimes that can change that. You understand?

Sarah: So if you do good things, you increase energy, you increase love. Likewise if you do the opposite, you deplete all that...

Yes. Remember, I have said that energy expands, is not static and so therefore it is always at the will, especially of you humans on this planet. But you have to, my dear friends, rise above the human thoughts and always, as our dear gentleman friend expressed so succinctly I felt, that you are part of a much, much wider energy. **You are energy, you are love** and you have all the knowledge.

George: Yes, we probably all feel it but it's difficult sometimes to express in words.

Yes. There is this time almost a tangible energy within this room and because of going inwards and trying to express your true selves, you have helped to create the energy here, so imagine my dear friends if each time you came together, you recognized the power of the energy that you are, how much greater would be spiritual happenings within this room. It is something to work towards.

Paul: Sort of things like, *disengaging* from your personality.

Yes. You must—you must if you are to truly know yourselves. I have expressed those words to you so often and I feel sometimes I am like, I believe you call: a record that sometimes becomes stuck.

Paul: I think that we forget too quickly though, so we need reminding.

Try to put aside the human thinking and to just **be**; then your recognition will become greater. I hope my dear friends it has given you something else to think about this time. (*Affirmed*)

Paul: Yes—something to aspire to.

You are doing that of course. But to recognize your awareness is good for that growth and understanding. So instead of thinking too much, I suggest that you **feel—feel** and the understanding will be greater.

George: Yes I think we are somewhat in awe of *your* succinctness, Salumet. We can't match that!

As always, your words are most kind, but I do not come to look for recognition. You know full well, my dear friends that is not my purpose. My purpose is to help you in your understanding of the knowledge that has been lost by humankind. And remember, this is not new knowledge; it is truth that has always been.

George: I think there is sometimes this feeling of '*I have been here before*'.

I can assure you, you most definitely have—as you well know, but what you do not know is how many times or the length of your existence on this planet—and really that does not matter. But this is a lifetime that each one of you has chosen to return and to recognize that knowing that you have lost. And that is why my dear friends, when you accept my words, you feel a degree of understanding, only because it is knowledge that you already have innate within you. You understand? (*Affirmed*)

George: I think I for one, have been a little confused in the past about the ego thing, which you mention and I have felt it to be something useful and something that can be used in organizing and presenting ideas and thrashing through things, and I guess there comes a time when that has to be put aside.

Yes, I do not wish you to deny your humanity, after all you are cloaked in human form and you must use that housing which you have been given; you must look after the human form and all that goes with it, including your brain. So, do not try to dismiss that part of it, but remember it is only a covering. That is all I say to you.

George: And the ego is all right as long as it doesn't get above itself, to use an expression...

Yes. I would agree with those words.

Rod: Would I be rude in asking: we've been back a number of times you say—have we progressed in coming back this number of times?

I would say to you my dear friend that the word '*progression*' can be a little confusing, because after all, individual lives are meant to teach something to you and even those who have led what you term '*evil lives*' or lives which you would not term '*good*' have indeed learned something. And all of that learning is retained in spirit—nothing is ever wasted. So I will answer your question the way that I feel you need to know the answer—and yes, most people *progress* and if it helps your understand to believe it in that way, then that is fine by us. No life is ever wasted.

George: I think the difficulty for us is that the progression is not just along a single road but along a mass of roads.

Yes. Many veins to lead towards one road, many lifetimes leading to the same goal and many lifetimes to reach the top of the ladder, which then you will find will then extend even more and you are forever seeking. Then it becomes even more confusing to the human brain. We ask only in any lifetime that you try to adjust to human life, because, as you all know, life brings to you many problems and difficulties, and for others it is a smooth pathway, but that does not mean that one life is more difficult than another; only that it is taking different directions. You understand? *(Affirmed)*

Rod: And those around, I suppose, are affected?

You do not come to this life without first knowing who you will become in contact with. There is a pact you make before you return to human form, to be with those with whom you can learn the most and help the soul to progress. Sometimes you choose more difficult lives than others, but in every lifetime there is always experience that is before you to learn and that is never wasted. I hope you understand.

Rod: Yes. I'm beginning to understand it. It's a large task; I didn't realize it's such a task really. I thought it was an easy thing to be in life, but to progress on...

It is not always easy, but it is worth what you achieve.

Sarah: When you say we know the people who we are going to become in contact with, who we progress with ... it wouldn't be everybody that we have come into contact with, it would only be just a few, the main people we have come into contact with...

Yes. Of course and as all things, as the branches of a tree, there are not just a few main branches; those main branches have smaller branches leading from them to create that formation of the large tree. Yes there are I believe you might say, 'main players', main players who provide within the structure of your lives the opportunity for the experiences that you must have. And of course, you cannot live on this planet and not encounter many, many peoples. Of course you must realize, you oft times meet peoples that you instantly back away from; that is because you are not blending well together. But that does not stop the meeting, because my dear friend, it is another lesson for you to learn. It gives you the opportunity for *understanding*, for *forgiveness perhaps*. You see?

Lilian: Yes, forgiveness is a big part of lessons we have to learn, I imagine.

Rod: Probably one of my biggest puzzles, Salumet, is forgiveness, because karma keeps coming in, and I just don't understand that. Karma and forgiveness doesn't seem to go hand-in-hand and there must be something deeper in this that I cannot understand.

Karma and forgiveness—you do not feel you can forgive?

Rod: Oh, yes, very much so.

Why do you ...

Rod: But then you say that people come back onto Earth and they suffer through karma and I assume that is because they've done something bad in their previous life.

You must not judge my friend. Why do you assume that it must be bad? Karma is only dealing with what has not been dealt with in another lifetime. It can be a fear, it can be unforgiving attitudes. It is not always that you have done wrong—I do not like to use that word, because all of life is light and darkness. Karma only means that you must do what has been left undone. That is the simplest way to look at karma.

Rod: That's a big help.

Karma is only a word used by people in your world who at times would like to control others by explaining actions in their lives as being 'bad'; karma is not bad, it is 'unfinished business'.

Rod: I should love to read this passage out to my wife, because that's always been a bit of a problem between my wife and myself, trying to argue that one out. So thank you very, very much for that.

There is no need to argue my dear friend.

Laughter

Understanding—understanding of...

Rod: A friendly chat ... sorry! *(Chuckles)*

I forgive you!

More laughter

Perhaps now your friendly discussions can be looked upon with different eyes.

Rod: Yes! I'm so glad you've said that.

Sarah: When you said—when the twin towers in America, the planes were flown into them and they were wrecked, you said that was karma.

Again, when we speak of karma, it is not karmic just for individuals: there is karma that belongs to places and to countries and to planets. Again, you are generalizing about a word that is much misused in your world.

George: I think one expression of our language is 'political karma'.

Of course. You have to recognize again the power of thinking and you know my dear friend how powerful the thought is.

Sarah: Yes.

Yes, you all understand this now.

Sarah: You have taught us well.

Yes. So you then have to see the bigger picture behind thought, and there are many people who have thought in a lifetime and carried those, shall we say, 'damaging thoughts', for want of a better word. But that has to be resolved at some point. That is when in the next lifetime they will pay, as you would say, their karma. It is only unfinished business.

Sarah: Thank you very much.

Rod: This cosy chat has sort of brought me a lot closer to you Salumet. I thought I was close before but...

We do not wish you to be too close just yet?

General laughter

I am happy to answer any questions that you may have, but we are not ready for you.

(Rod laughed a lot at the cosmic joke, and was happy to learn that at 84 years of age, his current life continues)

Rod: That is rather nice to know. I am hogging this a bit but when I started with coming to you it was due to meeting Sarah when she said, '*But we are only a young planet, Rod*'. This—what, a young planet? Now, was that meeting, as you said just now, one of those things that had to happen? Was it a planned meeting from your side?

There comes time in individual lives when their pathways take them down a certain road and you have to understand, as all my dear friends here do, that you have a freewill; but opportunities are placed on your pathway throughout your lives and it is then dependent upon whether you make the right choice or not. The opportunity was placed and you accepted that road, to come—as I might add, you should have—to come to listen and to learn.

Rod: Thank you very much from the bottom of my heart. Thank you.

As you will realize that every individual within this room has taken many years of Earth life to come together once more. Their daily lives are quite diverse, but they have been placed in a position where they have had the opportunity, in agreement with their choices, to come together once more. So yes, opportunities are always there throughout everyone's life.

Sarah: May I ask: was Rod one of the monks in our monastery?

I have to say he was not. But they do not all have to have been part of that community. There have been other lifetimes.

Sarah: So we have known each other before in previous lifetimes?

You are all of the same soul group. This is something you will understand when you return home to our world. And now my dear friends, I really must depart from you this time. I could not leave without saying to you how much I appreciated your thinking, but I did feel that I had to readjust your thinking just a little.

George: We gladly listen to your words on that. Did you wish us to voice suggested topics for further discussion?

Yes, if you will. Tell our dear lady friend, who will, when next I come to you, will tell me and we will find the time to discuss whatever you wish to discuss.

Lilian: Maybe your instrument will have a question as well.

It is entirely her choice.

Thanks were given to Salumet for the visit.

George's Notes:

Perhaps we are beginning to see, or 'feel' ourselves, as less fixed within the planetary biology and somehow less dependent upon it. That other domain (of our more subtle knowing) is forever ongoing and free from all those awful hiccups that we encounter from day-to-day as part of an entirely material fabric. 'Eye' is an important part of the biology. The 'ego I' is a useful part of our physical being, just so long as it doesn't get out of hand. But the 'I' of spirit, of divinity, is all-powerful and forever. It embraces all, and the one you see is the one you be. Our connection to that more fundamental 'I' can always of course be strengthened to good purpose, and Salumet is helping with this.

~5TH September 2006~

There was a longer delay than usual before Salumet came through this time:

Good evening. (Welcomes)

Before I continue, I ask please that you remove the bracelet from this instrument's arm.

Lilian removed Eileen's bracelet, as requested.

Thank you. I would ask you my dear friend if you will relay to this instrument to please refrain from wearing anything which is magnetic like the bracelet.

Lilian: Yes we will. I'm sure she will be happy to do that.

It is to do with the energy, of course.

Sarah: Was that what the delay was with you coming, Salumet? Were you having problems with the energy in the bracelet?

It was interfering and it was a little difficult to raise the arms of the instrument.

[When Salumet is about to come through, his instrument's (Eileen's) arms begin to rise up and then stay raised for the duration of his visit.]

You may even find that the voice this time seems a little different because of this.

Sarah: Yes. It is a little bit quieter, not quite so clear.

George: Having removed the bracelet, is there still a residual energy from that.

Yes, but I will clear it in one moment.

George: Is there something we can do?

Thank you, but no.

As I come to you this time, the energy with such a small number is good this time and because of this we feel it appropriate to take advantage and to allow those close to you to try to use that energy in whatever way they can. I, of course, will continue to work with this instrument and therefore ask that there be no sudden loudness. Again we ask only that you have open hearts and minds to what is available to you. And of course I cannot come to you without asking if you have pondered my words of last time.

Paul: Who are we?

Lilian: Yes, I have thought about it.

Sarah: I'm afraid I didn't.

No. No matter, there is much time for you all to come to know yourselves well. And before I take my leave, you have some topics that you wish me to discuss in our next meetings.

George: Yes please. I'm afraid I haven't given a lot of thought to what was said last time, because this is the time of the year when the children are home from school and we have been enjoying the company of grandchildren this week.

Which of course brings great joy—so we cannot deny you joy within your lives.

George: So sometimes the spiritual thinking is put on hold for just for a short time. As to topics, we have spoken on synchronicity several times. It would be nice to have words on the orchestration of synchronicity and how this comes about if that is possible.

Yes, I understand. Perhaps we can discuss that for you next time. (Thank you.)

Lilian: I know the question you asked: 'Who were we? Who are you?' So the next morning on the telephone I put it to my daughter and she said that off the top of her head she would say she was an energy and she would then eventually join a greater energy. Would that be a fairly good answer?

It is apt, yes, of course, to recognize as I told you, not to recognize the 'physical I am' but the 'spiritual I am' and of course she is energy as we all are. So that is a good starting point.

Lilian: She will be pleased. I will tell her.

Paul: It has also been said that energy is thought, so you could say that we are a collection of thoughts.

That is a good analogy. Yes, that is along the lines which I would wish you to take.

Sarah: May I just ask a question on behalf of my son, Salumet?

Of course.

Sarah: He said that he had an elderly lady in her 80s who'd had a lot of problems, a lot of illnesses, but she was still walking into the city and walked into the city to see him to talk about business. She suddenly started talking to Ben about how her grandfather had told her that family didn't come from this planet; they had been chased through wormholes by the enemy and the enemy had gone in the sea and they had gone on the land. There was a bit more to the story but that was the gist of it. Would that be true? I think you have talked to us about people from other planets coming onto this planet and that perhaps we didn't mix, but I wondered if you could just say a few words about this for me.

Of this particular story, I would say that is exactly what it is—a story from those gone, whose imaginations have been fed by things heard and elaborated as time has continued. I hope that answer is satisfactory.

Sarah: I'm sure it is. I was dubious so that sounds fine to me.

But do not in any way ridicule that person's hopes or that person's views, because if it has brought comfort to her, then so be it.

Sarah: I'm not sure how much comfort it actually did bring to her, because she was told that the enemy had gone in the sea and that her family had gone on the land and that she wasn't to travel over the sea, because the enemy would get her. So in actual fact she confined herself to Australia, she had been all over Australia and she had lots of money so she could have gone all over the world, but she had actually only stayed in Australia for fear of going over the sea.

Yes and her fear has kept her captive. That is why at this stage of her existence you cannot change her thinking. She will find in time what is true.

Sarah: Thank you very much for that.

Now I will leave you because there are those waiting who wish to make impressions upon you, whether it be words or pictures or feelings, but my dear friends I ask only that you express what you feel.

Lilian: Yes we will. (*Thanks + farewells*)

~25th September 2006~

Good evening. (*Welcomes*)

As we come together this time, we give thanks to the Great Creative Force, we give thanks for bringing us together once more. (Pause) As we come together this time, I am sure that you remember my words of last time, when it was put to me that we may speak on particular subjects and our dear gentleman friend asked that we might discuss 'synchronicity'.

George: Yes.

Yes. I am of course happy to have discourse upon this subject, so do you have a particular question for me?

George: Well, I *do* have a question as it happens. I've been in correspondence with Elaine, whose husband John passed to spirit last year. And before he passed, Michael from New Zealand telephoned, and Elaine asked Michael if he would like John to try to contact him after passing, and Michael said he would very much like that. More recently, Elaine wrote a letter to Michael recalling that moment. And within about an hour of writing, Michael booted his computer, which was malfunctioning, and written across the screen

was: I AM NOT DEAD. Because it was malfunctioning, he re-booted and again the message on the screen: I AM NOT DEAD. There is a rational explanation for the origin of the words, which were part of a music album advertisement. But the timing was amazing and Elaine asked me to see if you have any comment on that and what was in her mind, I know is: would John have had any part in that apparent synchronicity?

I understand your question—thank you. Firstly let me say: do you remember my past words to you that communications from our world were altering, and that much more use would be made by electrical gadgets?

George: Yes, I recall your words.

Yes. That is my first statement to you. What better way to make contact with a loved one or an associate than to use the energy of that electricity. (Yes.) So I say this to you now, that of course, what you call 'synchronicity' was in fact, straightforward communication from our world.

George: Yes—thank you.

What I term synchronicity is just very slightly different. (Yes.) Of course, these are the words you would be expecting from me, because you see, to simplify, 'synchronicity'—and remember again, these are Earthly words—synchronicity in the true sense *proves* that there is a parallel world. (Yes.) Yes, I know that *you* understand this, my dear friend, but not all within this room would understand so clearly.

George: Some of us like to think of it as two universes, (Yes.) the physical and the spiritual, and at times there would be a particular connection or signal—I'm not quite sure how to describe it.

Let me again say to you words I have used many times, and that is: 'energy', energy to which you all come from and belong to—and you know full well my dear friends, that even within your world, your scientists now know how to what *they* term 'split atoms', which of course is energy. (Yes) So, why is it so surprising to those of you who know and understand our world that these energies, which have always been—and again, I repeat myself in saying that there is no past/present/future, but just 'is'. But energy can be transmuted in many ways, and a 'true synchronization,' as I would explain it to you, is when two parts of energy from the same source, re-unite in some form or another.

George: 'Re-unite'—yes.

Does that make sense to you?

George: Yes—thank you.

It shows itself in a pattern of separateness when in fact it has always been joined together.

George: Yes, and we've probably got a peculiar idea about: 'has always been'. (Yes.) When you say that past, present and future, are one...

This is why, my dear friends, it will always be difficult for you to truly understand the explanations for these things, because you have not in this lifetime, experienced that separateness, or that rejoining of energy.

George: Yes, I suspect the phrase: 'has always been' is a phrase to aid our understanding as it stands at present, but...

Yes, but it is difficult...

George: But if that time is all one, then it's not quite to that meaning... I find it difficult to express myself.

As you do...so do I.

(Chuckles)

Always this is the problem.

George: Yes, we appreciate you're endeavouring to express yourself in our terms that we will understand.

To explain to you in simple terms of understanding, brings to it a few problems, but always I endeavour to take the simple pathway for your own understanding.

George: Yes, that is appreciated. Thank you.

And as always, and as you well know, as time continues, that understanding becomes a little fuller as time continues forward, and what was once most confusing, suddenly becomes quite clear. And I do feel that this subject is a little beyond your understanding and capability of understanding at this time.

George: Yes, but it has helped enormously and I imagine that as Elaine's story is of a direct communication, I imagine that John might well have had some part in that?

The one you call John would have been aware of the thoughts and the emotions of his loved one.

George: Yes, I have further details that make that clear—very clear.

Yes and that is how from our world, we are prepared and ready for all of these occasions.

George: Thank you, and I know that they were a devoted couple—very close.

Yes, which helps in the communication, of course.

George: Yes, and I shall communicate this transcript to Elaine, and I know that she will be most pleased to receive **(Yes.)** your words on that.

I would like to mention, perhaps another example of true synchronicity, as I view it. We have spoken about how the spirit can be far away in another place, speaking to another person, while the physical body is somewhere else and occupied. That is an example of separateness although belonging together. Do you understand my meaning?

George: Separateness in the sense that the mind...

The energy can separate, but comes together.

George: Is separate from the material body. **(Yes.)**

George: Yes, I see. Thank you.

I feel I have to say to you, that all of your lives—all of your *physical* lives must be associated with synchronicity, otherwise we would not exist as we do. It is the natural laws of life and existence.

George: I think you're saying that it happens all the time, **(Yes.)** but we just are particularly noticing those special examples.

Yes. Once the awareness and knowledge come to the forefront, then you say: *Ah! What is this!* When, in fact, you are surrounded each day by such happenings.

Sara: Yes, I've noticed that names and birth dates are very often—well think of them as synchronistic. But I think that the dealings that you have with others, whether they are difficult or easy, I feel that these connectors that make you more aware of the links between you and others, I just think they make you look more closely, and I think about past connections, **(Yes.)** other connections from other lives, which have either caused it to be easy or difficult.

But do not forget, my dear friend, that there are those who stand close by—your helpers, your guardian angels—all people in our world who stand close to help you in all matters; and in one sense, this influence comes from them. They also have a hand in these everyday happenings. You understand?

Sara: Yes I do. They are very much meant to happen... **(Yes.)** I do see that and obviously the difficult links are simply to be worked through and understood...

You must, as a whole, accept what life brings to you. But you must not exclude the help that is available to you, because there is so much help available, there is so much love to be given to you, from loved ones in our world. But as always, your responsibility lies with your selves, but perhaps, after this discussion, you will look at happenings and events with new eyes.

Sara: Yes I'm sure.

With—I repeat myself so often—with your *spiritual* eyes. And then you will see your understanding grows much, when this is done.

Sara: Yes, I see.

Have you any more questions on this subject?

Jan: When somebody is in a coma and their spirit leaves that body well before the actual physical heart stops beating, is that similar to what you were talking about—the synchronicity of the spirit being in one place...

Yes, it is, yes—an example—yes, it is the separateness of the same energy. But in the case you are speaking of, there is connection until that cord is severed, and spirit is free—you cannot put apart physical happenings and spiritual happenings.

Jan: I guess they're one anyway.

Yes. Again, what has been has always been.

(Lilian then asked if anyone else had more questions)

Graham: Last week I was finding my teaching rather hard-going. I work with children who have special educational needs. I was finding it all a bit much, towards the end of last week and I asked for help and the difference was amazing! I knew I was surrounded by love and friends and helpers, because suddenly it all seemed so much more manageable and less difficult than it had done before. It was a very powerful example of what we are surrounded by and again, the link between the

physical world and the spiritual world.

Yes—I would like to comment just a little on the word 'link'.

(At this point Jan began to experience some profound form of healing, which Salumet soon responds to)

You, my dear friends, are first and foremost spirit. You cannot 'link', because you already ARE. So, when you say 'link', what you mean is that you are *allowing* that spiritual part of you to *(Salumet's delivery slows, probably reacting to Jan's ongoing experience)* be up—that spiritual part of you...

Forgive me my dear friends, for this interruption, but there is much intensity within this room this time.

And just for a short time, I ask that each of you feels that love and energy, which is present at this time.

Please attend dear lady *(Lilian)* for this one. *(Jan)*

Lilian: Do you wish to speak?

Jan: Just pass that feeling around.

(Sara visited each in turn and Jan then gave thanks for her experience.)

When you feel such intensity of spirit, you begin to understand my words, 'Past, Present, Future are as one.' And you will find on these occasions that sometimes the emotional body finds difficulty in containing itself. But I would say to you this: That in times such as these, to allow them forward. It is different from physical human emotions that most of you suffer from. This intensity of emotion brings with it knowledge and an experience of love, which you may not have in your everyday lives. And I feel that on these words, my dear friends, I will leave you to continue with whatever is here for you. *(Thanks expressed)*

George: A wonderful evening—and that is an understatement.

I will be most interested next time to see what kind of reactions you feel from this evening. As always, my dear friends, I bathe you in love from that Great Creative Force to which we all belong. *(Thanks + farewells)*

~ 2nd October 2006 ~

Good evening. *(Welcomes)*

I hope that our talk last time was of interest to you all. *(Affirmed)* Before I continue this time, would one of you choose a topic of which you would like me to discuss with you next time? *(Pause)*

Paul: Yes I was wondering, could we have something on altered states of consciousness?

Altered states of consciousness—yes of course. We will give our next meeting over to that conversation. Do you wish it to be in connection with anything in particular?

Paul: I was thinking of alternate realities...

Yes, you just wish to expand your mind and your thinking—I understand. So, as we come together next time we will discuss that for you. *(Thank you.)* This evening we will have some questions, for you.

Lilian: Yes, I think Jim has a question for you. He's written it down—is it ok if we use a torch in the corner of the room to read it?

Yes, I will make some changes.

Lilian: Thank you.

The light was shielded and kept minimal.

Jim: When I read the question in the transcript 'who am I', I realised I know very little apart from the 'ego I'. I've learned that I am spirit temporarily dwelling in my human body and will at some time in the future, return to the spirit world, which I must say I know nothing about. Your suggestions that I am love, I am all-knowledge and I am energy, lead me to the conclusion that I need instruction in these basic concepts. If I am all-knowledge, the answers possibly should all come from within; also 'I am energy', leads me to think that the physical energies I know of, for example: heat, light, electricity, magnetism are not what this is all about. Would it be possible to define 'spiritual energy' in the way that other energies are defined? In addition, George has now given me the transcripts of meetings since the first in 1994, so there is a great deal for me to learn from *this* source. Your advice on how best to proceed would be very welcome.

Thank you my dear friend. You, as we know—as this planet is a young planet, you, my dear friend, are young in terms of understanding, as far as others within this room are more knowledgeable. You will not

understand every idea or concept that has been placed before you in one second. It is a gradual build of knowledge, knowledge which has always been, of course. But to you who are clothed in the human garb, you need to be constantly reminded of indeed, who you *are*. And when you speak of spiritual energy, your scientists, even at this present day, are beginning to understand the refinements of known energies. But spiritual energy cannot be fully understood whilst you inhabit this planet, because you see, spiritual energy belongs indeed to a different dimension of energy. Are you following me?

Jim: I am following what you're saying.

Yes. I have spoken much about life in our world, which is of course pure energy. I will say to you briefly, my dear friend, that you already are spirit, and this I feel you accept now, as well as physical matter. When that overcoat is placed to one side, and you come to our world, there are many levels of spiritual energy; many that I could discuss with you, but as of now I have not discussed it even with my dear friends in this group. But, because of your interest in spiritual energy, we will make one evening dedicated to that topic. It is a refinement of the energy, which exists already. It becomes more and more refined, but I will discuss it with you in a more understandable way, that you may understand what spiritual energy is. I am sure you will understand my words when I bring them to you, because what you cannot at this time fully understand, is the complexity of the levels within spirit. Most people upon this planet know only that you come to our world as spirit and that you progress, but they are not aware of *how* you progress through those spiritual energies, and this I will discuss with you. Are you happy with that?

Jim: Yes. There's plenty there to think about—yes.

I suggest that you do read what has been spoken, and you will come to some understanding. (Yes.) But you will not understand it in one moment. (Thank you.) But I would suggest to you that of course you also begin to know and understand who and what you are. And once that understanding comes to fruition, you will wonder why you had those human egos in place, because the beauty of your true *selves* will bring to you all of the inner knowledge that you possess. I want you my dear friends, to take command of your *physical* lives, in such a way that the spiritual part of you, which you *are now*, will be so strong that it would almost seem that you belong in our world. But, of course, you know that can never be, with all of your human frailties and fears and worries, but it is possible, my dear friends, for you to be in command of your own true spirit. And this, I urge you, urge you, to think about most carefully. And my dear friend, I will give you more on spiritual energy, for your understanding, and how it works within our world. (Thank you.)

George: Yes, I'm sure we all look forward to that.

Lilian: Would you like another question?

I will take another.

Lilian: Did you want to comment on the Nevada Desert George?

George: Well, yes...we had a most interesting meeting with Bonniol last week also, and it seemed to develop into a three-way discussion, involving Jan's clairvoyance. She was shown various pictures and it was mentioned through Jan, that the beings, who accompanied Bonniol, had previously visited a region of Earth known as the Nevada Desert. I was aware that there are interesting ancient rock pictures in that region. I obtained a copy of these, and Jan had already made drawings of the beings who accompanied Bonniol, and I found that the drawings on the rocks in the Nevada Desert are very similar, in particular they have larger-than-human hands and considerably wider-than-human heads. I really intended talking further with both Jan and Bonniol on this. But, would you have any comment to add? We would be very glad if you have.

Indeed I do have a comment, of course. It never ceases to amaze us that you as human beings, feel that you are some kind of select race, when in fact as I have told you many times, there is more to all of existence than this planet Earth and to which you now have some further knowledge.

George: I think we're becoming more and more aware of this all the time.

But I have told you my dear friends in past times, past/present/future are as one, and that all things that we would speak about, would *indeed* be given or shown in some other way. As you now realise, many of your ancient civilisations on this planet, had much superior knowledge, than you do today. And by their way of demonstrating what they know, today it has become a source of knowledge for those who are seeking. Therefore my dear friends I say only: why do you continue to be so surprised?

George: Well, it's not *just* surprise, I think there is also delight there, (Yes.) that these visitors in the past, have made their mark in this way.

For you all now to discover in your own time and in your own way—and again, we have returned to our topic of last time, of 'synchronicities'. So, that is the few words that I tender to you this time.

George: Thank you. It's very nice to have your words on that.

Now, I will continue to work with this instrument. I will tell you, my dear friends that we are attempting other things through this one, but for the moment that is all you need to know. Therefore, I ask once more for quietness, as much as you can and that as I depart from you this time with my love, I will ask our dear lady, (Sara) if she will take you on a journey, that will bring to you some form of information, which each one of you is in need of at this particular time in your lives. So, my dear friends, until next time, I leave you surrounded in my love.

Lilian: And our love goes with you.

A few minutes passed and Sara then, with the inspiration received, guided us through a meditative journey.

(Audio version freely available on website: <http://www.salumetandfriends.org/16.html>)

Sara's guided meditation/journey:

We are going on a journey deep into the heart of ourselves. We are going for a walk in the moonlight, dark but for the glow of the moon. You are walking near a lake, and you are alone, completely alone. You are walking along a pathway, which continues for a little while, and in the distance you can see the lake. As you walk along you are thinking about your own life, and thinking about what things you might like to change in your life ... what works for you and what doesn't work for you. Is there anything in your life you would like to change or stop completely? Is there anything that doesn't serve you anymore, that used to be good but no longer gives much to you and your development? There's your reflection in the lake. You are going to sit ... you find a place to sit, just on the edge of the lake. And the moon is shining on the lake. You look into the water ... and as you look into the water you become aware of what needs to be changed. You stare at the water and the ripples on the water. You look deep into the water and what you see is yourself. You sit and you reflect, and now you go within and see what you can see.

Pause

Your pathway is clear ahead. Can you see where you are going? Do you know where you want to go? Is there a sense of direction and purpose? Is there anything in the way? Are YOU in the way? Does the way you took look clear?

Pause

You sit in the moonlight and draw strength ... gather within yourself. Try to feel a sense of what your purpose is, and know that you can achieve what you want to achieve, and you only need to decide to do the things that need to be done.

Pause

Breathe in deeply and feel that peace in the magic of moonlight, and feel that you can do whatever it is that you want to do ... that your heart tells you that you would like to do. And there is no hurry. You have a sense of balance and peace within yourself ... balance means no stress or rush. All is well, and there is plenty of time. And if you're ready, you can leave the lake. Take your greater sense of peace and calm back with you and keep that inside you.

George's Notes:

1: Nevada Desert petroglyphs: The particular features shared by the rock pictures and the drawings from Jan's interplanetary clairvoyance were: wide heads, large hands, 3-fingers per hand and slim bodies. Salumet seems to view such comparisons as 'old hat' and is amazed that we should be getting excited! Well

I guess that's typical of 21st-century Earthlings ... we haven't quite wised up to a more orthodox 'universal' pattern of thinking, but we're trying.

2: Energy: Much has been said on this and more will shortly be said. Our scientists know more about some forms than others, and not all scientists agree. There is one whose work has not been so well regarded as it should perhaps have been over the years, largely on account of his pursuance of 'ether theory'. I speak of Sir James Jeans (1877-1946). It seems a pity to be sending out too much blank paper with the transcripts, so here is a quote that is elegantly descriptive of how physical energy is distributed in the Universe:

'The tendency of modern physics is to resolve the whole material Universe into waves and nothing but waves; these are waves of two kinds; bottled up waves which we call matter and unbottled waves which we call radiation or light. If annihilation of matter occurs, the process is merely that of unbottling imprisoned wave energy and letting it fall to travel through space. These concepts reduce the whole Universe to a world of light, potential and existence, so that the whole story of creation can be told with perfect accuracy and completeness in the six words, "God said, 'Let there be Light.'"' –Sir James Jeans.

All is energy as we have heard several times, but to think of it as bottled (atoms / matter) and unbottled (waves / light) seems a beautifully simple way of regarding the difference. And of course, the initial creation of light would have been immediately followed by the bottling process to create matter.

~20th November 2006~

Good evening. (Welcomes)

I am so happy to join with you once again my dear friends.

Lilian: Yes, we are very happy to have you back with us.

I have been mostly occupied with matters in our world, which you would not understand of, but which needed me to return and to join with council there. But although it must feel like some time to you all since last I spoke, of course you understand it is but a moment in time.

Sarah: Yes we do understand, but it still seems like a long time to us. (Chuckle)

I know and I have been aware of your thoughts towards me on many occasions. For this I thank you my dear friends. It is good to know that you can extend your love without the voice of one who comes to you; it shows how much you have grown. I see that we once more are quite short in numbers, but of course it matters not to any work that we have to give to you, but of course it is satisfying to know that many hear the words given out to you within this room. What I have to tell you this time my dear friends, is that as we approach your yearly end and when I naturally return to my own home, it is important for you to know that there is still much for me to give to you. But I have to inform you that the time has come, when we need you to lift your own spiritual beings, to be used in any manner, by those of us in our world. I told you a little time ago that I would be working with this instrument for other things and this I repeat to you. She will not be aware of what is happening, but I can assure you I am working closely with her on many levels, not only in the confines of this room, but at all times in her daily life. And we hope to bring to you, over the next few years of your earthly time, much more phenomenon. (Excitement expressed by sitters) But of course there are many things to consider, not only my working with this instrument, but with the permission of all of you within this room, because without your continued support, these things would not be possible. But let me assure you dear friends that we hope that your loyalty to us will be duly rewarded, in as much as we can help you in your own spiritual growth, because each one of you has a different spiritual mission. I know that you know of that and have sometimes wondered what is your place within this group. And let me tell you dear friends that it has been a testing time for many of you, but I can now reveal to you all that your loyalty will be rewarded.

Sarah: That's very nice to hear, but I have to say rather like you, we don't do it for any reward we do it because we want to learn from you.

Yes we understand that you seek not any gratification. But nevertheless my dear friend, there are so many within these groups, who have only their own ego in mind. But that is not so here and that is why it is possible for me to use this voice-box and speak to you in a loving way and hopefully in an

understandable way, because all matters spiritual are not easy to understand fully. But I have tried and I have been assured that our mission is going forward and that brings great joy not only to me, but to those in our world who are watching closely.

Sarah: It's very nice for us to hear that too.

I think for this time, if you have any questions or doubts that we may discuss them.

Sarah: You said just now that we should open ourselves up for any use that spirit can make of us. Can you give us a little idea of what extra we might expect?

In time to come? Yes of course I will, only because you have the desire to know, not because it is important. But do you wish me to speak of you personally, or as a group as a whole?

Sarah: I think it would be interesting for all of us to know what you have in mind. Am I speaking out of turn? *(Support/agreement given by other sitters)*

You see what I mean by the goodness within this group that each one is concerned for the other and that is what we desire. Because in order to produce more phenomenon for you, not as evidence, because you do not doubt, but because it is a part of your spiritual development that you have these things. You may find that some of you are used by other beings, to bring greater knowledge to this group. It may be that we will try to use more individuals, in producing different procedures such as 'apports' and such like. But all of these things, every sitting, is an experiment between you earthly beings and us in spirit. It is a two-way thing. That is why we must continue in love, in listening to what I bring to you and in your own endeavours to become more spiritually aware. Although your understanding of my words is great, your own ability to develop is just a little slow and our desire is that each one of you ask for help in your spiritual unfoldment. Do you understand? *(Affirmed + thanks)*

You all have spiritual gifts and it is your own responsibilities to develop these gifts to the best of your abilities. We need more than one evening a week that is what I am trying to say. We need your dedication, we need your understanding and we need your love. And when the time is right, you may be amazed what we can bring to you. Is that helpful for you?

Sarah: That's very nice to hear yes, thank you very much.

Paul: I think it would be a wonderful thing to get some kind of phenomenon. The knowledge is the most important thing, but somehow the experience would...

Sarah: Compliment it?

Paul: Yes it certainly would, yes.

Therefore we must all work towards these things.

Sarah: We did find when we had the experience with the being that Bonniol brought over and Jan who had the clairvoyance—that was very nice for us to have that.

Yes, it is what you term, 'evidence' for yourselves, because always as human beings you doubt. And that is not a fault, it is just part of your human nature. But sometimes we know, you need to have some kind of proof. But we will not provide it just because someone demands it. Why should we—there is no need, we do have nothing to prove.

Lilian: Basically we have to earn what we receive.

You only get what you are entitled to. So if you decide that your spiritual knowledge has gone far enough, then that is all that you will receive. So you must always strive to recognize and understand more. My words I hope, have brought to you a little greater understanding of your world and yourselves. But the time has now come, where you must work upon your own spiritual natures.

Sarah: Yes I must say your words—your teaching has been so good, I think for all of us, but I can speak for myself that in everyday life, I can hear you saying things—now Salumet said...

Yes, but what we need to strive for now, is not what Salumet has said, but what you *feel* and *know* and *understand* from within, without thinking the words; to have that '*inner knowing*' of all things spiritual that there is no doubt that what you are trying to achieve is right, because you know from within that it is right.

Lilian: I think we're probably a bit like children—it's nice to have the encouragement from you.

Yes, but I have to say you must never fully rely on my words. It is now time for the children to be a little more grown.

Lilian: Yes I see what you mean.

All children will remain children if you allow them. But you must help them to grow and understand and become their own person. And that is what I am encouraging you now my dear friends to do. That to go within and in doing so and developing, you will become a much stronger unit, which can then produce many things from *our world*.

Rod: Yes. I suppose I've been thinking along a different line myself. That my job was to spread the word to friends around me hoping that they would take it on board. I'm afraid I haven't found many of those friends who have taken it on board—I've stumbled a bit there, but this gives me another direction to go into.

The best that you can do my dear friend, is to show by example, the way you live your life and I assure you that people who surround you will see that difference, that light that shines from within and they will say, '*What does he have that we do not?*' Only then is it time to use words to help them on their way. They have to be ready to accept.

Rod: I hope I can achieve that.

If you have sown one seed, you have done well—you cannot ask for more. You will find that throughout the rest of your life that somehow those in need will be drawn towards you and you can use the words to convince them, but only when they are ready to receive.

Rod: Thank you for those words.

In the same that way we waited patiently to come to you in this room and in another room. But we had to be sure that the mix of people was right.

Rod: Oh!

(In 1994, when Salumet first spoke, it was said that they had waited a long time for the 'right' people to join the group, before these teachings could begin.)

Lilian: It does amaze us Rod.

Rod: Thank Sarah for that—thank you very much for that.

(Sarah first introduced Rod to Salumet's teachings—they live in the same village)

Sarah: It's obviously meant to be Rod—only passing on the words.

Rod: Yes exactly.

And now my dear friends for this time I will depart. But I have not forgotten that we have specific talks to come and we will discuss them before very long. But for the rest of this evening, let us see what comes to you, from those others who are waiting so closely by to you. Open your hearts, allow that love to enter and you can be pleased with what has been achieved this time. As always I leave you bathed in the light of love.

(Warm thanks expressed by all)

There were other speakers, including Ruth, Leslie's second wife and a 'rescue,' both through Eileen. Leslie tried to come through Sue towards the end of the evening, but the power was getting low by this point.

George's Notes:

The term 'Apport,' refers to something or someone disappearing and reappearing in another location.

Bonniol has recently indicated that this is how one group of extra-terrestrials have visited the Earth in past times.

~27th November 2006~

Good evening. *(Welcomes)*

I am happy to join with you once again my dear friends. It is good to see so many of you together this time. I would like just to say that as you approach your yearly festivities, how much love is felt at this time of year. What I would wish to say to you is this: You know that all of existence is energy and we have spoken of energy on several occasions. But I wonder my dear friends, how aware you are when it comes to that energy of love and how different and pure it feels. I would say to you at this coming time

of your year, when so many people are unconditionally giving of themselves, to try to become aware of what difference that energy is and becomes. I am sure that you would find that you are exhilarated by that awareness. It is something for you to ponder on I feel.

George: Yes I must say, I was considering the energy here tonight, which I'm trying to put the right word to it—I thought 'Powerful,' but that is not the word, because this energy is so easy to be with, (Yes.) yet it is felt and as you say, sometimes the love energy does seem different again.

It is the purest of energy. Think of the mother with the new-born child and you can feel the expression of that unconditional love. But what I would like you to try this time is that during your coming weeks, to FEEL from other people, not only of like mind, but of strangers, of people who you come across in your everyday lives. Try to feel that love energy which comes from them, not towards you as an individual, but the awareness of that greater energy which is exuded. Do you understand? (Affirmed) I feel my dear friends, a great need for you all at this present time, to raise your understanding and awareness. I touched upon this last time, with those who were present and I know my words have been read, but I would like just to reiterate some of those words and to say to you that from this time, it is necessary for you all my dear friends, for your consciousness to be raised in all areas of this work. I know each one of you does very good work when it comes to sowing seeds, when it comes to speaking of people in need, but now we need each one of you to raise your own vibration and that must come from each one of you and only then will we be able to give you so much more; not because it is necessary for your growth, but because in this work, we must always go forward. I am sure you understand. (Affirmed) So I am placing some responsibility onto your own shoulders and I am sure that all of us in my world, will attempt to help and support and to convince you of many, many things and phenomena, because my dear friends, you have earned it. But we must not come to a stand-still, we must continue to move forward. (Pause) I hope my dear friends, as I have been speaking of love this evening, that each one of you *feels* the love that is surrounding each one of you at this very moment of your time. There are many with you for that purpose.

Lilian: Yes I'm sure we all do.

Now, I feel for this time I will take some questions from you and then I will continue to work quietly with this instrument.

George: Would I be right in thinking that in raising our awareness, this will be through meditation, through asking and through that inner feeling that seems to rise up?

Yes, you have to give a little more of yourselves outside of this room. You have to allow that spiritual being to become more prominent in your everyday living. If you wish to make progress that, my dear friends, is what is needed. You have to live a life of example as well as question what this work is about. You understand?

George: Yes thank you.

Jim then had a question prepared which he read out using a small flashlight:

Jim: I now regard myself as a student, as you advised me that I have a lot to learn. I've been reading transcripts starting June 1994 and I'm very grateful for the opportunity to ask questions. On the transcript dated 14th August 1995, Les Bone was expressing the hope that transcripts would be published and you Salumet said at the time, that the time would come, when the information would be gathered, put down and distributed. The transcript that I am reading is an embodiment of what was then said. Some of the information could be regarded as direct teaching for all who read it. Some it appeared to me, was directed to the group present at the time. On this occasion, you asked that persons in the group place their hands on yours, or actually on those of the instrument (*Eileen*) for 10 seconds and then to return to their seat, to feel the energy given and later to tell Les Bone what was felt. This was done. As I read this I thought to myself, I would like to experience such direct contact as this. Could it be done for me? And finally, in January 1995, you said you had listened to the thoughts that came to you during the period since the previous meeting. Should I personally regard myself as one of the group in this sense, that is, would you listen to my thoughts? Thank you.

Yes I thank you for your question. Yes, when first I came to you, much of what I had to bring was new to the group and in fact I feel that I might say, some of my teaching was against the beliefs of some. But that was part of my coming, that we had a group who was not only prepared to listen, but who use their own thinking, their own inner knowledge to judge my words, whether they chose to believe my teachings or not. And you may think is that not foolish, would it not be better to choose people who would believe every word that is spoken. But that was not to be my choice. I of course came from a higher source, where much has been discussed before I came. But to return to your question my dear friend, I will take your last question first and say to you, that all who enter this room, all who come before us to listen to my words, is indeed included in what you term 'this group', because we could not allow anyone to enter this room, with any form of negativity. And I know the others will remember my words that I had told them: many would come and many would go. But all who come have left with some knowledge. So yes your thoughts, as with every person within this room, I do take heed of. But it does not mean that I will express those thoughts to you, but I will try to help in whatever way is allowed. Also my dear friend, if you feel a great need to place your hands onto this instrument, hopefully you will feel the same energy that the others did in time gone by. Therefore I say to you, if you wish the opportunity, to take it now.

(Jim then approached)

Very lightly, no pressure on the instrument's hands please. Place them flatly on the palms and feel the love and the energy which comes to you. *(Pause)*

This gentleman has healing hands.

Jim: I need to reflect on this.

Now do we have more questions this time?

Graham: I was reading an early transcript, because I too am starting to read from the beginning again and I've realized how much I haven't understood and have forgotten and it's a worthwhile exercise—it really is. You gave some advice to a member of the group at the time not to do a particular trip. And the following week that person came back and said they did heed your advice and they didn't go on the boat, but nothing actually happened—the boat didn't sink or anything. And you said that if they had gone on the trip they would have broken their leg. This was fascinating and it made me think that there are many, many potential realities in our futures. I was wondering if you could say anything about that, because it's an area I don't really understand?

Again we speak of something which is most difficult for you as human beings, because 'time' of course, is past, present and future. We come to an area which most of you find difficult to understand. But if past, present and future are as one, then future has already been—I'm looking for the correct word of understanding. Your future plans have already taken form, but your own freewill in this world, can change those things. I believe we spoke about this briefly, when one member had the wrong gender of child *(See 25th January 1999)* and I explained that the thinking and the freewill of the individual can change what is about—your 'possibilities', let me phrase it that way for you. You all have a life path, but it is influenced by your freewill. Therefore the formation of future plans—and I use those words only for your understanding—your future plans can be changed and indeed that is what happened with the warning, that I was protecting that individual, but of course I cannot interfere with your freewill.

Graham: So the only thing that happened then was that she did in fact not break her leg **(Yes.)** and the other potential reality of her breaking her leg, was never more than a potential reality? **(Yes)** Fascinating... I hope it has simplified it. **(Yes.) It is a difficult topic and not one that many human beings fully understand. There are so many possibilities—that is a good word, 'possibilities'.**

Graham: Yes, thank you for that, that's very useful.

Jan: Salumet, on a similar subject, you told me, I think it was possibly a year ago now, that the reason I was in so much pain was that I was on the wrong path. And I knew I was in several areas of my life, **(Yes.)** One of which I put right was the fear regarding my husband. The second one recently has been my job. Within a couple of days of leaving that job, the pain in my foot has now completely disappeared.

Thank you, you have confirmed my words and no better explanation than a physical happening. Always when we speak of responsibility for health so many people feel that health conditions are an outward happening, when in fact all health issues start from within. It may take many of your earthly years, but it still comes from within. So my dear friend, continue on the correct pathway and I will endeavour to help you all that I can.

Jan: Thank you. I knew I was on the wrong pathway. I just needed the right opportunity to come off of that one.

Yes you needed just a little ... (Push?)—push yes of course. I hope the ‘push’ was gentle enough.

(Laughter)

Jan: Thank you yes, it was gentle enough, but again my freewill, the doubting afterwards came, but I have been trying very hard to think that that was in the past and I now have a new chapter and to move on.

That has always been throughout your living, the doubt in your mind and only you can control and change.

Jan: Yes it's the self-doubting, not doubting anything other than myself. **(Yes.)** And I do try and work on it.

That is good for you.

Jan: But to be pain-free—I can't tell you how liberating that feels. Well Graham knows—if I had to write one chapter on anything I had learned, this would be it. *(Graham has made a remarkable recovery from a neuro-degenerative disorder known as ‘Dystonia,’—proof to us that healing can occur, when we are prepared to change, or as Salumet has said in the past, ‘When the spirit is touched.’)*

And it shows how much you have grown in one year.

Jan: Yes, thank you.

George: There is an interesting channel called Gregory Possman, who would appear to channel Jesus or perhaps an aspect of Jesus, or several aspects...The word used is ‘We’ and not ‘I’ as if it comes from more than one. It talks of Jesus and travelling in the east and being coupled with Mary Magdalene and there being 4 children and it all seems very real and a very convincing channel and I wondered if you would have any comment on that?

There has been much spoken in your world on Jesus the Christ and we have spoken at length I feel upon that subject. But I will simply say this to you, that when Jesus the Christ came on his mission and that is why he came, he had a mission to accomplish in the human form—but I hope by now my dear friends, that you understand that when you are clothed in human form, you have human frailties as you would call them—not I. He came to this Earth plane to live life as a man, albeit with many spiritual gifts.

Therefore why does it amaze you that he acted as a human man?

George: Yes I'm personally very happy with that.

Yes, he lived life fully, as a human being I can tell you this, it is fact. Where mankind has gone wrong with Jesus the Christ, is to see him as something he was not and he would be the first to reiterate these things to you. And yes, the essence of Jesus the Christ has returned many times to relate the truth of his human life here, upon this Earth.

George: Yes so in the channelled work, to use the pronoun ‘we’, would be correct and acceptable?

If he was channelling the essence of Jesus the Christ, then yes there could be many aspects, therefore the word ‘we’ would be used. Is that helpful to you?

George: Yes that is and it just seems such a very convincing channel and that Jesus should have children, I'm very happy with that—I see no reason why not and I think you imply that Jesus has been placed on such a pedestal that such a thing, many would wish not to acknowledge.

Yes, it is abhorrent to many, to think that the son of Christ, as he was called, could actually function as a human man. And after all, that is what he was, he was clothed in human garb and lived a life as you all do. And how many of you here know of your true spiritual being? You do not, but whilst you are here you function as a human being. So I hope that has helped you with your question.

George: Yes I felt it was something that would be good to be aired largely for the benefit of those reading the transcripts.

I will say to you my dear friend, that no matter what the truth, whatever is said and given by Jesus the Christ, it will always be denied whilst there is so much bondage to Christianity. You understand? (Yes) That people will always be reluctant to believe truth, in the same way as it has taken so long for all of us who come to you to help you to understand what truth is. But we have come to a stage in the Earth's existence, where mankind is now thinking for himself and realizing that he is more than human form. So I hope those words give you a little more to think about.

George: Yes indeed and when masters incarnate, then as you say, they are both teacher and human—simple as that.

Yes, it is as simple as that and that is what all people must recognize. When you come to this planet, no matter what your spiritual being is, whilst you are clothed and live a life on this planet, then all of your spiritual existence beforehand, cannot take the place of life here on this Earth.

George: Yes, that's very helpful, thank you very much indeed.

Now I think to continue, and while I continue to work quietly with this one, that our lady friend, if she will take us on a journey of peace and inner knowledge, if she is happy to do that?

Sara: Yes.

I ask also please dear lady friend, that on returning, a little quietness just for a short time.

Lilian: Yes.

Sara then took us on a meditative journey, before Bonniol arrived—audios of Sara's journeys are available from website, as are the Bonniol transcripts: www.salumetandfriends.org

~11th December 2006~

Good evening. (Welcomes)

Let us begin this time with prayer to that all-embracing universal power of love. As we join together within this room, we ask as instruments of spirit that those who stand close by and those who await a spiritual opening—that we be given any knowledge or information in the name of all that is truth and love; this we ask in all humility. We give thanks for those who have requested healing help for others, and with these words, I ask that our time together in this room be of upliftment, of help, and indeed of great love to each one here. With those words, my dear friends, I am happy to join with you once more.

Sarah: We're pleased to have you with us.

Lilian: And we shall miss talking with you while you are away—if you understand.

I am never far away my dear friends. I am but one thought away from each one of you, and although you may not be aware of our presence, let me assure each one of you that you are forever within my circle of love. (Thanks expressed)

George: Thank you. I wanted to thank you anyway, for being with me last Monday morning when I had an interview with Barry Eaton, and I asked for help on that occasion and I felt you were with me—thank you for that.

There is no need my dear friend for thanks, after all you are an emissary of spirit. You have done much to give to all people the word of truth; for this, we give you *our* thanks.

George: We all do our best.

Yes indeed, but I wish to say to you this time, that I have spoken much of individual development. And of course, you are all individuals on a very individual pathway of opening to spirit, and that is as it should be. But, when you come together in this room, there is a connection with you all which proves most important to the work and the truth that I bring to you. So therefore again, my dear friends, I say to you: please dwell on your responsibility for your own spirit. Strive ever forward to try to achieve all that you can whilst you inhabit these bodies. It is not only for your benefit, but for the soul's growth that I ask of you these things. And we have seen much growth in these past few of your months, and although you may not recognise or understand it, the growth of each one of you is within and it shows to us who come to you each time. Therefore, this evening, I want you to once more look within—to think of your meditation with love each day, because without the quiet mind you will not progress. And the quiet mind, my dear friends, is what you are trying to achieve in your everyday lives. I understand, for some it

is not easy, that the wars of the world bear heavily upon your shoulders, but you have now at your fingertips much more knowledge than before and it is apt for you to continue to move forward on that road which has been laid before you. After all my dear friends, you have already made the choice to grow spiritually when you took this pathway. I have never promised it would be easy, but it has given to you the responsibility for your own souls, and that is most important. So, do you have questions on anything I have said this time?

George: There is a question which we all want to raise in view of a happening last Monday. To begin with, on the Sunday, I listened to a Barry Eaton programme and he was interviewing a journalist who has written a book on Steve Irwin the Australian conservationist, who had died 3 months earlier. On the Monday morning, I was interviewed by Barry Eaton concerning the Salumet book, and some of your words will be beamed out to the world, as a New Year message I think, in due course. And that Monday evening, Steve Irwin was mentioned in our prayers, and following that, he seems to have come to us, and we all had a conversation. And I got the impression that he is very much an animal conservationist at heart, and there is a big programme of work for him in spirit relating to that. I was wondering if you would be able to comment on any of that, and confirm that it was indeed Steve Irwin who came to us?

I understand your question my dear friend. Firstly, let me just say this to you: no matter the status of any one person whilst you inhabit a physical body, no matter their status on this planet, they are but one soul in a sea of souls, and when these souls come to our world, they of course remain close to the Earth plane for some time, especially around their family and friends; that you know and understand. (Yes). But, in the same way as those who come to spirit, stay close for a little while, also there remain those from our world who seek to gratify themselves by pretence. And I have to say to you, my dear friends, that the person who came to you was really not the one that you hoped it to be. But in saying those words, I wish you to know that anyone within this room, is open to what we would term 'mischief and although these circles are strictly governed, we do not always have the right to stop those souls who *are* determined to use an open channel. Therefore, I have to say to you that this was not the gentleman—but the medium is not to be blamed for this, because these mischievous spirits are so determined to have their day.

George: Yes, we appreciate that sometimes one slips through.

Lilian: I remember you saying that before.

It does not happen often, but it does happen and remember that, because the name, as you so rightly have said, has been mentioned before the actual meeting—then that mischievous one was ready and waiting.

George: Yes, in a sense, we attracted him.

Yes, you attracted him in the calling of the name.

George: Well I'm very pleased that you have straightened us out on that Salumet, because we shall not be contacting his family now.

I would wish to also state to you, my dear friends that if any communication, no matter which one is used, if there is doubt or suspect, then I think you would be right in rejecting that communication. And after all, I have said to you on many occasions, that even if *my* words do not sit comfortably with you, then you must reject them until such time as they are acceptable. But let me just reiterate that I am not of 'mischief.

Laughter

Sarah: Salumet, would you have come through last week, had that one not come through? **(No.)** You weren't going to come anyway? **(No.)**

Lilian: So when that spirit goes back to spirit world, are they put right in any way and told that they really shouldn't be doing this?

They will remain that way until they see common sense, I think you might say—until their own realisation is greater.

Lilian: I see.

In the same way, as in your world you have people who enjoy being mischievous and they cannot change so easily, so too do we have souls who are a little mischievous sometimes.

Jan: Since this spirit came through myself, it throws me a little that when I am on my own and meditating, that it's that easy. I know you say I am protected...

You must always first ask for protection before any meditation or sitting takes place.

Lilian: That's a good idea.

Jan: I haven't done that before.

Yes, you must always ask that any communication from our world is brought in love and is given in the name of the universal good.

Jan: That spirit last week came with such emotion that he did fool us, (Yes.) but the following day, mum (Lilian)—we had a conversation and she said that she felt unhappy...

Lilian: Yes, and he left in this room afterwards a great feeling of—uneasy, wasn't it Sarah?

Sarah: I was very uneasy about it.

Which is a very good indication that the communication was not genuine.

Lilian: We must remember that.

Sarah: So if on another occasion, any of us should feel ill at ease with the communication, should we say at the time we're not happy?

You can voice the opinion later of course. If you are unhappy then seek help from those in spirit to remove any unwanted information, and that spirit has to then depart from the medium. But I would suggest my dear one that you always ask for truth and protection before you begin, and that although we clear this room at the end of every session, that you can close yourself down as a channel. That is just as important.

Jan: I do feel after you've spoken to us this evening, that it was an important lesson for everybody in this room—I think we've learned from it.

Yes, hopefully all events will teach you something. (Yes.) Yes, but do not doubt your ability in any way. Those mischievous ones do sometimes slip past.

George: It struck me that 3 months for a return to a group by someone of this general nature seemed a rather short period. The ones I know of have taken considerably longer than 3 months.

Lilian: And have spoken of their families...

Yes. Communication is a difficult one—time has no meaning. A soul who is aware can return in a very short time. Whether they wish to do this is entirely of their own making. So time really does not come into it.

Lilian: Following that spirit, there was a gatekeeper that came through. I think we found that quite amusing, didn't we?

Once a soul has entered with the emotional and spiritual body of a person here on Earth, it is difficult to remove them, although you are protected as a group, and of course, if that person was indeed meaning any kind of evil or darkness, then of course there would be concerted effort to protect you, but the ones I speak of are not evil people, they are not beings of darkness—they are just souls who are mischievous. There is a great difference—in the same way as you have a mischievous child, you would not want to be rid of the child, but you would wish to teach and instruct the child that that is not the way to behave.

Sara: Salumet, I remember a few years ago, my son attracted a mischievous spirit in his daily life. (Yes.) So I know that this happens in our daily lives sometimes. Is it a good idea to ask for protection for our children, for those who are especially open'?

Yes, of course.

Sara: Because I imagine some people are perhaps more susceptible—are more open...

And more sensitive...

Sara: More sensitive and open, yes.

You can, in the case of children, call upon their own guardian angel to stay close by to them, which they do in any case, but if the child is particularly sensitive then asking—and remember I have always told you, you must ask for the help. If you ask for help on behalf of the child, then it will be there.

Sara: Yes, I often ask for angelic protection for the children. **(Yes.)** The guardian angel is probably the one to speak with about it...

Yes, as long as you are asking for help it will be available. But of course, you can also surround that child and the dwelling within to be completely protected by love.

Sara: Yes, that's a good idea, thank you for that.

It is something you should all do in your everyday lives.

Sara: Is it sensitivity in children that can make them very easily influenced, because I see it in my son.

Yes. There is a great sensitivity there.

Sara: Yes, and I feel he can go in all directions, because he is sensitive and open.

He will never conform.

Sara: Yes, I can see that!

And remember that he is an individual soul who has a pathway and it...

Sara: It is part of his life.

Yes, and you must of course restrain him at times, because of the very nature of being human, but at the same time, the connection with his father will always be strong.

Sara: Good! And it helps.

Although I feel at this stage, probably the mother is a little more lenient.

Sara: More lenient, **(Yes.)** perhaps too lenient, **(Yes.)** okay, thank you for that.

Chuckles

Sara: It helps me because I find it very hard to know sometimes if I am too lenient or too strict.

Do not be too concerned. Let your feelings guide you.

Sara: Thank you.

Are there any more questions this time?

Graham: I was going to ask you about teaching actually—the very subject you were just talking about. As a schoolteacher it is so difficult, the judgement as to whether you are being hard on children or too lenient. I'm working in a school at the moment with a gentler environment from any previous school I was at—personally I feel more comfortable with that. **(Yes.)** But I do witness sometimes, amazing behaviour from the children who I teach. It begs the question as to how much we should go with it, or stand our ground to those who are not good enough. It seems a very difficult tightrope...

Yes, of course. Again, because of the human conditions you are drawn, and because of your own sensitivity and knowledge you are drawn, but again what I would say to you, my dear friend, is to be guided by your inner light, to become more aware of your *inner* feelings, and then you will make the right choices—you will never get to be 100% correct.

Laughs

Otherwise you would be joining us!

(Extended laughter)

But I can tell you my dear friend that the direction you moved into is a very good one for your growth.

Graham: Thank you. Yes, I do enjoy the job. I do find it sometimes a strain on my nervous system. But I do understand I'm growing because of it.

You are doing it for challenge. (Yes.) Yes.

Graham: And because it's something worthwhile and I feel it's worth the effort.

Yes, and to see the results with those children are what brings happiness to your heart.

Graham: Yes, and this affection of the children—they have lots of learning difficulties—I was taken by the school, my very first day by the warmth and openness of these children. It really took me quite by surprise, and it's what makes the job such a joy.

And remember they are individuals, as you adults are—remember I have told you in times past, that children are but small adults and should be treated with respect. (Yes.) Of course there must be some restraint at times, but it can be done with love. And that is the most important ingredient for all of you human beings, not only to learn to give, but also to receive and that is the receiving that brings joy to your heart.

Graham: Yes, thank you for your words Salumet.

Sarah: I was talking to someone the other day, who hadn't really had any contact with anybody who believes in spirit or comes to these groups, and he asked all sorts of questions, and one of the questions he asked was: How is it determined whether you come back as an animal or a human being? It made me think that if we are supposed to be descended from apes—an animal—and we are human, where does the boundary lie? Could you give me a few words that I could use for this person Salumet?

I will indeed my dear friend. You will not return as an animal!

Sarah: I did tell him that—but if we *were* once animals—maybe we were not ever animals...

That is part of the physical evolution. It does not change what has become *within*. As you have grown, as evolution has taken place, *mankind* has grown in spirituality. You cannot interchange with the animals and human beings. That does not occur.

George: Can we see the physical being as evolved to become a suitable vehicle to receive the human spirit? **Yes, yes—all animals evolve also. We have discussed the animals which are kept as pets, and it is only love energy which brings that closeness. But those animals who have loved and give love, have evolved more than the animals of the fields—of the wilds, as you call them. They will return to the 'group energy' of animals, but the individual pets who have evolved with love will continue as individual pets and animals**

Jan: I have two dogs now, who have returned.

Yes, because of the love bond.

Lilian: What about the animals that are badly treated by us—maybe as pets or...

They will return to the animal energy in our world. There is a 'group energy' in our world where they will return.

Lilian: I was thinking about the cat that I have adopted. It's taken a while before it has become friendly with me.

Yes, because you have given love and the animal feels that love, and therefore grows and becomes much more receptive to you. (Yes.) It is love which unites you all.

Jan: Salumet, why have my two pets come back with the same condition that they had before? Both have the same medical condition that they had previously.

Only for recognition purposes. They do not have those conditions now, but in the same way as human beings return to conditions that they passed with. It is only for recognition purposes.

Jan: Ah! So it works! It is recognised. Thank you.

Now, my dear friends, I know my words are beginning to sink in with you this time, and I feel it would be appropriate to go on a journey of stillness and quietness, and to find within yourselves that inner love, that inner source of pure love, which, after all, is what you have come from. And I feel it would be good for you this time to go quietly within, and if our dear lady would like to take you on a quiet journey, then that also would be most helpful. Before I leave you my dear friends, I will not be with you for some weeks, as I will now return to that part which you would call 'home' and I will call 'my soul life'. Until we come together once more, my dear friends, I keep you all safe and within that love which encompasses you at all times.

Lilian: Thank you, and our love goes with you. We'll save our questions for when we meet again.

Sarah: And we wish you well in your return again Salumet.

Paul: And we look forward to another year.

George: It's been a wonderful year and we look forward to another.

George's notes:

This session marks the end of Salumet's teaching year. He returns at this time to that deeper spirit domain that is 'home.' It has been his practise to return to us again sometime in January.

Mischievous ones: In spirit there are controls and gatekeepers. As a result of their good work, hiccups are fortunately rare. During the past 12-years, I recall just one other 'impostor' and there was one that jumped the queue on a 'rescue' evening. When there is some uncertainty, it is a huge asset of course that we have Salumet to refer back to for guidance.

Time intervals and séance: Sir Arthur Conan-Doyle returned to his group after 10-months. Leslie, who founded and presided over this group returned after 21-months. Each was of course positively identified without any doubt whatsoever. (We were not in such fortunate position to make positive identification from prior knowledge in the case above). Since the occasion of the mischievous one I have 'chanced' to read of FWH Myers who died in 1901, joint-founder and president of The Society for Psychical Research, and close friend of Sir Oliver Lodge. He returned in séance with positive identification after only 1 month following death! His memory was apparently still patchy at that early stage. But as to identity there was no doubt.

Perhaps it is also worth noting that The Society for Psychical Research has, through its authors produced volumes of evidence during its 125 years of existence. The scientific evidence that has accumulated for telepathy, the world of spirit, spirit communication and mediumship must surely now be described as positively overwhelming. Just one single book: *The Survival of Man*, by Sir Oliver Lodge (1909) 379pp was really quite sufficient in itself!!!

~27th November 2006~

Good evening. (Welcomes)

I am happy to join with you once again my dear friends. It is good to see so many of you together this time. I would like just to say that as you approach your yearly festivities, how much love is felt at this time of year. What I would wish to say to you is this: You know that all of existence is energy and we have spoken of energy on several occasions. But I wonder my dear friends, how aware you are when it comes to that energy of love and how different and pure it feels. I would say to you at this coming time of your year, when so many people are unconditionally giving of themselves, to try to become aware of what difference that energy is and becomes. I am sure that you would find that you are exhilarated by that awareness. It is something for you to ponder on I feel.

George: Yes I must say, I was considering the energy here tonight, which I'm trying to put the right word to it—I thought 'Powerful,' but that is not the word, because this energy is so easy to be with, (Yes) yet it is felt and as you say, sometimes the love energy does seem different again.

It is the purest of energy. Think of the mother with the new-born child and you can feel the expression of that unconditional love. But what I would like you to try this time is that during your coming weeks, to FEEL from other people, not only of like mind, but of strangers, of people who you come across in your everyday lives. Try to feel that love energy which comes from them, not towards you as an individual, but the awareness of that greater energy which is exuded. Do you understand? (Affirmed) I feel my dear friends, a great need for you all at this present time, to raise your understanding and awareness. I touched upon this last time, with those who were present and I know my words have been read, but I would like just to reiterate some of those words and to say to you that from this time, it is necessary for you all my dear friends, for your consciousness to be raised in all areas of this work. I know each one of you does very good work when it comes to sowing seeds, when it comes to speaking of people in need, but now we need each one of you to raise your own vibration and that must come from each one of you and only then will we be able to give you so much more; not because it is necessary for your growth, but because in this work, we must always go forward. I am sure you understand. (Affirmed) So I am placing some responsibility onto your own shoulders and I am sure that all of us in my world, will attempt to help and support and to convince you of many, many things and phenomena, because my dear friends, you have earned it. But we must not come to a stand-still, we must continue to move forward. (Pause) I hope my dear friends, as I have been speaking of love this evening, that each one of you feels the love that is surrounding each one of you at this very moment of your time. There are many with you for that purpose.

Lilian: Yes I'm sure we all do.

Now, I feel for this time I will take some questions from you and then I will continue to work quietly with this instrument.

George: Would I be right in thinking that in raising our awareness, this will be through meditation, through asking and through that inner feeling that seems to rise up?

Yes, you have to give a little more of yourselves outside of this room. You have to allow that spiritual being to become more prominent in your everyday living. If you wish to make progress that, my dear friends, is what is needed. You have to live a life of example as well as question what this work is about. You understand?

George: Yes thank you.

Jim then had a question prepared which he read out using a small flashlight:

Jim: I now regard myself as a student, as you advised me that I have a lot to learn. I've been reading transcripts starting June 1994 and I'm very grateful for the opportunity to ask questions. On the transcript dated 14th August 1995, Les Bone was expressing the hope that transcripts would be published and you Salumet said at the time, that the time would come, when the information would be gathered, put down and distributed. The transcript that I am reading is an embodiment of what was then said. Some of the information could be regarded as direct teaching for all who read it. Some it appeared to me, was directed to the group present at the time. On this occasion, you asked that persons in the group place their hands on yours, or actually on those of the instrument (*Eileen*) for 10 seconds and then to return to their seat, to feel the energy given and later to tell Les Bone what was felt. This was done. As I read this I thought to myself, I would like to experience such direct contact as this. Could it be done for me? And finally, in January 1995, you said you had listened to the thoughts that came to you during the period since the previous meeting. Should I personally regard myself as one of the group in this sense, that is, would you listen to my thoughts? Thank you.

Yes I thank you for your question. Yes, when first I came to you, much of what I had to bring was new to the group and in fact I feel that I might say, some of my teaching was against the beliefs of some. But that was part of my coming, that we had a group who was not only prepared to listen, but who use their own thinking, their own inner knowledge to judge my words, whether they chose to believe my teachings or not. And you may think is that not foolish, would it not be better to choose people who would believe every word that is spoken. But that was not to be my choice. I of course came from a higher source, where much has been discussed before I came. But to return to your question my dear friend, I will take your last question first and say to you, that all who enter this room, all who come before us to listen to my words, is indeed included in what you term 'this group', because we could not allow anyone to enter this room, with any form of negativity. And I know the others will remember my words that I had told them: many would come and many would go. But all who come have left with some knowledge. So yes your thoughts, as with every person within this room, I do take heed of. But it does not mean that I will express those thoughts to you, but I will try to help in whatever way is allowed. Also my dear friend, if you feel a great need to place your hands onto this instrument, hopefully you will feel the same energy that the others did in time gone by. Therefore I say to you, if you wish the opportunity, to take it now.

(Jim then approached the instrument)

Very lightly, no pressure on the instrument's hands please. Place them flatly on the palms and feel the love and the energy which comes to you. (Pause)

This gentleman has healing hands.

Jim: I need to reflect on this.

Now do we have more questions this time?

Graham: I was reading an early transcript, because I too am starting to read from the beginning again and I've realized how much I haven't understood and have forgotten and it's a worthwhile exercise—it really is. You gave some advice to a member of the group at the time not to do a particular trip. And the following week that person came back and said they did heed your advice and they didn't go on the boat, but nothing actually happened—the boat didn't sink or anything. And you said that if they had gone on the trip they would have broken their leg. This was fascinating and it made me think that there are many, many

potential realities in our futures. I was wondering if you could say anything about that, because it's an area I don't really understand?

Again we speak of something which is most difficult for you as human beings, because 'time' of course, is past, present and future. We come to an area which most of you find difficult to understand. But if past, present and future are as one, then future has already been—I'm looking for the correct word of understanding. Your future plans have already taken form, but your own freewill in this world, can change those things. I believe we spoke about this briefly, when one member had the wrong gender of child (see 25th January 1999) and I explained that the thinking and the freewill of the individual can change what is about—your 'possibilities', let me phrase it that way for you. You all have a life path, but it is influenced by your freewill. Therefore the formation of future plans—and I use those words only for your understanding—your future plans can be changed and indeed that is what happened with the warning, that I was protecting that individual, but of course I cannot interfere with your freewill.

Graham: So the only thing that happened then was that she did in fact not break her leg **(Yes)** and the other potential reality of her breaking her leg, was never more than a potential reality? **(Yes)** Fascinating... **I hope it has simplified it. (Yes) It is a difficult topic and not one that many human beings fully understand. There are so many possibilities—that is a good word, 'possibilities'.**

Graham: Yes, thank you for that, that's very useful.

Jan: Salumet, on a similar subject, you told me, I think it was possibly a year ago now, that the reason I was in so much pain was that I was on the wrong path. And I knew I was in several areas of my life, **(Yes)** one of which I put right was the fear regarding my husband. The second one recently has been my job. Within a couple of days of leaving that job, the pain in my foot has now completely disappeared.

Thank you, you have confirmed my words and no better explanation than a physical happening. Always when we speak of responsibility for health so many people feel that health conditions are an outward happening, when in fact all health issues start from within. It may take many of your earthly years, but it still comes from within. So my dear friend, continue on the correct pathway and I will endeavour to help you all that I can.

Jan: Thank you. I knew I was on the wrong pathway. I just needed the right opportunity to come off of that one.

Yes you needed just a little ... (Push?) —push yes of course. I hope the 'push' was gentle enough.

(Laughter)

Jan: Thank you yes, it was gentle enough, but again my freewill, the doubting afterwards came, but I have been trying very hard to think that that was in the past and I now have a new chapter and to move on.

That has always been throughout your living, the doubt in your mind and only you can control and change.

Jan: Yes it's the self-doubting, not doubting anything other than myself. **(Yes)** And I do try and work on it. **That is good for you.**

Jan: But to be pain-free—I can't tell you how liberating that feels. Well Graham knows—if I had to write one chapter on anything I had learned, this would be it. *(Graham has made a miraculous recovery from a neurodegenerative disorder known as 'Dystonia,' -proof to us that healing can occur, when we are prepared to change, or as Salumet has said in the past, 'when the Spirit is 'touched'')*

And it shows how much you have grown in one year.

Jan: Yes, thank you.

George: There is an interesting channel called Gregory Possman, who would appear to channel Jesus or perhaps an aspect of Jesus, or several aspects...The word used is 'We' and not 'I' as if it comes from more than one. It talks of Jesus and travelling in the east and being coupled with Mary Magdalene and there being 4 children and it all seems very real and a very convincing channel and I wondered if you would have any comment on that?

There has been much spoken in your world on Jesus the Christ and we have spoken at length I feel upon that subject. But I will simply say this to you, that when Jesus the Christ came on his mission and that is why he came, he had a mission to accomplish in the human form—but I hope by now my dear friends,

that you understand that when you are clothed in human form, you have human frailties as you would call them—not I. He came to this Earth plane to live life as a man, albeit with many spiritual gifts. Therefore why does it amaze you that he acted as a human man?

George: Yes I'm personally very happy with that.

Yes, he lived life fully, as a human being I can tell you this, it is fact. Where mankind has gone wrong with Jesus the Christ, is to see him as something he was not and he would be the first to reiterate these things to you. And yes, the essence of Jesus the Christ has returned many times to relate the truth of his human life here, upon this Earth.

George: Yes so in the channelled work, to use the pronoun 'we', would be correct and acceptable?

If he was channelling the essence of Jesus the Christ, then yes there could be many aspects, therefore the word 'we' would be used. Is that helpful to you?

George: Yes that is and it just seems such a very convincing channel and that Jesus should have children, I'm very happy with that—I see no reason why not and I think you imply that Jesus has been placed on such a pedestal that such a thing, many would wish not to acknowledge.

Yes, it is abhorrent to many, to think that the son of Christ, as he was called, could actually function as a human man. And after all, that is what he was, he was clothed in human garb and lived a life as you all do. And how many of you here know of your true spiritual being? You do not, but whilst you are here you function as a human being. So I hope that has helped you with your question.

George: Yes I felt it was something that would be good to be aired largely for the benefit of those reading the transcripts.

I will say to you my dear friend, that no matter what the truth, whatever is said and given by Jesus the Christ, it will always be denied whilst there is so much bondage to Christianity. You understand? (Yes) That people will always be reluctant to believe truth, in the same way as it has taken so long for all of us who come to you to help you to understand what truth is. But we have come to a stage in the Earth's existence, where mankind is now thinking for himself and realizing that he is more than human form. So I hope those words give you a little more to think about.

George: Yes indeed and when masters incarnate, then as you say, they are both teacher and human—simple as that.

Yes, it is as simple as that and that is what all people must recognize. When you come to this planet, no matter what your spiritual being is, whilst you are clothed and live a life on this planet, then all of your spiritual existence beforehand, cannot take the place of life here on this Earth.

George: Yes, that's very helpful, thank you very much indeed.

Now I think to continue, and while I continue to work quietly with this one, that our lady friend, if she will take us on a journey of peace and inner knowledge, if she is happy to do that?

Sara: Yes.

I ask also please dear lady friend, that on returning, a little quietness just for a short time.

Lilian: Yes.

(Sara then took us on a meditative journey, before Bonniol arrived)

~11th December 2006~

Good evening. *(Welcomes)*

Let us begin this time with prayer to that all-embracing universal power of love. As we join together within this room, we ask as instruments of spirit that those who stand close by and those who await a spiritual opening—that we be given any knowledge or information in the name of all that is truth and love; this we ask in all humility. We give thanks for those who have requested healing help for others, and with these words, I ask that our time together in this room be of upliftment, of help, and indeed of great love to each one here. With those words, my dear friends, I am happy to join with you once more.

Sarah: We're pleased to have you with us.

Lilian: And we shall miss talking with you while you are away—if you understand.

I am never far away my dear friends. I am but one thought away from each one of you, and although you may not be aware of our presence, let me assure each one of you that you are forever within my circle of love. *(Thanks expressed)*

George: Thank you. I wanted to thank you anyway, for being with me last Monday morning when I had an interview with Barry Eaton, and I asked for help on that occasion and I felt you were with me—thank you for that.

There is no need my dear friend for thanks, after all you are an emissary of spirit. You have done much to give to all people the word of truth; for this, we give you *our* thanks.

George: We all do our best.

Yes indeed, but I wish to say to you this time, that I have spoken much of individual development. And of course, you are all individuals on a very individual pathway of opening to spirit, and that is as it should be. But, when you come together in this room, there is a connection with you all which proves most important to the work and the truth that I bring to you. So therefore again, my dear friends, I say to you: please dwell on your responsibility for your own spirit. Strive ever forward to try to achieve all that you can whilst you inhabit these bodies. It is not only for your benefit, but for the soul's growth that I ask of you these things. And we have seen much growth in these past few of your months, and although you may not recognise or understand it, the growth of each one of you is within and it shows to us who come to you each time. Therefore, this evening, I want you to once more look within—to think of your meditation with love each day, because without the quiet mind you will not progress. And the quiet mind, my dear friends, is what you are trying to achieve in your everyday lives. I understand, for some it is not easy, that the wars of the world bear heavily upon your shoulders, but you have now at your fingertips much more knowledge than before and it is apt for you to continue to move forward on that road which has been laid before you. After all my dear friends, you have already made the choice to grow spiritually when you took this pathway. I have never promised it would be easy, but it has given to you the responsibility for your own souls, and that is most important. So, do you have questions on anything I have said this time?

George: There is a question which we all want to raise in view of a happening last Monday. To begin with, on the Sunday, I listened to a Barry Eaton programme and he was interviewing a journalist who has written a book on Steve Irwin the Australian conservationist, who had died 3 months earlier. On the Monday morning, I was interviewed by Barry Eaton concerning the Salumet book, and some of your words will be beamed out to the world, as a New Year message I think, in due course. And that Monday evening, Steve Irwin was mentioned in our prayers, and following that, he seems to have come to us, and we all had a conversation. And I got the impression that he is very much an animal conservationist at heart, and there is a big programme of work for him in spirit relating to that. I was wondering if you would be able to comment on any of that, and confirm that it was indeed Steve Irwin who came to us?

I understand your question my dear friend. Firstly, let me just say this to you: no matter the status of any one person whilst you inhabit a physical body, no matter their status on this planet, they are but one soul in a sea of souls, and when these souls come to our world, they of course remain close to the Earth plane for some time, especially around their family and friends; that you know and understand. (Yes). But, in the same way as those who come to spirit, stay close for a little while, also there remain those from our world who seek to gratify themselves by pretence. And I have to say to you, my dear friends, that the person who came to you was really not the one that you hoped it to be. But in saying those words, I wish you to know that anyone within this room, is open to what we would term 'mischief' and although these circles are strictly governed, we do not always have the right to stop those souls who *are* determined to use an open channel. Therefore, I have to say to you that this was not the gentleman—but the medium is not to be blamed for this, because these mischievous spirits are so determined to have their day.

George: Yes, we appreciate that sometimes one slips through.

Lilian: I remember you saying that before.

It does not happen often, but it does happen and remember that, because the name, as you so rightly have said, has been mentioned before the actual meeting—then that mischievous one was ready and waiting.

George: Yes, in a sense, we attracted him.

Yes, you attracted him in the calling of the name.

George: Well I'm very pleased that you have straightened us out on that Salumet, because we shall not be contacting his family now.

I would wish to also state to you, my dear friends that if any communication, no matter which one is used, if there is doubt or suspect, then I think you would be right in rejecting that communication. And after all, I have said to you on many occasions, that even if my words do not sit comfortably with you, then you must reject them until such time as they are acceptable. But let me just reiterate that I am not of 'mischief.

Laughter

Sarah: Salumet, would you have come through last week, had that one not come through? **(No)** You weren't going to come anyway? **(No)**

Lilian: So when that spirit goes back to spirit world, are they put right in any way and told that they really shouldn't be doing this?

They will remain that way until they see common sense, I think you might say—until their own realisation is greater.

Lilian: I see.

In the same way, as in your world you have people who enjoy being mischievous and they cannot change so easily, so too do we have souls who are a little mischievous sometimes.

Jan: Since this spirit came through myself, it throws me a little that when I am on my own and meditating, that it's that easy. I know you say I am protected...

You must always first ask for protection before any meditation or sitting takes place.

Lilian: That's a good idea.

Jan: I haven't done that before.

Yes, you must always ask that any communication from our world is brought in love and is given in the name of the universal good.

Jan: That spirit last week came with such emotion that he did fool us, **(Yes)** but the following day, mum (Lilian)—we had a conversation and she said that she felt unhappy...

Lilian: Yes, and he left in this room afterwards a great feeling of—uneasy, wasn't it Sarah?

Sarah: I was very uneasy about it.

Which is a very good indication that the communication was not genuine.

Lilian: We must remember that.

Sarah: So if on another occasion, any of us should feel ill at ease with the communication, should we say at the time we're not happy?

You can voice the opinion later of course. If you are unhappy then seek help from those in spirit to remove any unwanted information, and that spirit has to then depart from the medium. But I would suggest my dear one that you always ask for truth and protection before you begin, and that although we clear this room at the end of every session, that you can close yourself down as a channel. That is just as important.

Jan: I do feel after you've spoken to us this evening, that it was an important lesson for everybody in this room—I think we've learned from it.

Yes, hopefully all events will teach you something. (Yes) Yes, but do not doubt your ability in any way. Those mischievous ones do sometimes slip past.

George: It struck me that 3 months for a return to a group by someone of this general nature seemed a rather short period. The ones I know of have taken considerably longer than 3 months.

Lilian: And have spoken of their families...

Yes. Communication is a difficult one—time has no meaning. A soul who is aware can return in a very short time. Whether they wish to do this is entirely of their own making. So time really does not come into it.

Lilian: Following that spirit, there was a gatekeeper that came through. I think we found that quite amusing, didn't we?

Once a soul has entered with the emotional and spiritual body of a person here on Earth, it is difficult to remove them, although you are protected as a group, and of course, if that person was indeed meaning any kind of evil or darkness, then of course there would be concerted effort to protect you, but the ones I speak of are not evil people, they are not beings of darkness—they are just souls who are mischievous. There is a great difference—in the same way as you have a mischievous child, you would not want to be rid of the child, but you would wish to teach and instruct the child that that is not the way to behave.

Sara: Salumet, I remember a few years ago, my son attracted a mischievous spirit in his daily life. **(Yes)** So I know that this happens in our *daily* lives sometimes. Is it a good idea to ask for protection for our children, for those who are especially open'?

Yes, of course.

Sara: Because I imagine some people are perhaps more susceptible—are more open...

And more sensitive...

Sara: More sensitive and open, yes.

You can, in the case of children, call upon their own guardian angel to stay close by to them, which they do in any case, but if the child is particularly sensitive then asking—and remember I have always told you, you must ask for the help. If you ask for help on behalf of the child, then it will be there.

Sara: Yes, I often ask for angelic protection for the children. **(Yes)** The guardian angel is probably the one to speak with about it...

Yes, as long as you are asking for help it will be available. But of course, you can also surround that child and the dwelling within to be completely protected by love.

Sara: Yes, that's a good idea, thank you for that.

It is something you should all do in your everyday lives.

Sara: Is it sensitivity in children that can make them very easily influenced, because I see it in my son.

Yes. There is a great sensitivity there.

Sara: Yes, and I feel he can go in all directions, because he is sensitive and open.

He will never conform.

Sara: Yes, I can see that!

And remember that he is an individual soul who has a pathway and it...

Sara: It is part of his life.

Yes, and you must of course restrain him at times, because of the very nature of being human, but at the same time, the connection with his father will always be strong.

Sara: Good! And it helps.

Although I feel at this stage, probably the mother is a little more lenient.

Sara: More lenient, **(Yes)** perhaps too lenient, **(Yes)** okay, thank you for that.

Chuckles

Sara: It helps me because I find it very hard to know sometimes if I am too lenient or too strict.

Do not be too concerned. Let your feelings guide you.

Sara: Thank you.

Are there any more questions this time?

Graham: I was going to ask you about teaching actually—the very subject you were just talking about. As a schoolteacher it is so difficult, the judgement as to whether you are being hard on children or too lenient. I'm working in a school at the moment with a gentler environment from any previous school I was at—personally I feel more comfortable with that. **(Yes)** But I do witness sometimes, amazing behaviour from the children who I teach. It begs the question as to how much we should go with it, or stand our ground to those who are not good enough. It seems a very difficult tightrope...

Yes, of course. Again, because of the human conditions you are drawn, and because of your own sensitivity and knowledge you are drawn, but again what I would say to you, my dear friend, is to be guided by your inner light, to become more aware of your *inner* feelings, and then you will make the right choices—you will never get to be 100% correct.

Laughs

Otherwise you would be joining us!

(Extended laughter)

But I can tell you my dear friend that the direction you moved into is a very good one for your growth.

Graham: Thank you. Yes, I do enjoy the job. I do find it sometimes a strain on my nervous system. But I do understand I'm growing because of it.

You are doing it for challenge. (Yes) Yes.

Graham: And because it's something worthwhile and I feel it's worth the effort.

Yes, and to see the results with those children are what brings happiness to your heart.

Graham: Yes, and this affection of the children—they have lots of learning difficulties—I was taken by the school, my very first day by the warmth and openness of these children. It really took me quite by surprise, and it's what makes the job such a joy.

And remember they are individuals, as you adults are—remember I have told you in times past, that children are but small adults and should be treated with respect. (Yes) Of course there must be some restraint at times, but it can be done with love. And that is the most important ingredient for all of you human beings, not only to learn to give, but also to receive and that is the receiving that brings joy to your heart.

Graham: Yes, thank you for your words Salumet.

Sarah: I was talking to someone the other day, who hadn't really had any contact with anybody who believes in spirit or comes to these groups, and he asked all sorts of questions, and one of the questions he asked was: How is it determined whether you come back as an animal or a human being? It made me think that if we are supposed to be descended from apes—an animal—and we are human, where does the boundary lie? Could you give me a few words that I could use for this person Salumet?

I will indeed my dear friend. You will not return as an animal!

Sarah: I did tell him that—but if we *were* once animals—maybe we were not ever animals...

That is part of the physical evolution. It does not change what has become *within*. As you have grown, as evolution has taken place, *mankind* has grown in spirituality. You cannot interchange with the animals and human beings. That does not occur.

George: Can we see the physical being as evolved to become a suitable vehicle to receive the human spirit?

Yes, yes—all animals evolve also. We have discussed the animals which are kept as pets, and it is only love energy which brings that closeness. But those animals who have loved and give love, have evolved more than the animals of the fields—of the wilds, as you call them. They will return to the 'group energy' of animals, but the individual pets who have evolved with love will continue as individual pets and animals

Jan: I have two dogs now, who have returned.

Yes, because of the love bond.

Lilian: What about the animals that are badly treated by us—maybe as pets or...

They will return to the animal energy in our world. There is a 'group energy' in our world where they will return.

Lilian: I was thinking about the cat that I have adopted. It's taken a while before it has become friendly with me.

Yes, because you have given love and the animal feels that love, and therefore grows and becomes much more receptive to you. (Yes) It is love which unites you all.

Jan: Salumet, why have my two pets come back with the same condition that they had before? Both have the same medical condition that they had previously.

Only for recognition purposes. They do not have those conditions now, but in the same way as human beings return to conditions that they passed with. It is only for recognition purposes.

Jan: Ah! So it works! It is recognised. Thank you.

Now, my dear friends, I know my words are beginning to sink in with you this time, and I feel it would be appropriate to go on a journey of stillness and quietness, and to find within yourselves that inner love, that inner source of pure love, which, after all, is what you have come from. And I feel it would be good for you this time to go quietly within, and if our dear lady would like to take you on a quiet journey, then that also would be most helpful. Before I leave you my dear friends, I will not be with you for some weeks, as I will now return to that part which you would call 'home' and I will call 'my soul life'. Until we come together once more, my dear friends, I keep you all safe and within that love which encompasses you at all times.

Lilian: Thank you, and our love goes with you. We'll save our questions for when we meet again.

Sarah: And we wish you well in your return again Salumet.

Paul: And we look forward to another year.

George: It's been a wonderful year and we look forward to another.

George's notes:

This session marks the end of Salumet's teaching year. He returns at this time to that deeper spirit domain that is 'home.' It has been his practise to 'return to us again sometime in January.

Mischievous ones: *In spirit there are controls and gatekeepers. As a result of their good work, hiccups are fortunately rare. During the past 12-years, I recall just one other 'impostor' and there was one that jumped the queue on a 'rescue' evening. When there is some uncertainty, it is a huge asset of course that we have Salumet to refer back to for guidance.*

Time intervals and séance: *Sir Arthur Conan-Doyle returned to his group after 10-months. Leslie, who founded and presided over this group returned after 21-months. Each was of course positively identified without any doubt whatsoever. (We were not in such fortunate position to make positive identification from prior knowledge in the case above). Since the occasion of the mischievous one I have 'chanced' to read of FWH Myers who died in 1901, joint-founder and president of The Society for Psychical Research, and close friend of Sir Oliver Lodge. He returned in séance with positive identification after only 1month following death! His memory was apparently still patchy at that early stage. But as to identity there was no doubt.*

Perhaps it is also worth noting that The Society for Psychical Research has, through its authors produced volumes of evidence during its 125years of existence. The scientific evidence that has accumulated for telepathy, the world of spirit, spirit communication and mediumship must surely now be described as positively overwhelming. Just one single book: The Survival of Man, by Sir Oliver Lodge (1909) 379pp was really quite sufficient in itself!!!

~22nd January 2007~

Good evening. (Welcomes)

As I join with you this time I am happy to see so many of you come together. As you know my dear friends, when I depart from your presence and return to my rightful home, I come to you much refreshed and uplifted.

George: It is certainly wonderful to have you back again and we all give you a very warm welcome.

You need not express that in words—I know my dear friends. It is good to be amongst you and although time means nothing in our world, to you it may seem quite some time, but I have been aware of you all my dear friends in your everyday lives. And I would like to begin this start of your new earthly year by just saying that this year there will be much talk amongst politicians in this world on a national and a global expression to incite more peace within mankind. So I would say to you, this is what I would call a most important year, just in as much as these people are speaking on a deeper level. So, that I hope has started this one of your earthly years on a much more promising note.

All were happy to hear this news.

George: That is very good news.

It is a start—it is not a result, but it is important that mankind understands each other. I have many things with which we will discuss together, but not this evening because we have others who wish to come this time and I will be happy to work silently with this instrument. So I will say to you my dear friends for this first coming together of this New Year, I will answer any questions and then allow the others to come, but next time I would like to discuss with you a specific subject. So if you are happy, that is what we will try to do this time.

Lilian: Thank you. If I could ask just a quick question—we did a rescue last week and this person was obviously in a dark place, but showed signs of wanting to come out into the light—being channelled through Eileen. After we had finished the rescue, she said about this peculiar noise that she had in her ears and we both wondered what this was.

Yes, I understand your question. Let me just say this to you, that when a spirit is so involved and in darkness deep within, they become isolated; they are isolated from all others and they are isolated from those of us who can help them in our world. Therefore they become like a single unit with only their own darkness and expectations. The noise that the instrument was experiencing was part of that spirit's darkness; it was part of that spirit's expectations of what they imagined they should be having. That might sound strange to you, but when you come to our world, you will automatically gravitate to how you have lived your lives and what you bring with you. And, much as I dislike saying it to you, there are many who come to our world bathed in darkness. Until such time as they recognize within that they no longer wish to be that way, only then can the love which we give to them in our world be felt and only then will we, if necessary, return them to you for help. But the noise is not a common factor; it was only part of that individual's darkness.

Lilian: I see yes—she had certainly never experienced anything like it before.

Yes, it can be distressing to those who are not aware of these areas of darkness in our world, but I have to tell you my dear friends that it exists. It is what you on earth call 'hell'—it is your own hell, not anything created by us, but it is created by the individual. I hope that helps you.

Lilian: Thank you.

Rod: Self-imposed wound...

Self-imposed, yes, by the way they have lived their lives and are not ready to accept, because all of you are responsible for your own actions, your own thoughts—and every thought, as you now know my dear friends, creates a reality. So of course I hope it makes you think just a little more—that is why I oft times tell you never to judge, because in judging you in some way are creating some negativity. Do you understand?

Lilian: Yes, I hope we were able to help this person because he wouldn't speak.

They would not have brought the spirit to you if you could not have helped in some way. It is only when they recognize that spark of light of love that we are able to step in and help them more, and as you know, sometimes we have to bring them back to you who do rescue work, because they are still attached to these earthly planes, much closer to you than to us. That is why it is necessary for rescues to take place.

George: There was another rescue, also with no speech and two names were given—Holly and Jessica, and I think we know that two little girls died in traumatic circumstance—this was reported in modern terms. We felt that it was simply an unlocking from trauma, we felt that was the purpose of the unspoken rescue. Are you able to help us with that?

I know my dear friends because of your love and the kindness that you feel towards other that you feel that explanations are necessary, but there are so many who need help and it is not possible always to give explanation as to why they are helped in certain ways. But of course because of the dramatic way in which they came to us, there is still with them that thought of brutality, which is easier released again by those of you in this world who know and understand and are willing to help. But yes, I can say to you, they would not have been returned as children through any medium in the normal way, because we have to, if you like, assess each individual situation as regards the way that we might help them best.

But yes you are correct, and much help has been given to those two. And again you know and understand that names are not always necessary. Whoever we bring to you for any kind of rescue work—names, places dates, these are unimportant facts—what is important is that the soul feels the love which is within this room, the love that will send them forward into the love of those in my world who will continue with that help. So as much as I understand your curiosity to know a little more, and I will try to help you, I would like you to realize that it is unimportant.

George: I'm sure that helps in our understanding to know that.

Yes, only those who can be helped by you, or mostly I would say, not everyone accepts the help and still remain in some mist of uncertainty, but mostly those who come, go forward. It is a most important part of spiritual work that this is done. I know within your world there is still some controversy about rescue work, but I would say only this to you my dear friends, that for every individual that is helped, your own spiritual growth is such that it is magnified two-fold each time you help an individual. So, not only are you helping others, you are in fact helping yourselves and for this we will be always grateful to those on the earth plane who continue to do this most important work.

Have we more questions this time?

Rod: I was going to say, I feel that there are probably not enough of these people who do the rescues around. We are pretty thin on the ground, aren't we?

I believe you may not know that sometimes when a rescue takes place, it is not only one individual being helped but many, many, even hundreds of people who are there to be helped; except in the cases where we have just spoken, where the soul is so deeply immersed in their own darkness—they are individual rescues, they are the difficult ones that those who help would find—they would find those individuals quite a task. That is why we must choose carefully those who are willing to do this work.

Lilian: There was an article in one of our daily papers two or three weeks ago, very well written about rescues—so well written.

Yes, it has been known about for a long time, but even those you call spiritual people, will deny that this is a good thing to do. It is and it *does* stem from fear, which of course we fully understand. That is why it is so helpful when we find groups such as this one, where every individual can help in their own individual way. It is not only the instrument when the spirit comes through that individual, but it is every member of this group that is helping—we are using their energies even if they are not aware of it. So you see, it is a group healing.

Rod: That's great to know.

George: I gather that following the Tsunami in Indonesia, many have been helped in that they were given direction. That is nice to hear and I gather there was some awareness of what was referred to as ghosts.

(Yes) People have worked in that area and I think many who did not know the direction to go have been helped there.

Of course, what you must realize my dear friends is that when we have so many come home to us in so many numbers, then we are prepared and the help is available. When people pass suddenly, as you have described, they are not individuals who belong in darkness, but they are lost, they are confused and it is easier to reach them; but when we speak of individuals such as the one the lady has mentioned, that is an entirely different situation. But you do know this. There are many souls who are lost and confused.

All they need is a little guidance.

George: Yes, it is like in the Indonesian situation, all they need is a traffic warden to direct them!

Yes. I like that—a traffic warden; thank you.

(Chuckles)

Rod: We do not like them very much, but...

You do not like them?

Rod: They do a good job...

Sara: We are afraid of them!

(Laughter)

But I like it, I like the expression.

Rod: All those people out in Bagdad, I think something like a hundred have been killed today. It seems to go on daily. I just worry about their spirits—but now that you have said that, perhaps they're helped and they go through rather easily, I hope so anyway.

I would just like to say my dear friends that the majority of people in your world will pass easily, will recognize loved ones who will be waiting for them. It is only those individuals who have wasted a lifetime in such negative ways—in what you would term 'evil ways', but I would prefer to say misguided ways—but nevertheless have committed deeds against mankind which places them in places of darkness within their own being; but the majority of people have nothing to fear.

Rod: That makes a big difference, thank you.

Paul: Have you got time for another question?

Yes my dear friend if you so desire.

Paul: Sometimes I read of people we call Shaman doing rescues and just occasionally, they are quite unusual because they call it 'soul retrieval' or 'spirit retrieval'—I am not quite sure, but sometimes the process involves—they describe it where someone's spiritual soul has been 'taken' by another person, a misguided Shaman or someone that's somehow managed to...I think they sometimes say they use a gourd or something to steal someone's soul.

Yes, I understand. There are many descriptions, there are many people in your world who claim many things. I will tell you from my own knowledge what I feel and it is *kind of* not accepting responsibility. It is easy to say that someone has had the soul stolen from them and many explanations can be given for this deed and that is what some—I will not say all, because many Shamans are doing very good work; but you have to accept that there are so many creeds, so many religions, so many ideas within your world, that sometimes it is most confusing. No one soul can be stolen, because you are responsible for every deed, every word, every action that belongs to *you*. You can be influenced by another but they cannot steal your soul—that is yours—that cannot be altered in past times, in present times or in future times. Do you understand?

Paul: Yes, I think so.

It is a form of thinking that they have developed. It is their way of trying to help, which of course must also be understood—they are doing it for good reasons but they are at times a little misguided.

Paul: And perhaps sometimes the one that *thinks* their soul has been stolen, they've got a belief that that *can* happen, so it is a little bit of wishful fulfilment.

The power of the thought—again I return to that phrase: the *power of thinking*. I would say to you my dear friends, in every aspect of your lives, stop and think about thought, about why people do deeds, why people think the way they do—they are influencing themselves with the power of their own thinking. Do you understand?

Paul: Yes. It makes total sense that no one person can have so much power over someone else to be able to do that.

They may influence but they cannot steal.

Sara: And people give their own power away, allowing themselves to believe things which are not true.

Yes, it is all to do with thought—yes. It is most powerful and when I first came to you my dear friends I told you that I thought the power of your thinking is the most powerful tool that you will ever possess. And it applies to all things in your lives. I hope that has helped to clarify it for you.

Paul: It certainly has, yes—thank you very much.

I feel now that I will take my leave of you and allow those others to come; but as always, I leave you my dear friends with much love, I ask that each one of you be uplifted in your daily lives, that each one of you recognizes from within that power that you possess, that love that you possess and above all, *the knowing of who you are*. And with those words, I will leave you.

Lilian: Thank you, it's been lovely to have your words again.

(Thanks + farewells)

~29th January 2007~

Good evening.

All: Good evening.

As I join with you once more, I feel much joy with you. It is always good when those vibrations are raised and that energy exudes from each one of you. If only you could see and feel what I do, you would indeed be most happy. It is not often this way, therefore I feel it is most apt this time to tell you.

(Thanks expressed)

Now, I would like to address the young gentleman who asked if I would speak to you about 'alternate realities'. I will try to clarify for you if I can some of your questions or doubts.

Paul: Thank you.

So, rather than devote a full evening to this topic, and as you are the one who is most interested, let me just say to you: what was your particular query about this subject?

Paul: Well, I've been thinking a lot about shamans and the parallels between their work and the medium's or spiritualist's work and the sort of work we do here. And I can see that there are some similarities, but it seems like with shamanism there is often more an exploration of alternate realities. When they are performing healings or sometimes when they're training their apprentices they seem to send them to other planes of existence, where they sometimes encounter beings who probably are not physically human...

Yes...may I stop you? I believe we spoke last time about this slightly...

Paul: Yes.

Now let me say this to you my dear friend that indeed there are other realities of which you are not acquainted. Alternate reality—and I will simplify this for you: **all of your Planet Earth is an alternate reality.** It is a *human* reality, but the *true* reality belongs in spirit. Therefore remember when I discussed with you, that everything that happens on this planet and other planets, always has a spiritual counterpart. Can you remember? (Yes) Yes, and have I not discussed with you my dear friends, how your thoughts become reality? (Yes) Yes. What I would like you this time to understand is that you as human beings are living in shadow, and the alternate reality to this planet is one filled with love and light, but is exactly the same, for your understanding. So in many areas of life there is always an alternate reality.

Paul: And it seems like these alternate realities, they're just different states of *consciousness* ...

Being...

Paul: ...being...

Yes, that is the key phrase I would say.

Paul: I remember reading about someone called *Ruby Plenty Chiefs*, who was able to raise an object in her hand, and when someone asked her how she levitated this object, she said she suspended her agreement with *gravity*.

She made agreement with her *higher self*. (Ah.) You understand? It matters not what human words you use. I wish all of you to understand—and again I am repeating words: **you are already spirit, clothed in human form. All of these capabilities are within your grasp...**and still my dear friends you are surprised by these little things. You each have the power of your minds and thinking, you have the help of your higher selves. And I use that phrase because that is a term used by you human folk—and always this is the difficulty. Throughout *all* of existence, not only this universe, but in all universes, everything has an alternate reality. Do you understand? (Affirmed)

Paul: Yes, I think we get too bogged down—that's why I don't like science very much, because it tries to lay down physical laws as if they're rigid when they're not.

No, how can you have rigidity when all of existence is ever expanding? You cannot.

George: I gather that one new word that has come into science recently is—as opposed to 'Universe', the new word: '*Multiverse*'.

Multiverse—I am not aware of that at this moment in time...

George: It would seem to cover the idea of numerous universes.

Yes. We could have told them so, could we not!

(Laughs)

But again you see, as always, we are restricted by the intellectual thinking.

Sarah: Going back to the alternative...

Not 'alternative', 'alternate'.

Sarah: Alternate—when somebody rises up—my son, when he was ill, he rose up and looked down on himself—now that's just his spirit coming out of his body looking down, isn't it?

Yes, that is just the freedom of spirit from the human form. You all do it, you are just mainly unaware of it. But as you know, many people have control of their own spirit form and can easily and readily leave the body at any time.

Sara: We know someone who is trying to become a shaman—shamanic techniques—and one of them was to release negative emotional memories, and they tied themselves up and screamed and shouted and made a lot of noise, and it struck us that it's more of a physical approach. You can do that through mind and meditation—even through writing perhaps. But with the mind, you can actually achieve that release through meditation just as easily, but perhaps they don't have the same belief, so *they* use a very physical approach, which is obviously going to help *them* if it feels right to *them*. Would you agree?

I congratulate you on your clear thinking, and yes of course, there are many approaches to our world and every individual comes to us in their own way. And as you know my dear friends, there is so much diversity of words in your world that it matters not what is said or what is done, but what the *outcome* is.

Sara: Yes, that is what I thought.

And you are all going in one direction. But yes, I would of course say to you, use that power of thought in a quiet conducted manner and you can achieve the same status.

Sara: Yes, I think it's probably less tiring...

(Laughs)

Yes, yes. I think I would most probably agree with you.

George: When the thought produces the reality, one can look at it in reverse and say: behind the reality is the thought. Is that thought part of spiritual counterpart?

Of course, the thought is only formed after it has been formed in spirit. There is always the connection, you cannot separate them. That is why I say you as human beings are living in an alternate reality, because the *real*, if I may use that word 'reality', is not here, but in spirit.

Lilian: It is the shadow...

This is the shadow, yes. But it is still a reality in your own thinking, and you must always look at all things in that way. And of course 'thought' is the most powerful energy in existence. Each thought has already existed. Does that help you? *(Affirmed)*

Paul: So it's useful to think of this reality as an alternate one...

Remember when we discussed about all things medical and how new cures came and how things are discovered, and I told you that all of these thought-forms have already been formed in our world, (Mm) so the thought is given before it is received by the human mind—the human brain—the thought needs the human brain to work. Do you understand?

Paul: The thought needs the human brain to work...

Whilst you are in human form.

Jan: As a processor.

Yes. No of course, thought does not *need* the brain—thought will exist without a brain, but for it to follow through, that structured thought must be used in a human form; it must be utilised in that way. You understand?

George: Yes, the brain is the transmitter for thought.

Yes, you are much more forward with your words than I. Even now, I stumble with your human words.

George: We still consider it most remarkable that you speak to us in words that we can understand!

Yes, and of course I too am using a transmitter, if you would like to view it that way.

George: Well, these transmitters are extremely useful, and I guess it is *the way* of connecting spirit world to this reality.

It has been that way for some considerable time, but now we are using other methods that I told you of when first I came, through your radios and your televisions and your speakers—all of these things are coming to fruition and being recognised by your scientific community.

George: Yes, perhaps it would be true to say that, like the human brain, these things have become sufficiently sensitive for your use...

I would like to think that everyone's brain was that sensitive (*Laughs*)... but I cannot agree wholeheartedly with that one. But yes of course, I am being amusing! (*Laughs*)

Paul: Is that why healing works, because it's not *us* healing, but our brains perhaps are being used as processors?

No, no, no, no. Let me explain that healing *always* comes from the source of all life, but it needs instruments to be used for the purpose. Healing comes from spirit, touches the spirit of the healer, who then passes on to whoever is in need. It is spirit touching spirit. It has nothing to do with the human brain or form. Remember, I have told you that all conditions—illnesses, sicknesses, are created by yourselves, and it is *spirit* that has to change those conditions in the human form, otherwise there is no healing. If the spirit is not touched there is no healing.

Paul: The illness is simply a message that our thinking is incorrect?

It is on an energy level. Try always to think of illnesses as—what I termed to you before as 'dis-ease'—dis-ease of the spirit that the human form has created. I know that will always be difficult for you to understand, but that is the truth.

George: Yes, one little area that I find puzzling is: illness and disease are rather different from the common cold which is just transient, and I suspect that one is not subject to spirit.

Jan: Environmental...

No, no my dear friend, you cannot separate anything. If those who catch cold or whatever, they are vulnerable to those outside influences. Why do some (*get colds*) and not others if it is environmental as the lady says? *Everyone* should be prone to these colds or flu or viruses or whatever you call them.

Paul: They relate to our stress levels...

Yes.

George: So in an ideal situation we shouldn't ever catch a common cold?

No—if you are strong in spirit. But as you know, you humans are not perfect—and we know and we understand. But I am speaking more of deep-rooted disease.

Jan: What happens if—for example I was speaking to my sister today—we have the same inherited condition—surely that's on the same level...

It is because you both chose the same parents with the same human conditions.

Jan: Well that makes sense!

You choose parents with genes, with disabilities, with many, many issues. So that is why sometimes it affects more than one family member. Try not my dear friends, to separate these issues. It is basically that you are responsible for all things that come to you. Whether that is hard to accept, I cannot change that for you. But if you are strong in spirit, you will find that it is much easier to throw off these negative energies. Do you understand? (*Affirmed*)

Sara: And can they throw them off completely?

Of course!

Sara: That's what I thought. I imagine the challenge is for them both to do this—to find a way?

Yes.

Lilian: But people that abuse their bodies, like with drinking or smoking—that again is their own thought...

They have their free will, yes of course.

Sarah: I was just thinking of a friend of mine who died of breast cancer. She was actually—I *thought* she was quite spiritual, although on a different path to me. She actually died of the disease—that was because she wasn't quite strong enough in spirit, was that?

Originally yes—once disease takes over the human body, it then becomes difficult, especially if that person is not strong spiritually to resist disease.

Sarah: So once you've got it then you've got to be *very* strong...

Yes, you *need to*—you *need to* go within, you need to cleanse from within. And again, because you are human, you have human frailties and are not always able to do what you *inwardly* know is right.

Rod: So with meditation and thought, one should be able to heal oneself a lot better.

Yes.

Sara: I think you can become more self-aware with meditation and recognise when your thinking is not clear and hopefully stop the vulnerability from starting.

In meditation you are in contact with that higher self and all of those angels and helpers who are there to help and guide you. Therefore meditation is your first tool.

Sarah: If you have a disease that is caused by what you've done in a previous life, before you come back, will you know that you're going to get this disease?

Not necessarily, but you may be attracted to the same conditions. You will be attracted—it is not the *people* that you choose, so much as the *conditions* of life. So if you have not 'cleared' it in one life, then you will choose it again.

Sarah: Yes, thank you.

Rod: Could I just ask you: would you say meditation is superior to a prayer? I pray every night, but I just wondered whether I should meditate every night?

It is a form of meditation, but in the meditation that I speak of, you leave behind that human thinking. You go within to that part of you that is all-existing. Therefore my answer to you my dear friend is that meditation on a deeper level is preferable to uttered prayers, for your own help. Prayer for those in need of course will always be recognised. But if we are speaking of disease and illness, you really should go deep within.

Rod: Thank you very, very much.

George: Returning to 'separate realities', (Yes) would you advise seeing the *ether realities* with the elementals as separate realities?

I do not see any reality as separate. We are all as one, just shall I say 'different,' but never 'separated'. Do you understand?

George: Yes—all parts of the one...

Yes. It is a difficult subject to discuss. That is why I asked our dear gentleman friend what his own thoughts were, rather than try to explain a topic, which in your own words would feel most uncomfortable and not easily acceptable.

George: Yes and the scientists of this world would be very tempted to put the ether beings into separate boxes or separate realities, because that's the intellectual way.

Of course, but they are learning slowly. We must give credit to them, just in as much as they are now beginning to listen to us, and much influence is being imparted to them. So they are making tiny steps towards progress.

George: Yes. So would it be reasonably proper for us to view two universes intermingled—the spirit and this reality, (Yes) or would you recommend that we think in a more complicated way than that?

I wish always for you to think simply, in order for you to understand. Spirit is intermingled with all of you here now, because you *are* spirit. Spirit is not a separate place—to use your word. Everything is intermingled.

Paul: Is it better then to think of just one reality?

One reality...

Paul: But simply, as our consciousness grows, we'll see so much more...

Yes, your understanding will grow with it, yes.

George: And to think of it as 'two universes' is a very scientific way of thinking, **(Yes)** which one doesn't really approve of perhaps...

If you are part of that Creative Force, how can you then be separate? Every droplet in a sea forms a whole. Every tiny drop of water belongs to the whole. Do you understand? You do not look to the water in the sea as separate droplets, you see it as *one whole* do you not? (Agreed) That is how I would like you to try to view this energy called 'Love' ... or 'Creation' ... or 'Universes'. Think of it in just *one* loving thought.

George: You've presented an analogy which cannot be denied.

I thank you for your words my friend. I hope my words this time have helped a little in your understanding. (Agreed + thanks)

Sarah: Could I say one thing to you Salumet...I had a note from my son—he said he hasn't been reading the transcripts very much, because he's been very busy. But he did read the last transcript and suddenly he felt very uplifted at reading your words, like that lovely feeling just before you go to sleep. He said he's sure you would know that he is grateful to you, but he would like me to just say to you: thank you very much. **Yes, I thank you kindly. I need no thanks, but it gladdens me when I hear that somehow my words have helped in some small degree.**

Rod: May I just say, another one I always remember is when you end your discussions saying: I *bathe* you in *love*. That just feels very, very nice—a lovely term.

Yes—thank you. I of course always surround you and bathe you with love. It gives you the feeling of the love and warmth which surrounds each one of you at all times.

George: I was going to say it seems to last quite a long time.

Yes, the more aware you become, then the more lasting that feeling becomes. And with those words my dear friends, I will take my leave and as always, I thank you once more for listening, and hopefully digesting those words, which always are intended to help you in your own way of understanding, because as always, each one of you is on your own spiritual pathway. And with that I will leave you. (Farewells + thanks)

George's Notes: This session clarifies and reiterates a number of truths for us. Not least the true nature of disease (however trivial) and how deep meditation may cleanse or protect us from all afflictions. And how we each have a brain that is a very useful portable transmitter, and how thought powers all.

Concerning reality, we might compare Plato's very similar analogy. If in the darkness outside a cave people danced around a fire. And if people within the cave could only ever see the shadows of the dancers on the back wall, then to them the shadows would be their reality.

Plato's

Republic, Book VII.

Ruby Plenty Chiefs, is one of a number of outstanding healers/Medicine women, described in the writings of Lynn V. Andrews.

~5TH February 2007~

Good evening. (Welcomes)

As I come to you this time, there are those who wish to thank you for those healing thoughts for the animals of your world. Sometimes the creatures of your Earth are forgotten, so I will say 'thank you' from those who are dealing with those healing thoughts. As I come closer to you this time, I feel the need to say to you how calm and peaceful this room is this evening. I will, on this occasion, speak with you on any subject you wish, but I also would like to say this to you my dear friends that it would be most apt this time if our dear lady friend will take you for a journey of seeking those higher beings that you have not yet met if she is prepared to do this, this time.

Sara: Yes, I can try.

Yes, you can do it—do not doubt.

George: I think we're giggling because we're not sure who is doing it!

Each one is supported in whatever takes place in this room. You are all loved and protected and we know that you feel this great energy whenever you enter this room.

Sara: I never feel I'm alone when I do the journeys—I always feel inspiration and the presence of others.

Yes, of course. We would not leave you alone. There will always be someone to help you.

Lilian: When you speak of 'higher beings'—that's not angels?

No.

Lilian: That's not our higher self?

Possibly your higher self, but not the angelic beings but those who have gone before you and have grown a little more than yourselves.

Lilian: I see.

Until you make some contact, you will not have that differentiation between them. You understand? (Yes)

Now my dear friends do we have any questions this time?

Lilian: Yes, I think Jim has a question for you, if that is alright, but he's going to need the torch (*flashlight*) to read out, so we will do our best to keep it low.

Jim: During six months of 2006 last year, I received medical treatment for cancer. I also asked for and received spiritual healing here at Kingsclere. My doctor has just told me how very well I have responded to the chemotherapy and that I'm much improved. I had a strong feeling that I was being helped, which I can only describe as a spiritual experience—something I really felt inside me and I'm very grateful for this. My first question is: Am I spiritually on the right track to continue not only in healing, but also in making the progress you have told us is the prime purpose for our earthly life? And next, I'm faced with having to make a decision about the possibility of hip surgery, nothing to do with the cancer. What is your advice?

Thank you, I understand your questions. Firstly, let me say this to you my dear friend: you would never have entered this room had you not placed one foot on the spiritual pathway. That is my first reply to you. And of course as now you are beginning to realize when contact is made with our world, we do not let you go so easily. Therefore, our words at this time in your life are most important to you and, in accepting our love and in trying to understand truth, you are indeed my dear friend walking the pathway of spirit. Always remember that with your freewill, you can deviate from that pathway, but by holding strong to that truth, to that knowledge, you cannot go wrong in your healing. I place the responsibility back onto your shoulders, because, as the others fully understand, we cannot live life for you; we can only uplift you, guide you, enfold you in our love, but you must take some responsibility for your actions. As to your second question, I would say that the doctors in your world are there for a very good purpose in helping mankind and although there are many doubts and fears, they are there to help their fellow man. Therefore my dear friend, I say this to you: if you go forward with this operation, you may rest assured that by making contact with those of us in spirit, you will be helped, things will be made much easier for you and your recovery time will be so much quicker. This already you are having proof of, so I would say to you, go forward, be clear in your endeavours and do not allow any fear to enter that part of your consciousness that would make you afraid. Keep it from your mind and all will be well. Does that answer your question for you?

Jim: I feel I couldn't have asked for a better message from you than you have given me and I understand it. **That is important.**

Jim: Thank you very much.

Yes—our love is with you, do not be fearful. Are there more questions this time?

George: I have several from past matters. There are one or two loose ends from the session on Ancient Egypt. I don't know if it would be proper to raise those at this time?

I intend to devote some time to that matter so we will not use the time this evening, but I assure you we will discuss.

George: Oh, thank you. Yes, that would be wonderful because on that occasion the energy began fading and there were one or two little loose ends. It would be wonderful to devote some time to completing that.

Yes. I do not forget.

George: Thank you. Now, sometime ago you asked us about understanding ourselves, to go within and find out about ourselves and I know I didn't give you an answer concerning that. So perhaps I could say something now. In going within I found it very difficult to think in terms of myself without also thinking in terms of others and other connections—in fact as I thought about it, I couldn't really think about self without thinking about the entire creation. I don't know if that was your intention in asking us to partake in this exercise, but it occurred to me then that a model to aid the thinking would be an orange and I started thinking in terms of the deeper spirit being the interior of the orange which is all much the same, yet there is structure there. I feel it's perhaps a little bit like this in the deeper spirit—there are as you say conglomerates and light beings, angels and soul structures—like the flesh of the orange, they're not very rigid structures. Then it seemed to me that physical beings are rather more like the peel of the orange, which experiences sunlight and things happen within the peel. The peel and interior are interdependent and the freewill of the physical beings would happen in the peel of the orange and some good would come out of the various interactions and pass onto the interior. So if one saw this as a model for the universe, then only good would happen in the interior and that could progress, but all the freewill and any risk would happen in the peel. I felt it was a model that I could understand. I just wondered if you would have any comment on that?

Indeed I do my dear friend. Firstly I admire your analogy of life. One question to you: what happens with the orange that is bad within?

George: Well I don't think this could happen in the spiritual analogy.

Yes, of course. I understand where you are coming from. Let me say, when going inwards, in finding that true self, in whichever way is most comfortable for you, then that is fine. The important part is that you feel part of all existence and, yes indeed, there is a fluidity in all of existence, in all of life—nothing is static. We have expressed the fact that energy is ever growing, so in a sense your orange analogy is a little stiff in as much as I can see restrictions in the peel of the orange. I would suggest that the orange stripped of its peel is more in tune to that spiritual part of the energy, where it can expand and grow further apart and yet still belongs to that one unit. Do you understand what I am saying?

George: Yes I understand...

I am trying to simplify it for you in your own language.

George: Yes, it has to be more fluid than the fruit.

Yes, it has to expand, but if that is your way of going inward and being part of the whole, then I am not one to tell you otherwise.

George: Yes, it just seemed to be a model which allowed badness and deviation to only occur in the peel and not pass to the inner spirit.

Yes, that is fine and well for you. However you go inwards, that is part of your own experience, that is your own fulfilment, but in quieting the mind, in going within to that all-encompassing quietness, that is where you will find your *true selves*. And truly, only when that quietness is there, will you begin to understand what you are about. I hope that helps you.

Jim: Can I ask a question again? Salumet, have you ever met Jesus? I just wondered about that possibility?

I am aware of the one you talk of. I do not acquaint, because I am from another source, but I am aware of his name and what he has created in your world. Yes—does that answer your question?

Lilian: Did you have a question Graham?

Graham: Yes. It's a question that has been raised before, but I wanted to take the question a little bit further this time. It's a question about personality. We are all very different beings and all behave and conduct our lives in very different ways and I think the question was I asked of you once: does personality come through before we're born from spirit world? And I think that you answered at the time that 'no it doesn't—that the physical conditions in which we live mould development of our personality'. Am I right in saying that so far?

Yes.

Graham: Then we go on through our lives and eventually we pass back to spirit world and I guess there we do, at least for a while, take our earthly personality back with us into spirit world.

Yes.

So we carry on much the same way but of course we develop and evolve on that side of us as well. Why is it that when we do come back into our next lifetime, why is it that we start again with the opportunity to develop a new personality. Is this to enable us to move forward without any restrictions which are personality that we have at that time may impose on us?

I understand your question my dear friend. Sometimes personality from past life does come with another incarnation, but that is only because conditions of past lives have not be resolved. They are few and far between. Remember my dear friend that when you reincarnate, it can be another aspect of soul which is returning. So it is that all memories cease in order that the lifetime which you have chosen can be fulfilled without any—how would you express it—hitches. You understand?

Graham: Yes.

Is that helpful to you?

Graham: It's enormously helpful, yes, thank you. It's something I've pondered about before and yes, I think the bit that I wasn't understanding, was the fact that when we come back for a new lifetime, it's a new aspect of our soul that is given the chance to develop and go forward. Yes.

In the same way that I come from a conglomerate of beings, the soul itself is made of many aspects—we have spoken about this before—and that is what you must try to remember.

Graham: Yes, thank you. That's so clear, I won't forget that explanation, that's very clear, thank you.

Sarah: I don't know if this question has been asked before: if you go to any other groups, Salumet? If you say you come from a conglomerate, do the other parts of this conglomerate, do they go to different groups like you do and then you assist sometimes if you know something more than that particular...

No. I am but one part which has agreed to return at this time.

Sarah: Ah right.

No, we are not separated in many groups.

Sarah: And do you go to any other groups or is it just us?

I come only here, but at times I do have some influence, but, no, I do not speak through another's voice box.

Sarah: We're more than honoured. (*Agreed*)

Jan: I have a question, Salumet that I think relates to clairvoyance, maybe. And the reason I say 'maybe' is, in my everyday life I think sometimes people look upon me as being, not strange, but rather arrogant because when they're talking to me, I get true pictures of what they're telling me and for years I thought it was just my imagination but as times goes on I think it's more clairvoyance, so I find myself answering them before they've even told me. Does that make sense or is it purely... Is it part of my development?

It is part of you, not development. What I might suggest to you my dear friend is control, not that you can change what you *feel* and what you clearly see, but you must have restraint when dealing with another person. And that applies to *all* gifts—there must be an element of control if you are not to allow it to overtake your life. Do you understand?

Jan: I think so.

Yes. Try to focus without speaking and then...

Jan: But even when I do that, I can still see vividly and I have empathy for what they're telling me—it's more than just somebody telling me a story or a problem, I feel it. I feel it more so in recent years than I ever did before.

Yes. It is part of you. It is something that will become stronger as it is used, but I say 'have control in using what you see and the words that come to you'.

Jan: So you're not asking me not to see.

No. You are clear-seeing—you have that gift, do not doubt it, but just have a little control over it or use it in a more controlled manner.

Jan: I understand.

You understand.

Jan: Yes I do.

Sarah: It's been very helpful actually, her clairvoyance, when we have Bonniol through, because she's able to see things that perhaps Bonniol can't explain to us.

Yes. That is why each one of you have...you *are* spirit, you should be using the spiritual aids that you all have. It may be that another may not *see* so clearly, but can still *feel* what the other person is saying and have that same understanding without the clear vision. You understand? (Affirmed) You all must develop those spiritual gifts as you call them. They are not gifts, they are your *right*—they are what you are. But it is up to each and every one of you in this lifetime to continue to use these aids of spirit—I prefer to call them *aids*, rather than *gifts*. The Great Creator does not give *gifts*, because you are part of Creation. Do you understand? (Affirmed) You are all *part* of Creation—you are not a gift, you are part of it.

Jan: I think on Earth we use that term very loosely, don't we? We talk of 'oh, it must be a gift' or 'they are gifted'.

...When it is so natural—yes, you are correct.

Now my dear friends I feel it is now time to allow our dear lady friend to take you on your journey for this time. I will leave you and, as always, know that I am near at all times, know that those in spirit who come close to you are with you when you need them. Do not be afraid my dear friends to ask for help for yourselves.

(Thanks + farewells)

~26TH February 2007~

Lilian: Welcome Salumet.

Good evening. (Welcomes)

As I come to you this time there is with you a sense of pressure within your energy field; so I will begin slowly this time. As always, my dear friends I am happy to join with you once more.

Lilian: We are very happy to have you back again.

Your thoughts of healing are taken and your concerns for your wider world are most appreciated, as is always, your thoughts outside this room. We have watched each one of you closely as you approach your everyday lives; your consideration for others—that innate love which you feel for those in need, not only human, but also the animal and vegetable kingdoms. It shows to us my dear friends how much you have grown and I hope always to remind you of this, because even although you are not aware of your own spiritual growth, we can see that over time that light quickens even more brightly, and for this we wish to thank you.

George: It is very good—very reassuring to have your words on that.

Lilian: And we're grateful for the teachings that you bring—it helps us along the way.

Yes. For this time I will not be with you too long, because we do not wish to place any unnecessary fatigue to the instrument this time.

Lilian: Yes, we understand. *(Eileen had been unwell)*

You would do well to understand that communication with our world is natural, but there is always consideration for the human form at all times, but even more so with this type of communication. You understand? (Affirmed) Therefore my dear friends I will answer anything for you and then will proceed to work quietly with this instrument for the rest of this evening.

Lilian: There is one question I think we're all interested in hearing. Will you start, Sarah?

Sarah: I know you've told me I shouldn't worry about communications that come through me aren't real, but we did have one the other day and he said that we are already preparing for our passing over to the other side and that when we go over to the other side we would be surprised at the thoughts we've been having over here. Can you just say anything about that?

George: Yes... I think this, Sarah, originated from another group and it came via a soul aspect of the person in that other earthly group. I think I'm right in saying that.

Sarah: Yes, I had completely forgotten that.

Lilian: Which was completely new to us...

Yes, I understand what you are saying, but there would be no need for another aspect to be involved so closely with one lifetime. So your question is... what are you confused about?

Sarah: Well, I think first of all that somebody came through me and said that somebody from another group wished to make contact with us and then this other person came through and because this person was still alive, it was a spirit that was doing the talking for this person who was still alive. Then the message was that we are already preparing for our passing over to the other side with our thoughts that we're not aware of. Is that right?

Lilian: Yes, they had teachings from someone, say, similar to you in their group, only maybe different teachings and this was one of the teachings they passed on.

Can I just clarify one thing for you?

Sarah: Yes please, thank you.

When spirit returns to earthly form, that has been their decision. The other aspects of the soul remain just that. There is no contact whilst you inhabit these human forms, with other aspects of the soul; that only takes place when you return home and then all is made available to you. So, therefore, yes, all is placed before you, all conditions of that lifetime, which of course include any thoughts that have been sent forth, because you understand that thoughts remain and are real and are reality. So therefore your thoughts are made available to you, but not any more so than the whole of your living. All is known anyway, so I would say to you my dear friend that when communications take place, you have to at some stage of your development be just a little more discerning with whom you are making contact. You understand?

Lilian: Yes.

I do not say that this is incorrect, but what you are being given I have to say was from someone whose knowledge was in some way a little limited.

Sarah: Yes, well that's why we were keen to ask your opinion, Salumet.

But don't doubt the communication aspect: that is real. But what I would wish you to do now as you each develop more clearly, is just to be a little more discerning of those who come to you. If you are in doubt, place the question before us and you should have the answer immediately. Do you understand?

Sarah: When you say 'place the question before us'...

Send your thought to us and have it—I believe you would say, 'clarified'.

Sarah: I think that's why probably we were keen to ask you because maybe it just didn't sit quite comfortably with us.

Lilian: No it didn't, did it—we were just puzzled.

Sarah: That's probably—we got the answer already and we didn't need to ask you!

I can assure you that there are many groups throughout your world who would be taught all of the things that I am teaching you, because when first I came to you, did I not say that this had been a chance for us in spirit to come at this time to teach many truths—nothing new, but to remind mankind of what has always been. So therefore it must make sense to you that there would be many, many more being taught these truths.

Sarah: Would there be by any chance, because this communication who came through said it was from someone who was living already—might there just be a chance that they wanted to make contact with us because they had been made aware that maybe we had a greater teaching than they had, or is that just...

That is not correct. Why would they not make human contact? That is the question that you must ask.

Lilian: That's what your instrument said actually when I was talking to her.

I would only say: what is most concerning as far as I am concerned is that they are involving other aspects of the human form and that is not so.

Sarah: I think it was just because somebody from another group wanted to make contact with us and in the meetings they would have to do it via another spirit—that's not good then, you're saying?

Another aspect, I believe you said.

Sarah: Well I think George said that but I don't think that's quite right. I think it was, what I understood, it was somebody from another group who was making contact with us but because they were still alive they had done it through a spirit.

But it is not sensible, would you not agree, for this to take place?

Sarah: It did seem a little strange, I have to say.

Yes. I would not be too concerned provided you understand that some communicators are not as advanced, if I might use that word, as they sometimes think. They do not wish to deceive, but they, themselves, do not have that knowledge to give, and therefore as people become confused in your world, so sometimes our communicators get confused in *our* world.

Sarah: Would there be a way if I were just to say mentally not to have this sort of communication—would that be apt to say that?

Your communication should begin at the beginning as you join together to ask that you receive only that in love and truth, and that of course you know each of you are protected. But to do it individually is wise also.

Sarah: But then of course this one was doing it in love and truth probably but it just wasn't quite right.

That's why I say: do not doubt the communication aspect, only sometimes what is said.

George: Perhaps one could see it as an experiment: like the general run of experiments, some are sensible while some are very questionable.

Yes. All have their own views and I will not say motives—that is incorrect. But they feel that their advice to you is correct when sometimes it is a little wayward. Perhaps that is the best way to describe it to you. I hope that has helped in some way.

Sarah: Yes, thank you. Well all I can say is: 'thank goodness we've got you, Salumet!'

Lilian: Yes. That was going through my mind. Yes, thank you.

I believe you already have communication with others who are having information from us along very similar lines and I am sure they did not need another communicator from our side of life. The communication has been made by our dear friend here.

Sarah: Which dear friend is this?

The one known to you as George. He already makes contact in the earthly sense with those of like mind, does he not?

George: Yes.

Yes. And that is much more appropriate my dear friends for those of you in this world.

George: Yes. Are you able to take another question, Salumet?

I will take one more only.

George: Could you clarify for us the difference between 'mind projection' and 'astral projection'? We're aware of some differences. I think the mind projection involves mind or brain connection, and I think astral projection can occur during sleep state (yes). Could you clarify that area for us, please?

Yes. Astral projection is a solitary endeavour. Mind projection requires another mind. That is the utmost point to make (yes). There is no point in having mind projection if it is not taken up and received, but the spirit can make astral projections by itself and travel throughout all of eternity as a solitary unit.

George: Yes. So could one say that astral projection is like the first part or the outset of mind projection?

Yes. I would suggest to you that is a rather clever way of looking at these two things. Mind projection is on a much more spiritual level although all of you can do it when it is created and used properly. Mind projection is what is used in our world all of the time; there is no need for words. It is a mind-energy (yes) and it becomes much more refined as you move forward in our world.

George: Yes, and I take your point about it being more spiritual and that connects with it being shared (yes); not only perhaps being shared by the two people principally involved but also shared by the 'support' groups, if I could use that word.

Yes. There will always be those in spirit aware of any thoughts. There are those who are *called* thought-keepers but I believe you know all of this. But, as I have tried to tell you in times past, you have to begin somewhere with mind projection because, remember my dear friends, you *are* spirit. You must always

remind yourselves ‘you are *not* human, you *are* spirit clothed in human garb’ and if you constantly remind yourselves, mind projection should become much easier for you. It is the human element of man which holds him back—he is afraid in his own limited way of what is available to him. You understand?

Sarah: Are people who contact deceased—people in spirit communicate with them to pass on messages to us—is that a form of mind projection?

It is used of course. It is more a blending of—we will use the term ‘mind’, but it is more a blending of energy; it is slightly different. When you use mind projection, you are sending to another. When mediums here make contact with *our* world, the energies are used differently.

Sara: Salumet, can I just ask: If I’m sitting at the piano and I suddenly receive some inspiration, and I can suddenly play a new piece, that I’ve never played before straight away, is that mind projection? Is somebody projecting that to my mind?

That is a form of mind projection, yes, because you are not *aware* of any connection or you have not as you say in your world, ‘tuned in’, then you are open to mind projection.

Sara: Because I’ve been really amazed sometimes by that but as far as I have been aware, I’ve just been feeling very relaxed.

Yes and you have opened up to receive from our world.

Sara: Presumably if I ask for more in meditation, that would be given, and I sit more...

That is possible—I will not say it is necessarily true that you will receive more. It will depend of course on whoever is trying to inspire you.

Sara: Right—then the other question I wondered is: I feel there are different people with me sometimes because my playing is very different (yes). I noticed this weekend, I played twice; the second time it was a very different experience.

Yes, there are a group who come to you.

Sara: Ah, thank you. That does answer the question.

Yes, there are a group of five.

Sara: Five! Um! That’s very interesting, thank you.

Now, are you happy with your answer, my dear friend?

George: Wonderful, yes. I’m sure that’s clarified things beautifully for all of us. Yes, that’s wonderful.

Now I will withdraw this time. I will work quietly with the instrument (*Eileen*) and leave it with our dear lady friend (*Lilian*) to continue with whatever is in store for you.

Lilian: Thank you again. Thank you for coming.

As always, I leave you surrounded by my love.

General thanks

George’s Note:

So *astral projection* is a solitary no-limits tour, while *mind projection* also is unlimited, but it is a meeting of minds which allows dialogue or inspiration, and it is with involvement of guides.

~5th March 2007~

Good evening. (*Welcomes*)

As I join with you this time I wish to say ‘thank you’ to our dear lady friend (*Lilian*) for dimming the light just a little.

Chuckle from *Lilian*

Our connection grows strong when your awareness has come forward to meet my thoughts. As always, I am happy to join with you once again and was happy to note your awareness of the needs of many (*Before Salumet came through, the group had given thanks for spiritual help given to those in need.*) and my dear friends, you could not do this unless your own consciousness and awareness had grown. I was most interested in our dear gentleman friend speaking about raised consciousness within your world and this is true. (*Re being more aware of other life forms sharing our planet, such as the elementals*) I have told you on many occasions that *our* purpose this time is to bring truth and that you people on this planet to recognize that truth. I also have told you that this cannot happen in *your* lifetime; it is a step by

step, slow progress, but nevertheless it is happening, and all of us in *my world* are pleased to see this progress.

Sarah: We are very pleased to hear, too, that it's happening.

I would just like to stay on this subject for a little while longer and to tell you my dear friends a little of progress that is being made between our world and yours. Not only is the consciousness of man being raised—and I would say it is partly being raised because of the life of many good people upon this Earth who *show* their love and their knowledge by example—that is a way forward, to show by the way you live your own lives. But what we in my world are trying to achieve now is to alter all of the 'stuck' knowledge that is within your DNAs. This is little known at this time, but there are those upon your Earth who are gaining knowledge of this particular aspect of change. I feel some questions at this point...

Graham: Could you expand a bit of what you mean by DNA and stuck knowledge in DNA?

In the same way as all conditions of your life are within your DNA pattern, so also are thoughts.

Graham: Gosh, that's interesting!

George: Does this change connect to a noticeable degree in genetic change?

Not particularly. It is something that has always existed but mankind down through the ages in many areas of living has become 'stuck'—I believe that is your common word—and it remains so. Rather similar to those of you who reincarnate with problems from past lives, so too does humankind come with DNAs which are stuck.

George: So I think you're saying that there's a particular spiritual connection to the DNA helix.

Of course, of course, although it has the physical connotations, all of spirit has to be involved in these things. That is a way forward to release people from past thoughts and actions. It is something for you to think about and I will bring more to you when you have pondered those words.

George: Yes, I imagine it is not quite like wiping a slate clean. Perhaps that's ...

That cannot be.

George: No (*Chuckle*)

That would be much too easy, would it not?

George: Yes, but it is a factor that would make our way forward a little easier.

Changing your lives and thinking and to become that more spiritual being.

Sara: Re-programming the mind with better thoughts, more positive thoughts.

Yes, that is exactly what it would achieve.

Sara: So that clearly relates to what was said recently about the fact that any condition can be overcome, not necessarily taken away but overcome by the power of thinking.

Yes. Again it demonstrates the power of the mind. Do you see how thinking joins in all aspects of your lives and how powerful it is? (Yes) It is that part of you which will always exist. Therefore, that is something for you to think about and I will await your questions next time. But it is a little more knowledge that will come from many angles, from many countries, because we in spirit are working with *many* in this work.

George: Yes, I'm sure it is true to say that we have not really thought about a DNA link.

No. It is something that is very new to your knowledge I know, DNA, in the amount of years that it has been discovered, but of course in our world it has been known forever—so it is not new. So I hope my dear friends it has given you a little more to consider.

George: Yes indeed.

Graham: DNA is linked with our future evolution (**yes**), so if we're stuck with past consciousness in our DNA which we have at the moment, if we can let that go and move forward with our spiritual learning and awareness, then we will physically evolve as well.

Yes. Would you like to sit here?

Much amusement

Graham: I'm not quite qualified yet!

You started this conversation and now you have given a very apt explanation. It just shows how much you have all grown. Now, as I leave that with you, I will answer any queries you may have this time and allow others to come. Do we have questions this time?

Sarah: I would like to go back to something you said just now, Salumet, about your mind/thought always exists. Does that mean that each aspect of us that comes back here has its own mind and thought that continues to exist always with that aspect?

When you return here, you have the ability to join with the other aspects of yourself in spirit if you so make that connection, but when spirit returns to this Earth plane, that is an entirely new life and thoughts will be made whilst in that lifetime, because most people have memory erased for that purpose—because if you brought with you all knowledge, why would you be here?

Sarah: Exactly, yes.

You understand?

Sarah: Yes.

So no, knowledge is available through the angelic beings if you like, with whom you can make connection, not with your other aspects directly.

Sarah: But I was just thinking that each aspect that comes back, it will have its own mind, its own thought. **Yes, for that lifetime.**

Sarah: Ah. But when you said it's with you always, when you return to spirit...

Thought is always there, it will return to that energy field. You are thinking on a physical level my dear friend—you have to let go of that way of thinking.

Sarah: It was just when you said it's always there, I was thinking that the next aspect will have its mind and its thought—but that all goes into a thought pool...

Energy cannot be rid of, but we have what you call an 'energy pool' of thought. You understand?

Sarah: Yes. I understand that, yes.

I am sorry if I have led you to believe wrongly.

Sarah: No, that's fine. No it's nice to have the confirmation. Actually all these questions always give you a little bit more information, a little bit more understanding. So, yes, thank you, that's fine.

That is what I would wish to encourage in each one of you: to use that thinking, to make connection with us in order that we can help you, not only in everyday life, but in understanding yourselves.

Sarah: Thank you.

George: You referred to my physically making contact with various people last time and I felt afterwards perhaps I should have taken up that point. Yes, I do write to a number of people—I don't always get replies, but I hope perhaps seeds have been sown, but yes, it would be nice to get more replies to letters. I sometimes wonder if I'm doing it in the wrong way...

You do what you feel is right my dear friend. Continue and, as I have said, only one seed sown is a job very well done. You cannot expect more from humankind. Some are quick to take up any contact, but others will always be less happy to make response. But do not be concerned about this—all will fall into place.

George: Thank you for your advice, that's nice to have.

Now my dear lady friend (Lilian) I will leave the rest of this evening in your most capable hands.

Lilian: Yes, and thank you for the information tonight, very interesting.

It is good sometimes to make you think just a little bit more. And with those words, I will leave you. I surround you all in that great light of love. I ask that it bathes each one of you in love and in truth, and until we come together once more, I ask that each one of you be given the help that is needed.

(Appreciation expressed + thanks)

George's Notes:

Salumet's words: **'there are those on your Earth who are gaining knowledge of this...'** Once again a topic has been introduced from spirit of which we in the group had no prior knowledge. The following two pieces plucked from the Internet may be of interest, the first dated three days after the Monday meeting! Parts that seem to particularly align to Salumet's words have been picked out in bold:

1. From ... NEWSFINDER, 8 March 2007, posted by Fotopoulou Sophia: The human DNA is a biological Internet and superior in many aspects to the artificial one. The latest Russian scientific research directly or indirectly explains phenomena such as clairvoyance, intuition, spontaneous and remote acts of healing, self-healing, affirmation techniques, unusual light/auras around people (namely spiritual masters), the mind's influence on weather patterns and much more. DNA Can Be Influenced and Reprogrammed By Words and Frequencies Russian DNA Discoveries In addition, there is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies WITHOUT cutting out and replacing single genes. Only 10% of our DNA is being used for building proteins. It is this subset of DNA that is of interest to western researchers and is being examined and categorized. The other 90% are considered "junk DNA". The Russian researchers, however, convinced that nature was not dumb, joined linguists and geneticists in a venture to explore those 90% of "junk DNA". Their results, findings and conclusions are simply revolutionary! According to them, our DNA is not only responsible for the construction of our body but also serves as data storage and communication. The Russian linguists found that the genetic code, especially in the apparently useless 90%, follows the same rules as all our human languages. To this end they compared the rules of syntax (the way in which words are put together to form phrases and sentences), semantics (the study of meaning in language forms) and the basic rules of grammar.

2. Re book: The Biology of Belief: Unleashing the powers of Consciousness, Matter and Miracles ... Bruce Lipton...Dogma of DNA finally dissolved!!!, April 19, 2005. Well it's about time! For those of you who have been plagued by the dogma of DNA (genetic determinism or fatalism) will find this book beyond inspiring! We have been told by western biology that the DNA is at the heart of who we are, with the DNA in the cell nucleus being the brain of what activates and makes the cell function and control the rest of the body's activities. From this model (actual called the 'DOGMA OF DNA' in Biology teachings) ALL life is DNA in motion and we are genetic beings with all our diseases and traits (physical & mental) pre-determined. This model/paradigm has become a key part of the very structured and defined mechanistic biological pharmaceutical medicine we see dominating the West today (sigh). BUT in this book Lipton has flipped this notion upside with the profound discovery that the DNA in the nucleus is in fact is NOT the brain or determining factor of the body. Lipton deconstructs the dogma by showing the mem-BRANE of the cell is the brain that is driving and determining the cells activities which equal the rest of the body and its functions. The key here is the signals that are received by the cells mem-BRANE. These signals consist of input from the environment but mainly the thoughts of the individual. He shows that when we become response-able and can pro-actively use our thoughts to cohere with the cells activities we have profound influence over their behaviour. THOUGHTS INFLUENCE BIOLOGY, now who chooses your thoughts?? When one controls the signals they control the cells and this changes everything we thought we knew about cell, the human body and ultimately dis-ease. I found this book to be an important piece of the 'beyond the BLEEP' new science information that truly shows how 'our thoughts control our reality'. The BLEEP opens up the dialogue but with not much advice on how to now engage this perspective. Lipton's book is a beacon for it truly shows how this revision of perspective can radically empower YOU to know how and why you are able to change your life. Unlock the power of your mind as it is a key piece of opening up to higher levels of operation internally and externally. The Biology of Belief is almost beyond belief as it is a part of the next phase of the new sciences that are dogma shattering. This book is a leap forward: knowledge is power - self-knowledge is self-empowerment - all you have to do is believe it! It was 1953 when James Watson, Francis Crick and Maurice Wilkins discovered the double helix structure of deoxyribonucleic acid, that we now call simply DNA. Much has progressed in this field in the last half century! The two above items representing East and West as they do are in keeping with Salumet's 'many countries' being involved.

~12th March 2007~

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As we come together this time, the energy is good. You, or some of you, may feel a difference this time. Try to be aware of this surge of energy and feel what is round and about you.

George: It seems to be building as you speak.

Yes, that is good that you feel it so. By being able to differentiate between the powers of the energies used, it shows your own enlightenment to what is about you. My question to you my dear friends: do you have any questions about our last meeting before I continue onward?

George: Before questions, perhaps I could say that I looked at the internet two days after the last meeting, and I found two items that relate to *thought modifying DNA* and there is some interesting information, and one of those items was posted on the internet two days after our meeting. The DNA was described in one of those reports as 'like a biological internet'. I think the meaning there is that the information can be put into the DNA and information also comes from the DNA to have its influence.

Yes, that energy, whether going in or out, is transmuted. Yes, you are correct. But it is not new as I have told you—it is only that it is beginning to enter the consciousness of man that it is now becoming more available to human thinking.

George: Certainly there is the evidence on the internet that, as you say, it is entering the consciousness.

Yes, that is the purpose for it and of course that mankind might have better control of his own spiritual being.

George: Yes, it is openly declared that thought and words have that influence and...

As you well know my dear friend—that I have told you on many of your years now.

George: Indeed, and I think that thought can come from the individual himself, or it can come from a healer, or it can come from those in spirit, or as I think you were saying last time, it can enter from *deeper* spirit. All those thought places would, I think, have their effect.

Of course, your words are completely right.

George: Thank you, it's good to have your confirmation on that.

I applaud the fact that you have gone on and found for yourself what is being made available in other areas. That, my dear friends, will and should satisfy your own need for what you would call 'proof'. Do you not agree?

George: Yes, I happily accept it and I think a number who read our transcripts will see that as proof and find that reassuring.

Yes. It is up to them to consider *our* words and whether or not they are happy to accept truth. We are not here to force anything upon anyone, but rather to encourage deeper thinking for oneself. Yes?

(Agreed)

Sarah: That actually was what helped me in the beginning to want to come to the group, because those words—not knowing very much in the beginning—when you said that you didn't want to force anybody to do anything, it was that that encouraged me, because so many of the religions say '*you must do this, you must do that and you must do the other*' and you were just different. So that was good.

Yes. All knowledge my dear friend is *within* you and as much as we come to help and to inspire and instruct you, it is far greater that you look within in this lifetime and find yourselves. We want you to use the freewill that you have wisely, and that is what you are accomplishing now.

Sarah: Going back to the DNA, Salumet. In changing it with our thought, will that actually show up on the physical DNA? I was only wondering, because people who've committed crimes have been trapped through their DNA and if the DNA were to be changed in some way, would they still be able to recognize that person?

Yes, each one of you has your own individuality stamped within the DNA and although it can be transmuted, it is not to such an extent that the *physical* individual could not be recognized. You understand?

Sarah: Yes I do, thank you.

Jan: It's not a question, but I'd just like to share with the group what my son, Richard, told me a couple of days ago. I think, Salumet, you have touched on it in the past. He filled two cups with water and wrote on a sticky label on one cup the word 'love' and on the other cup the word 'gratitude' and put them in the

fridge overnight. The following morning he drank them and throughout the day he felt an overpowering love and gratitude. He told me that water has a memory. I wondered if you could give me your comments on that.

Yes, because within water lies *all* of life's energy as it does within human beings. You are structured mainly from fluid—water as you call it—so of course all things are filled with the energy of that overpowering being, if you like, known to you as love. Is it not true that you may have two people—one who is filled with love, one who is filled, not with hate, but let us say, with some disquiet, and is negative. Which of those two human beings will remain the healthy one?

Jan: The non-negative.

Yes, yes. So in all aspects of your life you should exude love and of course gratitude to that Great Creative Force from which we all come.

Jan: I was absolutely amazed, and I know I shouldn't be but I was amazed by it—he was so filled with the joy that he felt—he does anyway, but he said he was absolutely filled up with those two emotions all day.

Yes. It should also apply, not only to your water, but to the food you eat, to the people in your lives, to the animals in your fields—all should have that love extended to them.

Jan: Yes. He went on to say that when, as you know, we prepare our meals and we cook, that if you are preparing a meal in love, then the meal will obviously taste a lot better (**yes**) than if the meal is prepared with discord—and that happens on a daily basis, if you're hurried or not feeling too happy...

Yes. Unfortunately within your world the female of your race has much responsibility when preparing food and drink for those youngsters for whom they care. If only they could but realize that love in preparation and in serving food and water or whatever, would serve your young people and help to sustain them for the rest of their lives, because, as you know, children learn mainly from the parents to whom they have come.

George: Yes, I have a feeling we really should be re-thinking our school meals system. (**Yes**)

Jan: Which has started, George, hasn't it? People are thinking ...

George: At a physical level really. I don't think the *spiritual* level has entered into food systems yet—on a *family* level yes, but nothing more.

But you have allowed me to continue most aptly to what I wish to say to you this evening. It has led very nicely to my topic.

Jan: I think he was meant to tell me then.

Yes, of course. And it is this my dear friends, that I am sure some of you are aware that since the beginning of this millennium there has been much spoken about children coming into this world who are much more spiritual in nature and who in fact have come to this planet to bring much knowledge. This my dear friends I have to tell you is what is happening *now*, that as we progress through the next one thousand of your earthly years, much change is coming to mankind, mainly through those small children who have spiritual gifts and knowledge which will in many cases *astound* the human race. These children come with much knowledge and I am sure that over your next few years of earthly life you will be made aware, whether it be by mouth or through your media, there are many children who bring to you much love and truth and they are and will be the forerunners on this planet to help to make the change in human consciousness.

George: Wonderful! So we could think of this as an injection of different from the usual, soul material.

Yes, it comes from our world. When first I came to you I told you my dear friends that this time we could not—I use your earthly word 'fail', but that is not to say that we have failed, but that mankind has strayed just a little from the spiritual pathway. But I wish to tell you this evening my dear friends to watch out for these children; they will appear in all parts of your world, they will deliver to mankind the love, the hope and the change that is needed for mankind to go forward.

Sarah: It sounds as if people are going to take them seriously, because quite often adults don't take children seriously, but it sounds as if these are going to make a good impression.

They will have that factor of *belief* that adults in your world will see from example from these children, just what they bring to this world. So my dear friends remember these words, because you will have them clarified as I have said.

Sarah: That's good to hear.

Paul: I expect some of them will have gifts to the fore which people will be able to see as well.

Yes. But their spirituality will shine forth from them. It will not be denied. These spirits or souls have come for this purpose, but it has been decided that it is the children who shall take the forefront of this knowledge, because children have an innocence and a beauty which many adults lose.

Paul: It would be very *fitting* to let the children lead the way. **(Yes)**

Sarah: And obviously they are going to choose the right parents.

Yes, all conditions will be suitable. But it is one way forward, not the *only* way, but *one* way.

Sarah: It will be very exciting to see that in our lifetime.

Lilian: We did watch (*on TV*) a story of a little girl—she had cancer—a cheerful little thing, and what she went through ... but she still remained cheerful. The mother was pregnant with another baby and the little girl had said to her mother, 'don't worry mother, wherever I am, I will help you with the new baby'.

Yes. A spirit with much knowledge, yes.

Lilian: Yes. That impressed me, I must say. She did die, but ...

A small example of a child who knows the truth, and is bathed in love. There will be many cases, exceptional cases of children.

Lilian: The mother will obviously repeat that story as well.

The mother could not deny the words of the child; and how can a small child know of these things unless it is truth. That is what you must ask of yourselves, not *you* of course my dear friends, but those who have lost their way, who do not know what to believe—and children are always a great gift to *humanity*. And now my dear friends I will leave you and I will for a short time continue to work with this instrument. As always I will look to our next meeting and I leave you all within that great love of the Great Creative Force, which is part of all things. (*Thanks and farewells*)

George's notes:

DNA: Perhaps we could think of DNA of the cell nucleus as an interface between spirit and material molecular structures. It seems that the changes mentioned are more subtle than the gross character that identifies an individual by the arrangement of physical DNA chemical compounds.

Water: The physical energies of water have always been intriguing. Firstly, the curious hydrogen bonding between molecules giving rise to the fixed 'ice' structure below 0° C, unless in the presence of pyramid energy; and to 'surface tension' that pulls a raindrop into sphere-shape. Secondly there are wave formation, whirlpools and ripple effects. Clearly it can hold other non-physical energies as well, and these interact with hydrogen bonding, as demonstrated by the crystallisation work of Masaru Emoto (Salumet 25 October 04).

Way Forward: It is becoming steadily clearer, that the movement projected from spirit to uplift this planet embodies a number of parts. Some may be listed as:

- (1). Teaching by masters such as Salumet
- (2). Easing the 'stuck' condition of DNA.
- (3). Introduction of children having spiritually 'sourced' soul origin (see also Salumet / Pia 27 June 05).
- (4). Influence from spirit towards political leaders and scientists.
- (5). Inspiration for striving individuals.
- (6). Revelations such as achievements of ancient civilisations and the Bible Code.
- (7). Extra-terrestrial and interplanetary communications that reveal Earth's true place in the pattern of creation.
- (8). Light signs reported worldwide (Salumet, 14 July 03).

One may see all these as facets of the one grand movement mounted from spirit to raise spiritual awareness on the Earth.

~14TH May 2007~

Good evening. *(Welcomes)*

It is good to join with you once more.

Lilian: I think we would agree with you.

I do not intend to stay too long this time.

Lilian: We understand.

But I am sure that the instrument *(Eileen)* will be pleasantly surprised that I have used her this time. But when connections are strong, they must be used. I would like also this time to welcome our new visitor *(Julie)* to this group and hope that she fulfils the needs that she is seeking. I also wish to say to the young gentleman, *(Richard)* at last he recognizes our spiritual connections to him.

Richard: Thank you Salumet. It's been a little while since I've been.

No matter as long as progress is made—spiritually it matters not how many visits you make.

George: I'm sure we are all delighted that there is such a grand reunion.

Yes. Always we are pleased to draw back within this group those who matter for the work which is necessary. Now my dear friends, I will take just one question before I withdraw this time.

Richard: Salumet, I'm sure you're well aware of what me and my mum have been doing this past weekend and we just wanted to know if it was correct, the correct route for me, if it was the path that I was supposed to be on.

You want confirmation from me? Let me say this to you both: whichever direction one chooses in a lifetime is a choice which you as a human being have made. It is not for me to come to you and say, 'you must follow that pathway' or 'you must not go on this pathway', but my dear friends you must know from within that you have taken the right pathway, because those inner feelings and knowledge are so strong that there can be no doubt. Yes, yes. Each one of you within this room knows what is right and what is truth for their own spirit; it is an innate knowledge that has to be fulfilled at certain times of your life. So I say to you my dear friend, if it feels right then you must travel forward and all help can be given to you by those who stand close by. I hope that is helpful to you.

Richard: Thank you—very.

I know sometimes my dear friends it would be so much easier for you if I were to say, 'do this, do that', but that is not fulfilling your purpose in life. You understand?

Lilian: Yes, I think we all do.

George: Might I just ask if you have any message for your instrument, Eileen?

(Eileen had not felt 100% for a while)

Only that what has been happening has a good reason, not only to slow her down, but there are changes in energies going on around her which have to be dealt with, but that she may find a little difficult at this time to accept. But all is for good.

Lilian: So these energies would be her spiritual journey?

Yes.

Lilian: I see.

Very subtle energies, both physically and spiritually.

Sarah: Those were the very words that Eileen has said to me, that all these things are for a purpose, so I think she will understand that very well.

All things have a purpose, whether you as human beings can accept or not, it still happens. Now as I leave you my dear friends to continue your evening, know always that I stand close, that I endeavour to help each one of you along your chosen pathways and what I wish to end with this time is to abandon all fear and place your trust in that All-Creative Force who will uplift you at all times.

George: I think we feel this central core of your teaching more and more as time goes on. Thank you.

Lilian: It's been lovely having you talking to us again. Thank you.

~4th June 2007~

Good evening.

All: Good evening.

As always I am happy to join with you. There was some interest last time when I mentioned energy. I would just like to say to you my dear friends that energy is never standing still; energy is all moving, all changing, at all times. What I would like to say to you this time is that by the end of this, your earthly year, each one of you will have gone through some form of metamorphosis. No matter what your station in life, you will look back upon this year as one of change, whether it be of your own making in your private lives, your work life or in general, or even affected by another human being in your life—each one of you will look back and see these subtle energy changes. So you see, it is not only of this instrument when I speak of energies and changes.

Sarah: Is that just us, Salumet, in this room or everybody on this planet.

I speak of this group, but of course there will be many throughout the world, who will be experiencing changes within their lives also—but no, I speak only of you as a group.

George: That's interesting.

Do you wish to make comments at this stage?

George: Only that this seems most appropriate and I've said on occasions that I feel the essence of life is 'change' and this I believe must begin with the energy change which you speak of.

Yes, and of course you cannot compartmentalize this, because, after all, the whole of your world is influenced by universal energy and I would wish that you look at the wider picture always—this I have told you on many occasions. Do not limit yourselves by limiting your thinking—always look to that wider picture.

Sarah: This energy change, is it because of what we've learnt and how we're progressing that it is going to happen to us, or is there some other reason?

Because of the way you are progressing, you will become much more aware of the changes within your lives. So the answer to you is yes, your awareness creates this all-seeing change.

George: I was recently reading about the lady, Helen Blavatsky, who about 150 years ago I think it was, she began a movement which resulted in the Theosophical Society which was continued by Annie Besant and Charles Leadbeater, and they did some very good work and their stated aim was to learn and become aware of life and of the universe, and it struck me from reading about all this, that this was an earlier version perhaps of what we are doing now—a parallel teaching, a parallel study in which they became more aware.

Yes. I would say only that this lady was at that time a forerunner of all things spiritual as far as the gifts of spirit matter, but indeed I have to say that the lady in question fell short of providing the way of life that should have been shown to match those spiritual powers that she had. But she became much wiser when she entered our world and could see her shortcomings; but indeed that society created many debates and a wider knowledge for many.

George: Thank you, I thought you might have something to say about that.

Sarah: I was reading about someone who paints people's voices. Now she must be tapping into their energy I suppose. Would that be right?

Yes, that would be the only way. It is the sound of energy that she picks up on—yes.

Any more questions this time?

Jim: I have a question I'd like to ask on a different subject: we hear about Madeleine McCann and her parents believe she's been abducted and they're not sure if she's alive or not. In spirit, some spirit knows the truth of this situation and yet her parents are suffering through lack of knowledge. Now in the interest of truth and love, would it not be possible for the answer to this question 'Is she alive?' be given to the parents somehow?

But why do you feel that we should interfere from our world? All actions which take place upon the Earth have a purpose. Now I would say to you my dear friend—and I know you have not been with us as long as some, but you have to once more look to the wider picture of life, and it maybe that before these two people came that they had somehow chosen to be in a situation of concern, and I think I am right in saying that what is noticeable to many in your world is that these two people have grown much in strength and hope and great belief in their own religion. From all things negative, there is always the

opposite of positive. It is not for us in our world to interfere in any life, but what we can do if asked, is to help to influence that knowledge to come forward. We never refuse help, but we cannot step forward and interfere. It is one of the basic principles in our world. There are many, I can assure you, who will be helping in any way that they can.

Lilian: I remembered you saying that children who were being born at this time, around this time, their spirituality would shine forth (yes). I just wondered if maybe this child was one of them.

I would say to you generally, and I am repeating myself when I say that if you think of the brightness of a child and the darkness which also exists in your world, that is what is attractive to those in dark lives. It is the purity of that light which is the child. I would say, continue to ask for help and it will in some way come to some conclusion. (Thanks) But I know it is always difficult for you as human beings, especially when it is children, but you must always try to look at the wider picture and to give love, not only to the lost child, but those who have been responsible and to also pray for those people, because, my dear friends, whether you think so or not, they are in need of spiritual light and it is important that they receive help whilst they are here upon the Earth plane, than to come to our world in a state of darkness. I hope that helps you a little.

Lilian: Yes, thank you for that.

Sarah: Of course there are many children who've been taken, it's just that this one is in the limelight.

Yes, there are many what you as human beings call 'atrocities', but you would my dear friends, not be able to cope with life if you placed upon your shoulders the trouble of all people. You can only continue to pray and ask for help from that All-Creative Force who has all knowledge, all love, all forgiveness and encompasses you *all* in that energy of love.

Lilian: Did you have a question Paul?

Paul: I have got a question from Pia, our friend from Helsinki. She's practising a martial art called 'Daitoryn', an old Japanese self-defence. It is all about the energy 'Aiki' and she says she's trying to open up to this energy and know about it. The power of thought is involved a lot. Can you give her some comments on this activity and the Aiki energy?

Yes, I understand. Within your world there are many forms of discipline and that is what it is all about—discipline of the mind over the physical body—and I am sure that you all know of these disciplines which help the mind to focus and to create within the human mind that form of focus which then opens up to even greater ways of thinking. It is good for all of you to have some form of discipline which allows your mind to focus, because when the mind is focussed, then you are closest to us in spirit, in the same way as I have tried to tell you about your meditative state. The only difference is, is that in these, as you call them, martial arts, that the physical body is used much more to create this state of mind. I would say to this lady that any discipline can only be good. I would suggest that she relax a little more, that she is trying too hard to open up to these subtle energies, because that again is what it is and works very well with our topic this evening. Just allow herself to continue with this discipline and it will come. She is just a little too anxious about it at this time.

Paul: I will pass all that on, thank you very much. She receives the transcripts anyway.

Yes, she is knowing, this one—yes.

Now for this time I will leave you my dear friends. I hope my words again have brought to you some more things to think about.

George: Yes, they certainly have.

Lilian: They always do.

Yes, and that helps with your own growth. So my dear friends, as always I leave you, knowing that I am close to you at all times. I know you will endeavour to think upon my words this time and that when we meet again there may be some comments from you.

(Thanks expressed)

George's notes:

A note on the universal energy: Yes, we need to look beyond our material selves to those energy connections. As it happens, something got me going on a brief paper on the subject this last week, and it is

more than likely that those in spirit have seen fit to lend a helping hand! It to me seems better than I could produce myself. Anyway, a copy is offered, to accompany Salumet's words of wisdom.

~25th June 2007~

Good evening. (Welcomes)

I am happy to join with you once more.

Lilian: It makes us happy too!

I would like just to say to you my dear friends: thank you for all your thoughts for others. And I would say to you that at this particular time there are many like-minded people who are sending thoughts for *world peace on your planet*—and we hear those voices. And I would just say to you that when there is such a concerted effort of love, it can only bring some good to your world.

George: That's very nice to hear.

Every individual's thought is of course heard if given in love, but when you have many, that energy increases and, as always, is heard by those of us in our world who can then try, as one of you here suggested, influence the leaders of your countries in the power of good. I would say this to you my dear friends: that I would like this time for some part of this evening, to work quietly with the instrument, but before that I will be happy to answer any questions that you may have.

Lilian: Thank you. Do you want to start, George?

George: Could I mention that recently three came through from spirit offering assistance to the group. One offered assistance in leather book-binding—we thanked him and were interested in the history of it, but it's not particularly appropriate to ourselves at the moment. Another offered extra clarity in clairvoyance, which we gladly accepted. And a third, whom we may know as Brother Michael, offered automatic writing, and he was concerned that we should mention this to yourself to see if this facility might be helpful at all. I understand your question. Let me say this to you: that all who come to this room come to you in love and hope to help each one of you only inasmuch as you try to help yourselves. As much as we can give, without your acceptance, it cannot go further. Therefore I say to you my dear friends you must always use your own freewill, your own understanding with anything that comes to you. We cannot force our wills upon you.

George: Yes. I got the impression he was just seeking your approval.

Yes. I approve anything that is offered in love, but we cannot offer help if you do not accept it and, after all my dear friend, that is why you have freewill—to make your own judgements, to create for yourselves that inner knowledge, that love that is given to you, to then create within yourselves a knowledge that becomes more spiritual in nature. So yes, my answer to you is simply: anything given in love and accepted in love is fine by those of us here.

George: Thank you that clarifies that for us.

Yes. In the same way that as each individual within this room is given help on a daily basis, you do not always sense that help, but spiritually you accept and take that help which is given: but then you must accept on a physical level, that help, in order that you may recognize those things offered to you. You understand?

George: Yes. I feel we're all becoming more aware of this.

Yes, you have to make the effort. It matters not how much we give if you do not accept and utilize those things. Are there more questions my friends?

Lilian: I was thinking about our friend Margaret who used to come and who is now suffering from the disease 'Alzheimer's' She's forgotten all about coming here and so on, but spiritually she wouldn't have forgotten any of it, would she?

No, her awareness is still there. The problem is on a physical level. In the same way as people who are ill or what you call 'dying', are totally spiritually aware of all that goes on around them.

Lilian: Yes—I guess I just wanted confirmation.

Rod: One thing I'm a little concerned with is when people like that pass over, Salumet, they have got to make for the light to be called over. I get a little bit anxious; are they aware of the light—do they get a little bit extra guidance?

When they come to our side of life, they come as spirit, not as physical beings—that is left behind.

George: So I think you're saying, in effect, the Alzheimer's or forgetfulness is left behind...

Is part of the old clothing, yes. It is a physical condition that the spirit can cast off at the time of passing.

Rod: So no matter how ill they are, they can go through...

It may be that they need some spiritual upliftment or healing, which is available to all who have been ill for some time, but we are speaking on a spiritual level when they come to our side of life. Do not be concerned.

Rod: No.

George: Are you able to take another question?

I will take one more this time.

George: I do name drop from time to time...

Yes.

George: They're usually people of some interest. There was one named Rudolf Steiner who—I feel he was one who would go within to seek information and he was known as a mystic. One of the things he did was to recommend a rather strange method for reviving, shall I say, worn out agricultural soil and kick-starting it back into activity. His recipe, or part of it, was to fill cow horns with manure and bury them in the ground for several months, then stir this mixture into water, stirring to the right and to the left and using this dilute solution on a very large area of soil so that one feels it was used almost homoeopathically. I rather fancy that he was developing the right bacteria to initiate humus production in the soil. Anyway, his method seems to work. I just wondered if you have anything to say about Rudolf Steiner, or that particular item.

Yes. Names matter not, as you know, but of course he would have been influenced in some way and the simple answer is, when you speak of burying the horns deep within the Earth—we have spoken of Earth energies and those who work with the Earth.

George: Yes.

So you see, although there is a simple explanation—he has elaborated in his own mind what has been given to him and made use of that information. But of course he would have been influenced as all people on this Earth are influenced in some way: your chemists, your doctors, your scientists—name any of them who create some new ideas, or you *think* is a new idea...

George: Yes—as you've told us several times! (*Chuckle*)

So always my dear friend when you read of these things or see these 'new' inventions, think spiritually and the answer becomes easy for you to understand.

George: I suspect you were implying that the elementals had been involved.

Yes of course, that is their task, but we need to influence some human beings to start the process off.

You understand?

George: But it makes interesting reading—his seemingly strange approach *does* work.

Yes. It matters not the steps that are taken, it is the outcome which is important, as you would probably agree.

George: Yes, indeed. Thank you for that.

Rod: It actually happens to ordinary people as well, Salumet, because my wife does crosswords and she comes out with something I can't help her out with and I can't read it, and suddenly she'll get a word—and she says 'I'm sure that's come from spirit, because it's come out of the blue'. So it comes out of ordinary mortals like us!

Yes. You are no different. If help can be given, we help, even in something as simple as an everyday occupation. All of you are available to influence and, after all, there are so many who are by your sides, hoping, not just to help in matters of everyday living, but to influence each of you spiritually. That is the important task.

Rod: That's nice.

**But I know that each one of you within this room has felt at some time, help from our world. (*Affirmed*)
And once you recognize that help, you can then ask for more.**

George: Yes, and not just words and ideas in writing, but the synchronicities (**yes**) seem to be important and seem to highlight things.

You must always take note of synchronistic views and see the relationship between all of these happenings, because it does come from us, but we do need you to recognize it for yourselves—and the more you recognize, the more we give.

Rod: I wish I'd known this earlier on in life. (*Chuckle*)

Lilian: I think we all do.

But it is not important *when*—the fact is that you have found yourself and you can now continue upon the pathway that you have started.

Now my dear friends I will continue to work quietly with this one, and allow the rest of your time to be used wisely.

(*General thanks*)

George's note:

During our period of prayer at the start of the meeting, Paul had voiced a request for guidance for our new prime minister, Gordon Brown, to which Salumet refers.

~9th July 2007~

Lilian: Good evening Salumet.

Good evening. (*Welcomes*)

As I come close to you this time there is a gentleness and a purity about you that is so good to feel. Again my dear friends it gladdens us to know that your healing thoughts are now much more expansive than just for individual healing, that your love and feelings for your whole planet can only be admirable, but do not forget the existence of *all life* in many universes that exist. Although many of you feel that life on this planet Earth is harsh at times, let me just remind you my dear friends, that you human beings are on an upward curve of consciousness; and although that may not seem possible when you study individual problems in your world, on the whole this planet Earth is making good progress spiritually. So I would like you to remember this—remember my words and it will sustain you in your daily lives. The angelic beings from all other planets are working hard to help humankind and it is a little unfortunate perhaps, that the people of this time have lost that knowledge and consciousness of your ancient people. It would be worthwhile my dear friends, if you would strive to attain just a little of that consciousness which the ancients had. They, of course, were able to see these angelic beings, but they called them in your mythology 'gods' and although they may have seemed liked gods because of their great knowledge and help, they *are* in fact the angelic beings which have always been a part of this Earth planet.

George: Yes, I think there's been a tendency to refer to anything that is not human but seems greater than human, as gods.

Yes. After all, remember, you are gods in your own right, because we are all from the same source. But of course I feel you would think that not possible, but your actual substance is from the Great Creative Force. That is why in all of your religions mankind claims to be part of that god-like energy.

George: Image—yes.

Yes. So I say to you my dear friends, strive onwards to achieve evermore spiritual consciousness in your daily lives, in order that those spiritual eyes be awakened to all that is round and about you. Be part of the whole, do not have separation, but *be* love—do not only feel it, but be part of it.

Have you any questions?

Lilian: Could I ask one on the same subject? Why is it that some religions or cultures have sacred animals?

It is just part of their religious beliefs and remember that because of your freewill upon this planet, each man must choose what he feels to be right. Try not to pass judgement—they will do that for themselves, because you see, they do not feel that it is wrong to placate their god. You understand? (Yes) Although it would be against what you believe, it does not necessarily make it completely wrong in their minds. You understand?

Lilian: Yes.

George: I find it easy to feel that there are others close—I sense that there are others close with eyes shut, but I think I'm right in saying that the ancients were able to *see* angelic beings with the *physical* eyes.

Yes, because their consciousness was such that they had developed their gifts of spirituality. Yes, beings—perhaps today you would call them materializations in that sense. But yes, your ancients were much more aware spiritually.

Lilian: Would it be possible to see one of these, but not be aware of it?

You would have to be aware if you could see.

Lilian: I see.

You could not, *not* be aware.

George: Yes, I think there have been occasions when Mary and others have materialized before many people. So I imagine the materialization can be enhanced from spirit world so that many humans can sometimes see.

Yes. There have always been occasions for these events to happen in order that there is not doubt, but of course, as you know and understand, there always has been doubt. You cannot convince everyone at the same time, but that is the responsibility of each individual. You cannot change another's thinking for them. You can try, you can encourage, but you cannot change another until such time as their heart energy is open to the truth. I am sure my dear friends that each one within this room has come upon some person who, no matter what you say, no matter what proof you give, they cannot and will not accept it. But that too is part of the spiritual pathway. That is part of learning understanding and forgiveness of others. So I say to you my dear friends, in every area of life, give thanks to the Great Creative Force for that experience.

Jan: I saw someone who had a wonderful experience talking to somebody who he'd known for a very long time, who hadn't necessarily thought about the wider picture or any spiritual thoughts at all and suddenly you see them opening like a flower. I know someone in my family at the moment who's doing just that. It's a wonderful feeling that they started to question and ask and feel so differently.

Yes, the opportunity is there for all, but again because of the freewill given to you as human beings, that knowledge and that support can be denied. There is nothing that you can do, but of course, like the flowers in your gardens to watch it grow and blossom and become strong and beautiful can only gladden your hearts.

George: Yes, it amazes me sometimes that organizations such as the Society for Psychical Research. That has been going for something like 140 years now—an enormous amount of intellectual data has been amassed, but still, still there are doubts at every turn. The intellectual path to elucidate, or attempt to elucidate the nature of spirit is a very difficult path and very lengthy indeed!

Of course, but we are making what you would term 'inroads'. Slowly, slowly but surely and you must know my dear friends how many scientist now have turned away from the material data and have turned towards proving that spirit now exists.

George: Yes, as I see it, there's the rising spiritual awareness and there's the intellectual pathway, and the two seem to be coming together to a degree. Does that make sense?

Yes and if you look to the wider picture—that is why I said at the beginning that humankind is on an upward pathway.

Jan: I think we've all commented that we've felt that in our daily lives, haven't we?

Yes, as spiritual beings like you within this room who have accepted that you are more than a physical being; you can only continue to grow if you so desire. But again, that is why you are so individual, because of your *free thinking*.

Rod: I'm always a little surprised when they show a film about people living in the deepest of forests in Africa and most—well not most—they are *always* very spiritual and whatever they do is based on spirit, so they're well aware of it.

As were all your ancient peoples, because materialism had not taken hold. It is as you move towards material things that mankind has gradually lost these innate gifts. That is why you will find simple-living people are more aware spiritually; whether they know that or not, they are more spiritual in their outlook.

Rod: If you hadn't said what you said, I would've thought we were on an uphill path really, because everything is going that way, isn't it, in the world?

Yes, mankind has reached a peak of materialization that has to then continue on another journey and that journey is to return to know and understand himself and what he truly is. We are making great strides my dear friends, although there is so much fear in your world at this present time. If you were to stop and consider life now and that of many years ago when mankind wanted too much for himself—that is when the gifts of spirit began to fade into the background of everyday living.

Rod: That makes sense.

Jan: I wonder though if in the future if it's possible for us to recapture those spiritual feelings with the amount of materialism around us—as a planet.

Yes. I have said in years gone by, there is no problem with the materialistic things that you *have*, it is the love of these things, it is the false love and the attachment placed upon them that creates the problems. Of course there is a fine balance to be achieved.

George: I feel there has to be a process of devaluation of material things (**yes**) and possibly when the material things come up against floods or failures of various kinds, huge buildings falling down because they're too big really to stand up to the elements—perhaps these things assist the process of devaluing materialism.

It is a time for man to recognize past mistakes and, after all, if one man has so much money that he cannot spend it, but he gives much to others, then you cannot say he is wrong to have so much money, because he does not have the love of that money for himself—he uses that money to help his fellow man. So, you see, you must always weigh up before you criticize.

George: I think we recall the Andrew Carnegies of this world who were great public benefactors in this way—and Alfred Nobel....

And remember also my dear friend that sometimes these people are influenced in such a way as to achieve great wealth in a lifetime in order that they can be an example to others by helping others. So you see they are a very good example to many who would not give.

George: Yes, certainly when it's like that it's a process to be much admired.

Yes. So do not be too quick to say that all things material cannot allow you to grow spiritually—that is not the case.

Sara: Salumet, recently we've been reading a lot about manifestation—it's a subject that is quite popular at the moment—they call it cosmic ordering. Of course it'll attract many different types probably, but we have also started tithing because we read a book which we felt made sense. And yes we felt we would like to have more wealth, because we can do more with this wealth and I wondered if you had anything to say about tithing? People suggest that by giving away a percentage of your money to others who perhaps need it more, it just simply increases your own flow.

Yes. It is simply cause and effect.

Sara: Yes, cause and effect, give and receive.

Yes. If you truly give with your heart without looking for return, then the laws of all consciousness will return it to you. But what I would say is be careful what you ask for, because sometimes you are given and there is a much wider picture that surrounds it, and may not always be what you expect.

Sara: Perhaps it is better to simply not ask, but give—give but not ask...

Yes, I would suggest that is a much better way because what you give, you will receive, not perhaps in monetary terms, but you will receive in happiness or health or in the love of a family, and after all, these are much better gifts.

Sara: Yes. Thank you.

Rod: Just one question. Millions of people on the Earth are worried about the Earth heating up and flooding and they see a lot of harm being done with CO₂, and what have you. For some reason I'm not worried about this and I don't know whether I'm right or wrong, but I'm not on that side. Am I wrong?

You cannot change what has already happened, but what can change is your awareness in order to help your planet, and that awareness is already here otherwise there would be no discussions about it. So the awareness is there, but it needs to grow. But to you my dear friend, I say: do not waste your energy in worry and fear. Part of what is happening on this planet is part of its own evolution and that you cannot change; but of course there are many factors which all of you can help to change and to sustain.

Jan: By sending out our loving thoughts to keep everybody safe whilst this change is happening. This is what we can all do in our everyday lives, isn't it?

Yes, that is a much more productive view to the condition of this planet, rather than to be concerned and worried and fearful, because when you are fearful, when you are worried, you change that energy.

Jan: Vibration changes.

Yes. So, I say always to you: no matter how you feel, you have the power to change to love and hope and to continue with your lives in a fulfilling way.

George: Perhaps we could say that nature has the power to change if we allow her.

Of course that has sometimes been the problem where mankind has taken upon himself the attitude that he knows better, when it has not always been that way. But be grateful that the awareness is raised and that most human beings in your world are aware of these changes and what they can do to help. But, as I have said, part of it is an evolutionary change.

Sara: Salumet, is it reasonable to wish for things if they have an unselfish purpose behind them?

Yes of course.

Sara: Yes, because sometimes we think of future plans which would enable us to spread the word in our own particular way.

Yes. Whatever brings good that cannot be wrong, because I would say to you that you would understand immediately if the purpose of asking is not for the good of yourselves or others. There is nothing wrong in asking for help for yourselves. Do not be afraid to ask, but be careful what you ask for—that is my only caution to you.

Sara: Yes. I understand that material objects for their own sake often incite envy and don't bring happiness sometimes for that reason; but my feeling was, if you wanted a bigger house, for example, for purposes of teaching or healing, then I was thinking that presumably was a good purpose.

If it is right for you, but it may not just be given, it may be that you have to pursue in some way for this to be obtained.

Sara: Yes, I understand—dedication. Yes, I understand that. Thank you.

Now, I will take my leave this time. I hope my words have brought to you some element that will give you food for thought once more.

George: I feel it's been a wonderful, warm chat and much instruction contained therein, thank you.

Yes, and continue to send those loving thoughts for those in need. Do not forget those in our world who also need your help and thoughts. And as I leave you my dear friends, know that always I am aware of your lives, of your fears—because some of you do have fears, but that is a struggle for you to overcome. And I will ask our dear lady friend, (Sara) whilst this feeling of ease and love remains, to take you on a journey if she will.

Sara: Yes of course.

(Thanks and farewells)

George's notes:

1. Universes: Salumet has on several occasions referred to 'universes'. Physicists refer to several 'dimensions', which I think amounts to the same thing, and Salumet has on one occasion agreed that the universes are of different vibrations. With these references in mind it is clear that there are at least three that we know of:

- Physical universe of material form
- Spiritual universe of formless spirit and angelic beings
- Etheric realms of ether beings/elementals.

The Astral planes are really different again in that these seem to be realms of spirit having form ... a kind of half-way house between physical and deeper spirit.

2. 'Gods': Earlier mankind has referred to angelic beings as gods. Yes, Homer (8th-century BC) wrote of the gods interacting with humans (The Odyssey, The Iliad). It is clear that sight of angelic beings can result from our improved awareness; also such vision may on occasions be orchestrated from spirit ... and there are numerous examples of this on record, even in modern press reports.

3. Materialism: Again, materialism gets a knock, but Salumet is careful to clarify that it is the 'love bonding to material things' that is negative. There is no problem with wealth or material things per se. We should just not get besotted with selfish gain or with clinging to wealth and possessions irrationally. This seems to be the direction of the teaching.

4. Andrew Carnegie: Born in the year of Hally's comet 1835 and amassed a fortune from the steel industry in the USA. He donated \$350,000,000 to a variety of foundations, endowed 2,800 libraries and was principle benefactor of Carnegie Hall, New York.

5. Alfred Nobel: Amassed a fortune from dynamite, a variety of patents and interests in the Baku oilfields. He left the Nobel Prize moneys for excellence in a number of disciplines and contributions to world peace, operative from 1901.

6. Upward curve of consciousness: Well that can't be bad. We have heard from Salumet more than once on this general pattern of improvement; also from Bonniol, via the input from guides who are so ever helpful with our interplanetary work.

Sara's Guided Meditation – Audio freely available from website: www.salumetandfriends.org

It is summertime and it's still very, very hot as you can imagine ... and you are on the beach and it's still warm after the hot part of the day in the afternoon, and in front of you is the sea. And the sea is very warm still and you walk along the sand with bare feet. In fact you are wearing swimming clothes ... and you just put your foot into the water and it's beautifully warm, and you decide to swim. The sea is very still and tranquil and you are alone. And you start to swim in that beautiful warm, tranquil water ... and you decide to swim out to sea and you enjoy the wonderful freedom that the water is giving you. And you don't feel tired. You feel refreshed as you keep on swimming gently in this wonderful warm water. And you smell the salty, sandy smells around you and feel the gentle breeze on your skin. And you feel a sense of freedom. All your cares have gone, and when you feel that you've had enough, you decide to come back to the shore. You come out of the water and pick up your towel, which is a very, very big fluffy, dry towel and you wrap yourself in it. And it is still warm, there is a slight breeze but the air is still warm. It cannot possibly be England. So, you are sitting on the beach now, wrapped up in this towel ... and you go into the silence ... and you give thanks, for the wonderful peace that you have in your life ... and give thanks for that peaceful centre where you can re-generate your energy, and draw strength from those around you. As your breathing deepens you become aware of those around you, and you connect deeply with them, and you thank them for being with you ... and then when you feel ready, you come out... You are feeling dry again now and the air is still warm. You walk slowly back across the beach and home again, without any cares, without any worries, without any burdens ... or fears.

~16TH July 2007~

Lilian: Welcome Salumet.

Good evening.

All: Good evening.

I am happy to join with you once more.

Lilian: We are happy to have you here.

Remember my dear friends that last time I spoke with you we discussed how this Earth planet is growing spiritually. (Agreed) I wish to speak just a few more words about this. I told you that more and more people are becoming much more aware spiritually, and that all of your world leaders are being influenced for good. What I wish to tell you this time is that as life continues, your medical doctors will become much more influenced from our world in not only dealing with the physical condition, but they are even now beginning to understand that there is more than a physical being; there are many accounts within your world of this happening. And what I wish to tell you my dear friends, is that in time to come, your medical doctors will not be treating the outcome of spiritual dis-ease, but they will begin to teach self-healing and that is what we are aiming for with these good and gentle people who wish to help mankind. That is not to take away from those healers already in your world who work with spirit in order to heal, but in time to come there will be healings of what you human beings would call 'miraculous'. So you see my dear friends, great strides are being made in your world for these things to happen.

George: Yes. Wonderful! For so long we've treated mere physical symptoms and not the root cause.

Yes, yes, but that way of thinking is gradually changing, because of the results of your 'quantum physics' as you name it and it now cannot be denied that there is more to life than the physical being.

George: It's good to hear that confirmation of that realization.

Rod: So our prayers should cover doctors as well, which I haven't included in my prayer list, but I can see that we should do that, and that will spread to the ordinary man in the street, won't it?

Of course, they are healers in their own way although, as our dear friend has said, until now only physical symptoms have been studied. But once the spirit is recognized then your medicine takes another step forward, but it is happening in a very small way now.

George: And a very big step.

Yes, a big step for humankind.

Sarah: I suppose it's just full circle really, because in ancient times they probably would have treated illness in the way that we are learning now.

Yes, yes. For many people, they had that knowledge, which I have told you on many occasions has been lost by humankind in the event of materialistic outlooks of life, and we have discussed this my dear friends. You have to keep material goods and wishes in their proper places if you are to survive spiritually.

George: Yes, I guess it's true to say that we need both but we must keep things in proportion.

Yes, it is difficult for mankind to return to a basic state of existence now that they have experienced so many materialistic values, but the two can abide together to create a wholeness in humanity and it can be used more wisely.

Lilian: I was just thinking about mentally handicapped children or disabled children in whatever way—we know now that it is good for them maybe to ride a horse or swim with the dolphins and that's a similar self-healing, isn't it?

Yes. Of course it is a form of healing and, yes, why should these people not experience the joys of earthly life? Why should it not be given freely to them, because you are not to know what that experience can create within the spirit?

Sarah: They take animals into old people's homes and those sort of places, because the very act of stroking the animals has a healing effect on them.

Yes. As I have said, all creatures and human beings belong to each other. You are part of each other because you are part of that great creation, therefore there has to be benefits from that coalition.

George: Can I mention here that there was a story in the tradition of the Hopi Indians about a white man developing materially and a brown man developing spiritually and the two uniting. And with the spiritual and the material developments coming together, there is a synergistic affect that's greater than either on

its own. This suggests that there would be some advantage in developing materially as well as spiritually and then uniting the two. Have you any thought on that?

Yes. It has already happened in your world where races have come together, no matter what their reasoning, but it is a natural progression that you are all part of a brotherhood (yes!) and whatever qualities each brings to that partnership can only be fruitful spiritually. You understand? (Pause)
No.

George: I am lost at the moment...

Yes—you are speaking, I believe, of separation of one race against another; one more materialistic, one more spiritual and the coming together of these races creates what our Creator would call ‘unity’, unity of man. You understand now?

George: Yes, and the two together will represent a further progression.

Yes.

George: Ah, yes.

Yes. I am sorry if I did not explain it clearly to you.

George: No, I think it’s my wooliness! I’ve had a difficult week.

Well that is part, my dear friend, of being human.

George: Indeed, yes.

But you understand my words now?

George: Oh, yes and I must take responsibility for the human frailty factor.

Yes. And it is rather amiss to say that one particular race is more spiritually aware than another, because the knowledge is within everyone.

George: It is always there—yes I follow.

Yes. It is up to each individual to cultivate their own spiritual energies.

Now I will not speak further this time, because I would wish you to absorb my words of these two past meetings, because although the words are simple, they have great meaning for humankind in times to come and it would serve you well my dear friends to think just a little more deeply about what is available to you all. And with those words, I encompass you all, I ask that Great Creative Force for upliftment for all of you in your daily lives, that the spirit within continues to progress and that your knowledge and wisdom be always to the fore. I leave you all bathed in spiritual light and energy.

(Thanks and farewells)

George’s notes:

Recording: As we waited for Salumet, I noticed pigeons cooing outside. They are clearly present on the recording ... a testament to digital recorder performance ... also to my hearing aids!

Hopi Indian story: On checking, it refers to the ‘white brother’ and the ‘red brother’, which makes Salumet’s use of the term ‘brotherhood’ just brilliant. The general implication seems to be that the material development-plus-spiritual development, go forward together; also united peoples go forward together. We are all one.

Past Two Meetings: If Salumet declares these to be especially important, then perhaps we should recap the main points.

(1). We are on an upward curve of consciousness, which confirms what has been said by a number of forward thinkers of clear perception.

(2). There have been ancient peoples who could naturally see angelic beings with their physical eyes. Angels are an integral part of existence, and as the heart energy opens to the truth of existence, we shall again observe them in our presence. The universal beings are, as our selves, part of the whole.

(3). Spiritual value began to fade as adherence to self and material goods took hold.

(4). Materialism has already peaked. Perhaps this shows with ongoing high-street sales, three for the price of two offers, falling prices linked to Internet competition, charity shop / recycling boom, failure of kitsch and prestigious finish in the flood, fire, hurricane and tornado situations of climate change. Perhaps these things are all part of the materialism devaluation?

(5). *Wealth is fine so long as we know what to do with it. It might even be good for humanity if key people have enormous wealth that they can use to good and unselfish purpose ... as has been observed for a few in the past. It is the misplaced love of, or attachment to, wealth and material gain that shuts down the spiritual awareness ... and there has been an excess of this in our recent past.*

(6). *It is time to recognise past errors, a time for giving, a time to recognise wholeness and a time to dispense with irrational fears.*

(7). *We are all part of the whole, all part of nature, all part of this planet and all part of the entire creation that extends throughout the universe. Each and every one is enjoined to the wholeness of existence.*

There were further items including a rescue and Bonniol looked in very briefly at the end of the evening to say: hello. His few words of good cheer are included in the Bonniol transcript.

~30th July 2007~

There were seven of us this time. At the start of the meeting we, for the first time, included healing prayers for certain UFO abductees that we had heard about.

Lilian: Welcome to you Salumet.

Good Evening.

All: Good evening.

As I join with you this time I feel your strengths, your weaknesses—all that makes you human. Again we thank you my dear friends for all those endearing thoughts for those who are in need. I am aware of many questions within your thinking at this time. Therefore, and because there are fewer of us this time, I will endeavour to answer any questions you may have.

Lilian: Thank you. Would anyone like to start the questions?

Jim: I'd like just to make a comment on the transcripts of previous meetings which I read. In these transcripts I see the teaching of Salumet, and I try to remember everything and sometimes the message really gets through to me, and at other times I just don't understand what that teaching is about. Is there any advice that you can give me that would help me during my reading of the transcripts?

I would say to you that understanding will come at its own pace. That which you find difficult will soon become understanding (*sic*) with time. So, I say to you, my dear friend: have patience with yourself. You have come quite some way in understanding from whence you first came to us. Would you not agree?

Jim: There are things which really improve my life a great deal. (Yes) Your teaching on not making judgements and on forgiveness has been a great help in recalling my youth. And now, without making judgements, I can forgive those who, as a child, I hated—and now that hate has disappeared, and I'm much stronger for it.

Yes, because you are allowing that love, which is after all, the spirit speaking. You have it so much stronger within your life, and you, my dear friend, can feel that benefit most strongly. Life is about love, about giving, and also receiving. But as far as my teachings go, continue to listen or to read—whichever you find more useful, and I say to you, that understanding will come.

Jim: Thank you.

Lilian: What about you George?

George: Yes, I have one. Let me first give thanks for yet another book coming my way at the most appropriate time. You have spoken with us Salumet concerning DNA, and this particular book is a channel from a group who call themselves: *The Pleiadians*, and it seems a rather good channel, in that, as I began reading, I ticked the various points with a pencil that were totally in line with your teaching. And I found I was ticking every paragraph in the first 40-pages! That was wonderful. Then I got onto details of DNA, confirming that DNA-modification is a very important happening and it gave further details which I would like to put before you. There seems to be an upgrading in progress from double-helix to *twelve*, which seems rather a big jump, but the details go on to indicate that there's connection to twelve main chakras. We are aware of seven *main* chakras, and there is talk of a further five which are above and beyond the

physical body and connecting to solar system, the galaxy and further out into the universe. I was wondering if you would care to comment on those further details regarding DNA?

Yes, I understand your question. I understand the slight puzzlement that you felt on reading this information. I have spoken to you briefly about DNA and felt that at that particular time, it was as much as you could take and understand...

George: Yes, I do appreciate that.

...for the whole of this group. Yes, I would firstly say to you, my dear friend that any confirmation of my words has been told to you previously—that whatever I tell you would be verified by others throughout this world.

George: Yes, it certainly is being verified.

Yes, and I hope you realise that the time factor is no small matter, although it has taken some years, you can see that the evidence is available to you. You would agree?

George: Yes, yes indeed.

Yes. We are not surprised by the connection and the information being given by this other group, because after all, why should we be the only group receiving information from, as you say, 'farther galaxies'—that would not make sense I feel. Therefore let us verify that information is coming to these people. DNA is a subject which is ever-growing. Mankind is ever-growing in his knowledge of what is round and about him—about the structure of the human being. And yes, I *will* confirm to you now, and I have told you in past times, that although many speak of seven chakras, or '*energy points*' as I would rather call them, I have told you in previous times that there are many, many more, but just not known about at that time. Therefore, do not be surprised by this information, because you see my dear friends, that the human form is just one mass of energy. Therefore common sense would tell you, that to have only seven points within that mass of energy would seem rather futile. You would agree?

George: Yes I would and I do recall that you also said that what is happening on the Earth at this present time would reach out and connect with or be an influence throughout the galaxy and the universe (**yes**), and it just struck me that this seemed to be part of that mechanism.

Of course, when you speak of the expansion of the helix, reaching out to other galaxies that is the energy connection, which is needed for mankind to connect further and further. You understand?

George: Yes, I do...

And although you have mentioned a number of twelve, I will confirm for you now, that there are many more, but not known of at this present time.

George: And I know our science is aware that something like 10% of DNA has good purpose, and there's a further 90% which does not appear yet to have good purpose, and it is in some scientific circles referred to as 'junk DNA'...

May I interrupt and say to you, that your scientists will soon be considering another 30% 'good DNA'. That is to come.

George: Wonderful!

Remember that always the influence comes from our world.

George: Yes, wonderful, and the implication is that the other 90% will have proper application, as it was meant in the first place I am sure (**yes**). Equally, that part of the brain which is not seen to have application—that will also come into play, I'm sure.

You only have to think of all of those seers and mystics, as you call them in your world. *They* are using more than 10%. Is it not logical that this must be so?

George: Indeed. They are able to make the connections which utilise...

Yes, much more easily. But yes, I agree that on the whole, so much is not utilised. Are you happy with that?

George: I am very happy—it all seems to make so much good sense.

I am pleased that my words can help you (Thank you). But it is not an easy topic for most to understand. That is why it has been my purpose in a group such as this, that we go slowly, and in order for each one to digest such information.

George: Yes, and that is appreciated (Yes). Well, thank you for your answer to that question, which to my mind doesn't seem an easy question. But that is a very enlightening answer. Thank you.

Lilian then suggested that George ask a question which the group had discussed earlier:

George: I've been in touch recently with a lady: Hilary Porter, who has a history of being abducted by, shall I say UFO pilots, and she strikes me as a very strong lady who had fears and has faced those fears. And she now describes herself as an 'abduction agony aunt'. She helps others who have been abducted and gives them counselling. She's a new contact and she has asked for healing for those she helps, and I just wondered if you'd care to clarify. You have spoken on abductions in the past, and I just wondered if you'd care to further clarify that area of work.

Yes, we have spoken, again briefly about this subject. And yes, if you recognise, my dear friends, that there exist many Universes. If you can accept the existence of many beings on many planets, albeit that their knowledge be greater than yours, does not immediately allow them to be pure beings—that is the first point I wish to make to you. You know from your visits and your 'mind' information, that many things are possible; that there are beings outside your realms of understanding, who nevertheless are part of the great scheme of life. I told you that most of these beings mean you Earth people no harm. But as in your world there exists many races of people, all quite diverse in their looks, so too you must accept, that many planets produce beings who are of entirely different formation from yourselves. Also that among those beings there are those whose curiosity takes hold of them and that is where we come into Earth-beings being taken to their crafts, because of the interest expressed in trying to understand the makeup of Earth-beings.

George: Yes I can well accept that (Yes) there would be this tremendous curiosity. (Yes) They would be technically more advanced than ourselves (yes), they would be physical beings like ourselves, imperfect like ourselves.

Imperfect, yes that is a good word to use. I do not wish to say that they are not 'good' beings, but 'imperfect' is the word to use.

George: Also 'striving,' I guess, like ourselves—striving to find out.

Yes, to gain more knowledge of what is round and about. So I say to you that expanded knowledge does not always bring purity of character—this we understand. I would also like to say to you, that certain Earth beings are more prone to be taken, for many different reasons that perhaps at this moment in time, you cannot understand. But they are 'chosen' if you like, to be abducted, for very many reasons. And sometimes these other beings do not have the same emotional contact as you Earth beings, which therefore leaves many Earth beings traumatized by the experience. But open to all people, is the love and protection of spirit.

George: Yes, in which case there would not be so much fear generated and perhaps I could suggest that the main problem in this context is our own fear of an unknown situation. (Yes) Perhaps if knowledge of abductions was more openly accepted, then this would help in some measure to reduce fear. Would that be a fair statement?

Yes, after all, I have told you that it is either love or fear, which governs your lives and fear is negative to the spirit and it also blocks out the help that is available. But we cannot place all responsibility onto those people who are taken, but also responsibility lies with those other beings who are intent on having their own way. In the same way as Earth beings have to take responsibility for their actions, so too do all beings in the great scheme of life, from all planets, because they come under the laws of that Great Creative Force. I would also say to you my dear friends, that not all people who have been taken to foreign crafts, find the experience to be so dreadful and I am sure that in time, there will come forward many, who will tell of renewed knowledge, of finding spiritual gifts opened to them, that they did not have before. So again I say to you, look for the balance in all things.

George: Yes. The lady, of whom I have spoken, spoke of one who appeared to her, which I think would be her own Guardian Angel, who assured her that he would always be with her **(Yes)** and this I think went a long way to allaying any fears that she had.

Yes, once she has allowed herself that love element, that lack of fear, then those who can help will step forward. Yes and of course to ask for healing for all of these people, can only help. Has that been helpful to you?

George: Yes I think that must have helped us all, to understand this area of knowledge. Thank you.

There is the misunderstanding that expanded knowledge, such as many other beings have, makes them 'good'. But remember, they are imperfect. I use your word, 'imperfect.'

Rod: And they have free will as well.

Of course.

Sarah: I was wondering when you said they *choose* different human beings for various reasons, I was wondering maybe if spiritually they could be attracted to certain people and if that's why they abducted them. Or maybe it's not possible to pinpoint any reason?

When first I came, we spoke of darkness and light and opposites being drawn and the darkness always seeking light. Therefore yes, unknowingly they would be attracted to certain people for their light.

Sarah: Ah yes that makes sense, thank you.

George: Yes and the lady in question would seem to have a 'mind link' **(Yes)** to those people. She describes how she receives a thought from them in the first place and she knows when to look to the sky **(Yes)** and she has been able to send a thought back and they have shifted their position in the sky. So I think she must have a mind link, or an easy to achieve mind link?

Yes, that would have—as I have said to you, many people have found new qualities within themselves, that they suddenly can heal others, that their mind is much more alert. There are many good qualities to having some connection with other beings. But it is the fear of the people being taken, that they have to alter.

Jim: Does that mean then that there is no real basis for fear?

You should never allow fear to enter your lives, if you wish to be spiritually strong.

Rod: You said this 3 weeks ago Salumet. It's not an easy thing to get rid of. I think I've got to practise on that. I keep dragging it up and you've emphasized it two or three times in this conversation **(Yes)** and that's strengthened my thoughts even more I would think, on fear.

You will never fully achieve it whilst you are clothed in this physical body, but what you must attempt to do is to try to focus the mind on Love, not fear. It is an exercise if you like, that you can maintain throughout your Earthly lives. But you are human and we know it is most difficult for you. But it is achievable.

Lilian: So even if we have a fear of, for example, being on water, of our seas, thunder and lightning, we should be able to overcome that?

If you work on it yes, of course, but sometimes as I have also told you, these fears come with you from other times and are deeply rooted and at times, can take much work to overcome. But it is achievable.

Sarah: The instrument you're using, (*Eileen*) is very frightened of thunder and lightning. **(Yes)** So that's probably from a previous life?

No.

Sarah: It is this life, is it?

Yes, we have been working with her for many years, but there is only so much influence that we can give, because when it comes down to change, it is entirely because of your free will, that you must take action. We can only influence.

Lilian: Well I'm not terrible happy, I wouldn't say *petrified*, of being on the Sea, which I was on Sunday and I wondered whether that was from another life? *Pause*

Yes, I will tell you, you were a sailor. (Pause) But let me say this to you before I leave you. There are so many people in your world, who have these fears, no matter what—but it is their own inner fears. If only they would give those fears up to us, they would see their lives dramatically change.

General thanks expressed

Rod: So what you're saying is, if we could get these fears and throw them over the shoulder to you that would be a big help to us?

Or give them up to that Great Creative Force. Yes, because in doing so, you are saying: 'We are love, we are part of that Great Creative Force, which knows no fear.'

Rod: We were talking about this 'Great Creative Force,' Salumet, and now we talk about *Universes*—now that Great Creative Force goes out further and further out, in our minds...

It is all-encompassing.

Rod: I can't think of the question now, but this Great Creative Force cannot make a form. In other words when you have a meeting in spirit, with your echelons, he doesn't come to you in any form, does he?

When you move through the realms of spirit, 'form' does not exist, it is pure energy.

George: Yes the name that the particular author uses that I'm reading at the moment is 'Prime Creator'.

Yes, there are many names given.

George: With the implication that there are lesser beings or creators in-between. There would be 'Prime Creator' influencing secondary creators and so down through the—I was going to say 'chain of command', but perhaps that's not a very good word.

Yes, in the same way as you have the Angelic Forces, they are still part of the Creative Force, but are doing, to use Earthly words, a 'job of work', which they have been given.

Jim: On the subject of creation, (Yes) is creation and manifestation as discussed with Bonniol, are they in the same bracket? Is manifestation in fact a creation of a small object?

Yes, yes.

Jim: It is—that's interesting.

Paul then asked a question about bringing 2 people from his job to the group

Now I will take my leave of you. I hope my words this time have stretched your thinking just a little.

George: It's been another wonderful meeting. Thank you so much for this.

Enthusiastic agreement

I am always happy to join with you my dear friends. After all, my purpose has been to enlighten you all about the truth of existence.

Lilian: You've certainly done that. We are very privileged.

Enthusiastic agreement and thanks

As I leave, I leave with each one of you, the light of all knowledge.

Further thanks

George's Notes:

Book Reference: *Re DNA and the teachings. 'Bringers of the Dawn' – Teachings from the Pleiadians, Barbara Marciniak, Bear & Co, Santa Fe, New Mexico, 1992. There is much agreement with Salumet; also with specific Bonniol statements, such as use by space-travellers of wormholes as 'way portals'.*

Seers and Mystics: *It is an interesting point that these special people manage to make more extensive use of what is available in the general human make-up. Those parts of brain and DNA that appear to be dormant, need not necessarily be so!*

Teaching Method: *Salumet returns to topics. It is often the case that greater detail is given second time around, and what has not been understood the first time, is better understood after more ground has been covered.*

Abductions: *This section is fairly self-explanatory. Two important points are (1) the abductions are for real and a natural, logical outcome of physical visitations (2) the love / fear balance needs to be carefully thought through; with sufficient love and understanding, experiences cannot be all bad!*

Knowledge and acceptance are also important. If only the media would properly publicise the details seriously, then our open knowledge of it all should dispel much fear. Media owe it to humanity to come clean and do a proper job where UFOs, crop circles, extra-terrestrial communications and abductions are concerned.

~13th August 2007~

Good evening.

All: Good evening.

As I join with you this time, I am gladdened by those healing thoughts once more and I would just like to say to you this time my dear friends a little more about your thoughts. We have said quite a lot about the process of thinking and how powerful your thoughts are and we have brought to you the opportunity to experience thought transference, which I know you find a little difficult. So, firstly my dear friends, I would say to you, to look inwardly to yourselves, to take responsibility for those thoughts that are with you at all times of your existence. It would be beneficial to you all, I feel, if you could focus more clearly on a daily basis of each thought that comes to you, to say to yourselves *'why did that thought come to me?'* and *'what thought have I given out today that has benefited another human being?'* And we all know that when you come together here within this room, then those thoughts do become more focussed in order to help others. I now ask you my dear friends to return the focus upon yourselves each and every day of your earthly existence, because once you have mastered the control of your own thoughts, then it becomes easier for you to transfer those thoughts to other people. Do you understand?

Lilian: Yes.

It is a great responsibility that you place upon yourselves when you take responsibility for each and every thought, but I have always told you how powerful your thoughts can be. But now is the time that you need to refocus inwardly to your own thinking and if you make great practise of this on a daily basis you will be amazed at how quickly and in tune you become with the control of thought. Have you any questions?

Rod: Are you saying that you would be inspired by spirit when you go within?

We can help, but the responsibility lies with each one.

Rod: I see, okay.

You and you alone, are responsible for your thoughts.

Lilian: I can see how very worthwhile that would be.

Yes.

Jan: So it is a case of practise every day—practise makes perfect, because we've got to recondition, haven't we? (Yes) It's programming our brain to think in a different pattern.

Yes. It is not so much the brain as the spiritual mind, but of course the more you attempt to control, the easier it will become; and when you have full control of those thoughts, then you become as one with spirit.

Jan: I almost want to say 'free'—it would be like a freedom.

Yes.

Sara: You can always share your thoughts with other people provided that you are not angry... (Yes) So, if the thoughts are balanced, if you feel balanced and you are calm, you can speak about something that perhaps has made you unhappy without causing offence. So that is a freedom.

Yes. It is a freedom of your spirit that you are in control. Of course, the brain comes into that part of thinking, but ultimately it is the spiritual aspect which should take control and when you are able to dismiss any inappropriate thought, then you begin to realize that you are the master of your own world. You understand?

Sara: Yes.

But, as I have said, within this room it is easy with the energy around you to be able to focus, to be able to give healing good thoughts, but when you are in your everyday, earthly lives and you are surrounded by much fear, disappointment and all negativities, it is a little more difficult. But you have the power to rise above and to take control of your own lives. So, at this stage my dear friends, I feel it would be appropriate, but of course as always it is entirely up to you, each one of you, to decide whether you progress or not.

Jan: You've been reminding us, Salumet, about this for some time now and ...

Yes, I must sound, like you say, a broken record—yes.

Chuckles

Jan: No, not at all, but you have been telling us for some time to bring our spirit lives to the fore.

Yes. You have spent some time listening to my words and for this I am most grateful, but also my purpose for you my dear friends is to see that each one of you progresses as much as you can or are willing to do.

General thanks

George: So you have set before us an exercise in experience and centring **(yes)** within ourselves.

Rod: This is new to me—thank you very much.

Lilian: So if we are out with someone and they say something, and I thought, 'ooh that was a bit annoying'... just let it wash over you?

You must not allow other's thoughts to intrude upon that peaceful aura that you may have.

Rod: It is very difficult when you're talking to somebody and they come out with something you know is terribly wrong, they talk about something...

But how do you know it is terribly wrong?

Rod: It *is*, and you feel terrible, but you are unable to tell them—perhaps you're not in the right place to be able to tell them and it hurts.

My dear friend you are young as yet in the ways of spirit. You would send love to the person you feel is doing wrong, but in actual fact the problem lies within you—and I know that statement you will find difficult to accept at this moment in time, but I am sure that the others can tell you that you must not judge another.

Rod: Ah yes, you've said that.

Yes. It is difficult, I know.

Sara: But sometimes it's easier to withdraw a little **(yes)** if they're beginning to give you uncomfortable feelings. Sometimes it's easier for *you* to withdraw—then you don't need to feel ...

That is where control of your thinking comes into play.

Rod: That helps a lot, thank you very much.

You cannot change another's thoughts, but you can your own.

George: Quite often conversations are physical and possibly intellectual and in that situation I find it always tempting to *introduce* a connection to spirit. It isn't always easy, but I find it's something I feel needs *doing*, if I can put it that way.

May I say to you my dear friends that I find the interaction between two human beings whose thoughts are not in unison to be most interesting.

Hearty laughter

If only we could take them and place them separately, that would be a much happier situation, but as always, you have the power within you to be in full control and to take full responsibility for your thoughts.

Lilian: So is it also a good idea to each morning, ask for help with the thoughts?

I would suggest, yes of course, you may ask for help, but again I say to you, *you* have the power and of course practise does help. You all, I have to say, have inappropriate thoughts at times, not intentionally, but because you do not know how to take control of those thoughts.

Jan: But I remember you once telling us that if you've realized afterwards that they're inappropriate and those feelings and thoughts are a (*protective*) shell for us, then that's part of the learning process, because you have to accept—you have to have those feelings that those thoughts are inappropriate or wrong, to go forward.

Yes, it is the first stage, *recognition* of the thought, of course. If you do not recognize the thought, you deny its existence. Yes, of course.

Jan: I think this is an appropriate point to ask this question. It's not from myself, it's from Richard—you know Richard, he is my son. (**Yes**) He telephoned me on Saturday night with an extremely interesting concept and he asked me to ask you. As you know, from an early age he has been bombarded with voices (**Yes**) and he wants to know—I forgot to bring my piece of paper, I'm sorry—he has learnt to shut out those voices at an inappropriate time in his busy life, (**Good**) but when he concentrates, they are very, very clear. He would like to know if the conversations he is hearing are aimed at him or whether he just picks up conversation from spirit around him wherever he may be. (**Yes**) Do you understand? Have I put that clearly?

Yes, I understand. If he is focussed at a particular time, what he hears will be those around him who wish to help. When he is amongst others, or inappropriate times as you call it, he is picking up on any energies which will be in and around. But when he is quiet and focussed, they will take that opportunity to try to help and also to focus his thinking to the spirit world.

Jan: Right—I haven't heard of anybody else having those experiences so I found it quite...

Yes they do.

Jan: Yes, I'm sure they do, but I haven't spoken to anybody else who's had them, so all I could say is, 'Wow Richard!' And he said that he can hear whether it's a gentleman or a lady, he actually hears the voice in his ears.

Yes, it is because he has now accepted that spirit is close to him always, but now he is taking control and not allowing them at every inappropriate moment to intrude upon his life.

Jan: I'm very proud of him that he's been able to do that because for a very long time it was as if his physical state was always in like a nervous breakdown sort of state (**yes**) because he couldn't shut them out.

Because he was controlled by fear. (Yes) As you know and as I have spoken often, either love or fear will dictate your lives. But he is doing well. Yes.

Jan: Thank you. I can tell him exactly that, that in his quiet moments they're actually trying—he is communicating with spirit, with him and when he's in a busy environment like a shopping centre when he hears them, he is picking up...

But those who are trying to help will then take control with him and help him and nurture him in the ways of spirit so that he will know when and what to do with these other intrusive voices. It is just being able to ground oneself at those times, and again it is practise and it is knowing that nothing can happen to him, whilst he is connected with our world.

Jan: I think that's precisely what has happened to him—the fear has now lifted.

It is that. Yes, yes. He can only go forward now.

Jan: And now he's excited rather than fearful.

Yes.

Sarah: There are other people who say they've heard voices and they commit crimes and they say it was voices in the head. Is this the same sort of thing—they're fearful and they're letting negative spirits come in?

Yes. Negativity will attract those close to this Earth plane who, as you know, not all people have the greatest purpose of goodness and they will be attracted to fear and negativity within others.

Jan: And you covered the subject of schizophrenia some months back with us and the cause...

Yes.

George: So it will be true to say perhaps that in an atmosphere of love and quiet time, one cannot go wrong really?

If your thoughts are pure, if your intentions are pure, then you will always be protected, but when you allow a window of fear or negativity, then you are opening up to more of the same. That is why it is important for each and every one of you to let go of fear.

Sara: Is this what we call clairaudience?

Yes.

Sara: Is it possible that our son will develop in this way, clairaudiently, because he does have problems concentrating sometimes at school and I know that he sometimes gets nervous at night time of noises or sensing. I sometimes think he is perhaps sensing or seeing things but not understanding.

Yes, he is sensitive, but he is more likely to see than to hear.

Sara: Clairvoyantly?

Yes.

Sara: Thank you.

Lilian: So when someone sleepwalks and they do strange things, they've even been known to kill someone—is that a thought they've carried with them before they go to sleep?

No, that is to do with an irregularity within the brain structure during the time of sleep. It is not connected to spirit in any great way. Of course there are cases when people can be influenced in their sleep state, but that is not the natural way.

Lilian: I see—it's to do with the brain and nothing to do with the thought.

Yes.

Rod: 'Love and fear' is something that you need to keep in your mind I think, because yesterday I had an awful fear come over me...

Yes. But you have survived it.

Much amusement

Rod: And I thought, 'hey, hang on a bit, this is something you were talking about and I've got to get rid of that', and I threw it up there and grabbed hold of the love, and that *did* help.

Yes. So you see, you have proof for yourself that control of the thought works.

Jan: You're an example of that (*Rod*)—well done!

Rod: It was a big help. So those two words, you've got to keep—they've got to be there, haven't they really, to be aware of...

Yes. Try not to focus on the word 'fear' because just...

Jan: The word makes you fearful.

Yes—(the word) can trigger off thoughts of fear. So be aware that it is a condition of earthly living, but not one that you will bow to.

Rod: It's a wonderful thing to be able to preach to people, if you can put it over in a nice way; friends you can—I've found that you can do this with friends and they readily take it on board, which is nice.

I would say to you my dear friend, the best way to live your life is by example. You do not always need words for others, because they will pick up on any goodness, any joy, any happiness that you exude.

Graham: I find that smiling helps. I feel despite you're annoyance towards somebody, if you smile it is difficult to remain annoyed while you're smiling—it goes right through you.

Yes. And it is apparent to so many people around that that one smile, that one genuine smile has the power to create that ripple of happiness in the same way as anger or fear or hatred has...

Jan: Laughter does the same.

...And laughter...

Rod: I was on my bike having a ride this morning and I met a lady coming along with a pushchair and she gave me a lovely smile and it lifted me and I was able to peddle up the next hill like a young kid.

Chuckles

Yes.

Graham: I think that smiling dissipates other people's fear. If they're concerned or nervous about something and you smile to them, you can see them relax—it dissipates their fear.

Jan: That's why the dentist smiles a lot. You go to the dentist, he smiles.

Laughter

Graham: Mine has a face mask on, but the eyes give the smile away...

Laughter

Can you see now within this room that talking of joy and happiness that you are all beginning to laugh and smile? (Affirmed) You understand the ripple effect that it has. So, my dear friends I will leave these words with you this time. I will always be interested to see how these words are put into action in this next coming week of your earthly lives.

Lilian: Yes, I'm sure we will try. Just before you go, there's a lady who has come over from New Zealand to visit her parents opposite, if there's an opportunity—she obviously interested and knows about what we do and has shown an interest. Is it okay if she comes? I feel it probably is.

Yes, I would be happy for her to come.

Lilian: Thank you. It is the time—she may not have the time.

Yes, I am happy for her to join with us. Now my dear friends as I leave you, I hope I leave you with that smile upon your lips ...

Chuckles

... and as I leave you I will continue for some short time to work with the instrument (Eileen) and I will ask our dear lady friend (Sara) to take you on a short, uplifting journey this time, if she is agreeable ...

Sara: Yes, that's fine.

... And then we will continue.

Thanks from all

Sara's guided meditation: It's the end of the day. You are sitting by the water and a boat ... a little rowing boat, and you get in this little rowing boat. You are on your own, just you. And you climb into the boat and the boat starts to move off ... it's a little magic boat and it's got a mind of its own, and it will take you on a little journey around the bay. It starts off slowly and as you sit in the boat you trail your hand in the water, and then you notice the ripples in the water ... and the water feels cool, and as you look into it you can see the darker depths below. You are drifting slowly still, and you are reflecting a little on the day and you are reflecting on how wonderful and how blessed your life is and has been ... and on all the wonderful little opportunities that you had in the day, to show your love to other people ... and for others to show their love for you. And you feel excited by the possibilities that lie ahead, and knowing that there is so much for you to do ... and fortunate that you don't ever have to wonder what to do with your day. And you know also that the pathway that you follow is leading you to greater and greater riches and you feel much excitement within you about the future and the present. And the warm sunset glow matches the warm glow within you, and you feel there is so much coming to you that is good. And you know also that all of the answers lie within you and all the wisdom that you need to access the better part of every day is there for you, and that it's possible to have it all. The magic boat is still moving around the bay and your hand is still playing on the water by the side of the boat, and you look still into the deeper waters and see how far you have come and how far you still have to go. And as your mind goes higher on your journey, it's still and describes the lower evermore. And so the compassion within you grows ever and deeper because your mind is no longer separated from your heart. So you do not view your fellow human beings with detachment ... yes it's detachment but not a separate entity. So, when you look into the water and you see the ripples spreading outwards, it's almost like your heart and the energy within your heart is forever spreading outwards to encompass yet more and more of your world and the world at large beyond it. As you look at the sun again, you almost become the sunset. You become one with the sunset and one with the water. And as you merge into these feelings, the magic boat has brought you back again to the shore and your journey is complete ... and you are complete ... and whole ... and strong ... and ready for another day.

~20th August 2007~

Good evening.

All: Good evening.

As always, let us extend a welcome to our guest this night.

Lilian: I'm sure she will find some benefit from sitting with us.

She feels just a little apprehensive this time.

Lilian: Is that right, Di? Do you feel a little apprehensive?

Di: I don't know that it's for me—I don't know—I'm very honoured to be here and thank you very much.

Yes. You are most welcome. Now my dear friends I wish to say to you this time a little about what was asked of me last time by our lady friend known to you as Jan.

Lilian: Yes—she's unable to be here tonight...

Yes—about the difference between thoughts and where they come from. As I have said on past occasions, the thoughts from spirit come slowly and repeat themselves often, whereas other thoughts come quickly and seem to be more intense with urgency attached to them. The difference only comes with time and with experience, and it is something that you have all experienced in your own way I am sure.

Lilian: Yes.

Yes. I wish to say also to you that, as we have spoken before about energy expanding/spirit growing, I wish to say it is now time my dear friends that you view your other fellow human beings in a slightly different manner. Do not look on anyone, whether friend or stranger, as that physical being but to learn to look inwardly and to feel that spiritual energy come to the fore, because in using your energy to seek that higher being from within, it allows that connection and communication between two people to have the strength of love and understanding. So many of you look to another and make judgement far too quickly.

Lilian: That's very true.

And now I feel you must go forward and look more closely to those who come before you because, as I have told you, there are no mistakes when it comes to those who cross your life path. It is then up to you, my dear friends, to think of the thought which comes to mind and to find the purpose of each meeting. Do you understand? (Affirmed)

George: Yes, I think we probably all have memories of particular people who have really stood out in our lives—personal contacts. I recall my youth when I was conscripted into the army and I met an older man (*George Allison*) and he was a regular soldier, in uniform. But he had such a kind heart and he was so willing to exchange views with we young national servicemen and a light seemed to shine from him. He is an older contact and, looking back, he was a very significant contact.

Yes. Therefore his love and light was extended to many people who have been impressed by him and his way of life. Therefore that memory remains with you strongly and has enabled you also to go forward with your own life.

George: Yes, I certainly have that memory—the more so because he was a Doctor Barnardo's boy and the army had become his family. So he was slightly unusual as well as having a good heart.

Not so; I have told you in previous times: that is why you must never judge another human being. It matters not where they come from or what material goods they have, what is important is what is within their heart and soul—that is what life is about.

Rod: You slapped my wrist last week when I mentioned that, but it's difficult: tonight a coloured gentleman came up to our door and wanted to buy the back of our garden and an immediate anger came over me. It takes a lot of getting used to, but I haven't got there and your words do come through—but initially I was wrong.

Do not be so hard on yourself my dear friend. You do struggle I know, to accept many words spoken here, but I am sure if you look back to the time when you first came to us, you will find much improvement within yourself.

Rod: I've been told that at home!

Laughs

Give thanks for all those blessings that you now have. And do not allow any failures, as you see them, because they are not; it is just a learning process for you.

Rod: Thank you.

So do not be so hard upon yourself.

Now, as always when we have guests, I will take the opportunity for any questions this time.

Jim: May I ask a question about the power of thought? I attempted to think about a particular subject—in fact it was three digits, three numbers, and think of everybody in this room and the idea of mind projection, and finding out whether I have the ability at the moment to succeed with this. I'm interested in what I can do to improve my performance, if I can put it that way, and I thought I would ask you if you would like to comment on how I am doing.

Your endeavours in whatever way you choose spiritually can only be beneficial for your own growth. As the gentleman previously, you sometimes try too hard to succeed when in fact you should just let things be, and when that air of calmness and acceptability is there, then you find you have greater success. But my words to you, my dear friend, is (*sic*) that you must strive for what you feel to be right for you. It matters not whether I approve or any other person around you sees your success, but that deep within yourself you know what you are doing is for the betterment of your spirit. Does that help?

Jim: Yes, it does help. I will remember what you said and I will keep trying.

Yes.

Jim: In my thinking, if I think about you, would you know that I was thinking about you.

All thoughts come to us, yes, of course.

Jim: This happens when I look at transcripts and read your teachings and often I can follow what you are saying as if I'm in this room.

Yes, well that is the benefit of being able to recall words that are placed upon paper, because, as you know, the human memory is not infallible.

Lilian: That's for sure.

Rod: It's fragile.

Jim: When we pass over to your side of this spiritual universe, what happens to our ability to memorize? Does it become better?

If you are speaking of physical memory, then it is obsolete, but spiritual thoughts of course remain with you.

Jim: I see. My memory, which I don't boast about, will improve in the next world then?

If you so desire.

Jim: I see—yes, I'm happy about that!

Lilian: Something to look forward to.

It is an existence of thought in our world, so whatever you desire, whatever thought you give out, that becomes your complete reality. You understand?

Jim: Yes, I do understand that—I feel I know what you are saying.

Yes. Sometimes my words do not always make sense to you within this room; sometimes that is why I repeat myself so often, because the human mind is liable to forget or to misunderstand what is said to it. So, it is most beneficial I feel that at times we go over the same ground of knowledge, because, as you well know, each one of you within this room is at a different level of development.

George: So would this mean that we remember spiritual information and feelings for various people, but we forget our mathematical tables?

If you wish to retain mathematical tables, you will.

George: Thank you.

Lilian: Have you any questions, Di?

Di: Yes, I would like to ask a personal question if I may. I feel, because my mother's is very ill, I just feel that she has *already* passed over, but the body is still on this Earth. I'm due to return back to my home (*New Zealand*) next week, is there anything else I can do to help her on her journey or is the journey *her* journey?

Of course you can help as each one within this room can help another human being. You can give loving thoughts to those in our world to make her passage easier and quicker for her, but ultimately it is dependent upon her freewill, when she decides that it is time. But yes, always loving thoughts will be received and help will be given. But as you may know, that as the spirit leaves the physical body behind, there is more time in our world than is spent in yours. So it becomes for some a more gradual process, but of course, continue to help with your loving thoughts; that is all that you can do. (*Thanks*) And do not be afraid of your own emotions, because you are holding back at this time and that is based my dear friend upon your fear, your fear of losing a loved one, which is of course natural to the human being. But it would be much better if you could *deal* with those emotions whilst she is still here. Do you understand?

Di: Yes I do, thank you.

Lilian: It's a very difficult time.

Yes. If only the people upon this Earth plane could rejoice as we do at the passing of your loved ones. We see it as a return *home*, to *all* that is *real*, but of course it is a slow progress for human beings to reach that state of acceptance—but it is possible and you all should strive to see passing to our world as a natural function of living, because those who pass are happy and they are greeted by all who love them, *all* who love them, not only family members, but those of us in spirit who have been with you for *many* lifetimes. But of course we know and understand that for most people that earthly and human comfort is necessary. I hope that helps you all this time.

General thanks

Now I will take my leave of you this time and allow any others to come forward. So, as always my dear friends, until next time we come together, I enclose you with my love and upliftment for all of you.

(Thanks and farewells)

George's Notes:

Following Salumet, an advancing one joined us through Sue. This was one who spends much time in the Halls of Learning, gaining in knowledge to pass onto others. He spoke of the huge privilege to sit at the feet of the master as on this occasion. He spoke of the tremendous light and the golden glow (as seen from spirit) in his presence ... and of the sound, the vibrations, music and bells that is just beyond description in earthly terms ... it is not really like any of them. And as he leaves the room it is just amazing. 'It is a very great spirit and I cannot tell you the feeling that is left behind on our side ... wonderful, wonderful, wonderful!' In spirit, it is stated to be much more an impression of energies felt within and understood rather than just the words. This one declared it to be the first time he had sat at the feet of the master and does not know if it will happen for him again. It was an overwhelming experience. But he will return to the Halls of Learning with the benefit of the experience, and things that were a little cloudy will now be much clearer. He also declared that we are all learning every minute of the day, whether we realise or not. Here, we have human fallibilities and have much to look forward to when we pass to the realms of light. It was a powerful message delivered with great feeling.

The evening closed with a cheery, light-hearted one via Eileen whom a few of us remembered as 'Annie'. Annie spotted several that she remembered, but most were new. She was more familiar with the group 14-15 years ago when it met in Leslie's house. She is aware that Leslie continues his work and we indicated that it would be nice if he were to drop by again—Annie too. With Salumet, Bonniol and the two further visitors, it completed a splendid evening.

~27th August 2007~

Good evening.

All: Good evening.

As always I am happy to be with you this time.

Sarah: We're very happy to have you again.

My words this time will be short because I wish to work with this instrument at this time, but before that I will answer any questions that you may have.

Lilian: Thank you.

I also would say to you my dear friends that I hope that you have considered what I said to you some little time ago about the subtle energy changes which were taking place around you—each and every one of you. And that could be a topic of discussion amongst your selves whilst I work quietly this time.

Lilian: Yes, that's a good idea.

Do we have any questions?

Lilian: Have you another question, Di?

Di: Yes, I have a question Salumet, about soul mates: If you could explain to me whether it's possible to know who your soul mates are in this incarnation, in the life we live now, and whether you connect with them and whether you ultimately end up with them when you are aware of who the soul mates are, or you have a feeling that's who they are?

Yes. You must be just a little careful when you say 'soul mates' as if there are (*sic*) a group. A true soul mate does not come in every lifetime; but I would say to you that you would be aware in an instant if you were to meet your soul mate in this particular lifetime, because that spiritual attraction is so strong that no man could keep you apart if that is your desire. But remember that soul mates can be anyone who enters your life: it can be a child, someone of the opposite gender, or sisters or brothers or anyone who co-exists in this life. I believe, and I know, that soul mates always have a very strong bond and I am sure that the group will inform you of my words about soul mates, which is now written down and is on one of your what you term 'discs'—yes.

George: Yes, I was going to say, the CD-ROM disc has an index and 'soul mates' is an item in the index.

Yes, it will help to explain further for you the meaning, the true meaning of soul mate, because you see, in this world 'soul mate' is used to express meetings with other people when in fact they are not soul mates. So I suggest my dear friends that you help our dear lady friend by issuing my words for her, rather than I continue with words at this time.

George: Yes, she has a copy of the disc to work through, in fact.

Yes.

George: But that will take some time.

Yes, but I hope it will be helpful to you.

Di: Thank you.

Lilian: So it's very unlikely that we meet a soul mate in our lifetimes?

Not unlikely, but do not assume that you will always meet your true soul mate. Unfortunately mankind is too quick to assume people are soul mates, when indeed they are but acquaintances or people who have planned to come into their existence in this lifetime.

Lilian: Yes, thank you.

George: Could I ask a question about the nature of spirit?

Yes.

George: We are familiar with the material world and the way we are all separated by space. In spirit, although there is a oneness, there are still individual entities, if I can put it like that. **(Yes)** There are soul bodies, angels and light beings and ones such as yourself. So I'm reasoning that there is a form of separation which does *not* involve space. Perhaps this involves frequency, but I'm assuming that there are other means of achieving individual entity, apart from space.

Yes, you are speaking about separateness.

George: Yes.

Yes. The problem my dear friend comes when you use the word 'space'. Of course, it is a physical word, but I fully understand what you are trying to say and yes, unlike existence here on this planet or any other planet where man co-exists in *one* space, in our world there are many *graduations* of time; and I will continue to use the word 'space' for your benefit, but in fact all is dealt with thought, and that is a separateness that exists in our world.

George: Are you saying thought itself has its own separateness?

Yes. You understand?

George: Yes, I'm beginning to get there.

It is not an easy subject to explain, but as you continue in the world of spirit, you know full well that identities and bodies, if that is the correct phrase, need to be used and all is thought connection. And in the same way that thought can in an instant transport you to wherever you wish or so desire to go, so too can that thought keep you as separate—I prefer to use separateness.

George: And we can think of thought as energy or a special form of energy perhaps.

Yes. It is energy, it is not a special form it is part of all that is natural. You understand?

George: Yes. I began by thinking that even in the physical world we have radio and TV (**Yes**) and sound all occupying the same space—so space is not essential to separation.

No, of course not. When you look at it from a physical viewpoint that is a good analogy—yes. So I hope you now use your thought a little more correctly.

George: Yes, thank you! That does help to clarify.

Lilian: Do you have a question, Sarah?

Sarah: Yes. Salumet, last week you talked about the physical mind. I was under the impression that the mind was spiritual and the brain was physical.

Yes. It was just a misuse of the words which can happen. Of course the mind belongs to spirit and the mind, if you like, in physical terms is called the brain. I apologize if I confused you.

Sarah: That's okay.

George: And again, would I be correct in thinking that a tiny part of mind is more or less fixed to brain so that tempts us to think of that tiny part as physical?

Well, you cannot separate the spiritual and the physical—they have to intermingle. They co-exist as one, but it is only when the physical overcoat has outgrown its use that the spiritual mind then moves forward.

George: Ah, it then becomes *totally free*.

Yes, again, it is a separateness. (Yes) You see the connection there...

George: Thank you—that does help.

Rod: You did say Salumet that by the end of this year we would all notice a difference—I forget the word...

Paul: A sort of metamorphosis.

Rod: That's the word—I had to look it up. Would we notice this difference?

You should become *aware* of any change within yourselves. Do not look for *physical* change, although that also can happen at the same time. As I have said, the physical and the spiritual have to coexist. One cannot exist without the other. But yes, I hope that you would recognise within yourselves that change.

George: Yes. I wonder if it might also show in our communication with others and attraction between ourselves and others?

Yes. That would be the *purpose* of any change, any *unfoldment* that you may have in order that spiritually you go forward, because what you do not wish to do is to stay at one level. All is available to you—all spiritual power and gifts of spirit are within. But although I can come to you and tell you what you are capable of, I cannot do it for you. That, my dear friends, is up to each and every one of you. You understand? (*Several affirmed*) But of course we bring the opportunities to you, and it is up to you to use that spiritual awareness at all times, to put to one side all fear and all negativity and to go forward with your lives.

George: Yes, we are all so blessed with your teaching and last time, there was one from spirit, who followed you, and he spoke of how your being and teaching, shall I say, presented itself to him in spirit and it sounded truly wonderful. He was obviously sensing energies and sound and light of which we are not aware ourselves, sadly. But it sounded a wonderful description.

Yes. I have to say my dear friend that I am most humbled when I hear words such as those you have just used. Of course I come to you on a mission of truth and love, and I have not always explained to you fully what this communication means, and how difficult at times it can become. But that is of no consequence for you; but to hear words as you have used them, I am indeed most humbled.

George: It just goes to show how these words are appreciated, not just by ourselves here, but by those in spirit as well, and that's a lovely realisation for us.

Yes, if only you could see the enthusiasm that is shown when the opportunity to learn is given to many of these souls. It is a wondrous sight at times to see such joy.

Rod: Is the learning in spirit by *thought*, or is it by reading books, or by what method?

It depends on where you are at certain times. Of course there are available to you many halls of learning which anyone can go to and there we have the most beautiful books with all knowledge within, but as you progress through spirit it is a different way of learning. Sometimes words are unnecessary, but for some, they like to hear spoken words, because that is what has always brought comfort to them. And spirit is a place of—whatever you need or want is available to you.

Rod: There's just one little thing: you did say when you are in spirit, you communicated in thought, I thought **(Yes)** and suddenly I felt that it must feel lonely, but I hope I'm wrong on that and you're not lonely, in spirit.

My dear friend: that is a word that is never used in our world. You cannot be lonely when you are surrounded by great love and beauty.

Rod: Ah, that's nice.

In a sense you are a little fearful of the unknown, but let me reassure you that as great joy is within your world when a child is born, that also happens in our world when you are reborn into that home from which you came. You are surrounded by love—you are never alone at any stage.

Rod: Beautiful.

Sarah: Salumet, going back to the mind—thought and mind: when the mind is released from the physical brain/body whatever, that goes into spirit and that is your thought. Am I right? **(Yes)** So when a baby is born and they have a physical brain and they have their mind again, this mind that comes, is that the spirit that comes with you? I am just a little confused on that.

You are seeing mind and spirit separately when in fact it is not. Mind *is* spirit (Yes). Yes. Try to focus and it will seem less confusing.

Sarah: Yes, thank you.

Now I feel, that for this time, I will continue to work with this instrument and allow the rest of your evening to continue.

Lilian: Thank you once again.

(General thanks)

And as I leave you, my dear friends, we ask and give thanks for all that we receive.

George's notes:

1. Time, space and separateness: Salumet refers to man coexisting in one space. This probably equates to the physical universe in which we physical beings live, having just the one pervading space or space-time. But in spirit, there are graduations of time, and clearly, aspects of soul have led physical lives at different periods through history. So perhaps these are the graduations of time referred to, and these will be within soul. Thoughts too, seem to be autonomous and have been referred to in the teachings and by Bonniol as 'living' and would perhaps be labelled in time.

2. Soul Mates: The references for Soul Mate are:

17th October 1994

31st August 1998

12th November 2001

And Soul Family 7th February 2005

There was some muted discussion as Salumet worked with Eileen followed by exchange with a control through Sarah, and then a rescue relating to a house fire to conclude the evening.

~10th September 2007~

Good evening.

All: Good evening.

I am happy to join with you again this time. As I come close to you, I feel your energies and your love, also your expectations of your lives and expectations of your blossoming of spiritual attributes. For this my dear friends I thank you for your love and your consistency of wanting to become better human beings. I would like this time to discuss with you a little about your spiritual unfoldment and what you wish to achieve. I have spoken much about the power of your mind; I have spoken to you about all possibilities and what you can achieve, but this time I would just like to say that now is the time for you, not just to recognise spiritual attributes, but to experience first-hand these things. I hear you say: but how do we go about doing these things?

Lilian: Yes.

Yes. You go forward and in your meditative state you begin to realize and to take control of that mind which controls all aspects of your living. It is all very well to recognize with words what you can achieve, but it is the experience which will take you forward. Do you have any questions about this?

Pause

You all fully understand what I am telling you?

Jim: My difficulty with the words is the 'experience'—it's a spiritual matter. Sometimes when I sit quietly, I just think I'm in a silent, blank world; I have no feeling that I am getting anywhere. But I have to travel hopefully and follow the advice and just sit and wait to experience something—something I would dearly love to happen.

But my dear friend, your experience comes within that quietness, that vision which is before you, and only in those conditions can you begin to take control of your thinking and your life experience. It is within that meditative state that all things come to you. You must realize that experience is to find this quiet place at all times and at all stages of your existence. It is not easy—I know that my dear friend, but each one of you must endeavour to go forward in your own way. You understand?

Jim: Yes.

George: I get the impression your words relate in the first place to the meditative state, and I for one would need to dig more deeply there—and following that stage, that is then also an influence on what we do in our active lives (Yes). So it's that two part thing. Am I correct?

Of course, human living will be influenced by your spiritual status of course, but you must all endeavour to move forward; you cannot be content in just the intellectual knowledge of what you have to do—that knowledge has to become experience of the spiritual attributes. Is that helpful to you?

George: Yes.

Rod: Yes, I think those of us who find it difficult to get into a meditative condition will just have to be very patient, and I have heard that it could take up to a year to get there. So, I think we need a lot of patience—people like me anyway...

There is no time limit. To go deeply into that state of existence takes all of your lifetime. It is not something you can achieve so quickly; it is ongoing throughout your physical lives and continues, I have to say, into our spiritual realms. So you see, it is appropriate for you whilst on this Earth to begin those spiritual exercises and practise to better go forward, to enhance your daily living. But again, as I have said so often, it is entirely your choice and however much you wish to progress, you must move forward in the state of mind. I feel your quietness and silence. I feel a little puzzlement with you also.

Rod: I am sorry I didn't know you were talking directly to me. I was mumbling under my breath—thank you—sorry about that.

There is no need to apologize my dear friend. Each one of you within this room is at a different stage of development. Some, of course, have been on this pathway for many years and some, we know, are new to spiritual ways—although that is not quite true because from the time you are born to this world, your spiritual growth has already begun, but unconsciously you move through life without realizing that you have spiritual 'back-up', I believe you might say. But what is more important is that, as individuals, you must move forward. Do not become complacent in what you know, because so many in your world feel that they know so much when in fact they know so little. So, never allow your ego to come to the fore, but to work and strive tirelessly for your own spiritual growth. It matters not what another is doing, but I do feel, and this room is a fine example, of people at different stages of development, but who are also very united in their goal. So, you see, it *can* work. And that is what I would wish you to consider this time my dear friends: to think just a little more deeply about moving forward.

Rod: You've convinced me to be more—I'll have a bash every morning if I can.

Jan: Don't beat yourself up over it, though Rod! That's only defeating the object.

Rod: No. I'm always worried about someone coming in and waking me up from it—I don't know why—barging in, in the middle of it. It can only be Daphne but...

Sarah: Put a note on the door.

Rod: Yes.

The most perfect time would be before your sleep state, but most people find this difficult because they find they drift to sleep rather than to enter that state of peaceful existence.

Jan: Much easier if you are an insomniac!

Yes, I do believe that could help. Yes. Do you have any questions?

Rod: Just going back on what you just said about doing it last thing at night—now I have tried this and you are right, you do go into a sleep, but I just wondered if there was any gain there. I presume there isn't a gain if you do go into a sleep...

I would say to you that you have sent the thought out to be in that state of existence, so you do not *lose* anything, but it is far better that you have some awareness of what is happening, that you *gain control* of your mind, of your thinking, of your actions. But it is entirely up to each individual to find time which is suitable and right for them.

George: Yes, I do use the evening time. I do find that my awareness is sometimes intermittent, so it's as if I have periods of unconsciousness and periods of being aware.

Yes. But it is all working towards 'control' and that is what you must strive towards. But if you do not give of the *time*, how can you make that progress? How can we come close if you are not allowing it to happen?

George: Returning to the ego for one moment; it doesn't seem to realize just how much knowledge is simply not worth knowing!

That is why it is called 'ego'—the physical part of the intellect/of the knowledge/of the knowing—humankind cannot differentiate between what is unsuitable and what is *true* knowledge. Man has always found it difficult to recognize that his own ego must be placed to one side if he truly wants to develop spiritually.

George: I'm very pleased to hear you say that, because I've noticed that some scientists can become fascinated in some backwater of knowledge, which just doesn't lead anywhere.

Yes, but do not be too harsh, do not judge them...

George: I'm being a little judgemental! (*Chuckles*)

Because they are striving to work out for themselves this phenomenon which they call 'ego'—because some of your scientists do not see further than the ego, they do not see the spiritual aspects of mankind so clearly. So...

George: That's another clarification, thank you.

Yes.

Sarah: I was just thinking, Salumet: you said to us in the beginning you likened us in spirit to a rough diamond and you take a little bit off and polish it and it becomes beautiful and goes back. When we go back into spirit, when we reach the highest point—when I say ‘highest’, we are probably talking about vibrations, lighter vibrations—does the whole of our spirit have to be together to move on? Does the part that is the many facets—do all the many facets have to join together first before they can move on, or can one facet go it alone, as it were?

Yes, one aspect can always still at that stage make individual judgements or movement or decision, yes, but still remain part of the whole.

Sarah: So, in order for—what I am trying to say is that when we’ve got rid of our physical garb and we’re in spirit, in order to move on to the highest point that we could possibly get to...

You will never reach the highest point, because it is not known.

Sarah: No, but what I mean is, the highest level that we could ever attain, let’s put it that way; would the whole group of facets would have to move together?

No, you are becoming confused and ‘bogged down’, I believe you would say, with physical thinking. Yes, when you reach the point of being energy, you are absorbed into the whole, but there is still an individuality within that energy. We are reaching difficult topics for you to understand.

George: But it is the soul’s progress which is the important thing.

...Is never-ending.

Sarah: I can understand that. I was thinking too rigidly in a physical sense as opposed to...

You are thinking more of those lower planes of existence, I feel.

Sarah: Yes, probably.

Yes, but it is a good question to be asking of yourself, because it shows that you have moved forward in your thinking.

Sarah: That’s nice to know anyway.

George: Possibly connected with that, last time, Salumet, you used the expression ‘*graduations in time*’ (yes) in spirit. Does that refer to aspects that have lived lives in different times on Earth?

Not necessarily. It is a graduation of energy. We are talking on difficult subjects here, difficult inasmuch as you can understand, but of course there are graduations of time, but it belongs to the refinement of energy.

Lilian: Would it be a coming together of spiritual knowledge?

It is a refinement—that is the best way that I can put it to you.

George: I think I’m seeing it as a more general condition of spirit.

Yes. It is just a progression, yes. Perhaps the word ‘graduation’ was not a wise one on my part, but as always, to use your physical language to explain spiritual knowledge, has always been a difficulty for us.

George: Yes, of course.

Now...

Jan: Salumet, excuse me, before you go, if appropriate, could you give a few words of encouragement to the young lady on my left, please?

I would like to hear her voice, please.

Cheryl: Good evening Salumet.

Good evening—yes. We have met before, I believe (Yes)—yes. I have spoken to this one before, yes. I believe there was some doubt as to what she was seeing, yes?

Cheryl: Yes.

Yes. But you have within you a spiritual nervousness, I believe. Would you agree? (Affirmed) But you have within you a spiritual nervousness, I believe. Would you agree? (Affirmed) Yes. But you will move forward and your life is moving forward and sometimes you feel that you do not understand your own pathway in life. (Affirmed) Yes. But do not be too concerned, because many surround you for upliftment and guidance. And if I may suggest: that you have a young gentleman, a brother, who can help you in

many ways—that both of you could develop spiritually by speaking deeply with each other; there is a bond there that you are not aware of. But your life is moving in the right direction, do not doubt that.

Cheryl: Thank you.

But I do not usually speak personally, but I will tell you that your life path will take a different direction as you grow a little older, and it is for the best.

Lilian: Yes, thank you Salumet.

Jan: thank you very much.

Now, my dear friends as I leave you, I hope my words this time have inspired you in some small way and that each one of you can take from these words some little comfort or some hope that you may go forward with your own lives knowing that there is much you can achieve. I leave you always, my dear friends, encompassed within my love and my healing for you all.

(Grateful thanks)

George's notes:

Meditation: Salumet's words were spoken slowly and with deliberation. It is clearly an important instruction on meditation for all.

Ego: The statement that humankind cannot (in general) differentiate between true knowledge / awareness and knowledge that is non-progressive, is interesting. Immanuel Kant was one who singled out a priori knowledge (that some today might prefer to call 'awareness') as of heaven and superior to that arising from experience and intellectual reason. He was one of a few to know the difference! But mostly, humankind does not appear to distinguish.

Dictionary (Concise Oxford) definitions:

Ego: (metaphys.) part of the mind that reacts to reality and has sense of individuality; self-esteem.

Ego-trip: activity devoted entirely to one's own interests or feelings.

Egoism: ethical theory that treats self-interest as foundation of morality; systematic selfishness; self-opinionatedness.

Egotism: self-conceit

Clearly, 'ego' and associated definitions make uncomfortable reading. It is a restrictive zone that we need to look beyond. Intellect is sometimes admired and not without reason, but it is perhaps unwise to dwell within this restrictive zone. As Salumet says, the ego really needs placing to one side in order to access our spirit connection and truth.

~24th September 2007~

Good evening.

All: Good evening.

As I join with you this time, I feel upliftment is needed for some. As I draw close to you, I feel that the subtle energies need to be uplifted. Therefore, for this one time only, I wish you to listen to my voice so that each one of you feels the love and light which surrounds you.

(Salumet's voice assumed a slightly slower intensity)

I would like each one of you to focus within, to allow yourselves to feel the love and energies which come to you this time. I want you, my dear friends, to make connection with that part of yourselves which has connection to our world. I would like you to focus on this energy as bright, white light which comes close to each one of you—to feel that pull that is connecting to you spiritually and therefore physically, to enable you to forget for just a short period of time all of your woes of this Earth life. Focus, my dear friends, on the centre of your bodies. Imagine yourselves as a beautiful flower in bud, allow yourselves to open to that energy, that white light, and allow that bud to now begin to slowly open and to absorb that all-encompassing energy. Feel it in every part of your being. Allow it to empower you physically in every part of your body, in every cell of your body. I want you to be aware of this energy. I want you to feel the upliftment that comes to you, and when you are ready, allow yourselves to close

down and to return to the physical and to continue to listen to my words whilst that energy continues to quietly uplift each one of you. *(Pause—1.5 minutes followed)*

Now my dear friends, I would like to say to you that on our next meeting I wish to discuss with you some information which will help you along your pathways, but for this evening for a short time I will take any questions that you may have.

Lilian: Yes, thank you for that, Salumet. George?

George: Yes, thank you. Yes, that was a wonderful feeling while you were talking. Thank you for that. I have a question. Can I refer back two years—we had a personal question and it was about Tina Birch, who had a spirit presence with her and the question came from her sister, Angela, who lives on the Isle of Wight. Tina passed to spirit—that was nearly two years ago. She leaves two young children who live in their home at Walthamstow. One of them, Natalie, is quite severely handicapped with cerebral palsy and I understand that she has been talking of seeing a presence, a male presence and I know, within the family there is some fear that it might be the same spirit in attendance as with the mother. My own feeling is that Natalie would be close to spirit and there would be others wishing to help her and I wonder if it's a helper or guide. Would you have anything to comment on that?

Yes, I understand your question. Let me say this to you: although this young one is physically handicapped, she is also spiritually aware—as was her mother. So, there is nothing to be fearful of, but of course what is happening is that fear and negativity come from other members of the family. I can say that any energies being seen, if they meant any harm would have shown that aspect by now. So firstly, I say the family must relax and the child, if she so wishes and does not want to see, then they must approach someone who has the awareness and the ability to make connection to visit that home. What I would *not* recommend is that fear and negativity be allowed to build around this young one. It is a little worrying for her, but it can be altered and it can be stopped. There is energy that *is* present but is not harmful.

George: Yes. Would I be right in thinking it can only be made harmful *by* fear and attitudes around?

Yes, it comes from those who are fearful and negative, and of course that can be built upon.

George: But if the presence can be accepted, then would I also be right in thinking that it's likely to be helpful to the little one—or am I making too bold a statement?

Yes. I do not wish to place words into your mouth, but you are making too much. It is a presence that is seen by the young one, because of her ability to see, but it is energy—but rather than allow fear to build, it would be better at this time for someone to make connection and to move the being forward.

George: Yes. At the same time, many of us would welcome such an ability to see...

Yes. Is it not just confirmation of what is achievable when you allow the mind to be free and open (yes) and is available to *all*.

George: Yes, thank you and I'm sure that will be a great help to the one who enquired about this and I think it has also been an instruction for us all.

Yes.

George: Thank you Salumet.

There is so much here within this Earth plane without even the recognition of fear. So many live their lives in fear—fear of the next moment, of the next hour, of the next day—when they should be *focussed* on this second.

George: Yes. Yes, and then we have freedom!

You have clarity—yes. I hope that will be helpful to you.

George: Yes indeed. I'm sure that's a great help. Thank you, Salumet.

Rod: Can I just ask one question? Last week you said that meditation on the Earth plane is a wonderful thing and it would be of benefit when you went into spirit. And I thought, well when we're on the Earth plane we want to go within, and I understood that as to get within our inner spirit. And I thought, well what happens when we *go* into spirit, we're *within* spirit—is that the same kind of meditation? Would you be trying to sort of get within, *within*? Is that a stupid question?

I feel that you have become a little confused.

Rod: I thought I may have!

Yes. When you return home, you of course *are* spirit. On Earth you are cloaked in this garb of flesh. You are not physical beings with a spirit you are spirit with a cloak of human flesh. Therefore, when you return home to us, there is no need to seek meditation as such, because you have exposed that true self which is spirit. You understand?

Rod: I do now yes.

Meditation on this Earth plane is to make connection with spirit. You understand now?

Rod: I do. I misunderstood that little bit and I can see where you're coming from. I haven't re-read it and I haven't seen the script and I see where you are coming from now. Thank you very much.

After all, what is meditation? It is only to help you to focus. Once you have the ability there is no need for ritual, but I have to say that for many, many human beings it is a focus which is necessary for you, to still that ever-enquiring brain that you have. But it comes only with practice. I hope that has helped you.

Rod: The initial talk you gave to us to go within tonight, if you were there every night like that, that would be a lot simpler—that was quite a lot simpler tonight. Maybe within this room, I don't know, it was easier to go within. It was lovely. Thank you very much for that.

I think you have just made what you would term a compliment!

Chuckles

So for that I will say is 'thank you', but of course there is no need to.

Rod: Thank you very much anyway.

Lilian: Can you take another question?

I will take one more this time.

Lilian: Has anyone a question? Di?

Di: No. If someone else would like to ask one, I'm happy to listen.

Lilian: Paul?

Paul: No, I don't think I've got one this week.

George: I have what might be a quick one. Perhaps I'm digging too deeply, but we used the phrase last time 'graduations in time' or 'transformation of energy' and it left me feeling: can one conceivably see even 'time' as either an energy or something that connects in a rather subtle way to energy?

Time is an earthly matter. Time as you know it in our world does not mean the same as time upon your Earth. But yes, of course there must be passing of what you call 'time' and it *does belong* to an energy field, a subject which we have not touched upon as yet; but it is something I feel would be of great interest to you, my dear friend.

George: Yes, indeed. I think we've taken on board that time doesn't really exist in the deeper spirit (**no**) but there's a memory of it (**yes**) or a phasing of it in the astral planes.

It is transmutation of energy. Perhaps that is a simple way of putting it to you at this particular time.

George: Yes, I felt there had to be a connection with energy.

Yes, of course, but as a group you are not quite ready for this kind of information.

George: No, I think you're flattering me too. I'm not quite ready myself, I'm sure.

Lilian: We'll believe you.

Midst some laughter

Well I would not wish to contradict, but I know you have a most active brain.

George: Well, thank you. I do tend to rummage through the papers every so often and think about it.

But we need you to summarize and to place from your small machines onto your discs in order that many may listen to these words of truth. After all, that has been my mission for you, to bring to you at this time many aspects of what has always existed and known as truth.

George: Yes, we do our little best. It's Paul, across the room there, who produces the discs. Yes, that's a little beyond me at the moment.

You are all individual, but you remain as one. You all contribute in your own ways and it is heart-warming, I believe would be the expression, to see such unity within a small group of people.

George: Yes, we must of course include yourself within that unity, because where would we be without these teachings?

Rod: Just—I'm a very simple person—you just said something to George about time not being the same as here, but we have a guide in spirit who comes through from the Egyptian side, back from the pyramid time—it must be thousands of years ago—and I look at this fellow, who has been in spirit those many thousands of years, and he cannot be aware of that period of time like we see it. Would I be right that he wouldn't be aware of that period of time in the same way as we look at it? Or have I asked that question stupidly?

Do not put yourself down. Any question that you put to me cannot be stupid, because you seek an answer. People who come to you from any time—and remember what we have just said that *time* in our world means not the same as time in your world—what they bring back is their memories. They come to inform you of their lives, because it is something they wish to do for the betterment of others and of course their knowledge is now greater in spirit than it would have been when they walked this Earth. So, the answer to your question is, yes they are much more aware. You understand?

Rod: Aware, yes. I just felt, would they have a *feeling* of time? Is that right?

Of now—the here and now? (Yes) Yes. Well of course they have the knowledge of life now. After all, how would it be possible to return to a time and a place which is so different from their existence if they had not looked and understood what they were coming to?

Rod: I see where you are coming from now.

Yes, now you are beginning to understand.

Rod: Yes, yes. I see that. Thank you very much!

George: Would I be correct in thinking that that would be an aspect of a soul that comes through to us (yes) and that soul has progressed since that distant time, and that aspect has the influence of that progressing soul. Would that be a central point?

Of course. That is a very good way to address it, yes. The one who has lived that previous life is not existing as you would imagine, but has grown in understanding in *our* world and of course the aspect of the self desires to help others, if only by bringing information to them to help in earthly understanding. You must always, my dear friends, look at the wider picture of communication with our world. It is not to have a pleasant evening just talking of past times, but to allow you to know and understand that communication is possible and does exist. That is the purpose of that kind of exercise. You understand?

George: Yes. On a purely factual basis, that one who came through from Ancient Egypt was well tuned to making a little water go a long way in dry conditions and he was being helpful as regards the way we conduct ourselves *now* in conditions of extreme dryness. So his information was actually helpful.

Of course, and where you are fortunate is that the connection is made directly, whereas in many instances all people are influenced *indirectly*. You understand? (Yes) Such as your doctors or your farmers or—no matter what occupation, we in spirit try always to influence, but if you have an awareness and a connection *directly through the medium*, then that is much better, much clearer for you to understand. Would you not agree?

George: Yes indeed, yes. Yes, I follow that.

Well, for this time I will withdraw and I am sure that as your evening closes this time that you will feel that upliftment this time.

(General thanks)

George's Notes:

Time: *This further reference to time, perhaps leads one to feel that the space-time basis of physical creation might be the energy field Salumet refers to ... or time belongs to the material realm because it is fashioned in space-time. Spirit is not of course, but progressing ones in spirit have had and know of planetary life, so that there is 'a memory of time' in spirit. That surely takes us a valuable step further in our understanding of the elusive 'time'.*

Influence from spirit: Salumet points out on this occasion that, communication via a medium is direct, and therefore better and clearer than other influences such as those we might call 'inspiration' given to scientists, doctors etc.

~1st October 2007~

Good evening.

All: Good evening.

I am happy to join with you once more. The instrument would seem to have a little irritation to the throat. Therefore I will try to deal with it for her.

Lilian: Yes, thank you.

Once more, my dear friends, we welcome your healing thoughts for all of those in need. But this evening I wish to place before you a question which I hope will bring to your minds much thought. My question to you this time is this: is there only one spirit—one spiritual existence? That is my question this time.

Lilian: So, is there only one spiritual existence?

Yes.

Sarah: I think I would say 'yes' and we are all one little part of it.

Do we have any more thoughts about this?

George: I would think we are all one: there is one spirit, but the spirit has many parts and those parts also have many parts. I feel it is one spirit, but a very, very composite form—complex form.

And where spirit resides, is there just one spiritual plane?

Sara: I don't know. My daughter asked me the other day: 'Where is heaven? Where is her idea about spirit—(yes) and I didn't really know what to say, but I told her it's all around us—(yes) it's within us and around us. (Yes) But I'm not very clear. (Yes)

Sarah: I think it's a bit like the spirit itself; it's probably divided up into different planes, into different compartments, perhaps you should say, where you have the different...

Paul: Stages...

Sarah: ...stages of growth.

Yes. I therefore pose to you another question: You now know and understand of life on other planets, of other universes, galaxies, that it is not only this universe which exists. Let me ask you my dear friends: those people who exist upon these other planets, do they return home to spirit in the same way as you people upon this Earth?

Sarah: Yes.

Lilian: We've created our own spiritual place...

George: Yes. I would say there is the one what we sometimes call the 'deeper spirit', but there are these connecting zones to planets which we call the 'astral planes' sometimes.

Yes. Now we begin to think just a little. Let me say this to you my dear friends that those beings on other planets, when they pass to spirit are of different form, speak different language; therefore what do you suppose they would do if they came upon a place that was inhabited by human beings?

Paul: They could adopt a similar appearance and maybe they can communicate more with thought?

Yes. That is possible at a later stage. What I would say to you is this: that spirit is here and now and when you leave the physical garb and you are in spirit, you are still here in a sense, in the same way as those from other planets meet those of like kind in spirit—but at that point they do not unite or communicate until such stages as it is unnecessary to have any form. Do you see where I am going with this conversation? (Agreed)

George: The astral planes contain beings of *form* (yes) and this is the difference (yes) from the deeper spirit.

And up until now we have only discussed the astral planes for human beings such as your selves. And of course spirit is all one, but the united completion of people of different, how shall we say, different aspects of being come together at a much later stage when only the mind is used for communication.

Sarah: Yes, that makes sense.

Therefore you have many—and I use this carefully—many ‘spiritual worlds’ which are separate but still united. You understand?

(Agreed)

Paul: Yes, and we can still, like we do with Bonniol, communicate with them and I guess in the astral planes, maybe, there can be link-ups as well.

Yes, of course, there can, but the majority of the time is spent in taking each plane of existence more slowly. And, although there is only one spiritual home, there are places within spirit which are separated—perhaps that is a word to use. You understand what I am trying to tell you? (Affirmed) Do you have any questions about this?

Paul: So there are ones that are separated, even in deeper spirit, or...

When you reach deeper spirit, all beings are united. There is no separateness, there is no individuality and that comes when you enter deeper into the spiritual realms.

George: Can we think of this as: there are beings, but they are united?

Yes—yes.

Sarah: In this planet we have made contact with Bonniol, we are able to contact him through our minds.

Would we not still be able to continue that contact through our minds once we go into spirit, even though we are separated—but we could still maintain that contact?

Yes. If so desired, that is possible, of course—all things are possible—but I am trying to make you understand that the wider picture is not as you have seen up until this point. So I would like you to think a little more deeply about these different areas of existence.

Sarah: That does make sense.

Paul: Yes it does. It seems like a gradual blending as we progress.

Yes, I like that word, ‘blending’ of spirit—yes, that is good.

Lilian: A bit like the people on this planet, as they began to travel...

Paul: Yes, you have like the blacks and the whites and the...

Lilian: The Aborigines and so on and so on.

Paul: The Orientals—and slowly we are blending. (Yes)

Sara: The more we progress spiritually on *this* side, the more we are capable of blending. (Yes) That’s not to say that we can necessarily spend long periods with people who are unlike us, but we have the ability to blend at any time. As long as it’s not for too long, we can feel that blending with anybody.

Yes. That is why it is most important that you allow spirit to come forward whilst you inhabit these bodies, because then you forsake those astral planes which are limiting, shall we say, for your progression.

Sarah: And is this always going to be the case, these separate things, because this planet’s going to come to an end at some point and we are going to be...

No matter, it is what happens in spirit, that is important, not any physical planet, but the progression of spirit.

Sarah: Because I was just thinking that by the end of this planet our spirits will have progressed, we will have got more spiritual...

Hopefully!

(Much amusement)

Sara: So it’s a progression on this side, it’s a progression on the other side (yes) and we’re always progressing towards a great blending.

Yes, but it is important that you try to at least understand the workings of spirit so that you are not in this constant wheel of reincarnation—that eventually when you return home you can go forward.

Lilian: Yes, that would be nice.

But again that it up to each individual and their own progression.

George: I think I imagine each planet in the universe to have its own blending zone.

Yes, you are correct; that is what you must understand. It is not instantaneous, because there are too many differences—although you are all spirit, you all come from that Great Creator, but it is a step-by-step union.

Rod: When you said the Great Creator, I just imagined him in our universe, which is mammoth enough, but then when you said ‘universes’, is the same Great Creator involved with all these other universes? Is it the same spirit?

It is all part of the perfect plan.

Rod: Good gracious!

Creator—it can be confusing to use earthly words like ‘Creator’ as if that energy was of your kind; that is not so. That is much too deep for you at this time.

George: Yes I found it difficult to imagine another universe. **(Yes)** Yes, a *simple* question: this physical universe is based on space-time, **(yes)** would other universes be based on something different?

They are all tied to the ‘laws of creation’, which means that in some way ‘time’ is of some importance, but can be slightly different to your own experience of tangible time.

Graham: Would these other universes have galaxies and planets in the same way that we understand in our universe?

Yes.

Rod: I know that this might be a hopeless question, but are there many universes?

Yes.

Sara: If we wish to step off the wheel of reincarnation, presumably we simply have to embrace each new growth opportunity as it comes and go within as much as we can?

Yes. You have to allow the fruition of spirit in this life. That is the purpose—that you grow and understand and no longer need that great pull back to any planet. Yes.

George: I have the feeling that certain structures within this universe that we understand, would connect to other universes.

Yes, there cannot be separateness in that sense. All is united in the great plan of existence. Does that help you?

George: Yes, because there are certain structures, like black holes for example, **(yes)** where this universe seems to be disappearing, so I’m tempted to think of that as one of those connecting points to a different universe.

Yes, I would encourage that thinking.

George: Thank you.

Graham: Are you yourself, able to communicate with other universes or are you within this universe?

My purpose this time is with you here, but because we are a conglomerate of beings, we have reached the point of unity with many. So therefore my answer to you must be ‘yes’, if we so desired we can communicate.

Paul: How—I’m not sure of the word, but how much of this unity—because your ‘roots’, if you like, will have come maybe from certain universes and you will be uniting with other universes and blending. So presumably you’ll then have all the awareness of all of them, and yet perhaps also maybe your own roots from where you’ve come from will slowly disappear, if you like.

You must not, my dear friend, presume that this voice that speaks with you has what you call ‘roots’ in any planet. That is something we have not touched upon, but I would say to you, I understand your question, but it is—means nothing. You understand?

Paul: Yes.

George: Yes, could I add to that that our understanding of angels/angelic beings **(yes)** is that they have no roots to any physical planet...

Of course.

...and I’m tempted to think of yourself as very similar to an angelic being.

Yes. I will use your physical word ‘rootless’. Is that correct?

(Affirmed)

...‘rootless’.

Paul: Yes, we can understand that, yes.

Yes.

Sarah: So why is it—you probably can’t answer this question, I don’t know—so why is it that you exist and the way we needed to come back to this Earth—what is it that determines, those that are in need of physical existence and those like you?

I understand what you are saying. Let me say this to you: I can only tell you that it is my existence to be what I am. That is in the hands of the Creative Force. It is not for us to question what our purpose is in this existence. I feel we are getting to very deep matters...

George: Yes, and it brings to mind (yes) a phrase from one of our religious books: ‘I am that I am.’

I am—yes. I am that being of existence, because that it what the Great Creator has made me. It is my part of all being.

Sarah: I can understand. So it’s the Great Creator’s choice as to how he portions out, if you like, the spirit world.

Again we are confused by earthly words. It does not come to choice; it is just part of existence. That is the only way at this time I can explain it to you.

Sarah: That’s fair enough, yes. I can take that, thank you.

I know these thoughts are powerful thoughts for you to digest, but I feel that you have come this far and it is time for those minds of spirit to seek further, to understand truth, to understand existence, and to know the spiritual power that you all have in order to go forward.

Lilian: I was sort of thinking about the parts to a plant: the roots, the stem, the leaves, the flowers, the petals, the stamens—that makes a whole. Would that be a simple way to put it?

Yes. All of existence has purity and wholeness; it is part of the Creative Force. Therefore all of these things must apply to what is and what existence is. And I feel for this time I cannot say to you much more. I have to at this point take my leave of you.

The voice was fading, an indication that the energy was just about spent

(General thanks)

George’s notes:

The Tibetan Book of the Dead accounts ‘the great vertical path’ to ‘undying’ immortality, leaving behind all karma. This equates to the progression beyond astral planes described here.

~29th October 2007~

Good evening.

All: Good evening.

Again I am most happy to join with you again.

Lilian: We are very happy to be together again.

At the beginning of this your earthly year, I said to you this would be a year of self-development, of getting to know who you are. Again, I wish to say to you my dear friends: what have you discovered about yourselves? Who are you? And what you would wish to achieve spiritually. This, my dear friends is no small question, but something that you need to harbour within your own minds—you need to cultivate that knowledge. So, therefore, for this time I wish to speak to you as individuals and to find from each one of you that deep knowledge which you should have found within yourselves. So, if you are happy this time, we will discuss this for you. Would one of you like to begin?

George: Yes, well I feel that each one of us is the representative of a greater soul body, a temporary representative here on Earth and we have these inner feelings about direction and belief, and how we should move forward.

Yes. You are the spokesman for this group, but my dear friend, what have you found out about yourself, your true self?

George: Well, I can't go into any greater detail about that. I have my personal mission to become as aware as I am able and to present the details of this and of your teaching to as many others as possible. I feel that is my present mission here.

Yes—you feel comfortable in what you are trying to achieve. Thank you.

George: I feel comfortable in that I'm aware of problems of acceptance by many and I sometimes feel or wish I could do a better job than I'm doing, but I know the direction and that seems to be the important thing. I have feelings of—I wish I could achieve more.

Yes. I thank you for your comments and I will say to, not only you, but to each one of you, you must not allow thoughts of self-deprecation to enter your mind, but what I would say to you all is: it is not in the doing, but in the being. Do you understand those words?

Sara: Yes, I'm trying to appreciate each moment of whatever I am doing, (yes) so that I'm trying more and more to *enjoy* each moment of what I am doing (yes) rather than think of it as a task that must be done. I'm trying just to enjoy each moment.

To be in the moment—yes. In that way you become as one with all things.

Sara: And then the tasks don't seem arduous; everything is light and enjoyable.

Yes. Once you allow negative thoughts to enter, you are holding back from that being.

Sara: And you lose energy I think (yes)—you become tired.

Yes, you are correct.

Lilian: Yes. That's probably my fault—the negative thoughts. I realise very much when I have made a mistake—either with my thoughts or words.

Yes, I feel sometimes my dear friend, you do struggle a little with those thoughts, but as you say, you have the awareness to turn those thoughts around.

Lilian: Yes, I certainly know when they've been wrong.

Yes, and remember also my words about negativity and illnesses and how you can avoid these things.

There are many aspects to just being. You understand what I am saying to you?

Lilian: Yes.

Yes. What, my dear friend, do you see yourself doing in time to come?

Sara: Me or Lilian?

Lilian. I am speaking spiritually, of course.

Lilian: Of course. Hopefully much more improvement on the thoughts—and words. And I think above all, as I see it at the moment, I've become much more aware of how many people are on this same pathway (yes) through books that we read and what we hear on the media.

And remember always too, you have already used words, that words are healing, and you all my dear friends have that capability. So, again, live for this moment. Would someone else care to tell me what they feel?

Sarah: I still feel, I have felt for quite some time that I'm quite drawn to South America to help underprivileged people in South America. I've had that feeling for quite some time, but my mother is ill and I feel that my duties are there. But I very much feel that I'm in a much more 'wanting to help others' mood than I was before. I think before I was very much out a lot for myself and I feel there's been a change there.

You mean you felt for yourself in a negative way. Is that what you...

Sarah: No, no, no, no. I don't think I ever felt negative about myself, but I have done a lot of things with me in mind rather than other people in mind, whereas now I'm beginning to feel that the other people are coming more to the fore. I want to help other people more. I would get more satisfaction helping others, than I would helping myself now, whereas before, I had satisfaction helping myself, if you see what I mean. The children—I was happy to give and help them, but I think overall, I now feel much more that I want to—okay I do get satisfaction—I feel it's right helping others and making others happy. I get a lot of satisfaction from that rather than just purely making myself happy.

Yes, I understand, but before you can help others, you must have priority for your own spiritual being.

Therefore to say 'I would feel better' is in fact speaking of the ego.

Sarah: Yes, I suppose that's true.

I do not mean that disrespectfully to you, but what I am trying to help you to understand and see is that each one of you, as spirit, has the responsibility to look to yourself first and only then can you go forward and help all these other people, not because it makes you feel better, but because you feel that this is part of the universal law and what you should be doing.

Sarah: I think actually when I said that it makes me feel better, I've realized I haven't actually done it to make me feel better, but I've realized that because I wanted to help others it actually *has* made me feel better, not that I've done it just because it makes me feel better.

That is better, yes. Thank you. Yes, your awareness has grown in that way, yes. That is good.

Sara: I think I'm learning also to help people when I really want to help them, rather than coming from a feeling that I *should* help them (**yes**) or *ought* to help them. I'm learning to balance helping myself with helping others.

There should really be no forethought. It should be something natural which comes from you; that light from your spirit, yes.

Sara: I think I have a natural tendency to enjoy helping people, (**yes**) but I think at times in the past I've possibly done it too much sometimes. So I feel happier now that I can say 'no' quite happily when it doesn't feel right, but I can enjoy doing it when I have energy to spare.

That is part of knowing yourself. Yes, that is good. Now we come to the gentleman.

Paul: This year has been a sort of transitional year I think in some ways. I've been working outdoors more now, and I do less talking probably in my work than I used to do. I think talking less seems to suit me anyway. It's surprising how little you need to say. You can tune yourself into your surroundings and get by without many words.

Yes, rather than speech, you can *feel*. (Yes) Again it is a development of the spirit. You are right there.

Paul: Sometimes, when you're not speaking, I've noticed you can find a very pleasant space inside you—when you're not meditating, but you're in the everyday world, you can be in a good mental state, but when you start talking, you lose it a bit.

Yes. In actual fact, it is a better state of what you call meditation, because it is a natural lift of the spirit without thinking: 'I must sit down and be quiet'. In that way, it is occurring naturally. So, I say to you, you are making good progress in your achievements of spirit. Continue to allow yourself that quietness and that attunement with us.

George: A further factor in Paul's development has been the way Bonniol speaks through him, and I see that as augmenting your teachings, Salumet, to a large degree.

Yes, I am pleased that you see that connection, because you are correct in your words.

George: Thank you. There have been many involved in this exercise from spirit, but I think I would be right in saying that you were the guiding factor in making this arrangement.

Yes, because you needed to know the connection of minds. It is something that can be developed by each individual.

George: And it has been so good for us to compare notes with Planet Aerah, a planet that has advanced more spiritually than the present Earth Planet. (**Yes**) It has been so good for us to compare notes in that sense.

There are so many who are more advanced than you human beings. I have told you that Earth is a very young planet, so try not to be too amazed that there are others who have greater gifts, as you might say, than yourselves.

George: Yes. While on this topic, the book that is nearly complete now (**yes**) which logs the interplanetary conversations, with your commentaries built into it—I hope you are happy with that arrangement?

I would have said by now, my dear friend, if we had not been happy. But a word to you is that it is not a topic which will be readily accepted by many, but what it will do, as I have often said, is to plant those seeds of knowledge. That is what is important, that always we move forward in all ways of the spirit,

that the **TRUTH** be known to larger amounts of people; and as you know my dear friends, one little seed of knowledge grows and grows until you have a forest. Is that not true?

(Agreed)

Now we have another gentleman, please.

Rod: Well, I feel that I'm on the fringe a little bit, but I would like to say that in the mornings I go out and stand and look at the hedge that I've got—it's multi-coloured—and I look at the beauty of that and I get a lightness—I feel it does something to me. It's rather beautiful and often I feel lighter in myself and I can meet people and feel much lighter. It's rather lovely and it's rather nice—I didn't get that before, I didn't have that understanding with nature that I've got now. I've never said this to anyone before but in bed in the morning I take in, I hope, energy from the universe, breathe it in—so I do hope I'm improving.

Yes. Of course, how could we say otherwise? Again, you speak of *being* in the moment when you are taking in all of that beauty. What you are doing is taking in that love-energy, that energy of spirit which is available to you all. Continue my dear friend and you will find that your ability to blend with nature will become greater.

Rod: Thank you.

Lilian: Graham?

Graham: Yes, I feel over the last couple of years since I recovered from the condition, (*Dystonia*) I've been able to go back to teaching, and teaching very different types of children with very different types of backgrounds than I had been used to before. I found it rather startling at first and a little unnerving, but I think, particularly this year, I've felt a much greater sense of oneness with the children I'm with now and I feel a great joy to be amongst them. And I realize that they are all beautiful beings and I feel as though I can see the beauty in all of these children—and then this extends out beyond the classroom and all around the world, I can see the oneness I have with all beings.

Yes. Of all of you within this room, you my dear friend are the one who has grown most. I have to say to you that you had to go through that course of illness before we could guide you to where you are today. It was a necessary step for you in order that you would open up and grow, because you had reached a stage where you had become almost 'still' as a spiritual being; and we needed to open you up to those experiences in order for you to find the beauty in those children; because my dear friend, we know at times it has been difficult for you. The situations that some of them have is not always easy to accept, but you are learning well.

Graham: Thank you. Yes, I do feel very lucky and there is a lot of joy in my life through this—it's amazing.

Yes, because you have opened up. You have blossomed, my dear friend, like a beautiful flower.

Graham: Thank you for that.

I am most happy to have joined with you my dear friends in listening to your own thoughts and feelings of your own growth. I hope that each one of you, in listening to the others, has achieved a sense of accomplishment and that the love you feel within your hearts for others continues to grow. And with those words, I will leave you this time. I say to you: know always I am close to you and I leave you bathed, as always, with my love.

(General thanks)

There was also this evening a child rescue. It was a sad case of dog-attack and some help was given to encourage the little one to move forward to the light and to those waiting.

George's notes:

Re the book:

Title: *The Chronicles of Aerah*.

Principal Author: Bonniol.

Co-author: George...

Commentaries by: Salumet.

Tagged: *The Bonniol Texts – Intergalactic Conversations*.

It is good to be reassured that Salumet is happy with the project so far. His comment that the topic will not be readily accepted by many, would be consistent with the fact that a number of mainstream publishers in the UK and US have been approached but they are just plain not interested. So it may be that it will just be available from ourselves and on the Internet ... and not the high-street bookshops.

Materialisation: Completion is currently being held back in anticipation that Bonniol and his team will be able to successfully materialise an Aeran object. An account of this and a photograph and possibly some analytical data would of course make a splendid note on which to conclude.

~12th November 2007~

We were instructed by one through Sarah, to think about any queries we had and that these would be answered, by other communicators. Salumet spoke towards the end of the session, to answer the last query. The other communicators spoke through Sarah. We were finally taken on a guided meditation/journey by Sue.

Good evening and welcome to you all. I have come because there is one who has a problem with health and I would be happy to discuss this with the gentleman concerned. If you are happy, we can start now.

Rod: Thank you very much yes.

Can you tell me your question please?

Rod spoke about his diabetes and his prayers for himself and others and his concern that they were a little repetitive. He also wondered about the friend in spirit responsible for the flashes he often experienced when starting a car journey, after asking for protection.

Let me tell you, you are being helped by many and each time you ask for help not only for yourself but for the many others, you are attracting more and more from those in spirit and you are surrounded by a throng of helpers. Each one of these helpers is listening to you and I can tell you that your prayers are being answered. You may not feel that what you are doing is sufficient or maybe a little repetitive, but I say to you, continue the way you are going and if you feel that something is not quite right, this is where you must change. If you feel you are repeating yourself, without enough feeling, then perhaps you should pick out the, what you might call, the most important to you names and ask specifically for these people. I also wish say to you, you ARE helping yourself and you need only focus a little more on the prime areas. Do not just ask for help, but focus yourself on the areas that are most affecting you. This concentration of thought will together with those who are surrounding you, produce what is needed for healing power. And finally I would like to say to you, that the light you are seeing does not come from one, but from many. And now I have answered those questions, is there anything else you'd like to ask before I leave?

Rod: I think you've covered the two things that concern me most—the healing for myself and those around me. I know my prayers go out to the Universes—I suppose a bit of that's a selfish thing but thank you, I do appreciate that.

I can only repeat words that have been given to you by one other and that is, you must look after yourself first, before you can help others. And I will take my leave now and hope that my words have been of help to you.

Rod: Very much so.

(Thanks expressed)

Another followed also through Sarah:

I want to say that there is one who is concerned about the effects of the Earth on other planets. I am trying to FEEL what this one is meaning exactly. Could that one please express a little more, what his thoughts and worries are?

(Lilian asked about this, but nobody seemed to have been thinking along these lines)

I feel that there is still one who is very concerned about this, but maybe I am picking up a thought from another. I only wish to say to that one, if any of you encounter this query that this Earth planet is

going through a slightly turbulent time, but it is with much light at the other end of the tunnel. The other planets are working together with you and you have no worries. So I—excuse me for coming in at this time, but I was aware of this query and maybe it was not appropriate at this time.

George: I have had thoughts about this in the past and I'm never quite sure exactly what thoughts are buzzing around in my head at any one time. But yes, I have read about Earth's connection to other parts of the Universe and yes indeed, we are going through turbulent times, but I think I understand that Earth is currently into a very considerable progression and that progression connects with other parts of the Universe and it is therefore a rather important progression that we are going through. Does that make sense?

That is what I am trying to tell you. I am trying to say that although we have seen much trouble and strife, it is but part of evolution and without these problems you will not go forward. So I know you have much concern for other countries and their populations, but allow me to tell you that it is as I said, with much light at the end. So please do not be too concerned, but it is wonderful that your thoughts for others are going out to them and it is of significant help to those who are living at this time and through this conflict.

George: Yes, those thoughts are a personal prayer—a daily prayer at the present time, that we hope to have a small influence by putting out thoughts of love and increasing the light of awareness and the thoughts of peace. Yes I know these thoughts go out daily.

Yes they are of much help. But I can tell you that the conflict is needed for the progression of your planet and it will be for the better in the future.

George: Yes, thank you for that.

I am much relieved that I have found the source of the query, because I was beginning to think that maybe I had come to the wrong place.

George: I'm probably also a source of confusion, because I've attempted to put out several different thoughts. Thank you for your words.

I am very happy that you are able to give out so many queries. But I'm afraid that I can only answer this one. Now I will take my leave and make way perhaps for another to come to you.

(Thanks expressed)

Salumet followed:

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

I could not leave you this time, without answering the question my dear friend has put out about the difference between myself and Angelic beings. I do not wish him to struggle with this till next time. Therefore my dear friend, it is quite simple, this answer to your question. I as you know, belong to a conglomerate of beings. I and others, come from that divine source of energy, as do those Angelic beings. And to put it simply for you in your Earth language, let me say it is only the difference in a job description. Do you understand what I am saying?

(Agreed)

George: Could I just add one further thought? **(Yes)** Your concern is with all Universes, not just this one.

(Yes) And a word we have in our language is 'omnipotent' **(Yes)** and perhaps this applies here. The Angelic beings, would they be less widespread in their influence?

Not at all, but only in different guises for different planets. It is only in your association with them and your recognition of them that is different.

George: So their tasks would extend into other Universes as well?

Yes, in the same way as 'we' as divine energy are more knowing of all things. You understand?

George: Wonderful, yes thank you that really does clarify it for me and it is something I have pondered on.

Yes, that is why I could not allow you to leave it any longer.

George: Thank you, I do appreciate that, I'm sure we all do.

Yes and with those words I will take my leave and continue with this instrument.

(Thanks and farewells)

~19TH November 2007~

Good evening.

All: Good evening.

As we come together once more, I hope my dear friends that you feel the peace and love which I bring to each one of you. Once again, your thoughts and thanks for healing have been noted and again I say to you, continue with this love for your fellow man and you my dear friends will be repaid in kind. But of course, that is not a reason to do and ask for help, that you may in return *receive*, but that you continue to do it from the *heart* and with *Love*. I do not intend to stay too long this time, because we have, my dear friends, an exercise for you this evening. When I leave you, I would like you to focus on a loved one in spirit and see how close they can come to you and how much your awareness of *them* has grown. I hope that you are happy to do so. (*Agreed*) I would say to you, I will take just a few questions this time, and I will continue my work with this instrument.

Lilian: Thank you, if I could start. Did you have anything you wanted to say, Richard, to Salumet about what happened to you?

Richard: If there was any part played in the weather at our wedding, we both give our extreme thanks for that. But my question would be: I had a voice wake me up the other night after we came back, with a girl introducing herself as 'Arnia' or something like that. I believe she's come through to play about with the levels so that I can actually hear who's trying to come through to me. She comes through sometimes quietly, sometimes loud and it's difficult to judge. I think she's there to help. I just wondered if you were aware of that?

She is indeed a helper for you. Let me reassure you, as I did last time we met, that you are now beginning to accept what can be achieved. If you are open enough, we can come close, but because of the human spirit and the doubts which creep into the consciousness of the human being, very often these occurrences are denied or put down to be 'in your mind', as you might well say. Only when you allow the awareness to take over and you can fully accept that these things happen, then we can give you so much more. Not only will you be aware of this female as you say, there is with you close by a gentleman who is waiting for you to accept that you cannot only *feel* but *see* and *hear*. In fact my dear friend, you have the gifts of spirit at your very finger tips, but until now you have had too many doubts. Now is the time to fully open, to allow that spiritual being to come to the fore. You must not listen to the voices of others who are not sure of spiritual happenings, because then your sensitivity becomes such that you then begin to doubt also. Is that not true?

Richard: Yes, there are quite a lot of people around like that.

Yes. You must rise above all of that and be true to yourself. You can do it and you will achieve it.

Richard: Thank you, Salumet.

Lilian: Will this gentleman who is waiting from spirit, will he eventually give his name?

Yes, in time—only when the time is right. All happenings of this kind must be done slowly but surely; it is a two-way communication, as you all now understand within this room. But our dear gentleman friend is quite young in this knowledge. Although he has always had these abilities, it is only now that he is beginning to truly understand; but it takes time. I hope that is helpful to you.

Richard: Very helpful, thank you.

(*Lilian then asked if there were further questions*)

Sara: I recently gave a talk on colour healing and it was the first one I'd ever done, but I did feel that it was a great platform to put across something of the teachings and I felt that it was perhaps something I should do more of. Would you agree, Salumet?

I believe I have told you that your sweet voice is healing. So, yes of course, I would encourage you to use it in any manner that you feel is useful, not only to you but to others.

Sara: Yes, thank you.

All answers are available to you my friends. It is only that you do not listen clearly enough. All of you still say, 'was it my imagination'...

Lilian: That's so true!

... when by now you should realize that we are always close to you.

Sara: Yes, I knew that people were helping me with that talk. I knew because it took on an energy—a new energy. It was a good feeling, thank you.

Yes, and you may find at times there is a strong voice comes from you that is not perhaps recognizable to your own, but is indeed part of the help you are receiving. I do not mean the voice of a male, but a strength within your own voice.

Sara: Yes, I felt that I was being given some inspiration when they were asking me questions—I did feel it then.

Good.

Jan: Salumet, in time as you've mentioned to Richard, I have a deep feeling within me that this will lead to platform mediumship eventually. I don't think that the work that Richard is on the pathway for is just for this room—I have a sense of much, much bigger. Can you comment on that, please?

Let me say this to you: Each one of you has come here with a pathway, each one of you has chosen the pathway to meet once again and each one of you at some time has made choices either for good or not so good, but that choice has been attributed to your own spirit. What I would say to you is that whatever choices are made to go in any direction, that responsibility lies entirely with the one who is treading the pathway. I could tell you what is in store for this young man, but I do not intend to...

Jan: No, I see now that would be unfair.

... because—not unfair but unwise, because he is still of an age where he can influence his own movements and it would not be wise for me to tell him where he will be in 20 years' time. You understand?

Jan: Yes I do, yes I do.

Although I could, I will not. If he so chooses he can develop the spirit to a degree, because, as I have said, he has all the abilities to do so, but only he, only he can make those decisions. Once he has developed, not only developed, but he has chosen to understand and become much more aware, then the choices that he makes in life will be the right ones.

Jan: Maybe the question was unwise of me to ask ...

No, not at all.

Jan: ... but I have had dreams or clairvoyance about him in the past in that way.

Yes.

Jan: So we will see.

Sarah: Could I just ask one quick thing. Somebody who was dying a little while ago, I don't know if he was frightened of dying in the beginning, but eventually he kept saying, he didn't want to go there because it was a terrible place, it was awful. It was obviously his fear at that point why he didn't want to let go. What exactly was he seeing? Where exactly was he going? Because he said he thought he had sort of died and gone somewhere horrible. He wasn't a bad man as far as I know, so what exactly was ...

No, but it was fear.

Sarah: It was fear.

Fear created the conditions and although he was not, as you say, a bad man, remember my words: you either have fear or love. So if you approach your passing with any kind of fear, then your surroundings as you well know from your rescue work, it creates many situations of being lost, of being uneasy, of just not knowing what is happening to you; and that is all that it is—that is why it is important that we have good mediums on the Earth plane, who can help these people to pass into our world safely and with love. You understand?

Sarah: Yes, I do. I did say to my daughter to tell him to look for the light, which he did, and he did actually go soon after that. It was actually my daughter's boyfriend's grandfather and I had meant to ask before what it was he was actually seeing: I knew it was the fear but I just didn't quite know how to explain to him.

So many people say they are not afraid of dying, but deep within their hearts, it is the unknown which creates the fear. Instead of allowing the spirit to go forward, they create fear and anxiety and therefore their own conditions. I hope that is helpful to you.

Sarah: Yes that is, thank you very much.

Now, I feel for this time, I will allow you to quietly await those who wish to come close to you, but you must send forth that thought to one particular person for this exercise to work, and with those words my dear friends I will continue to work quietly and allow our good lady to guide you and allow you to speak as necessary.

(General thanks)

~26th November 2007~

Good evening.

All: Good evening.

As I join with you this time, I have been listening to your conversation. As always my dear friends I am pleased that your understanding of the human being is growing; not only does it enable you to understand yourselves but those that you come into contact with. I would like you to know that as we approach one of your holidays/festivities in the earthly world, I wish you to know how much activity takes place in our world because of this. Put aside any religious aspects to what you call Christmas and begin to understand the love and the joy which is abundant at this time, starting with the very youngest of your children who are still full of wonderment and surprise. They bring close to them those angels of love and protection that surrounds all young children on this Earth plane. It also brings closer to you, my dear friends, all who feel sad and lonely, or those who feel abandoned and helpless and homeless. All of these things bring from our world a great upsurge of love and activity. So I would like you to just consider for a moment how much love that is, how much joy that it brings to this Earth and to those in spirit, even to those who are not part of this religious festivity. That love is extended to all people in your world; so this can only be for good. I know you will agree with me. I come this time to speak to you gently and to take any questions you may have. I will be with you one more time when I hope to bring to you something else, but for this time I will take questions and allow each one of you to think about this past year of your lives—and not just to remember, but to feel, to know, to understand deep within yourself what it is you need to achieve in the coming time. Do we have any questions this time?

George: Perhaps I could begin by asking a question about the many universes. This subject has come up and I would like, if I may, to read a paragraph written by one of our more forward-thinking scientists and, if you would be happy to comment on his words, I just think it might simplify things for us. **(Yes)** So, if I may just read this paragraph: This is by one Paul Davis and I should precede it by explaining that *Goldilocks* is a children's story character who found certain conditions to be '*just right*'. And he says: "A popular way to explain the Goldilocks factor is the multiverse theory. This says that a god's eye view of the cosmos would reveal a patchwork quilt of universes of which ours is but an infinitesimal fragment. Crucially each patch or universe comes with its own distinctive set of local bye-laws. Maybe the bye-laws are assigned randomly as in a vast cosmic lottery. It is then no surprise that we find ourselves living in a patch so well suited to life, for we could hardly inhabit a bio-hostile patch. Our universe has simply hit the cosmic jackpot. Those universes that can't support life, the vast majority in fact, go unobserved." Now, I suspect that he has some things correct there but not all **(Yes)** and I would be most interested to hear your comments.

Yes. I thank you for those words and an opportunity to speak just a little more. Firstly, yes—and you all know that there are many, many universes—that is nothing new to you. What I would say is that there are no lotteries, as you put it, because that would go against the perfect law. You understand?

George: Yes.

Yes. How I would like to put it to you: each universe within this perfect plan is but one small stitch in time, one small aspect of reality, one tear in all of the tears of the world. You have to place it in

perspective. There are no *chance* planets or universes; it is all part of the plan that everything that exists has meaningful purpose. You understand?

George: Yes.

So, yes, he is far-seeing and he understands a good deal, but it is most difficult, as I have told you before, to give explanation to something that is beyond your understanding.

George: Yes. I'm sure that his understanding would come from the direction of mathematical calculation and connect to quantum theory.

Yes. That is why he speaks of lotteries. You cannot use those words—it is misleading because all life belongs to perfect law.

George: I wondered about his statement that life does not exist in the majority of universes.

Well, to most of humankind there is no other life, but as you, my dear friends, are beginning to learn, there is much more life available, not only within your own cosmos, your own universes, neighbouring universes, but throughout all of life.

George: And I would imagine much depends upon our definition of life (**Yes**) and there are probably many life forms which we would not necessarily at first recognize as such.

Yes. You are beginning to read my words before I say them. Of course, yes—always, that is the problem with humankind—it is the limitation of words and the limitation that is placed upon me in trying to explain to you in a simple manner. But that has been a most useful question.

George: Yes, good, thank you. Yes, we think in terms of a patchwork quilt, but there may be more that can be said there. I suspect these various universes would have some dependence or interaction with each other?

Yes. Of course, with a patchwork quilt there are four endings. You understand?

Graham: A square.

Yes. In our existence, it continues unending. There is no ending, it is ever-moving, it is *alive*, it is energy ever-moving.

George: So are you saying that any boundaries between universes would be physical?

Yes. You must look beyond the physical understanding, of course. Has that helped you in any way?

George: Yes.

Graham: I think a lot of us think about our universe in a physical way with our physical brains. We think that maybe if we go in any one direction for long enough, eventually you will run out of stars and galaxies and you come to some sort of edge. Some people think that perhaps there is an edge and some people think there isn't and that it goes on forever. Is there anything you could say about that?

I have just said there is no ending. In the same way as in past times people of this Earth believed that you could fall off the edge of the sea, in the same way are your learned ones thinking that there has to be—in all of the universes, it has to be neat and tidy. Is that your words? But energy is not static: it is always moving, expanding, growing. It is most difficult to explain, but do not limit yourselves to thinking that it is like a patchwork quilt. No.

George: I would imagine within all this there are flows of energy and if, just supposing, it were possible for us to go with a flow of energy, perhaps we could find ourselves in a different universe without actually experiencing any edge. Does that make any sense at all?

That is a simplified way of putting it, but for your understanding, yes, of course. Yes, that is possible.

There are many in your world today who travel in spirit, but yet are still attached to their physical bodies. If that is possible while you are in these cumbersome clothes, imagine what you can achieve when you are truly spirit—evolved beings—there is nothing to stop you discovering the joys of all existence. You understand?

Graham: It must be wonderful.

George: I think you are saying that through mind projection, we are not restricted to one universe.

Yes, of course. All restrictions fall away, yes. All things are possible. Do not forget that we are all small parts of that Great Energy; you are part of that energy; you are that small stitch in time. You understand?

George: Yes, thank you. I feel that is a wonderful clarification again.

But, the writer of those words is indeed beginning to become enlightened in his thinking.

George: Yes, I think he is one of our more progressive scientists.

Yes, he is to be congratulated, I feel, for those words. They may not always be accepted in your world—there will always be many to say ‘how can he feel that way?’—but each one of you my dear friends knows within your own heart what is true and I trust each one within this room to have that awareness and that knowledge of love and truth.

George: Two other things that we’ve just touched upon, gravity and space time. I think again our forward-thinking scientists consider that gravity is a distortion or warping of that space time and you have mentioned to us that—how did you put it—that the different universes would have a different time ordering within the space time, something like that.

Yes. All universes are inter-related.

George: So I feel that our scientific understanding which involves these connections between gravity and space-time and its distortion, I feel there’s something really coming together there.

Yes. Do not forget that these people will be influenced by those from our world to make the correct judgements and assumptions, but being human with human traits and freewill, it is almost certain that many will misinterpret that influence. But I would say to you, to all of you that your world is moving in the right direction. There are many discrepancies of course, in the same way that the people of your Earth feel that information from our world has many discrepancies. But as I have told you, you can only give of what you know. It does not mean it is wrong, only different and of the capability of whoever is giving the information.

George: Yes, well if there are discrepancies from your world, Salumet, I imagine that depends upon...

Excuse me! There are no discrepancies, only in how humans view the information given.

George: Yes, I was thinking more in terms of astral planes and I was going to say ‘where in your world’ but clearly from deeper spirit, there will be no discrepancies.

No discrepancies.

George: Could I put it like that?

Yes, I will accept that from you.

Chuckles

George: I was just hesitating how to phrase it.

Yes. Now I will once more work with this instrument and allow the others to work in the best way that is available to them.

George: Well thank you so much for further clarifying a difficult area and I feel that we are all much—I’m sure we are all much happier about that now, following that clarification.

Yes. Thank you for that question—I have waited for it for some time! Now, my dear lady friend, I will leave it with you once more. As I take my leave, I bathe you in the love of spirit. Know always that many stand close to you, that whatever questions you may have can be answered, not only by yourselves, but by those who love and cherish you in our world.

Lilian: Yes, thank you.

(General thanks)

~10th December 2007~

Good evening.

All: Good evening.

As I join with you this time I would wish for you to recognize what has been achieved in this past year of earthly life. As always my dear friends, after this evening I will be withdrawing for a little while over your

holiday time. As always, I will return to where I belong for just a short time. But as we come together this evening I would like to say to you my dear friends just how much I recognize, as do others in our world, how much each one has grown. I know I tell you this on many occasions, but it is for your own spiritual growth that I do so. I hope that all of you have become much more aware of who and what you truly are. The time is coming my dear friends when I would ask that you leave behind you all that has already gone, that you live in each moment—which we have recently discussed—and to put your thoughts into what lies ahead for you, not in any gratifying way, but in a way that you can see yourselves as a whole being. Remember that time—time as you know it, includes past/present/future, but in spiritual time all of that is as of *one*. That my dear friends will be what I ask you to try to achieve for yourselves in this next year of earthly life. Now, as we approach the end of your earthly year, I will say but one earthly word to you which is a powerful word for all of you, as I am sure you well know what this word can create—that word my dear words is ‘Thought’.

Last word spoken softly

Sarah: Love?

Thought.

Jan: Thought.

The power of your thought creates the love.

Sarah: Yes.

Yes. I would like you to think about it. I do not apologize for again reminding you of how powerful your thought is, how thought creates what you are, who you are, what you will be. Thought has the power to change all things, not only within this Earth plane, but throughout all of existence. With those words my dear friends I will ask you if you wish to discuss anything with me this time.

Jan: Salumet, we’d like to know if you’re aware of the traumatic rescue that we had here last week, that we were all very much part of collectively helping in, and if you had any comments on that rescue, because we felt that we did—we were very proud of what we had achieved by the end of the evening; we felt that we’d done really well with a tremendous feeling of love for the person that we helped.

I was not with you last time, but I am now aware of what you are speaking of. Yes, I understand how pleased each one of you were to help another. I understand that it creates overwhelming emotions which I am now seeing. Yes, yes indeed it was a difficult rescue—and we do call them ‘rescues’, because they are being saved from that darkness which they create themselves.

George: Yes, it seemed a particularly extreme darkness last week.

But you would not have been asked to take part if we did not feel that you were able to.

Jan: We did mention that after the event that we felt that we were being protected—and indeed through myself there was somebody here who indeed wanted to protect the room. *(In fact Jan had been controlled to stand with arms outstretched as if to encompass and protect all—a stance sometimes used in biblical illustration depicting an angel)* So we knew we were able but we felt, in particular I did I know, and the others were humbled. We’ve had other rescues obviously, but it was just so traumatic at the time and very frightening actually but we worked through our fear.

Do not be afraid. Within the confines of this place, you will be protected.

Jan: We realise that. The fear which I talk about was something that—I know Richard and I discussed afterwards—it was as if our soul was being touched by that fear, not ourselves as personalities. It was a very different feeling.

It is because you have not as yet encountered anything to such a degree as that darkness, but now you have that experience, you would cope much better with those emotions and those feelings. Yes, you are right when you speak about the soul. After all, it is the spirit which is helping, not the earthly being. You understand?

Jan: Yes, I do now after that experience last week. I wouldn't hesitate—there was no hesitation, but I would recognize from a personal feeling, and I know everybody else would, that yes, we are protected and that feeling, that shudder, it reached a deeper level.

Yes, you have awakened your own spirit—that is what has happened. You understand?

Jan: Yes I do.

The spirit that you *are* is beginning to recognize that there is far more than at first you thought.

Jan: Definitely.

I hope that has helped you.

Jan: Yes.

Richard: Salumet, during that episode last week, I felt as if I was being used as a channel (**yes**) for a lot of energy, a lot of what I felt before as love, as I have told you. Is that something which I'd be used for quite often? Is that something which I'm best at? It was an extreme sensation.

Yes. Because you are clairsentient also, as well as clairvoyant and have other gifts, it is more powerful when you experience the feelings and the knowledge of what is round and about you.

Richard: Yes. Over the last, even the last couple of months, I've noticed there is a huge amount more clarity and understanding.

Yes, because you have opened your heart and your mind to us, we can step towards you more closely to use you in this type of work; but not only that type of work, but many areas of spiritual work. So I would say to you dear friend, do not close your mind to one pathway, keep that spirit open that we may use you as the pure channel that you are. Do you understand?

Richard: Yes I do, thank you very much.

Lilian: Could I ask a question about your channel 'Eileen'?

Yes.

Lilian: The last two times when you've finished talking to us and she sits there quietly, suddenly she has quite a cough, and she's back. I wondered if there is anything we could help with this or could you explain why this quite hard cough.

Yes. There is nothing that you can do.

Lilian: I see.

It sometimes happens that because I have to use the physical voice box to speak to you, that sometimes on withdrawing it maybe a little too quickly. But I try to keep those occasions to a minimum.

Lilian: Yes, we don't get many of them I must say.

No, it is nothing to be concerned about and I will tell you that the channel feels nothing afterwards.

Lilian: Right. Well that's good. Thank you.

It happens sometimes, too, at the beginning when first I use that voice box. It is no problem.

George: There is a question that I've hesitated to place to you for some time, because words translated across hundreds of years tend to lose their value; but our old friend, Nostradamus, he referred to a *prophet*—was the word he used, who chooses Monday for his holyday. And that one he describes as travelling far to deliver a great many people from imposition or subjugation. Those who have studied him have wondered as to the meaning, but you Salumet are delivering a great many people from, shall I say 'dogmatic, traditional religion'. So the question that arises from that is, '*Have you been seen by the seer?*'

Thank you for your question. I have to say to you 'no' it is not the one known as Salumet—no, but thank you for those thoughts. There are many who come to this Earth, who wish to help others and I have told you in past times just how many people from our world come to help mankind. Whether you give them the name of prophets or not, they are all spiritual beings on a mission of help for mankind.

George: Yes, the word descriptions change sometimes.

Yes, yes. But I will tell you that that prophecy has yet to come.

George: Oh! Oh!

I need not say more, but it will be made known amongst those who know and understand that there is one who will indeed travel far in his mission.

George: Would that be in the physical sense or in travelling through the vibrations as yourself?

In the physical sense.

George: Well thank you very much for clearing up that—that has bothered me for a little time.

Sarah: Would I be able to ask, would that be in our sort of lifetime?

I would say perhaps not. But as you should know by now, that time can alter many plans and so, although time does come into these prophecies, they can be altered and changed slightly. You understand?

George: Yes, I think we all appreciate that now.

Yes. Do not be fooled that time stands still: nothing exists which is static, nothing. I hope that has helped you also.

George: Yes, that really clears that matter up, thank you. I have sometimes used the rough figure of prophecies being something like 98% accurate. I imagine one can't really put a figure to it, but I imagine that might illustrate the principle of being mostly correct.

Yes, of course, yes.

Sarah: I was just thinking of—could I say 'evil' spirits and, as you have said to us there's always the balance of the good and the bad—those in spirit that are perhaps trying to lure others into their negative ways, who ...

Let me stop you my dear friend. There is no such thing as 'luring others'. When you come to our world, you naturally graduate to where you belong, but you do not have spirits who are trying to congregate others into their way of thinking or existing; they would automatically go there if that is their place.

Sarah: Ah, because I was just thinking of physical beings that say they're attracted to negative spirits, but it's actually their freewill—they're the ones that are creating that.

Yes.

Sarah: Yes. Ah right, that's good.

If they did not create that aura around them, those negative spirits could not touch. It is fear once more, fear and again looking into matters that they should not without the support and the help of those from our world. You understand?

Sarah: Yes. So if they are looking into things that they perhaps shouldn't look into, it's at this point that—what's exactly happening then?

They are creating their own reality.

Sarah: Ah, right.

Do you remember?

Jan: Like the rescue last week.

Yes.

Sarah: That's what I was thinking about really.

Yes I know, but again that is why I have spoken to you about thought. That thought, that fear, that darkness—that creates your reality, not only here, but in our world. That is why it is so important my dear friends, for you to censor every thought, to recognize the power of each thought. Do you understand?

(Affirmed)

If you surrounded yourself with love and light of spirit, these negative forces would not encroach upon your lives.

Richard: This is something I can vouch for—positive moments like last week after we had done it and moments when, like I've said before when I was in the flat and I got extreme positive love and surrounded myself with that, in total contrast to times before when I've been depressed and everything seems to get much darker and *smaller* (yes) and not very friendly, but it's purely created by oneself.

Yes, yes, you cannot blame others. After all, you have been given freewill; I cannot express this enough to you. It is the responsibility of each one of you, however you live this lifetime, you must take control, you must be in charge of your thinking. You have to,

you cannot depend upon another for help if you do not allow that love and light to be part of your very being.

Sarah: When you talk about that 'negative force', is that energy that has been made negative by your thought. It isn't a force that exists as such, you've just turned the energy into negative with your thought. **And as I have said, negative forces or thoughts will attract others of the same ilk, therefore making that energy stronger. You understand?**

Sarah: Yes, I do.

Therefore you have that graduation of 'darkness', shall we call it; remember all is light and dark.

Sarah: Yes, I have a good understanding now, thank you.

Paul: When we attempt the materialization with Bonniol, is there anything else that we can do to help it along? I know that I try to just empty my mind and allow *Bonniol* to do the work. I'm wondering if there're any subtle changes that I could do to help it?

No, only to be positive, only to allow each one of you within the room to see it happening. Again, the power of the thought will create the energy that is needed for it to happen. Do not despair, all of these things take time and however positive most people are, you will find within a room such as this that there will be a few doubts or a little fear—perhaps not recognized, but nevertheless is still there. You understand? (Affirmed) So I would say to all of you, be patient. It is something that humankind is not good with—patience.

George: And I was much impressed with your teaching a long time ago about stigmatic holy ones and how that relates to power of thought and how those ones attract like-minded and that all adds to the effect. I felt that a wonderful illustration of power of thought.

Yes. You will always have those who feed from the *energies*, yes. But I thank you for your compliment. Thank you.

George: It was a powerful teaching and a powerful thought!

And a powerful thought. That, my dear friends is my gift to you this coming time. This time when people's thoughts are generally with others, when human beings in general are more accepting, more loving and more giving. I give to you the gift of thinking deeply about thought. And with those words my dear friends, know that I am always close by. I wish you a happy and peaceful holiday time and until we come together once again, I leave you cloaked in the love of spirit. (General thanks)

George: We are truly blessed.

Paul: Our loves goes with you.

Lilian: And we wish you a nice holiday and look forward to the New Year when we meet again.

Later in the evening one spoke through Sarah about the rescues through the year counselled by Lilian with team support.

George's Notes:

Power of Thought: *This has been a central part of Salumet's teaching and of course rightly so. Thought underpins our reality and the entire creation, and as part of the creative process it lies at the cutting edge of evolution. Thought is at the seat of all existence, and so, as part of the perfect plan and as part of the creative force, our thinking makes its contribution. Love too is tremendously important. And as Salumet says: power of thought creates the love. Therefore mind / thought powers all.*

Stigmatic Holy Ones: Ref. 31st July 2000, Salumet Book p122. *The bleeding from the palms says much!*

Nostradamus Prediction: Ref. 'The Centuries, II-28'. *It is interesting that Salumet acknowledges the prediction and points out that that one is yet to come. That one is also described by Nostradamus as 'the penultimate named prophet', so it seems appropriate that he should appear quite late in terms of missions to this particular civilization. Time seems a little bit 'stretchy' where prophecy is concerned ... like a concertina that has accurate events printed on its folds so that the spacing may vary a little. Some Nostradamus prophecy is remarkably precise on the time scale while certain events are sometimes just a year or two out. This is one of the quirks of true prophecy.*

***Materialization:** As explained, patience is called for and we still look ahead for that happening. But, as an interplanetary experiment, that will certainly be an unusual event when it happens.*

~17th December 2007~

There was in fact a meeting on this date. Briefly, what transpired was a delightful visit and lengthy chat via Eileen, from Ruth, Leslie's wife. She brought news of her own and Leslie's further work in spirit, and with mention of others known to us.

Much Love and thanks to YOU the reader! This particular transcript ends here, but lots more available here: www.salumetandfriends.org

*This document contains the years, from 2008-2015 of the Salumet teachings, verbatim, as they were originally presented. Salumet's words appear in **Bold Font**, while other channelled communications appear in **Bold Italics**. Different **coloured fonts** are also sometimes used to differentiate between different speakers.*

This is a large file, so you may wish to perform KEYWORD SEARCHES within the document, which you can do by entering any keyword into the magnifying glass symbol, to see whether a topic has been mentioned in the text.

~28th January 2008~ SALUMET

During our meeting of 21st January we received the welcome news that Salumet would return for this meeting:

Lilian: Good evening Salumet.

Good evening. I am happy to join with you again.

***George:** We, too, are all delighted I know, to have you back.*

I thank you my dear friends for your love and your willingness to meet with us once again. I have been absent from you for just a short time—your time—but it is most welcome by me to have that breaking-off of connection in order that I might re-join to that space in time from whence I come. It gives me the opportunity to speak and also to seek counsel about many, many subjects; and as I come to you this time, I want to say to you my dear friends that each one of you has indeed grown spiritually and I know I say this to you often, but it is true—even when you are not aware of that growth, it *has* happened. And for some it may be one of life's experiences that has helped you grow, for others it has been an awakening to things spiritual, but no matter what the cause has been, let me reassure you all how much you have grown.

Lilian: Thank you for telling us that. Probably we are not aware of it as much as you.

No, no. You cannot always see it for yourselves, but you have indeed grown much and for this I say to you 'well done'. And let us begin this, another of your earthly years on a positive note, that you may all remain positive throughout whatever comes before you, whether it be troublesome in nature or whether it is something that you feel is good for your life; let it all come and be positive, because when you refuse to entertain fear, then indeed you become stronger and life becomes less of that struggle, which I have to say, belongs to you all. This coming year I would wish my dear friends that you feel that each one of you are inter-connected with each other, not only yourselves, but all of mankind, not only on this earthly plane, but throughout all of creation; that you can *feel* that connection more strongly, because without the knowledge of inter-connection, you would be lost I have to stay. Whether mankind realizes it or not, you cannot be one single entity. You understand what I say to you?

Lilian: Yes.

***George:** Yes, I'm sure we do and I love the way this time you spoke of returning to 'space and time' and this is something we all understand and accept so much better now.*

Yes, it has taken a little *time* for you, but, as you know, that has always been my purpose: to serve you simply, to continue to reiterate those truths that stand before you, but which are not always seen to be *truth*. I would like you to feel part of every planet, part of all existence, to become aware of that 'integration of energy'. That is what we will try to achieve in this coming year. It will be taken slowly and each of you will again experience it in different ways, but you will experience that coming together, that union of energy, which I know you feel within this room, but not always when you are away from this room; it then becomes a little more difficult for you, I feel, but that will be our goal in this coming year. I do not intend to say too much this time, but I am comfortable here with you so I will take only a question or two before I leave you to ponder my words and to continue with whatever comes to you next.

George: Yes. Our dear colleague, Jim, is unable to be here this evening. He has asked that a question from him be put to you (**yes**). If I could just read that: It concerns what is known on this planet by many as 'salvation'. He explains: *it is a feature of the world's religions—the Saviour is of course Jesus who died on the cross. We are all saved from the dire consequences of our sins if we repent and ask for forgiveness and accept Jesus as our Saviour.* (I would say this is very much a Church belief.) *I understand that our sins include original sin, so no-one is excluded, but Salumet has taught us differently from this: we do not progress in this way, but billions of people are going to rethink on this important matter. In fact, it seems to me that the Church is offering salvation in the name of Jesus and no-one is excluded. If the story of Adam and Eve is myth and their sin in disobeying God is also, no doubt the authors of this had no clear ideas of reproduction and this was their explanation—the best they could do. I do not feel held by this any more than most, although one hears that there are groups in America which still have this belief. There are many side issues to this and all things could usefully be gathered up. The question would be non-specific, but Salumet's comments about it as a very fundamental issue would be invaluable.*

I feel myself this is very much a Catholic Church item and the confessional is strong in the Catholic faith, where sins are confessed in the name of salvation. I'm sure Jim will be very grateful for any comments or discussion that you may have on that?

Yes. Our dear friend of whom you speak is of course still strongly attached to the belief systems that have been given to many of you and *hold you, jail you* to beliefs in order that many people have power over you. We have discussed on many occasions about religion and my views about them. You do not come to this life, and I quote his words, '*with original sin*'. How can an all-loving energy produce something which is so imperfect? It takes from the human being the right to live a life of love and hope and to be dependent upon others for their—again I quote, '*salvation*'. This cannot be. These words were purposefully used in order for mankind to be kept *down*. That power could be used to keep the masses under control. This you all know, but our dear friend Jim still struggles with all of these questions.

George: Yes, this may relate to close family and so many on the planet will be, I know, in this very situation. There will be many around who have the *old influence*, if I could call it that and I think those ...

And they have become their own jailers, because they cannot *release* these thoughts and they are negative thoughts. Whether they understand this or not, it is negative thinking to think that you come from a source which is all powerful and cruel—and it cannot be, it cannot be.

George: And of course in the days of the Roman Empire when the Church basis of this religion was founded, it was very important to the Empire to control millions of people.

Yes. And of course they took their information from all other sources of what you now term religions or beliefs. So, if only mankind with his intelligence now would use that knowledge to think for himself, to allow that spirit to come forward, he would realize that all is not as it should be. And I believe my dear friends I have told you that the world's religions are taking a back seat to what humankind is now beginning to know and to understand about himself and the source of

good. You cannot be saved from any deed that you have committed. You cannot take on another person's—and again I will quote his words, 'sin'. That is where your personal responsibility comes into play.

Lilian: In some case it's almost a comfort zone, isn't it, if they think someone can save them from their sins?

It is very easy, do you not think that you can be absolved in one second of all that you have done in a lifetime? It does not make sense if you think about it logically. Why should what you call the 'evil' people of your world—and I of course would dispute that use of the word, but for your understanding, why should they be absolved, while there are many, many good people? What is their reward? It then becomes an unfair equation. You understand?

George: Yes. I think one of Jim's deep concerns has been that so many millions of people are bound to the church in this way, by this forgiving of sins.

Yes. He cannot change or alter what is here; only each individual can change and that, as I have told you in the past, takes time, but it is coming. Many people who have been taught in this way, and it is not only Christianity, it is widespread throughout many of your so-called religions. I await the day when there is no title to what people feel. The love that encompasses them, that all people feel part of each other with the responsibility only for their own actions, not those of another, or for one to step forward to absolve them from their deeds.

George: Yes, there is so much thinking for so many to do in rising above the traditions (yes) of so many years.

It is deep-rooted, but it is happening—be assured it is happening. It needs one small light within a darkened room for that knowledge to spread as the candle flame does. Gradually and slowly the room begins to light, in the same way it takes one person to spread the word of truth, as each one of you my dear friends has done in your daily lives. I am sure each one of you could tell a tale of who you have helped just by the use of your words.

Lilian: Thank you Salumet.

I would say to our dear friend Jim, to continue to look but do not be influenced by the words or the actions by those close to him, because I say to him, he is on the correct pathway. He will be helped, helped in his understanding, helped to realize that he cannot change another's thoughts as much as he would so desire to do so. He must remain positive in the knowledge that that Creative Force is all-loving and protective.

George: Wonderful to have your words on what I feel is a big world issue.

Yes, it is. It is part of the scheme of change that is taking place on your Earth at this time.

Lilian: Yes. We can see and hear in discussions that—it's either on our televisions, on the media of some kind—discussions which are very interesting. You can see the change a little bit.

Yes, it is happening, but until mankind feels an inter-connection with each other there will always be disagreement or disharmony; but it is up to you who know the truth to steadily move forward. Be assured that what you know, not what you believe, but what you know to be *truth* is carried forward in love and in light. That is the way forward. Light that small candle in the darkness and watch it grow.

Now my dear friends, as I leave you, I give thanks to that Great Creative Force for joining us together here in the name of love, that we might for this very short time feel the energy of each other. Take the knowledge that is given and continue to grow spiritually on your own individual pathways and learn to share with others that knowledge. For this I give thanks to you all.

Lilian: Thank you. Would it be okay to ask about a lady who has shown a wish to come, Valerie Hallet? I just wondered if you felt she was okay. I really don't know this lady very much. She's reading the book that George has written.

Yes. If all are prepared to welcome her, I have no objections.

Lilian: Thank you.

George's Notes:

Let us not forget that the deeper spirit that is Salumet's natural domain is both timeless and it is without space. And there are other beings of pure energy (formless beings of light) with whom he has counsel whilst away. On this occasion, and for the first time, he refers to his return to 'space in time'. Albert Einstein and modern scientists would more often use the term 'space-time'. Our world has been created in and occupies space-time, whilst the deeper spirit does not. At last, the terms of science are seen to move closer to the spiritual picture for a fuller understanding by those of us living in the 21st-century



A rare sight to greet the New Year – three albino squirrels checking on their provisions, seen in Purbrook

~4th February 2008~ SALUMET

Before the session commenced, the group were discussing the early evolution of humans, possibly starting with animal species prior to ape-like form.

Good evening.

All: Good evening.

I am happy to join with you once again.

Sarah: It's nice to have you back, Salumet, thank you.

Lilian: We wondered if you had been listening in on our conversation just a short while ago.

I understand your conversation, not only here, but in your daily lives also. I wish to say to you my dear friends that it is heart-warming to listen and understand how you take all information given. You absorb that information, but it is right that you should at some time question knowledge; I have always imparted this to you. Therefore it makes me glad when there are discussions among yourselves, with various comments. I would just say this to you: I will wait until there are a few more of you present in order that we can discuss a little further about humankind.

Lilian: That would be nice.

You, of course, understand that the whole of this planet has evolved, but what we have not discussed is the reincarnation of humankind and the reason behind that reincarnation. It has an impact on what you were speaking about, so I will return to it for you and hopefully we can clarify any thoughts that you may have.

Lilian: Thank you.

Because you are few in number this time, I will take only questions and remain with you for a short time only and hopefully when we come together with more people, we can have a longer evening of information. Do you have any questions this time?

Paul: I've got one. I've always been interested in the story of Joan of Arc and how this farm girl was able to rise through and eventually lead the French armies in the 15th Century in France. Her rise to leadership was partly because of her visions and clairvoyance that convinced people that she was sent by God—those were the words at the time—to become a sort of saviour of France when she was at war against the English. I think it has fascinated me because—I wondered about how humans are usually influenced by spirit and I can't quite see—I think when they become military leaders, I wonder about it, whether they're misinterpreting their guidance or whether it is necessary sometimes to fight in combat situations, because otherwise some humans would dominate the world too much.

Yes, I understand your questions. Firstly, you have to understand that the person you speak of had already chosen her lifetime; it was not an easy life to live. No matter what time in the planet's existence, there are those souls who choose to come for more difficult lives; this is part of their own spiritual growth. That is the first point I wish to make to you. For the wars, the cruelty, the leadership, you have to remember that you live on a planet where learning is uppermost. You must remember that mankind creates wars, not spirit, but, as you say, sometimes it becomes necessary for humans to be involved in some form of what you would term 'wars', because mankind has created these things for himself. Therefore you have to have leaders or strong human beings, who can become involved in order for peace to reign. This may be confusing to many of you and I understand why that is so, but throughout your history, man has fought against his brothers, unnecessarily so. Every nation has been involved at some time or other in conflict with his neighbours. You wonder about the influence of spirit on the one person of whom we speak: she was indeed influenced from spirit to try to create a situation which was able to sustain a peaceful country, but in order to do so, she had to become involved. I would say to you, she was influenced correctly at that time in history (yes), in the same way as your leaders today in this world have to take decisions which are not basically their own true nature, but because they have become leaders, it is necessary to do so.

Paul: Yes I understand that.

You understand. It does not mean that they have to lose their own spirituality, but they have to do what is best for the *whole*. I know it is difficult, it is always difficult to place into human words the workings of the spirit.

Paul: But I think that one, Joan of Arc, did go down in history. Well, she was later given various titles, a saint and ...

That was only because of the religions of the time. She was no more—I do so wish that these titles would be dropped from humankind. She chose her destiny, and although each one of you do so, there are points in a life where you meander along that pathway, but that does not mean it is not your chosen path. You understand?

Paul: Yes.

Sarah: You get leaders like, for example, Mugabe who, many believe is not being a good leader, but we shouldn't criticize, it's not our place to criticize, but it seems hard—I mean maybe he's doing what he's doing for other people to learn, but that's quite a difficult one to swallow really.

Lilian: The good comes out of the bad.

You cannot have black without white; you cannot have that darkness and that lightness apart, because they both belong to the same energy. And it is how it is used, that is the important point, what the human being decides to do with that spiritual energy. And there is so much fear in this world that it creates more problems. That is why my dear friends I urge you always not to be fearful, because it is a negative emotion, and as humankind you are emotional beings.

Rod: I would imagine the fear now is increasing because of our advancement in media—televisions, paper—and it's repeated over and over and over each day. If you come across an old person, they look at the television and they get really upset by that day's news and the fear must be enhanced,

and possibly it's not a very good thing then, from what you're saying; we're sort of making ourselves worse.

You cannot, not live in this world, because you are already here. What you have to realize is that *you* are responsible for the way that you react to every given situation—that is your spiritual responsibility. You may be surrounded by fear and evil, as you like to call it—I prefer to say misguidedness—but you have the ability my dear friends never to be fearful, because, after all, you will continue for all time, so what is there to be fearful of? Look to the wider picture. Always look to the spiritual aspect of all things.

Sarah: Yes, those were some good words, Salumet.

Rod: That was fantastic.

And if I may say to our dear friend who asked the original question, I would say: do not dwell on what has gone. Give your thoughts to what is to come, live in the now and do not question too much about what has already passed and in that way, you, as a spiritual being, will grow and grow. Give your thinking to those in need now. 'Now', that is the important word.

Paul: Thank you.

I hope it has helped you.

Paul: It has, thank you.

Sarah: Those words were very good.

Lilian: Yes, interesting.

Rod: I am always very, very—not puzzled, but whatever question is put to you, and we go back thousands of years, George comes up with somebody hundreds of years ago, Paul comes up—and you are able to go to that area, that person and you know the facts. It's like a computer! That amazes me.

Sarah: It's better than a computer, Rod!

(Laughs)

Yes. That is indeed new technology. I have to say, I am just a little older! Yes.

(More laughs)

Rod: You go back very quickly and come up with the answer very quickly.

Because truth does never, never change.

Lilian: Can you take another question?

I will take one more.

Lilian: I was wondering about, on this planet we have brains and we use our brains, and we have a mind which belongs to the spirit. On other planets, probably much more evolved than we are, would there be any species at all that would not need a brain, they would only need a mind, because they were very spiritual people, very knowledgeable on spiritual matters. Is there a planet like that?

If you had only the mind, you *would be* spirit. There would be no necessity for a form of some kind.

So no, no matter what form, there is always a *form* of brain, not necessarily the same as humans on this planet, but all the same, there has to be something functional other than the spirit mind.

Lilian: Yes, obviously that's simple now *you* say it. We wouldn't be here if we ...

No, if everything was all spiritual, you would be in spirit. You understand?

Lilian: Yes, thank you.

Sarah: Bonniol (*from Planet Aerah*) told us about—on a planet they had something like mushrooms, (*the Mushroom people*) but they must also have some form of brain then.

Yes, it is an intelligence, perhaps a better word than brain; it is an intelligence that is used. But, yes, if you have form, there has to be some form of intelligence, but once that is discarded and you are pure mind, then of course, you are in the spirit realms. Has that helped you?

Lilian: Yes, yes, thank you. But going back to Paul's question, I wonder if Winston Churchill in a much more recent time, he was influenced from spirit on a peaceful level to help.

All leaders would be influenced to make the best decision, but of course, with freewill they can override what spiritual information is given to them. That is why our dear friend wondered why Joan, as she was called then, was receiving the correct information.

Lilian: Yes. It is just that I had read that this particular man had had his quiet times and I thought: 'yes'.

Yes he was influenced, but so are all leaders in your world. But because we try to influence, doesn't mean that those thoughts are accepted.

Sarah: Eileen, who you are using at the moment, she's just read a book where characters on the television are imparting information about universes and various such things, so they are also probably being influenced, and they're in an influential position where they can pass messages on as well.

Yes, the more aware, the more open, the more dedicated you become to the spiritual way of life, then you go beyond the realms of this Earth. Your own knowledge will take you further; that is part of spiritual awareness. It is open to each one of you my dear friends. So, accept or do not accept; that is entirely up to each one of you. If any information does not sit well with you, then disregard it for the time being. It does not mean it is right or wrong, it means only that you are not ready to accept that information, and you never will whilst upon this planet accept all that is available to you. You already know how diverse information can be and it is up to each individual, either as part of a group like this one or by themselves, to decide what they accept as *Truth*. I can come to you my dear friends with many words, but remember also, I have told you, if you cannot accept my words, do not be concerned, it will come to you when you are ready.

Sarah: I have to say that everything you've said, Salumet, I haven't need to query—it just seems right what you tell us.

Yes, because I waited until such time as each one of you was ready to open up to develop and to accept the words of truth.

Sarah: When you say 'each one of us', you mean each one of our spirits—you've waited many, many lifetimes then to bring us together?

Yes. You have all ... even now you are developing at your own pace. Everyone within this room now and the others who are not present, have your own individual development. It matters not what you feel physically, but it is what you are accepting as spirit; that is what shines through to the physical form—it is that spirit within that shines. Again we return to the word 'responsibility'. You are all responsible for your own thinking, your own actions and, of course, the acceptance of any truths given to you. So you see my dear friends, that as your awareness grows, so does the responsibility grow also. You cannot then deny what you know as truth.

Sarah: That is true because when you do something that you know hasn't been quite right ...

You know.

Sarah: You do definitely know.

Yes, and therefore the responsibility is much greater. Now my dear friends ...

Rod: Just butting in there a bit quickly, Salumet, it's no good asking for forgiveness, as you said, to somebody on Earth?

Do not ask for forgiveness.

Rod: You can't ask for forgiveness for that sin?

You are responsible for whatever action you do; you cannot be absolved just like that. There has to be cause and effect, that is the natural law and that cannot be changed.

Sarah: You did say, at least if you recognize what you've done wrong, you are half way there.

Yes, that recognition is the beginning of understanding. Yes, of course. There is so much, is there not, my dear friends to think about? When you feel you know a little, you suddenly realize you know *very* little.

Sarah: Yes, that is true.

Yes.

Rod: As George says, the more you know, the more you know you *don't* know.

Yes, yes, it is true.

Lilian: Thank you once again.

Sarah: It's been very useful.

But we will discuss why evolution takes place in the way that it does and hopefully it will be clearer for all of you.

Lilian: Yes, we look forward to that.

(General thanks)

George's Notes:

Joan of Arc, Maid of Orléans (1412-1431), broke with French troops, the siege of Orléans and drove the English from the Loire towns and remarkably turning the tide on the war with the English. She was said to hear heavenly voices urging her to save France. She was finally captured and burned at the stake on the trumped up charge of witchcraft and heresy.

~12th February 2008~ SALUMET

It should be mentioned that during the discussion about human evolution prior to last week's meeting, the subject of reincarnation was also included.

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As we join together this time I feel your energies. I thank you for your welcome and say to you that each time I come I feel that love bond strengthen; for this I thank you.

George: We are very pleased that that is so, all of us.

I am pleased to see that there are more of us this time.

Lilian: Yes, that's right.

Yes. We spoke last time of evolution and we had some questions from our dear gentleman friend (Paul) and I did say that we would discuss it when there were a few more present; I think this may well be an opportune time. As you know and I have said to you, the essence of your life, not only human life, but all life, is to *evolve*. This I know you all easily accept. We also know that there are many diverse opinions about this subject, not only from our world, but amongst your own scientists and we have discussed it previously, have we not? (Agreed) Yes. Our dear friend asked the question about the evolution of mankind, is that not so? (Agreed) Yes.

George: Yes, indeed. I think we're fairly clear on the biological evolution going back as far as what we term 'apes' walking on two legs and their ape-like predecessors that walked on four, but I think we have no knowledge beyond that. Please correct me if I'm wrong in this.

Yes. We will talk a little further, but firstly let me say this to you my dear friends, that ever since time when spirit communication has taken place—and that has taken place since the arrival of humankind who had understanding—when that point of evolution had been reached, then we in spirit were able to communicate much more easily. You know my dear friends that there exists not only this planet, but many, many planets throughout many, many universes. We also discussed that that life form on many other planets is not the same as this one. Within this galaxy, this Earth planet is a place of learning and evolving. All of existence belongs to the same essence, whether you belong to the category of human or animal or angelic existence—and there are many more—

no matter which one you belong to, originally we all stem from that same essence. This I know you fully understand, do you not?

Lilian: Yes.

If you do not, please let us discuss it now.

George: Yes I think we all understand the essence, but we probably don't understand the fuller nature, should I say, of that essence or perhaps how the essence relates to what I might call the 'Mind of God'—the 'Creative Principle'.

The Creative Principle, that is much better. Yes, all of creation is part of that greater, shall we say 'mind', just to help you in your understanding. On every planet which comes to your focus, there has to be a beginning and we begin at the very basis of existence, and this your scientists are now beginning to realize, that even the tiniest of existence has intelligence. It is this intelligence within all kingdoms which unites us. I have told you that the angelic kingdom, especially the higher realms of angelic beings, have never walked upon this earthly plane, nor any other planet, because they are belonging to a different branch of energy. Let us speak of 'branches of energy' to keep it simple for you. Humankind has indeed evolved, but what you do not understand is that that strain of evolution belongs to those who have intelligent understanding. The question asked by you last time my dear friend was: 'Can we evolve into other animals—do animals evolve to human beings?'

Paul: Yes.

Yes, that was your question.

Paul: That's right, yes.

Yes. There are many different avenues of evolution and you cannot change from one to the other, and much has been spoken within your world that from the tiniest, tiniest life, man has been created. That is not entirely true, because there are evolutionary *trails* of life which do not intermingle. I have spoken of this before.

Paul: Yes.

Yes. Do you have a question at this point?

Paul: Just to clarify then. There is a completely separate evolution for the animal kingdoms.

Yes. The elemental kingdoms, the animal kingdoms, the human kingdoms, although we do belong to the one essence and that cannot alter; there has to be that trail of evolution separately, for these things to take place.

Sarah: So that includes apes and monkeys as well?

They follow the line towards human evolution, but they would not intermingle with the elementals—the sylphs, or the elemental kingdom, although much has been spoken that this is so. You have to go from the beginning and this is what others do not understand, because they do not have that knowledge.

Paul: I wondered about native American-Indian beliefs about 'power animals' and I wondered because people have particular animals that seem to give them strength at times at times (yes), whether that was due to a past life as that animal?

I think you have to remember my dear friend that you have the power to *transmute* energy and that may be one explanation for why the connection—and do not forget that that race of people lived closely with the animal kingdom, therefore the blending of energy of spirit would be such a strong one.

Lilian: I remember Bonniol telling us that they had evolved from two species, so it would be a blending of the energies?

They would have evolved because they had chosen to evolve in that way. This is what you do not fully understand. When we have spoken of evolution, all that you know is what your earthly scientist have discovered or *feel* they know. They do not know of the spirit within. You understand?

Paul: I think, yes...

But remember energy can be transmuted into anything that you desire. So therefore, those from our world, if they wish to come to you in some evidential way, can transmute their energy into being a butterfly, a cat, an animal of any kind, but it is a *transient* energy. Do you begin to understand? But the line of evolution for the human being is one that is slightly different, but it would belong to the line of the great apes and that line of animal. You understand?

Jan: Why spiritually did man, evolving from those great apes, why did he spiritually almost 'branch off' into a human away from an ape spirit?

It is called the evolution of the mind of spirit, the understanding and intelligence of the spirit.

Jan: If somebody could write a book on it, where did we consciously decide, that because the way we were evolving, our intelligence ...

Because, to exist upon this planet, you had to evolve to exist.

Jan: But we left our cousins as they were...

Because they have not evolved enough. Those who remain in that state, in the same way as you have children within your schools, if they do not learn, they remain in one class while another will grow and have more knowledge.

Jan: I perfectly understand that on a physical level and how would we have evolved from apes...

But you cannot separate physical from spiritual. You cannot have that separateness, because they go hand-in-hand.

Jan: So, basically really, the apes being our ancestors were more than happy to stay as they were and how should be...

Some, not all, otherwise there would be no evolution. Energy is ever-moving, ever-growing, but these decisions you have to remember are made from spirit.

George: I would imagine that an important part of the biological evolution would be the development of brain (yes) and the capability of its transmitter mode.

Yes. You can speak of physical improvements all that you like.

Jan: But I'm trying to get to the *spiritual* side of things.

Yes, it is the spirit that decides.

Jan: So the spirit world decided that some of the apes would split off and evolve in the way we have. So the spirit decided.

The spirit decides.

Jan: Right, I understand perfectly now. Thank you.

Yes. Always the problem is that you see things on a physical level and it is very difficult to try to put into physical words natural laws. That is always our problem to make things simplified for you.

Sarah: So, Salumet, going back to the apes, if an ape spirit at some stage now, decided it wanted to grow, would it the next time come back—it couldn't just suddenly come back as a human being, or could it?

No. It would be ... it would go back to that animal soul, which then realizes how much it has grown. It is only when there is love-bonds with humans that animals have that interaction and then the spirit within goes forward. It is not really a conscious decision as you would know it, it is a natural evolution.

Lilian: It seems to me that if we watch the wild animals, they are not so different to what we are.

There will always be leaders and followers and the leaders of the animal kingdom are the ones who are moving forward. This does not take place in an instant, this happens gradually over time.

Lilian: Really they are as intelligent as we are, only in a different way.

Jan: Their intelligence is their instinct (yes). Their instinct is what they survive on (yes). We've come away from instinct—we've lost that. Well, we haven't lost it but we have just sought out our intelligence as our driving force as opposed to our instincts and the instinct is what keeps the animal kingdom, I believe, as a whole consciousness in their spirit world. They live in the moment, they don't live in the past or the future, they live in the moment (yes) and that's the difference.

Humankind has become very analytical much to their own detriment.

Jan: Yes.

Yes, that natural instinct, that instinct to survive. That is why so often you hear: the strongest will survive, in the animal kingdom.

Jan: It's a law of survival that is so balanced (**yes**) that, I believe as humans, we've completely lost that balance and we're striving for it, as is this group, to feel that you are in balance once again. But animal kingdom feel that all the time. They don't judge when a lion is attacking a buffalo and he is being eaten alive, he doesn't judge that lion, he's just ...

And that is the law of all existence (yes). Yes. That is what I would wish you to dwell upon, to go a little more deeply into what existence is about.

Rod: Could I just say that we do get some beautiful pictures on the television and some of them have been looking into an ape's face and looking into their eyes and there seems to be a very deep thought pattern going on behind those eyes.

Jan: You can see into his soul.

Rod: Yes and I often think there's something there they can't give and we can't see. I would love—I don't suppose you can say if there is some inner depth there?

Of course. There is intelligence, there is spiritual intelligence, but they cannot express in the same way as you of humankind, because once man has developed speech, a lot of the instincts they have are lost.

Sarah: And of course the other difference between us—you've always said to us it's wrong to kill, it's wrong to kill anything and yet the animal kingdom, they wouldn't survive a lot of them if they didn't kill, so that's a little...

Jan: But they very rarely kill their own kind. Sometimes apes do...

Sarah: Some animals do, don't they, if it's a rival's litter they'll kill those.

Paul: They're also capable of altruism as well, protecting other animals, not just their own.

Sarah: That's true, too.

Yes. You cannot judge another species, because you do not understand the thinking or the instincts behind it. In the same way you cannot judge another human being, because you do not have that wider picture. You therefore cannot judge the animal kingdom.

Sarah: The animals that have been domesticated—cats and dogs—is that their way of growing as well?

Yes, yes, that love-bond is not broken, but after a while they also return to the pool of animal energy. It is a difficult subject for you to understand on a deep level.

Lilian: Will we be able to understand it more when we go back to spirit?

If you so desire.

Lilian: Yes. That's good.

Paul: I think we've touched on it that nature spirits are on the same evolutionary path as the angelic realm.

Yes. They can evolve into the angelic kingdoms; that is part of *their* evolution.

Paul: So what would be the pathway for our cats and dogs then? Where are they going?

They will always belong to animal kingdom, but they have the ability to interact with humankind—to *feel* that connection with humankind, to *help* humankind; and they will remain because of that affection and love-bond for some time to come, but then they also will return to the energy of the animal kingdom, to then go forward on another pathway. Is that helpful to you?

Paul: Yes. Thank you.

Rod: Could I just ask one little thing: in the world today we've got people who are facially quite different—Japanese, Chinese, Mongolians, Europeans as we know them—different facial features. Does this mean to say they originated from a different kind of ape in the past?

Yes, it has to evolve from somewhere. Yes, yes, that is a simple answer.

George: I think in the beginning, Salumet, you mentioned the intelligence of the individual cell.

Yes—memory and intelligence also. Remember, too, that cells have memory.

George: Yes. So I imagine there's a general influence from spirit regarding cells apart from the more specific and understandable influence via brain. Are there two forms of influence from spirit, or does the cell intelligence not have a particular connection?

All intelligence stems from spirit so of course spirit has an influence.

George: Yes. So there would be this general influence concerning all structures as well as the particular influence through our wonderful brains.

Yes, and of course the brain is the physical aspect, but yes, intelligence comes from spirit, is influenced by spirit, but the human brain plays its part of course. One without the other would leave you non-human. You understand?

George: Yes. It's ...

All organisms have intelligence. It may not be the intelligence that you understand as human beings, but there *is* intelligence.

Jan: Some organisms, if I'm right, have a collective intelligence as opposed to individual intelligences.

Yes, you are correct.

Jan: So their collective intelligences work purely on instinctive intelligence **(yes)**. *Turning to Rod* - We discussed, do you remember a couple of weeks ago, the three of us discussed just that, after the meeting.

Rod: The small insects.

Jan: Yes. And if I can ask another question please? If I can make it sort of joined as it's the only way really I can get my point across. When spirit decided, for want of a better word, that we were going to 'branch off', if I can use that term, from the apes and our brains were going to evolve, from spirit's point of view, how did man do? When spirit looks down and says, 'Well, we have set him off on his way, he came out of the trees, he learned how to light fires, hunt, everything that we've actually done over millions of years—when spirit looks down, how do they view how man has done?

I understand your question my dear friend. I understand what you are trying to say, but to make a comment would be *very judgemental*—that we do not do. Mankind comes to this planet, to learn, to grow and, because of freewill, to make many, many mistakes. The most intelligent being upon this planet does not make him superior. Therefore, to make judgement is wrong; I have told you this on many, many occasions. So what we would do from spirit is try to encourage right thought in order that that mind can evolve in the correct way, but we do not make judgements as you would suppose. You understand?

Jan: I do, I do and maybe it was a pretty naive question.

Not at all.

Rod: You were looking for a progress report.

Jan: I was looking for a progress report, yes **(yes)**, because, you know, we know ourselves that we've been pretty—we have made mistakes.

And is that not good that the human mind can make those judgements for himself?

Jan: Yes.

Yes, so would you not say that that is a step in the right direction?

Jan: Yes.

Yes, thank you.

Rod: And I suppose if you look at when we came out of those trees and now we're flying out into space and we're sending stuff right out with satellites going around the Earth and what have you. In that way there's been some wonderful progress. They're very clever people and with input from spirit, obviously—that's where it mostly comes from, I guess.

Paul: But we're still in our infancy.

But we're not impressed by clever people.

(Lots of laughter)

We wish people to look inwardly to recognize what they are, not how clever their brain is. The brain is just part of the uniform, it is not the spirit.

Rod: That brings us back down to size, doesn't it?

George: Returning to the cell intelligence **(yes)**, perhaps the science of kinesiology is a demonstration of collective cell intelligence.

Yes, I would say you are correct. What your scientists do not know about the workings of the cell, is just how intelligent the cells are. There is much more to be discovered.

George: Yes, wonderful. And I think I would be right in saying that the principle of kinesiology is not generally and widely accepted on this planet!

Not yet, but we are hoping to make improvements in all manner of things. These things are not new in your world—they have been lost, but they are things that mankind has already used, has had the knowledge of for some length of time, but to you humankind now, it all seems like something new. We are trying to move you slowly backwards, not to the animal state, because with intelligence you can use it properly for good.

Jan: You are now trying to open our spirit channels. I know what you mean by not going backwards, but in a way we've got to step one step back and look within again, which everybody has stopped actually doing until the last sort of ten years, in my opinion, and now it's widely spoken about and as we've mentioned before. So, yes we all need to step one step back into ourselves.

Paul: And sort of to the land as well.

Jan: Absolutely and feel that ...

Paul: ...not so much concrete.

Jan: ... and feel part of ...

Rod: Like the Indians.

But before you can be part of anything else, you *have to* go inwards, you *have to* know yourselves, you *have to* be content with that knowledge, before then you can integrate with the rest of what you call nature or the animal kingdom or another human being. Until you have the *knowledge* of what and who you are, all of these other things are surplus to your requirements.

Jan: We have to know our own attributes first before we can know somebody else's.

Yes, and then you become that very essence of energy, which you will then shine and show to all that is around you; then you truly begin to show that you are spirit first and foremost.

Sarah: And for those who are ill, if they were to go more inwards, they could perhaps see why they're ill?

Yes, of course. Again it is that the human brain almost interferes with what can take place, because the human consciousness is always looking for a negative to the positive. Again we speak of light and darkness and although they cannot be separated, they can at least be recognized.

Sarah: So that's why spiritual healing works so well, because it goes straight to the spirit, which is where we should be trying to get to ourselves.

When the spirit is touched, then healing can take place, yes. Now I will ask our dear gentleman friend if what I have told him this time satisfies his questioning.

Paul: Yes, I understand much more about the animals now and human evolution. Thank you. Could I just squeeze in one more? **(Yes)** It seems like the dolphins and maybe whales seem to be—I wondered if they are a slightly different case to the other animals, because 'dolphins' it's said have got even more developed brains than us. So are they perhaps...

But they belong also to a different line of evolution.

Paul: Right, so they've got a different one again to other four legged animals, for example.

Yes.

Jan: They are an older knowledge—they've been here far longer. Their evolutionary line is so much older than a lot of land mass animals.

Yes.

Sarah: When you say that the animals, when they progress and when they go back into the pool they can go forward. As long as that animal is of a particular line, will they reincarnate at all and if their spirit were to come back again, would they always come back as the same animal?

This is where we have many contradictions in your world and those who come and tell you of these things can only express and explain to you their own knowledge of such things. And this is a deep subject because we are going back to the very essence of all being. We are speaking here of creatures who come to this planet for a learning experience, no matter whether they are humankind, of the aquatic milieu, whether they are angelic beings, no matter what, they are here to grow. But whatever growth is made is never lost. What I can say to you is that once you have travelled the road of evolution, you will then want to continue along that road. Does that make sense to you? (Affirmed) You would not evolve into humankind and then wish to return as a wasp. (Laughter)

Sarah: That's actually why I asked about the animals, because I wondered if say, a wasp, then wanted to come back as something with perhaps more intelligence or had evolved a little bit further.

But it would be within that animal kingdom.

Jan: It has no experience of any other thing ever, ever. It has not experienced anything other than a wasp.

Sarah: So it would come back as a wasp?

Jan: Yes.

Sarah: Always come back as a wasp?

Jan: Yes.

And then evolve from there.

Sarah: But evolve into what?

Jan: King wasp, queen wasp!

Lilian: Evolve back in spirit.

No.

Jan: It wouldn't need to evolve.

Yes. This is where confusion begins, because as humankind, that brain is thinking, 'it must want to do this, it must want to do that, it must evolve to this, that or the other'.

Jan: It doesn't need to.

It does not need to.

Paul: It's perfect.

Sarah: Ah, yes, okay. I just wondered when you said that it will continue to evolve, I wondered ...

It can evolve in spirit. It will return to the pool of energy from whence it came.

Sarah: Yes.

You understand?

Sarah: Yes. So, once it had become the 'king' wasp, if you like ...

Jan: No, that was just ...

Sarah: Yes, I know, but then it wouldn't need to come back again?

I feel you are trying to make too much of the evolution of these creatures. I think you need to rather travel along the evolution of your own kind for understanding.

Sarah: Right.

Jan: Because the wasp belongs to that one consciousness again, the wasp, he's not an individual, he doesn't need to experience life again; he experiences whatever he needs to experience in spirit once he's gone as part of one essence, one whole. He doesn't need to return here again.

Sarah: I can understand that.

Jan: Salumet explained to me once when I asked him the question; that our domestic animals *do*, because of the love-bond that they have with us. They can return again. They have come onto a

different path almost than that one consciousness, because they're individuals and they do have individual brains, personalities—because my two dogs have come back to me the second time. They're totally different breeds, they're different genders, but they've come back to me again, because that love cannot be separated. But the wasp doesn't need to have that love with us as individuals, because they're part of that one consciousness.

And remember that love is energy; please do not forget love is energy, it is the strongest form of energy in this world.

George: Could I just go back to dolphins? They seem to express joy and love and they have a healing property. People who swim with dolphins are often healed in some way (**yes**). I wonder if that healing ...

Because they exude the energy of love—it is simple and again, as human beings you try to complicate all of these conditions. These animals—dolphins or no matter what, who interact with humans, only want to interact in *love*, and when that takes place, there *is* great healing.

George: I can easily accept that because they seem to *exude* love.

Yes, that is their *purpose* on this planet. Everything has a place, everything has a time. You cannot change the laws of existence.

Rod: I said, I think last year or the year before, there are children being born now who are being given more spiritual knowledge.

They are not given, they have *earned* it.

Jan: They're being impressed.

Yes. They are beings with that knowledge. They are not given it, they have earned it.

Rod: But they will probably make things open more.

They have the opportunity but again with freewill, you can never be sure. But you are here to experience *joy*, you are here to *grow*, you are here to be *Spirit*, but as always with freewill and this intelligence that you are all so keen to speak of, there are many, many mistakes.

Jan: I feel I should apologize tonight Salumet, for jumping in, but I...

No, do not apologize, my dear friend. I am always happy when you question anything, because then the opportunity is given to you all to *think for yourselves*, to *feel for yourselves*, to either accept or not, what is given to you.

Jan: When I'm talking to you in this way, the feelings that I have and the clarity that I feel, that's my spirit coming forward, isn't it?

Yes.

And that's when I can approach the subject and—well, it is clarity.

Yes and that is good for you.

Sarah: Going back to these animals and the love-bond, I was just thinking that my daughter is not well at the moment and neither are her guinea pigs and they are very attached to each other, all three of them and ...

Because they are feeding from her energy.

Sarah: So they are becoming ill because she is unwell?

Yes.

Sarah: And if she were to get better, would the guinea pigs get better?

They should do if she gives out the right energy. You cannot have a love-bond with an animal or another human being and not have some response.

Sarah: Right, thank you for that.

Rod: I notice when you come through, and I never get it normally, but when you come through I get a strong love feeling that I've never had before into that corner (*where Eileen sits*)—incredible, it's a lovely feeling.

I thank you my dear friend. I hope that each one of you, when you leave this room, feels the connection between all of you.

Lilian: Yes, I'm sure we all do.

And I do try to bring to you some love, some understanding from our world, in order that you may go forward and feel that you have gained something from these meetings.

Jan: It has certainly enriched all our lives beyond expression.

George: We certainly do gain from these meetings—yes, wonderful.

Sarah: It always feels very comfortable in here when you are with us, Salumet. Well, when you're *not* here, this room always feels very good, but especially when you come through, it always feels very good.

Thank you my friend, it is good. And I know when I join with you, even sometimes when some of you are feeling a little low within your human shells, that that spirit is soon lifted, that all of you unite to make the brightest light, and for this I *will* be always grateful to you.

Sarah: Thank you very much.

Paul: Thank you.

And now, my dear friends, as I take my leave from you, let us give thanks to that *Great Force* that we know of as God but is *Love*, that is all things and say, until we come together again, we say thank you.

Lilian: A big thank you.

George: Yes, wonderful.

Paul: Yes—lots to ponder.

Sarah: You wish the whole world could sit in on these meetings, don't you?

George's Notes:

1. Creative Principle: *Creative Principle, Creative Force, God ... there are many names / titles in our literature. We know that Salumet's preference is for Creative Principle or Force. I feel a point is that Creative Principle or Creative Force are expressions that link to the entire creation of its Creator, and is understood throughout all the cosmos. 'God' is much revered here on this particular planet and derives from Earth's antiquity, and continues of course to be recognised by all. Salumet is not of this Earth, nor even pertaining to this one galaxy. That he looks to the whole of existence (not just this one minute corner) and to the Creative Principle that made and loves all, is understandable indeed!*
2. Single cell intelligence: *Exactly as Salumet says, the intelligence is a modern finding (re-discovery) and kinesiology utilises that intelligence to find out about illness, diet etc. through muscle response (body interrogation bypassing brain).*
3. Transmuting energy: *It is quite well documented that angels (and elementals) can present themselves in any form to suite the situation. The implication is (and again there are accounts) that sufficiently developed humans can also do this. As stated, it is transient, not a part of any evolution.*

~18th February 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

Please forgive the slight delay this time as there are others who wish to look upon this meeting. I am always happy to include those from our world who wish to learn for themselves what takes place at these meetings.

Lilian: That's interesting.

George: It's so nice that we can all gather from above and below, as it were, on these occasions.

Yes. Sometimes it depends upon your light, your energy, whether we can allow this to take place; but, as you know, there is always around each one of you your own helpers and they will always stand close to you, no matter what degree of energy you are giving out. But it is what we call the 'onlookers', where extra energy and love is needed. Your energies here this time, your light of love, is most strong and it gives us all the opportunity to say 'thank you' for this, because of course, I say

again, without your love, your energies, your devotion, these meetings could not take place. I felt that last time has brought to each one of you a little more to think about, to think about your own space, your own time, and what is happening within that time.

George: It is a great encouragement for us to think more widely and not only about the biological side of things, but the most important influence that comes to us from spirit in relation to evolution.

Yes. Although all of these things are interesting for you, they, of course, are not the essential parts of the teaching. All of your questions, all of my answers, hopefully brings you to the realization that there is more to life than most people can see, but my dear friends, we have reached a point where, no matter what I say to you, the important thing is that each one of you takes that knowledge and 'lives' that knowledge, because in the expression of that knowledge and love, *that is how you grow*. I could say to you a thousand of your words, but if you do not take those words and utilize them for good, what is the purpose? You understand? (*Affirmed*) Therefore it is essential my dear friends that we give some time to going within each individual and to realize who and what you are, to never forget what the essence of life is about—and that is love, the expression of love in your daily lives, not the emotional love that you all are so fond of, but the *spiritual love* which comes from within. I have shown you *mind connection* that comes far from your earthly world. You have communications where we have told you a little of life in our world. I have declared to you *truths* for this world and also denials of words which have been spoken. All of these things are indeed good for your growth, but there comes a time when we have to have fewer words and more action. You understand what I am saying to you?

Lilian: Yes, exuding love a little more, we do—each one maybe?

You have to now live lives as spiritual beings; you have to put to one side the human side and show and live *Spirit*. I therefore say to you my dear friends that I will continue to remind you often of the truths I have given, but I may not always be with you quite so often, but that does not mean that I am not aware of you. But we wish now, for you to develop your own spirits. You have reached a stage where you have gone through learning, finding knowledge of spirit, learning of truths of spirit, but you have to know yourselves, it is important. It is important for the work to go forward and that, my dear friends I must give all of you some credit for, because each one of you works so well in extending that truth which I have brought to you. I believe I have said on many occasions, *there is no new truth*—it has always been with you—and now it is your responsibility to utilize those truths, to help others when appropriate, never to judge, and to feel, FEEL with the spirit within, and that is different from feeling with the emotions. *You have to take control of those emotions* and that I would say to our dear gentleman friend (*Rod*) who is new or newer to our group than others that he still finds that part most difficult, because he is an emotional human being, as you all are, but to allow the spirit to come forth, you must take command of that emotional being. Have you any questions about that?

Rod: That's a tough statement. Are you talking to me, Salumet, in that case? (**Yes**) Yes, I'm an emotional person and they do overwhelm me a bit (**yes**) but to say—I don't know if I could contain them, I've got to I suppose. I was trying to take in your other things, to conquer fear (**yes**), to push out love. Now I often wonder whether I push out the right love. I lie in bed and push out this love to the universe as you tell me to.

Yes. But it is emotional. It is coming from the emotional being rather than that pure love, without becoming involved. There is a difference, but it comes in time. I *feel* that you could take examples from our dear friends within the room.

Rod: Yes, you're right there.

We all have emotions here, but to a certain extent they are contained.

Rod: Yes, I realize this when you do the rescues—and I realize that. They overwhelm me, but I must try and ...

George: There is a sadness in the room this evening. Our dear friend, Jim, who is now in spirit (**yes**). We know that he is in the light...

Although he was seeking, all of you have helped him; by being here with you it helped to secure some knowledge of what lay ahead, although he was a little reluctant spiritually to leave that old body behind, but of course he accepted it as you know. But he will be helped.

Rod: He's probably asked a thousand questions since he's been up there, I expect.

He has had to rest for a while. Yes, he will no doubt want the answers to many things, but I know he would wish to thank you all.

George: We know he was physically very weak, so yes, I imagine it would take a little time (**yes**) to recover from it.

Yes, just a short time, but it helps when you have some knowledge of where you are going home to.

Lilian: I think it's quite tough on his wife at the moment.

Yes, we never cease to be amazed by humankind and how distressed they become when their loved ones are being reborn. If only you could see the tears shed here when spirit decides to come into another physical body—there are tears shed then. What you call birth is to the spirit darkness for a while until they realize that it is for their own growth that it is happening.

Sarah: You mean the one who's being born sheds tears or the ones left behind?

Sometimes and those who are close to them, but not tears as you would understand tears but a heaviness.

Sarah: Parting for a while...

Yes, until they return home and then there is much joy. It is only you humans who are left that feel this deep loss and this pain when you should be rejoicing for those loved ones.

Sarah: We're lucky that we have the knowledge now; it makes it much easier for us.

Yes. Yes, you must always bring it to the fore of your thinking, it will help. But because of your conditioning, your many years of seeing 'death', as you call it, it has led to this deep sorrow within each one of you when in fact the union which takes place in coming home to our world is something to behold.

Rod: I suppose way, way back in our lives, well in my life anyway, when you were in your teens and early twenties and somebody was killed, it was a blackness that we just didn't understand, it was the end (**yes**). So there were certain factors and that takes a long while to shun that.

Because it is the lack of knowledge—it is the fear of not knowing and I have spoken too many times about fear (yes). Yes. You only have love or fear and why not live your earthly time in love and leave those fearful thoughts behind.

Sarah: I must say that my daughter has had a long time of being ill—she was depressed and she has got through that and now she's just been ill again, not with depression but just physically ill, but she said, *'Mum, you know, I think I've had this illness to make me think and go within.'* So your teachings have helped her enormously.

Those are wise words and the recognition from within will help her.

Sarah: Good, thank you.

Now my dear friends, have you any questions this time?

George: I would just like to say something about your words to us on evolution last time, Salumet.

There are so many in our world who feel that the scientific material side of evolution explains all, but it's very good for us to have this information, this much wider information, because there are many who read the transcripts and I feel it is important that we put that fuller picture to others.

Yes. Of course I have told you in previous time that all of these people are being influenced for the right information, but it takes much time. And of course the information which can be given to you is very limited because you are one small part of the whole and your understanding is not great enough to accept what lies beyond the tip of the iceberg, and that is where we are, at the very tip.

To know what lies beneath will take many eons of your time before full understanding could be complete. That is why it has to remain simple in order that understanding is acceptable. Because you see my dear friend, everyone is at a different stage of development and understanding, so you can therefore understand the problem in teaching. It is like taking a school of people of different standards and ages and trying to teach them all one thing; it would not work, you agree? (Yes) And this is what is happening now when we try to give of the truth. There will be those who never understand in this lifetime, there are those who might pick up a glimmer of hope, there are those who will accept the information readily and make use of it and there will be those who always just question and procrastinate forever. You understand? (Yes) That is why I have always tried to keep these teachings simple for you, in order that *all* kinds of people will take something from it for their own growth.

George: Yes, I'm sure you have given us a sufficiency Salumet, if I could put it like that.

Yes, thank you, thank you.

George: We spoke of the physical brain last time and its connection to mind (**yes**) and there is also the facility to translate thought into language (**yes**). Wonderful! But I just wanted to say that we also appreciate that the development of the brain had to have its connection to spirit in the first place.

Without the connection to spirit, there is no brain!

George: Yes, so, although we speak of that physical thing, all comes from spirit really.

Spirit is the spark of all life; it is as simple as that. We spoke last time about intelligence in all things—and that is the element which has grown in humankind—and of course, that also includes the brain. But it is most interesting, do you not agree, to see how much more a brain can be developed if it is utilized properly and also how confused it can become in giving out of information. I, of course, am simplifying those things, but it is true and that is to do with the evolution of man as he has come through many stages of his evolution. But that brain from the very beginning has had all the essentials of truth, because of the connection to mind. You understand?

George: Yes.

Do not forget that. Although we speak of developing brains, it is only that the brain has not fully activated.

George: Yes. It is our connection to soul (**yes**) and to all-knowledge ...

All knowledge is already there.

George: And we appreciate the brain has much spare capacity which has not quite fallen into place yet.

Yes, but it is a wonderful piece of equipment for human form, do you not agree?

George: Yes! In a sense, as far as *this* civilization is concerned, there is much forward planning there and much spare capacity which will doubtless come into use at a later stage (**yes**). Is that a true statement?

But as I said to you last time, we are not impressed by intelligent people.

George: Perhaps I talk too much!

No, you seek. You are a seeker, and for that we would always help you, but what is more important is that you go within and seek that knowledge from within. You understand?

George: Yes, indeed.

Jan: As human beings we're five-sensory but when we become spiritual beings we have six senses and it's that sixth sense, as it's commonly known, that I feel that we're here to develop.

Is it not interesting that man limits senses to six? You will be surprised.

Jan: How many more there are...

Yes.

Jan: I would class the spirit at the moment, because I am five-sensory, but I'd like to think that my spiritual side is my sixth sense (**yes**), but if I can develop many senses, then ...

Your sixth sense, as you call it, could enable you to expand throughout the universe. There would be no limitations, shall we say, whereas what you call *human senses of the brain* are very limiting, as you now know it.

Jan: Yes, they are limiting (yes).

Rod: We can only get this by meditation I think. Is that right?

That is what mankind now needs to do, to go within. For some it is simple; they have come into this world with their senses intact. They are your mediums of the world who have known from quite far back that they have been given, or so they think, some gift when in fact it is a natural happening that you all have.

Rod: So for a person like me who has great difficulty in doing this, the only way is to persevere, I guess—there's no easy way out.

You have to give of time. You have to go within if you are to become in touch with that knowledge and truth. You cannot do it by saying 'I am a spiritual being and I will do this'—it does not happen. You have to now, and I will use your earthly words, you have to *earn* that knowledge once again, because it has been forgotten.

Jan: So when you mentioned to us, Salumet, and suggested that you will be stepping back from us a little more at these meetings (yes) that is for us to develop precisely that.

Yes, it is important that we take you forward.

Jan: That's fine, thank you. Jokingly, we all have the equipment. We all now need to...

Use it.

Jan: ...'spark' it.

Yes.

Sarah: I know you say we mustn't have emotions, but I have to say the thought that you're not going to come regularly makes me quite sad.

Jan: I think we all felt that sort of jolt.

It only means it will not be most weeks as it is now, but there will be many opportunities, I assure you, but it's important that the times I do not come that you really sit and let the others come to you and help you to grow.

Jan: I can understand, Salumet, why you feel that we're at the right junction in time to do this, because it's very comfortable for us to sit here and listen to your words, but I feel that we need to do more as a group (yes) to blend that energy and to take that forward.

Yes, you have to experience other things for yourselves and although it gives me great pleasure, it makes this heart full. I have to be responsible in all of my actions. It is comfortable too, because my love for you all is so great.

Rod: So you won't mind if we shed a few tears!

Jan: We won't shed any tears.

(Some chuckling and muttering)

Jan: It's joyful to know that Salumet is still with us and watching over us all.

I would like you to take those words as a great respect for you all my dear friends, because I know that you can achieve much. I know you are already spreading the word and, as I have said, there comes a point in your realization that you have to go deeper and I will of course try to help each one of you.

(General thanks)

Sarah: And, Salumet, will it give you a chance to go back to where you belong more often now?

Of course.

Sarah: Yes, good.

I do not remain here, but I will be aware and of course, will be able to continue with my own growth, if you like, because it is never-ending and there is much that I can achieve.

Sarah: And do you feel you have grown since you've been with us?

I have seen over the last few times of leaving you that we have been treading the right pathway and that of course—I almost said brings me ‘joy’, but that is an earthly word—but of course without you I could not have undertaken this work. But that does not mean you can begin to slacken off because I am not with you!

(Chuckles)

Jan: The people that—I’ll use ‘people’ loosely, but the spirit beings that you brought with you tonight, are going to become, are they not, a more active role with us in our meetings?

Yes, that is the purpose of their visit here this time, but a lot, of course, will depend on each one of you.

Jan: And how we develop...

How you develop, how you blend with them, your connection with us and...

Jan: I feel them in the room now...

Good.

Jan: ...my voice is wavering. It is very powerful.

They are overjoyed, yes.

Jan: Very powerful and a lot of love being brought in the last couple of minutes.

Lillian: So will they be coming through to speak to us at all?

Not this time.

Lillian: At any time?

They will use you in the way that is best for each one of you and they will choose those of you who make the connection most strongly with them. There is much still for you to learn. But there are of course other subjects, which I have promised at times to speak about, and of course I intend to do so.

Sarah: That’s good. Yes, ‘pyramids’ comes to mind.

There have been some that I have promised to return to, yes.

Sarah: Yes, thank you.

Now my dear friends, if you have no more questions, I will take my leave and allow the rest of your evening to continue.

Rod: Can I just say, Salumet, that if you’re going to go on learning and you’re on top of that mountain, and I can see a mountain, then we must be down here somewhere and we’ve got a long way to go.

And you say many eons, but we’ll never get to where you are, I know, but thank you for the words you’ve given me and the rest of us.

I thank you my dear friend. Now, I leave you bathed, as always, in this light of love.

(General thanks)

Lillian: And our love goes with you this time.

George: We cherish these meetings and shall look forward to the next.

George’s Notes:

Living the Knowledge: Most importantly, this is what we now need to do. Looking back in time, it was Aristotle who said of the mysteries that they are to be ‘experienced’ not ‘learned’. He was right. And I know, as we all know, that to sit before one such as Salumet, is in itself an ‘experience’ that far outweighs centuries of learned (and learning) societies debating the validity of mind and spirit in the scientific parlance. That is one application of Aristotle’s truth. That we should now ‘live the knowledge’ as taught by Salumet is a further application of that truth.

Love: Salumet makes the point that it may spring from emotion or spirit. On an earlier occasion he spoke of that love between mother and child as being an example of the purest love. I think it might be correct to say that, with love in its purest form, the emotion of fear would not even enter the equation.

Brain has all the essentials of truth: This is a big statement. Daily meditation strengthens our (soul aspect) connection to parent soul. Parent soul as part of spirit, has all-knowledge. Masters who, in

various modes, come to Earth to teach have perfect connection to soul / spirit / all-knowledge. Hence, they are able to work what we can only describe as 'miracles'. They are able to manipulate the cosmos in a way that physical humans cannot. In Salumet's case, he has on occasion as part of our instruction, 'arranged for' soul aspects from our history to come and speak with us and to answer our questions. That he comes to us in the way that he does, is perhaps another miracle, although we have become aware of some of the considerations involved. It is well reported how Jesus was able to heal. Ordinary humans are not able to do these things, at least not quite in the ways as understood, and we can only describe them as miracles. These things are made possible by and follow from that perfect connection.

Influence: Salumet has spoken several times on the way scientists and politicians receive 'influence' from spirit. This is how 'discoveries' and 'political successes' eventually come about. Perhaps the information that our little group receives must be tempered within or just behind this Earthly progression format. It would simply not work if we tried to dictate to our leaders!!! So information given has to be very carefully weighed, and we should not receive too much.

~25th February 2008~ SALUMET

Just prior to the meeting there was mention in our conversation that certain scientists consider there is now experimental proof of multiple universes.

Good evening.

All: Good evening.

I am pleased to join with you once again.

Great pleasure and surprise was felt by all at Salumet's visit.

Lilian: Yes. I don't think we expected you tonight, but we're very pleased you've come.

George: Wonderful!

That is why I have come!

Laughter

I could feel, my dear friends, some of your disappointment at my words last time, but, as you know, there is always a purpose for these things and you have accepted most gracefully that there is much to be achieved on a personal level for each of you. (Agreed) Therefore, my dear friends, I am here to say that although I am withdrawing, it will be few and far between misses until you become much more acquainted with my absence. So as always, we will take it slowly.

Lilian: That's very kind of you.

Yes. I was happy to listen to our dear gentleman friend about your scientists and their discovery of what we know already, and also I would wish to say that there are many advances made with discoveries in the line of medicine from the waters of your planet. I am sure that you would be aware of this already happening. Yes. There is much more to come, not only in the field of medicine, but in the production of energy. There is much to be achieved, so I forewarn you of these coming advances, but of course you already know.

George: Certainly there is much thought going into energy sources.

Yes, I did advise you some time ago about this step and there is much for them to discover, yes.

George: It's nice to know that that's going ahead steadily.

Yes. We are focussing at this particular time to help those men of education to realize that all does not come from books, but that nature has provided amply for them if they would but listen to that quiet voice which guides and helps them.

Sarah: When you talk about energy, I was reading—it may not have been your words, but I have a feeling it was your words—when you said, or whoever it was said, they were afraid for our planet and that nuclear energy wasn't good, but you've said to us since that nuclear energy *is* okay but we're using it incorrectly.

It should have been used for better purposes, but also that is being utilized once more into the correct channel of use. Yes, we have discussed that previously, yes. There is much still in your world that is uncharted—uncharted territory, that mankind can make full use of and this you must do, because the supplies that are now being used in your world are gradually becoming depleted. Yes, therefore man now has to look further than he has done thus far.

George: Yes, we're very much a mixture where the nuclear issue is concerned. I think I would be right in saying that industrial use of nuclear material for energy production is acceptable, at least to a degree, while—yes I'm afraid we're very slow to rid our planet of nuclear weapons. There have been treaties and signatories to declarations, but we're slow to put those things to one side, which is sad for us to observe here.

Yes, I feel my dear friend that each nation in your world is cautious, because they realize the devastation that nuclear energy can bring, so there lies with each nation an innate fear that although they may use this energy for good, that others will use it unwisely. So there is always a situation where there is so much fear.

George: Yes, it seems to be an uncomfortable balance at the moment (yes) and fear is certainly a part of it.

Yes, we have to influence in order that this fear can be dissipated, yes, but remember also that a form of nuclear energy is useful again within the field of medicine.

George: Yes, indeed.

Yes, so always remember my dear friends: 'good' and 'bad' belong together as in all things, light and darkness in all things.

Jan: Salumet, going back to what we discussed last week, our going within; can you suggest some ways to us as a group, of spiritual mind type of exercises that we can—what I'm asking is really: everybody's meditation is obviously different, but can you suggest while we sit here for the rest of the evening, an exercise for us to concentrate on that will enable us to see that spirit within?

You have only but to ask, each individual one of you, to be allowed to see at that moment what is necessary for you. There is not one exercise that is suitable for you all, only in the fact that you come together as one and the energy that builds from you is as one, but you are all different in how you are evolving.

Jan: Before you came through tonight, I was actually asking if I could look within, so I was obviously doing the right thing.

Yes. Just ask that you be shown what is necessary for you and always remember to stay in the moment. Sometimes you humankind are apt to want to move forward too quickly. Take your time, allow the bond with us to take place naturally and you will be surprised at what you can achieve.

Jan: That's really helpful. You've told us so many times about controlling our thoughts and that's what you mean by staying in the moment.

Yes, you must be in the moment. You must have that love bond and allow the spirit to be free in order that greater communication can take place.

George: I think we are generally aware that the whole planet is moving forward and I think this process is being stepped up by a number of measures. You told us some time ago about the etheric change around the Earth (yes) and we've talked about soul input from different sources (yes) to aid the process. Graham asked me to ask a question of you concerning this and relating to the year 2012. There have been a number of prophecies concerning a change in the planet at that time. My own feeling is that there is a connection to ancient Mayan prophecy which links to their calendar and in their calendar the fourth great cycle of existence ends in December 2012 and what they have termed the fifth great cycle of existence begins then. But there have been prophecies from a number of sources more recently concerning big changes in the planet in the year 2012. Is there anything you can say about that?

Yes. Firstly let me say that changes do not take place at any one particular time. What is happening—and remember what I have told you that energy is never static, it is *ever*-changing, it has to evolve, it has to move forward. What is happening in your world, is of course *many* changes that involve those in my world and those in your world, and remember there is always an etheric counterpart of the Earth planet taking place. What is happening in the year you call 2012 is an accumulation of those changes which have taken many, many hundreds of your years to evolve, but by that year of your time there will be a wave of understanding. That is the great change. It is an understanding that will take place.

George: It concerns the *consciousness* of our planet...

Yes. Is that helpful to you?

George: Yes, that does make it all become very clear.

Lilian: That's interesting, because Sara was talking to me about it as well.

Yes. It is a realization. But always, too, you must remember that the consciousness of mankind can alter these, what you term 'predictions'. So always keep that to the fore of your thinking.

George: Yes. We also have the, I think it's a fairly general feeling, certainly in the group here, that the current material system of things on our planet has to come to some quite big change (**yes**). It can't continue in its present direction and by about that time I have a feeling that there should be a realization about this.

Yes, those changes, as I have said, have gradually been taking place, but that is why my dear friends it is most important that in your daily lives you be truthful, you live the life that you know you must and be an example of good living to all people in order for that wave of knowledge to grow. You understand?

(Agreed)

Yes. But that is why there is this *excitement* about this one year, but I would say there are many, *many* more exciting dates in your calendar.

George: Yes. Thank you—I'm sure Graham will be very pleased with your clarification of that.

Yes. Thank you for your question.

Sarah: I just wanted to say, Salumet, I think I jumped in a bit too quickly earlier on and I remember where those words came from: the radio was on and I think it was 1974, I'm not quite sure, but it was in the Hannington area and over the radio came a voice from—wherever it came from—giving these words over (*the airway*) and the BBC couldn't stop that interference, because it was from a wave they didn't understand.

Yes. We have spoken of this previously.

Sarah: I think it was perhaps before my time, but I just happened to read through that transcript the other day.

Yes.

Sarah: Thank you anyway. I apologize for ...

Not at all ... now my dear friends I will take my leave this time. I have been happy to come just to clarify that there will not be *long* periods of my disappearance.

George: We are delighted to receive you and are delighted to have that message from you.

Yes, but of course I will inform you if I will not be with you on the following meeting, in order that you can, if you so desire, choose to develop in some particular way—and remember my dear friends that we are always here and are always glad to hear what your desires and wishes might be and of course we will help in any way with your individual development. And with those words I take my leave and as always I cloak you in that spiritual light and love which I hope will sustain you until we meet next time.

(Thanks and farewells)

George's Notes:

Proof of multiple universes: *New Scientist*, 24th Nov 2007 article: 'Standard Cosmology Cannot Explain Such a Giant Cosmic Hole.' A void with very few stars and galaxies, observed in the constellation Eridanus, is nearly a billion light-years across. It is thought to be the imprint of another universe beyond the edge of our own. It is cited as the first experimental evidence for another universe, also vindicating string theory. (String theory sees the ultimate building blocks of matter, sub-atomic quarks and leptons, as strings of mass-energy vibrating in 10-dimensional space-time.) The void was also revealed in maps of big bang afterglow (NASA's WMAP satellite, 2004). And the string theory itself leads to there being many, many universes. This is all becoming totally in line with Salumet's earlier simple and straightforward statements.

Discoveries in line with medicine from the waters of your planet: There has been recent publicity concerning this, which just shows how Salumet keeps so much in touch with Earthly developments (or should I say: knows them in advance). Clean water and sanitation have been very recently voted / hailed as the biggest advance in medicine in the last 200-years. This matter of course is also currently extending to 3rd-world projects.

Nuclear Energy: Sadly, there is still much more reference on the Internet to weapons use than to peaceful application. Regarding peaceful energy production, the world has 439 nuclear reactors spread through 31 countries, the US, France and Japan accounting for 57%. The French reactors produce 80% of their country's power. The US figure is 20%. Overall, 15% of the world's electricity is nuclear. Iran has its Bushehr reactor (and if that is seen as a problem by some, then what of the other 438?) Some navy ships and submarines are nuclear powered; also ice-breakers. The long-considered cold fusion process remains controversial while research still continues. There are programs producing a number of radioisotopes for medical use in cancer therapy and universities have associated research and upgrading programs.

Nuclear Peace Moves:

1995- Canberra Commission on elimination of nuclear weapons.

1996- World Court, The Hague Peace Palace: ruled use and threat of nuclear weapons to be illegal.

1999- The Hague Appeal for Peace Conference: called for abolition of nuclear weapons and landmines.

2000- U.N reported that 5 nuclear nations – Russia, USA, China, France, UK had each agreed in principle to rid themselves of nuclear arms.

2005- Nuclear Nations should take the lead in disarming – British Pugwash Group, reported in *Nature* 9th Feb 2005.

2006- Nations should disarm and stop the spread of nuclear weapons – Kofi Annan, Sec General U.N. Final address as Secretary General.

NOW! - United Nations Nuclear Watchdog: US, Russia must disarm! Reported – Associated Press, Oslo.

~3rd March 2008~ SALUMET

Lilian: Welcome to you, Salumet, and thank you for coming.

Good evening.

All: Good evening.

As we come together this time, let us give a welcome to our dear lady friend. As always we are happy to join with those who seek and as they come and go, it only enables us to spread the truth of life a little further. I hope you would agree my dear friends. (Affirmed)

George: Yes. This is always a nice feeling.

I will take questions if the lady has any to ask.

Lilian: Thank you. Valerie?

Valerie: Please could you tell me how we can heal ourselves, please?

Yes. Everyone has the ability to self-heal, but to be able to achieve this, you have to go inwardly; you have to allow that spiritual being to be the stronger force in your life.

Valerie: I understand now, thank you.

As all of the others within this room realize that sometimes earthly life can be harsh, but the ability that is within you to heal is a natural happening. But firstly, as the others know, you have to allow all fear to leave you and we know full well that you human beings find this most difficult. You have to allow the fear of life and loss and sickness to be forever gone from your thought, because you see my dear friend, your thought is that strong force, which can bring to you help. But I have to tell you, it is a huge responsibility for you, but it is achievable. Are you happy with that explanation?

Valerie: I am very happy. Thank you very much. I will try very hard.

You will find that after this meeting you should feel some upliftment of spirit when you leave the room. It should carry you forward and allow you to realize the power of spirit.

Lilian: Thank you.

Valerie: Thank you.

Lilian: We have another—I'm sure you know what I am going to say, but we have another person who has shown an interest to come and listen to your words. He is on our television ...

I have already noted your excitement!

Laughter

Lilian: I don't need to explain (**no**). If, and I say if, because I guess he's got a long way to come, I don't know—if he could come, you're happy to speak with him, are you?

Of course! Any seeker of truth should be welcome within this group. I am always happy to meet with those who seek, to express and to grow.

Lilian: So I'm sure if we can arrange this, you would come through and speak to him, thank you.

Yes. I will be happy to speak to him.

Lilian: Thank you. Did you want to ask a question, George?

George: Yes please. Connected with that, he being in the position that he's in, it would be nice to be able to predict a suitable date—I'm not sure how possible that is going to be. I would also mention that we've had correspondence and he has actually brought up a question. I know that it's a question that's a great concern to some people. It concerns what is known as the Yellowstone Park in Wyoming, USA. It is a volcanic area, it is a large caldera of volcanic workings, an area of hot springs and there is geological *persuasion*, shall I say, and coupled with satellite observation, also psychic prediction that there is a huge potential disaster developing at this time. I don't know if you would wish to comment on any way at all regarding the possibility of this form of disaster?

I will make comment for you, only because you have broached the subject. You will not stop the evolution of this planet. There will always be what you term 'catastrophes', 'disasters'—this we have previously discussed. I deliberately do not bring to you predictions of this kind, because I feel that it is more important that we bring the positive aspects to life that mankind can look forward with that positive state of mind, rather than dwelling on predictions of disaster, which, at times, cannot be avoided.

George: Yes, I was rather expecting you to comment in general terms on that, which you have (**yes**). Thank you very much for that.

What purpose does it serve to tell you of pending disasters? It would only allow your thinking to become warped or fearful and that is not my purpose. But you cannot stop the evolution of this Earth planet. You understand? (Yes) I am not evading the question, I am rather trying to steer you onto a more positive way of thinking.

George: Yes, and I would comment myself that I would expect a Master to handle this in general terms. Thank you.

Yes.

Sarah: Salumet, last time you were talking about when we go back and everybody is pleased to see the returning spirit (**yes**). I just wondered how it is when you have a returning spirit who is in his or her own darkness. When do they recognize that person coming back, when they've come out of the darkness or when they come over nonetheless within that darkness?

The recognition is there before they leave behind the physical garb. No one is left alone, whether they are in spiritual darkness while on Earth, they still have those of us who are trying to support them at all times. So no one is ever left alone. But, as you know, it is up to spirit to recognize for himself what he must go towards; he must learn to recognize the true self. So do not be fearful for them.

Sarah: I was just wondering if they would still be just as pleased to see that spirit come back?

Yes, because they can see the wider picture.

Sarah: Yes, this is our problem, isn't it? It's too narrow.

Yes. You are speaking of one lifetime of darkness perhaps, when in fact the whole picture is a different story.

Sarah: Yes, yes of course.

You understand?

Sarah: I do, yes. Thank you very much.

George: Yes, that of course is a very important point, which hadn't occurred to me in quite such plain terms, but yes, in spirit the picture would be that much wider.

Of course, yes. If you take a snapshot of someone or a group of people, you are limited to what is within the scope of the frame, but if it was to be extended, then you would see the *fuller* picture. Think of it in those terms and it will become a little more understandable.

George: Yes, so that would be a huge asset and incentive for a soul in darkness.

Yes, it is only that the soul has not created for itself the purpose of this lifetime and is spiritually unaware of what should have been attained, but the whole of the spirit does not rely on only one lifetime.

Lillian: Yes, that's the thing we forget.

If you had a child in a classroom who was very bad in one subject, you would not judge that child on one lesson, would you? He may well excel in all other fields. So, again I say my dear friends, be careful in the way that you judge. It is another lesson on judgement.

George: Yes indeed.

Yes.

Valerie: Is it wrong for us to judge people?

Yes. You must avoid making judgement, because you do not know the whole story.

Valerie: It's the pebble in the sea?

Yes, you can put it that way if that is understandable to you, but to pass judgement makes you unsure, because you do not fully understand the whole picture of that being.

Rod: It's the thought that comes up almost daily in our house. One says something and then immediately says: 'hang on, you cannot form a judgement!' So your words have come out frequently in our house, Salumet.

That is because your awareness is growing. If you pass judgement and think that you are correct, then that is when you must be wary and realize that you must not judge another human being.

Rod: Nothing to do with that, but we had in our house this morning a little baby. She's coming up to five months, and I just look at that little soul and think 'that's a brand new spirit in there', and it always amazes me. I've got no statement, but I just think it's such a wonderful thing to see that life and the spirit starting from that little child.

It is a brand new human being, not a brand new spirit. Be careful how you judge her, because you are making judgement when you make that statement.

Rod: Oh dear, here we go again!

(Chuckles)

Yes. You do not know what the purpose of that spirit is—because it is in the form of a human baby that means very little.

George: Yes, I rather think Rod might have been seeing the purity of the young child.

Yes.

Rod: It is the purity of the eyes, the purity—it's beautiful.

Yes, you are looking at the human frame and the beauty that that in itself creates, and the love that it brings forward from other humans. Yes.

Rod: Grandmothers and what have you...

Yes. If only humankind could retain that kind of love for all of mankind, what a wonderful Earth you would have!

Rod: There would be a lot of nuzzling, kissing going on as we do with these little kids, don't we? Smell them, kiss them ...

Well, they are human emotions. I speak of the *pure* love which you feel. Yes, I hope that has helped you my dear friend.

Rod: Yes, I better dig that pure love out I know. It's something you spoke about recently with me.

But I have not objections to you kissing!

(Laughter)

Lilian: Yes, I think the rescue that we did once with the little girl in the kennel and then you commented the next time you came. I think that was such a big lesson to us on 'judgement'.

Yes. It is a huge issue for humankind, because it seems to be a natural instinct when you are in human form to think that you know better than another, and as I have said to you in past times, firstly look within at yourselves and if you find fault with another, then look to yourself first.

Rod: Would it be a wrong thing to, say, if you had a lot of policemen in here, lawyers, judges; where do they come in on this?

Where do they come? They are spiritual beings in the same way as each one of you are. It depends on where they stand in their understanding of who and what they truly are. It matters not what the title of the human form takes, it is what is within that matters.

Sarah: I think perhaps Rod: did you mean they have to judge people?

Rod: Yes, they're forming judgements.

But that does not exclude them from being spiritual people. That is only a profession on the Earth that they have chosen. It does not make them right or wrong, it is what is deep within the heart that matters.

George: Would you, Salumet, differentiate between judgement of a person and judgement of the ways of a society? This might be a little area of difficulty, because in judging the ways of a society, that could usefully lead to a better way forward. So that's an area that I've been thinking about.

Yes, but in whose opinion?

George: Ah! Yes!

(Much laughter)

I need say no more.

(More laughter)

I would like you to think about that.

George: Yes, well I think the way forward should be positive for a society and not negative.

It would be a much better way if you were rather than to judge, would be to send positive thoughts that all of those people work and find truth for themselves. In that way positive thinking grows.

Valerie: Does this also apply to our government?

Yes. They are being inspired and helped, as all of the others here know. They are being helped to make good judgement for the people who surround them.

George: So they are being helped from spirit and our own positive thinking could add to that.

Yes, of course. But do not pass judgement that is not your place to do so. There are many areas, are there not, where judgement takes place without you even recognizing it?

(Affirmed)

But again, it depends on your cultivation of awareness. So, I feel I have given you a little more food for thought this time.

George: You have indeed and judgement is a very complex area.

It is, it is, but I have to say my dear friends that you do well, but forgive me if I constantly remind you.

Sarah: Please do.

Valerie: Please do, we need it desperately.

Lilian: Yes, that's true.

Valerie: Should we be living a simple life? I suppose our thought processes should be simpler and not so concerned, anxious—to achieve more within ourselves and our thoughts. Can we make our thought processing simpler to make things a lot better?

Everything that you wish to achieve, no matter what it is that you choose in this lifetime is possible when you go within. That is when changes can be made. On an intellectual level, you can, of course, make changes in the material world, but to make lasting and spiritual change, you need to go within. Do you understand?

Valerie: I do understand, yes.

Yes. But you do not need to live a completely simple life. There is nothing wrong with the material world provided you do not seek and make a great love of all material life, but accept it as just part of the life you have chosen to come to. It is the *love of* materialism that is wrong, but in itself, there is no problem with it provided you are generous of spirit with your fellow human man. Is that helpful to you?

Valerie: Yes it is very—thank you.

George: Yes, so there has to be a balance and the material consideration could stifle spirit—nearly.

Yes, only if you crave for it, and place it far above spiritual growth. It is the spiritual growth which is the important factor in your lives. When the spirit is to the fore, materialism is less important, but it is not wrong provided all other areas within your life are good. You understand?

(Agreed)

George: Yes, because a society such as ours has to develop some complexity in order for such devices as computers to emerge (**yes**) and these, I think I would be correct in saying, are proving to be useful in connecting to spiritual development and other things.

Yes, and we are using such machinery to make contact with some. It is a new form of energy and as with all things, there is positive and negative aspects to it. But, as you know my dear friends, as I have told you often, all of life is light and darkness, but you have to have balance. That is what is important—that is important.

George: Yes and I think we have to observe that not all roads that have been taken are light. Genetic modification work (**yes**) I think has to be seen as an area of some darkness.

Yes. There will always be light and darkness, it is the nature of your world; it is a world of learning of many things. So, accept what comes to you my dear friends, accept it with love, because you know fully well that love can dissipate all darkness.

Valerie: Yes.

Yes.

George: Yes, it could even dissipate problems that arise from genetic modification perhaps?

Yes, it has the power to do that, but it is in the recognition that that power becomes activated.

George: Yes.

Yes. Now my dear friends, I feel for this time that I will withdraw and allow those who stand close to come a little nearer to you; and as always I leave you surrounded with my love and light and that you all feel some upliftment from this evening.

(General thanks)

George's notes:

Yellowstone Caldera: Several points arise; not least of course that Salumet reminds us that prediction is not his object in coming to us. His mission here is to teach and to uplift ... and back in 1994 when it began, his stated mission also included: to steer us away from the nuclear oblivion that we sadly headed towards. But whatever ensues from Yellowstone it will doubtless become part of our learning. Perhaps we should go within if personal decisions are to be made. And we should stay positive in our thinking! A further factor is that our thoughts on positive and negative issues, feed into earth's collective consciousness, and during the past decade our science has been able to actually measure and record the energy peaks of elation and despair that exist in earth's consciousness collectives. So our thought impressions exist as a scientifically proven reality.

Computers: These are of course useful in transcribing and sending out the Salumet emails; also book preparation. But our teacher has also referred to direct-interaction-from-spirit with computers to convey messages. This method of spirit communication is a new phenomenon but we already know of instances.

Genetically modified Crops / Foods: Salumet has spoken on this ... an 'unnecessary step for humanity', but nevertheless it has been taken ... there will be light and dark issues arising. Fresh in mind is an article in *New Scientist*, 15th Sep 07: 'The Itch that won't be Scratched'. It concerns Morgellon's disease, the very existence of which remains in dispute. But some evidence is cited that it is a real and rather strange fungal condition of the skin, connecting to 'cross-kingdom genetic modification of food crops. Time will tell on this matter.

~17th March 2008~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I come close this time I want to say to you my dear friends, if only you could see for yourselves the intensity and the change in your asking help for others, I think that you would be in awe of what you have all achieved. When first you started to ask for help or pray, it was on a much lower level of asking, because then you did not realize just how to give out those healing thoughts; but now I say to you, be pleased with yourselves my dear friends for the love that you give out to others. Those who stand close by, those who receive these healing thoughts give thanks to each and every one of you. And remember that a thought for others can be given at any time throughout your living day. There is much unity here this evening amongst you and it is good to see; that is not to say that at other times the unity is not there—of course it is, but just sometimes as we come close together, the light from you seems to be so much stronger. That of course makes it easier for me to join with you, to have that connection with you, and for that I thank you my dear friends.

George: That's wonderful, that's very good to hear. Thank you, Salumet.

Lilian: Is there a reason that sometimes it's better than others?

There can be many reasons: it can be how your emotional being is, what has happened during your week of life, how the instrument that I am using is also feeling. All of these points make some difference and although we are able to modify many things, understandably it helps if conditions are good. Yes, but I wanted to say 'thank you', because your thoughts this evening have been carefully taken.

Lilian: Good, thank you.

What you must never do is to send out healing thoughts without that true expression of love in your hearts—that is what brings results.

Pause

That surprises you?

Rod: Maybe it does. I don't think I've had that in my mind at times—I just say a prayer, but I haven't done that.

It is easy to use words ...

Rod: Yes it is.

...it is much more difficult to *feel* those words. Next time you wish help for another, try to leave the words and to *feel* what you are giving. You may be surprised.

Rod: That's interesting. So spread the love out to all that you normally pray for, yes.

Send the thought to us and we will do the rest, but it has to be heart-felt. It is too easy to allow words to come from your mouth without the *feelings* of those words.

George: Yes, we've heard and accept that a prayer can be wordless and I think this is perhaps another way of putting it, it can be entirely feelings.

Yes, as your 'thinking' is wordless. Yes, you do not formulate words for your thinking; the thinking comes to you naturally, does it not? Yes. Try to achieve that state with your healing thoughts. It will help. I am sure each one of you will feel that unity with us here in spirit when you can achieve that. That is something for you to attempt when you are alone. When we are together now as this group, then of course words need to be said, to know who you are asking help for; but try to achieve this when you are alone.

Lilian: So when we first hear, say someone who is ill or going into hospital or if a disaster happens in the world and we feel real sympathy, would that really be the best time to ...

Yes. That sympathy is instantaneous and so should your thought. At that moment that you *feel*, by feeling you are sending the thought for help. Do you understand? (Yes) Do we have any questions about this?

Paul: Is it a bit like a blending when you're ... I guess when you see someone who you think needs help—it's more like a *feeling* (yes) like an empathy?

You should almost be part of that being that you feel for, that you desire the help for them, yes. It is the feeling that is important, not so much the words.

Paul: Because *the feeling* is—words are never going to be quite as accurate as a feeling. The feeling is everything I suppose.

True feeling; not emotional feeling; do not become confused by emotion; the feelings I speak of are spiritual feelings. Again my dear friends be careful that you do not confuse the earthly with the spiritual. You will *know* my dear friend when a thought is a spiritual thought rather than an emotional, earthly thinking. I am sure that each of you already know the difference.

Sarah: A sort of connection.

Yes.

Lilian: We have a young lady with us tonight who's not been in very good health lately. Are there any words of encouragement you could say to her?

She is treading the water at the moment. She feels that she is going nowhere. But again, a lot of emotional thinking is taking place, but if she sits quietly this time, we will try to help her to clarify her thinking which, of course as you know, commits itself to the physical body, but the spiritual thinking has to be right. She feels that she is going forward one or two paces and backwards double that amount; but I say to you my dear friend, try, try—and I know that it can be difficult for you human beings when life seems to be hard—but try to keep yourself uplifted.

Do we have any more questions please?

George: Would it be true to say that the highest spiritual thinking would be completely without any attachment to fear, while emotional thinking could well have shades of fear attached?

Yes. Emotional thinking creates fear. That is why I have told you in past times that it is important that you keep emotions under control.

George: So that is one difference that one could look for in, shall we say self-analysis.

Yes, yes. You know that you all have an emotional being and that is part of what you have enjoyed with physical life—that is part of it—but you do need to keep control, because I am sure all of you are aware of what can happen when the emotions are not stilled: people unfortunately become unstable when the emotions are allowed to run riot. You understand?

Lillian: Yes, it is most unpleasant.

Yes, so it is most important that you are in charge of your spirit and its actions.

Sarah: There is a young lad—actually he's the son of ... my husband is with another woman and it's her son, and he has a very strange ... he has a very adult thinking for a young lad: he's vegetarian, he's spiritual, but he's rather on the dark side. They are having a lot of problems with him. Would his problems as a young lad be caused from the emotions of the parents?

If he takes aboard their emotions. As we have said from the beginning, you keep away from those you do not have an affinity with, because the spirit feels that those connections are not right. As you know, you do not always like some people. That is not because you truly dislike, but because your spiritual sense is telling you that you are not compatible.

Sarah: But this child would have chosen his mother, he would have chosen his parents, so can that be that you come and then find that you're not compatible with your parents?

Of course; it is not so much that the parents are so important, as the conditions that that situation can give to the spirit. You may choose your parents, of course you do as you know, but it is the situations in life which are more important. And of course as a child, the parents will have an effect on the human being, but should not on the spirit. You understand?

Sarah: Yes, yes, I do.

Because the spirit already knows what is right and what is wrong for them to achieve.

Sarah: So if he is sort of like a little bit of a misfit within his community, but his spirit knows that maybe what he's doing is right for him?

It may well be. It is difficult to comment, it is difficult to generalize what someone should or should not do. What I am saying to you is that spirit innately knows what is right and what is wrong. But we all know that in this earthly life there are many problems for many people and, of course, the effect is wide when there are problems which are not dealt with in the correct way.

Sarah: So that's the important thing, to deal with the problems correctly.

It is not the problems that you face it is how you deal with them.

Sarah: Right, yes.

You see, two human beings can have the same problem and one will go a true and steady path whilst another will err, shall we say, or take the wrong pathway even although that clear pathway is open to them—it is your freewill, it is your choice. All of you, I am sure, have earthly problems—that is not a question, because I know that each one of you in some way, big or small as it may be within your own thinking; problems occur, but it is up to you, my dear friends, the way that they are dealt with. And I have to say, truly you know which is the right pathway and which is the wrong pathway and it is, my dear friends, your own responsibility for your life here. Have you any questions?

Rod: It's just a comment really, but I was listening to a gentleman this morning who was giving me his marriage problems—his marriage seems to be folding up, he's got a couple of kids, one 1 and one 2 year old and for once I was speechless and I said: 'I don't know what to say'. And he said: 'Well, pray for me', and I said: 'I'll do that'. And then a few minutes later we had a big hug, which I find quite nice to people like that. And I said: 'Two years ago I wouldn't have been doing this', thinking of you—having a hug with another guy and saying a prayer for him—and so I thank you so much for that.

Does gender matter?

Rod: Not at all—not now, no.

Spirit is spirit whether you be a child, an adult, a male, a female—it matters not my friend.

Rod: No, it doesn't.

Lilian: So, again, that first feeling of sympathy was the best time for healing.

That was the beginning of the healing thought, yes. That is the genuine healing thought, when you 'feel' it. But I would like you to try when you are thinking of another, to try to *feel* what you are giving out.

Lilian: Can you take any more questions?

I will take one more before I leave you this time.

Lilian: Has anyone a question? George?

George: Yes, it's one I'd like to raise. You spoke some time ago about Jesus and Mary being of the same soul energy and it being rare for two to be on Earth at the same time, of the same soul energy. Did you say something similar of Jan and her son Richard?

I believe I said there was strong connection, I don't believe it was soul energy; there is a difference. You are all connected; each one of you has had connection, spiritual connection, but when you speak of Jesus and Mary, that energy is almost—I am trying to find the word to simplify it for you—it is almost a division of the same energy. It is, how shall I say, like identical twins (yes). Yes, in every way. But spiritual closeness as a mother and a son, that is slightly different, although you all belong to the same energy.

George: Close but not identical.

Yes. This is something that we have not discussed before, but I will return to it for you in order to clarify the difference, because so often I tell you we all come from the same source, which of course we do, but there has to be degrees of energy at different times and that is what we need to discuss further.

George: Thank you for clarifying that rather special identical set of energies or pair of energies.

Jan: Richard and I were together in a different lifetime ...

Yes, as you all have.

(The voice that came from Jan seemed remote, as if it might have been coming from a soul aspect.)

Jan: ...and this time we have been brought back together for our own learning and purpose ...

Yes. Do not struggle with your words. I know what you are saying.

Jan: I am not really here at the moment, Salumet. That's why...

No. Just try to save your energy and I will say this to you all, that throughout many lives you have come together, many of you, as you well know, but that does not make you the same kind of soul energy as the Jesus/Mary energy. Because you come back together in the one lifetime does not make you that soul energy. It is a complicated subject which I will go into in greater detail, but for now I wish only to say to you that that is a different type of energy, or different usage of the energy—perhaps that is clearer. Is that helpful to you?

George: Yes, thank you very much. That has clarified it to suit our understanding—I think that is a way to put it.

Yes. It is the understanding which creates the difficulty and of course the usage of human words to create that which is not understandable to you—that is always our problem and that is why it is most important to simplify everything for mankind. And on saying that, I will take my leave my dear friends.

Lilian: Thank you once again.

I would ask my dear lady friend (*Lilian*) if you would place your hand upon the head of our visitor (*Emily*) for a few moments in order that we can give a healing to her, if she is happy to do so.

Lilian: Yes, I will ask her.

Until we come together next time, I leave you my dear friends clothed always in spiritual love and light.

(General thanks)

~7th April 2008~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you this time I would like to begin by just saying to our dear friend, the one known to you as Jan: I give you some upliftment this time (Thank you). Sometimes you allow your fears to overwhelm you. I am here to say to you: Do not be fearful, because we are round and about you at all times.

Jan: Thank you. What has sparked this? Is it something in my everyday life that I'm fearful of or is it a spiritual matter?

Sometimes you are fearful of life, but you are beginning to overcome that, but just sometimes you do allow it to overwhelm you. I know you understand...

Jan: Yes I do.

...but we wish you to know that you are never alone.

Jan: Have you been aware that I've been calling on you personally just recently?

Do my words not verify this for you?

(Chuckle)

Jan: Right. Well that is so nice to know. You hear everything I think, because I haven't spoken them out loud (no) but I've asked for your protection.

There is no need to outwardly say the words. You know that all thoughts reach us and I will always endeavour to help each one of you if that is how it should be. Of course, I cannot ever interfere with your pathways, but we can help in many, many ways.

Jan: I know that you're aware when I asked for protection on two occasions in the last couple of days and I did have an overwhelming sense of calm come over me and I knew nothing would happen to us. But I have realized today that I don't need that 'fear' on this particular—and you obviously know what I'm talking about (yes)—and I believe that the animal in question has come to us as a real gift and I really do thank spirit for bringing him to us.

Trust in us. That is all you need to guide you. Each one of you must give of yourselves, allow those thoughts and feelings and offer it to that great divine spirit, or whatever name you wish to give to that universal love. No matter what you call it, allow it to go and you will always have an answer for your questions. This applies to each and every one of you.

Jan: I know you've said this to us so often but you have to actually experience it first hand; and now that I have, I don't feel as alone (yes)—I'll never need to feel alone.

You never are alone. All of you have many who stand close by who are waiting to help and to uplift you in your everyday lives, but so too must you not believe but know that that help is there for you. It is not a belief system but it should be a deep knowing, a knowledge that we are always there for you when you are in need.

Jan: Well, if there were any doubts before, I don't have them after this conversation and I promise you I will do everything within my power to expel those negative, fearful thoughts.

Those words from you are most welcome and I know that it has helped you in your understanding.

Jan: It has, thank you very much.

And that leads me now to a question my dear friends that I wanted to say to you this time: What is your understanding of the phrase 'brotherhood of man'? Would anyone wish to say?

Jan: I believe it's our spiritual connection to every spiritual being that walks this planet.

Very good.

George: I would say a *oneness* that has many details within it.

Yes.

Rod: Everyone being interlinked.

Yes. So you see, by your expression of those words, you show that your understanding of that phrase has meaning; whereas most people on your earthly planet would say it was a connection to his fellow human being, where they feel that *equality* breeds that phrase 'brotherhood'. But my dear friends it shows to us that you have allowed the layers of materialism to drop from you, that each and every one of you understands and you are like the butterflies emerging from the chrysalis. So I say to you my dear friends, to us it shows just how much you have really grown. It is now time my dear friends for you to begin to fully emerge, to become that beautiful butterfly that spreads its beauty throughout your world.

Lilian: That's a lovely way to put it.

But of course it is no easy task. Butterflies as beautiful as they are have a short lifespan in this material world, as so do you all as human beings. This one lifetime is a very small part of your existence and I also know that you understand this also. So my friends, that is another reason why in times to come we are going to devote more time to your individual development. Can you now see a purpose for this plan? (*Agreed*) Yes. Each one of you shines like a butterfly—has the beauty and the gentleness of the butterfly.

George: Yes, I think you—to perhaps phrase it differently: you speak of a spiritual cell of influence on the physical planet.

Yes. It is a realization of all that is already known but as always ... (*Salumet was silent for 15 seconds*) ... forgive my silence but to each one of you this time I extend that spiritual love that bonds between you all. I hope my dear friends that you feel it from us.

George: There is a very special feeling here tonight.

(*And discussing afterwards, some of us clearly felt a tremendous 'thick' energy at this point.*)

Yes, there is a unity here this evening, even although we have one who is quite new to our group, but indeed has had a bond with us through your many recorded words. Please accept the love that is being given to you this time; it comes not only from myself but from many, many others who have gathered here this time. So I say my dear friends, accept the love and the light and the knowledge of spirit that it uplifts and upholds you throughout each stage of physical being.

George: Wonderful. I think our silence means that we are almost overwhelmed by this.

Yes, and although my stay this time is short, I hope you *feel* the power of the love which is given to you.

Paul: Yes.

Lilian: Yes, thank you very much.

And I will say only my dear friends that your next time together will be given over to those who wish to come to help you to develop your own individual gifts—not even gifts but your spiritual rights. With that my dear friends, I will leave you. I will continue to work with this instrument (*Eileen*) for a short while and leave you all in the capable hands of our dear friend known to you as Lilian.

Lilian: Thank you. Our love goes with you.

(*General thanks*)

~5th May 2008~ SALUMET

As is our regular practice, at the start of the meeting we voiced prayers for healing and for those in need:

Lilian: Good evening Salumet

Good evening.

All: Good evening.

As always my dear friends, your out-pouring of thought for others is indeed commendable and we, of course, thank you from our world that you give of your time to think of others. I, on behalf of many, say 'thank you'. It is, of course, good to join with you once again, that we come together albeit in small numbers (*six on this occasion*), that we join this time in order for you all to grow. Sometimes I feel you are puzzled my dear friends by your own individual spiritual developments, but I say to you, do not allow those thoughts to gain entry into your physical thinking, because only those of us from our world know how much you have grown spiritually. Do not be too harsh on yourselves. All of you are treading the pathway that is meant for you at this particular time in your existence.

George: It's very nice for us to have your reassurance on that.

General thanks

Yes. You are inclined to have doubts but do not allow them to take hold. It is understandable and we do understand my dear friends that sometimes when life becomes troublesome, it is difficult to rise above all of these happenings, but I say to you, redirect that thinking into something more positive and then you will begin to see results from that thinking. You notice my dear friends how often I return to the subject of thought and thinking. It is only in order for you to become more aware of the *tremendous power* which you have within yourselves.

George: Yes, I think we are beginning to learn that. I think that we're so much more convinced now that mind is really everything and the power of course is connected with mind.

All of your life is thought. You cannot exist, my dear friend, without the power of your thought.

Remember that your thought is creative; it is a great part of your physical life. Therefore you must begin to understand, accept and acknowledge that power which it has for you. You understand?

George: Yes, happily there are a number of individuals in the world who are recognizing this. Our learned societies perhaps have some way to go, because of their very much intellectual thinking, but there are signs that many people in the world are recognizing the true power and nature of mind.

Yes. Over time I have given you many analogies of a seed that is sown; that is all you need to do for others, then it becomes *their* responsibility, not yours. Once the seed is sown, *you* must let it go; you have done what you have to do. Then the responsibility lies with how you deal with your own thinking. That is the great responsibility of your physical lives; responsibility for all that you think and what you do. I am sure you agree with those words.

George: These are wise words.

Sarah: And even those who are, say, mentally impaired—I think we've gone over this a little bit before—mentally impaired, that's their responsibility even though perhaps they're not thinking as a 'normal' person would.

Yes. You must separate spirit from the physical conditions.

Sarah: Yes, of course.

There are many conditions in your world which affects clear thinking of individuals, but the spirit remains unharmed; that is what you must try to focus upon.

Sarah: Yes, that's my failing—I tend to think sometimes too physically.

Yes, you have to learn to separate that spiritual aspect, which after all, is the part that continues, that survives the physical conditions. So always focus upon that and your understanding will then become clearer and greater.

Sarah: Yes, thank you for that.

Yes, I think for this time we will have just some conscious discussions, if you so desire.

Sarah: Yes, thank you.

Rod: Could I just make a comment. I emailed a very elderly gentleman in Pennsylvania, America—an old friend from my village in Gloucestershire—and he came through and said, 'Where do you go every Monday night?' And I know he's a church-goer and I thought that this was going to be difficult. And I wrote an email and my wife said, 'I think you've over-stated it a bit'. And he came back and I

said, 'Would you like me to send a transcript?'—I did and he thought we were rather marvellous and I thought, from what you've just said, I'm going to send this transcript as well, because it's so meaningful for him as well. It's very, very apt. Thank you very much.

Yes. I would say that that country is becoming much more spiritually aware and this, my friend, is a good lesson for you: it teaches you that you must never pre-dispose yourself to what another person will say or do or react to. You understand what I am saying?

Rod: Yes I do.

You are pre-judging what the other person might be thinking or saying or doing.

Lilian: Especially if they are of Christian or any other religion—I find myself being a little careful.

Rod: You've to lead in very gently.

Lilian: Yes. I don't want to destroy what they have.

You could say that was being *kind*, that was being *thoughtful*; but also my dear friend I wish to say it is you being a little fearful, because you anticipate a reaction from another, instead of being yourself which you must, all of you, know and understand—you must be true to yourselves. If someone cannot accept or refuses to accept, then that must stay with them.

Rod: Well, I look forward to his reaction to this transcript that we shall send him. Thank you.

Yes.

George: Perhaps I could bring another one into this discussion. I've been having much correspondence recently with one who I will name as William and he has read the Salumet book and is very keen to spread the knowledge of the teachings, which is very nice—and he is in a position to do that. I just wonder: you have this great awareness—would you be aware of the person I am speaking of?

I, as you speak, am aware, yes. I would say that anything that comes from any of us in spirit, we are most grateful for anything that can be given to a wider audience. We, of course, do not *seek* publicity as you call it, we seek only to bring to many the truth of spirit.

George: Yes, I can certainly feel this happening and I just wondered to what degree it might have been orchestrated *from* spirit.

Remember my words: there are never any accidents!

George: That's right and I was aware during this sequence of one particular synchronicity! Anyway, our friend has a concern and a question about claustrophobia and he's wondering, I think, if it is always something carried over from a past life and secondly, if it is proper to confront and attempt to deal with it.

Yes. I understand his question. Firstly, let me say this to you: all problems of a physical nature do not necessarily come from past times, but of course, you know my dear friends from even our experiences within this room of one of our dear friends (*Graham*), that when those problems surface in a lifetime and come from a past time, they need to be addressed, they need to be confronted to allow—and let me say this to you, again it is based in fear. So to allow the physical life now to be free of these fears, it is wise sometimes to face whatever the problems may be. I can tell you, his fears are from times gone, but also were exacerbated when he was a small child. I would say to this, our dear friend of correspondence, that it probably would help him to go back in time and face his fear.

George: This would be a self-monitored regression, would it, going within?

It would be much better to allow someone to help him bring that time forward. It is a time for regression if he truly wishes to abandon that condition. But it is something, as I have said, that has been exacerbated when he was a small child and fearful of small spaces.

George: Yes. I know a number of children find their way sometimes into small cupboards and become fearful.

Yes, it is sometimes within their own nature to make themselves afraid, but with some that fear remains.

George: Well, thank you. He'll be very pleased to have that information, I'm sure.

Yes, but of course, his freewill, his judgement is entirely his own, but he can be free from it if he so desires.

George: Yes, and perhaps still on this subject of human fears, which is connected, I have a question. I was talking with Graham today—Sara and Graham have sat with us many times ...

I have noticed their queries, yes.

George: They have difficulties with young children and baby-sitters and the distance. They are away at the moment. They are going through a phase during which they would dearly wish to be here, but are not finding it possible just now. Perhaps I could read a question that they have placed.

Lilian: The name is Andrew Smith and I think you're possibly aware of what we're going to ask.

George: It does concern this approximate time of the year 2012 again. Andrew Smith is speaking at meetings concerning Earth changes around the year 2012. He claims great tidal waves will devastate coastal areas following a North Pole shift from current position to Tibet and that Earth's axis of rotation will align to vertical which will effectively end seasonal weather and make a moderate climate worldwide. This seems dramatic with a great potential loss of life for people who are in the wrong places. My question is this: is this speaker who claims his words are truth, originating from a number of angels, whom he names, and spirit beings and ones such as Mother Mera and the Count de St. Germaine—he names a lot of people as sources of his information. It's our understanding that nothing is absolutely certain and with positive thinking such things can be modified or averted.

Andrew Smith is in process of publishing three books called 'The Revolution of 2012'—so, if you can add any comments to that, Salumet, those comments would be gratefully received, because this gentleman seems to be saying a great deal and publishing books in support of what he's saying.

Yes. I understand your questions. It is not for me to say who should listen to spirit beings who come to others to, let me say, to judge them—that is not my part—but I hope that you know my dear friends, I have come to this Earth plane for positive reasons: to uplift, to deliver truth and to help those that we possibly can. I would say there are many in your world who give information—and I will not use the word 'wrong', but I will use the words 'misguided'. How many people who have listened to these words are now living with a fear?

George: Yes, indeed.

Yes. I cannot condone that kind of spiritual message, but in saying so, as I have told you all on previous occasions, this planet has an evolution which must take place—that there is no doubt, that cannot be averted; but there have always been what you Earth people call 'tragedies' on your planet; we view them slightly differently. Therefore I say to our dear friend Graham, he must make judgement from what he hears for himself. I, myself, feel that it is unnecessary information which has been elaborated to bring fear to people and also for monetary gain in writing these things.

George: Yes. I had those feelings precisely, almost precisely.

Yes, of course.

George: And the other thing is that there are so many names from spirit mentioned—this is not the pattern to which we are accustomed; we are much more accustomed to...

Why would those of us in spirit wish to bring so much gloom and doom when the majority of us as spiritual teachers are trying to make Earth and mankind much more positive in their responsibility for this planet?

Sarah: And can their fear, if so many people ...

Create reality...

Sarah: Yes, exactly.

Yes, that is the problem.

George: Yes, the fear itself can be such a problem.

Yes that is why you have to counteract this way of thinking.

George: And, as I say, we are accustomed to your own mission, we are accustomed to White Eagle, we are accustomed to Silver Birch, but we're not accustomed to large teams of such ones coming through to one person.

No, I feel that perhaps, and I do not like to dismiss people, but I feel that somewhere there is some ego involved.

George: And to use one of your expressions, we should not readily accept something which sits uncomfortably with us.

Of course, always I say that to you; whatever I say, whatever any other spiritual teacher says to you, whatever you read, no matter what it is, if it does not feel right to you then you do not accept.

Sarah: So that would be the answer to the next question I was going to ask, Salumet, because Sara, Graham's wife, had asked me to ask you if the group she was in, was right. So that would be the answer: if she feels comfortable there (yes), it's okay, and if she doesn't, then it's not.

I cannot say—I cannot interfere with her spiritual life, that is decisions which each one of you has responsibility for, but what I would say to them is that whilst they are concerned about what is happening with this planet, they are not living in the *now*.

Sarah: Yes.

I hope that will help them.

George: I'm sure it will help them. Perhaps there are too many people endeavouring to make plans for the future and being guided by fears (yes) and this is, as you say, not living in the now.

They should be living for this moment. Spiritually you should live in each moment, all of you. Of course there always will be changes to your planet. There inevitably *will* be many changes. You only have to look back in your history of time to see what changes have taken place, but you cannot live your earthly lives in fear.

George: That in itself is a valuable message.

Yes, I *feel* that is the point of what I say to you: that whilst you are worried, concerned and—you are not in the moment of time, you are not living as spirit at this time. I hope it helps them to begin to question and to try to understand the reasoning why someone should bring to them his fears and doubts instead of trying to bring more positive thoughts and upliftment.

George: Yes, I'm sure this will help enormously.

Yes. Unfortunately, there is always a problem with some people who are not looking to do spiritual work, although they would always dispute this and say that they do, but I can assure you my dear friends that at times you must use your own spiritual thinking to understand what is round and about you.

Lilian: We're very lucky to have you helping us along the way.

Sarah: We certainly are.

I hope that has helped. I will bring, or try to bring to them some comfort, some peace of mind to allay any fears that this has brought to them.

Sarah: If they could just tell that Andrew Smith that maybe he should start thinking positively to stop anything that he has ...

George: Yes, I think they were looking for clarification of thoughts and feelings and ...

Sarah: I think that's the thing; if they had doubt, and they obviously *did* have a bit of doubt, otherwise they wouldn't have looked for the confirmation. And if there is any doubt, then obviously it's not right.

Do we have any more questions this time before I take my leave of you?

Rod: I'm always pleased that you remind us of the important words that we're supposed to keep—we do need constant reminders—I should write them down and put them in my kitchen: Thought, Fear, Love—there's a core of words that you've got to constantly to remind yourself of on a daily basis.

Yes. If you remember those things, write them down if you so desire, but always remember 'Love' above all things—to love your fellow man. After all, you are all on a journey together: Truth.

Rod: Truth...

George: Yes and there's so much happening today that is good and positive and these, I feel, are very exciting times.

Yes. I am happy that you have adopted that attitude of thinking, because I am sure each one of you, my dear friends, understands now how powerful *you all are*, not only as individuals, but as groups such as these; how much good you can do, like you start every evening giving out thoughts for those in need. That spiritual light my dear friend is what we are trying to cultivate throughout *all* of your planet, and I am happy to say that even with your so-called 'disasters' and 'tragedies' that the spiritual word and acceptance is slowly spreading.

George: I would like to give thanks for the continuing, wonderful synchronicities, which we now understand is a synchronizing of the two universes.

Yes, of course, that is wonderful to understand. Do you not agree?

George: Yes, indeed. And the recent book that has come my way—it was written 40 years ago by Helen Greaves, called 'The Testimony of Light'.

Which only goes to prove my dear friend that truth is unaltered.

George: Yes and having experienced the wonderful Bonniol communications (**yes**), mind-linked communications physical being to physical being via spirit, this particular book is also about mind-linked communications, in this case a physical being with a dear friend who had passed to spirit.

Because, you see, mind is the very essence of spirit (yes). That is the basis of it all and is it not so simple when you use those few words 'Mind and Spirit'?

George: Yes. And it was so nice to discover this book, this account of mind connection having had the Bonniol experience (**yes**). It seems to connect extremely well.

Sarah: We're still looking forward to our gift from Bonniol—I think he's working on it hard.

There are many parts of your jigsaw to put into place still, but my dear friends I wish to say to you and thank you also for your time, your devotion to these meetings that we have. If only I could take you all now and show you the light that you have created within the spiritual realms of life, I am sure you would be quite pleased with your achievements.

Sarah: That's kind of you to say.

George: Thank you for telling us.

And now, for this time my dear friends, I will take my leave.

George: It's been a wonderful communication and there have been so many excellent teachings involved. Thank you so much for all that.

(General thanks)

I will always endeavour to help each one of you in any way that I am permitted, but even so, *know* my dear friends that I cloak you in spiritual love, in spiritual knowledge and we will endeavour, especially in this coming year, to help you develop even further.

(General thanks)

George's Notes:

Timing: *This was the time of immediate aftermath of the Burmese cyclone and the Chinese earthquake, each with huge loss of life.*

Fears: *It is clear from what has been said that it is well to differentiate between 'personal fears' and 'fears of future'. It would frequently be useful to confront a personal fear but fear of future is a different matter. Fearing the future or consequence of what might happen, takes us out of the 'now' and leads away from inner spiritual guidance. It seems important that we seek our own 'guided' pathway regardless of fear of a possible future event constructed from, at least in part, intellectual thinking. That is not to say that intellectual reason has no place; it has ... just that it should not take over and swamp, other relevancies.*

Now: The Power of Now, Eckhart Tolle, Hodder & Stoughton, London is suggested as further reading. A power that goes beyond words ... a place where our thought-created problems dissolve and we discover what it means to create a liberated life.

Testimony of Light: Helen Greaves, Neville Spearman Publishers, Saffron Walden, 1969. Currently available from Amazon. The book accounts mind-to-mind communications between Helen Greaves and Francis Banks, M.A. (formerly Sister Francis Mary of the Community of the Resurrection, Grahamstown, South Africa).

~19th May 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As always, I am happy to join with you once more.

Lilian: Yes, it is lovely to have you with us.

Again, we hear your healing thoughts, we hear you talk of the many disasters in your world. I would like to remind you my dear friends, not always to dwell upon those happenings in your world that create so much disturbance. I would wish you daily to remind yourselves of the beauty and the love which surrounds you all. Even in your darkest moments, seek out the beauty and the light of earthly life. Each one of you, my dear friends, is blessed in this way. That is not to say your lives at times can seem harsh and cruel, but it is your individual responsibility to maintain that aura of light, that love which is round and about you at all times. **Seek always the beauty of life.**

George: Yes you are quite right, of course. The love and the beauty are always there, come what may. But because you are human you sometimes allow those unhappy times to over-cloud the joy and the beauty. I am not saying it is easy but nothing that is gained for good is so easy. So, just remember my words my dear friends, remember my words daily in order that you may help yourselves. Again, it is a gentle reminder of what you are seeking towards—searching, finding - it is an ever, *never-ending* trail. Even when you come home to us, this journey is ever onwards to seek the brightness in your lives. Not always is this recognized but I tell you my dear friends that the continuance of life is ever seeking, ever looking for Love. That is what is important to you, or *should* be, and that is why I ask you now to think about it and to put those thoughts into action. I hope you will agree with me.

George: Yes. And I think, now we see the return to spirit as, shall I say unexceptional, but it is just the trauma involving so many sometimes—we see the strife of it and, as you say, because we are human, we feel for those people. (*This refers to the cyclone in Burma and earthquake in China, each taking the lives of many.*)

You extend your love to all of these people and of course that is as it should be, but what you should not do is *dwell* upon it, but send out your love for these people and *we* will then do *our* work in helping them. If you cannot change a situation, you must look it fully as it is, as it is happening and then you must continue onwards. Have the recognition but do not hold on. Do you understand?

George: Yes. The love factor is really all-encompassing.

Yes.

Rod: I think we've got such an efficient media system that probably every time you put the television on, it's there and they are very, very efficient at putting all the doom and gloom on—they're very good at that.

Yes. It is impossible in your world today not to know what is happening in all parts of your world, and that is not a bad thing, but I am saying only that you must offer your love, your help, your

support and then *focus* on all that is good in your world. It would seem too often that your 'media', as you call it, dwell too often on those what you call 'disasters' and do not focus enough on what is good in your world.

Rod: That doesn't make news—you're exactly right.

Paul: I think as well there's a tendency for people to think that nature can be cruel. And it's just that we don't understand nature, that's all, because we don't see that it's always trying to balance itself out (**yes**) and it's actually trying to do things that are going to improve itself, because it's got far greater intelligence than man (**yes**), but because we don't understand that intelligence, we look at it as something cruel.

Yes. I wish you to look at the fuller picture. So often I use those words, but I have to reiterate those words for good reason, because you are so limited in your understanding, not only of your own world, but of everything else that exists. Therefore it is difficult for humankind at times to fully understand that this planet has its own evolution, that this planet has to balance both light and darkness, which I have spoken to you of; and always it has to be a balance of love, evolution and knowledge and continuance of *many* planets. But when you see the fuller picture, then your understanding should be a little clearer and the only way that that understanding comes is if you allow yourself to be open to all things, to all happenings in your world. You have to strive to be *more* than who you think you *are*, because you are not just these frail beings clothed: you are light, you are spirit and you must always strive to bring that forward.

Paul: Yes we should remember that we are *not* human ... that's the...

You are human, but you are spirit *clothed* as humans. It is a very short time as a human being, but a much greater time as that true being of spirit. It is something I would like you all to think upon this time.

George: Yes it's easy in this day and age to be brainwashed into a kind of awe of desolation and disaster, but that leads nowhere and is really inappropriate for us. Yes, I think I understand that, but there is so much more to life that is highly relevant.

Yes, and you must begin with yourselves before you can take the wider picture of the world on board. So that is why I say, look for the good in all of your lives, even in the moments of despair. There is always something that can lift you that can make you find the good. It may be some small thing, it may be that you see a beautiful flower that you look deeply into and you realize that you are part of something much greater. That is up to each individual to find their own beauty, their own light in their everyday lives.

Sarah: For those who are leaving this life, who are in despair, who are perhaps depressed, dementia or whatever, it's difficult to be able to tell *them*, to look for the beauty.

Yes, but they will be being helped from our side—the spirit is being helped. Yes, I understand your question and, yes, I understand there are difficulties, but they are *human* difficulties. Again, look to the wider picture, look always to spirit. There are those in our world whose task it is to help those people in their transition into our world, a world of beauty and light if that is where they belong.

Sarah: Yes. And eventually everybody will, even those who go over with their own darkness, they will eventually reach that light.

Yes, no-one is ever alone—never alone.

Sarah: Thank you for those words.

Now my dear friends, I will leave you with those words this evening. I want to say only this to you: whatever you feel, see, hear this evening within this room please discuss it quietly amongst yourselves. We will try to bring something to you because the energy this time is good. So as I leave you, as always I say: take my love which surrounds you at all times. We do hear your thoughts and words and they are never wasted.

George: And thank you so much for your timely message this evening.

(General thanks)

The evening continued with some of us receiving impressions and finally a rescue. A gentleman had died in a pub and had difficulty in accepting this. He spoke through Eileen and one waiting for him in spirit spoke encouragement through Sue. With this and Lilian's counselling he eventually accepted his situation and was able to move forward ... but not before checking with Lilian that he could take his pint of beer with him!

Audio link: <http://www.salumetandfriends.org/resources/rescue+beer.mp3>

George's Notes:

There are a few echoes here from earlier teaching: Our lack of understanding so often connects with a devotion to intellectual thinking as opposed to spiritual thinking / It is the soul's ongoing progress that is important, to which this brief earthly life makes contribution / Recognition of nature's intelligence is often lacking (but nature will ensure by her various means (which include angels and elementals) that the planet moves forward ... and human existence depends on this factor).

And there is perhaps a danger: if media preference dwells too much on the exceptional ... then the exceptional might become the norm. So we must, as individuals, be circumspect.

~16th June 2008~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As always, I thank you for your welcome. It is always good to join with you my dear friends.

George: And wonderful for us of course, to have you with us.

I wonder how many of you have noted in recent times how much progress is being made within your medical world. I have told you that many medical discoveries would happen in this coming time and already these things are taking place.

George: Yes, you are perfectly correct, Salumet. I'm aware of the various applications of stem cells and there are a number of improvements in delicate instruments that help to correct eye sight and hearing.

Yes. In all areas of help there will be improvement, but within your medical profession there will be a new knowledge amongst those who work closely with the peoples of this earth plane. They will now begin to understand that in treating people, there is more than just the physical body. That realization will be slow to begin with, but it is gaining momentum amongst many of your professional people. It is an exciting time for those who wish to help others. There is much influence from our world in order for this to take place.

George: Wonderful! We're also aware of the work of spirit doctors and one in particular, Ray Brown, has come to our notice, and the one who works through Ray Brown seems to be doing wonderful work.

Yes. There are many in your world being used at this time with the same kind of work which *he* achieves, but you will always, my dear friends, be guided by us to help each of you to maintain that balance of spirit, mind and body. Do you think that it has been coincidental that these meetings should happen? Not at all! There is always a purpose in our work.

George: We accept your guidance and teaching that there are no accidents!

Yes. So that should give you something to think about. Also in this coming time, you will find that new ways of finding resources for your world will begin to happen. You remember I have told you on previous occasions that the seas of your world will become important.

George: Yes.

Yes. I would like you to keep this information to the forefront of your minds. Yes.

George: Yes. I think we shall all be much happier to see that development as regards energy, and possibly wind power as well rather than nuclear reactors which have serious disadvantages I feel.

Yes, but do not forget that all power given to this earth plane also has good purpose. This we have discussed before.

George: We have indeed.

Yes. Only mankind turns all of these things into *negatives*. Yes, so it is mankind who needs to change.

George: Indeed, and given my preference for sea-power and wind-power, it's difficult for me to conceive how mankind could be negative with these sources.

Yes, but it can happen; it comes from greed, it comes from a needing to take for themselves all that should be shared.

George: Yes, I'm afraid there is still that about.

There is too much still—too many materialistic people in your world.

George: Yes, I think we are aware.

So, because of this state of affairs, it will be, I feel, a slow progress but nevertheless, it *will* be progress.

Rod: Would there be people on Earth doing research and development on sea waters at this present moment or is that to come at a later date, Salumet?

It is already beginning, yes. All influence comes from our world. We try to influence those who are connected with all of these projects. We try to guide and to impress upon them what is necessary. But as I have told you in recent times, my dear friends, always try to focus on positive aspects of life. Try to dissipate those negative energies which surround you—and it helps and makes our work so much easier.

George: I think from what you say, Salumet, you imply that energy from the sea is rather more important than energy from wind-power.

I would not say more important; it is just one aspect. Yes, so be aware that these are things to come.

George: The reason I asked that question was, it can be more of a person inclination or personal effort, in setting up small wind-power devices.

Yes, of course. Mankind can take responsibility for that *kind* of energy, but sea-energy is something that *has* to be focussed upon by professional people who know what they are doing, and to whom we are trying to bring the knowledge. You understand?

George: Yes, these would be large projects.

Yes. It is not something that will happen as you would say: overnight.

Rod: I take it this does not just include just tidal movement, but using the actual water as a product of energy?

Yes. There is much energy that has not been tapped into as yet. There is new knowledge to come. Now, my dear friends, I will take any questions this time before I leave you to continue with your evening.

Rod: I haven't got a question, but just a word of thanks really. Two or three weeks ago you mentioned about when somebody got 'gloom and doom', to push it to one side and look at the brightness alongside. And from thereon, for that couple of weeks I was forever telling people just to do this. I must get more practice—I think I've been a little bit dormant this week—but that was a wonderful, wonderful piece of information for myself and people around me, because we do have a few 'gloomy/doomy' people and we seem to get gloomy as well, so thank you very much for that.

It is human nature to not always be full of sunshine, but the more you practise being positive, showing love, receiving love and helping others, the easier it will become. But it takes a little focus sometimes, because we in our world understand that life for you at times can be difficult, not only your own lives, but those of friends and family that surround you. It is too easy for mankind to allow those worries and concerns to feel as if they carry a heavy burden, but each one of you *is*

spirit, is love, is light and that is what you should be trying to cultivate each moment of your lives here upon this earth.

George: Focussing on the sunshine of our lives, we have such wonderful memories of the Bonniol visits and we feel so privileged to have had those visits over such a period. I have the feeling about that that we really need to upgrade ourselves, improve our spiritual expertise, should I say although that's not quite the right word, before Bonniol will visit us again; but I feel that we need to develop our group activity more in terms of the aspects of mind projection and group energy perhaps. I just have that feeling that we have to work on ourselves a bit before we can expect our visitor to come to us again. Have you any thoughts on that yourself?

You wish me to comment? If you would remember the initial reason for that visit was to show you mind connection (yes), that was our topic at the time and that is why you have been brought such information. Of course it is necessary for each one of you, not only in groups such as this, but in people who have everyday lives and perhaps who do not even have the knowledge which you have got, that every person seeks further to expand that spiritual being whilst here upon the earth plane. And of course the purpose of that knowledge, of that change, is to grow and grow and grow. It would be an enhancement of communication with those from other worlds if you could try to perfect your spiritual gifts which you all possess. After all, you cannot allow spirit to be dormant; you cannot say: 'We know enough' because you know so little. You understand my meaning?

George: Yes. This is getting towards my feelings about the matter.

Yes.

George: I was just a little bit puzzled with—there was a loose end in the attempted materialization. It showed signs of happening but it didn't quite come off and I wondered if our friend had the desire to carry that through. But I just had the feeling that we need to work on ourselves a bit more.

Yes. There is more than one energy needed for what you term 'materialization' and of course each person within this room is a conduit for that energy, so therefore, you have to be together first and foremost in your *desire* to use these energies properly. You understand? (Yes) But firstly, as I have often said to you, you have to look inwards to yourself first. You have the ability ... *all of you, for all of these happenings, but you must truly believe and want these things.*

Rod: I need to strengthen my system up because I'd been up the top of the garden in my place and I'd been working hard and I thought: 'I could do with a cup of tea', and I could see Daphne in the kitchen down there washing up and I think 'Daphne, tea – tea – tea!'. I look at her and I make the 'T' sign with my fingers and she doesn't even look at me and I feel a complete failure. I think—I don't think I can be giving a lot of strength to this group if I can't get my wife to get me a cup of tea!

(Laughs)

I appreciate your humour my dear friend but I will use only one word to you: 'practise'.

Sarah: In fact there was one who came through last week who said it was a message from you—I don't know if that's right or not but anyway that was to practise mind projection *(during our meeting)* last week.

It is no good my dear friends to do any 'exercise', as you call it, occasionally; there has to be continuity, there has to be that regularity of purpose. You cannot expect these things just to happen.

Sarah: I think that was a little memory jog for us.

Yes. After all, many, many groups sit together as you do for many, many, many years and find very little happens. It is not because they are less spiritual, but they do not focus on the right aspects of themselves. They allow everyday worries to come with them to their groups. They allow everyday living to become that important part of themselves, when in fact it should be the *spirit* that is to the fore; the use of the gifts of spirit, the clear seeing, the clear hearing, the materializations—all of these things happen when the spirit is to the fore. You understand? *(Affirmed)*

Rod: Continuous practise.

Yes.

George: We are a little bit sporadic at the moment and, actually, I projected a coloured triangle, a red triangle this week. Paul picked up a triangle, but I'm afraid my red colour wasn't a very pure red and he picked up a green triangle! That about sums up our efforts sometimes—we're partly there in projecting to each other sometimes.

But if you have part success that is what should spur you on to continue, and I might suggest to you my dear friends that you keep it simple: instead of a red triangle, try either the colour or the triangle, until you are more proficient at this thing. Keep it simple.

George: Yes. Thank you for that advice.

Now, with those words, I will take my leave this time and allow the rest of your time to be used by those who wish to come to you. As always my dear friends, I leave you cloaked in that light of love.

Lilian: It's been lovely to be together again. Thank you.

(General thanks)

George's notes:

Medical Advance: A further very recent advance has been a cure for skin cancer melanoma using cloned tumour-killing cells originating from the patient. Can other cancers be treated in this way?

Energy from Seawater: There is in fact a recent discovery reported on the Internet that is the likely item to which Salumet alludes. John Kansius working in the field of developing a frequency generator for cancer treatment has applied radio frequencies to seawater with a surprising result. Elemental bonds within the seawater are broken with release of hydrogen. As long as the seawater is irradiated, it can burn like a candle due to the hydrogen released. And the phenomenon has been demonstrated at a university. In this way, seawater can be used as a fuel! This is a ground-breaking discovery!

Mind Projection: We are all of us ... group members and readers ... encouraged in this development. Still the mind, exclude thoughts, picture a simple object and see if it can be picked up by a friend. Play the game with a friend as a mind exercise! We have done it with Bonniol and we continue to practise it amongst ourselves. It works, and can always be improved upon. And it could eventually replace the mobile phone!

~23rd June 2008~ SALUMET

Good evening.

All: Good evening.

As I join with you this time let us extend a warm welcome to our dear friend.

Lilian: Yes, it's nice to see her again.

Ann: Thank you.

I have to say you are just a little nervous, but I hope that as this evening continues you will feel more relaxed and comfortable.

Ann: Thank you.

George: Ann, my wife, has been reading all the transcripts and she's familiar with your words, I think.

Yes, but it is not quite the same as being here within this room.

Lilian: Yes, some people find the darkened room a little strange.

Yes. Because we are small in number this time, we will give our dear lady friend an opportunity to ask any questions that she wishes.

Ann: Thank you. I have had several questions, but I don't think I shall be able to put them into words very clearly, so perhaps I'll ...

Lilian: I shouldn't worry, because I think you'll find Salumet will know anyway.

Ann: I expect he will.

Lilian: Even if you stumble.

Ann: Well I'll try. There is one question concerning the best way to serve. I wonder whether—I'm often distracted by the world and I wonder whether one can serve best by doing good works or by

going on retreats and meditating and being in the silence and raising one's consciousness, and hoping to heal the world that way; or whether one should try to achieve a balance living in the world, and trying to be peaceful as well and meditate. Sometimes I find it difficult.

Yes. Firstly let me say this to you. You are a good soul. You have an innate goodness that many people do not possess. That is the first thing I wish to say to you. I know you wonder often that what you do and the path that you travel ... if these are the correct things to be doing. Let me say this to you my dear friend: each one of you in this world has many opportunities given and of course you are well aware of your freewill, which must always come into play when choices are made. The pathway that you try to follow is the correct one for you, because that has been your choice. There are many pathways to our world; let me say that categorically to you. We all, do we not, *believe* that our pathway is the true one. I am here to tell you all that whatever pathway feels right for you—that is right from within the spirit, cannot be wrong. When you follow your life's pathway, your actions and your thoughts become as one. You do not have to think about the words that you say, the deeds that you do, the joining together with spirit, because it comes naturally to you. I am sure each one of you within this room has said or done something and immediately you know that those words or actions should have been avoided.

Lilian: That's true.

We do not ask more of you. After all, the human element whilst on this earth is a great part of your lives, but it is the understanding and the knowing that is important, because only then can you fully understand the way forward. I will say to you my dear friend what I have told the others, that meditation is most important to your spiritual wellbeing, because only in that state can you achieve that union with us. So, if I were to say to you only one thing to help you, it would be to be quiet and to go within; by going within, not only do you unite with spirit, but healing also takes place. But ultimately as in all things, the choice is yours and I believe that each one of you knows and understands when your lives are running smoothly and that spirit is to the fore. Would you not agree? (*Affirmed*)

I hope that has helped you just a little.

Ann: Yes, thank you very much.

Do we have more questions?

Lilian: Do you have another one, Ann?

Ann: No, thank you.

Lilian: Anyone? George?

George: Yes. I would like to refer back to last week and you were talking, Salumet, about energy from seawater (**yes**) and there was the implication that this was something really new. And I looked on the Internet following that, and I note that there is a gentleman who has noticed that if you irradiate seawater with radio frequencies, there is bond-breaking and release of hydrogen ... and I just fancy that this could be a new energy source. There is much work to be done still and there is already criticism that in a closed system you cannot put a small amount of energy in and get a large amount of energy out, but the critics are overlooking several factors. Anyway, I just wondered if this might relate to the energy form to which you alluded last time.

Yes. Firstly, let me say: if I gave you the impression that this energy is new, please forgive me. As you know, there is nothing new: it will only be new in the *minds* of man when he rediscovers what has already been lost.

George: Yes ... yes, we understand.

Yes, so in that sense it is not *new*, but in the mind of mankind at this present time, it will seem to be a revelation, it will be a discovery and, as always in your world, there will be disagreement. Yes, always there will be disagreement amongst men, but how often throughout your history have these things then gone on to be correct. So do not be too concerned about the disagreements—

that is a natural process, but I am sure it will be something that is beneficial for mankind. I hope that has helped you.

George: Yes, it would not be proper I imagine, to say if this *is* the line of development which we are re-discovering.

Not at this moment in time. But I understand your curiosity and of course we know, dear friend, how much you wish to investigate in your own way, but for this moment I will leave it like that.

George: Yes, I appreciate that, thank you.

Lillian: Did you have a question, Rod?

Rod: I've had questions in the past, Salumet, and I've said, 'I must ask Salumet that'. There's one thing that gets bad as you get older ... it's your memory. I should write these things down, and I will do, write these things down, because you come up in conversation and I think: 'I will ask that'. This isn't the question I was going to ask, but I find it uncomfortable on how people die. They don't know they've died and they don't pass on very well, and they seem to hang around. In fact they get there and they still don't know they've died. I know I find this uncomfortable and obviously I can't do anything about it.

I understand my dear friend. It is because you have not conquered the emotional state. You have to capture those emotions and put them in place before you will find it easier to accept what has to be. It is *physical* emotion you are feeling, not spiritual. You understand?

Rod: You've mentioned that before.

Yes.

Rod: I have tried.

But it will come. You are too harsh with yourself. Of course it is distressing, but as you continue with this work, you will find that acceptance comes more easily, so do not be so harsh with yourself.

Rod: Thank you for those kind words.

You must remember that of all of those who seem lost are never alone. They will not always remain in those states. That is why groups such as this and others are used to help them.

Rod: Wonderful. Thank you, that's wonderful. These two, these three, are wonderful! (*Rod refers to the mediums receiving 'rescues' and Lillian who counsels.*)

George: I think the time factor comes into this as well...

Yes—which is of course also difficult to understand.

George: I mean, those in spirit will not be as conscious of time as we are. I think that's correct.

Yes, of course. Our dear friend has a little way to go in his understanding, but let me tell you dear friend (*Rod*) that you have grown.

George: I think we all have some way to go in our understanding; and that leads to another question. Our health service/our hospitals, they dwell on cleanliness at the present time (**yes**). There's great effort in making the places scrupulously clean/sterile, but it occurred to me recently that the birds and the animals, they are quite different—any old puddle will do for a drink!

Yes. I understand your question and yes, of course, there will always be in your world what you call 'germs', but what are in fact parts of *life*, an *existence of life*. But there has to come a point where man and, I will use your term 'germs', have to adapt to each other, as have many things in the past that man has not been able—and let me use these words kindly, '*take control of*'. You understand what I am saying?

George: Yes. 'Adapt to each other' is a nice expression.

Yes. That is the best way to put it to you. Sometimes there can be too much what you call 'cleanliness', but it is a destruction of a natural thing in your world. Mankind, unfortunately, has interfered rather a lot in this world and caused many problems and this is just another one of them. At the moment in time, that is the best way they know how to deal with your germs, but, as in all things, there comes a time when the 'adapting to each other' takes place.

George: Yes, I rather fancy something like that took place when Albert Schweitzer, a rather enlightened one, was in Lambaréné in Africa and there were open sewers there, and in that sense there was not cleanliness, but there were hospitals there and I suspect that people get a chance to develop their antibodies in their systems when a few germs are about...

Yes.

George: ...but in extreme cleanliness conditions perhaps we don't build up the antibodies well enough.

Yes. As in many things in your world, medicine also has been abused at some points and not used correctly, but always we are trying to influence so that mankind grows in understanding, that mankind becomes as one with everything in this earth.

George: Including the germs!

There has to be balance, yes. You may find that some people will be shocked by those words, because they see your germs as alien to good health, when in fact all things have purpose. But I would say the important word here is 'balance'. I hope that has helped you.

Lilian: Interesting.

George: Yes, I'm sure that has clarified.

Rod: It must be exasperating for people on your side who are trying to influence doctors and what have you, to bring in a new product and then see it used in an incorrect way later on. I guess this isn't just medicine, I mean this is ...

Throughout your world, yes of course...

Rod: But it must be exasperating for you to think, 'what've we got to do to get that lot organized?'

Well, I have to tell you my dear friend that we do cultivate patience.

(*Chuckles*)

George: And would you classify 'exasperation' as an emotion?!

I feel that, yes that is a physical emotion. So I will leave that one with you.

More chuckles

Now, I will take my leave this time and allow the evening to continue.

Sarah: Thank you very much for coming.

George: Thank you for those educating and inspiring words, Salumet.

Rod: Are we allowed to wrap you in *our* love?

I feel your love each time I come to you. For this I am forever grateful to you and know always that I am close by.

(*General thanks*)

George's notes:

Many Pathways: In the early days of his teaching Salumet likened this to the many longer and shorter routes across a sports field. Equally, there are many influences from spirit so that the future appears to us to be largely ordained. But there is always that freewill factor ... always choices. Whatever the actual route forward, meditation ... spirit connection ... remains a key factor.

Energy and Seawater: There has already been much research in the direction of 'fuel cell' to produce hydrogen from water, but there are difficult problems ... not least that the expensive platinum catalyst is easily 'poisoned'. Seawater is a complex mixture. Does it include its own inexpensive catalyst for hydrogen production? Many questions need answers.

Germs and Disease: In contrast to today's hospitals, Albert Schweitzer's first is described in George Seaver's biography (1947): '... he utilised a windowless broken-roofed fowl-house for his surgery, his bungalow for his dispensary, and the open sun-smitten courtyard for the treatment of his patients till the regular evening shower drove them for cover to his veranda.' Today, we attempt to eradicate germs and as a result develop problems of poor or non-resistance to disease. It is a pity that there are slogans such as: kills 99.9% of all known germs, when at least 98% are actually helpful to us, in fact without microbes we simply cannot survive. Half the planet 'excludes' such diseases as foot-and-

mouth at great cost and with periodic animal slaughter (the shame of which is felt by many of us) while remaining countries allow such diseases to be endemic. This is a difficult situation for our world in which animals of the 'exclusion countries' build no antibody resistance to the disease in their blood, while those of endemic countries have been allowed to build their natural resistance. The latter may on occasions succumb to disease to the extent of a few percent of the herd ... depending on quality of diet. Good diet is of course another very important factor.

~7th July 2008~

The evening's events took all by surprise. Firstly, one giving his name as Samuel spoke through Eileen to say that Salumet would be away for 2-weeks and something of interest was planned for this time. Next, one via Sarah indicated that several would join with us and we were to see who or what could be sensed. We were to compare notes and finally one would be with Eileen of whom we should know the identity, and that person was described as a great spokesman. It was apt description.

Paul quickly felt the one drawing close to him wrote diaries. This was later confirmed as the historical figure of Samuel Pepys—famous for his diaries. Several minutes passed as we voiced our various impressions. Then Sarah named 'Churchill', and this seemed to be a key word to unlock proceedings—youtube link: <https://www.youtube.com/watch?v=Ho5xz99kyzM>

Churchill: *That is I.*

Sarah: Oh right!

(Sarah had also mentioned Elizabeth 1st earlier and so this was quickly clarified in a strong speaking voice through Eileen)

Churchill: *I have refrained from speaking too soon and to say it has been a great opportunity to say to you all: not all things...*

Eileen coughed

Churchill: *...dratted voices cause you nothing but trouble ... this I have to say to you: not all that is said is true about spirit and those who come to speak with you. It has been said that those well known in the world only return to those they love—not true. There are those, as myself, who still need to communicate, and will take any opportunity that is available to us.*

George: Wonderful! And I am old enough to remember your speeches whilst you were on the Earth, and I note your voice is still strong and has that kind of intonation.

Rod: And the inspiration you gave us all. I was 10-11-12-13-14, but the inspiration to me and the whole country—thank you very much for that. It's such a humble thing to say, I know.

Churchill: *I was amazed by the attention I received when I passed. I suffered many disappointments in my life, unknown to many. But I have to say that my heart was touched to see so many who had good thoughts of me.*

Lilian: I think the country and everyone in it needed a figure that was giving us hope.

Churchill: *One thing I will say: to give up any habits that you may retain...*

Jan: Are you referring to smoking?

Churchill: *Indeed I am.*

Laughs

Lilian: We've been told that.

Churchill: *I assure you that this is so. And I did for some time, 'suffer'. I use the word guardedly.*

Jan: Did you have emphysema?

Churchill: *Slightly, but not widely known.*

George: But we realise, it was more than just a cigar, was it not—it was a symbol that went with you.

Churchill: *It was a presentation of myself. Yes, even now I feel my hand go to clasp one.*

(Chuckles, as Eileen's hand was raised a little in clasp gesture)

George: And whatever one's feelings about war today, it's strange having lived through that period in the '40s; it seemed to me then, and on reflection to have been a very special period in our history,

when we were getting things sorted, and on reflection I cannot see any different solution or outcome for that period. But hopefully, world-warfare has now ended and there will be no more of that. Have you any such thoughts?

Churchill: *I do. I follow all that takes place in your world—even today. I wish I could rewrite history, but that is not possible. My part I played was to the best of my ability and although many errors were made, I feel justified in saying that I travelled the right road as far as war was concerned.*

Sarah: You were probably being influenced from spirit anyway, weren't you?

Churchill: *I now know that—at the time I hoped, but did not fully know.*

Jan: Mr Churchill, I'm too young to remember—well actually I can remember you being prime minister when I was a little girl. I can't let this opportunity go by without asking you if yourself and Mr Hitler have met in spirit and spoken—and I'd just like to think that you actually shook hands and made friends.

Churchill: *I cannot say that to you. For some time my 'goodness' was not strong enough to do so. And still, although I am aware of this gentleman, I have no desire to meet with him, but of course, all forgiveness is there.*

Lilian: I think we've been told he'll be in darkness, of his own doing of course, for eons of time; so possibly he is not even ready to...

Churchill: *He is not ready, because he feels he was justified in making a new world. But there is no resentment, no malice, and I have to tell you: I admired his earlier strategies of war as a man who knew where he was going—not the actions that were committed, but in the earlier part...*

Jan: ...as a strategist...

Churchill: *Yes, that part of him I can congratulate him for, as being a person myself of great detail.*

Jan: Yes—I hope you didn't mind me asking you that question.

Churchill: *Many people have made and written judgement. I am happy.*

George: Well, we all realise that this is a learning planet. We are all learning and where you are now, I think I'm right in saying: you are still learning

Churchill: *We are all learning, yes.*

Jan: Has your viewpoint on warfare now you have passed over, changed completely?

Churchill: *Slowly, I am changing.*

Jan: I believe you've been in spirit a relatively short time haven't you, compared to ions of time?

Churchill: *Yes, it does not happen in a moment.*

Jan: No.

Rod: So what about your wife? Have you got a happier time meeting your wife again?

Churchill: *Families are always different than acquaintances. There is always a love bond, which isn't severed on passing—that still stays strong.*

Rod: That's lovely.

Churchill: *But I have to say: I am still interested in my family of the present day and I am sure at times they feel my presence.*

Jan: I'm sure they do.

Rod: Didn't one drive down the road the other day with some children in the back of a car? Is that part of your family?

Sarah: Soames (Surname) that was, wasn't it...

Churchill: *My family has extended greatly—as all here, as you know.*

Jan: Are you a public speaker in spirit?

Churchill: *Every opportunity I can, I will speak. I do not now command such attention, but the oratory still takes place.*

Jan: That's nice.

George: You said...you referred to a desire to rewrite history, but I would add to that, that while you were on the earth, you did a very good job of actually writing the history in three volumes I think it was. (*Originally 6-volumes and various abridgments followed*)

Churchill: *Yes, I have to say my pride took a place to the forefront at those writings, but I speak not only of the time when I was with you, but previous history*.*

Jan: Do you look down on 'No 10' and are interested in what goes on behind the big black door?

Churchill: *I have to say: no.*

Jan: It's of no interest any more to you?

Churchill: *It is of interest, but not so much anymore.*

Lilian: You're on a different journey.

Churchill: *Yes.*

Lilian: And I believe you used to meditate—I've read about you in a book—you used to sit quietly and meditate.

Churchill: *Yes, I had connection with spirit, but I suffered many black days when knowing and feeling spirit was my salvation.*

George: Yes, I can feel and imagine that.

Churchill: *Yes.*

George: And you painted...

Churchill: *I suppose you would say I was an artistic person.*

George: Yes, and did that also help you to relax?

Churchill: *Music...It helped me—you must forgive me, my voice is going, because my energy is leaving. I found expression in my writing, my paintings—many forms of art.*

(General thanks as power faded. Further questions were attempted, but the energy faded, so we said our thanks and appreciation.)

*There were many causal factors leading to WWII, for example, the failure to honour armistice agreements of WWI and then the re-arming, and yes, it would be a huge advantage if we could have rewritten this part of history!

George's Notes

Winston S Churchill completed his epic work: *The Second World War* in 1950. He makes unrestrained statement on episodes of the conflict. And that he refers to 'MADNESS' as an affliction that, in war, carries with it the advantage of SURPRISE, may be seen as an example of his literary flare as applied to political confrontation.

~21st July 2008~

The evening began with a rescue, followed by one through Sarah, who gave further details to the group concerning our past lives together as monks, which was first mentioned on the meeting of 30th June 1997:

Lilian: Nice of you to come.

I am very happy to be able to come back to you again, after such a long break.

Lilian: Well it's very nice to have to—taking the time and trouble to come.

I do not consider this to be trouble!

Chuckles

I am most happy to be able to come to you again. And this time I would like to tell you that we are able to bring you a little more information about the time that we spent together when we were on another continent.

George: Wonderful!

You remember when I came to you and we were working in the area near the Nile?

(Affirmed)

Now this time, I would like to tell you that although you were not with me at that time, we were together, but in a different area. We have been together as a Closed Order and I believe that you have already been told that you were monks together?

(Affirmed)

Now this is where I fit into your picture.

George: I think I'm right that last time you told us about Egypt and it was your time or one of your aspects time—it was Ramasses 1 who was in power then. Are you that one or is it a totally different aspect?

This time it is of course the same person speaking to you, but it was a different aspect that was on the planet in the Closed Order, as opposed to when I was in Egypt.

George: That's interesting to know the connection.

But of course now that I am speaking to you, this is the same spirit as before.

George: Yes, I think we understand—interesting.

Now, you have been told that you all worked together and I believe this information was given to you in a light-hearted manner.

Lilian: Yes it was.

But this was also a connection to be given to you, so that when I came to you, you would be familiar with what has been in the past. I was but a very small figure in this community, but I was one who had a lot to say.

Eileen: Are you saying that we were a religious group, in that time.

Yes, this was a Closed Order and dear lady, I believe you were not in this order.

Eileen: No, they wouldn't let me in!

(Laughter)

Eileen: I was a mendicant.

George: Eileen has a different and most valuable purpose in this group.

Yes, you did not need the strict—how can I put it—the strict regime to learn, because you were a much freer spirit than those in the community. Those who were together in that order, they needed a little direction, a little push towards the right pathway and although as you know, that line in not perhaps the one you would wish to be in, in this lifetime, it was a ...

George: ...a necessary stepping stone—would that be it?

That is a much better use of the language than I was going to say—yes, that is correct, that was the beginning of your search for the truth. Now, dear lady—dear lady mendicant I can say to you—you had already found that little light and you came to the group at the Order, because of the previous connection you had all had together. It was for you just, shall we say, to make contact in that lifetime. So, you have all been together and I have touched upon your lives before. So, it is with the greatest of pleasure and no trouble that I have come this evening, just to tell you that we have been connected in the past and we will again be connected in the future.

George: Lovely.

So, I am most happy that we are now all together one more time.

Rod: Does this include me?

George: Yes, I was going to say, are able to tell us if Rod here had any connection with the groups, because Rod is a relative newcomer to our circle here, but he fits in so well.

I am just asking where this gentleman fits in. If you can bear with me for just a few seconds, I will find out for you, where he first became connected with you all.

Pause—another then spoke via Sarah:

I am here to tell you on behalf of my dear friend, that this gentleman was an inn keeper and his connection with you all is via the work you did in the monastery. You provided the wine and other drink for his inn. He was not part of the religious Order, but he did indeed have contact with you.

George: Nice to know that he was around and nice to know that Leslie, our group founder, made the wine!

Rod: Was that what I was—a wine maker?

Eileen: Yes, you were an inn keeper.

Rod: An inn keeper—thank you very much for that lovely information.

Lilian: So we made the wine...

Rod: ...and I sold it for you.

Lilian: Yes—we sold it to you.

Rod: You sold it to me...

Eileen: And I just came round begging!

Laughter—the first speaker then returned to finish through Sarah:

Now, I hope that my friend has been able to help you with that piece of information and I now will be happy to go back to where I belong and look forward again to another meeting—maybe I will be able to tell you something else. But I do not know at this moment if any other aspect of my being was in connection with you at any other time. I am sorry I cannot tell you this now, but should I be able to come back, perhaps I can bring you another story.

George: And we can assure you, you will be most warmly welcome.

Rod: A real history lesson.

(General thanks)

~11th August 2008~ SALUMET

We began somewhat hesitantly on this occasion. A rather nasty type of summer cold had been about and in particular, Eileen was left with a cough which could really be a nuisance. She had a drink of water and we hoped for the best...

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

I thank you for your welcome. As always, I am pleased to join with you once more. The instrument has been concerned about communication with us, but we will try to help in any way that we can. There are many of you in need at this time. Be assured that those in our world will draw close to you this night and we hope that you will feel the benefit of our love.

Lilian: I'm sure we will.

George: Thank you. There do seem to be a few viruses and germs about at the moment.

None of you are infallible!

Laughs

Therefore it is not unusual for you, any of you, to be plagued by human ailments. So do not be overly concerned. Each one of you finds strength in illness and overcoming many obstacles in your daily lives. This is part of the growth of spirit—but you fully understand this, therefore I will not repeat my words. This time, my dear friends, I wish to say to you just a little about your own growth which you know, each one of you, how much and how far you have travelled the road of *knowledge* and *Truth*. In your world, since the beginning of human existence, we hear so often: 'Show us the way.' Or: 'Why are we here?', 'What is the purpose of life?' You, my dear friends, have travelled with me along a pathway of discovery, of knowledge, of truth—truth that has always been. You have made discoveries, not only about yourselves, but about mankind and all those who exist within this planet. Not only that, you have been associated with mind connection, with planets further afield and this, my dear friends, you have all accepted, you have all gained from this knowledge.

George: Yes. You have brought us riches beyond measure, Salumet, of which we are so appreciative. It is, of course, our earnest wish that we can place all these facts before others and we strive to do this, and there is much enjoyment in that as well. So, thank you!

Yes. You have grown, but the purpose of growing spiritually is that you continue to expand that consciousness. We have spoken much about *Time, Energy and Growing* ... so many things over time have we not? What I would like to say to you all this time is: I would like to take you just a step further in your understanding. You know full well that when you discard these physical overcoats, that you are once more reborn to spirit. Of this there is no doubt within your human brains and thinking. You have accepted that mind belongs to spirit and that there is much that is open and waiting to be experienced. So we come to the first question placed before us: 'show us the way'. This, my dear friends, this is what I have tried to achieve with you over the many years that we have come together. (*Salumet first came through on 27th June 1994*) You have moved forward in your thinking, in your experience of spirit, of your understanding of all things greater than yourselves, because you know you have accepted that you are *more* than yourself; you are all as one, you belong to the wider picture of *Life*. So for you my dear friends, you *are* finding your way in beginning to know what the plan of life is. There is much you will never understand whilst here. This, too, we have discussed, but let us take the next question: 'Why?' Why is there existence? Why does mankind strive for this knowledge? Because, my dear friends, it is a natural inquisitiveness within him to find the reason why. That is why mankind in time past has become more interested in that which lays outside of this planet ... of this universe. That curiosity is a form of searching for 'why?' I wish to tell you that as you leave these many universes behind, you realize that still you remain within a 'Void'. Your scientists and those who are interested in other life forms are beginning to understand how little they know. Do you understand that each star, each planet, has a form of communication? (*Pause*) This we have not spoken of; but if you accept that all of life, all of consciousness is expansion and knowledge, then of course there has to be a form of communication—not in the sense that you would understand, by words, but by *energy*. Each form of energy has colour—this we have spoken of briefly.

George: Yes, and Bonniol spoke of a pulsing light (**yes**) which would be seen from out in space on approaching planets and suns. Is that something you ...

This is an experience that is open to all within many universes, but I am trying to take you just a little further. As you leave behind those lights, those planets, those universes, still you realize that although you belong to the whole, you are still within a void. But within the void there is knowledge, knowledge of all planets, all universes, all things. This is a knowledge that is the 'WHY' of existence.

George: Might I ask if the void is synonymous with Great Creative Force?

The void is the result of the Creative Force. It is this seeking, the returning of the energy of the Creative Force. We are speaking of deep matters here.

George: Yes. So, in a manner of speaking, the void encapsulates *all*.

Yes ... yes. As you are one small planet, you are captured within that void, which again is only part of the knowledge; it contains many vibrations of energy and each vibration of energy belongs to colour. And as it is upon this earth and spirit, where communication needs a blending of energy, so too within the void are there communications with energy. Do you understand my dear friends? I do not want to take you too far without understanding.

George: So there would be blending of energies within the void and that is how we should see communication.

Knowledge ... that is where knowledge lies and that is only part of the whole. Do you therefore see the expansion, the continuity of life, the knowledge, the growth—all part of the Creative Force; and yet here you are, one little being and how really insignificant you are within the whole. Would you like to ask any questions?

George: Insignificant and yet we connect throughout...

Yes. You can imagine yourself as the bottom of your big toe, reaching and searching for the top of the head. Can you see how mammoth that would seem?

George: Yes. I have read articles about the question 'why?' Why are we here, why is the entire system here? And some authors have dismissed this rather flippantly and compared it to a 'free lunch', which isn't really an answer at all. But you have given us a wonderful insight.

We are here in order for the Creative Force to *express* all things. For that ... I am searching for the word that you would understand—perhaps just to say that the Creative Force is looking for expression in all forms of existence. Therefore, to continue that expansion of consciousness, which in turn affects every being, every universe—all of existence. Do you understand my dear friends?

Rod: I think this is far more complex than I'd ever envisaged, obviously. Does it need ... do you have to organize it? Does it organize itself? Do you have to control it?

There are—and I use the word reservedly—there are laws to abide by, of course, but not in the way you would understand. Of course, there has to be structure, there has to be intelligence, and remember my dear friends these are earthly words which I use to really describe to you something that is really far beyond what you could truly understand.

George: It seems to me that the Great Creative Force actions all this into growth (**yes**) in order to be able to examine its *expression* or grow further from that expression.

There has to be expansion; that is why the Creative Force needs to have some form of expression. But that basically answers the question 'why?'—a question which has puzzled mankind and those on other planets for so long, because the understanding has not been available to them, although nothing has changed. It has always been, but consciousness has grown, evolution has changed planets.

George: This question 'why?' has been examined, as you say, by our exploring outwards (**yes**), it is also being currently examined scientifically by a huge cyclotron (**yes**) constructed at CERN in Switzerland which has taken many, many years to construct and it is specifically to answer or attempt to find out 'why?'—and that construction is about to come on stream, I understand. Now I don't know where the Great Creative Force would fit into this construction or perhaps it is part of the growing expression.

Yes. I am aware of what you speak of, and of course any attempt to try to understand ... in our world can only be for the good, because it shows that mankind is opening up in his own consciousness to try—and I hasten to add, they will never fully understand, but they are *trying* to understand.

George: And a refreshing part of this development is that it's seen to be huge investment for no, no monetary gain whatsoever (**yes**)—and this is rare in our history.

That is why I say it can only be good, because it is affecting the consciousness of man; not the emotional being, not the monetary gain being, but because they are *seeking*. And remember, if you seek you will be given answers. You understand?

George: Yes, and I know there are a number of scientists who'll be absolutely delighted if they find answers.

Yes. The seeking is important.

George: And their excitement will probably travel around the world.

Anything to do with the 'way' and 'why' will always find ears to listen. They will also find ears that disbelieve or refuse to listen, but that does not halt the progress that is being made by many, not only in your world as I have said, but in other planets who are also seeking. Now my friends, I hope I have brought to you a little more to think about.

(*Affirmed*)

George: Yes, that is a wonderful teaching for us.

It becomes ever *more* difficult when we reach this stage of explanation, because it is difficult to find words or expression to explain to you something so wonderful, so magnificent that it is just too much sometimes for the human brain to take and understand—but I hope I have brought it to you as usual in a simple and understandable way.

George: Yes. And these words can be written down and they can be read through more than once if necessary (**yes**) and that always helps with the thinking.

Yes. You tend to absorb that information a little more easily, I agree.

Rod: Can I just ask a simple question? When we come back onto earth, they wipe the computer (*memory*) completely clean and we come back with no memories of our previous spirit life, or very little, although I understand on a previous talk you did say they were bringing children down with *some* memories. The question is, you talk about other planets all over the universes, do they have the same problem? Do they come down with the computer completely cleared, their memories completely cleared of previous life?

That is part of spirit world, whether you come from this planet or another, those who reincarnate for whatever reason tend to have the memory erased, otherwise what would be the purpose of learning? But not all people have that memory erased—some are able to remember, but that is not the normal. Most people do not remember why they have returned, but it does not apply only to this planet. Is that helpful?

Rod: It does, thank you very, very much. I didn't want to feel we were the odd one out!
(*Chuckles*)

There is nothing odd, there is nothing special—you are just part of *being* ... on this one planet. You understand?

Rod: And may I just say on my behalf how honoured I am to get this information from you—I know the rest are, but I feel very honoured. Thank you very much.

I never cease to be amazed by this humility that each of you show towards my words. I should be the one who comes in humility. I am most grateful to you all that you accept not only my words, but that you extend to me much love, which in turn enables my own growth. And as always my dear friends I will take this time to say to you, I leave you with the thoughts of this evening, with my love, with my upliftment and with the support of all in spirit who draw close to you. I will let your evening continue.

(*General thanks—it is remarkable to observe that there was not one single cough throughout the proceedings!*)

George's notes:

Clearly, this was one of those wonderful deeply philosophical teachings for which a few, more extensive than usual, scientific notes will hopefully help to clarify. As the scientist present on this occasion, I will do my best:

Space: We have come a long, long way since that period in the mid-20th century when the majority who taught physics strongly asserted that space was nothing and I recall, as a young student, being 'put down' for daring to think otherwise. There were just a few who thought that if we have to assign any properties at all to space then it cannot be written off as 'nothing'.

VOID: In astronomy, void is a term used to denote areas in the sky of 'cosmic nothingness', defined as 'empty space containing no normal and no dark matter'. Normal matter includes planets, stars and galaxies. Dark matter is matter that does not interact with electromagnetic force but its existence can be inferred from gravitational data. The largest void (recently) found is nearly one billion light-years across. Recent articles declare its reason for existence to be unknown. This, in astronomy, is a hot topic.

In classical physics the void is nothing (no matter or energy) and it remains a mystery.

[Quantum theory/physics: That tremendously significant and successful branch of theoretical physics based on the assumption that energy is comprised of quanta or tiny discrete units.]

VOID deduced from Quantum Physics: This is the exciting concept that connects strongly with the Salumet teaching. Quantum theory sees the void as a virtual mass of virtual particles that forever appear and disappear. This theoretical phenomenon is called 'quantum fluctuations'. It follows that there is an intrinsic energy within the void, and this is known as zero-point energy. This energy would be infinite if it takes the form of a continuum, and each cubic millimetre would contain enough zero-point energy to create a new universe! This derives from the theory. And a general statement of quantum theory is that every particle (of our universe) is a (waved) excitation of an underlying field. This is of course adequate description of how all solid matter of our familiar universe derives from the underlying energy. In 1948, Henrik Casimir had predicted from theory that two facing mirrors in 'empty space' placed one micrometre apart ($1/1,000,000$ metre = $1/1,000$ millimetre) will produce a disturbance in the quantum fluctuations that will pull the mirrors together. Only in this last decade has nanotechnology advanced sufficiently to be able to use the 'atomic force microscope' to test Casimir's prediction. He is now seen to have been perfectly correct and zero-point energy is now a scientifically proven property of the void.

Therefore, the enormous energy of the void that has the capability of converting to matter, to which Salumet refers, has recently become a part of our scientific reasoning process.

27th May 2002: When we first got to hear of the term 'zero-point energy' or 'zero-point field', we checked with Salumet if this was one of the newly discovered energies that he had mentioned as a significant advance for humankind sometime earlier. His reply then: I have held back my words to you ... because did I not tell you that there would be many discoveries on this planet that were unknown to you at the time? And now, 6-years on, he evidently considers it the time to speak in some detail on this subject. Timing has always been important.

[Universes: Salumet has from time to time referred to a plurality of universes. This plurality agrees with 'string theory' requirement and while our universe is based on space-time, others will have different dimensional arrangements.]

CERN: Conseil Européen pour la Recherche (European Organisation for Particle Physics Research), outside Geneva is funded by 20 European member states including UK. The project began in 1952 with the construction of a small synchrocyclotron (1954) to accelerate and study colliding atomic particles, under the direction of Prof C Bakker. The current enormous accelerator is 27Km circumference, built into the countryside. A very special camera to record collision data of particles travelling near light velocity weighs 20 tons and has taken 10 years to build. It is the total assembly of a giant synchrocyclotron that has taken so many years to construct and it is about to come on stream. It is clear from Salumet's words that the void that envelops all contains more subtle qualities than will be found in the CERN project, and it relates quite closely to Creative Force = universal consciousness = God ... and the creation -----

~25th August 2008~ SALUMET

Good evening.

All: Good evening.

As I came close this time, I listened to you speak about the *good feeling* around your earth, because of the joining together of many nations. (*Olympic Games in Beijing*) It gladdens the heart to know that peoples can live in harmony, be happy for another human being's success. If this can happen at such times, why not in everyday living?

(Affirmed)

But it is a very good example of unity—of energy together.

George: Yes, it is hoped the effect of this will have a lasting influence and will be remembered well by the many nations who came together.

Yes. Unfortunately with humankind, these things do not always happen, but it is good to see when it does happen—much to think about by all people—yes.

Sarah: And if we could get all the religions to be thinking along the same lines instead of having too many discrepancies or too many arguments about what should be and shouldn't be, that would be even better.

Yes. It is of course step-by-step. There are changes within your world, but of course always they are slowly taking place. I hope and I know that my words to you last time gave you much to think about.

(Affirmed)

My purpose was not to confuse but rather to stretch your thinking.

George: Yes and of course our own terms that we use sometimes confuse and I was going to ask you: we have the term 'zero point field' and 'akashic field' and 'source' and I suspect these refer to much the same thing; certainly these three things are beyond space-time and they all involve communication. Would you care to clarify?

Yes. Of course, as always, words are limited for descriptions such as these, but, yes, because of the expansion of knowledge within many scientific communities, these things are given human terms. I would say to you, they are related, but *the source* will never fully be defined—that cannot be because consciousness is still expanding to that point—is always seeking, always growing. But, yes, I would go along with names that you have used for the understanding of something that is not yet quite understandable to the human brain. Does that help you?

George: Yes, and we appreciate that additional factor concerning source.

Sarah: It is the void that I was ... I think of a void as being a certain *space*, empty space—well of course the void you're talking about is certainly not empty. Is this void an infinite void or is there something ... again you're probably going to tell me I'm thinking with a human mind—but it's difficult to imagine. The only way I can imagine it is as an infinite void and there are no beginnings or endings to it. Am I right in thinking like that?

I would suggest, if that is the way you feel comfortable with the explanation, then hold on to that for now. The void I speak of is of course, ever-growing, ever-expanding knowledge, because it contains all knowledge and is partly a mirror-image of Source; which again is something we have not broached.

Lilian: If we start to say why and wherefore and everything ... that started us searching—does that mean that the void expands a little bit to accept our 'whys'?

Your own consciousness will become part of a wider consciousness, which then belongs to a wider consciousness and, yes, so it continues. You cannot use the *mind*, which is after all spirit, without some effect.

Paul: Is the Source the same as the Great Creative Force?

I would say as far as my knowledge goes, that is what we call the Source, the Great Creative Force, but that is for our own purposes; all is striving towards the Source.

Paul: I was thinking of the void then as ... it sort of comes out of ... as you say, it's like the mirror of the Great Creative Force or Source ... so it's like a manifestation of it.

Yes, it is an expression of the source, yes.

Paul: Just as we are made, some people say in 'God's image'—we are one kind of expression of the Creative Force.

Yes, you are creative energy. You need to think of yourselves as particles of energy to begin to understand. Is that helpful to you?

(Affirmed)

Lilian: That makes it more simple, for me anyway, if you think of everything as spiritual energy—each person and so on—and blending together, that makes it much more simple for me, this energy blending.

If you take each individual human within this room and you take the energy which is in the void of this room but you cannot see, all is expanding and growing—nothing remains static. But that is a

very primitive explanation. I feel that this explanation gives you something to think about for some time to come.

George: Yes, and the synchronicities continue!

Yes.

George: And I was reading a book that had been passed to me and within a few days of your teaching I was reading about the ancient Indian 'Rishis' and what is termed 'Vedanta' and it seemed to be a version using other words of your teaching to us.

Yes. Always this is a problem to use human words for your understanding. So many times I have told you of these difficulties; that is why you must keep these explanations simple in order for you to find a little understanding.

George: It's very nice that, as you have told us, there will be confirmation from other sources of what you tell us and this has happened already!

Yes. There would be no point if the information does not also come from elsewhere, because then it shows you the truth of my words. And remember, dear friends, the simple truth is that *all truth* has always been, nothing is new. Do not forget those words: *nothing is new*.

Paul: Talking of synchronicities, there was quite a good one a few weeks ago: it's quite rare for lions to give birth to albino cubs, but there was a zoo in Germany where actually *two* females both had albino litters on the same day. People thought that was incredibly lucky—but nothing is luck ... so some say white lions represent part of the change—the new world that's taking shape, because the energies are changing. So somehow that can affect these things? I don't know if there's any truth in that.

Always mankind looks for explanations, does he not? But if you think about the colours and the representation of colour, white is at the end of the spectrum of pure energy. So think upon this and perhaps you will find your answer.

George: I suspect there is a greater incidence of albino animals being born today. I know there are several lots of albino squirrels—and it's very unusual. I just get the impression there are more albino forms being born today than in the past.

As there are more who join your human race as teachers. So we are speaking of the animal kingdoms; there is a comparison. You understand?

Paul: So these albinos are ...

Have a purpose within the animal kingdom.

Paul: Ah, right.

Sarah: Salumet, can I change the subject? Have you finished with the albinos?

Paul: Yes.

Sarah: You said that nothing is new and you said that this void and all that's in it is a mirror of the Source. We are seeking to be perfect, so ...

You are seeking to return to the Source.

Sarah: Return to the source, but in order to return to the Source, we've got to get ourselves '*right*'!

Yes. You will encounter many obstacles in your way, such as human life. That is part of one of the obstacle of expanding and growing.

Sarah: So at one time, the mirror of the Source was perfect—was the exact mirror image and as things have gone on it has expanded and we've had the difficulties along the way. So is that right? And will it at some point—in fact I don't think it ever will, because you said we will never reach the Source—but will it ever be a perfect mirror image?

No.

Sarah: And was it ever?

No.

Sarah: Ah, right.

The mirror image of the Source is ever-growing, ever-expanding; trying to reach the Source of all life—the Creative Force, whatever words you wish to use. But that is why there are many universes, many different people, many sources of learning, because *all* is trying to reach the Source of all things. You really now are beginning to touch upon deep matters.

Lilian: Yes, like where did the Source come from? When did it start?

Sarah: It always has been.

Lilian: Pardon?

Sarah: It always was, it always has been, I would think. Isn't that right, Salumet?

Yes. So now my dear friends we will leave those words with you once again to ponder. It matters not if your understanding is not great at this moment in time, but gradually, if you are willing to open up, to transmute energy that is needed, then your understanding will become much greater. And so, we will leave it there for now.

(General thanks)

George: Can you take other questions this time?

I will take just one more.

George: Thank you—there is one. The one we know as William who asked about claustrophobia, he was very pleased with the answer given and he is most appreciative. He has asked the question again about the year 2012. There have been some crop circles recently and William has some knowledge of astrology and there seems to be an astrological reading from one that indicates a shift or a spread from that year to the year 2019. I think you will say that *'I told you so—it's not all going to happen in one year'*. Can you say if there is any significance in this reading?

You are correct in your assumption. I said to you that it is the expectation of that year that people are clamouring to make as special. As you know, energy can be changed in an instant as can any predictions given by those on your planet who have the knowledge of what lies ahead. It can be given but it can also change in the natural expansion of consciousness and how things are created and done within that space of time. So I would say to our dear friend, not to become too absorbed in particular dates and years, but to take them only as guidelines of what is happening within *many* worlds, not only this one. And that would be my answer to him. I hope that will help.

George: Yes, thank you and it occurs to me that the year 2012—that's the next ...

Olympics that you speak of...

George: Yes, our next big Olympic Games event, in that year!

Now my dear friends, I will take my leave of you and allow the rest of your evening to continue.

(General thanks)

~8th September 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

It brings great joy to join with you once more. I am pleased to see so many of you join with us this time. I hope my dear friends that you found the last meeting of interest for each individual—there was something just a little different.

Lilian: Do you mean the last one that we had?

Yes.

Lilian: Yes it was, it was different—interesting.

(This had been an individual development evening each trying to sense something—and that which was sensed equated to each one's individual needs.)

There is much more for you this time, therefore, I will stay only a short time. Therefore if you have any questions, I will be happy to answer them for you.

Lilian: Thank you. Okay ... George?

George: Yes, I have one that relates to the last time you were with us. There is the Greek legend of the Cornucopia and it is said that the father god, Zeus, was raised by a goat. He accidentally broke a horn from the animal and he returned it, and the horn would produce any wish that the person having it would have. It was normally depicted being held by the goddess 'Fortuna'. I felt the horn was rather like the 'void', beginning from the father god and expressing everything—in the Greek legend it was frequently depicted with bearing fruit and flowers ... and clearly the father god was able to see the fruits that were produced and we were able to experience our fortunes. I felt it was rather like the Creator and the Void except that that is rather more complicated with the expressions going on forever to infinity.

Yes, I accept your analogy. Let me just say to you my dear friends, that within Greek mythology there are many elements of truth, as there is in many of your ancient civilizations, *many* elements of truth, because in those times many people were closer to what today you call 'the Creator'. Therefore to make these truths palatable to others, they were given in the form of stories of gods and ... dare I say 'magic'. But, yes, I understand how you see the relation between what you have spoken of and the void. There are many examples that could be given, but I feel, partly for simplicity and for your understanding, that we could perhaps make an analogy more simple for you in everyday terms: You, as human beings, are the houses of the mind. Within the human form, the mind is restricted, but in actual fact the mind contains all knowledge. So, you could say that the mind was the analogy of the void. Do you understand?

George: Yes, the mind...

The mind knows all things, but is only a shadow of what it truly knows, whilst within the void of the body. Does that make sense to you?

George: So the human mind would connect...

The mind is the spirit.

George: ...would connect with the universal mind and...

Yes, and therefore expand in that way.

George: And thereby have all knowledge.

The mind holds the knowledge of all things and it is only in the process of expansion that that knowledge is made available, whether it be housed within this body, whether it is taken home to our world, then the mind is freed to continue with that expansion of consciousness. You understand?

George: Yes. Thank you for that!

Sarah: On the subject of mind, Lilian and I were talking about the mind projection that Bonniol and Paul have together, and we were wondering: when Bonniol projects his mind into Paul's mind, he uses Paul's mind, but does his mind ... I sort of felt that maybe his mind took over Paul's mind, and maybe Paul's mind ... I wasn't quite sure how it works. Can you explain a little more how it does work?

You cannot take over another mind—it is a blending.

Sarah: Just a blending—yes.

It is blending and making use of the knowledge that is already within the person you call Paul. You understand?

Sarah: Yes.

It is not a matter of taking over the mind.

Sarah: No.

Lilian: Yes, that makes sense to me now.

Sarah: I suppose it's like you have said to us before: it's a blending of energies, really.

Yes. Yes.

George: Going back to the Creator, one could almost think of the Creator as being a summation of all the initial expressions from zero to infinity.

Yes. That is Creation.

George: A mathematician might wish to express it in that way.

Yes. And whatever way is acceptable or understandable, that is good for you. It helps in expanding your own knowledge in the same way as your scientists are trying to understand all that exists.

Even if you have a blueprint of something, it is not totally the full picture. You understand?

George: Yes. And it's interesting that you use those words at this time when the CERN particle experiment is coming to fruition.

Yes, yes. But I feel you have to try to understand that existence will never be static: it is ever-changing, ever-growing. That is why with what you call 'prediction', so often there is variation of the happenings.

George: Yes. Perhaps one can think of prediction as a very useful 'guide'.

Yes, of course. Anything that helps to expand the mind can only be good and, after all, is that not what each one of you is striving for: growth and knowledge, and of course, I have told you that you already have all-knowledge. It is almost like the children in your schools, that to be successful in their learning, they need to *revise* the facts. Would you not agree?

George: Yes indeed. We are endeavouring to get into that process of revision.

Yes, that is what is needed. Now, I think for this time I will take my leave. I know you still ponder my words and that is what I wished for you that you would think just a little more deeply and remember it is an ongoing process.

George: Yes, a wonderful process (**yes**). Thank you for helping us.

So, with those words, I will, my dear friends, bathe you all in the love of spirit. Know that many stand close to you. Know always that you grow more and more each time in the body of full and everlasting spiritual love.

(General thanks)

George's notes:

There are pearls of wisdom in this brief narrative that are truly profound:

Mind is likened to void but it is a mere shadow whilst housed in the human body.

EXPANSION is a vital key factor in achieving the all-knowledge enlightenment.

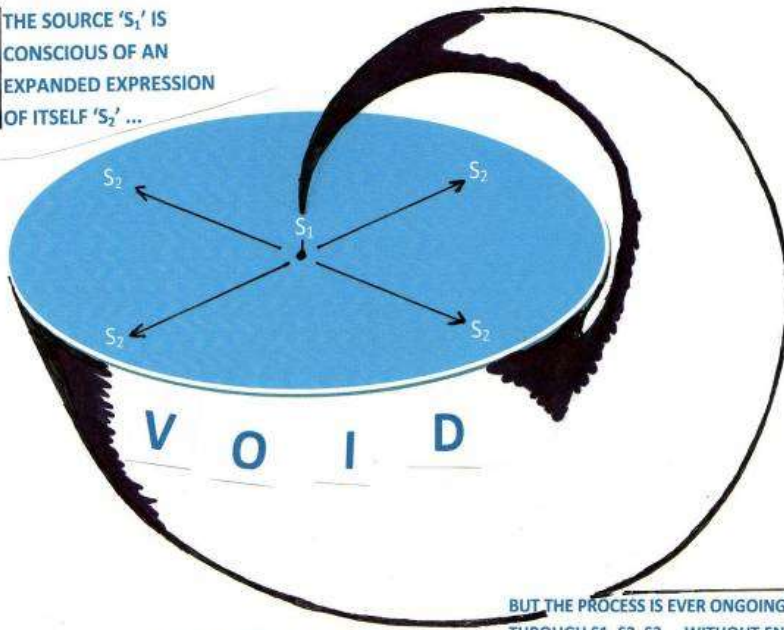
But we are reminded that existence is never static ... and this may well mean that those scientists who grapple with the incredible apparatus at Geneva may well be evaluating a moving target ... in more ways than one! Tomorrow's world in bound to be different from yesterday's world or today's world, because that is the ever progressing way of the creation.

As a part of the CERN experiment, an item called the Higgs boson is sought. It may or may not exist. It arises from purely theoretical consideration to help provide an explanation for 'gravity'. But we know from several other communications that mass and gravity change as planet spirituality changes, so it might be interesting to see how the hunt for the Higgs boson develops.

The diagram over page is an attempt to illustrate how the 'void' might be compared to the legend of the Cornucopia. And by making this comparison it might just give us a better picture of the void and how the expression of Source is ongoing.

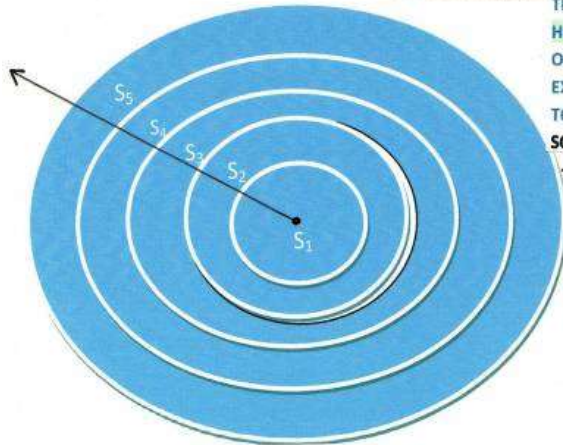
DIAGRAM: EXPANDING EXPRESSION OF SOURCE WITHIN VOID

THE SOURCE 'S₁' IS
CONSCIOUS OF AN
EXPANDED EXPRESSION
OF ITSELF 'S₂' ...



BUT THE PROCESS IS EVER ONGOING
THROUGH S₁, S₂, S₃ ... WITHOUT END.
HENCE: SOURCE BECOMES THE SUM
OF ALL THE POSSIBLE EXPANDING
EXPRESSIONS OF ITSELF FROM ZERO
TO INFINITY, OR

$$\text{SOURCE} = \sum_{s=0}^{\infty} \text{EXPANDING EXPRESSIONS}$$



CORNUCOPIA LEGEND: In Greek Mythology, Amalthea was the goat who raised Zeus. When he accidentally broke a horn, Zeus gave it back with the power to give the possessor whatever he or she wished for. The goddess Fortuna was often depicted with This 'horn of plenty' filled with fruits and flowers that was also a symbol of fertility.

~22nd September 2008~ **SALUMET**

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I come close to you this time it gives me great joy to see how well you blend together on this evening. That is not to say you do not always blend together well, but only on certain occasions the light that emanates from each one of you is even brighter, and this is so this time.

Lilian: So if we've had a laugh and a joke before we come together, does that help?

Laughter helps to raise the vibrations within the room, but it is not only that, because when I come to you, many preparations have already taken place. But what does help is that each one of you, even with earthly troubles, has entered this room in a positive frame of mind. This is what helps—helps you to blend together as one.

George: That's nice to know. Thank you.

I do not intend to stay with you too long on this occasion, because I would wish to work quietly with this instrument this time. I know sometimes there is puzzlement about what happens when I work with this instrument. I can tell you only that the unity and the blending become more powerful each time this exercise takes place. It is a refinement each time, of those very subtle energies which are necessary for communication. The instrument is perfectly safe and it is our endeavour that we work even more closely together whilst I take part in these meetings. If you have any questions this time I will be happy to take just one or maybe two questions.

Lilian: Thank you. If I could just ask what maybe a very simple one: sometimes if you are listening to a singer or a piece of music and it somehow touches you, not to make you feel sad, but there has been a young boy just lately who has appeared on our TV screen and his voice is really beautiful, and I wondered why sometimes it seems to touch something in us—not to make us feel sad, but I can't describe the feeling...

It is only recognition of those spiritual gifts, whether it be from music, whether it be from the laughter of another or whether it be just appreciation of all nature. It is a certainty that it is you blending more closely with all that is spiritual.

Lilian: Ah, thank you.

All of you at some point have felt this I am sure.

(Several agreed)

Rod: There's a record called 'Angels' with young singing on it. There's one or two tunes in that—you can't help but cry, they put it over so beautifully—it overwhelms you.

Lilian: But it's not a sadness, is it?

Rod: Oh no.

Lilian: It's difficult to describe.

It is a recognition and a blending with the sound that they give forth.

Lilian: Does anyone else have a question?

George: I wonder if I could tell a story. It's a story that begins 2,000 years ago with Paul of Tarsus, who was I feel, very much the servant of mankind. He carried the then pure teachings of Jesus to Ephesus and on into Europe. Paul also spent time with the Essenes and during that time experienced a vision which he wrote about. It was a vision about description of 10-spirit realms with subdivisions, and what happens in them. That document was sealed in a jar and did not come to light until the year 1945 at Nag Hamadi in Northern Egypt, and a translation was not made known to the world for another 32-years after that. In the meantime, Paul trained as a doctor (*in spirit*) developing wonderful medical skills and assembling a team of doctors. Now, at the present time, he works as a spirit surgeon through the medium Ray Brown, and his wife Gillian organises the clinics. Now, Ray Brown and Gillian and Paul have between them written a book. I should say that this is an unusual spirit surgeon arrangement, involving Paul being able to work for up to 7-hours at a time. And Ray Brown is looked after by an Indian gentleman named Waters Running who 'unhooks' him and takes him to spirit where he spends some time in the Halls of Learning. So that Paul is able to work for 7-hours in his medium host. They have written this book and Paul has written a quarter of it himself, and I note that he lists 10-spirit realms in much the same way as he did 2000-years earlier. While on this topic I

would also say that the book we published in year-2000 had mention of Ray Brown and Paul working through him, and 3-pages were devoted to Paul's work 2,000-years ago and included a listing of the spirit realms of his vision with the Essene. Well, it's quite a complicated story that stretches across 2,000 years, but there are wonderful connections. And as to the book published in 2000, I was aware that there was much help from spirit in writing that, and it was my aim to include all the *important* happenings on the Earth and it's noteworthy that Paul got such mention in it. Well, that's the story, and I just wanted to say if you have any comments on that or any elaboration, we would be delighted to hear it, Salumet.

I thank you for your time in telling what you call 'a story', which is in fact the events in the life of one gentleman connected strongly to spirit. I wish to say to you, my dear friends, there are many in your world who have the same connection to lives of the past, who are what today you term 'psychic surgeons', but I will agree in part that this particular gentleman has cultivated the use of spirit for longer periods of time than most people. There have been others, perhaps not so well known, but let me assure you there are many in your world today who do the same kind of work. Yes of course, when the gentleman leaves his physical body, it is an agreement with spirit that he is well cared for, in the same way that this instrument is placed to one side whilst I speak to you, albeit for a shorter length of time. Two thousand years you say—it is but a *small amount of time*, when we speak of that eternal part of spirit. Two thousand years may seem to each of you to be a very long time, but as you know, time means little to us in spirit. So do not be surprised that these happenings take place.

George: Another factor is that several of us have in recent months paid visits to Paul/Ray Brown, and it has been quite a joy and a privilege to have actually spoken with Paul of Tarsus! I have consulted him with a view to possibly improving my hearing, which he is endeavouring to do through reconnecting neurons. And he seems to have a particular skill in doing that sort of neurosurgery. Anyway, it's been wonderful to have met and spoken with this gentleman.

You have to remember my dear friends that nothing happens by accident! There is always good reason for these happenings.

George: I felt this web of connection seemed rather significant.

Yes ... yes. I welcome your story, but of course, for me I see many, many in your world who do equally good work—maybe different, but nevertheless, excellent work for spirit. Is there anything more you wish me to say?

Rod: I would just like to add that Gillian, the one that George mentioned, would love to hear your voice, would love to hear you in this room; I thought that was rather nice.

It was stated that Gillian has indeed received a book, CD and this transcript will of course be forwarded to her

Now, my dear friends, I will take my leave, I will allow your evening to continue and I will endeavour to work quietly with this one.

(General thanks)

George's Notes:

Books mentioned:

'A Mere Grain of Sand', Ray & Gillian Brown, Tagman Worldwide Ltd, 2004.

'The Apocalypse of Paul', Paul of Tarsus, Nag Hamadi Library, 1st century AD. (Details on Internet)

'A Smudge in Time', George E Moss, Gemma Books, Wittering, 2000. (Available on Amazon as eBook £1.18—hard copies also available at £5.00 + postage)

Clinics with Ray Brown are held regularly around the country and abroad. Email your enquiry to:

raybrownenquiries@hotmail.com Website: www.raybrownhealing.com

~20th October 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As always I am happy to join with you this time. There is with you this time a feeling of tranquillity and peace which is not always with you.

Sarah: That's nice to know, thank you.

Lilian: We don't always seem to notice these things that *you* do.

Yes. It takes a little more sensitivity to use the spiritual aspects of yourselves to recognize within this room the energy which is being given off by each one of you; but that brings us nicely to what I wish you to do this evening. I will answer any questions you may have, but for this time I would like you to take part in an exercise whereby the spiritual sensitivity comes to the fore with each one of you. To do that my dear friends I wish that each one of you goes around this room, looks deeply at each person and to find one thing that is positive, one thing that is *not* so positive, and perhaps give us your thoughts as to how the less than positive aspect can be transmuted into more sensitive areas of being. Do you understand what I am saying to you?

Sarah: Do we physically have to get up and look at the person or can we do it from our seats?

From your seats, yes.

Lilian: Just one person or everyone in the room?

Each one in the room—yes. You will find it interesting, I hope, but it is an exercise for growth. You understand?

Lilian: It is the spiritual aspect ...

That you will be using, yes. It is all too common that you use only those physical senses, rather than try to see the true aspect of the being. So, I hope you will take part my dear friends and whilst this is happening, I hope to work a little more deeply with this instrument. Therefore, I ask that any conversation may not be too loud.

Sarah: Will you be coming back to comment on what we say?

No, but I will be aware and perhaps next time.

Sarah: Yes, thank you. I always find it interesting to know how far off course we are!

Yes, I understand. Now before we begin, do you have any questions for me?

Lilian: Any questions anyone? I'm sure George has...

George: Yes. I'd like to refer to the TV news this morning and the stocks and shares market worldwide seems to have settled somewhat at about 2/3rds the value it had earlier this year; and secondly we seem to be heading into an industry and trade recession; and thirdly there was a very honest reference to a UFO encounter that happened in 1991 over Heathrow Airport—nice to have a really honest reference on the news media. And with those three things, it left me feeling that these are all things that the world *needs* and it seems to be in line with the teaching, and I just wondered if you would agree with that.

I, of course, cannot dispute the teaching, but, yes, when honesty and truth surface, this can only be for the betterment of mankind. Only when mankind realizes that honesty is part of the spiritual being, only then will mankind realize the true aspect of living. No matter what time in your earthly history, there has always been highs and lows of earthly living, whether it entails the many wars, the ravaging of land, or as you speak of now, the deep depression as regards trade and monies. All of these things are part of the evolution of your world. Remember, I have always said, there is positive and negative and if you wish to simplify your lives then remember those two words: positive/negative, good/bad, dark/light. Each needs the other to survive and this crisis that you are all feeling at this time, of course will pass, but it will leave behind the recognition for change and that is the true purpose of these things: the realization and change which must take place.

George: Yes. I was wondering if it was part of a process (**yes**) of simplification of life.

Yes. It is to *help* mankind recognize what is important in your lives; that importance is not 'gain through wealth and materialistic things', but by going inwards and recognizing, how you say, the brotherhood of all mankind in the goodness and the love which should be extended to all peoples in your world. That, *that* is what mankind must strive for. You understand?

George: Yes, yes, thank you. That is a nice clarification for us. I know a number of people are finding it quite difficult to understand what is happening, because there's a tendency to think of it entirely in physical terms.

It is only a physical thing—that is what you need to remember. And of course it is important that you survive and live well. We do not mean that you should live your lives on this planet in poverty and deprivation; that is not our meaning. I have spoken in the past: you can have much wealth and still be the most spiritual of people, so do not assume that wealth is wrong—that is not so. It is the craving and greed which goes with it that is so wrong.

George: Yes, I think 'how it is regarded' were your (yes) words before.

To many of men in your world, it has become their god, to the neglect of all things spiritual; and I will leave you with one word again which conquers all things, and that word is 'love'. It is small in number, in letters, but it is *huge* for your existence. And now, with those closing words, my dear friends, I will withdraw and work with this instrument and allow each one of you to go around this room and let us see what happens.

Lilian: Thank you. It's been lovely to be with you and thank you for being with us again.

George: And might I just ask if your instrument (*Eileen*) is included in this?

No, I will be working with her. She will not take part this time.

In the exercise that followed, I think we all sensed 'love' as the major positive attribute and as to the 'less positive' attributes noted, these seemed to reflect back to self. Perhaps we were being polite!

George's Notes:

Positive / negative: Concerning the above, it is probably correct to say that both extremes of the physical condition are needed to create the REALISATION that links to spiritual pathway. So the financial 'crunch' can be seen as a learning process that results in a realisation.

Ray Brown / Paul and further details following on from our 22nd September report: There was a further visit by three of us on 18th October. We arrived early and it was 'break time' with Paul not in residence and there was a wonderful opportunity to chat with Ray about the healing work and the travels of Ray, Gillian and Paul. It seems that there is a forthcoming book, by Paul on the spiritual teachings. That should be interesting! Statements by Paul of Tarsus, I would expect to relate very well to the original teaching of 2000-years ago and the Nag Hamadi scriptures dating from Paul's sojourn with the Essene. The three have travelled to Paphos, Cyprus, and it seems the famous 'whipping post' is genuine but it has been moved for some reason from its original location!

Healing results: I am able to say of friends and family that one who had a painful wrist due to carpal tunnel syndrome is now free of that pain, one whose walking was restricted due to a foot condition is now walking further and faster, and one with an ankle that ached during work sessions (due to an injury years earlier) is now free of the ache; we think proper tendon condition has been restored. And as to my poor hearing, I still wear the aids but sound quality is improved and I now listen to TV news at 13-volume setting instead of 17 ... a distinct improvement for which I am grateful.

There is a thick folder of testimonials and letters of thanks in the clinic waiting room, from: Sir John Mills, professional footballers, surgeons and many who have endured pain from trapped nerves, and various conditions for months and sometimes years ... and who are now suddenly free with full life enjoyment restored.

~27th October 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I join with you this time I take just a moment or two to assess what is happening with each one of you. I know my dear friends that last time you found the exercise I gave to you to be a little frustrating, to say the least. Therefore, this time I would like you to further consider what I have asked of you and to continue what you have started; and as you think more deeply, then when we come together next time we will discuss it more fully.

Lilian: Well, I found it easy on the positive side, realizing how each and every one of us has grown spiritually, but on the negative side it was a blank.

I will say only this to you: do not think so much about *negativity*, but rather *traits* that each of you have, but those traits can be transmuted into better ways of living. For example, and I hope this may help each one of you: if someone focuses and worries about money, to us it is a negative, but to you, you may just find it part of life's habits. So you see, it is not negative in the way that each of you are conceiving it to be. Is that more helpful for you?

Lilian: Yes.

Sarah: We were a little confused last week, well I was anyway, as to whether we should be looking at the spiritual aspects or the physical—how the person is actually living or trying to get the answer from spirit? **You are looking with spiritual eyes at physical conditions.**

Sarah: Ah right, okay, thanks.

And then you should be able to assess each individual in a most valuable way, because sometimes as human beings, you need to be guided by the thoughts of others before you recognize any of these negative traits. You understand?

Sarah: Yes.

You are all being very kind to one another, but you must look with spiritual eyes if you are to discover and work through this form of exercise. So my dear friends you have another chance this evening to see what you can achieve.

Rod: Salumet, I might be a bit dim on this, but to say that I could look at ... just take an individual ... look at Paul now right across, to know Paul and for me to discover ... I know what makes him buzz ... but to go in deeper than that, I don't know him that much. I have a difficult thing even with my dear wife here, she's difficult to understand. So, perhaps I'm looking at it at the wrong angle, am I?

You need to go inwards before you look at another person. You cannot do it with the physical eyes only.

Rod: Ah, so you have to meditate.

Yes. You go inwards and it is a knowing.

Jan: I find it's absorbing that person's energy that you are able to...

Yes, that is correct, but to enable you to do this, you must use spiritual eyes. Of course you cannot find negatives, because you do not know each other so well in physical lives; therefore to understand another being, you have to use spiritual eyes. You understand?

(Agreed)

I do not say that you will achieve too much this time, but it is the beginning of understanding yourselves. Does that make sense to you?

Sarah: Yes, it does, thank you. It's clearer than last week.

Rod: But if I'm looking at another person, does that help me look at myself?

You do not *look*, you *feel* and of course that will help you in your own self-understanding as to what may be achieved by going inwards. You understand?

Rod: Right.

Do not be too concerned, but it is an exercise which will be most beneficial to you, not only within the confines of this room, but in your everyday living. Now, I will give you the time to work with yourselves and to try to discover your fellow 'men' within the room. But if you do have any questions this time, then now is the time to ask me.

Sarah: I just wondered, Salumet, when you're working with Eileen, can you tell us a little bit about where she actually goes when you're working with her?

Yes. I believe I have said before to you that her mind is placed to one side whilst I take control of the voice. I use her voice to speak to you. She is perfectly safe and is of course taken care of by her own guardian spirits. She is not aware of the place where she is, because we do not have sufficient time for her to have that spiritual understanding—but it is not important. What *is* important is that she remains safe and I am allowed to use her voice in order to communicate with you.

Sarah: Once or twice Eileen has said she's had some sort of feeling about being in a place, when she's coming back, not when she's going, when she's coming back.

Yes, because her own spirituality is growing the more I work with her. That is why at times I need time to work with her quietly in these conditions.

Sarah: So really you're just working on her voice, are you?

I use her voice, I am using the body to some degree. As you can see, I am able to move the arms; I could use the whole of her body but it is not necessary; it is her voice box that I need to use.

Sarah: So when you say you are working with her, you're just really working on her voice box...

No. No, I use only the voice box to speak to *you*, she is being cared for by her own guardian spirits.

Sarah: So what exactly are you doing when you say '*I'd like to work with Eileen*'?

We are giving her time in the realm of spirit to grow and to enlarge as a spiritual being, so *her* understanding grows greater.

Sarah: Ah! Right!

You understand?

Sarah: Yes. So you're doing it for Eileen and not for you?

Yes.

Sarah: Ah! Right! Because I always thought it was for *your* benefit.

It is in part that the more we work with her spiritually, the easier it becomes for *me*. It is not easy to explain something that you do not experience for yourself. She is apart from her body just for a very, very short time. It is no different from what happens to you all in sleep state. You are not aware of anything in sleep state, are you?

(Agreed)

No. It is similar. But no harm comes to you whilst you sleep; in fact in sleep state the spirit is rejuvenated. You understand?

Lilian: Yes. That is an easy way for us to understand.

Sarah: So this is also part of the reason why we need a certain amount of sleep, so that spirit has time to rejuvenate.

Yes, yes. It is as any form of machinery; you cannot work it continuously without it breaking down. And so the spirit needs to be free whilst the body rests and recuperates from the stresses and the strains of your earthly world.

Sarah: So if people have ... you said 'break down' and I was just thinking of a 'nervous break-down' ... has that got anything to do with the amount of time that the spirit has over the other side?

It has to do with the responsibility that each of you has in taking care of the housing of the spirit.

Jan: On a dream theme, I have a house in a different part of the world to here, and I know that I'm much more relaxed and open when I'm there and I dream such a great deal more, and I believe it's because my spirit feels freer from the stresses that I feel here and I actually look forward to going because I have such strong spiritual dreams—that is a good description of them really. So our physical, in our dream state, does affect to a huge degree our spiritual side in sleep, I believe.

Yes, yes. The two cannot be separated. Whilst you are in human form, the spirit is housed within the *flesh* of the body, but as you all know and understand, you cannot ignore the needs of the human flesh, of the human situation; and that human part of you has to eat, has to sleep, has to rest for it to function fully. But to be a good vessel for spirit, that part is most important for the well-being of both flesh and spirit—you cannot separate them, because one will always affect the other. You understand?

Jan: Yes.

Sarah: So, the only time they are separated is when the spirit returns to its home again, back over the other side.

Not only in sleep-state, but in meditative state. When you meditate, the spirit is raised from the body, the mind is separate. In true meditation, you are joining more to the spiritual aspect of yourselves and in so doing you improve the human flesh side of the being. Does that make sense to you?

(Affirmed)

I feel sometimes, as human beings you cannot *see* or *feel* that close connection. Sometimes the body is viewed as the all-important thing and the spirit is some distant form which is spoken about.

Jan: I think everybody in this room wishes immensely that it could be the other way around. As we've spoken on numerous occasions, our physical lives do encumber that spiritual side (**yes**) but for many people on this planet—and they're so easily recognizable—the ones that are spirit first, physical personality second, I think we can all admire from afar and the more you're involved in this work, the easier it is to recognize them.

Yes, and you recognize other human beings either by form or spirit, by expanding your own spiritual self. The more you expand spiritually, the more aware and sensitive to your fellow man you become.

Jan: It's a sensitivity that grows much more with maturity. It's a sensitivity I've found that's more empathy than sympathy and with your teachings, I've found it much easier to separate the emotion from that, apart from in my everyday life with my own children and that's my hardest part of all—to separate that.

We have never said it will be easy for you and I am sure many people who you would speak with will have some area within their lives that they find difficult, even with spiritual knowledge, but that is also part of your spiritual growth, because the struggles of life make you stop and view life differently. Would you not agree?

Jan: I would.

That is why I would say to you my dear friends: that is why people struggle when there is illness, when age comes to the human form. Why must there be pain/suffering? Because within those limits of pain and suffering, the spirit grows. The spirit recognizes itself, but the human side of you finds this most difficult to understand. How many times have you seen someone who has suffered much, shine through that pain ... that suffering, and they almost glow with that spirituality that they find. *They* are the inspiration for spirit. They are people who have found themselves and know that the pain and the suffering are but temporary.

Rod: Yes, amongst ourselves in the past we've always said that these people have got something special—they have something that we haven't got and that is right. I see where you're coming from.

That is wrong! That is not right, that is wrong, because you *all* have that ability.

Rod: Well they seem to outshine the likes of me.

Jan: That's because, Rod, their where they are at the moment on their growth and they've chosen to come with disabilities this time or ... and that's why they shine.

And you are being much too harsh on yourself my dear friend.

Lilian: That's nice to know.

You have many, many, many spiritual qualities my dear friend.

Rod: What, me?

Lilian: Yes.

So do not place yourself in another's shoes, because you are unique, you are individual and you have those spiritual qualities which are needed to see you through this lifetime. So do not be so harsh.

Rod: Well I will just say something that's a bit funny really, but this morning I went and spoke to a chap digging a hole and he got down to some concrete and he must have been in a temper. I was trying to make polite conversation and he was an angry man and it didn't matter what I said, he barked back. And I thought: '*I am getting nowhere here boy*', so inwardly I said: '*and a happy Christmas to you boy*' and I went. I felt rather miserable with that chap. I didn't give him anything, no happiness at all.

You gave him everything: you gave him your time, you gave him your thoughts and your consideration. Those, my dear friend, are spiritual *qualities*; it is just that you do not *recognize* them as such. Still you doubt even though I have told you otherwise.

Rod: Yes.

Yes, but do not be concerned. Your heart is good.

Rod: Thank you for those kind words.

Daphne: Salumet, if I may interrupt and speak to you. I'm a new-comer to the group and I'm very happy within it. But I was shopping one day and I went into a shop and a lady came up to me and she said, 'You're spiritual'. And I said, 'Yes' and she said, 'I could see it as soon as soon as you came through the door. Would you say a prayer for me, please? I have epilepsy.' And I said, 'But how did you know?' She said, 'I just knew as you walked through the door that you would help me.' And that made me feel very humble to think of that.

Yes, but she had that spiritual knowing. She could see what you humans term 'the aura' of a person.

Daphne: I see.

When you are attracted to another or you feel comfortable with another, it is because the spiritual lights that you all exude blend well together; in the same way as you feel uncomfortable with another. But you never should wish any harm to another human being, but what you do is you step backwards and you send a thought of love to that person.

Daphne: I understand, thank you.

This is what I am speaking about when I speak of spiritual eyes and spiritual knowing. You have to work on it, you have to expand your own consciousness and that realization becomes easier for you.

Sarah: I think probably all of us have noticed that ... you saying about some people just see the physical beauty. But you can meet a very, very pretty person, or beautiful or handsome person and you don't really like what you see and yet you can see another person who really isn't very attractive, but you just think what a wonderful, lovely person they are! And that obviously is the spirit coming through.

Yes, that is true. Do not be fooled by the outward vehicle, because, imagine a very old, rusted car, for example, and if you are clever with your paint brush or whatever you use, you can make an old, worn down, useless vehicle look very good. So, you see, it is easy for the human eye to be fooled, but not so those spiritual eyes. That is what I am trying, my dear friends, to get you to understand. It is important for your own soul growth.

Lilian: Yes, well I think what you've said tonight will really help us.

And with those words, I will take my leave. As always, I leave you with many things to think about, but to know that so many of us stand close to you, each and every one of you and even those you love; because those you love affect the way you think and feel. So, my dear friends, I will let you focus and have your discussion and hopefully next time we will see how much better you have done.

(General thanks)

~3rd November 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I come close to you this time, I have to say my dear friends how many have been listening to you and your conversation.

On this occasion, following our healing prayers, there was talk of World Change. That the US electorate have voted for a non-white president offering new ideology, signals widespread change and follows the earlier rationalisation of racial unity in South Africa. Equally, the world's deteriorating financial systems with large industrial blocs heading into recession, signals a turning point and our planet's move away from excessive materialism. The changes are welcomed and understood by many and our group recognises that all is very much in accord with communications received from both Salumet and others.

George: I think I felt their energy; there seems to be very good energy here tonight.

Yes. I withheld speaking to you in order for others to listen. It is interesting for those in our world to listen to discussions and debates about your world, how you view the people within your world and how those of us in the world of spirit view the same things in a slightly different way. Nevertheless, what comes from your conversation is that one word 'love'. This, my dear friends, shows how you have grown, that each one of you may have differing opinions, but at the end all agree on one thing and that is the distribution of love in your world. There are those, my dear friends, who stand by each one of you, who are attracted by your words, who also, I hasten to add, will try to influence you in the way you look and feel about your planet Earth. All of those here this evening are most interested in the development of your world and have decided this evening that they will come close to you and help to focus on your opinions; and it would indeed be most interesting to see how your opinions form as you grow older and your world becomes wiser. I hope each one of you will accept the help of those who stand with you this time.

George: Yes, I'm sure we would very much appreciate that and I'm sure we all feel that it's a very interesting world at the present time and there are many signs of change, and we are optimistic that these changes will lead to a better Earth.

Yes. Optimism is important: from optimism grows love. It is most important that each one of you, not only in thinking about your Earth but also in your daily lives, in your home life, in your work life, that love in some form is cultivated well. I hope that I do not overwhelm you at times by stressing how important love is, not only for each other, not only for this planet, not only for this universe, but for all of creation, because without it there would be no planet, no universes, no peoples; and for a word that you use so seldomly in everyday living it is important that you learn to express love in many ways.

People on Earth do not always recognize what we mean by love. It is not the romantic notion that Earth people have of love, but of that innate knowing that comes from spirit, because, you see, initially you come from all-encompassing love. I will leave you to consider what love means to you as individuals and for this time, my dear friends, I would ask you to continue with your discussions, but also to become more aware of those who stand by you this evening and to *feel* their considerable love for each one of you.

George: Yes, it feels rather like a 'cosy mist' encompassing all. That's just the mental picture that I have.

Rod: I find there are days, Salumet, when you meet a load of 'doom and gloom' guys and women and they take some getting used to—you walk away and think that you've lost that one and there seem to be so many of them. But if I'm wrong—I hope I'm wrong, because it would be nice to get someone bright who you can bounce off easily. But there are a number around, quite a number around who see everything as black and they can't see any good. Am I mixing with the wrong people, or what?

You my dear friend are *seeking*. You cannot *change* others, but what you can achieve is to shine your own spiritual light more brightly so that when you leave these people that you speak of, *they* are the ones who go and say '*I feel much better for having spoken to that gentleman*'. So you *give* rather than take their energy. You will always have negative people and I am sure you can all speak of peoples who make you feel that way, but you have to become stronger spiritually to lighten that darkness in other's lives. That is all you can do. But do not dwell on anyone else's negative aspects; you leave it behind and send love to them.

George: The mental picture that I have relates to the Peter Pan story and there's this fairy that sprinkles a little stardust everywhere. It doesn't matter that she's moved on—and the people that she's been with, they're just left with that little bit of stardust, which will have some effect eventually.

Rod: I can see that, yes.

Yes. I always feel amused by your analogies my dear friend.

(Chuckles)

Rod: I think he thinks I'm going to be a fairy, Salumet, waving a wand.

It could be arranged!

(Laughter)

Of course. I am having what you call 'fun' with you, but you understand what I am saying to you.

Rod: Yes, you have to have laughter.

Laughter is part of the spiritual aspect of your beings—yes. But, as always, you need to recognize dark times, to recognize the light, so it is not always a negative thing to experience some negativity, because in recognizing you can then make change. Yes.

Rod: I see.

If all was goodness and light, there would be no reason for us to come to this planet, because this planet would have no use, if all was love and brightness. You understand?

Rod: Yes.

Thank you.

Rod: I did look at a baby ... we had a little baby with us yesterday, well what was the baby—six months old—and I thought nine and six—fifteen months ago, that little spirit was up with you. And you can see in that child, it is so beautifully new, the spirit is so new, it's lovely. And I thought of the sadness of the persons who knew that spirit and is left up with you. It was very nice of them to let us have that spirit.

The spirit is not new, only the earth being is new; it may be that the spirit is much older than you would imagine. But all who come to have this earthly cloak have chosen to do so, so do not be too sad for the spirit or spirits in our world 'left behind' as you say—they will be glad that the spirit has decided to come to this earth for whatever reason; but they will be even happier when that spirit returns home.

Jan: I'm looking forward to meeting the spirit that's returning to us via Richard and Anna (yes)—we're really excited about that.

Yes. Remember, any spirit who decides to return for whatever reason, will be known to all of you within that family group and even further afield of the family group.

Jan: Yes, I had an innate feeling that that would be so, and so has Richard.

Yes. It is impossible almost to not know and recognize the spirit that comes to a family, because you have been united in many ways, through many lives, although it may be in different formats such as mothers, brothers, sisters—no matter what, the spirit itself is recognizable. You understand?

Jan: I very much do. I'd like to share with the group—as the group knows, Richard and I were with each other in some format as Salumet has described before...

Yes.

Jan: ...what we were is of no importance to us. But when Richard was born, I looked into his eyes and I said outwardly, 'I know you!' and the family around me thought I'd gone a little bit 'cuckoo'. But I just knew that I knew this spirit. I have no idea why I knew, but I knew I knew him.

Yes. And you all have that knowledge, but it is just that as you come to the earth plane in human garb, most memory is erased—but some do remember, yes.

Jan: Thank you for letting me share that.

Rod: I'm going to be a bit rude here, Salumet, so please forgive me. We've got a good sense of humour here on earth in the main, haven't we? Where you are in spirit, you are way, way up there, I guess, have they got a good sense of humour as well, all your friends up there, your peers?

Because you pass to spirit, does not immediately make you change. As you are here, so you become in our world, but if you are speaking of conditions from which I come ...

Rod: I am.

...you are speaking of something entirely different and humour as you would know it is not necessarily present at that stage of development, if you like.

Rod: Thank you.

[Salumet's domain is deeper spirit, beyond Astral Planes, beyond form. Unless otherwise made clear, Salumet's references to spirit concern that deeper purer spirit. Humour is a quality that relates in the main to Earth and Earth's Astral Planes and perhaps the lower spirit realms.]

Lilian: In fact the emotions that we have now, whatever they be, are lost along the way through other things, I take it?

Gradually they are not needed. It is difficult to explain because you have nothing on this earth planet to compare it with. Therefore, to try to describe it for you is difficult. It is a state of being where there is

complete love, harmony, unity, call it what you will, it is a state of being. It is not something you will understand.

Rod: But a great deal of happiness...

But for much of your time in spirit, there is humour—of course there is, you do not change so much—and, after all, if you are to pass through the realms of spirit to go beyond humour and love and laughter, you have to develop to a very great degree. I hope that has helped you.

Rod: Yes.

George: Yes. I think that may be understood slightly better in the ancient Indian way of thinking—rather more understanding than here in the West. I think they have a number of words for these much higher states...

Yes. All ancient civilizations, as I have previously told you, were much more *aware* of their own spirit and I have told you much of it has been lost, but I would agree that those people who you say live in the Eastern part of your world—although to me your world is one unit—they do seem to have survived the use of deep meditative practises, which enables them to be more spiritually aware.

Rod: These are people like in Tibet—that kind of person.

More so, but it is available to you all.

George: Yes, and we have spoken in the past of scientific remote viewing and I noticed only today that there is a report on that subject that comes to us from India and within that report there is reference to Indian spiritual tradition being in keeping with the ability to scientifically remote view in that way, which is really a form of mind projection, I believe.

Yes. Again, as I have said to you previously, all of these things are available to anyone who wishes to develop their own spiritual senses, but in the past, these what you call ‘remote viewing’, have been misused, but mankind, as always, recognizes when these things should be used more wisely and that is being recognized.

George: Yes and the report from India ... their usage concerns anti-terrorist work, which I think is reasonably understandable.

All what you call ‘gifts of the spirit’ are meant to be used for the benefit of mankind—not to hurt one another. And it has been used in this way in past times, but that is part of our coming to you at this time, to influence all of man for good, for love; again that word ‘love’ is so important—and if it is being used as you say, it is to protect mankind (yes) from actions and deeds of another who think that *they* are right, but that the majority of your world would call ‘evil’. But again, you have to know the wider picture.

Jan: Salumet, I feel that I’m being impressed from spirit to write in some form.

Yes.

Jan: But I’m concerned that I don’t want any ego to be present in that writing. So, obviously if I just keep going inward I’ll receive the right information as to how to format that, won’t I?

Well, I would suggest to you that you give out thoughts before beginning any form of spiritual act that you ask that only *truth* and *love* be formed in those words.

Jan: Right, okay.

That whoever may wish to use you in that way comes only for *good*.

Jan: Right.

You must always begin that way for your own sake and protection and also I would say to you my dear friend to give thanks to those who wish to use you in that way.

Jan: So you’re confirming that those feelings that I’m having, the impressions, are correct—I am picking up the right messages.

That you must ask for protection, that the messages you receive are for...

Jan: For good.

...For good, yes.

Jan: Right.

There are always opportunists. That is why you must be sure that whoever uses your hand is using it for love and truth.

Jan: The opportunists seem to follow me around and that's, I think ... well, I don't want to use the word 'fear', because it's not a fear, it's just a concern. Yes, I will practise more on the asking.

You must take control; you cannot allow it just to happen. It would be much better if it was done in a controlled way with you taking control.

Jan: Right.

You understand what I am saying to you?

Jan: Yes, I do.

Yes, you must be in control. Yes.

Jan: Right. I must be my own gatekeeper.

Yes.

Jan: I'm the source...

But you must not be too open.

Jan: No. I control what happens. If I feel uncomfortable, I should say so.

If you are uncomfortable, then you ask them to leave you. Any discomfort is not acceptable.

Jan: No. But there will be those that stand beside me that are for my protection as well ...

Yes.

Jan: ...but they need my...

They need you...

Jan: They need me to say.

Yes. You must ask.

Jan: Okay. Thank you.

It is quite true, those words that are used in your world: 'Ask and you shall receive'. Yes.

Now my dear friends I feel I have spoken to you enough this time. The instrument's voice is dry and I do not wish to cause discomfort. Therefore, I will take my leave this time, but as always, I leave you my dear friends with love, with upliftment, with the wish for joy in your lives and that your understanding might grow daily.

(General thanks)

George: A wonderful evening again, thank you Salumet.

Paul: And we will continue with the exercise.

George's Notes:

Our debate continued and doubtless there were influences within that debate from those others who came close. It is probably true to say that there was thinking in different directions with a striving to see how others might think or feel.

There was reference to Northern Ireland and how things resolved once NEGOTIATIONS began. 'There is hint of negotiation with Taliban ... that could be good! And there is the Winston Churchill quote: jaw-jaw, not war-war!'

Terrorists don't do what they do just for fun ... have they been treated badly? How are they thinking?

The most honourable soldier is perhaps the United Nations soldier involved in policing.

Mercenaries: must do it for reward and macho image ... occasionally idealism.

S.A.S./Intelligence officers: so often give the impression of elitists on an ego trip.

Through history it has been the male that has principally fought wars. Why should gender make such a difference? Is the male blocked in some way?

It has been part of the military system to conscript youth, to put guns into the hands of youth with license to kill. They become part of a team so that personal thinking gets lost. Not always. There is the story of a conscientious objector who in trench warfare went over the top three times and did not fire a shot throughout the war. Another conscript argued that he would not shoot to kill ... better to wound, and take two out of the battle (one combatant and one medic)!

Motivations in general: orders, politics, survival, fear of disgrace, threat of firing squad ... and love of all life. 'Love of all life' brings to mind that Cecil B De Mille's film 'All Quiet on the Western Front'. A soldier seemed

mesmerised by the beauty of a butterfly that settled on the trench parapet, but in the moment of reaching out towards it, he was shot by a sniper.

Middle East reprisal killings often involve totally uninvolved kids and mums ... what must they be thinking? Can it be in the name of their religion? Never!

There is now the full and obvious realisation that in 'blanket bombing', whole families are wiped out; in 'rocket attacks' targets are approximate; landmines get anyone, and all leaves mess and chaos in its wake. The more all concerned can talk, the better for everyone ... and for nature!

This week, there followed Remembrance Sunday, when the fallen are remembered. It is well that such events are not forgotten or dismissed lightly from consciousness. But what of the millions slaughtered who did not fight, who were not involved other than to be killed by those who did. They were not represented in any parade or did not receive posthumous medals. Theirs was a silent passive role. Perhaps their deaths somehow highlight the dogged self-indulgence of those determined to perpetuate warfare. Perhaps their deaths will help others to become more aware ... more spiritually aware.

~10th November 2008~

Salumet did not come through this time. One through Sarah gave instructions that we were all to be 'overshadowed' by beings from different planets. We attempted to describe the individual being overshadowing each sitter, and afterwards feedback was provided as to the accuracy of our descriptions. We were pleased with our attempts and it was explained that this was an exercise in mind projection and learning to become aware of what was being projected. We all got impressions of certain details: Paul described his as having a prickly face/rough skin with small red eyes—a greenish cactus colour. (The one through Sarah explained that he was shadowed by one resembling a lizard and Paul agreed that this had crossed his mind.)

Emily described her hands and arms as straight...almost like a 'Lego man'. She felt like a tree, with legs as one, but felt movement from arms. (It was explained that she was being overshadowed by one who was from the planet where the beings were like mushrooms, as described during a previous Bonniol session: 22/08/2005—these beings also had very well developed mind projection, like the one with Rod)

George felt a solid feeling in the fingers—all except the little finger and a tough skin. (He was told by the one through Sarah that he had one digit free, while the others were webbed together. The tough exterior was due to the hostile conditions in which it lived. There was a long nose—not quite a trunk, but projecting well forward and ears like long fish gills.)

The one shadowing Rod, it was explained was thicker and quite rigid and it was explained that on their planet, they had no need for mobility. They were most proficient at mind projection, which was the reason why they did not need to move.

Lilian had the feeling of a small mouth and thinner than we are. (It was explained that she was in fact being overshadowed by one like a fish and indeed more elongated. Although they don't live entirely in liquid, they do spend considerable time in liquid—not like our water).

Sue had the impression of a sphere, like a bubble with no arms or legs—translucent and a pulsating movement to get around. (It was explained to her that the lower part of her body is not unlike an octopus, but the top half is quite different. They lived in a liquid, though not as thin as water and they were able to float on top, but the top part of the body is subjected to much heat and there is a skirt that flows over the top of the 'octopus', which protects it from the heat—the bottom part being in the liquid and the top part in the heat. The top part also has a shell-like formation protecting the body.)

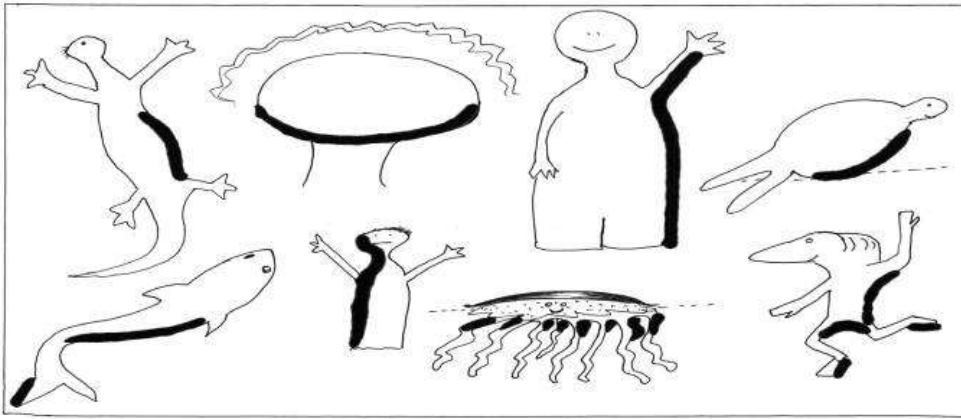
Ann felt her middle part to be quite bulging. She sensed a small head and a sense of heat and a reddish colour. (It was explained that the red was not actually the colour of you, but is a reflection from the red sand. Her body was like a type of glass and it absorbs the colours around it. The life has several aspects, including life upon the red sand—the round part that Ann sensed in the middle was due to the fact that they roll in the sand and the glass-like structure reflects this. At other times you are another colour. One part of the life involves rolling around the sand, but like the butterfly, you then develop into a much lighter

being and you rise off the sand into the atmosphere and you again absorb the colour of the skies, which are a deep purple colour. So this being is a 2-part being.)

Daphne felt a tightness around the middle and shoulders—quite stiff. (It was explained that they were a form of—not human and not tree, but something in between. The head is able to move quite freely though. Sarah explained that we had been helped in this exercise by many and we were encouraged to try to use our Mind Projection as much as possible in order to make exercises such as this easier in the future, and allowing more to be brought to us.

George's sketch:

Representing in a simple way, each of our cosmic friends, illustrating the wonderful variety of forms—a grand Cosmic union of wonderful beings—it was stressed that these were a tiny fraction of the variety available:



~17TH November 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I join with you this time I say to you my dear friends, it is of much interest to those of us in spirit to see such excitement as you have had this past week.

Lilian: Yes!

George: Yes. It was a wonderful evening last week when we were all overshadowed by ones from different planets and I suspect you would have had something to do with that, Salumet?

I, of course, am involved in all that this group undertakes but I, of course, was not with you last time, but am aware of course with what is happening here. I am aware of you at all times. Let me say this to you my dear friends: although your excitement lies in the fact of experiencing these other beings, the purpose was that each one of you has now experienced an overshadowing of spirit; in order to catch your attention, because after all, I have been trying to encourage you to take note of who comes close to you. Until now some of you have found this just a little difficult, but because of the nature of the overshadowing, might I say, it has got your attention! You understand?

(Agreed)

Now, I say to you dear friends, you have felt that overshadowing, you know there is nothing to fear, that all of you, if I might put it this way, returned to normal and found the experience to be one that gave you great joy.

George: Yes. I can say for myself that it was certainly a very positive experience and I think that goes for us all.

Yes. That is what we meant to achieve. Now my dear friends there is no reason for any of you not to be used by those of us in spirit who wish to use you. You understand? That was the true purpose of that exercise. After all, I told you earlier in this one of your years that your own self-development was to the fore and that has been the reason why I have not come to you so often, in order for this development to take place. Is there anything you wish to say on this subject?

Sarah: I was just wondering if you were the instigator of Eileen not feeling well last week so that we could have that meeting.

Salumet responded with humorous nuance:

I would not deem to take responsibility for that happening! But of course if the instrument had been with you, the format may have been slightly different, yes, yes. But I do not inflict instruments with earthly problems!

Sarah: I did not *really* think you had!

No ... thank you.

George: It was certainly a very positive experience and the overshadowing was felt and as our organizer departed and there were farewells, the overshadowing just totally went at that point. It was a wonderful experience—very positive.

Yes, with not fear left behind.

Paul: No, I think it was something—we relished it like we so much enjoy looking at nature and all the diversity of life; it felt a bit like a celebration of so much diversity of life.

It is a celebration of opening up to spirit. It should not be celebration, it should be a natural happening for you all, because you have reached a stage where each one of you as individuals should be able to blend more closely with spirit without fear or any worry of any kind that you are not safe or you feel fearful, because as you know my dear friends, it will never happen whilst you have fear. That is why we chose this diversity of feeling, because we know you could not deny what you were feeling. I hope that you will agree with those words.

Sarah: It did seem that everybody felt that what the control (*sent/overshadowed*) was agreed with.

Yes, yes. I am most happy that you have achieved that state, that state of feeling spirit more closely to you. Now my dear friends it is time for you to focus more on what spirit wants you to achieve, that you listen, that you feel more closely those who come and stand by you, who wish you to undertake the work of spirit for whatever reason. You now know my dear friends that it is possible, and that is most important for your own development.

Sarah: Jan was just saying that when she had a bad leg last time, you told her it was because she wasn't on the right pathway. There are several of us in this group at the moment who have got trouble with our legs and ...

I did not say 'the wrong pathway'.

Sarah: No?

May I correct you and say that it means probably that at this present moment of your Earth lives, you do not wish to move forward.

Sarah: Ah, right!

Lilian: Ah, yes, I remember that now.

...Not that you are on the wrong pathway.

Sarah: Ah, I do beg your pardon. Yes, so maybe there are a few of us who are...

...who need to go forward...

Sarah: Yes.

...and that carries on from what we have been discussing this evening.

Sarah: Yes, exactly—that's what I was just thinking.

You understand?

Sarah: Yes, I do.

You see how all things come together.

Sarah: Yes, yes.

Yes. Has the lady a question for me—the one called Jan?

Jan: I'm sorry if I was wrong...

Do not judge yourself; it was a misuse of words.

Jan: Right, okay. My question I think I've been having all day is on the subject of organ donorship.

(Transplants) I think that's the question I've been having all day—it's certainly been raised in the media and I've sat and thought at length for some time on my own about it and I'm not sure which side of the fence I actually sit on—whether or not it's something we should choose to do or whether our governments are going to try to make us all donors, unless we choose to opt out of that situation. But on a spiritual level, if another person gratefully receives, which we know they do, somebody else's heart **(yes)**, for both sides spiritually it must be an enriching experience. Obviously the recipient carries on hopefully in good health for some years, but for that spirit that has gone on knowing that part of that physical being remains and is keeping somebody else alive, must be an extremely enriching experience. Am I right or could you elaborate on the spiritual?

Yes, I understand, I have been waiting for you to ask, but that is why I have come to you. Of course, if we are speaking spiritually, if we are speaking of disease, *dis*-ease of man; the answer to that question would be that these donations would not be necessary, because mankind spiritually would learn to heal that body—but that is an *ideal* earthly world. What is important is the reason *behind* what is happening, and of course, someone who gives is doing so for good—that would never be judged as a wrongdoing—how could it when the act is done in love? So, yes, I would say anything done in the name of love would not be frowned upon in spirit, but what we, as spirit, would like you to do as human beings, is to focus on that disease of man and change things *that way*; but that is not likely to happen just yet. So I say to you my dear friend, be guided by your conscience and what you feel to be right for *you*, because no-one walks *your* pathway in life. Does that help you?

Jan: It does, thank you very much. The other question I have is: I try my very hardest to go within spiritually, but when I get ... *(At this point Jan became emotional and Salumet asked others in group to give help.)*

It is good that you allow these emotions to come. That is why my dear friend, I have singled you out this evening. Please give her some healing and I will help.

Jan: I don't know where to take the feelings that I have—I don't know where to go—what to do basically.

You, my dear friend, are so harsh about your own feelings. Your emotions are harsh at this time. I would say to you, as you go to meditation, all you can do is to offer yourself to us in spirit, who will come to you and help you, but you have to allow us to help you. Can you understand?

Jan: I think so.

Yes. Do not be too concerned, do not be concerned.

Jan: Most of the time I know the basic problem is that I'm a 'people's person', and then when I have reclusive times, I just feel so alone.

Do not worry. When you go inwards in meditation, you are *never* alone—none of you is ever alone; there is always someone with you who is willing to help. Sometimes as human beings, everyday life seems harsh to you, everyday life brings new problems or troubles. That is why my dear friends I say to you so often, it is important to go inwards and to find that unity with us in spirit in order that we can help you to grow. But you are hard on yourself my dear friend. I will try to help you, or make sure that the help comes to you, but all we need you to do, is to put to one side the fear of thinking. Do you understand?

Jan: Yes I do.

Yes. Let yourself just be—that is all we ask—just let yourself be.

Jan: Thank you.

Hopefully you are now feeling a calmness come to you.

Jan: I am.

Yes. Allow it to engulf you.

(Jan apologised to group at this point for the emotions—everybody responded supportively.)

It is what was needed.

(Lilian made further comments about the hardness of living in general.)

She focuses on herself and is harsh with herself. She must just allow herself to be, to allow us in spirit to uplift and take her on her spiritual journeys; that is what she must do.

Jan: Thank you Salumet. I feel as if I've got a big...

Yes, it has been lifted this time from you. We hope my dear friend, that it has enabled you to look forward, in order that we can help you more. You understand?

Jan: Yes I do, thank you.

Now just allow those around you to swamp you in love, in peace. And you will feel before you live this time, a great joy of love.

Now my dear friends, with those words I will withdraw this time. I am happy for each one of you that you have experienced just a level from spirit that has enabled you to let go of a little of your fears. And with that, I will allow you to continue with your evening.

(General thanks)

We chatted amongst ourselves for a few minutes; then noticed that one was coming through, and to our surprise, the one through Sarah who was with us last week came through again:

Thank you, I was just waiting for others to finish. I wished to come, because the energy was beginning to deplete again a little and I wished to come to bring you a little good news.

George: How very nice. Thank you.

Last time, we were so happy that you were all able to pick up on these visitors to you and they were most happy to be with you. So happy were they that they have come back to just visit you to see what the impression they gave last week has done for you. They have been listening to your teacher and have been so happy that they have been able to help you on your spiritual journey and this is what I wished to say to you; so I do not have any other information for you, but I hope that I have now restored a little of the 'excited' energy with you once more.

(General thanks)

George: And could I just say also that amongst those was one we refer to as 'the mushroom people', because we do not have another name. But bearing in mind that one came to us with Bonniol on a prior occasion and amongst your party there was one who helped to organise that, could I just single him out for a very big 'thank you', and I do apologise for not having a proper name.

I would like you to know that that one was more than happy to return to you to help in any way that was possible, but I am sure that your thanks will be gratefully received.

George: And thank you everyone. It was a lovely evening for us.

I am happy that all has gone to plan.

Rod: Did you happen to see the drawings that George made at the bottom of the paperwork?

Pause as energy faded

I have been ... much ... amused ... by ... the ... drawings...

George's Notes:

Jan's question: *It is interesting to note that Jan had been wrestling with the question during the day and Salumet was well aware of that fact; and we have noticed this on previous occasions. As to the question, there has been very recent media attention to the idea that organs should be automatically recycled, unless an 'opt out' card is carried.*

~24th November 2008~ SALUMET

This was an evening devoted to exercises/spiritual development. It began with one through Sarah indicating that she had others with her who would be joining with us in due course. There was further communication via Sue, who was aware of a lady with a little boy named George. It then became apparent that someone was with Eileen. It was felt that this perhaps connected with the one through Sue and Sue suggested to Lilian that she ask if her name was Martha, but in fact it was Salumet:

Lilian: Would I be right in saying your name is Martha?

Good evening.

Lilian: *(Chuckles)* We've made a big mistake—welcome!

My intention this time, my dear friends, was to allow you an exercise of discovery of knowledge and to see how you would cope. Our dear lady friend with the children *(Sue)* is able to converse quietly and to expand her connections with spirit. That is the purpose this evening for her. Did you notice, my dear friends, that both our dear ladies this time were just a little unsure of why the others were speaking, and they came to the conclusion that because this instrument did not use words, that there had to be some connection there.

Lilian: Yes, I certainly did.

I tried to stay quietly but I feel you need an explanation. Our dear lady in the corner *(Sarah)* of course brought the correct message that there was another to speak, but on returning to her, she became a little unsure of what to do with the words coming. What I would now like you to do, my dear friends, is to focus just a little more so that your gifts of spirit can open more fully. But in saying these words, I do not want you to think that I lay any criticism to you. I only wish to help you in your spiritual unfoldment.

Lilian: Yes, we do understand.

Yes. I am not only speaking of our two ladies, but in fact to each one of you—that whilst in meditation, whilst in connection with our world, you must question, you must seek answers, and in so doing you will become more closely connected, and you will know and understand quite quickly what you have to do. I hope these few words have helped you, my dear friends.

(Affirmed)

George: Yes, I felt there was a need to become more connected, and I was prompted to switch on the recorders so that that action would not interrupt anything that might happen **(yes)**, and I felt a little something about my face, but nothing more transpired so far as I was concerned.

You are all here for a purpose. You are here as a group to work together, but you are also here for your own individual development and that must go forward also. So my dear lady, I will make apologies to you, because your work is always so good, but it was an exercise I felt was needed.

Lilian: It's kind of you to say that.

George: Thank you for your explanation Salumet.

But you can see that when you become a little unsure, that the connections go more quickly—you find that I am sure.

Lilian: Yes.

Now, let us continue and be more focussed in why those in our world come to you, and the main purpose of their visit. It does not matter too much if you get something wrong or you do not connect too well with another one, but you must continue to grow, you must continue to focus and become a stronger unit together. And with those words I will leave you, and I will sit and work quietly with this instrument, but at the same time I will be most interested to see what our two lady friends bring forward for you.

Lilian: Thank you very much Salumet.

(General thanks)

The one at the beginning then spoke through Sarah again:

I wonder if I would be permitted to speak again.

Lilian: Yes please do.

I am afraid I did not bring to this lady the correct message for her to continue, but I now am able to bring those to you who I talked of earlier. They are most close to you all and each one of you should FEEL the hand of one if you are able to open your hands out to them. I have two names for you and I believe the other lady has two more as well. They are all joined together and are also holding hands. The idea is for their hands to link up with yours, to make one big circle. This circle will take round the bond that we all share. We all know each other and when we take a hand of one from spirit, we hope that some recognition can be made, from spirit to spirit, of a dear one that has been known previously to you. So I

ask that you make yourselves available for these to come to you. And I give to you the names of John and Andrew.

Lilian: Will you be speaking to us again?

I will stay with you and I will be interested to hear what the others have to say before I leave you.

As the lady continued with some commentary, all experienced a very positive 'pressure' feeling about the hands and apparently those in spirit were very pleased with the results. When she departed there was discussion amongst ourselves regarding names sensed. The evening concluded with another through Eileen who guided us on a meditative journey, available on our website: www.salumetandfriends.org

~1st December 2008~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As we come together once more I say to you not only should you ask for healing help, but you have come to the stage of asking for help with your own spiritual unfoldment. We welcome again tonight, our dear friend known to us as Richard.

Richard: Thank you Salumet.

You are making many strides in your life and this is part of your own development. When people speak of 'spiritual development' they always assume that it must mean some kind of extra phenomenon. I say to you all: *not so*. Just being alive in human form and living life, whether it be *merely* living in this lifetime, is part of your spiritual unfoldment. After all, when each one of you met someone with whom you could share your lives, or whenever you had your children, each of these things are part of your spiritual growth. So, I would like you, my dear friends, to understand what spiritual growth really means. I know how much you have grown, but do *you* realise how much you have grown? I hear you speak often of the way you recognise what you feel to be 'right' or 'wrong', and that awareness is also part of spiritual growth. But there comes a point, my dear friends, when everyday-living becomes not enough satisfaction for you, and you crave for the phenomenon that you read of and experience for yourselves to continually happen. I would say to you: be humble in all that you have, be humble with all that you have achieved, and be humble in what you wish for. Do you understand what I am saying to you?

(Affirmed)

George: Yes, It's easy to get carried away by the joy of progression...

Exactly!

George: ...And I must say I experienced joy in seeing the website that Richard has recently set up.

Yes.

George: Perhaps I should exercise more humility and temper that joy a little...

Joy ... joy is good, it is a good thing. But I do not want you to temper joy, I want you just to have the realisation that there is more to you as spirit than what happens to you in this lifetime. That is where the humility comes into play.

George: I understand.

I hope that each one of you this evening feels the great love which overshadows each one of you here. I hope that your recognition of the energy within this room is available to you at all times; that all you need to do is to call upon us for any help and unfoldment that you need.

(The energy referred to could be felt this evening—the room had a 'charged' feel to it.)

And again I will say to you, each one of you is developing at a different rate, in a different way, but also, as you come together on these evenings, you become united in spiritual force. If you wish this time to have questions answered, I will endeavour to answer them for you.

Lilian: Thank you—anyone?

Richard: Salumet... **(Yes)** I think more recently I've felt slightly detached when it comes to spiritual matters. I think it's probably attributed to the fact that there's a lot going on. But there have been occasions when

I've felt like I needed help, or assistance, or been looking for guidance, but felt more distant from it than I have in the past.

My talk this evening, my dear friend, has been partly for your understanding; that life *itself* is part of spiritual unfoldment. I know you have had questions and sometimes you feel that more time should be devoted to what you term 'spiritual matters'. But what is 'spiritual matters' if it is not to be with people that you love, to see love grow and to see life encompass you? That is what I have been saying. Do not expect spiritual growth to be just phenomenon—that is not so. My dear friend you are still growing, you have made the connection with us, and when the time is right, there will always be something for you.

Do you understand?

Richard: I do, I do, and I don't. It's always been said that there'll be something for me—I just...

You must be patient.

Richard: I know.

Time weighs heavily upon you, but what is time? Think of the word, be patient, my dear friend. You can and will be used, but only when *all* aspects of your life are correct (okay). Do you understand?

Richard: Yes.

Yes—we know and we feel your puzzlement, but I am sure if you speak to the others within this room, they will tell you that they have spent many years developing and growing and accepting—and you are still young in human terms.

Richard: Um ... the little one that we have on the way—myself and my wife Anna—it was said when I wasn't here, or it had been mentioned that perhaps it was someone coming back to us. Do you have anything you can add to this?

You want to know details? Yes—that is so like you—I feel that you are not happy unless you have detail. All I will say to you, my dear friend, is that those who come to us in the form of new souls—babies—are already known to you. You may well have an affinity with the child and recognise that spiritual connection, because you realise that we always incarnate and reincarnate with the same group-soul. So the child knows who it comes to, and sometimes when that knowledge is available, so too the parents will find the connection. You will have the stronger bond with the coming child.

Richard: The stronger connection?

With any children that you have, you will be the one with the stronger connection—not in everyday matters of looking after child or children.

Richard: No, I wouldn't have thought so. (*Chuckles*)

No, but in a spiritual manner, I am speaking of.

Richard: Yes. Well I hope that Anna will be persuaded to allow it or them to develop...

It will happen anyway, whether one person wishes it or not, if that child is meant to *explore* their own spirituality, then no other human being can stop it, you understand?

Richard: I understand that for sure.

Although, parents I have to say, in this Earthly world *feel* that they 'own' children—they do not. Your children are part of your own soul-group, and they may well have been something else in past times, like mothers, sons, daughters—you already have made agreement to what your connection will be in human lifetimes. So again, I will say to each one of you here, that you truly are only responsible for your own selves—your own spiritual self. So often, we have parents who blame themselves, for the way children behave, and of course, there have to be life's rules, I do not say otherwise, but what I say to you is that ultimately that child will grow and become their own being. So much grief and hardship is experienced by being parents in human form, because of the lack of understanding that that baby, that child, is a spiritual-being also.

Richard: I don't think it makes it any easier for us though.

Jan: I think that that knowledge, as mum and I have spoken on occasions, is just having that knowledge does make things so much easier. (**Yes**) If you just step back and think about it when you are a little anxious or cross—they are who they are (**yes**) and that certainly makes disappointments and things like that, just disappear.

Yes, and that comes with your own growth of spiritual awareness, and as you all know within the room, spiritual awareness changes the way you behave and the way that you think. You would agree?

(Affirmed)

Yes. That is spiritual awareness—spiritual awareness within the confines of human existence. I do not say because you have awareness, that life is easier.

Jan: I think it's actually *more difficult* because you have awareness.

It is more *responsibility* and sometimes a little harder *because you have the knowledge*.

Jan: With lots of situations, I'm sure we all find ourselves internalising and having conversations with yourself a lot more, than before I was aware (yes). That obviously is awareness—it's tough sometimes—you analyse a lot more.

Richard: Ignorance is bliss!

(Chuckles)

Well, I would not agree with you on that one. Ignorance is not bliss, ignorance leaves you isolated, and you become static in your thoughts and feelings. Only when the spirit is free can it understand fully that all knowledge is available to it.

Richard: There are some people that I've spoken to recently that I work with—I've not come across it before—where they're not even slightly interested—it's almost like opposing magnets and something tells me not to pursue it. It's interesting that you can get such different people, and even different religions and different walks of life, where you'd think were one person would be spiritually minded, actually isn't at all. But you see my dear friend, you are passing judgement. Because someone does not agree with your knowledge, does not mean they are not a spiritual being. They may well be the most spiritual being that you would ever know; because of their actions, their deeds, the way they embrace *life*. So just be a little careful before saying people are not spiritual. They do not always have need for what is termed 'religion', but they may have indeed a very good heart. They may devote their lives to giving and helping others, without accepting any form of dogma.

George: Another one of our expressions is: '*actions speak louder than words*', which seems to apply here. Yes, and you do not always recognise the reason for a human being's purpose in this world. You do not have the wider picture. So, again I am repeating myself when I say my dear friends: do not judge another. Accept that they may be different from you, but they may just be on a different spiritual pathway. You understand?

(Affirmed)

Sarah: Yes, I'm glad you said that, because I think my brother is one of those examples. He doesn't take in what I say that you've taught us, but he is a very kind and generous person.

Yes, always the problem is when you come to what we call 'development'. You have to be a little careful that you do not feel superior to others who have less knowledge. Be aware of those feelings and those thoughts.

Sarah: The thing is, the teachings you've given us—we're so enthusiastic them, we'd like everybody to know, but not everybody wants to...

But as our dear friend Richard has said, he felt he could not say too much and that is the feeling that he should have been aware of, because that is his own spirit telling him that those around are not ready for what *he* knows. It isn't that they are not as spiritual in any way, but they are perhaps just not ready for the information.

Richard: It is a very strange feeling to be compelled to shut up!

Yes, it is difficult to have, as our dear lady friend has said, when you have enthusiasm for something and others do not share it with you. But be aware of those feelings of stepping backwards from them and try not to be too critical of them.

Jan: I think I liken that to: we don't all have the same musical taste or dress sense or likes in colours etc.—but that's fine, we're all individuals.

Yes, you are correct; yes, that is a good comparison, and you all have come for different reasons. To grow—to grow spiritually, that is the purpose of life, that is your aim; to find the 'I AM', as we have spoken of in the past—to find *who you are*.

Sarah: I suppose people like my brother, they're still growing, because of the good things they're doing. Of course, of course. But you see, in criticising, you are doubting your own knowledge, in a way. That seems a strange way to say it to you, but you have to allow love to encompass *all* peoples in all walks of life, in whatever area they have chosen to tread. I know, my friends, it is not always easy, but that is part of your growth also. Who within this room would say that their whole life has been easy? Is there anyone?

(Several responded 'no')

No—then you should think: why is this? And I am sure my dear friends, that there are many, many, many less fortunate than yourselves...

(Affirmed)

And to overcome adversity in life is a great stepping stone.

Ann: And I think we grow from our challenges, don't we?

That should be. Not all human beings are able to, but if they learn something from it, that can only be for their good.

Sarah: Also I think life can be easier, especially with all the knowledge we've got from you—life *is* easier, because you realise there's a purpose in what's happening, so you tend to relax a little bit more about it, because you think, well this is what is supposed to be and you just get on with it. So I think with your knowledge, life is a lot easier.

Yes.

Richard: I think there are obviously some occasions where you just can't accept things. I've certainly come across occasions where you think everything happens for a reason, but to just accept something, you can't do. It's a human trait that you're going to question everything.

Yes, but that is your acceptance of life and that also indicates where you are on your own spiritual development. As you travel through life just a little longer you might find that that statement you have made alters. But yes, you only deal with life as it comes along, but I say to you all once again: do not judge; do not judge another fellow human being.

George: Yes, I may come close to that in that I'm aware that there are many, many people who are within the Christian Church and very happy with where they are. I suspect there will at some stage be a happening which will just moderate their belief system in some way. I've recently been in touch with a group who call themselves 'Christian Parapsychologists', and I did wonder if this sort of group within the body of the church might possibly grow to be a bigger influence. Then again there is 'Paul' who is the psychic surgeon working through Ray Brown, and I understand that 'he' is going to write a book about spiritual principles. And it occurred to me that any Christian principles that come into that, might well be from the time when he was on the Earth, 2000-years ago, before the Christian Church of today was set up. So his book could be a very serious influence to move belief-within-the-church a little bit. Would you have any comments on that?

Yes of course, the one you speak of *will of course* be influenced by what he knows and recognises, in the same way as *(if)* any of you within this room were to write a book now, of your life and times, it would have to reflect what you each know. You cannot write of other times, of other knowledge, of other spiritual principles unless you have experienced those for yourselves. Therefore I would say to you that each individual has—and let's say this to you: you have lived other lives, you have experienced other things. So whatever would come to you in spiritual ways would only reflect that knowledge. You cannot speak about subjects that you have no knowledge of. And going back to your friend who is about to write this book, there may well be inaccuracies in what has already been written; it may be that he can replace those words with those of truth and with the understanding of what he experienced. That of course would bring many books into disarray. But that will be for each individual to gauge for himself. You understand what I am telling you?

George: Yes, I think you're saying it's more of an *individual* influence than *en bloc* influence, pertaining to the church.

Yes.

Sarah: So, any knowledge that he has would obviously be spiritual knowledge, because you did say that once you die—physical death—your physical memory is erased, so it will be what the spirit brings forth; so it wouldn't be anything to do with the physical brain, it would be his spiritual mind that would be writing the book. Is that correct?

Because of the time that he lived and the memory is still strong of that time, that is his work today—he can only bring forward what he knows and understands. If he belonged to another religion and wrote a book of the tenets of that religion, then it would only be of what he understood. You cannot speak of events of which you have no knowledge.

Sarah: So when he writes this book, would he be writing it as St Paul or would he be writing it as Ray Brown?

I would think he would have to write his book as Paul. He cannot write as Ray Brown, because he has no knowledge of the time.

George: Yes, he is Paul, he merely 'borrows' the body of Ray Brown, for working on the Earth.

Now, my dear friends, I will take my leave this time and allow the rest of your evening to continue. I will give you over to our dear lady friend and we will see what comes next.

(General thanks)

During the period that followed, Jan had the strong impression that Paul (who normally sits with us but is currently in Thailand and not expected back until the New Year) was in fact sitting with us.

George's Notes:

The Christian Parapsychologist: A magazine published by The Churches' Fellowship for Psychical and Spiritual Studies, twice yearly.

Paul's Forthcoming Book: It will be most interesting to see how Paul, with memory of the teachings of Jesus as they were in the 1st-century and with the added benefit of sojourn in spirit accounts the details; such topics as connection to spirit, reincarnation and the happening on the road to Damascus.

~8th December 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I join with you this time I bring to each one of you much peace, upliftment and great love from our side of life.

(General thanks)

I have listened closely to your thoughts again for others. Again my dear friends we give many thanks for all the good that you do, and as we come closer to your holiday time, I would ask that you continue to think of those in need, not only those in your world but those also a little lost in ours; although in our world, no one is ever truly alone—nor so on the Earth plane, but it is not always recognised that we stand close to those who are in solitary spaces. But of course you would understand that from our world we try to influence all people, and yet so many do not feel our presence. So, my dear friends, I take this opportunity to ask once more for your loving thoughts throughout your holiday time.

Lilian: Yes, we'll remember that.

George: Yes, that is a timely thought and a timely recommendation. Thank you.

I know you will be expecting me to tell you that as we approach the end of another Earthly year, which is but one blink of an eye, I will be taking my leave of you for a short time to return to that place of all-knowledge and love, and to hopefully return to you in what you term 'New Year'—New Year on Earth.

George: We do understand of course and we all, I know, wish you 'extremely well' in that period when you are I think at 'home'—it is the only expression we can put to it.

I like that, because to you human beings, *home* means so much, and we have come to recognise how important home-and-love-and-family are in your daily lives. And so it should be, after all, it has been part of your spiritual pathways. No matter what your lifetime has produced, no matter how good or bad times have been, *home* to each one of you brings a great warmth to your hearts.

(General understanding)

So I too hope to feel that love when I too return *home*, but it is not quite as you would expect. My journey home is also *in the blink of an eye*. But nevertheless, my dear friends, I have to tell you how much you have grown in this past year. I know I say this to you often, but it is true.

Lilian: Well it does encourage us, so thank you.

George: Yes, I think we're all beginning to feel an inner strength which arises from that growth.

Yes, that is as it should be, that that knowledge enables you to live this Earthly life to the fullest, and also to the fullest of your capabilities and understanding; no matter what life brings to you, you will have that innate strength to cope and to understand each and every situation.

(General thanks)

George: I think we well understand love and family all coming together and I think we've come to feel that you Salumet are part of that family.

I thank you my dear friend for your words. I know we have become closer as time has moved forward; but there will always be a connection with each one of you as long as I continue to visit your Earthly plane. I have said previously that anyone who has entered this room has made that connection, and that connection of *love* and *knowledge* cannot be broken. So, although those who are absent are not within this room, does not mean they are not spiritually connected to you. Spirit is in each and every one of you, in each and every being on this planet and many other planets, in all places where life exists. And life, as you know my dear friends, is not always of humankind—it is much wider, much greater, so powerful ... and before I leave you this time, my dear friends, let me say: do not forget to go inward, do not forget who you *are*, and do not ever forget ... I AM. You understand?

(Affirmed)

Yes. Now, my dear friends, I will take *my leave* this time. Know always I hear your thoughts, your desires, and although you *may* not feel that I have listened, let me assure you here and now, that no thought that is pure of love can ever be destroyed or neglected. And with those words I leave you in my love and in the light of spirit.

(General thanks)

George: Wonderful ... love and confirmation of love, thank you Salumet.

(Thanks / farewells from all)

Lilian: And we look forward to being with you in our New Year.

Salumet's words this time were delivered with a slow heartfelt deliberation. As always at the year's end, he has now withdrawn to his place in deeper spirit.

~26th January 2009~ SALUMET

Good evening.

All: Good evening.

George: And how nice it is to hear your voice again.

Thank you. You, my dear friends, place much store in the sound of human voice: if only you could find within yourselves the knowledge that you *have* and to learn to *feel* more rather than rely upon the human word. This is something to be developed by you all, but of course, my dear friends I am full of joy that once more we come together, and of course to welcome back those dearest ones who have been absent for a little time. *(Sara and Graham)*

Graham + Sara: Thank you.

No matter how far any of you wander or travel, you are now my dear friends firmly attached to the love of spirit. As I join you, I hope that you feel refreshed since last we met, although I do know and understand, that so many in your world live beneath the umbrella of fear. I would say to you that of

course you feel that these fears are founded—and of course I respect those feelings because they are human. But I feel you know my dear friends what I am about to say: do not allow these fears to completely envelop you. Be positive in all that you do no matter what your circumstances may be. Those of us in our world stand close to uplift you in times of trouble and sorrow. Recognize these aspects of spirit and no matter what life brings, you will always feel that you are supported. Now, that is enough of my speechmaking to you. I would like my dear friends at this time to just surround each one of you in that deep spiritual love which you are all entitled to—and of course you *are* pure love when you allow it to be. I do not intend to speak too long this time, but because there are many, just for this time I will take a question or two, but I feel this, that it would be good for each one of you to travel upon a journey which I will ask our lady friend who has been absent for some time to conduct if she will.

Sara: Yes, of course.

And in so doing I am sure each one of you will leave this room uplifted. We have much to discuss in the coming weeks, and I will endeavour to bring to you some more thought-provoking subjects, but for now I am just happy my dear friends to join with you.

George: Yes, I am sure we all feel the happiness and it is so good to hear those words. Thank you.

Paul: Funnily enough, I have been thinking about the human voice today and how it's a remarkable thing, but it is just sort of a wind-pipe at the end of the day; it's the feelings, the thoughts behind it that are the important thing.

Yes, and some in your world would say: 'too much *wind* from some people'...

(Laughter)

...and I would in part agree with that, because so many superfluous words are used in your world. It is something for you all to think about. Try to convey your thoughts with your mind rather than words—not an easy task to begin with, but a most fulfilling one when achieved.

Paul: Sometimes when you feel you know people very, very well, you sometimes hardly need to say much to them.

Yes, because you feel comfortable with their energy, and a knowingness grows where words indeed are not necessary. You so often find within your world this can happen between two people who have been joined together in their lives, that they know almost what the other is thinking. But they do not recognize it as spirit; they feel it has something to do with *time*. Not so! It is available to you all. You understand?

Paul: Yes.

Sara: I wrote a letter today to try to raise awareness about computers and technology for children, and I thought at the time I felt I had a good motive for doing this. Do you think it's a good thing to do, using words in that way—the written word?

When you talk of technology, you are speaking of something that has been part of the progress—I use that word loosely, 'progress', of your world. I would say that progress will never go backwards—it must move forward—but what I would say is that each individual is responsible for how they feel and act in any given situation. Therefore as a parent I would suggest that if your views are strong, then you must follow that instinctive pathway.

Sara: Yes, I felt compelled to do it, because I feel it's not that the technology itself is wrong, but it's the degree to which I think many children are exposed to it.

Yes. It is the *love* of something which is not good—yes, I fully agree with you. All things have a purpose, but any abuse of that technology can only be damaging, but again I say, responsibility, especially when you speak of youngsters, must lie with parents and your societies.

Sara: Yes, because I feel that many parents are using technology as a form of free baby-sitting (**yes**). It's not that the parents are necessarily aware of what they are doing and the effect it is having. So, in a sense, many have become a victim, I feel, of this way of life. So really what I wanted to do was to try to raise awareness about the danger of the addiction to these things.

Yes, there is never any harm in sowing seeds that would allow any person to stop and consider actions, especially when there is great responsibility for the children in your world. So, I would say: continue if

you feel strongly enough, but I cannot say that it is all negative, because that would be an irresponsible statement.

Sara: No, I agree and I'm not saying it is wrong but ...

Yes, I understand, yes. If parents cannot protect young children then your world would indeed be a place to feel concerned about. Now, I will take my leave this time and allow the rest of your evening to continue and when we join together again my dear friends, it will be with love and joy.

(Thanks from all)

George: We look forward to that.

Sara's Guided Meditation:

Audio link: http://www.salumetandfriends.org/resources/2009_01_25+Sara+journey.mp3

We're going to travel on a magic rainbow ... so if you could imagine a very, very big rainbow, stretching across the sky as far as you can see, and you're standing at the beginning of one part of the rainbow, and it's a magic rainbow, so when you sit on one of the colour bands, you slide all the way, automatically, over this rainbow. We're going to start with the red band, so imagine a beautiful, vibrant, red, in a shade that you particularly love; a bright, strong, healthy-looking red colour. And you step onto this arc and you sit down and you slide ... all the way, but it takes a long time; and, as you slide on this beautiful red ray, you absorb the colour into your whole being and it gives you strength, a feeling of strength and courage – the feeling that you can cope with anything that comes your way, any challenge, any opportunity for growth. You take it with both hands. And you say YES! ... Because you can see the purpose ... you see the BIGGER PICTURE. So you absorb this wonderful strength into your body as you slide up over the arc and down again until you land softly and safely on the other side.

And then you can prepare to enter the orange band, and this is a beautiful shade again, a vibrant ... you couldn't see a more vibrant and bright shade of orange, perhaps on the fruit itself. So jump onto this orange band, sit down and prepare to be taken on a beautiful ride on this beautiful band of orange light, which is a joyful colour which gives you a feeling of joy, pure joy, fun, upliftment – a feeling that life is full of fun and funny little moments, enjoyable moments, sociable moments with people, times when you can share. So absorb this feeling of pure joy and laughter as you slide up, up and down again ... whee! ... down the other side, and then you get off and you step onto the yellow band ... beautiful, bright, golden-yellow, like the sun's rays. And this is your feeling of light, cheerfulness, laughter, openness ... the feeling that you can be as light and open as you really do feel inside. You can actually communicate that to other people too ... like the sun; the sun gives out its light all the time, and you too can be the same, giving out your light and your sunny personality; sharing it with others. So slide on this beautiful band of light, and like a child, express and feel the glee as you slide down the other side.

And now prepare to step onto the green band, and choose again a beautiful shade that feels beautiful to you, preferably something bright and light, with a real radiance. And prepare to slide up ... and feel the blessings of nature and new growth as you slide on this beautiful green. Feel the energy of the trees and the plants and the grass, and feel the essence of new growth within you, just as the buds will be coming in 'spring'. Think about the new growth in you, and what's going to be new for you this spring. What will you be reaping and harvesting this year? So, slide in this beautiful green all the way down again.

And now prepare for a lovely pink, as you start to sit on the pink band. Think of a beautiful rose-pink colour, beautiful love energy. Think of: love and kindness, care and compassion; unconditional love. Think of those qualities. Allow the pink to be absorbed into you. Feel the softness, the gentleness of the colour ... as you slide. Continue to slide up, up and then down this beautiful pink.

Now sit on the blue band, and it's a beautiful, bright, vibrant blue. Feel the confidence of this colour, the expressive confidence from the communicative quality of the blue. As you slide, feel this vibrancy and the quality that it gives you, a feeling that you can communicate and connect with others, and express your feelings to others. Feel the excitement of the blue, the bright blue. Think of the sky, think of your goals, and how far you can go, and what you can achieve. And slide up, up and slide down, and enjoy that beautiful bright blue feeling.

And now, step onto the indigo ray. It's a deep, deep indigo, and feel the inner knowing of the indigo colour. Think of your intuition, and how you sense truth, in this colour. Think of the mysterious quality that it has. Think of the dignified quality that it has, and the coolness of it and the quietness of it. Try to absorb this colour as you slide. Feel it envelop you protectively ... up, up and over, and down.

Now prepare for the violet band. So you sit on the violet band and it takes you on a magical journey. Feel the magic of the violet and the dignity of it ... the royal quality of it, and the creative quality of it. Absorb the feeling of a beautiful violet shade, as you travel up, up, up and over, and down ... and feel the coolness of it.

And now we have one more colour. It might not be the normal range of that you see in a rainbow, but I want you to sit on a beautiful bright turquoise band. You sit on it and let it take you on a beautiful, refreshing journey. Feel the refreshing quality of the turquoise, like spring-water. Feel it revive you. Absorb it into your being. Feel its protective qualities. Feel it lighten you up, like a shower on a hot day. Feel it lighten you when you've had a heavy burden to carry or a difficult experience. Feel the healing quality of this beautiful, bright turquoise as you travel up, up, up ... and feel your final slide down with a very, very happy wheel! ... Like a child. Then sit peacefully for a moment and feel refreshed, rejuvenated by all those colours.

~16th February 2009~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As I come to you this time, I have been most interested to listen to you all. I am happy my dear friends that you can discuss with each other on many topics and feed on the feelings that you have about these subjects. Always I have said to you: accept only what feels right for you. You will take on board all conditions of life. You will listen to many peoples, but ultimately you will accept only that which your heart can feel is truth—and we would have it no other way. We speak ... or rather you have spoken, of what is right and what is wrong. I will use an expression of your world; that is 'right' and 'wrong' are opposite sides of the same coin. Therefore all is not as clear cut as you well might like it to be. But nevertheless I wish for you all to continue to think freely for yourselves, to know within your hearts that truth that sits comfortably with you. I hope, my dear friends that you are in agreement.

George: Yes indeed, and I think that 'right' has certain associations such as 'love' and 'responsibility', whereas 'wrong' has other associations, and those associations perhaps vary with the society, and on this planet we have a number of very different societies.

Yes ... of course, what feels right for one person may not be right for another, but it is up to each individual to learn for themselves that inner truth, which you all have, but which is not always apparent to others. You all have that inner truth, but so often it is ignored; ignored because you will not fully accept the situations of the moment. You understand what I say?

(Silent pause)

No.

George: The situations at the moment, which *do* relate to teaching ... of all those connected to a situation...

Yes, yes. I am sure, within this room, on any one topic, there will be differences of opinion—of what one might term 'right', another might feel is 'wrong', but who is right or wrong? It is not up to you, dear friends, to make those decisions. Therefore, again I say to you: try not to judge another fellow human being, because no matter how much knowledge has been gained, you do not know or see the full picture of that life. Be careful not to be too judgemental; but that is not to say you should ignore all things. After all, my dear friends, you are living your lives here and now on this Earth planet with all of its conditions of today. You may well wish for different society, but it is up to every single individual to change; firstly from within, to change that *circumstance of life*, which does not sit comfortably with you. You understand?

George: Yes, and I'd like to give a classic example of that, later when the time is ready.

Yes. Change, my dear friends, starts from within.

Graham: We are changing as a society very rapidly, because what we perceive as 'right' now may not have been in the past, and the other way round. We as a whole of society, our attitudes are changing and I think we're much gentler with our children now than we used to be. Many things that we do differently now than we did in the past—people would throw their hands up in horror if there was a return to the old ways. So we are moving forward in our collective thinking.

Yes, and remember: one beacon of light in the darkness attracts many others, many others who will see and search for that one beacon of light. So, do not fear for the darkness of ill-knowledge. I say to you: shine brightly, as the beacon! Accept your fellow human being, with *all* of what you may term 'faults' and embrace that individual within the circle of love and light, which you are able to express; that way, you can *change* your world. But I do not say it is easy; all that can be achieved is never easy, but is attainable. Would anyone wish to speak?

George: Yes, I could bring up the subject of the recent Israeli war. It was just a 3-week punitive war against neighbouring Gaza. And the feeling I have about that is that in the Biblical tradition, it was Jacob who was named 'Israel', and the tradition is that a great nation would be made of Israel, and the 'children of Israel' were led out of Egypt. And so they have a strong Biblical connection and it seemed to me that in this punitive war against Gaza, they were throwing away spiritual values, and I felt this must be part of the decline of traditional religion with this connection. Perhaps I'm getting towards being judgemental in this, but it left me with a most uneasy feeling.

All 'disputes', we shall call them, within your world, are based on many things. The peoples that you speak of are still *imprisoned* by the values of religion—values of wanting to retain lands, or take land, which belong to *all* people; all land belongs to the Earth planet, not to individuals. Of course, much spirituality has been lost. I feel I can tell you that in the coming time, the problems in the country that you speak of will begin to decrease so that understanding will come.

George: That's good news.

But there has been a great loss of true love, true understanding of their fellow man, and in this situation it becomes an *uncertainty of spirit*—perhaps that is the best way I can put it to you. All men are uncertain of what to do, and that brings to mankind 'fear', which you know, my dear friends is what I tell you so often is happening in your world. But understanding is slowly beginning to take hold in these lands.

Sara: Salumet, we were talking about the 13-year old boy who's become a father recently. I presume that much good can come from this happening, and we were debating about the fact that this was meant to happen—meant to be. Would you care to comment?

Mankind must live in the world as it is now. There is no doubt of that; of course, any given situation can create good or bad. But that is why I have said to you: 'good', 'bad', 'right', 'wrong', are all but one whole. So yes, there is good, in as much as the outpouring of love for that new-born child will bring together many people, but also it might bring hardship to many people. So again, you have that division of what is good and what is bad.

Sara: And I can also see that it would perhaps make parents think a little more about protecting their children from having this happen at such a young age, which could be seen as a good result—a good effect. **Every parent in this world has taken the responsibility for the child within its care. But remember: you do not own any child—they are on loan to you. But of course, on Earth, there are responsibilities which people follow. All I will say to you is that you must follow what is within your heart; be guided by that light, by the knowledge you have gained, and no matter what problems come to you in life, you will learn to deal with them. There is no clear cut answer for Earth's problems, but that is why, or *partly* why you have come here, to experience many difficulties and problems. But remember what I have said to you in past times: it is not the importance of the problem, but the way that you deal with it—with love, with foresight, with understanding and with the help of us here, in spirit. I hope that has helped you.**

Sara: Yes, thank you, yes.

George: Thank you also for clarifying the Israeli situation, that does help and I think we *all* felt a great compassion for the families who were being hurt in that.

Yes—yes, always there has to be love—compassion, not only for those who have suffered, but for the perpetrators also...

George: Yes indeed.

Do not forget them, because they also need your love and your prayers for understanding. But, I can assure you, there is understanding growing in that area of your world.

George: That's very good news.

Now, for this time, I will leave you. Continue, my dear friends, to discuss, to understand each other, to heed from other's emotions and feelings—to become a whole person in understanding; that you might in giving of an opinion, give it with that love from within. And with that, my dear friends, I leave you with the knowledge that I am close by, close by in love and understanding of you.

(General thanks)

George's Notes:

Israel-Gaza war facts: The ongoing hostility between Israel and Palestine came to a head as Israeli prime minister Ehud Olmert issued a warning on Christmas day, followed by air attack on 27th December involving 50+ F-16 fighter jets and Apache helicopter gunships. There followed artillery and naval bombardments and tank incursion, causing ultimately 1,380 dead and 5,380 wounded, including hundreds of children; also much infrastructure of the densely populated Gaza strip (1.5 millions) was reduced to rubble. Israeli casualties: 13 dead and 523 wounded. The one-sided nature of the conflict was due to (1) surprise, (2) Gaza population density, (3) devastating effect of American-supplied high-tech weaponry.

(February meetings: Two cancelled due to ice and snow on roads)

~9th March 2009~ SALUMET

Prior to starting we learned that two of us were held up on their journey by an accident and would arrive a little late. During our requests for help for those in need, the recent Northern Ireland murders were mentioned and one had wondered if 'fear' might have played some part in these events.

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

Sarah: Nice to have you back.

I am happy to be with you once more. As we came together this time I listened to your words and your talk of 'fear'. We have spoken much about fear—about negative energy/positive energy. What is this fear? Positive energy presents itself as 'love', as understanding, as acceptance of self. Fear ... fear creates energy which has been transmuted from positive energy, and which is a non-acceptance of self. Fear creates reality which then shows itself in your life and in your lifestyles. Fear is being afraid to understand and to accept your true selves—who will not accept that they are spirit, with all the attributes that spirit brings to your lives. That is what fear does, and I am sure my dear friends, you know and understand that you all have the capability of transmuting the energy—negative energy back into positive energy. And always we, in my side of life, wonder why, my dear friends you torture yourselves so much and although it is the nature of the earthly being to worry, to fret about many things, you have to learn to transcend all of these worries and allow them to dissipate; in order that you may walk freely in the understanding that you know who and what you are about. Would you like to answer or ask any questions about fear?

George: I think we have this feeling that fear attracts bad happenings—unfortunate circumstances; and I think you've just given us the mechanism for that.

Yes, all too often, the human being feels he has no control over many situations in life. That *cannot* be true. In fact, I tell you that is not true, because you can transcend any condition in your lives that have negative qualities. You have that power, if that is what you wish to call it. It is a natural gift that belongs

to spirit that you should use in daily life, so that that gift of positive energy which you are—and I know you understand you are—but Earthly life contributes to the feeling of dread and fear, and you do not allow yourselves to be free of these negative feelings. Therefore, my dear friends, I ask that you think a little more deeply about fear.

George: Yes, it may sound flippant; but this has been a wonderful *pep-talk*, and I think you are saying that any of us can overcome *anything* in relation to fear.

Yes, yes and it is now time, my dear friends that you take up this challenge in your daily lives, that you put that knowledge to good use. I can only guide you, I can only explain all to you, but I cannot do it for you. Do you understand?

Lilian: so, if we're worried about, say, a family member, or a friend, if we can be positive around that person—that helps?

Yes. You are giving off that energy if you approach someone with fear and negativity; then that energy becomes stronger and stronger and it will affect the one that you worry about. So think about that, if you can.

Lilian: I think we do find that quite difficult on this planet.

Do you have any more questions about fear?

(Sara and Graham just arrived at this point, having been delayed)

George: I think you're saying there are two things here: We can overcome our own fears and we can be quite a beacon of influence in relation to other people's fears.

Of course. As beacons of Light, that's what you should be attempting to do. I know that the thoughts come—that it is easier said than done. That is not true.

Lilian: Yes, thank you for that. Any questions Sara?

Graham: I've certainly found that as I have grown older, when I have been afraid of things and you face your fears, you then look back and wonder what on earth you were frightened about.

Lilian: That's so true!

Graham: And then you recognise that you've grown and that is a wonderful feeling.

Yes, you use your positive energies to dispel that fear.

(Agreed)

And that applies to all fear, no matter on what level it is.

George: At a parachute training school, there is the motto, '*Knowledge Dispels Fear*'...

Yes.

... and I think that would be true and in your teaching, to provide knowledge of this general situation—that knowledge, I would say, certainly helps dispel fear.

Yes, I can give you the knowledge, but I cannot utilise it for you—that belongs to every individual; they must make the conscious effort to change. It is so easy, my dear friends, to give way to worry, to fear, when, so often, as the gentleman has said, it is unnecessary.

(Agreed)

Sarah: Yes, without your teaching, we wouldn't have realised that and, as with many things, once you're told, it's easier then to put it into practice and to know what you are doing ... so I think there must be a lot of people out there who probably wouldn't be afraid if they had your teaching.

Sara: That's true, because I often remember, Salumet, your words to me: 'do not doubt yourself'.

Yes.

When I'm about to perform, perhaps it's a new performance in a new place, I sometimes maybe feel a little afraid and I often think of your words and they help me to dispel the fear. Often when I'm singing, I realise that a lot of it is to do with trying not to doubt myself that I will reach the high notes for example. If I'm singing a piece that has very high notes, it is all to do with the self-confidence **(Yes)** and if I doubt myself for a moment, then the notes will not be so good and I may not even reach them. *Laughs*

That is because you are *acknowledging* the true self, the belief and the knowledge of who and what you truly are. That brings to you the positive energy which is needed to dispel all doubt, and it is not my words that have helped you, but the *execution* of the knowledge of those words. That is what helps you.

Sara: Ah, thank you.

You are responsible for what happens in life. As I said, I can provide the tools, but you must use them.

Sara: But still it helps, because without that knowledge, I would not be so confident or able, I think.

Yes, which, then, of course, when you recognise and fulfil your life's path, you radiate outwards that positive energy which has an effect on so many others who may not have the understanding or the knowledge that you may have, but still they feel and benefit from your energies. You understand?

Sara: Yes, I do.

You are like rays of the sun that stretch outwards, reach outwards, as far as you may go; and sometimes just a simple look to another person is enough if you are positive, to help others ... yes.

Sara: I also find that the sun itself seems to help. When the sun shines, I think everything seems more achievable, somehow.

That is because you are human. Whether your weather be sunny or dull or grey, whatever expression you may use, it should make no difference to that inner sun; that is what we are speaking of—the inner sun—that is quite an apt expression I feel ... yes.

Sara: I think we're learning to strengthen our inner light and always to be able to access it. But I think sometimes, when the sun shines, it just seems to give a little extra help and makes it easier perhaps.

Sarah: People are more relaxed I think when the sun is out, so they're probably more...

Graham: More ... smiley.

Sara: Everyone seems happier.

Sarah: Yes, and probably more accepting of what you might say to them too.

Yes, but also—I understand those feelings, of course, because you *are* human, you are learning. But would it not be most satisfying to cultivate that positive energy when things are going wrong, when that sun is not so bright, when things are dull and life feels grey. Would that not bring you more satisfaction?

(Agreed)

Yes.

Sara: I always try to remain colourful in the winter. In spite of the change in the seasons, I always try to surround myself with colour in the winter so that I don't feel drab and dull.

Yes, as we have spoken in past times, if you allow your earthly body to speak to you, to be spirit, you will always choose the colour which is suitable for that moment in time ... yes. That is why, so often, and I am sure you have become aware of it, that you may be with a group who are wearing similar shades of the same colour. It might be a condition of the time, or it may be that you are all blending in the same way.

(Agreed)

My intention, my dear friends, this time, was not to speak about fear, but when I listened to you, I felt it was an appropriate time, just to remind you of what your capabilities are.

Lilian: Yes, I'm glad you did.

And as always, I feel I repeat my words, but, at times, I feel for you, it is good to be reminded.

(Agreed)

Yes.

Graham: We quite enjoy being reminded.

Sarah: And quite often when you do remind us about things, quite often it brings up something new anyway, so it's always good.

Yes, of course.

Graham: I think your words once about the fact that we're never alone, I find very comforting.

Ann: Yes

Graham: A dark moment, or what we perceive as a dark moment, is actually an opportunity. All of these things do resonate (**Yes**) and as we go through life, it's wonderful that these words come back to your mind.

Yes.

George: Yes, something occurred to me quite recently that the Internet is a very useful form of communication, which has been developing over a period of about forty years, but another development that followed that is print-on-demand publishing. And it just so happens that the first company to make the publishing of books so much more straightforward, so much easier—especially books, shall we say, of a spiritual nature, which present day publishing houses are, in general, not too happy to take on board, because they don't make as much money as other subjects. But, it just so happens that the first 'print-on-demand' publisher started in the year 1994, which was the same year that you began your teaching with us, and you've reminded us several times that there are no accidents and that particular publishing company, we've already used for one book and I think we shall be using it for the next book; so perhaps your timing, in relation to passing the word on to many, many people, has been no accident. Would you have any comment on that?

If, my dear friend, I were a human being, I would be feeling my head swelling...

(Much laughter)

But I will go along with you, and confirm that there are no accidents, and that is all I need to say. I told you when first I came there would be many, many other areas that would confirm what I tell you, and of course, it is not only words that have to be used, but, as you say, books and what today you call: Internet, and may I say to you, my dear friends, forty years is the wrong time. It has been available in *our* world for much longer!

George: Yes.

So we knew it was coming to you for use in many aspects of your life, but to be used for good. But, as always, and as we have spoken of recently with the lady who feels concern for that kind of communication, all things must be used wisely and well. But yes, I, of course, am not completely and fully responsible for the time set.

George: It's certainly a great advantage in spreading the word to have the Internet (**Yes**) and websites and print-on-demand publishing. You've come at a good time!

I thank you for your kind words. Yes, I have to say the timing was planned very well...

(Laughter)

...But only because mankind is now ready to *hear* what he already knows spiritually—but again, as human beings, just needs to be gently reminded.

George: Yes, that is a profound thought.

Yes.

George: Thank you.

Now, before I leave you this time, I am not going to say what I will be bringing to you, but if there is any topic that you wish me to discuss with you next time, then do please say so.

(Short pause)

I have discussed everything have I?

(Laughter)

George: No, no, no ... In fact I was just thinking that ... it was in the very early days that we brought up the subject, and you spoke on, 'stone circles' (**Yes**) and I think there was the implication that more might be added in that direction at some stage?

Yes.

Lilian: Yes, that was on my mind George.

So you would like me to bring you a little more?

George: Yes, I think that would be of general interest ... am I right?

(Agreed)

George: Yes, please.

Sarah: Yes and there was something ... I've forgotten ... but there was something you were going to come back to us on it ... but it was quite a long time ago now.

But do not forget the time factor means very little and what seems a long time to you is in fact, a second.

Sarah: It's just that my physical brain has forgotten what it was, but there was something else you were going to come back on.

Yes, but I will be happy to discuss your stone circles with you.

Now, my dear friends, I hope I have left you, once again with some thinking to do, and we will now allow others to come this evening, and I will work quietly, for a short time, with this instrument.

(General thanks)

Following Salumet, there was one via Sarah, of powerful voice whom we recognised. He had spoken with us before on the subject of our past lives in South America in the days of the Inca Empire. This time he spoke of his awareness of the present day population; in particular of a group in a South American mountain forest area. They meet regularly, as we do, and offer thanks to spirit for their daily existence. He seemed delighted to have found these people and has spent much time in their presence. He declares them to have similar mind-development to our own group-mind. He has requested that we allow 'togetherness evenings' during which group-mind energies are blended. We agreed and so, the next time we meet should be interesting! We were given the name of the people as: 'BLEAK OUTCOME'. Our visitor explained that this name sounds a little depressing ... and we had to laugh ... but we were assured that on translating to their language, its meaning is very different! In fact, we understand their language, is one containing a number of words that convey opposite sense.

Finally, via Eileen, a very nice lady who addressed Lilian and each as 'Ducks', conveyed messages from ones in spirit to individuals present.

~23rd March 2009~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

It is good that we are joined this time with our young people. (Emily and Natalie) Please forgive the slowness of my words I am making a few adjustments. I hope that my words are clear.

Sarah: Yes, they are very clear.

Lilian: Yes—fine.

I sense within this room, a feeling of seeking, of knowledge, of sharing that knowledge with others.

When last I came to you I said to you that we would discuss whatever you wish to and I know that you are anticipating that conversation this time. I believe our gentleman friend wished to discuss a subject and, that being so I will begin this time by allowing him to open with a question.

George: Thank you! Yes, well I'm pleased you refrained from joining us last week, because during the course of this last week, we have learned of the stone circle in Turkey, known as Gobekli Tepe, and I suspect that is rather an important one. It was re-discovered for this civilisation in the year 1994; that date comes up again! It's an extensive set of circles that may have contributed to religion and myth, if I could describe it like that. So, if you are able to tell us anything further about Gobekli Tepe, I'm sure we would be most interested—or anything indeed, on the stone circles and their purpose and use.

I, my dear friend, am always amazed by you human beings; I am always amazed—I use that word lightly—at what you find so interesting in time gone by. But firstly, let me say this to you: mankind has always been inquisitive about the planet upon which he lives. We have discussed on many occasions, different topics that have interested you and I have always been pleased to answer any questions that you may have had. Firstly let me gently remind you my dear friends, of my words, that much is still to be discovered—and those words came to you early in our acquaintance and I am sure that as time has continued, you have found those words to be true.

George: We have indeed.

Yes—when you speak of these 'great stones', as they are referred to by you good people, let me just remind you that the appearance of these many stones happened at a time before your known Christianity.

George: Yes.

Again, I will remind you how young that religion is in the table of time. Those people who were surviving at the time before Christianity were—how do I say without offence—many illiterate people, poor people, people who were easily swayed; people who were taken, in a great degree, into slavery—and I know you know that many souls were used in the creation of these stones. I will tell you, my dear friends, that there are many more which will be unearthed and will become part of your history. I do not know if you remember my words that these stones throughout your world were helped *(re their construction)* by others, not only builders and slaves, but by those people who came to visit your planet, whose knowledge was much greater.

George: Yes, who were versed in spiritual methods, I believe.

Yes ... that of course is something which would be frowned upon, even in today's society, because that knowledge which is not understood by many, would just seem to be impossible. Of course, there are structures which were only man-built, but the larger, greater structures were done with help. Why all around your world are these stones appearing? Because, within many thousands of years of Earth history, mankind's religion was much more simplified. Many, many of these structures were offerings and used by the people in the hope that they would be blessed by the gods of their time. We have discussed how time was used with these stones in your own country, have we not?

George: Yes.

Because, remember many people worshipped the elements; they worshipped the sun, the moon, the wind, the earth—all natural substances of your planet. *They* were the gods and religions of the time. Do you understand? (Yes) ... because without that understanding, there would appear to be no purpose for these stones.

George: I believe there was an energy connection as well. Avebury, for example was built at the centre of the major ley-line that runs through the country.

Yes, Yes, but what you call 'ley-lines' to the people of that time, was just a natural energy. It had no name, but the people, mainly the people who were involved in the construction, realised and utilised these energies. All of this energy would have been worshipped by those creators, because they were helped and given the knowledge that was necessary for the creation of these areas of stone.

Sarah: Those visitors you said that came and helped with the stones; why would they have wanted to build them? Did they also worship the elements?

They would have used these as ... if you take today, if you have one of your aeroplanes, you look for what you call a 'runway'. These stones were used for a purpose: they were used for the time of the sun and the moon in order that these people could come to you, to your earth and teach.

George: Yes, so the energy associated would have helped in, shall I say: the arrival of spaceships.

Yes, of course. Yes, it is *(was)* much more widely known in those days long gone that other creatures existed from other planets, from other times, and their superior knowledge would have been used to help mankind in his 'religion' as you call it, in the worship of the sun, the moon, the earth, and of course, what is the earth if not the stone upon the earth.

Sarah: So they used the stone circles, so that they could come to visit us, but what was their purpose in visiting us? Just simply to make contact?

Of course, their knowledge was greater and always has been. Your Earth planet is very young, as far as creation and *time* goes...

(Agreed)

...in the same way as your Christian religion is young in the table of religions.

George: Yes ... with the Gobekli stone circle complex, there is a radio carbon dating for that one. I think it is 12,000 BC.

I tell you no, it is slightly younger, yes ... or *older*, how would you say? ... *Longer* in time.

George: Oh ... it goes back a little further in time?

Yes, yes.

Lilian: I was wondering if the people on Earth would have looked on the visitors as um...

...Would quite happily accept those of superior knowledge—yes, and at that time they would have come to them in the same physical form.

Lilian: Yes, because they wouldn't have been frightened—the earth people...

Of course not, no, because it was much more natural then; it is only as time has progressed, and man has allowed his thinking to become blurred and altered, that *the fear* has crept in and allowed mankind to be *fearful of life*...

(Agreed)

...fearful of natural energy, fearful of so many things.

George: Perhaps, this is why some of the circles seem to have been deliberately earthed over.

Yes—there I have to explain this a little to you. There comes a time in man's evolving, when mankind becomes neglectful of the true purpose of his life. There comes fear, there becomes envious feelings for his brother in life, and those who help to create, felt that the time was not right for true explanations.

And that is why, as you have mentioned now, the discovery of another circle of stones. The time *now*, the time since I came to you, is the time for re-opening knowledge, for allowing mankind in all his education, in all his understanding, in all his creativity with *modern* science, to re-discover the truth and why these things existed. Mankind is becoming more open-minded, more accepting of what was and what is to come.

George: Yes, that is much appreciated that there is the move in that direction.

And do not forget that in this day and age of your existence, you have been given the knowledge to *look into* any parts of your world history, to find these things, to understand for yourselves; and do not forget you have free will to either accept or decline the facts that are placed before you. That is my wish for you; it is better, my dear friends, that each one of you takes the information placed before you, that you dissect that information and then you come to the conclusion that sits most comfortably with you. In that way you can then move forward to new areas of discovery. But what I would say to you, my dear friends: what is more important to you? Although your history is rich and you try to understand your world in past times, I would say to you that those times are passed. I would say to you: look forward, look to what you can achieve, be as those visitors those many years ago, be the ones of knowledge and understanding, be the emissaries of spirit that you have already become, and take forward that knowledge.

George: Yes, I think that almost gives us an impetus to *go forward (Yes)*, to know of these matters in the past (*Yes*) and then to know that Earth has received the visitors—and these stone circles in some measure are evidence that this has happened, and this I'm sure can help us all to move forward, with that knowledge.

Yes, take it as your evidence of existence, as you would *any* structure of the past that remains. It is part of time gone by, although it always will be. But you have been given from our world the knowledge and the detail, if you so desire. But do not allow yourselves to become trapped by what has gone before. History is part of your world, but it is only a very small part. You should be looking forward, but as I have said to you: it is up to each and every one of you because of your free will.

George: Yes, a number of scientists have looked at the circles and have worked out that there is the calendar (*Yes*) and bodies-in-the-universe connection, but they've been most reluctant on the whole to make the other connection, with visitors from elsewhere.

Yes, and that will take some time to change. But for those of you with open minds and hearts, then you have to accept that it is proof of their part in your world.

George: Yes.

Sarah: Going back to those visitors, you've said that they came back in human form. Did they change into human form when they arrived, or are they similar to ourselves anyway?

Because of their knowledge, they are able or were able, to transmute their appearances; in the same way as the angelic beings in our world can also do that. Their ... it is a race that was able to do this in order to do the work that was necessary.

Sarah: So, are they no longer in existence, that particular race?

That particular type of person would not be inhabiting human form in this time of your existence, no.

Sarah: So if we were to have visitors ... well, we *do* have visitors I know now ... but if they were to show themselves...

...As they are...

...They wouldn't change anymore?

No, they could not change.

Sarah: Ah right, thank you.

You are speaking of quite a progressive part of your history. At that time, many things were happening. But of course, the people in your world, so long ago, before your Christianity, did not have the intellect to do much thinking for themselves. As you know, in times gone by, many races have drawn pictures in rock. So you see the importance of the stone and the rocks of your world; it has *many* uses and that is partly why, because it could be seen from so far, by so many, not only for the visitors, but for their worship; but they were people of poor intellect—you must remember that.

Sarah: Poor intellect, but unafraid.

They were unafraid, because it was *natural* to them. There was no one to say 'that cannot be happening', because they could sense and feel for themselves.

George: Yes, they would have sensed and felt more strongly than many today perhaps.

Yes, although I say they were not of great intelligence, in fact they were much closer to their own spiritual selves—yes, of course.

Sarah: And because we have moved away a little bit from knowing our spiritual selves, have some of the visitors that we might otherwise have had, been put off from coming here?

There will always be those who are interested in your planet, only in as much as they feel they need to help you.

Sarah: Ah, right.

Yes, Yes. You know very little, actually...

(Said with amusement and followed by our laughter)

Sarah: And these people, if they do come, they would be able to help us would they? They'd like to help us, but *can* they help us?

They could inspire and help you, yes. That would be their purpose.

George: But today, they would not be relying on stone circles to assist their travel?

No, because they have progressed onwards from that.

George: They have progressed, yes.

Yes, their entry into your world has changed. As all things, it has to evolve in the same way as you have evolved over many thousands of years.

George: Yes, so it's almost as if the stone circles are a piece of obsolete machinery.

Only inasmuch as they are a part of your planet's history.

George: Yes.

Sarah: As are the pyramids, because they were used for space travel (**yes**) and that probably wouldn't be any use anymore either.

Yes ... they are younger in age, but that explains why there are so many stones all over your world, not just in one country or one place.

George: Yes, they're not always in circles, either.

No, that would depend so often on the sun, the moon and the elements.

George: Yes.

Remember too, they all were places of worship, so you would have that diversity of shape.

Lilian: Some people believe that the stones give healing. Would that be the energy from the stones?

All things have energy. It is a myth to say things do not have energy. Everything on your earth is energy; some more dense than others, of course and your stones and rocks are *dense* energy.

Sarah: Referring to Stonehenge, they say the rocks actually came from Wales, which is quite some distance...

Yes.

...So that was probably helped by the space visitors?

Yes, they would have chosen where to excavate for all of these things. They would have been inspired also, and there would have been many, many men who would have been used for this purpose, and all the technology of that age would be used.

Sarah: Would they have used de-materialisation?

That is the purpose of the visitors to help, yes. That, as I have said at the beginning, would be the part that your historians or scientists today ... that would be the part of the construction that they would find difficult to believe.

Lilian: I'm sure they would!

But I assure you it took place. It was *easy* for those people who had that knowledge to help in that way.

Sarah: It seems an enormously long way to bring those huge stones overland.

Yes.

Lilian: When you think what we've lost!

(Agreed)

George: I think I'd be right in saying that the Avebury Circle at the centre of the energy line (**yes**) ... the earth energy would have been greater at certain times of the year, and many people would have congregated there, and utilised that energy, probably for their well-being.

Yes, yes ... that is why these places were used, not only as places of what today you call religion, but also places of sacrifice to their own gods. Yes, they would use all these energies and within a circle, or as near as possible to a circle, anything that connects, is indeed a circle, whether it is of a circular shape, would create stronger energies. And you do have to try to understand that the forces within these stones do indeed create much stronger energy and that is what the people could feel. People in your world today can also feel these energies, can touch these stones and feel the energies, but the people of those earlier times were much more in tune to what was around them—yes.

George: So the stones would be like a point of focus for the energy, bringing it together and concentrating...

Yes, in the same way, as people today in your Christian religion, would use their crucifix to feel some energy from it, or that they, in their churches today, feel the energy of their priests, or vicars, or rabbis—it is in an enclosed space. Can you not see the correlation between your churches and temples today, where people are gathered together in a small space, and how that energy rises, especially when they sing? This is the energy the people could feel within the stone circles when they worshipped. When it was used for their worship, they could feel the energy from the rocks and the stones and the ground upon which they walked.

Lilian: They would feel uplifted, probably.

Yes, I am sure each one of you within this room has walked upon the grass or the earth of your planet and felt great upliftment, have you not?

All: Yes.

That is why you find your young children like to run and feel the energy from the bottom of their feet, although they do not understand it as such, that is what is happening—they are absorbing the energy of the earth.

George: Yes, that's an interesting analogy between the church and the stone circle.

Yes, it is just a different time. Has that helped you in your understanding a little?

George: Yes, that's most interesting, and I'm sure there'll be many who will read this on the website and find it of great interest.

But as I have said to you: there is more to be uncovered and it will. And I have to say that in this time of your evolution there is no greater time than now for mankind to at last understand himself.

George: But as you say, we should see this as a device for helping us to look forward.

Look forward, yes, it is the proof of time gone by, of course, and you will be interested. But, my dear friends, please do look forward, look to what you can achieve today, and who knows, perhaps, in another 10,000 of your Earthly years, people of the earth will look back to this time, and say 'it was an era of new beginnings!'

George: Yes and as you very heavily imply, there's a huge gulf between the consciousness of then and the consciousness of now.

Yes, there should be no reason for them all to be filled in and kept to be discovered, because you *do* have that free will *now*. And you have the ability, you have the knowledge, to take it to others, to spread what you know and feel to be true. We can ask no more of you, my dear friends, other than you be true to yourself—and that is spirit. You *are* spirit and you must always remember this. And now, I feel, for this time, I will take my leave of you. I hope you take something from these words this time.

George: I was going to say: as ever we have much to think on (**Yes**) and much to present to others, and we are most grateful.

Now, I wanted to say to you all that it brings great joy to us when we know and listen and see how much good work that each one of you does in the name of spirit.

Sarah: We thank you for all the words you have given to us, so that we *can* do this.

(General thanks)

George's Notes:

Some of the points made:

Christianity is such a young religion

Church energy compares with stone circle energy

Stone circles are evidence of UFOs and of spirit

Gobekli Tepe was earthed over through fear

There is no greater time than now for humanity to understand itself

Consciousness of then and now are poles apart

Spiritual methods of stone working are not accepted or understood by the majority today

And it follows that the published work of Erich von Däniken describing artefacts of likely extra-terrestrial origin should be taken seriously.

~30th March 2009~ SALUMET

Prior to Salumet joining us we had spoken amongst ourselves of the seemingly untimely deaths on the planet from various causes ... shootings, wars, floods etc. Then there had been more lengthy discussion of difficult children and how they may be simply non-receptive to efforts to teach them.

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As I join with you again this time I bring to you much love, much light, much understanding.

(General thanks)

We have noted your words this time, and perhaps I can say just a few words to you my dear friends.

Lilian: Yes, that would be nice.

Always on this planet there have been people who have been called 'evil'; all throughout your history men have fought against one another, and still to this day man fights his fellow-man. And, my dear friends, as you have been speaking about the children of your world that is where I will begin. Even to the smallest child there are frustrations and emotions that surely surprise you. You see it in toddler children, where their frustration overtakes their good and sweet natures (yes). So that is where we begin. The answer at that stage is to help them, not by scolding, but by helping them to understand and to overcome those emotions, so that they then become children who become fully involved in their own emotional states. This is not impossible, and I feel there some doubt within this room; but children of

very young age know right from wrong, because they are so much closer to our world (yes). Therefore, ultimately, their natures should be good and should be supported by the adults in their lives. People are not fully evil; we have spoken of this in the past. There is always good in even the most disruptive person. I would say to you, my dear friends, these people, these children, deserve your love, your understanding and your prayers.

(Agreed)

George: Perhaps, part of the problem is that we've created too many diversions within our society, so that the adults are so often diverted from that attention which the young require.

Yes, you know that every person who is a parent to a child, has come with that contract in mind, and surely, what better way of expressing life is there, than to help and understand those young ones who are part of your own development? And of course, we know and understand that not all people have this understanding. But what I will say to you, my dear friends, is that they *do have* that innate understanding, whether they wish to honour it or not. Whether they use that understanding is entirely up to each individual, but what I would say is that, at the end of each Earthly life, *then* you will be responsible for your actions. There can be no better way of evolving spiritually than to help those souls who are in need.

Graham: One of the rewards of the job that I'm involved with (*special needs teacher*) is that some of the most disruptive children, particularly the older ones, and they can be really difficult, **(Yes)**; they're so kind to the little ones and they can be so sweet and so patient. In their own form, their own group **(Yes)**, they can be very difficult, but when they deal with the little ones, you see a totally different character, and I think what you said about the innate knowledge ... that's when it comes, when they look at the younger children, it seems to bring something out of them.

They are attracted by that purer spiritual light.

All: Yes!

Do not forget this. This also applies to the adults of your world. I am sure there have been many instances that you would recall of what you call 'special people', who have great influence on the masses. What is it about those particular people? It is their spiritual light which is brighter and is attracting those many people to them. So, when you discuss, my dear friends, the way to teach and to discipline, I say: balance those things with much love, and then results will be produced. But always there will be difficult individuals, who spiritually, become lost, and that is when your prayers are truly needed for those people. It is a great responsibility, those people who are involved with young people. It is a burden upon their shoulders, but you are never given anything that you cannot deal with.

Lilian: That's interesting to know.

Graham: I find those words very comforting.

(Agreed)

That does not mean that the road will be smooth.

Lilian: Yes, I get that.

But, you will never be given anything that you truly cannot work out.

George: Yes, it's a good feeling that there's always prayer, if direct approaches seem to be failing.

Yes, and we know, do we not, my dear friends, the power of prayer and the results that it can bring.

(Agreed)

Lilian: I can pass those particular words on to my daughter and, one thing I'd like to ask you, if I can: she's having a problem with her son in school, he seems to be off school at the moment—he's nearly 14. We've asked for help and prayed for him, and she was talking to him the other day, and she could see lights round his head. I said that must be help that he was getting. Am I right?

Yes of course ... spiritual lights you were seeing. Of course, we try to help all who are in need, but, for those people who do not see clearly, sometimes the power of the spiritual light becomes available to their sight (Yes). Yes, it is help, it is upliftment, not only for that child, but those who are trying to help him.

Lilian: Those words will be very helpful for me to pass on. Thank you.

Now I know that as you leave this time, you will ponder the words; again, words that have been given to you in the past, but words that needed to be *reminded* to you. And, as I leave you this time, I would say that perhaps our dear lady friend will take you on a journey of peace, contentment and knowledge.

(General thanks from all)

Sara's guided meditation:

Audio link: http://www.salumetandfriends.org/resources/2009_03_30.mp3-SARA-11+mins.mp3

*I want you to imagine that you are sitting in a beautiful garden, surrounded by lovely flowers, perhaps spring flowers: daffodils, snowdrops, maybe some bluebells ... lovely colours ... and tulips and all different colours. And you're looking up and the sky is a beautiful blue colour, and you are absorbing the sun's rays and the lovely blue of the sky into your whole being, and feeling really refreshed by it. The blue gives you a feeling of peace and tranquillity. And the green all around you, the grass, the trees, the hedges, the bushes give you a lovely soothing feeling for your soul. And as you sit in this lovely garden, you hear the birds singing and you realise how happy and contented nature is, and how much you are a part of that peace and contentment. And now that you are away from all the hustle and bustle of the everyday world, you realise that your **real nature** is contented and peaceful. You sit and absorb the lovely colours and the lovely sounds of nature into your being. Any worries, any burden, any stress you have carried is just being lifted away ... it's just melting into the nature around you. The energy of the sun seems to dispel any fear or negativity that you might have been feeling and you realise that all things are possible. All of the things that you want to achieve can in fact be done, and that any little problems or obstacles you may have felt were there have gone. Perhaps, they never really were there. They are just melting away. The garden is really delightful, it's beautiful, it is uplifting. It's really cheerful; it has lovely colours that uplift you and you feel a sense of your own happiness, which is not dependant on any person at all. It belongs to you. Just because you are ... just because you exist ... and you realise that nobody really does have the power to upset you if you don't allow it. You realise that you just want to retain this wonderful peaceful feeling throughout your days, whatever the challenges. After a while, you decide to get up from where you're sitting, perhaps on the grass or on a bench ... and you walk towards the gate which is ahead of you in that garden. You decide to go for a little walk, so you open the gate and you walk through. It seems to be an archway of trees bending towards each other. You are walking through this little avenue of trees, and then you come out into the open and you realise you are in a beautiful open space with fields on either side. And so you continue to walk through these wonderful green fields, and the freshness of spring is truly upon you and you walk with a spring in your step, feeling at one with nature. You feel glad to be alive; you feel glad to be able to walk easily with your legs and you know how fortunate you are, just to be able to experience this feeling with awareness. Eventually, you come to a beautiful tree and you decide to sit beneath the tree. And you feel the calming energies of the tree and the strength that it gives you. You sit in silence and listen for any guidance that you feel ready to receive from your guides. Listen to any words or feelings they may give you: perhaps some inspiration for something that you would like to do. Perhaps a new goal, a new project now that spring is here. Perhaps there is something you have always wanted to do, but never quite got around to doing, or perhaps even been a little fearful of trying. When you feel that you have received a message, walk back along the path by which you came. Perhaps go back through that gate into that beautiful garden one more time and enjoy, once more, the beautiful, refreshing colours ... and that lovely feeling of blissful peace and happiness that belongs to you at all times, if you can try to remember it and remember your true nature.*

George's notes:

Spiritual Light: Salumet has of course spoken before on the matter of 'spiritual light' ... that quality, seen as brightness or felt as attraction, perhaps more so by some than others. It may rest with 'enlightened' political leaders (Mahatma Ghandi and Nelson Mandela come to mind), spiritual teachers, citizens of integrity and young children. The children, not yet conditioned by cares of the world, remain closer to spirit whence they have recently come. Many are attracted to their purity of spirit, including those few who harm children and then face prosecution in the law courts. Sadly, spiritual light is not always recognised for what it is. But it is evidence of our spirit identity and artists have on occasions been inspired to portray it in their work.

~20th April 2009~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As we come together this time there is a great sense of peace. I am sure that each one of you feels this to be so.

Lilian: Yes, thank you.

As I speak with you this time it will be quite short so I will invite you, my dear friends, to ask me any question that you would like me to answer and for the rest of your time each one will be worked with by ones from our side of life who will try to inspire and to help you in whatever way is needed for you.

(General expressions of appreciation—in fact our second question was answered at considerable length such that Salumet remained with us 40+ minutes)

So, if you would like to begin, I am happy to be with you.

George: Thank you. Well, I think there is one question that I think we are all thinking about. At our last meeting (6th April) there was no speech, but one of us, Sue, was impressed with the information that energy was being drawn from each of us and it was described as like the aurora borealis, with streams of energy. And it was also being drawn from other groups around the world and was being blended for redistribution. I was wondering if you would have any comment on that.

Yes—as you fully understand, each one of you is a light-being; of course, as spirit, that has to be so. As energy is used, sometimes it is displayed or recognised in the form of colour, which would explain why the instrument explained it in this way. The closer you come to us in spirit the brighter the colours become and the light has a ‘sharpness’ which you would not be aware of in everyday life. These lights are indeed spiritual lights, but it should not surprise you, because until you truly recognise yourselves as spirit first and foremost you will always have this surprise. I would have to say this to you: that as far as other groups and energies are used throughout your world, they are normally used as individual groups. I cannot say this time, but I will look to see why the instrument would feel that there would be some blending here as well. Many groups throughout your world are aware of the light energies—of course, you cannot work with spirit without it, you cannot exist without it. You understand?

George: Yes, yes, I am sure we all accept that.

I will confirm for you next time what indeed was happening.

George: Thank you! From the way that it was described, it seemed like a ‘grand event’ but perhaps it is something fairly normal.

Yes, that is why I say: you need to become more fully aware of the beings that you are and the energy that you are, because, my dear friends, even as you sit here this time your energies are blended for the purpose of helping us to come to you, and that energy is utilised to the best of *our* abilities, in order that we can make use of it at these times. You understand?

George: Yes, thank you Salumet. That does open our eyes a little further in relation to energy considerations.

Lilian: I think your instrument (*Eileen*) described how she felt—it was as though her mind was travelling through space and on coming back she did have quite a job to connect back with the body.

Which happens sometimes; that is why I request that there be no sudden noise. Her mind is always placed to one side whilst I use the physical body for speech, but the difference last time was that she had some memory of it, that is all. It is not anything that is different.

Sarah: Was it just a coincidence that she had some memory of it this time or was it because she is becoming...

...More attuned, yes, more attuned to what is happening, more demanding in what she expects. She has been asking questions.

Sarah: Ah right, and now she is getting some answers.

Yes.

Sarah: That’s very good. Thank you.

Has that been helpful to you?

(Affirmed)

George: I have received a request from one of our newer readers, who is very interested in our meetings, and he has asked if he can place a question with you. It is from one we know as Tony and it is about spiritual pathway and the ability to be healed. I will read the paragraph from his letter that is the crux of the matter. He says: our Earth life-plan is predetermined before we arrive, having been discussed with our guides, spirit helpers and family in spirit. This is something which I have felt for many years to be the case. On the basis that our life here will follow predetermined lines of development and experiences, I cannot understand how spiritual healing can help somebody who is not well, if that illness is something which that individual must experience during his life on Earth. Could it not be argued that if the spiritual healing has an effect to remove or reduce the illness being suffered, then the healer, if he or she is able to grant relief, is in fact altering the operation of the normal, natural laws. I'm sure he would be grateful to you for any words you may have on this.

Yes, firstly, let me say to our dear friend, that no healer on this Earth heals. They are used as an instrument *from* spirit, *through* spirit, *to* spirit. This we have discussed before; but a healer, no matter in which way he is used for healing, whether it be within your medical profession, or what you term spiritual healers, no matter what form of healing, no healer can *interfere* in that life. Therefore, if an illness is what has been 'accepted for this lifetime' then no healer can heal that. I agree with his words. So, firstly, he must accept that no one upon this Earth, whether they be an instrument for spirit or not, can interfere in another's life. But what *does* happen and *is happening* is that people who—and remember my first words—who create their own illnesses whilst in this lifetime, can, with the help of spirit forego all of these conditions. Can you see the difference? Can you understand what I am saying to you? If not, please say now.

Lilian: So, if they're really spiritually aware, they would be able to accept the help?

It is nothing to do with being aware, but if *they have created* medical conditions within the physical body, then what is needed is for the spirit to be touched, so that a healing can take place. That is the difference.

George: And such a condition would arise from wayward freewill?

Yes, but you cannot interfere with someone who has come with a condition of illness, because that is the life they have chosen. There is a difference; you need to see that difference to understand why these things happen.

Sarah: There could be people who have come with an illness that could be cured and perhaps that is to give them some sort of belief or understanding. Could that be the case as well?

If they have chosen to come with an illness and that is their life-plan, then no healer upon this Earth can change that, but there are those who are willing to be changed sometimes. As long as the healer does not encroach upon that life-plan, then healing, of course, can and does take place—but it is the spirit that is touched, not the physical being. You have to remember the difference: you are *spirit* with a *physical body*.

Lilian: It may just be that the healing will help them cope with whatever ails them.

Yes, it can help, but it cannot erase the condition—sometimes. That is why some people respond, others do not. It is because the spirit has not been touched.

George: And I get the impression there's more illness on our planet from misapplied freewill (**yes**), than from pre-determined life-path.

Yes, human beings have to take responsibility and I am sad to say this is not happening too quickly, because the human being always finds another reason why there should be these conditions in their lives. If only each one of you would go inwards to find that spirit within, there would be so much less illness in your world. You understand?

George: So, in effect we could self-cure so much more.

Of course, I have stressed this to you in the past that *you create*, therefore *you can change*. If you have created something with your mind, you can undo it with your mind.

Sarah: But not if you've come with a...

No—with a life-plan, yes, it can be helped, but it cannot be erased, otherwise you are interfering, and with natural laws that cannot take place—that would not be allowed. So you see, it explains why even with people who seek healing, they do not find it, because it is not meant to change. You understand? But I have to tell you, my dear friends, most conditions that people suffer on your Earthly plane are self-inflicted. You understand?

(Affirmed)

Sarah: Sometimes the self-inflictions actually can help people—if they get something the matter with them, that in turn, once they realise what it is, that can put them on the right pathway, perhaps a better pathway. I was just thinking of Emily, for example, who thinks that she has had depression for a long time, from a very young age, but now she's got over it, she seems to be going forward much better.

Because the spirit has been touched, because illness you see, is a selfish act; illness creates attention, illness deflects from the true spirit and nature of life. But yes, once the spirit is touched, spirit can then help, and move forward. You have to look at it from a spiritual aspect, not from a human viewpoint, otherwise you will be discouraged, you will not accept our teachings of illness, but there will be an outcry of: 'how can that help?' 'Why do we have this?' 'Why do we have that condition?' You cannot allow it to take hold of your life.

Lilian: Well, I was thinking about my granddaughter. Now It must be about a couple of years ago, I had a message from my husband, who is in spirit, saying that, by the time she is eighteen, we would see a difference in her **(Yes)**. So, she's on the right pathway and it's something she has to put up with, because at that time she had about three years to go to eighteen. So, he *(my husband)* could see in spirit the wider picture again.

There is a wider picture. But remember also, that you human beings have the capability of changing your lives. Each step along the pathway belongs to your freewill. That is why sometimes people say: 'but I have been told this, I have been told that, why has it not happened?'—Because somewhere along their pathway, the will of that person has altered.

Lilian: Ah! I'm glad I asked you, because we were rather banking on this '18' thing. That's lovely. Thank you.

Emily: Going back to the fact that illness is self-inflicted: for children, that are very young, how could that be self-inflicted, unless they have been born with the illness if they were particularly young.

That is a case of spirit coming back for a reason—a strong reason. If a baby is born with a condition, it has been born in that way in order to lead a life of spiritual growth. That is the difference.

George: Thank you for that clarification, Salumet, and I think your words explain why spiritual healers are, broadly, so successful!

Yes, they cannot interfere in anyone's life and if the spirit is not touched, there will be no healing, and there is nothing any healer upon this Earth can do to change that. But, it is most important, my dear friends, to begin and always understand ... recognise, that you are spirit first and foremost, then all other parts of living will become less important. You must know of people who have overcome great obstacles in their lives, whether it be health, whether it be living life in terrible conditions with tragedies abounding, and yet these spirits shine brightly.

(Agreed)

That is a case of spirit taking responsibility for what is happening in their lives.

Sarah: So if you've got an ongoing illness, the belief that you will get better and the 'going within' and listening and telling yourself you are not ill...

It is not a belief, it should be a 'knowing', a certainty that spirit can overcome many things. You cannot have one answer to so many different conditions. That is why, in *our* world, there is much discussion before people are born into *your* world. These decisions are not taken lightly, but those who choose to live a life of hardship or illness and at the end of that lifetime have created a wealth of spirit. Do you understand?

Sarah: So you could ... if before you come over, you decide that you are going to have a life of illness, so whatever you do, you're going to keep being ill...

You will have that illness—I would not say *many* illnesses. Most illnesses are created within the lifetime they have chosen, because of the way they think, or the way they eat—so many conditions can change, and remember, my dear friends, the stress of your daily lives and the inability to allow spirit to heal you each day of your lives. And I would also say to you that illness does not always show itself at the time of worry or confusion or wrong thinking, but can sometimes make an appearance years afterwards. So again we have time factors coming, and that has to be a consideration.

Sarah: So if an illness comes many years later, that would be a planned thing, would it?

Not at all, it depends on why that illness has shown itself within the body. The *physical body* has the power to heal itself, but the *opportunity* has to *be* there. THE HUMAN BEING MUST ALLOW QUIET TIMES TO ALLOW SPIRIT TO COME FORWARD. That is why so often, my dear friends, I tell you that you must take time in your daily lives for meditation. What is meditation? It is a union of your spirit with those in our world where after all, that is where you belong. But you are clothed in these physical bodies which can go wrong, unless you keep spirit strong. Do you understand?

(General agreement + thanks)

Sarah: Do you understand Emily?

Emily: Yes.

And she is making good progress, because now her mind is working and looking forward. Her spirit is becoming stronger, which then encourages the body to help to heal itself. You understand?

Sarah: Yes, thank you for that.

Now has that helped you with your questions?

George: Yes, I think that's wonderful. It's clarified much for me and I'm sure it will for Tony when he receives this transcript. You mentioned time factor in illness or disease to show itself.

Yes, not always, but sometimes.

George: While there may be a time factor involved in a disease showing in the physical body, might there also be a time factor, in the healing of that disease? Would time be of a variable nature so perhaps one condition takes years to heal, or would it generally be faster in the healing process?

Dependent upon the cause of the condition, depends the time factor. Some healing is instantaneous, other healing, of course, takes some time and can be attained over quite a long period of time. It's variable, yes, as you say.

George: Yes. Perhaps the state of the physical body is a factor.

Yes, of course. It has to remain a factor. After all, healers in this world are physical beings themselves, so as we use them from spirit, we encounter their *own* conditions, if you understand, and that sometimes can make a difference.

George: Ah! Yes.

You understand? Is that clear for you?

George: Yes I see, so the physical body of the healer also comes into the picture.

Of course, because we have to use their bodies, their hands, their minds—it is coming from our world through the healer's spirit to the spirit of the person who seeks healing. It is not a one-to-one set of conditions. It is not that simple. I wish it were, I wish I could say to you this, this and this, and all falls into place! It is all much more complex than that.

George: Yes.

That is why you should not judge one against another, because, not only are two people physically different, but probably spiritually different. You understand?

George: Yes, I can see it's not a simple matter at all.

Not at all!

Lilian: No, it's quite complicated

Now, if you are happy with that question and answer... are you?

George: Very happy! Thank you. I think that's clarified it for all of us. (Agreed)

Emily: Could I just ask. I know we are spirit and we have the overcoat as the body, but if we look after the body, is that a way of looking after the spirit too?

Of course!

Emily: So eating well and looking after yourself, that's a way of looking after the spirit?

Yes, of course, yes.

Emily: Thank you.

If you had a car or an animal, would you not look after its outer well-being, in order for that to function properly? (Yes). Yes of course.

Emily: Thank you.

Remember that your physical body houses your spirit, and that is the important ingredient in any lifetime.

Now, my dear friends, I have been happy to join with you, once again.

George: We are most happy to receive you Salumet.

But, it is now time that I take my leave of you and allow those who are waiting close by to come nearer and to impress each one of you with something that hopefully, you may recognise, or feel or see. I will now leave you, bathed as always, in that great love of spirit, and until we come together next time, I leave you.

(General thanks)

George's Notes:

Whilst there are clearly many facets to the subject of illness and healing, it might nevertheless be appropriate to attempt to briefly summarise:

Ordained life-path Condition: *Remains in place without being erased, for purpose of spiritual advancement.*

Ordinary free-will inflicted condition: *These represent the majority of illnesses. They may arise from stress, wrong or excessive eating and drinking, careless living, smoking, too much sun or generally lowering the body's natural resistance to disease in some way.*

Spiritual healer: *Is a channel through whom healing may reach those in need.*

Healing proceeds: *Once the spirit has been touched. Healing acts from spirit, through spirit, to spirit (and it is the energy body that underpins the physical body that is first corrected).*

Mind stress: *Can cause illness that mind can also cure.*

~11th May 2009~ SALUMET

Our last reported meeting was 20th April. There was no meeting on the bank holiday, and Eileen was in Spain for one week with the Ray Brown healing group. This healing group travels to Spain twice yearly doing wonderful work. On this occasion, Salumet came through, spoke to those present and answered questions. During the healing sessions, there was amazing psychic surgery to straighten a spine, suddenly putting an end to years of pain. Also, Paul has returned from several months travelling in Thailand, where he experienced an organic gardening and seed-collection project, and earthen building project:

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

George: And can I just say that all present are very, very happy to hear that Salumet has spoken in Spain to the healing group...

Thank you, my dear friend, but I am happy to be back here with you all.

Lilian: We're happy to have you (back) and Eileen.

Sarah: Very happy!

Firstly, this time, let us welcome back the one known to you known as Paul and also our dear lady friend (Jean) we have not seen for some time.

Paul / Jean: Thank you!

I feel that the gentleman has come back to us, rejuvenated spiritually.

Paul: Yes, it was a good period for spiritual thinking (yes) and rejuvenation. Thank you.

Yes, it is good for each one of you to have some spiritual time. Is the lady ok? (*Sara had left the room coughing*) I will see what we can do for her. (*Thanks expressed*) It would not be we feel inappropriate, my dear friend, if you were to place your hands on our dear guest (*Jean*) this evening.

Lilian: Yes.

It would help her head if you would do so.

I feel as we have come together once more, that I will take any questions this time.

Sarah: Could I just say—this isn't a question, it's just of interest really: You told us that we should look to the seas and we would get some more information and knowledge (**yes**) and I was reading in the paper that they have found that a fish called a zeta fish has neurones in it that they think they may be able to use to help people with motor neurone disease (**yes**). So that's one of the examples, I'm sure, of what you said to us...

Yes. Just be vigilant as time goes on. There is much to come.

Sarah: Yes.

Mankind is looking now, for all new ... searching for helping their fellow-man and that spirit alone is very good; but thank you for bringing it to the attention of others.

Sarah: Not at all, I found it of great interest, especially after what you'd said, so thank you for telling us.

Yes.

George: Yes, it occurred to me recently that there is a great 'order' in natural things looked at scientifically: The chemical elements—hydrogen, helium, lithium, beryllium and so forth. Each element increases by one, in terms of charge on particles in the nucleus. Similarly, in physics, the frequencies are very orderly in their increasing through the bands of frequencies. Eventually, scientists will get more into an understanding of spirit, and, I just wondered if they are likely to encounter a similar degree of 'orderliness' within the spirit domain and what makes it up. Does that question make sense?

Yes, of course, my dear friend. Let me first say to you that all of creation is orderly, as you say. Without it there would be chaos—I believe that is one of your words that you use (indeed), yes. Your scientists ... physicists ... all of your 'ists' in your world (*Chuckles*) are looking and searching for more knowledge. That is the nature of humankind, that is part of being human, and yes, there has to be order within spirit, as I have said. Your scientists will continue to discover more and more, but infinite knowledge will never be made known to them, because of the very fact of being human. But there is still much that they can discover about spirit and the continuance of the life force.

George: And I suspect in passing over to spirit, they may well continue to discover more.

Yes, that desire will most likely stay with them, in order for them to discover more; of course, that would be a natural progression for them.

George: Thank you.

But, whilst they are absorbed with seeking and finding, they really are losing what spirit is there to teach them about; but the time will come when they will find satisfaction to their questions, and only then will they be able to let go of that seeking. I hope that has helped you, my dear friend.

George: Very much. Yes thank you. I feel more and more these days that 'Spirituality', 'Religion' and 'Science' are all three coming together rather nicely.

Yes, there has to be progression—there has to be. We cannot stand still and neither can your scientists stand still, because they have inquiring minds and remember that those people have, in part, been responsible for much good knowledge—yes you cannot forget that.

George: No, that is very true. We seem to have gone through a period of having, shall I say, three separate camps (**yes**), but I think there will ultimately be a great advantage when all three come together.

Yes, that recognition of going forward, my dear friend, is slowly, I say *slowly* beginning to take place, yes.

George: Yes, it's good to have your confirming words on that.

Yes, but remember that time is not the same in our world. I hope that helps you.

George: It does indeed. Thank you very much.

Do we have any more questions this time?

Lilian: Paul?

Paul: Yes, I did write one down, but I think I can remember it. You've talked a lot over the years about 'the power of thought' **(yes)**; it's a central part of your teaching **(yes)**. I have been reading about how thinking attracts other thoughts. Some people use the analogy of a magnet; your thinking attracts other similar thoughts to you. It has been described as the 'Law of Attraction', whereby what you think begins to affect your reality around you.

Your thought my dear friend, creates your reality, it is so powerful, yes.

Paul: Yes, and you've always stressed the importance of monitoring your thoughts **(yes)**, keeping a check on them and changing them where necessary. One other idea that I read about connected to this is using your feelings to help monitor your thinking. So if you are feeling negative /unhappy, then that should tell you that you are not thinking the right way. So whenever you're feeling unhappy or negative, you should always go straight to your thinking and try to change it to being positive.

Yes, do you not feel my dear friend that negativity of your thought creates the feelings?

Paul: Yes.

Yes, it is a two-way mirror, where one affects the others. All negativity of thought should be dispersed as soon as possible, because of the power that lies behind them. So it is one or the other.

Paul: And if we then try to start focussing on the more positive thoughts ... and one idea is that we try and think about things that we want, because in focussing on what we want—not focussing selfishly on things that are material necessarily, but if we can connect with what we really want to be doing in life, then that would put you in touch with your guides, wouldn't it?

Of course, one thought my dear friend, can place you before your guides and helpers. The power of the thought is all-essential in creating your reality.

Paul: Yes, so I think sometimes we feel that we are being selfish if we focus on things that we feel we WANT in life, but...

If your desire is spiritually-based, if it is to help you to attain greater spirituality, growth, understanding, love ... then that cannot be selfish. Yes, so of course, I have always told you that the power of your thought is the most powerful force that you possess.

Paul: Yes, and it seems to be a useful tool to think about, so when you're feeling bad or unhappy, that's the time to change your thinking.

You can only feel bad, my dear friend, if the negative thought is already in existence. So, I would suggest the negative thought comes first, then the negative feelings. You understand? (Yes) But, if you are not aware of the negative thought, then of course your feelings will then help you to understand and to change that thought pattern.

Paul: Right **(yes)**. And are these feelings sometimes coming from our guides who are nudging us with our feelings, to change our thinking?

Of course! They would be there to help, to uplift you in any way that they can. You, my dear friends, are never alone. There is always someone who is there to help to pick you up, to help you to recognise all this negativity in everyday living. And of course, the more you are in tune with those guides and helpers, the better and the easier your life can be. You understand? (Yes)

Sara: I think it's possible to feel happy in any situation, if your mind is very, very positive **(yes)**. But, I still feel, speaking for myself, to find the work that perhaps maybe you agreed to do or were destined to do, then I'm sure the happiness is greater still. Would I be right in saying that?

Of course, if you are happy in your everyday world, you will attract those people to you that will bring greater happiness; like does attract like, in the same way that negative forces will always attract that negativity.

Sarah: So those people who are a bit depressed, and I am thinking of one particular person—a *young person*—how could...

Because, spiritually, my dear friends, it is a selfish emotion that creates these feelings of darkness and doubt.

Sarah: Ah right! Yes, I think you have told us that before.

You understand?

Sarah: Yes, so if that young man could start thinking about somebody else, it would probably lift him out of it.

Yes, of course.

Sarah: And what about stress—maybe not a selfish stress—you may just be stressed and worried about somebody else or whatever **(yes)**, ... is that also a bit negative?

Of course, you all have freewill. You all know and understand that stress can be relieved. And you know my words that the best way to relieve any stress is to go within, to join with those who stand close to you—listen to that inner voice which is always ready to help you.

Sarah: If there are people who are stressed who don't believe in spirit **(yes)**, can they help themselves at all, or do they just need to change their thinking?

They sometimes need help and of course, as I have said earlier, no one is ever completely alone. So there sometimes happens that they receive a feeling of determination to help themselves, and that comes from spirit. You understand?

Sarah: Yes, so probably if we asked for help and healing for them...

Yes, it will be received, of course and help *(made)* available to them.

Sarah: Yes, thank you very much.

Yes, but each one of you, my dear friends, are responsible for your lives, for those thoughts that you send forth and of course, people such as yourselves are good for sitting quietly and listening to the help available to you. Others are not so fortunate and may struggle just that little bit more. It is therefore good, my dear friends, that you sit quietly and send those good thoughts out to them and to our world that we may come closer to them. It is a great responsibility for those of you who have knowledge, because unless you utilise that knowledge, you will not go forward.

Sarah: Yes, thank you for all the reminders that you keep giving us.

Yes, I begin to sound sometimes, *(like)* what you call an echo.

Sarah: Well we like your echo.

(Laughs)

Lilian: We need it!

Sara: Salumet, could I ask you a question?

Yes.

Sara: A friend of ours, called Gary Samdaliri asked if you could give him some advice regarding getting back to good health, because he's been suffering from ME for a few years. I think he wonders if it's past-life-related. I don't know whether you would be able to give him any advice?

Please repeat his name.

Sara: It's Gary Samdaliri. He likes to channel.

Yes *(Pause)* I do not find a past life connection with this one. I feel my dear friend that at some point in *this* life, there has been some trauma, I feel at an early age, which is now resulting in this condition

Sara: Yes, I wondered that too, actually.

Yes, we will send out thoughts to him to help him. It is debilitating for many people in your world, but again I will stress—and it is part of what we have been speaking about—it is about '*right thinking*'.

Sarah: Right Thinking?

Yes. I hope that will help.

Sara: Thank you, I will pass it on to him.

He must ask for help.

Sara: Yes, I think he has gifts actually, for spiritual work, which he would probably like to develop more.

Yes, he needs to have more contact with those guides and helpers, who will then help to strengthen the physical body, in order that the work can take place.

Sara: Thank you for that.

But he has a responsibility to do so—to adjust the thinking to that physical body.

Sara: Yes, thank you. I'm sure that will help him a lot.

Sarah: My daughter, Emily also had ME. She's been a few times here **(yes)**. She had physical help, but that actually has changed her thinking **(yes)**. I don't know which came first; whether her thinking started to change or once she had had the physical help, *then* her thinking changed?

Her thinking had to change before there was any change within the physical being. Until that spark of inclination to be well is there, then the body will not recover, but of course, that is why you have physicians on your Earth, to help those in need, but initially, that spark comes from within.

Sarah: I also feel with her that maybe she needed that help for that spark to come **(yes)**, because she's certainly grown enormously since.

And she will continue to do so, provided her thinking remains the same.

Sarah: Good, thank you, that's nice to know.

Sara: Salumet, could I just ask about the lady I sing with, who dances—Kate. I feel such a strong connection to her. Have we been together before? Kate Kulahan.

Any strong bond of spirit is a sign of recognition. I cannot at this time tell you what, but it normally indicates recognition, yes.

Sara: Thank you.

And now, I feel for this time, my dear friends, that we will close this evening and ask our dear lady who has just spoken, to take us on a little journey to close our meeting this time, if she is happy to do so.

Sara: Yes, I am happy to do that.

As always, dear friends, I leave you and know that until we come together once more, I encompass you in great love and light.

(Thanks from all)

Sara's Meditative journey:

Audio link: http://www.salumetandfriends.org/resources/2009_05_11+SARA++7+mins.mp3

I want you to imagine that you are walking down a country lane. It's the middle of the day ... about 11 or 12 O'clock. All around you it's beautifully green and lush. Spring and signs of summer are emerging. It's very peaceful and you are alone, except of course you are not alone. There are those around you in spirit. And as you walk down the lane, you come upon a little clearing that takes you into a wood. It's a very enchanted wood and as soon as you walk into the leafy glade ahead, you see big, big clumps of bluebells of the most beautiful shade. You decide to sit on a tuft of grass that is just near the bluebells. You sit down and make yourself comfortable. You breathe in the beautiful smells of the green grass, the ferns, and the bracken; the fresh spring smell of the wood. You sit down and you breathe deeply and as you look around you, you suddenly become aware of some lights dancing. You stare ahead and you become aware of elementals and fairies. Then you see these beautiful colours: pastel pinks, lilacs in their wings and pale primrose yellow and the lights are shimmering as they dance and twirl around you. You think you have never seen anything so beautiful in your life. You stare transfixed as these fairies dance around you. You don't want to break the spell, and as you sit, you can hear the birds twittering in the trees. It is so peaceful and as you become aware of the beauty around you, it makes you aware of the tremendous beauty that is within your soul; the delicate beauty that is within you, the ability to be sensitive to all of nature and all of life. And you see that those colours around you, those beautiful tints in the fairies, in their gossamer wings; you see that the same beauty is within you. It inspires you. After a while, you decide to close your eyes and go within yourself. You sit and listen for any guidance from your guides. Do they have anything to tell you? Is there anything that you might want to know? Is there anything that you might want to do? So you sit and listen for a message. And when you feel that you have received your message, you slowly get up and leave the enchanted wood and walk back down the lane and you are home again.

George's Notes:

Seek and ye shall find ... but...

Whilst much admirable work carried out by scientists has yielded wonderful information, there is the implication that it is all intellectual, the output of physical brainwork. The other approach is of course, to go within and allow the spirit to connect. The entirely physical approach is often lengthy and makes hard work of it (but is considered acceptable). Some scientific discoveries have nevertheless been made from within.

As an example, it is said that the structure for the 'benzene ring' was intuited by the chemist Kekulé while daydreaming on the top of a bus!

Power of thought:

Salumet's favourite subject and rightly so. The above teaching makes very clear how thought controls our livelihood through its spirit connection. Paul's question was prompted by a book he has been reading: 'The Law of Attraction', Esther & Jerry Hicks, Hay House.

~18th May 2009~ SALUMET

Lilian: Welcome again Salumet!

Good evening.

All: Good evening.

As I join with you this time, there are those who stand close to you, who wish to give thanks to you all for the healing thoughts that have been sent out tonight. For this we thank you, my dear friends. And of course, we would hope and desire that those healing thoughts, be sent not only from this room, but in your everyday lives. It is so easy to forget, when you are occupied by daily living—to forget those who are in need. So, my dear friends, I would just say to you, remember all of those you are in distress each day of your living. I was interested to listen to one of you ask for help for the children in your world—children specific to the life of the gentleman.

Graham: Yes.

But what I would like to say to you this time is: it is now coming, that the children and the youth of your world must be made aware much more, of their own spiritual needs. This, you know, is a responsibility, not only for parents and close families, but also those peoples who are part of their everyday lives, such as yourself, my dear friend, (*Graham*) but all who come into contact must show these youth and children what is good about *Life*. We would wish that humankind could move gently away from so much materialism that holds your world at this time to ransom—ransom of spirit. The children of your world deserve to know the truth; the truth as you have come to know it, the truth that never changes, the truth of love—love of your fellow man, of each and every human-being, no matter what their status. So, my dear friends, I reiterate to you the simplicities of my teaching and my purpose here is to give you the very simple truth of what life should be about.

George: Yes, that is a very important message for these times (**yes**). I feel there are so many children who *only* get to observe materialism (**yes**), and that is a very sad situation.

We are happy with the way your planet, in general, is moving. There has been a raise of consciousness—yes, we see it and many people now think clearly for themselves, but your children and your youth are much more vulnerable. They are bombarded from every direction with so many gifts of materialism. You must help them, my dear friends, to return to those simpler things in life, such as 'love', 'understanding', 'gentleness'—all the attributes of spirit. I know it is a great task that we ask of you, but it is achievable.

George: Perhaps, observing the beauties of nature is a pathway towards that status.

Yes, it is so untrue that small children cannot appreciate the beauty that surrounds them. I am sure, my dear friends, that you have watched infants who are fascinated by the smallest creatures and insects of your world. That is to be encouraged.

(Agreed)

Lilian: Yes—as they grow up.

It should be an ongoing teaching.

Lilian: I remember taking my youngest grandson for a walk and we were looking for bird's nests. I found one and I gently took out the egg and showed him and he asked if he could hold it. I suppose he was about 3-years old, maybe, and he actually kissed the egg. He probably wouldn't believe me if I told him now.

Yes.

Lilian: It's a shame they lose that wonder,

But that is where the responsibility of adults comes into play, yes. Children are precious gifts of life and should be treated as such ... yes.

Graham: It's getting better for children in schools. They get an opportunity to speak now, more so than before, where we now have things like 'circle time', where children are encouraged to sit in a circle. Nobody is any more important than anyone else, because they are in the circle. They all have a chance to speak. It's quite a responsibility to share such a circle-time meeting **(yes)**. I've found this to be a very good way to enable the children to have their voice and to feel valued.

And I am sure that you also must feel the blessings of doing such work, yes. We know of your difficulties, but do not forget the blessings also. What better way is there than directing a child on the right pathway of life (yes) and then you have that effect go down each generation of human beings. That is what you should try to strive towards. Yes, you have the knowledge and it is good that the word is spread, but all I say to you, my dear friends is: do not forget those special, small human beings. You should listen to them sometimes; you might well learn something.

(Agreed)

Graham: Yes, I'm sure—I'll do that.

Yes.

Lilian: Could I just ask a question from my daughter-in-law, Jan? She said if you came tonight, would I ask you: does she have ... should she be worried? I know she *is* worried at the moment.

All, I will say is that whatever comes to you, not only you, or the lady in question, but anyone here or outside of this room: you must accept each minute, each hour, each day, each week, and know that whatever comes to you, has to be dealt with. I would say to her, she rather worries too much. It would be most helpful to be a little more positive in her thinking.

Lilian: Yes, she was *trying* to be positive.

Yes she struggles, I know, with it.

Lilian: It is a problem. Yes, I know where she's coming from.

Yes, but that is all you can do.

Lilian: Yes. Thank you.

Thank you. Are there any questions about children?

(Pause)

No?

Graham: You have answered this question before when I was asking you about why children can be so challenging: You said that materialism was largely to blame for this; that the values are wrong. It's difficult thinking of a way forward within a school environment ... the best way of helping children, who are incredibly challenging, because in the school I work in, the children are at my school *because* they are very challenging—it's a Special School. I wonder about the best way of helping these children, because they get so upset and so stressed and they can behave so badly really, by what we would consider behavioural standards **(yes)**, so what's the best way of helping them? I suppose, it's what you were saying before about teaching them spiritual messages of gentleness, kindness, and patience?

And, of course, by example.

Graham: By example, yes.

My dear friend, before you lies a stairway with many stairs. I say to you: begin at the bottom and live in one moment of time (yes). Do not try to go to the top of the stairway too quickly—that will not work.

'Love', 'understanding', 'patience' and 'example'—those are my words to you (yes). I do not say it is easy, but it is most worthwhile (yes), and of course, as I have just said to our dear lady friend, that positive thinking; remember again, I return to my teaching of thought and that most powerful ally (yes). Yes.

Graham: Yes, staying positive isn't easy when you've a particularly challenging group waiting for you.

Yes, I understand, yes.

Graham: But it's extremely strange that we should feel equally towards all children, but I often find myself feeling a particular something towards those children who are incredibly challenging. Their need is so great, it makes you feel a warmth towards them.

Yes, that is your own spiritual being, being attracted to those in need and being able to offer the help that is needed (yes). That is why all children are bright lights. Remember that; and remember it in a spiritual manner, not in a physical way.

Graham: Yes. I have found that children respond well to touch: when you touch their shoulder or their arm ... when you are around them, it's a way of communicating that can be very effective. I've found that they do respond positively to touch. Sometimes they like to slap your hand; put their hand up to your hand, or something—they all do their funny little things, but it does seem to be a form of communication, of mutual respect or assurance or something that does seem to help them. In England we're not quite used to that type of thing. It comes from America—they call it 'High Fives'—where you can touch the hands and it does seem to work.

It matters not which country you live in. To be tactile is good for all peoples, not only children; but what is happening is nothing unusual, it is just a blending of spiritual energies. That is why it is comforting, that is why it works. Again, look to the spiritual equivalence and not the physical. You understand?

Graham: Yes.

George: Perhaps, this is one area where society in general *does* set a good example, because the touch, the handshake when people meet, it is one small area where the example is set, of touch **(yes)**.

Sara: I think the Italians do it better!

(Laughter)

I will bow to your knowledge!

(More laughter)

George: But one of the difficulties of the materialist society is that so many *bad* examples are set!

Yes, I do not wish you to forego all materialism in your lives—that would be foolish; but what is important is to put it in its correct place, in your *spiritual* life. You understand?

George: Yes, unfortunately, when bad examples are set, the press seem to publicise these, and the situation *appears* to be even worse **(yes)**. This is unfortunate within our society.

If only you could look upon these small children, almost like a blank canvass, whereupon the most beautiful picture can be created. That is something you could keep to the forefront of your thinking, because that is what they are, these *beautiful spiritual beings*; and they want only to be loved, nurtured and guided and to know and feel that they are loved. That is all anyone wishes for their lives. I am sure if you were to ask anyone, and I mean *anyone*, even people who dwell within your prisons in the world; what more do they desire than the love of someone.

(Affirmed)

It is most important, my dear friends, that you nurture and cultivate the love in your lives today, and I wish to leave you with those words, those simple words—and it is a very small word in your vocabulary, but the most powerful.

Sara: That's a powerful teaching, Salumet. Thank you very much. Wonderful words!

And as I do leave you, I will continue to work this time with this instrument. But I will say to you: there are many, this time who stand close to you. So allow yourselves, my dear friends, to feel their presence, to know their message to you, and ultimately, to thank that Great Creative Force of which we all belong.

(General thanks)

~15th June 2009~

No Salumet this week. One came via Sarah for a chat, which became extensive and much interesting material emerged. This one was knowledgeable and must, on reflection, have come to us from quite a high level. We talked much about plants, so gardeners may find the material of particular interest:

Lilian: Good evening!

Thank you for your invitation to speak. I enjoy a chatter with folk, and tonight is no exception.

Lilian: We enjoy—

I wanted to come and see you and see if we could talk about something we both have in common.

George: That sounds a good idea.

I am just wondering what this common denominator is and perhaps we could have a little discussion to find out what we could—

Lilian: —what we have in common.

Yes.

Lilian: Do you already know?

I know some things, but I do not know exactly what is of interest to you all.

George: Well, I can say we are all interested in the ways of spirit, and we are all gardeners, I think, in various ways—we all grow plants.

Lilian: We all like animals.

Jan: Or is it more on thought and love and that type of connection?

I was just thinking we could maybe talk about plants (good). I know that you have many plants upon this planet, but we have even more in spirit, and perhaps you might be interested to know about one or two of the plants that we have in spirit that you do not have here on Earth.

Lilian: That would be lovely.

The one in particular I am thinking about is a most attractive plant with star-shaped leaves and huge pointed flowers. The leaves are a brilliant red and the flower is pure white.

Lilian: My Goodness!

George: Yes, you are correct. We have nothing like that here.

Lilian: Would they have a plant like that on another planet?

I believe this plant in spirit was created by the love of many gardeners who came over to spirit and who so missed the act of gardening—so they joined together and focussed on colours that they found dear to them. Once the colour had been achieved, they then took shapes that meant something to them, and from this, they focussed on the angels who guard plants, and asked for a creation to be made. This particular plant was so successful with the gardeners and seemed to mean so much to so many people that it is one that is used at the entrance to spirit life. When you come over, we try to create situations that will help those of you who come over, to feel comfortable, and the vision of this most spectacular flower leaves many in awe and wonder. This in turn helps them to move on without stress and for this reason we have named this beautiful plant ‘The stress-less flower’

George: That’s all very interesting. Thank you for giving us the history of this obviously rather important plant. Yes, that does also make the point, I think, that gardening in spirit would be for different purpose from the gardening on the physical Earth. Well, part of the purpose on Earth is for beauty and is to produce wonderful flowers, with scents, wonderful scents, but of course, we also grow plants for food, and I imagine that you don’t do that in spirit. You really concentrate on beauty and the effects that arise from that. Would I be correct?

You would be somewhat correct. The majority of plants are indeed grown for their beauty, but do not forget that when many come over, they still need to feel that they are eating and they are continuing their work or pleasure in the garden, so there are indeed vegetables grown in spirit mainly for those who have not yet made the final transition to the realisation that they no longer need to eat.

George: That’s interesting. So there is still a food production in a sense.

Yes, there is indeed. Yes, and of course, vegetables have their own beauty, so I can think of some plants that could be eaten, but are in fact kept just for their good looks.

Lilian: So once they’ve grown the vegetables, these people who have just passed over, can they cook them?

They can cook them if they so wish and, of course, there are many vegetables that can be eaten without cooking, and it gives them pleasure to pick some berries or whatever as they wander around their vegetable patches.

George: Yes, so I suppose there is also scent appreciation with the flowers, or would that be just the people who first come over. Would the scent of the flower persist for a time?

The scent can persist for many years, if you like, in your time. It is all dependent on the progress of those who have come over. And indeed the perfume of a flower is often used to help those who have an illness

or some comfort that they may need. And flowers are often for their perfume to make them feel more at home and more relaxed.

George: Yes. That's interesting.

We have many, many types of gardens over in spirit and many of the plants grown are put into what you would term parks, which can be used for a variety of reasons, but it is mainly for those who have struggled with their return over to spirit.

George: Yes, so a park would be a nice relaxation and conditioning place, I imagine.

It is indeed and also for children who need to play.

Lilian: Yes I was just thinking about the children.

They have an open space where they can congregate and enjoy themselves.

George: In gardening on the physical Earth, it relates very much to climate and in a cold country, we might be able to grow things that really like it a little warmer, by constructing glasshouses so that the plants can be a little protected, a little warmer. But I imagine there wouldn't be any climate effect in spirit, or would there be in relation to gardening?

It all depends on the individual. If the individual has come from the seaside, then the climate will be like the seaside. If he or she comes from the mountains, then it will be that kind of atmosphere. Of course in spirit, we do not actually have these climates, but it is all dependent upon the individuals.

George: Yes, I can accept that. It's more difficult to imagine.

Yes, and I think you would be even more confused, if in your physical state, you could come over to see us and see that one garden right next to another garden has completely different atmospheric conditions—a desert next to ice!

George: Yes, well that's what I was wondering.

It is possible and it does indeed happen, but I can also tell you that the one who is walking through his desert, when he reaches his friend who comes from the ice-covered countryside, he does not notice that he has gone into the ice. He continues into the desert and likewise the other way around—

General amusement

—and this is purely because it is created by the individual.

Lilian: Yes, by their thoughts.

George: Yes, that's interesting and nice to have it put clearly as you have placed it.

Paul: Everyone's in their own world. Is that right?

Yes, at this particular level at moving into spirit, yes, it is very much created by each individual, and this is purely to make the individuals feel comfortable. We do not wish anyone to be too shocked. We like and try to make it as pleasant as possible for those coming back home to where they belong.

Paul: So it's a gentle transition.

We try to make it like that, yes, but of course, there are always a few who will not go along the path that is made easy for them. They always try to go some other way and make it difficult for themselves, but that is part of their learning.

Paul: What drives them to take the more difficult route?

Because they will not listen!

Paul: Is that stemming from too much self-importance or ego?

There are many reasons, but many times it is because they do not believe they have passed over. So we try to tell them and help them, but they will not accept what we are saying.

Jan: For someone who is accepting of death and accepts it warmly, can you tell me the journey from the moment of death to what you are describing on this first level.

For each person, it can be slightly different, but when you reach the entrance, can we say, to the spirit world—

Jan: Would that be what we describe as the light.

The light—and you will have met somebody that you know. You are taken through onto a pathway that is made as homely as possible for you and then it is again up to each individual how much they accept or not accept.

Jan: Right! I understand that your freewill at that point comes into play, whereby, if you are only expecting the dark, that's what you'll see.

I would not go so far as to say that, because if you are, say, you deserve much when you get back to spirit, but you are frightened and think you will be faced with darkness, you will not, because this is only the fear.

George: And I think we all understand that there is always help to hand if there is any fear or problem of any kind.

That is correct and that is why you are met by somebody you know, in order that they can help you.

Lilian: So would the person who is waiting be able to create that help, especially if they had lived a life together—would they be able to create that homely feeling?

They would be able to direct that one they have brought with them to the right conditions.

Lilian: I see.

There are many situations created in spirit to help those who come over, and each one will go to a slightly different energy that suits them. So, the one who has done the greeting will know where to take this loved one or acquaintance. Part is your own creation, your own mind, but spirit world does help to bring you through to the right energy levels.

Jan: There are so many questions. It's a vast subject isn't it?

George: So, we should keep our eyes open for these wonderful pointed white flowers with their red leaves. *And I hope when you see them you will have no stress.*

(General amusement)

Lilian: I think the annoying thing is—well I'm not sure if it's annoying or not—it's where we come from and where we go back to and we don't recollect any of it.

Except when you get back to where you really belong, you recognise it.

Paul: Yes, that must be very nice when you suddenly realise that you are home.

(General amusement)

Yes, indeed, and until you decide that you wish to go back again (Laughs), yes.

Jan: Do you decide? Does the individual decide to come back or are you told or guided to go back, or is it purely your own choice?

Ultimately, it must come from you, but, of course, there are many discussions whilst you are back in spirit, but if the individual does not wish to go back, the others cannot make them.

Jan: That's alright! We don't have to come back then.

(General amusement)

George: Yes, I suspect progress comes into the equation. There's no point in just hanging on at a spirit level. Perhaps we'd soon get bored, if we didn't progress in some way.

That is the reason why you do come back, yes.

George: One can either progress in spirit or come back to the Earth and progress further there. I imagine there are always those two options.

Of course, you can progress in spirit, but you are limited if your pathway is to come back here, so there comes a point where you know it is best to return, even if you decide it is perhaps not such a good idea once you get here.

Paul: Can it be sometimes that you get back to your home and a lot of your like-minded soul group are on Earth, so you think, well, I'll go and join them again on Earth? Can it be like that?

I think you will find that even if all your soul-mates, if that's what you like to call it, are on Earth and there is not a reason for you to come back at that time, or, indeed, if you do not need to come back at all, you will not come. You will wait for them to come back to you!

Paul: Yes, of course!

George: Yes, I imagine much depends on how much progress you have already made in physical life as to whether you *need* to come back to the physical or whether you can go further in spirit. Much, I'm sure, will depend on how well you have done in the physical life.

That is quite correct.

Jan: We have a small baby in my family who is only 16-days-old in the physical, but, our teacher, Salumet, has told us that this spirit is returning back to our family, and that, eventually, we may see similarities of the person that they once were, if you see what I mean. Am I right that often you return to the love of the family that you once belonged to, or family group?

There are so many reasons and of course, there are many who return back into their families.

Jan: And quite quickly?

I think it can also depend on the spirit. All I can tell you is that there are no hard and fast rules. It depends on so many factors, and, if you have one who has returned into the family, all I can say to you is: enjoy every moment that you have with this spirit, because there is a reason why he or she has come back to you, and it must be a celebration for you all.

Jan: Well, myself and my son and my mother-in-law who sits on your right, we are aware of it, but, obviously lots of other family members haven't been told, so it's this little precious secret that we keep between us. It's not always appropriate to tell other family members who wouldn't necessarily understand, but for those of us that do and have been told, it certainly is an amazing and exciting journey that I feel we are going to have with this little one.

I am most pleased for you, and I am sure there will be a lot of happiness.

Jan: Thank you! That's nice.

George: Going back to plants again, we have a most extraordinary group of plants that the shamans of this world have traditionally made use of in a particular way. The chemicals contained by those plants, seem to be able to, shall I say, trigger a greater awareness of spirit, and they are called psychedelics by some, but I just wonder how, from spirit, those plants and those chemicals would be regarded—those plants that we grow on this earth that shamans have used. Are you able to comment on that?

I can tell you that these plants dilute physical awareness, and, because of this, the spirit is allowed to come more to the fore. There is no physical brain telling you other things. It is, I believe, not a plant that has been created especially for this purpose, but is a plant that has been found to be able to create this situation, and I think you will find that there are many, many plants on your Earth that can produce many things, but you are not aware of them.

George: Yes, the shamans of the past have, very largely, been cautious and sensible in their approach to these things. I think I can say that, whereas in modern times, people have made huge mistakes by using such plants to excess, but the shamanic approach is probably helpful to many people. Does that sound reasonable?

Yes, anything that helps the spirit come to the fore is of benefit to mankind. The worst enemy that you have is your own self, when you try to block anything spiritual.

George: You speak of the ego I think: the ego self?

Not necessarily the ego self, but the one that refuses, like those in spirit, I was talking about earlier, who refuse to listen. If you do not listen to yourself, you will not learn and there are many who refuse to accept spirit, and perhaps if these people were given just a little of this plant, it might just change their thinking, and it is probably of no coincidence that these people who use these plants have been given this chance this time round to be closer to spirit whilst they are on this planet.

George: Yes, that sounds very reasonable and rational to me. Yes, there's a certain amount of confusion on the planet simply because some people have been overdoing this and not being sensible with their use of such things, and this lack of control has given the idea a bad name in some quarters—but, yes I can readily accept what you have said on this topic, and, to me, it's a very *interesting* topic.

When you speak of excess in connection with these plants, mankind is very good at 'excess' and this is something he has to learn: to be a little more modest in all things.

George: Yes, and that's a good message. Thank you for that!

Paul: Have you got time for another question?

If I can help you, I will.

Paul: There are a lot of plants that have many healing properties as well. Many of the drugs of today are derived from plants that have been known to heal, but the drug companies tend to just take the main chemicals from the plants. The disadvantage is there are often side-effects, whereas, what they call the 'herbal medicine', taking the whole plant, tends not to have the bad side-effects, compared with when they just give the chemicals on their own. Can you say if you need that kind of healing to go to the plants, rather than the chemist?

I would say to you that there are some plants that are a little dangerous, if they are used entirely by themselves, whereas, when some parts are taken from them, they then have a positive effect, so I believe that if you know your plants and understand them, and work with them, you will be better using just the plants, but I would also say, that for those who do not have the affinity with the plants and do not completely understand them, they would be better to go to your chemist, so I think where there is ignorance, it would be better to seek out somebody, who has more understanding, but if you feel confident with your plants, you can do this. I can give you an example, of which you are all, I am sure, well aware—your mushrooms, your fungi.

Paul: Oh yes! You have to know them!

If you do not know them, you can be worse off. I would say to you—make sure you understand the plant. You are bonded with this plant and you will be safe. But a little information can sometimes be a danger to the human being.

Paul: The other big area with plants is that they have a kind of awareness, which many people have not quite realised—that plants seem to have feelings

George: Yes! Yes! Might I add to that—I do play music, melodious music, to my tomato plants and I know that they grow better for it, and this is something that scientists, certain scientists, have endeavoured to make people aware of. But the tomato plant certainly responds to good music! (In fact, the tallest and strongest plants in my greenhouse this year are clustered around the music player!)

Yes, you are learning lots down here on this planet Earth. But may I just return to the other gentleman and say to him that, yes, of course, the plants do have feelings and this is why it is important to bond with them, so that you have a mutual feeling for one another, because, of course, if you are going to use this plant, you are going to destroy it, and it has to want to help you as well. So it is a selfless thing that the plant will be able to help you—will be able to give up its life on this planet for you.

George: Does this relate to all our food plants?

It would be a great help if a little more thought was given to the plants. Of course, they understand that they are helping you, and of course, many plants only have a short life cycle anyway on the planet, so, by eating an annual vegetable, you are not doing too much harm. But for those plants that would continue growing, if you did not pick them or use them, it is slightly different.

Jan: That makes me think of our humble weeds that people like to pull up or destroy and we have been told, haven't we Paul, to talk to our weeds and ask them to grow in another place. I must admit I did try it for a while, but it didn't seem to work. They still kept coming back.

Some of your so-called weeds are a little like you humans, they go to excess.

(Laughter)

They need to be brought back to understand they cannot take over the Planet.

(More laughs)

So I think you will find that pulling up a few weeds will not do too much harm.

Paul: A lot of gardeners these days seem to design gardens in whatever is the new style. It's almost like changing a room. They keep changing styles and, unfortunately, they have to cut down perfectly good trees, because they don't fit the style that they want. I know the Ancients, many ancient cultures, thought very highly of different trees, especially the ones that lived for a very long time, like Yew trees. Is it the case that the ones that can live thousands of years—are they to be even more respected? Do they have a greater awareness than the plants that are very short-lived?

I think I would say to you that it is a little like a child, who has not learned too much in the beginning. A small plant that has not grown too much would not have perhaps as much awareness as a large one that

had been on the planet for many years. They too can learn, and so, if you were to cut down a large tree that had been growing for many, many years, the tree would have much more awareness than, say, a small one that had only been growing a few months. But as for respect, I think you should have respect for all forms of life, whatever the size, whatever the age. But as a human-being, you would have more awareness of what was going on with, let's say, this baby that has just come into the world.

Paul: But it's still a life form that should be respected—

Jan: A neighbour of mine has just felled a 200-year oak tree, and, as I watched it come down, I was so upset for this tree and an enormous amount of love went out to this tree from myself and every branch that was cut down and I wondered if that tree knew that was how I felt.

I am sure the tree would have been aware of your thoughts and perhaps, if you had been even more aware, you would have heard the gratitude from it. So yes, nothing is—

Jan: No thought goes to waste!

You're right. That would be the case and even the plants are able to return a thank you to you, if you 'tune in' on the right wavelength

Lilian: Would they return to spirit in some form or another—the trees and plants?

Like you humans, the tree would not, but those looking after the tree, the spirits who are looking after the tree, would return back to spirit.

Jan: So the nature spirits who were looking after that tree return?

They will return in not quite the same way as you will return, because these nature spirits can look after more than one plant, not at the same time, but when another tree grows they can come back to look after another one. So I would say that you could say the nature spirits hover over the line of spirit waiting to come back for the next opportunity.

Jan: When we describe people here as having 'green fingers'. For example, if you were to give the same species of plant to one person and the same plant to this green-fingered person, is it because their energy is totally different? They could treat them in the same way, but one seems to thrive better than the other. With certain people, plants don't thrive in their presence or their care.

I would say that these 'green-fingered' beings are ones who have had much experience in a previous life of gardening and working with plants.

Jan: Nothing to do with their present energy?

I would say not so much the difference in energy, but the bonding with the plants.

Jan: It comes with experience?

—Which comes with many lives of experience yes. That is what I would say.

Paul: When it comes to bonding with plants, can you give any pointers as to how we can improve our bonding with plants?

I would say just being with them, thinking of them, talking to them, admiring them, and you will find that you will love the plant that much more, and this love will help you bond.

Jan: As in all things!

Paul: In giving them attention, loving them—

I think you will find many things, when you do not know or understand, you have quite a different perception of that thing or being or whatever it is. But once you start to understand, your love grows. You no longer wish to shun certain things, because, in understanding, you become attracted to them, and the same is with plants, even a plant that you do not particularly like. Once you start to look at it, and think how marvellous the leaves are, how the petals are, how it has grown—you suddenly start to see this plant in quite a different light from how you saw it before. So it is only time and understanding that will bring you closer, so that you may care more deeply for it and whatever it is that you are beginning to understand more fully.

George: Yes, another little complication is that creatures like slugs or snails can feed off very young plants, so that the food crop could be lost. What I do sometimes, especially with a very young lettuce crop, I remove slugs and snails and put them on to a patch of weedy grass where they can feed without making

the crop fail. I feel this is a reasonable thing to do—much better than, say, having a killing policy in the garden—I don't like that. Any comment there?

You indeed are a kind and considerate man and the slugs and snails that come into your garden are, indeed, some of the luckiest ones...

(Laughter)

So much so that they decide that this is a place to have a family...

(More laughter)

So I would say to you that you have much work to do in the future

(More laughs)

Yes it is a difficult one for you human beings, and I do understand the frustration that many of you have when you are trying to grow your crops. And so it is a helpful thing to use your mind to try to disperse them from areas you do not wish them to be.

George: These creatures are often quite nice creatures in themselves. One can't work up any dislike of them. They're really just as nice as many of the plants.

Paul: When you use your mind to deter them, would you direct it at the snails themselves, or the nature spirits that are helping the snails?

I would say to you that you could direct this at the snails themselves, but you could also ask the nature spirits of the plants to help guard the plants, and they, in turn, could ask the snails to move on to this nice patch of weedy grass, instead of your lettuces or whatever.

(Laughs)

Jan: Or along to your neighbours' lettuces!

(More laughs)

I don't think that one would work too well, because I think they would come back in abundance to your lettuces.

Jan: Salumet did talk about just that, didn't he?

Lilian: Of course there are things you can put round, but nothing that is going to kill them—like gravel or sand, or putting string round a pot stops them climbing up the pot.

I think one point that is quite important and that is what you perhaps tend to do—when you find a slug in the garden, you then start to use your mind to make it move. You need to keep going. You need to keep thinking of this a lot of the time, not just once or twice, but continually. It is this bombardment of thought that will help to remove the pests from your garden, but you must keep doing it, keep using your mind to make them move on. Just the odd once, twice or three times will not be sufficient. Now, I think, for this time, I have spoken enough.

George: You have given us much, much knowledge and we do appreciate your talking. Can you give us a name to know you by?

I do not normally give names, but I feel maybe you could give me a name and I will respond to that one.

Lilian: The Gardener?

I am quite happy with that name and now I must return.

All: Thank you very much!

George: We'll think of you as the 'Spirit Gardener Teacher' —it's been wonderful. Thank you very, very much.

(General thanks)

George's Notes:

AND IN THE COLD LIGHT OF DAY: I dare say there may be a few raised eyebrows on reading the above exchange, perhaps even the odd hoot! But through the 20th- century, the Kirlians demonstrated plant aura / energies, Cleve Backster first demonstrated plant perception and interaction with humans (since confirmed by others) and many scientific experiments have demonstrated clearly the effects of music. It is all documented scientific history. Salumet and others have of course referred to connections with the angelic and elemental beings.



Tomatoes – 7th June: As stated, the more robust plants are grouped around the red MP3-player.

~22nd June 2009~ SALUMET

Lilian: Good evening! It's nice to have Eileen and yourself back with us again.

Good evening.

All: Good evening.

I thank you for your welcome this time, and of course you know, my dear friends, that I am never far from you.

(Agreed!)

Some time ago, we spoke about: did you know who or what you are? Do you remember?

Lilian: Yes, vaguely!

My question to you this time is: what is your purpose in this lifetime? What do you recognise within yourselves that you can strive toward? Each one of you, my dear friends, walks a separate pathway from anyone else within this room. Each one of you is involved in daily living on this Earth plane. And each one of you has expectations known only to yourselves, and of course, known to us in spirit, because we have the wider picture of life. So I am going to speak with you this time and ask each one of you if you have considered who or what you are, and what you wish to aspire to in this lifetime; and do you now recognise, my dear friends, the energy which pulls you all together in this one evening of your Earthly week? Do you feel and understand that energy now?

Sarah: I think we all feel very comfortable with one another in this room, and I think that must be put down to that bonding energy that we have.

George: I feel the energy has been with us before in our previous incarnations together, and there is the current energy now, and it seems to go along with the dedication to, not just to go forward, but—perhaps I'm bringing a personal feeling into this as well—it's going forward, endeavouring to understand that wider picture, which you name, so far as it is possible to understand, and to pass that understanding onto many, many others.

Yes, and do you *feel* the change of energy from what it used to be when first you came together?

Lilian: Much closer!

Yes, you feel it and understand it just a little more.

George: Yes, it seems more positive now (**yes**) and it seems to have more direction now (**yes**) and a clearer understanding of that direction.

Yes, you feel more positive *about* that understanding—yes.

Lilian: Yes, nothing emotional about it, but more of an understanding, I suppose.

Yes, yes.

Sarah: I do get various times when I suddenly think I really understand what this is all about now—little glimpses, like that and then another time, you can say, I've had that feeling and you try to explain it and I don't think I can actually, but I do get moments of really feeling I understand.

Yes, it is the opening up that you receive. That is when the understanding comes to you. Each one of you will experience this in different ways, because you are diverse in your everyday lives. Your experiences will not always be the same, but ultimately you all walk the pathway which leads you to the truth. That is what is important.

Lilian: Seeking the truth?

Yes, when you work as one, rather than as individuals, you understand?

George: Yes, and a detail which brings us together is the book, which is in its final stage now before going to publishers. We have all contributed and again, this is in our individual ways we have contributed to this, and I wanted to ask you, Salumet, if you would care to give an endorsement that could be printed in the front of the book, as to the truth that it contains. As I see it, you would be the one, who could best give endorsement for that!

Yes, I feel most grateful for those words, my dear friends. And, of course, I would be happy to put *my name* to anything which is part of the overall truth of life. Yes, Truth is all encompassing, Truth is not denial, Truth is everlasting; that is truth.

George: Yes, indeed!

But, if you wish me to say some words to endorse the authenticity of this book, of course, I will.

George: That would be wonderful, and I'll add that our dear friend, William, has written a 'Foreword' to it.

Yes, I am happy with that.

George: That is very nice to have, but if we could add a few words of your own by way of endorsement, that would be absolutely marvellous.

Yes. I would do that for you next time, when I have looked at all of your words. I am, of course, aware of what is happening, but I would like just this time to fully go through the work that you have created.

George: Yes, I understand. That would be very, very nice. Thank you!

No, my friend, thank *you*! We are always grateful for those who are willing to go forward with the truth, because, so often in your world, those words which are different to what is called 'normal', are so often slated by man as being 'untruths'. That is always the problem that lies before any truth. So we in spirit say to you: continue, continue to know yourselves, continue to speak the truth as you find it, and we are happy always to stand with you. But I will give you some words next time.

George: Thank you so much!

Now I would like you each to speak and say what you aspire to in this life—what is your goal in life—and I speak to you spiritually.

Ann: I think my goal is soul improvement, and to grow nearer to spirit, which I've been uncomfortable with for far too long, and through that, to make contact with the Great Creative Force—I'm not wording this very well...

Yes, you already have a gentle soul, but it is not unusual in an Earthly life, at times to feel a little lost, but we found you, did we not?

Ann: Yes! I just made it!

(General Amusement!)

Yes.

Lilian: I think perhaps we all get a little lost along the way—fearful and frightened.

George: There's been a considerable period of, could I say, parallel pathways (**yes**), which seem to produce the same truths, as we learn here.

There are many pathways, but only one truth. It really matters not, and I have told you this on many occasions. It matters not which pathway you take, whether it is straightforward or it meanders; it ultimately reaches the same place. But the recognition of going forward in the name of truth—that is what is important, that is what you should seek—understanding and knowledge. Anyone else, please?

Paul: I was thinking for me, one of them is simply *being myself* and expressing my thoughts and feelings completely, without any interference or anything. So, being completely connected with the being, the inner being—becoming the outer being.

Yes, that is good summarisation of what you should be aiming for. None of you in this lifetime will be perfect, but it is in the understanding of what you strive for that is good.

Paul: Yes, as you go forward, I find things that I try to process, things that seem to be holding me back. I try to unravel them. I think it's going into the past sometimes and sorting it out some muddles.

I would just say to you, my dear friend, do not try to analyse too much, just 'be' and all things will turn for the better. *Just be!* Does that help you?

Paul: Yes, I think there's still that slight issue of trust (yes) and having the confidence to go with those inner feelings.

Yes, getting to recognise them and to allow those feelings to be 'you'.

Paul: Yes, sometimes they are unrecognised—that's right—I don't always know how I feel about some things.

But you are getting there. Yes, good!

Paul: Thank you!

Sarah: I think what you said to Paul about 'just being', actually, also applies to me. There are certain things, for example, not being judgemental, trying to enjoy being with all types of people, having a more generous outlook on everything is the way forward for me, and in acting in that way, I feel happier with myself—I don't do it to *be* happier with myself, but just that way of living makes me more content. You say 'don't judge', and, as I said earlier, you have those little moments when I suddenly think: I understand what this is all about, and it's encouraging.

Yes, of course, cause and effect is most powerful in your lives and that is what you are creating, each time you open to a new experience, and because cause and effect are taking place, you have good results from it, and therefore you can begin to move forward in your understanding in beginning to know who and what you are. Yes, good!

Sarah: Thank you.

Lilian: Yes, I think for me, on a similar note, at the end of each day, I know where I've gone wrong—definitely. I realise I've maybe said something, thought something, judged someone and I realise where I'm wrong, many times.

Don't be too harsh on yourself. The recognition is good, but, sometimes, you chastise yourself a little too harshly. Life is a learning experience, of course, but you must recognise with yourself that always, it is not just your own fault, that life on this planet can be most difficult—but what you recognise, are those 'faults' as you call them—what you recognise in that, is that you should be above these things, and again, my dear friend, you are travelling the correct pathway.

Lilian: Well, that's nice to know. Thank you!

You are generous of spirit, not only with your spirit, but with your Earthly time—good.

And now I feel for this time, I will take my leave of you and give you a little time to consider your words, to look inward and to know and understand, my dear friends, that, although life as you know it can at times be troublesome, you are never alone; you have your friends and helpers always around you, whenever they are needed. Those of us in spirit who use you, for whatever reason, stay close by you; and with those words, my dear friends, I will look forward to our next meetings together.

Lilian: Thank you. It's been great to have you back.

And I will come with those words for your book, my dear friend.

George: Wonderful!

Sarah: Lovely to have you back again, Salumet. It does give others a chance to come through, but it is so nice when *you* come through.

Yes. There are many close to you now, so let us see what can be achieved

All: Thank you!

George's Notes:

One dear acquaintance, who followed, was Emma—that is, she who in Earth life was Emma Hardinge Britten, from our Victorian era. One interesting little detail is that when this lady comes to Eileen, she always first leans forward, then sits upright with straight back (and the movement makes the chair creak), so we know from this that it is Emma before speech begins! On her previous visit, we heard about her latest project in India—influencing downtrodden women, to help instil ‘equality’ in the Indian society. Now she brought an update, indicating that there is useful progress. Whilst on Earth, she championed knowledge of spirit communication—now she champions equality in India. And she was quick to point out that her spirit work continues, with visits to groups such as ours to make known the arrangements for the evening etc. We always enjoy Emma’s beautifully articulate voice, we think cultivated during her extensive public speaking on Earth.

~29th June 2009~ SALUMET

It was a brief visit this time—featuring George’s book endorsement mentioned at the previous meeting, followed by one of Sara’s meditative journeys:

Lilian: Good evening Salumet!

Good evening!

All: Good evening!

Again, as we draw close together this time, I feel your love and your energy. For this, I thank you, my dear friends. When last we spoke, our dear gentleman friend asked that I may speak a few words about the book.

George: Indeed, we look forward to whatever you have to say, whether it’s nice or not so nice. *(Chuckles)*

You do yourself an injustice, my dear friend. This task has been long and hard at times in discovering which words to use. I, as you know, am someone of few and simple words—I do not intend to change this format for this book! But I will say that I feel, my dear friends that this book is self-explanatory, but also, I wish to say this to you: Bonniol has demonstrated to all—that mind transference has no boundaries—has no limits. Of this we are assured. I say this to you: Bonniol has brought to you these things: beginnings, openness, nascent, narratives, individuality, originality, and the essence of all life: Love. These things belong to each and every one of you, but those few simple words are given to you by me to be used for your book.

George: Thank you! That’s very nice. I’m most grateful. I’m also grateful for all your contributions within the book, which knit together with Bonniol’s words so nicely and this combination of voices seems to bring extra explanation and clarity. Thank you for that.

Yes. It is always a little easier to listen to words being given from afar—to find joy and to seek pleasure from these things; but remember always the purpose of Bonniol was to demonstrate to you that mind projection that each individual here still finds so difficult. He has achieved that purpose and has been helped by many—you must not forget that also. He has never been one single unit in this work, but, as I have said to you, he has given it to you clearly, succinctly and with all of his love. That is what I wish you to remember mostly. You understand?

George: Yes, and I feel, from that impetus, we are still moving forward in that. We have much practising still to do **(yes, yes)**. But we continue to go forward, I think, from that impetus.

You will all, or should do, go forward; go forward in the expansion of your consciousness, each one of you, to the best of your abilities. That is your challenge now—not to be given words and details by all others, because you see, now, my dear friends, you should be weaned from these things. You must take yourselves and grow and become those spirits of truth and love that you are. Bonniol will not be with you forever, but I can tell you there will be few more visits from him, because, as I have said: his task *has* been achieved, and I hope, my dear friends, that your love for him has grown, has been nurtured, and in response to those emotions that you now move forward? You understand?

All: Yes!

George: Certainly, we have the love for our dear friend and thank you for confirming that he will be with us again.

Yes, he has still some things to say, but, it is not a constant—you understand? I hope those few words have helped you with your book.

George: They have indeed.

And again, I will say to you my friend: very well done in your efforts.

George: Well, thank you! It's been a nice exercise, and I'm aware that there has been so much help from the ones here, as well as friends above **(yes)**, yourself and Bonniol and that it has all come together amazingly well.

Yes, your modesty, my dear friend, should always be recommended. That is why we have chosen you, not only for literary skills, but for the kind and gentle man that you are: with truth, with honesty and with gratitude to your fellowmen.

George: And it is, of course, an honour to have been chosen. Thank you for that.

Yes. Now this time, I will let you absorb what has been spoken to you, to think upon those words I have given to help you in your daily living and in your life as human beings. This time, I will ask the dear lady to take you on a journey, and then to allow those close by you to come close, and this time there should be something of a personal nature for you all. Do not focus too strongly on that, just allow it to *happen*. And I will work quietly for just a short while with the instrument. As always, my dear friends, I will leave you cloaked in love and light, knowing that we will soon meet again.

(General thanks)

Sara's guided meditation:

Audio link: http://www.salumetandfriends.org/resources/2009_06_29+sara+med-journey.mp3

We're going to go on a colour journey and the journey is going to take place on the water in a little boat. You're sitting in a little rainbow-coloured boat—painted with the rainbow colours. As you sit in the boat, the water is gently lapping around you. I feel that you are on the sea and the boat is taking you on a journey. You don't know where you are going, but you trust and feel very happy, because you know that the boat is being guided to take you where you need to go. So as you sit, you just listen to the sounds around you and all you can hear is the water, gently lapping. There is the sound of seagulls in the distance, and you feel very peaceful and very happy. And then, as you are gently moving along, you become enveloped in a golden-yellow mist. It's suddenly all around you. You can't see anything except this beautiful golden-yellow mist. But you don't mind—you are happy. You know it is there for a reason, and you just try to absorb this colour into your being and it is very like sunshine—the effect of sunshine on you. It makes you feel very open and very giving and very alive. It somehow gives you the qualities of the sun. You feel that you can reach out to others. You can give of your higher self and you can achieve. And just as the sun's rays come down on you, it is as if you are reaching up with your arm. You are reaching out like a sun in your own right. It makes you feel happy and cheerful and full of light, full of fun, maybe a little mischievous, but certainly alive. You absorb the qualities of the yellow and the light gives you wisdom too, wisdom to make good decisions. Slowly the yellow mist starts to disperse and leave you, and in its place, a beautiful bright, bright blue. So now you are surrounded only with this blue which is close to the colour of the sky on a very sunny day, when there is no cloud—very bright, quite a strong blue. You start to absorb the qualities of the blue, and the boat gently rocks against the water. You feel very relaxed and at peace with yourself. The blue brings its own quality of peace to you, but also of truth and you recognise the importance always of truth, not only on a superficial level in your life, but on a deeper level too—the truth of your inner feelings and you are aware of your commitment to your own truth—what you feel to be important for you as much as for others, because in knowing what is important for you, you then know what is important for others. So you reflect on the beauty of this blue and the quality that it gives you of peace, and space—mental space, truth and calm. It helps your mind to be peaceful, and it expands your mind as well. It slows down the chatter of the mind, brings you calm, so enjoy basking in the blue. It has a protective quality. In times of trouble, you can imagine a blue cloak of this colour around you. And the blue starts to disperse. It starts to leave you, and just disappears into the ether and it is then replaced with a wonderful emerald green, a very bright

translucent green, and this starts to enfold you and the green has a very soothing effect on you. It is very cooling and calm, and it nourishes you like a healing balm. It's as good as a walk in nature, as good as sitting under a big oak tree, so imagine it filling your whole aura, and soothing away any troubles or aches or pains, and renewing you like the feeling of spring, giving you new life, refreshing you. Perhaps you can imagine feeling like a plant that is growing with each new drop of water. Feel refreshed, renewed and soothed. And now the green starts to disperse, and in its place comes a bright, bright orange—such a strong mist enveloping you, such a beautiful strong colour. It gives you the feeling of joy, coming deep down from inside. Imagine yourself bubbling up with joy. So many things to feel joyous about, so many things to feel lucky to have so many things for which to be thankful, many things which to some may seem rather simple, but they are very important things, such as health and the ability to move freely, and the ability to laugh and share with others, share feelings, share experiences, share love and share joy. So enjoy this beautiful, bright, warm colour, giving you the warmth, the warmth of a fire, of a flame, and you allow the colour to leave you and you feel refreshed after your colour mists. And there is one more colour for today, coming to you now and it is a beautiful violet-lavender shade—somewhere between violet and lavender. Imagine it as a mist again, enveloping you. It has a really purifying effect on you. Any problems, any worries, any kind of negative feelings are washed from you with this beautiful purifying mist, enveloping your whole being. It soothes your soul. It gives you a clean slate, a chance to begin again, with the right feelings, right thoughts, which precede the right feelings—thoughts of happiness, thoughts of love, thoughts of support to all around you, no matter how they may disappoint sometimes, but still you can send the loving thoughts, and you are instantly protected from any negativity. Think of this beautiful lavender shade and it will help you to lift up your thoughts and to always be dignified and to think more spiritually towards others, and of course, yourself. And, as you feel cleansed by this colour, then just spend a few moments rocking in the boat gently, to listen to any inner guidance from those close to you and see if they have a message for you before you drift back to the shore again. When you have received your message, the boat will take you back to the shore.

George's Notes:

To those familiar with the Bonniol exchanges, the seven qualities listed by Salumet will be seen as deeply resonant—rather more extended meaning than average everyday words:

BEGINNINGS: The beginnings of all our journeys, of understanding and awareness; the beginning of a new phase of Earthly existence and the beginning of this universe in which we find ourselves.

OPENNESS: The importance of being open and receptive. Do not shut down on spiritual connection, or close the mind to all the help that is available.

NASCENCE: A little-used word today, but the 'new birth' potential that arises from the huge increase in knowledge and awareness is plainly evident.

NARRATIVES: The stories / accounts delivered are meaningful, some almost as parables, and clearly springing from an advanced and beautiful mind.

INDIVIDUALITY: The mind development and thinking as an individual is so important. We must not allow ourselves to become swamped by herd habits, brainwash-advertising and political coercion. It is so important to preserve individual thought / identity.

ORIGINALITY: Relating to 'first existence'—in respect of knowledge; innate knowledge—inspiration—guidance; connects also with novel, inventive and creative.

LOVE: As stated—the essence of all life.

Salumet said: I will let you absorb what has been spoken—and those qualities belong to us all.

~27th July 2009~ SALUMET

Good Evening.

All: Good Evening.

As we come together this time, so many thoughts are going through your minds. We are trying to help you just to settle a little more.

Lilian: Thank you!

I hope that our last meeting was interesting for you and also that last time, as a group, you found it a useful exercise, and gave you a little more to think about.

George: Yes—are you referring to last week, when we had various impressions given?

Yes, I have to say to you that each one of you received something and that has not happened before. Did you realise?

George: Well, yes—and I was left with the feeling that the various things received were connected. There seemed to be a general theme which stems from the date given to Eileen of...

Paul: 1792

George: ...1792—yes, thank you! This was the date of the new calendar of the French Revolution, and there seemed to be a number of other things given that related.

Yes, I am pleased that you found your interpretation most fruitful, but as far as we are concerned in spirit, it is that you *did* receive those thoughts from us.

George: Yes.

The fact that there was a bond of information is good for you all to recognise, but the importance of what you received, just shows, my dear friends, that you are open and willing to receive. That was the object of the exercise.

George: It's very nice to know that we are able to operate in that way and be sufficiently open.

Yes, it is helpful to you as individuals to allow us to come close in this way. Otherwise, you will stay at a level of understanding—which is *good*, but much better that you allow it to develop.

Sarah: We're always pleased to get anything from spirit in this group!

Yes, and because you work so well and, as you were told, beautiful colours attract those of us in spirit, it is well that you pick up such information. And it will be our endeavour that each one of you be given these opportunities, because of the love and the dedication that you have all shown and have given me the opportunity to use this instrument. So again, this time, there will be some time devoted to allowing us in spirit to come close again, if you are so willing.

(Affirmed)

I will this time work quietly with the instrument and allow the others to be used as they will. But before I leave you, my dear friends, are there any questions that you wish me to answer for you?

George: Well, I have received a question from our dear friend William that I would like to pass to you **(Yes)**.

He has mentioned the automatic writing of one, James Padgett, and he received by this means, communications between the years 1914 and 1923. He received communications from a large number of people, Jesus the Christ, many of his followers, prophets of the Old Testament, Moses, and a number of well-known people and public notaries. Something that came with that was the information which we have talked of before—that the teachings of Jesus have been misrepresented, have been muddled, and recorded inaccurately. Part of this mission has been to set the record right and convey the right teaching, and this has been regarded by some as a 'Second Coming'. There's quite a big following from these automatic writings. So it would be very nice to have your comments on the James Padgett writings as to their authenticity. And it seems to me that this would have been a very big mission mounted from spirit. So, we would be very pleased to receive your comments on this, Salumet.

Yes, I thank you for the question. So many times it comes, and I will use your phraseology: 'Second Coming'—what does that mean?

George: Well...

I know what you try to say...

George: Among Christians, there has been some anticipation of a 'Second Coming'.

Yes.

Lilian: You also mentioned that part of him came back as a woman, didn't you?

Let me just say this to you, my dear friends. Let me speak as one who also comes from spirit to bring to you truth and love and light. I am always just a little concerned when I hear *so many* names. I do not say that disrespectfully, because, we, in spirit, are always grateful for any instrument who is open to be used. You understand?

George: Yes

Yes, of course, it is well known that from the time of Jesus and before the prophets, all of Christianity had some dubious moments which have been narrated slightly wrongly.

George: Yes, we all very much appreciate that.

Yes, there are from our world, MANY, many, such as I (*who*) come to you, who are trying to bring to all of this Earth Plane, the Truth.

George: We're so happy with that!

Yes, I would be quite happy to say that the automatic writings which are given to people upon your Earth Plane are but one way of information. This person, of course, gives much information through the writings, but there is always an element of interference possible from writing, so I am a little concerned that so many, as you would say, '*famous names*' are used. So I would say to you, my dear friend, that if that is what is happening, then I leave it to you on this Earth to either accept those words or to reject them. I would say from where I sit with you that not all of those words are true.

George: Yes, I certainly have the feeling that there are *so many* names mentioned, (**yes**) that it's quite overwhelming.

It begins to show some egotistical tendencies.

George: Yes, at the same time there are...

...There are truths amongst it.

George: Yes. There would seem to be a very good overall message (**yes**), or a message that seems very acceptable about the teachings of two thousand years ago and of how the record needs to be put right.

Of course! But that is what we all endeavour to do, but we do not need to use one instrument for so many from our world. But I will leave it to you. After all, as human beings, you must learn to differentiate between Truth and non-Truth, and, as the spirit develops, that should become easier for you.

George: Yes, well thank you, Salumet, and I'm sure William will be much pleased with your information given.

Yes. Always, my dear friends, I do not like to speak of what others are doing. We all have been given tasks to do. We all have chosen to come to use the instruments we feel are suitable for our work, but my only concern with this one is that there are just too many. Why would they choose just this one instrument? So, I hope that helps your friend.

George: Yes, I'm sure it does. It certainly helps me (**yes**). Thank you, Salumet.

Right! I will now withdraw just a little and work with this instrument, and allow you to come close once more to those who are trying to impress you. So, once again my dear friends, open your hearts to our world. Speak out no matter how trivial that information or feeling may seem. It is important that you each speak out, and in that way, we will know that you have received our thoughts.

(General thanks)

George's Notes:

Salumet withdrew and we were soon speaking of visions and impressions. There was no obvious pattern of connection this time. There was woodland scenery, one dressed in medieval ruff with simple hat, and Lilian seemed to be in the company of a very happy donkey for the entire period.

James E Padgett and the Church of the New Birth: *As reported, the automatic writings are extensive with sometimes as many as 40 messages received during one evening. Several volumes have since been published. In excess of 50 spirit sources are named in Volume One and more than 70 in Volume Two. They include such names as: Jesus, Mary, John, James, Elijah, Matthew, Luke, Paul, Samuel, Daniel, Joseph of Arimathea, Solomon, Lot, Socrates, Plato, George Washington, Nero, Mary Baker Eddy, Francis Bacon etc. A useful step a century ago no doubt but we have now moved on, and it is abundantly clear that there is much more involved in Divine Love, spirit and creation than this one small planet! And we have to be circumspect about TRUTH.*

~10th August 2009~

No Salumet this week, but we were delighted to receive an extra-terrestrial guest. The transcripts of our cosmic friend Bonniol, are presented separately. However this was another Extra-terrestrial from the Planet Glong. The visit had been arranged earlier and we were prepared for the one who spoke through Sarah:

I am—I am coming to see you.

Lilian: Are you the being from the other planet? If you are, you're very, very welcome.

It is my pleasure to come to see you.

George: Well equally it is our pleasure to receive you.

It is very hot here.

Lilian: Being here with us now is making you hot?

I think your planet is much hotter than ours and the air much thinner.

Lilian: Is that making it a little bit difficult for you?

I am feeling very stretched upwards, because I think the atmosphere is pulling me (deep sigh) upwards—but I feel if I can just adjust a little, I...

George: Please take your time and we appreciate there must be great difficulties in experiencing different conditions.

Paul: I don't know if we can make you feel any more comfortable.

Lilian: I'm just going to put my hand on the lady's back that you're using, just to see if it will help. (Several deep breaths) Perhaps you can have some help from Spirit—maybe that will help you. (More deep breaths) ***That is much better. Thank you! Thank you! I was beginning to feel I would be stretched out of all recognition. Yes, that is much more comfortable.***

Lilian: You can tell us where you come from and so on in your own time.

I have come from a planet known by your friend, Bonniol, and he has asked me to make contact with you, because he has not yet been able to come back to you, and he wishes for the interest to remain vivid. So that is why I have come to you.

Lilian: Well, for us, it's absolutely fascinating that you can travel this way.

George: We have much enjoyed Bonniol's visits to us and our discussions. So, you also have exchanged with Bonniol?

We have much contact with the planet you call 'Aerah'.

George: Yes! Wonderful!

And, we are quite similar to those beings, but we do not visit in person, but just through 'thought'.

George: Yes—is it possible to give us a name for your planet and yourselves?

I can, indeed, give you the name of our planet. Our planet which is much smaller than Planet Aerah, is called 'Planet Glong'.

All: Glong...

(More expressive and probably over-stressed to ensure both 'g' and 'l' are sounded)—'GERLONG'!

In our language 'Glong' means small but important and the reason why we have the important part is because we are what you might call the 'central nervous system' of many even smaller planets that surround us.

George: Fascinating!

We are used as a base for these smaller planets, who, in turn, receive information, like an echo—no sooner has their question or their need been received by us than they receive a reply. It is as if these planets were on antennae from our planet. They are part of our planet, but they are not attached. There is very much communication with all these planets and we feel as one with them, but they do not visit us and we do not visit them, but we know each other intimately.

George: Fascinating!

We have one, as you might call it—'mind', which is separated by these separate planets. When the information is needed, it is as if it were their own mind working; but no, their mind comes to us and is sent back again.

George: Wonderful! Do you operate in a similar way to Bonniol? Do you have a support team on your planet?

There are many of us who are 'as one'. We do not have any who are greater or less than another. We are all of the same. We do not use our physical bodies to promote any sign of greatness, but the mind works together.

George: Wonderful! Do you have individual names, or do you blend as one?

We do, indeed, have individual names, but the minds are joined, so if you wish to look at each individual, you can do so, but if you wish to use the mind of one, you will be using the mind of all.

George: Yes—wonderful! May we have your name, please, or is that appropriate?

You can have my name, if you wish, but if ever you are to contact us again, you will need only mention the name 'Glong', because we are all one, so in speaking to one you are speaking to all.

George: Yes, I understand.

So, I cannot say that there are not individuals, there are 'beings', but not as you know them—not as you have here, where the mind can be blended with another, but they do not work totally in harmony with one another, but this is something that we have learnt to do, to be a complete being of many parts.

George: Yes, I understand the mind part. Do you have separate physical bodies on your planet?

Yes, we do. The beings are there, but the mind-thought process is as one.

George: Yes, I understand that all the beings are united as one mind.

Paul: Is this something that has evolved over a long period of time? In your past, did you have others who were not in harmony with each other?

The ones who are on the even smaller planets—they are the ones who are working towards this united mind process, but they are the ones who have not quite achieved what we have on our planet. I would say, although I am not quite sure, but I believe this is something that has evolved over a very long period. I have never known any different, and as far back as I have word, no one else has ever known any different. So I can only assume that the process has taken a very long time.

Paul: With all those minds in harmony, I imagine you would be able to utilise that mind power to tremendous effect.

We indeed do, but we can only help those who wish to be helped, and on our planet, we have no need to change much, because we work so well in harmony with one another. So, the use of our 'single mind thought' is put to best effect helping those smaller planets that surround us, and in time, we hope that they too, will join in the complete harmony that exists with us.

George: It sounds a wonderful stage to have reached, and can you tell us a little more of your physical-being basis? Do you take physical food, and live in a similar way to ourselves?

We do indeed eat, but we only eat what we grow. We do not have animals on our planet, and therefore our diet is completely vegetation.

George: Yes, I understand. And would I be right in thinking—before this evening, we knew nothing of your selves, but would I be right in thinking that you have observed our planet and know something of us?

We have joined with our good friends of Planet Aerah and have listened in to your meetings.

George: Oh wonderful!

And that is why we were asked to visit this time, because we are aware of you and how you exist. It is most interesting for us to see how you are working, and we are sometimes a little surprised and amused by your 'goings-on'!

(Chuckles)

George: I'm sure you must be!

But, yes, we do feel a great warmth for this group, because we almost feel as if we know you already.

Lilian: It's very kind of you to say that.

George: Well, this is a wonderful evening for us. We're so pleased that you've come through, and we were aware on certain of Bonniol's visits that others joined him, but I don't think there was any mention of Planet Glong. But, nevertheless, we are delighted that you have been involved in those visits, and it's a great joy for us to learn more about this universe in which we live.

Paul: We've got a lot to learn!

(Laughter)

George: I feel really I should be apologising for how we 'go on', on this Planet Earth. We're very much a mixture!

(More chuckles)

Paul: We could do with a bit of your harmony!

Lilian: It's very frustrating that we really can't talk to many people about your visit. That is very frustrating, because they just would not understand.

Well, that is partly why I have come, to let you know how other planets exist and although you may not be able to discuss this with others, you can dwell on it yourselves. And, do not forget you have that powerful mind! You do not need to speak.

[In accord with Salumet teaching of course, unspoken prayer and good thoughts always have their effect.]

George: All of the Bonniol exchanges have been recorded and we have written them into a book, which is in the process of being published at this moment, and your speech this evening is a wonderful addition to that, so we are doing our best to get everything known around the planet here.

I am happy to know that you feel you are able to include our planet also in your writings.

George: Yes we shall certainly do that.

And may I clarify to you about our involvement with meetings with you. We, of course, do not 'sit in' at the meetings, as do those on Planet Aerah, but we are able to use the minds of those who are involved, which is relayed to us. And in that way we are participants—but not in the physical form.

George: Yes, we were aware that Bonniol has a support team of about sixty individuals, and, with the mind, these sixty have been involved I know, but you also have been involved in the 'mind link'. That is wonderful news for us.

Well, let me tell you, it was wonderful news for us too, because any new information is always of interest, and especially when it is of a planet, so very, very different to ours.

George: Yes, it's certainly different! Might I ask—do you know and are you aware of Salumet?

I personally am aware of this being, but I do not have any of his information.

George: I merely ask, because I think Salumet was instrumental in making the Bonniol link, or helping towards the link in the first place.

That is as far as I am aware of this one. I know he was involved, but I do not know anything more about 'him'. I am sure that if we were to tap into the one you call Paul, we could indeed get all information, but we are at present in so harmonious a situation in all aspects of our planet, that we feel that perhaps, the information you are being given, is directed more to Planet Earth, than to our planet. And that is not to say that we cannot learn from this one, but the thought is that this one (Salumet) is for use on the Planet Earth.

(Agreed)

Paul: And, you've obviously got different lessons. Would you describe Glong as a 'Learning Planet'?

George: It sounds as if Glong has already learnt!

(Chuckles)

I think we could say that although we possibly and perhaps I should say surely can learn, our main task is to teach those smaller planets around us.

George: Yes, and of course, that is Salumet's mission—to endeavour to influence this Planet Earth, and yes, I'm sure you're right that Salumet's purpose is to influence *Earth Planet* for the better.

We are all given a task to do and our task is a combined effort for those around us and, perhaps, our learning is to work as one.

Lilian: Yes, that would make sense, wouldn't it, eventually? I think you're way advanced beyond us.

We are, indeed, quite different in our approach to life.

Paul: Oneness—I think we have a deep understanding—it's not very conscious, but on a certain level, there is the feeling that we are all one and we are all the same in lots of ways, but, unfortunately, it doesn't come out enough in our daily life. So, you've reached a very good stage of oneness on your planet.

Can I just clarify—did you say that you are, broadly speaking, of a humanoid form?

We are quite similar to the Bonniol people—and we do have a head, we do have arms and we do have legs, but all these physical limbs are so rarely used, because if we wish to move from one place to another, we can do this with our minds. We do not have to use the physical being; we can use it, but we do not have to.

George: You can transport the physical body, using the mind. Is that correct?

That is correct.

Paul: So could you, in theory, materialise yourselves on Earth, in your physical bodies?

In theory, we could indeed do this, but I do not think that will happen—not yet, at least. But, yes, it would be possible.

George: Wonderful! Do you have families?

We do have families. We have groups of people who live together, and they act as one big family. We do not have, as you do—couples. We live, in what you might call ‘communes’ and we are able to create new beings via the giving of spirit to another, and create within that spirit, new spirit that forms into another being.

George: Wonderful! Yes!

This is the choice of the one being created—can choose from whichever commune it wishes to belong to. Each commune has a slightly different purpose. Each commune provides one aspect of what is needed to keep the physical being alive. So whatever that spirit decides it wishes to grow, it joins that commune. And once you have decided upon your commune, you stay there for the duration of your life on that planet. But, of course, we all work together in spirit, so this is the physical side of our planet—but the spiritual side is as one. I hope I have made that clear to you.

George: Yes, that is a wonderful education for us to know that such a system exists. Yes, thank you!

Paul: Yes it's a whole new world—literally.

Lilian: Yes, do you understand how we have reproduced other beings? Do you understand our reproduction?

Yes—and we have to smile that you need so much effort to produce one more!

(Laughter!)

Lilian: But the spirit has already chosen to come to that particular couple—we do understand that...

(Yes)...not a lot of people on Earth do—but we do! Yours sounds much simpler.

Where we have a little similarity, inasmuch as the spirit decides—

Lilian: Yes!

George: And, like everyone else, you recognise the one Creative Principle in the universe. Perhaps you have a different name?

I am sorry—I do not understand what you are trying to say.

George: Each planet seems to recognise the one Creative Principle in the universe that some call ‘God’. Different cultures have different names for the Creative Spirit of the Universe.

Yes—we very much recognise this Creative Spirit, as you call it, and for us, we call this god: ‘THE CORE’.

George: The Core!

Lilian: That's a good one!

Paul: Yes...it's like ‘The Source’ a little bit.

George: Yes, I guess we all have our different names, but we all mean the same thing.

Lilian: We shall try and picture where you are, but I'm sure we'll be nowhere near the real thing.

Well, firstly, I think you need to pretend that you are in a refrigerator.

(Laughter)

Yes, that will be a good start. But I have to say that I feel most comfortable here now (good!) and I have very much enjoyed my visit with you.

George: Well, we've certainly enjoyed your visit to us.

Lilian: Will you be able to come again?

George: Yes. It's just wonderful and—please do come and visit whenever you wish.

That is most kind of you, but I think possibly we will not be coming back too soon, because, I think Bonniol has other ideas for you.

Lilian: Yes, he did say he would introduce us to other people from other planets, so you are the first of a few more we hope.

Well, I have been most impressed by you all and I only wish that all of you on this planet could be so understanding.

Lilian: Well, we all wish we could talk to others about it.

George: The project we have discussed with Bonniol—Bonniol and his team were going to endeavour to do a materialisation of an object—an object pertaining to his Planet Aerah and materialise it here on the Earth. And if this can be done, it will help us to draw attention, and grab peoples' interest. So, perhaps, that's one of Bonniol's further ideas that he has.

Lilian: But having said that we would find it difficult for other people to understand, if we tried to tell them—there are groups of people of whom perhaps you know, that really do understand and are interested.

When you have a young planet, you always get a variety of beings, and it is this variety that helps you to grow. You would not grow, if you did not have so many different ideas.

George: These are wise words.

So sometimes, the beings on the planet do not help, but, many, many do—even though it is difficult to see at the time.

George: Yes.

So, as long as you are making some progress, this can only be good.

Lilian: Yes, things take time. It's very slow, but we shall get there one day.

Paul: Yes, it's a good journey—getting there!

And, on the subject of journeys, I think I will return—but, thank you again for your time, and I have been most delighted to be with you.

Lilian: We're very delighted to have you.

Paul: Yes, Thank you!

George: We share in that delight. It's been a wonderful evening for us. Thank you so much. I don't know how difficult it was for you to come along, but it was a wonderful occasion for us. Thank you so much!

Paul: Send a bit of our 'Earth love' back to Glong.

Thank you and I can tell you the journey was no problem—the landing was harder!

Laughter!

So now I will leave you and will take with me the very fond feelings I have received from you this evening.

George: Well, thank you, our dear friend—or should I say friends?

Lilian: Yes—we're very, very grateful for your visit.

Paul: Our love goes with you.

George's Notes:

In addition to the 65 mind-linked exchanges with our Planet Aerah friends, others on occasions joined the exercise, about which we knew at the time. All was explained as we went along and the mind-link process is now reasonably understood. Now we learn that Planet Glong also managed to tune in. In the light of past events this also can now be understood in some measure—perhaps all the better for its retrospective revelation. Anyway, we are privileged to have been connected via Sarah (and earlier via Bonniol) to the composite mega-mind 'Glong'. Perhaps we should see Glong as another form of teacher that can bestow good influence upon nearby planets. And it is a sobering thought that Glong beings have the capability to apportion their physical presence to Earth if they so wished. So where does this leave our legends concerning mysterious physical beings in Earth's past? There is much to think on here. And we are so very privileged that advanced ones such as we are now encountering should consider us worth a visit!

~7th September 2009~ SALUMET

This evening began as a résumé of selected topics of earlier teaching. But prior to Salumet's arrival there were healing prayers and a little talk of current affairs in the media—There then followed the usual period of settled quiet and our dear teacher from the angelic realms came through:

Good evening.

All: Good evening.

As I join with you once again my dear friends, it brings great joy to me, to listen to your conversations beforehand. And some of that conversation is part of what I will be saying to you this time. I want this time my dear friends, to just recall some of the important points of my coming to you—as you speak of others and pass judgement—

George: Yes, apologies for that!

No my friend, it was an introduction to my words. I want you to ask any questions as I proceed with what I have to say. On 'judgement' I will say, as you look upon another, that is what you are. I know when first I used those words to you, it caused confusion in your thinking, but if you find fault in others, then look within—remember those words (yes). Therefore I say to you, remember those words and do not judge another, for you have not walked in their shoes. That is one of the things I intended saying to you. So you see, we are beginning to be in tune with each other. The other was the offer of the 'prayer for those who are spiritually poor', and that includes my dear friends, not only those in this world, but in spirit also. Part of your mission I have to say, has been to help those who remain in spiritual darkness in this lifetime and this my dear friends you have achieved well, not only by your spoken word, but by the many written words, which has been activated by our dear friend here. (*George*) So that was one of the other things I wished to say to you. Also what has been important to us my dear friends is that you remain open to truth, truth in all areas of your life—not only truth from teaching, from our side of life, but in all areas of living; and of course, that is where your freewill comes into play. You have been given that freewill, in order for you to either accept or decline truth. Another important point I feel my dear friends—and it is a point I feel you have not all attained as yet—and that is 'forgiveness', forgiveness of the past, because it *IS* past. How can you be open to truth or going within, without first having that forgiveness of past things?

George: Yes, as we were part of that past, it's like forgiving ourselves.

Of course, you *are* the past, but it is gone. Until you forgive all past issues, you cannot go forward. And again, we enter into this conversation the word 'fear', which is so much part of your human makeup and something I have spoken to you many, many times, that fear again is part of the condition of being human. But you must let all fear go, because whilst you have fear, you do not have that purity of love, which is your right, which is your spirit. Do you understand what I am saying to you?

Lilian: Yes, I find the fear thing quite difficult—(Yes) I do feel fear—

George: Yes I think you speak of ordinary fears that we should be able to control. Perhaps I could mention there are 'intense' fears which don't seem to be within our control, and our minds—

Let me stop you there. *ALL* fear is within your control, whether it is fear that is outside of yourself or fear that is deep within—you have that control.

George: Yes, I was thinking of those occasions when the memory is actually *blanked out* as a result of an intense fear—

Yes, I understand all the queries and the questions about fear. I am speaking in a simplified way, but we move *then* to what we call 'mind'—that all-powerful thing that you all possess. The mind has the ability to reject all fear—it does, but the fear keeps you captive. You understand?

George: Yes—

Sarah: But this fear that George is talking about—intense fear that the mind blanks out—is that a way of controlling the fear, if you're deleting it, you're putting it behind you...

No, you are not putting it behind you. You are saying it does not exist, but it is still there.

Sarah: Oh right, okay.

You understand—

Sarah: Yes.

George: I have actually experienced this myself, which is why I brought up that query. In my youth I did a course in parachuting and the first jump from a balloon-car was from just above dense cloud. And I realised quite a long time later that I have no memory of the passage through the dense cloud **(yes)**. And I had a psychic reading in fact, and the one doing that reading seemed to be able to detect the fear of that situation.

Yes, it is a human condition of course—in the same way as those who are in danger for their lives allow the fear to build. It is part of the human condition, but you still can control any fear that you experience—and in allowing the fear to dissipate, then we can come close to help. You understand? Whilst you grip fiercely this feeling of fear, what you are doing my dear friends, is blocking us from helping you. Does that make sense to you?

Sarah: So if we're in the situation where we might become fearful, we just need to—um—
You must have certain knowledge that all will be well.

Lilian: That's a difficult one.

Yes, I understand. After all, if you had no fears you would not be human. But what I am saying to you dear friends is: that should not stop you from trying to cultivate the release of fears.

Sarah: So, on that point, if you were fearful and had the knowledge that it was going to be alright, would it be appropriate then to ask for help?

Of course—we are always here to help, but sometimes your fear is so great that it stops us. You understand? Even though you say: 'I believe', you truly are not feeling that deep within, that that is so.

Sarah: Somebody like Joan of Arc who was burned at the stake and who appeared to be completely peaceful—it was her faith that was keeping her calm?

Of course, it was the inner knowledge of what she *knew* to be truth (yes). That is why you have what you term '*brave people*' in your world. It is this inner calmness and knowledge which they possess—that *sure knowing* that all will be well.

Lilian: So if we have a worry about someone and we ask for help, we really need to get rid of the fear that goes with the worry...

Yes, know for certain that help is available if you ask in love—if you ask for help it will be given, but of course not always in the way that you would wish, but in a way that is appropriate for that person (yes). Remember, that just because you wish for something and believe in it, it is not always the right way.

That is because you do not have the wider picture of life (yes). Yes.

Paul: It's almost like fears come from—because we were children once and just didn't have all this understanding that we have now, but things happened and we weren't able to process them and understand them in the way we can now—so does that mean...

Yes—human life interferes with love and trust in this world. There are many things that happen to you as human beings that colour the way that you think. Of course, that is part of the human experience, but nevertheless, you all come to this world with that innate knowledge of all that is good.

Paul: It's almost like you feel like some of my fears are just trapped emotions **(yes)** that need to come out to the light of day, where I understand what you say—thinking that everything is going to be alright.

Yes, it's not just saying '*everything will be alright*'. You need to *feel*, you need to feel that emotion deeply; it has to come from within, that is the difference. So often people say 'I trust all will be well'—when inside they do not believe it. That is what you have to overcome.

George: You've certainly opened our eyes to that wider picture Salumet **(good)** and that has changed our lives enormously I'm sure.

Yes, this is why I felt this time it would be good for you just to go over a few points that we have discussed in the past.

Sarah: These little memory joggers are good for us!

Yes, sometimes you tend to forget and allow the human conditions to pull you down.

Lilian: Yes, and in the media this last week there have been some really horrendous things involving young people—fourteen or fifteen, and you wonder why—they almost seem too young to be touched with such thoughts that they must have.

Yes. I would say to you my dear friend, there is always—and again we have spoken about these things, about many tragedies, as you see it in your world—you alone can never change this world, but what you *can* change is the way you think and the way you perceive this planet; and that involves a much wider picture. That is all you can do, besides sending loving thoughts for those in need, and remember that includes those who you would term evil or guilty—you must have love for *all* your fellow man. And I know my dear friends that is not always easy for you, because when you see injustice as you call it, you wish to put it right—but that is not for you to decide. You understand?

Lilian: Yes, it's good to be reminded (yes).

George: A part of that wider picture is communication with those on other planets, and that has been a wonderful aspect of these meetings—

That was an exercise for you my dear friends, because I felt your love and your dedication to this work deserved to know just a little more.

George: And since your last visit, we have received one from 'Planet Glong' and, perhaps you are aware of this one. This is one known to Bonniol, and through Bonniol, they have *heard of* Salumet, but very wisely stated that Salumet was for this Earth and not for *their* planet, which is on its own quite different course. Is there anything you would wish to say about Planet Glong?

I will speak to you—I at this moment do not recognise that planet name, but that is not to say that it does not exist of course. All I can tell you my dear friends—I did not instigate this, but nevertheless, you have reached the point where whoever is used should now be aware of what is coming to them. If it has been brought to you through Bonniol, then I would say that is good that you have more information.

George: Yes. We were aware that others from different planets had joined with Bonniol on certain occasions (yes). This seems to be, I would say, a very advanced planet, in that they have become of single unified mind—and apparently they were able to join with Bonniol on some occasions and we did not know about that at the time, but they have now since made contact.

Yes, mind transference is an interesting thing is it not?—especially to you people on this Earth plane. My purpose with Bonniol was to demonstrate to all of you that this is possible. There is so much you can never know, my dear friends—so much that belongs, not only to *this* universe, but to many, many others that you will never fully understand—

George: Yes I think we can *easily* accept that there is much that we shall not be able to know!

Yes—yes. If that communicator felt that there was something to give then that is fine. But all I can say is that it was not instigated by me—that particular one. But that is fine if you wish to accept more information—that is in your hands.

Sarah: It was one that came through *me* Salumet and I did feel it was a real one, but I know you've always said to me that I should not question it—and I believe it was right but must say, I'd still like to have the confirmation that it *is* correct, because I'd hate to give out false information.

Yes, you are a doubter—

(Laughter)

But if you are to progress my dear friend, you must become more aware of those who are using you and at times you *will feel* if it does not seem right.

Sarah: It *did* feel right (yes).

George: It seemed an enormously powerful mind and a very logical mind (yes) and it went on for about an hour—so it was quite a lengthy discourse.

Yes, well that can only be for your good—there always has to be reasoning behind communication. So, perhaps I should say 'well done!' to our doubter—

(More laughs)

—In allowing it to happen.

Sarah: Well, thank you for those words, thank you.

Now, I will just say this time, that the last thing I wanted to remind you of—that all-encompassing word of 'Love'. Love can never be learned, and I might hear some of you say: 'but of course it can'. It cannot.

Love exists—you have never been at any stage of time without that knowledge of Love. And in fact, my dear friends, you do have a saying on this planet Earth, about—‘*Love makes the world go round*’.

(Agreed)

And I fully endorse those words—not only this world but every world that exists at this time. Love always has been. Love is the centre of all things.

George: I think also there was a ‘Beatles’ song—ALL YOU NEED IS LOVE.

(Sarah then began to sing the chorus: All you need is Love, love, love is all you need!)

Now our doubter is listening! Thank you.

(Giggles)

Yes—love is important in all of your lives. It is natural for each and every individual to feel the power of love. And if you stop, and you just stop for a moment, you can feel the power of love within the heart area of your physical being. But it is much deeper love than that. It is the purity of love, which can never die. It is an expression. It is a need that you all have. And I will end it again by saying—**LOVE IS ALL THAT YOU NEED**—and I will remember those words, because it finishes nicely what I wanted to remind you all of.

Lilian: It’s good to be reminded, I must say.

George: Yes, how nice to have a résumé of the ground covered.

Well, because of the limitations of time, I wondered which would be best to remind you *of*, but I feel those I have spoken of are very apt to your situations—each one of you, at this present time—yes.

Paul: You feel it right to the core of you, with those words.

Yes—so now my dear friends, much as I would like to stay just a little longer this time, I will work quietly with this instrument, just for a short time, and allow any others to come who wish to. So, as I take my leave of you, know and understand what that *love* means. I leave you all encompassed within that pure *love*.

(General thanks—it was a deeply wonderful feeling)

George’s notes

On conscripted national service: Para-training in the early 50s was without a reserve parachute and hence a little scary. When leaving a balloon car there is a considerable free-fall period before the canopy opens. In the text I refer to free-fall through the dense cloud. I cannot describe it, because I can’t recall it. Many years later during a psychic reading it was stated that I had ‘an intense fear stuck in memory from a past event in a military situation’.

~14th September 2009~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

If I took a little longer this time forgive me, but I was most interested in what you have to say. Each time I come to you it never ceases to amaze me how much your love and compassion for your fellow man has grown. To you, my dear friends, it has become part of this gathering together—to give thanks, to ask for help for others, with little thought of yourselves.

Lilian: Well I think we’d all agree it’s partly thanks to you.

Sara: We’ve had a good teacher maybe?

(Agreeing laughs)

I cannot do that—you have done that for yourselves. I perhaps have lightened your way perhaps, but if it does not come from deep within then it means nothing, and each one of you, my dear friends, glows brighter as time continues. I would like to welcome back our dear friend (Rod) who has been absent for some time.

Rod: Thank you very much Salumet.

At times you have been weary and asked for help on many occasions, but remember my dear friend, help comes in many guises. It is not always so obvious to those in need. But we have never been far from you, and it is good to welcome you back into this room.

Rod: Thank you so much. I appreciate those words, and you're right—I sit on the edge of the bed and thank everybody up there for helping us, including your good self sir.

I thank you too. Now, as I have listened to all those words, wishing comfort for others and listening of course about the other planets, I think you would agree with me my dear friends, that life now for you on this Earth planet seems quite 'insular' when so many others exist—

(Agreed)

—And having that knowledge that understanding can only help you with your own spiritual growth, and this is what is happening to each one of you—maybe in your own way, in different ways, in your own time, but nevertheless it is happening.

George: Yes, in a way it's a joy to have that awareness of other intelligences.

Yes, and you have already become aware of others who have this information (yes). Yes, it all comes together does it not?

George: Yes, and 'insular' is a nice, interesting word (yes) and I fancy we could be viewed by *some* others as 'most peculiar'!

(Chuckles)

I do not advocate *that* word.

George: We have things to learn on this planet, but then it is a learning planet.

Sarah: It always makes me laugh when the scientists say: I wonder if there's any intelligence out there?—anything that might be comparable with us—thinking that we're the most intelligent, whereas we know that we're the least!

(Laughs)

Yes, we will not disenchant them. They also are working at their own rate, and I have to tell you that many who are walking that pathway are making great strides, especially with the help of those in spirit. There is an age coming to you when your scientists will be much more open-minded, because they cannot always deny what is placed before them.

Sarah: I think actually it is beginning isn't it? Certainly some of the scientists are beginning to say: well, we're not sure anymore—they may not actually be totally in agreement, but they are hovering a little bit—so that's a good start.

They are finding their own 'proof' as they call it—yes; that is the pathway they will take. There has always been throughout your many ages, people of science who have been far ahead of others, but always have been cried down for their views. This has always been and will continue to be for some time to come. But, my dear friends, I wish to say to you this time that we feel that progress has started—slowly, slowly, but we have that first footstep on the ladder of knowledge.

Sarah: That's good to hear.

Yes. It may not seem much to you, but I can assure you my dear friends that it is so. Do we have any questions at this time?

Rod: I don't know anything about this subject, but I would love to know if the people who are studying this mysterious thing we call 'dark matter', that's supposed to be keeping things organised—I do hope and pray that they are getting help from you as well, because that seems to me a big puzzle. It would be nice to know what this dark matter consists of!

Dark matter?

Rod: I'm sorry—it's a word that we're using, yes—but I don't know what it is.

You say it is keeping everything in order—that is not true; it is *part* of order, it does not *keep* things in order—it is part of the whole. And yes, there are many areas of existence in not only this universe, but in many of them that you will never fully understand. And it is not I feel wise at this particular time to delve quite so deeply, but I understand—

Rod: There's probably only one gentleman here who would understand it and he's sitting by the right of you. (George) Oh and this gentleman (Graham)—for the rest of us it's over our heads. (Chuckles)

Our dear friend of words, yes (George)—he is our thinker in this group—

George: Thank you!—I'm aware of the search for a particle that confers 'mass' (yes) and it has been lightly named the 'God particle', which I felt was rather nice.

Yes—are not *all* particles God particles? You are a particle—(gesturing) you are a particle; you are all part of what we term 'God'. But you know, to me, that word 'God' does not mean quite the same thing. But I do understand what you speak of my dear friend, and of course, throughout time and aeons of time to come, there will always be mysteries. Remember, you will never fully understand the order and life of all existence—never, never. But I do not want you to stop seeking for these things, because in that seeking, you are wider opening your minds to what is there—that is what is important, not the finding of anything else, but finding yourselves. You understand?

George: Yes— how we see ourselves and how we fit into the equation, if I could put it like that.

Yes, that is a good expression, yes—that is more important.

Sara: Could I ask a question?

Yes please—

Sara: Recently there has been talk about 'orbs of light' which are showing in photographs taken by digital cameras (yes) and there are a few people who claim that they show angelic presence—these orbs of light (yes). Could you comment on that?

Angelic presence has the power to re-create themselves in any form. We have spoken quite extensively on angels and such. Angels, as I have explained to you, are beings who have never materialised (as incarnate beings) on this Earth plane. The 'others' that are called angels are in fact 'helpers', and people who have gone from this world. TRUE angelic beings can take any form. Therefore, within those orbs of light, of course there can be seen angelic beings. Is that helpful to you?

Sara: Yes, in fact I have read that they have been identified as guardian angels, angels and also loved ones who've passed to spirit.

Loved ones passed are not angelic beings, although you human beings are inclined to call them such.

Sara: Yes, but they have identified them not *only* as angelic beings.

Yes—but as people from this world. Yes, of course—all things are possible

Sarah: On that score, earlier on in the spring, there was a blackbird in the garden with me and I felt a real bond with this blackbird and it had absolutely no fear of me at all. I was digging a big hole and I said come on then, hurry up if you want the worms—and it would go down in the hole, get the worms and come back. And then I didn't see it for some time, and then it came back again and this time it didn't want anything, it was just sitting there all cosy and fluffed up and I really felt that this blackbird had come back to say 'thank you' for helping to feed it, because it was obviously feeding it's young and then it went away and I didn't see it anymore and I really felt that it was somebody I knew and you did say that people come back in different guises. Would you be able to tell me actually if it was anybody I knew?

If the bond was strong and the feeling of 'knowing' was there, then of course there was a connection. Remember that energy can be transmuted by those in our world. If that is the way to catch someone's attention, then it will be used in that way.

Sarah: Yes, I didn't know who it was. I felt it might have been a grandparent (No), but I did feel—

No, always go by that inner knowing, that inner voice which will never lie to you.

Sarah: So it was then, it WAS definitely somebody?

Yes.

George: I believe the True Angels have various 'job descriptions,' I think that is an expression you've used in the past Salumet.

Yes of course. We have spoken about angels, but I hope I have reaffirmed for you some of these points.

George: Yes, thank you.

Sarah: Could I ask—this is ‘the doubter’ speaking again—Eileen said—your control said that although the Planet Glong visitor through me was using ‘Mind Projection’, I actually felt coldness—and Eileen said that if this person was purely using my mind, then it wouldn’t have affected my body. Could you just comment on that please?

Yes, if mind projection is being used, there should be no feeling of coldness or anything else within the physical body. You only feel those sensations when someone from our world is close, or wishes to utilise your physical being. That is when. So it may be that someone was using you closely, at that same time as the mind projection was being used also.

Sarah: Ah yes! I like to clarify everything—thank you.

(Chuckles)

Yes, you are our doubter friend.

Lilian: So it could have been help being given to the one using mind projection?

It may have been one close protecting the instrument, yes.

Sarah: Thank you.

Sara: Salumet, could I ask another question?

Yes.

Sara: My daughter who is only nine—I feel that she may be developing clairvoyance at the moment, because she’s seen some lights in broad daylight in a very light room and she also thought she saw a car today driving without a driver, which I have been told is possible—to see something from another dimension (**Of course**) and she does have nervousness at night sometimes, and I wonder if this is because of a developing clairvoyance?

It is developing clairvoyance and she needs you my dear friend, to reassure her that what she experiences is not unusual—it maybe for some in this world, but as far as spirit goes it is not unusual, it is a gift that should be encouraged.

Sara: Right I will try to do that.

But—not to be fearful.

Sara: No, she is very fearful at night sometimes (**Yes**). Is this because she’s ‘seeing’ and ‘hearing’?

She is ‘sensing’, yes.

Sara: Right, I’ll have to keep her with me sometimes if it’s too much for her, because I can’t seem to reassure her that it’s normal. She becomes very upset at the idea that there’s another presence in the room.

Just allow things to be normal for her. It is not always necessary to use words, but to give comfort. When she feels reassured by your comfort, then—

Sara: She’ll settle—

But also help her to ask for her own protection, which can be in the form of a child’s prayer to her own angels of protection.

Sara: Yes, because I think last year she did experience something, which was a little frightening and I think that’s when the nervousness began.

Yes but keep the communication channels open—but allow *her* to be the instigator of it.

Sara: Right. She does show remarkable psychological insight for a child of her age and I think she must be very sensitive.

Yes, it is her sensitivity, it is part of growing—it is part of that clairvoyance that she has. Most children have the ability, but the extra-sensitive child is usually the one we try to influence; but she must feel happy in her life here.

Sara: Yes of course—well I can certainly keep reassuring her. She’s very happy if she sees something in the daytime.

Yes it is at night—

Sara: I’ll just have to work on the night-time.

Yes I would urge just some patience—allow time and allow her to speak when she needs to.

Sara: Yes. I think my son also has this ability, has shown it at times, but at the moment it's not worrying him. But I think he also has abilities in that way, doesn't he?

You will find as children grow older, they will go one pathway or another. Life will either take them to the materialistic side of life, or they will continue down the path of spirit, which of course is ideal, but many children will outgrow these things.

George: And I guess they have these little fears and they need to address those fears.

Of course—as any adult within this room would be fearful. I cannot tell you *not* to be fearful, but when it is quiet and dark, that is time we can come more easily to you—that is when the human being becomes fearful. It is something to be worked at slowly.

George: Yes, I imagine it's difficult sometimes for a child to address those fears.

Yes, that is why it is helpful if you had an adult who could see the same things and that also brings comfort to the child.

Sara: Yes, I have seen quite a lot of things, so I'm able to share with her to some extent, but I won't always necessarily see the same things at the same time.

No you will not, but just continue to reassure her, make her feel she is not different in any way, that it is something she should cherish.

Sara: Yes I certainly will—thank you.

And I will try to arrange some comfort for her at night.

Sara: Ah, thank you so much.

Sarah: There's a lad whose mother's at the tennis club, I think he's thirteen but he's got a mental age of about seven, and he's got autism. His mother says he goes into his own world—and then he'll suddenly say something like, 'Britain is great!' And his mother will ask him why he says that and he says that it 'brings him back to life.' It made me wonder if actually he is more in spirit/closer to spirit while he's in these vacant moods. Would that be right?

Yes, when the mind is withdrawn within oneself that is when you are closer to your spirit self, so yes that would explain the child's behaviour.

Sarah: Right—yes. *(Sarah gave name and partial address.)*

It matters not who the child is, think of them as spirit and what is happening, and in many conditions where people are fearful for others, they are being cared for by the spiritual aspect of themselves. So that is why you can never judge.

Sarah: So is that why he says he's coming back to life, because he realises perhaps that he is sort of standing to one side?

Yes, it would be an expression of the re-entry into physical life. It would be a spiritual understanding that he has—yes of course.

Sarah: Yes, thank you for that.

Now my dear friends, as always I have enjoyed your questions, enjoyed being here with you—

George: We have enjoyed your answers!

(Enthusiastic agreement)

—And the much love that you bring for each other. I feel this time and whilst we have our dear lady friend with the beautiful voice, to finish perhaps on a little journey, if she is so willing to do.

Sara: Yes! Of course, yes.

So my dear friends I will leave you now—

(George then briefly confirmed arrangements to bring a guest to the meeting next time)

I will endeavour to be here for you. I said I would and I will.

George: Wonderful! He will much appreciate that I know.

Yes. I leave my love with you, those who are here and those who are absent, so until we come together once again, I will take my leave of you all.

(General thanks)

Sara's Meditative Journey then followed:

Audio link: http://www.salumetandfriends.org/resources/2009_09_14+sara+journey.mp3

~ We are going to go for a walk in the country. We are starting the walk on a bumpy lane. You're just going to walk along this lane for a few yards until you come to a wooden gate. You're going to open the latch of the gate and you're now in green fields. And there's tall grass growing all around you and there's very beautiful lush green grass—and you're surrounded by wide open spaces. There's a pale turquoise sky in the distance, so it's very soothing and you take in this 'greenness' and 'freshness' of the grass and you breathe in the smell. You are completely alone and you actually have time to literally come to your senses and go within. You become more aware of yourself and your pathway and as you follow the green winding path through the grass, you become aware of the current opportunities for growth that surround you at this present time and you become aware of all the ways that you can show your love to those around you and it really is as simple as that. It's the love that you put into the work that is currently your work and that work is simply those things you need to attend to at this time, in whatever form. So you have time to reflect and you have 'space', a feeling of space around you—a wonderful feeling of mental space—nobody telling you, you must do something. You are free to reflect on what would be useful for YOUR PERSONAL GROWTH. So absorb the beautiful nurturing green colour into your aura—the colour of growth. And absorb the healing blue of the sky. Carry on walking and enjoying this truly peaceful time.

Pause

As you walk you become aware of your guides and you pause to see if they have a message for you—any new thoughts, new ideas?—something new to try?

Pause

When you feel that you've received some kind of message, you start to return back and follow the path back to the gate. You give thanks for this time of peace, regeneration and reflection. You find the grass very soothing as you walk back.

~21st September 2009~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you this time my dear friends, there is within this room, an air of expectation. I am always happy to join with you at these times. Firstly let me give a welcome to the gentleman (*Robin*) and say we are always welcoming those who seek the truth.

Robin: Thank you.

I wish to say to our dear friend—the one known to you as 'Rod'—I wish to say just a few words: Your lady-wife is so open to all emotions, that sometimes she absorbs too much of other's energies. She needs, my dear friend, to learn to strengthen her core, and in that way, she will have better physical health. Do you understand?

Rod: I don't think I really do—

Do not be concerned—I will try to get help for her. (Thank you.) She is just too open to all of other's problems.

Rod: Oh I see, I see.

You understand (yes) you would agree—

Rod: Yes, I do.

Yes.

Lilian: I think that's a problem with a lot of mothers.

Yes, it is a human condition, unfortunately for some; but we will try to do what we can.

Rod: Thank you very much for those words Salumet, thank you.

Now, because we have a visitor this time I will spend some time with you, my dear friends in answering any questions that you may have.

Lilian: Do you have a question Robin?

Robin: I do. I wonder whether you can throw any light on 'fate' in life. Some people believe that life is to some extent dictated by fate and I'm very interested to know how much there is in that?

I understand your question. The others will perhaps forgive if we cover ground that has already been spoken of. But for you my dear friend—there is always a purpose to life and as each soul comes to this life, there is laid before them a path to follow. That does not mean it is one pathway that can never be altered, or that anything that happens within your lifetime is set in stone. On this pathway as in many other things in life, there are various roads which lead from the main pathway. That is where your freewill comes into play. But ultimately you cannot change the time or the situation of your passing. So, I would rather say to you that fate—and I will use the term because it is an Earthly word—fate, as you believe it to be, has some significance, but it does not have the power to stop freewill taking place. There are many deviations from that straight pathway, otherwise my dear friend, everyone's life would be guided and would be simple. Do you not agree?

Robin: Thank you, that's very interesting. Does that mean that there is a basic plan (yes) to our life (yes), which we can influence?

—Of course.

Robin: —to a greater or lesser extent.

Yes, because of your freewill, you will either choose the *right*—I will not use the word the word *wrong*—but a *different* pathway—that is entirely up to you as human beings; that is where your own personal responsibility comes into play. You understand?

Robin: Thank you—very, very interesting.

I hope it helps you. Too many people unfortunately, when things go wrong in their lives, are too apt to say: well it must have been meant to be! Not necessarily—not necessarily. Freewill is very strong within the framework of human beings.

George: And would it be correct to say that that initial pathway is determined, or has been determined by previous lives?

Cause and effect must always play some part of course; but that is all known before you come to this lifetime. And of course, it is not always necessary to bring that with you, but again, it is determined by that spirit. You all know conditions that you are coming to. It is therefore your responsibility to follow those conditions truly and not to deviate from your call—your life—call it what you will.

Sarah: So that's why if you're in tune with your inner self, you would know which pathway to take —

You would automatically know yes, because you are listening to that inner voice. All of you, every individual upon this planet, inwardly knows—has that innate knowledge of what is right and what is wrong for themselves. It is too simple, too easy, to blame someone or something for the things that go wrong in your lives. Again, I do not apologise my dear friends, for repeating that you have a great responsibility for your individual lives.

Sarah: You have been over this before, but if somebody does something to you—attacks you for no reason, and you happened to be there, is that because you've deviated from your pathway and you're in the wrong place at the wrong time, or is that just one of those things?

You cannot place a set judgement on life's happenings, because—again I repeat to you—you do not have the fuller picture of not only yourself or the person who attacks you. It may well be that it is a deviation of *their* pathway, but it may also be that it is something that you have to experience. So again, my dear friends, it is difficult to judge the happenings of life, because you do not have that fuller picture. You understand?

Sarah: Yes, I do—thank you.

George: Yes, interesting, and when it comes to judging the happenings of life—and I accept that we cannot do that—I'd like to ask a general question, but perhaps using a topical example. Now, there's a Mr Megrahi, a Libyan person and he was convicted of placing a bomb in a suitcase that was then put onto a plane that blew up and crashed at Lockerbie, killing 270 people, and this was seen as a terrible act of terrorism. Mr Megrahi was convicted for this on evidence that was—shall I say 'questionable'. The evidence related to his supposed purchase of clothing in Malta, and that clothing was recovered from the remains of the suitcase and the connections—his timing of being in Malta, his identification of the man by a shopkeeper 9-years later, seems to me to have been rather sketchy evidence for the conviction. Nevertheless, he has spent 27-years in prison and there has been an appeal. And I would just comment that there are people who are further investigating this

matter. If he is indeed guilty then they would waste an enormous amount of their time trying to see his innocence, but if he is not guilty and they were aware that he is not guilty, then they would no doubt double their efforts. I would just comment that it would be very nice for people in such a situation to receive a 'tip off' from spirit as to guilt or innocence. I guess this is not possible, but would you have anything to say about this, Salumet?

I will reply to you. Firstly, let me simplify all of these matters for you. Firstly, these are *human* events; they are being judged by other human beings, whether you consider them right, whether you consider them wrong, whether there are lies, intrigue—whatever. All I will say to you, my dear friend is this: that no individual can go without justice—and sometimes justice comes when you return to spirit. There is not one soul who can escape their own judgement and although mankind is prone to judgement, that spirit will make judgement upon themselves. Therefore I say only this to you, my dear friend that justice is always given in the eyes of spirit. So I would say this to you: do not waste your energies on considering what is right or wrong for too long.

George: Thank you—and the judgement in spirit is so much more important than man's trivial judgement. **Of course, yes—mankind sometimes is too, too judgemental.**

Sarah: And you have said to us also that people do things and you think it's bad, but in their eyes it's good, so therefore, is it actually wrong?—so that's another reason for not judging.

Yes, you cannot know what is in another's heart or thinking. You cannot know whether they feel it is for their good or another's good, because you all have your own judgements and opinions. I try my dear friends to influence you to think further, to open up to that fuller picture—that is what you must do.

Robin: Can I just return to the way life plays out—if you get to a point where you feel maybe you've gone off track a bit (**Yes**) in your life, is there a way—can you advise a way to bring yourself back and maybe revisit the track of your life? Is it something that anyone can do for themselves and how can they strengthen that up?

Yes there is a way my dear friend and that is to go inward, to seek that inner knowledge, which belongs to spirit. After all, you are spirit first and foremost with a physical covering. Therefore, when you lose track of life, or life's difficulties weigh you down, you must go inward into that meditative state and find that true self and then the answers will come easily to you. That is the way forward.

Robin: Thank you, that's interesting.

Jan: Salumet, when somebody comes again with a debt to repay, is that debt that has to be repaid—is it paid back over the entire life while they are here, before they return to spirit, or is it lengthened or shortened, depending on how they live their life here?

It will depend entirely on whether they have that remembrance of what that debt is to pay. If they follow the pathway of this life, that debt will be repaid naturally. But if they are confused in their pathway and remember my dear friends, spiritually you all know which way you should go, it is only when materialism and forgetfulness of spirit is there, will there be problems. And sometimes people return to our world with that debt still unpaid—so it is entirely down to that individual. It is shown to them which way they must go and again, that is where your own individual responsibility comes into play. You understand?

Jan: I'm trying to.

Yes, it's difficult.

Jan: The person I'm talking about is close to me, who you once told me had a debt to pay and for me looking at her life, she's having a difficult time. In the job she has here, she pays back a thousand times—I know she's getting a reward for what she does as well, but she just gives so much.

Let me stop you my dear friend, but who are you to judge? Who are you to say?

Jan: I'm sorry it came across as a judgement, it isn't. I feel she's on the right path for her, although that's a judgement in itself I know, but I would love to be able to see the future and see—

You would like to make her life simple—you would like to make her life free from—

Jan: Yes! And I know I can't—

Yes, you cannot do that for another single human being. You may step to one side, you may make judgements, but you cannot walk in the footsteps of that individual, because you do not know what it is she came to do.

Jan: No, I know.

So I would suggest to you my dear friend, if you wish to help, to ask for help for her to be guided. That is the best thing that you could do for her.

Lilian: I think it comes from being parents and wanting things to be perfect for them and of course—

But you will never have perfection in this life. This planet will never have perfection.

Lilian: So even what looks perfect to an outsider probably is not?

You cannot look within another soul and make judgement, it is not possible. You can try, of course you can try, but that is no good.

Robin: Can you comment on what we call karma, in that you reap what you sow?

Yes—again it is something we have spoken on greatly. Yes, ‘cause and effect,’ that is karma and what should happen is that when you return to spirit, that karmic debt should be cleared, but sometimes it is brought back with people into another lifetime, because they do not allow it to be made free.

Robin: Thank you.

George: Could I refer back to a further aspect of the Megrahi case? In the case of this person, he developed a terminal illness while in prison and for that reason he has been released and repatriated. I think his expectation of life is perhaps 3-months and he has been allowed to spend that time in his own country with his own people. I feel this is a wonderful act of compassion and perhaps mankind should generally observe this kind of compassion, where imprisoned people are concerned. Would you care to speak on that?

I would. Any compassion shown to any other human being is a spiritual action; whether those on this Earth plane would agree—that is not so easy.

George: I can say that there is controversy, which is why I raised the issue.

Yes of course, because you see there are so many people who as we say, are in spiritual darkness. They do not feel forgiveness for anything or anyone that they feel has done wrong. What a big judgement that is! And that would be a karmic debt. If I return to our other friend—that becomes karmic debt, because what no one can do, is to judge another, whether they believe it to be right or wrong, and not suffer the consequences of that thinking. Every single action that you take, you are responsible for, my dear friends. It is a *great* responsibility and not an easy one. But I would say to you, and speaking in general terms not specifically of this instance, that any kindness shown to another fellow human being, results in the growth of your own spirit. And if that was to be manifested throughout this world, what a wonderful place we would have; but again, that will not be possible, because humankind is imperfect. So I would say on a personal level to each one of you, cultivate within yourselves that kindness and that love for your fellow man; and I hope that helps you and gives you a little to think about.

George: Yes that does indeed—a wonderful clarifying answer to the question. Thank you, Salumet.

Rod: It's funny because Daphne and I driving back this afternoon mentioned how difficult it was not to have judgement and without knowing it, sometimes one of us makes a judgement and the other one then has to pull the other one back and with a bit of laughter and a bit of juggling, we try to do it. But it's one of the most difficult things on the Earth I think (**Yes**), not to have a judgement.

But my friend, the recognition of making judgement is the first step of correcting that thinking. So I would say to you, you have done well to have that recognition.

Rod: Thank you.

Jan: Judgement comes into our everyday lives as humans though (**Yes**). I'm not just talking about judging one person against another person, but do I go left, do I go right, do I cross the road, do I use this bank / that bank—judgement comes into play every day of our existence.

Yes, but the difference is, you are making ‘personal judgement’ and not judgement against a fellow human being—that is the difference. What judgements you make for yourself—that is *your* own responsibility.

Jan: Which I where we started talking about pathways and fate.

Yes of course, so we have come full circle.

Jan: But in the process, you do as a human being make judgements on people, but as long as you recognise the fact—I think in this room we know—as soon as you’ve said something there’s a little voice in your head that says ‘Uh—ah!’

Yes, it is part of the human nature, it is something that human beings need to recognise and not just to judge without thinking. But yes, the recognition of the fact of judgement—that can only be good.

Jan: I’ve noticed over the last couple of years since I’ve been doing this work, I recognise when people are judging me, and I never used to.

Yes, because that knowledge goes deep and comes deep from within. That is your own spiritual self coming to the fore, when you make that kind of recognition.

Jan: And I just smile back at them.

(Chuckles)

Well what is a smile, but a piece of love being given out into the ether, whether it be for another person, or whether in general you just wish to smile and shine from within.

Jan: I have noticed the difference, because I used to take things more personally and now I recognise it as a judgement **(yes)** and I can deal with it much better.

That is because you are progressing in spiritual terms. Life should become much easier, the more you listen to that inner voice *(yes)*.

George: Yes, another word in our language is ‘evaluation,’ and we can make evaluations of various things and compare them and I feel that’s usually a much less personal and not quite as pointed as a judgement.

Well, you may use any words you wish—

(Laughs)

But it is still a judgement!

George: Perhaps I’m wriggling.

Yes I think perhaps you use the words to fit your own concerns, yes—I will not let you off with that one.

(More laughs)

Lilian: And as you say, we wouldn’t be here if we were perfect!

Of course not, it is a learning process for all of you, of course it is.

Lilian: And when we’ve got it right, we won’t need to come back.

Well I do not intend to tell you how often you may come back!

Lilian: Oh dear—I don’t want to know really!

(Chuckles)

Sarah: Or how many times we’ve been already!

(More laughs)

Does it not speak for itself that reincarnation exists at all—think of it—

Jan: Also, that inward pain, I’ve experienced if I move away from spirit—things go completely disarray **(Yes)**—completely!—and I lose myself completely! I don’t know who I am, where I’m supposed to be going, and I’ve experienced *that* recently.

Yes, that is the same question that our dear friend has asked about finding oneself. You must then go back and go inwards to really find that spirit.

Jan: Because I’ve found spirit—it sounds really cheesy but you know what I mean **(Yes)**—and then deviate away from it—I almost purposefully think ‘*I’m not going to do that,*’ and then you know that your core is just not right, just not centred, just not moving in the right direction and it’s nothing to do with external forces or the choices you make, it’s just how you *feel* in here **(Yes)**, and if I hadn’t experienced that and then to come back, I wouldn’t know what it’s like to be centred—if that makes sense.

That is because you have the knowledge, you know the difference. For many people they travel through life not knowing, but in some way ‘instinctively’ they do know. Every person in this world innately knows what is right and what is wrong for *them*. That is why you cannot then say it is because of this or that or anything else—it is total responsibility on you.

Robin: Is it possible that there are other human beings who can help you with this getting back to the spirit—maybe close friends, maybe the person you’re married to—is that a connection that can happen between two people?

Of course, it is a *spiritual* knowledge and so often—not always—so often two people will be drawn together. And remember, there are no accidents of spirit as such. People meet when the time is right for *them*—for their spiritual growth. So why then, I would hear you say, do things go so badly wrong?

Robin: Yes, it was the next question.

Yes, I know! What I would then say is that one or other or maybe both are not following perhaps their true pathway, or one or other or both have decided to experience other things, but they do instinctively know whether it is right or wrong. But also, there are people who come into your lives at certain points, who are there to help with the development of your spirit. Yes, of course, there are many people in this world—that is all they wish to do, is to help others to understand what spirit is about.

Jan: And that, if I’m right, can be a two-minute encounter and a two-minute conversation, or a 45-year marriage (**Yes**). In spirit, that time lapse doesn’t matter. Lots of people have come into *my* world and I feel, not from *my* point of view, but we’ve had a two-minute conversation from *their* point of view and I can detect between the two—I might never see them again, but I just feel that that two minutes that we spent together was worth—

Has some impact—

Jan: Yes—that you never ever forget.

Yes of course. When there is that spiritual connection for whatever reason, then that should stay with you (Yes). Yes—it is a moment in time that will be remembered. Yes, of course.

George: Yes I rather think we’ve all experienced these moments (**Yes**).

Jan: Yes, but that builds us as spirit—those little encounters (**Yes**) I believe are so important.

What is happening, my dear friends in this life, is that you are not creating spirit, you ARE spirit first and foremost. But what is happening is that you are REMEMBERING that spiritual being that is all-knowing, that innately knows everything that is right or wrong. It is a remembering, a spark of knowledge, a meeting, a kind word, a falling in love with another human being—many, many things are there in place to help you all go forward and learn.

Sarah: And as you’ve said before, that meeting of spirit might be right at that time, but then later on you perhaps don’t need that anymore, you go your separate ways or whatever (**Yes**).

Jan: Hence the two-minute meeting (**Yes**)—that’s all that’s needed.

Rod: Salumet, this is another question which I haven’t thought of before. As you say, we’re in a tough old world and when we get up to you, it seems pretty damn good. Now, we must be reluctant to come back surely?

That is sometimes the case, but what you have to remember (*is*) that there are many stages of existence in the spirit world. You are your own judgements and there does come a time, that if you need to return, that decision is made by YOU. You cannot be *made* to return, but you are influenced if it is felt that it is necessary (Thank you). You may stay in spirit for quite some time, but soon the realisation comes that perhaps you need to return to this Earthly planet to continue—

Rod: Because that’s the only way to advance!

Yes.

George: When you speak of ‘instinctive knowing’ Salumet, are you saying that a terrorist planting a bomb knows instinctively that this is not really the way to tackle the problem?

If that person was to go within, they would not harm a hair of another human being—they have great responsibility to answer, and again of course, it depends on the reason for the action.

Sarah: Also of course, many are brainwashed, aren’t they?

Yes, all of these things have to be considered. That is why, I stress again my dear friends—that is why it is so difficult to judge.

George: Yes, there sometimes quite strong political persuasions; but in the case of a terrorist bomber one can simply say he is not going within.

Yes. Fear—it is the element of fear that exists within these human beings—that makes these actions so dreadful to the rest of humankind. THE DESTRUCTION OF ANOTHER HUMAN BEING FOR WHATEVER REASON IS WRONG. That, I will state to you now: to harm one other human being carries great debts and that cannot be obliterated in the blink of an eye.

Paul: Obviously each individual—everything is different, but I would think then that the same applies to soldiers killing other soldiers **(Yes)**—it's still a karmic debt—

It is a karmic debt, yes.

Sarah: I was thinking during the holocaust, the women who had babies and they knew that if the baby survived, they would be used in experiments or something would happen to it, so they took the baby's life. Does that fall into the same category?

That would come under a form of love, but there are many—it is not easy to have one simple answer.

That is why when we speak of judgement that it is not so easy.

Robin: Can I just return to the conversation we had just now about being in the spirit world and coming back being your *choice*? **(Yes)**. Could you come back to a different world? Is it possible that we wouldn't necessarily return to Earth, but that we might return to some other material world?

I would say that it is a possibility, but mainly you would return to the world that you have been familiar with, because therein lies those lessons if you like, that you have not learned. Therefore I would say it is much better that you return to a place that is already deep within—known to you.

Robin: But I find it quite exciting to think that we might turn up somewhere else.

(Laughter)

Well, all things are considered. Nothing is ever categorically 'no,' because the choice is yours—as spirit, that choice is yours (Thank you).

George: Perhaps our friend would enjoy a Bonniol meeting.

Robin: Well that's what I was wondering.

(More laughs)

Well, if that is a wish or desire, who am I to deny it to him?

Lilian: I was just thinking Salumet, you've chosen to come back and talk to us, the little group that we are **(Yes)**. Is that helping *your* spiritual growth, if that's not too cheeky to ask?

As an individual—ah, I do not come to you as an individual—but yes it helps with any growth of the soul. Remember, that all of life is ever-expanding, and so too those regions from whence I come, and that conglomerate of beings that I belong to—that also is growing and moving.

Sarah: So there's no set number of beings in your group / your conglomerate. Does that expand as well?

I speak of the spiritual aspect. You my dear friends are speaking as individuals. I do not come from a group of individuals as you would understand it.

Sarah: No, but of spirit—

Spirit is always expanding, energy is always expanding—it can never be static.

Lilian: So it expands—the spiritual energy **(Yes)**.

Jan: Salumet, I understand that you've explained to us that you are from a conglomerate in spirit. How do you speak to us so eloquently in our language?

Eloquent my dear friend is not a word I would use. I use this instrument only to allow those words to come. All we are interested in, is that the truth become known, that spiritual aspects be given and to remind you all of from whence you came and where you will return. I believe I said to you, that my purpose in coming was for the truth. When we speak of language, you have to understand that in our world—and there are many, many levels in the spirit world—the more knowledge that is gained the more spiritual you become—you become all-knowing and using the voice of this instrument creates no hardship for us. When I came I wished only to use simple words, because there are far too many who come to your world with too many words, which confuse. Truth is simple, so why should not the words be simple?

Sarah: Well you've certainly made things very clear to us all over the years.

Jan: I'm just always amazed, it's as if you walk amongst us, you understand exactly our technology, every little slang word that we use—you understand exactly what we mean.

Yes, because we are not like you who takes one day, one week, one month—time means nothing in our world. Our learning abilities and capabilities are instantaneous (Wow!). It is difficult to explain what you do not understand.

Robin: Can you explain a little on your comment about there being different levels in spirit? Can you give us an example perhaps, to help us understand?

Yes—when first you pass to spirit, you are not much different than you are now. You have an etheric body, which is an exact copy of what you have now. But as you grow in spirit, then you move forward—I use 'forward' only in the sense of your understanding. When your understanding is greater, then you move to another plane of existence. You may in another existence choose something familiar to you, such as a house or some occupation that you wish to take up. And then you move forward from that and if you decide not to reincarnate, then there is another level of existence. But all of these 'lives' take place, over many hundreds and thousands of your years, because *time* means nothing. What is important is that spirit grows and moves closer to that all-loving part of existence—that part of existence which many of you on Earth call 'God'. We are all going towards the Godhead. That is what we strive for. I do not use *(the term)* 'Godhead', I use 'Universal Love'.

George: And you've come to us from *beyond* those planes, Salumet—

I come from a long way.

(Voice becoming fainter)

There are many planes of existence, but there comes a time when you become encompassed by that energy, where there are 'no planes of existence', but you become that pure energy of Love and All-knowledge, and even so you strive to go forward—you strive to become part of that energy. And I cannot tell you more than that, because I feel that that striving is a continuous—continuous existence.

Sarah: You're still striving, because otherwise you wouldn't come back to help us, but you are also helping yourself at the same time, which is also a striving to—

Not as a human being.

Sarah: No, but as—

As spirit—yes I am. The conglomerate of beings does not exist on the level of existence *(of)* which I speak.

Rod: It's like a painting.

(General thanks as energy now rapidly fades)

I will leave you—this time.

Lilian: Thank you for staying with us so long.

Jan: Yes, we've taken up a lot of your time—thank you.

Yes—I—

Jan: The connection's getting weaker, isn't it?

Yes—

George: Thank you for answering all the questions and thank you for ending on that wonderful note that seems to convey a feeling of way-beyond-Earthly-things-and-the-near-planes. Thank you so much.

Jan: Our love goes with you as always.

(Sensitive expressions of love and thanks)

George's notes:

Time and situation of passing: Certain individuals often regarded as saints or mystics are known to have gone within and accessed this information. It is on record, for example, that Saint Malachy accurately foretold time and place of his own death—All Soul's Day, November 1148, Clairvaux, France.

Al Megrahi / Lockerbie bomb: Date of disaster 21st Dec 1988. Mr Gauci – shopkeeper, first made identification of Mr Megrahi as purchaser of clothing 27 months following that date, with formal trial identification 12-years after. Intrigue factors include claims that Mr Gauci was paid 2M \$ to testify against

Megrahi and another was offered 4M \$ to give false evidence concerning the origin of a timing device. It is all so confusing and it is difficult to know what to believe. The much delayed trial began in the Netherlands 3rd May 2000. Mr Megrahi was we understand repatriated with terminal prostate cancer 3rd May 2009.

Fading Energy: The session had lasted 62-minutes, and in the situation of such lengthy single session it is not unusual for the available energy to fade so that farewells must of necessity be brief.

~28th September 2009~ SALUMET

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

As I join with you this time, so many have joined with us to listen to all of your thoughts—not only healing, but much of what you are thinking. But I would like to just say to you, my dear friends—I do not know if you are already aware of the talk in your world about the way the mind works, the way you think and how it affects the physical body.

Lilian: Yes, I saw something today actually, on those lines.

It is being recognised at last that it is an important issue. I do not say they accept spirit, but they can see that the mind-body connection is there. To us in our world this is good progress—it shows at last that mankind is opening his mind to things other than their own physical being—that the strength of their thinking can affect their physical beings. For so long we have shown to you these connections—the connection of mind—the spirit body, as you call it in this world; because as you full well know my dear friends, MIND IS SPIRIT. It is not a separate issue—mind belongs to spirit. So many in our world have happy hearts, to think that at last on your planet Earth, many men are working towards the truth of this discovery. To you my dear friends, it is nothing new, but to the majority of all human beings, it is a big part of understanding. I'm sure you would agree.

(Agreed)

George: Yes, this does seem something to rejoice about.

There will be great strides made within your medical world, all over your world in many different places, they will come up with the same ideas, the same progress—of helping many diseases. And especially a little more understanding of what you call the MIND. This is useful my dear friends and I hope that in your quiet moments you will give much thought to these words I have said this evening. I do not wish to remain too long this time.

George: Yes, you certainly remained long last time—it was a *wonderful* meeting.

I am always pleased to join with you, but sometimes it is important that I have time to work quietly with the instrument.

George: Yes, of course.

But I thank you, and as always, you make me feel most comfortable in your presence, and of course, you know by now my dear friends that time is not important. But of course I am governed by many factors. It is not always possible to stay so long. But whenever the opportunity is there, whenever the energy is right, then of course, we will utilise it to the best of our capabilities. I am glad that you found it to have been of use.

George: Yes, it was certainly a wonderful meeting and we've heard back from readers of the transcripts who also thought likewise.

Yes, you do much good work my dear friend. Without you, these words would be kept within this room. But as you know my dear friends, it is important that *truth be shared*—that others be given the *opportunity* to think for themselves—to analyse or to criticise—even with criticism that is better than not thinking at all. So I say to you, even when speaking to critical people, know also that you are still sowing some seed of thought.

Rod: I'm glad to know that; that's very good. Sometimes I've thought I'm wasted my time—but that is good.

You never waste time when you speak of spirit—that time is never wasted.

George: In recognising spirit and its connections, I imagine this in time will make hospital work more successful and more effective?

Of course! When it is recognised—the power of the mind—then, a lot of hospital ‘work’, as you call it, will be unnecessary. Doctors will become *Tutors of the Mind*. Is that not a wonderful thought?

(Enthusiastic sounds/wonderment)

That would be doctoring in its highest degree (yes). But of course, that will not happen overnight. Of course, as always on this Earth, time as you know it passes much more slowly. It takes much time for all human beings to be of one mind.

George: And it just so happens, that Lilian here has got a book from the library on the work of Matthew Manning as a healer, and I guess it might be said that that particular gentleman is well ahead of the field in the recognition and use of mind in this way?

He is but one of many. Yes, there are of course many who *lead the field*, if you like to express it in that way. He has many years of experience, but so too do a great number of people in your world.

Sarah: Yes, there are civilisations such as the Aborigines. Somebody today said to me that they couldn’t believe, having been to Australia that the Aborigine people haven’t changed, and she thought it was awful that they haven’t changed. I said they probably didn’t *need* to change, because they were already in tune with the Earth—and we’ve actually spoilt it for them.

Yes, they are much more in tune with their inner feelings. They use most of their senses, but so much has been lost (yes). Yes, again you see, mankind is quick to judge; and if people do not come to a certain so-called *standard* of living, people are most scathing, and that is why you cannot judge, my dear friends. But there are many, many peoples in this world at this time, who have much knowledge of spirit. But it is the *progress* that we are working towards. We are all working towards one thing, and that is: *to go home to spirit with your knowledge intact*. Now that gives you something to think about. What knowledge should you have? You *know* what knowledge you should have. But your work my dear friends, as I have said before—you are all emissaries of spirit. You are spreading the word of spirit, and it matters not whether people criticise or disbelieve you—you have done your work of spreading the truth.

Sara: And of course, we need to be good living examples of it ourselves (**Of course**). I think living with *joy*—it sometimes seems to me that it’s a key factor in good health (**yes**)—experiencing joyful feelings on a regular basis (**yes**), because, without that, I think everything is lowered—the immunity...

Yes, when you lack joy, you allow fear to enter, and as we know, fear is not something that you should entertain in your lives. It is something to eradicate in your lives. It matters not what the situation is, because many people have had lives of great difficulty and yet they come home to spirit full of love and joy. So it is the *way you react*, my dear friends, to what is placed in front of you.

Graham: I was very encouraged by listening to President Obama. He’s beginning to—his effects around the world are being felt and he’s saying some things like you’ve been saying, like ‘decisions are really too often made on this planet due to fears (**yes**), and he’s beginning to use that sort of language, which I’ve found very encouraging.

Yes, and it will encourage many others. Those words are the words of a *good* leader (yes), and of course as we have said over time, world leaders should be in your prayers—they need our love, our influence, if they are to be good leaders of countries.

Rod: I’ve only recently been reading about Gorbachev—he was a leader of Russia—he got the Berlin Wall down and stopped the Cold War (**Yes**). And I thought—what a wonderful character!—I don’t know if he was spiritual, but he did a wonderful thing for the world!

Yes, you cannot isolate people from spirit; they *are* spirit first and foremost (yes). What actions people take within one lifetime is determined by their own freewill. They know within themselves what is right, what is wrong. But sometimes they *feel* forced to make decisions that are against their true nature and that is something they have to face when they come to spirit. But each person on this Earthly planet has ‘good’ within. There is not one human being who lives life in *all* fear or *all* ‘evil’ as you call it. There is

always that light of love and goodness within every spirit; that is what has to be nurtured. Children have to be taught to be positive about all aspects of life, even those times when they feel life is not worth living for. And even children have these deep feelings and that is why it is important for parents who have children, to be encouraging and to show love and happiness as much as they can. There is a ripple effect—we have spoken of these things before—and again, I do not apologise for the repetitive nature of my words. So think about what I have said again this time, and I know my dear friends, that each time we speak together like this it raises another question—another pathway to follow, if not for all of you, then at least for some.

Sarah: Your words are always an inspiration. I don't want to jump in Rod, but you probably heard that Daphne (*Rod's wife*) sends her thanks to you and it seems that you have really been helping her—so thank you for that.

I endeavour to help each and every one.

Rod: Thank you.

(General thanks)

You may not always feel that help, but let me reassure you my dear friends that my love surrounds you all, even in those moments of confusion, even when you feel lost or a little unhappy, that is the time when I am trying to help you. So, with those words I will leave you until we come together again.

(General thanks)

George's notes:

Mind – Body Connection: Is it as Salumet says—the realisation gaining general acceptance? At home, I looked at my copy of the *Scientific and Medical Network* journal and the article by John Caddy PhD that I had already marked for reading. Part of summary read—'the relationship between the spiritual and physical dimension'. It lay beside the book passed on by a friend and likewise as yet unread: *Science and the Akashic Field* by Ervin Laszlo. Inside the cover there are endorsements by some of the world's great thinkers, using phrases such as: '—greatest wakening of the human spirit. Not since Plato and Democritus has there been such a transformation in the history of thought—science is poised at the threshold of a new paradigm—a road to understanding the universe as an integrated entity, connecting science and consciousness, and recognising the wholeness of the universe, life and mind. So Salumet had pre-empted my reading schedule! Going to the Internet and Google-searching 'MIND AFFECTING BODY' it was a similar story. Yes, of course Salumet knows where we are heading and his words are precisely correct.

Mikhail Gorbachev: He must indeed be seen as a truly great man of our time and a few words here will be richly deserved:

General Secretary of the Communist Party (1985-1991)

Chairman of Supreme Soviet (25th May 1989-15th March 1990)

President of Soviet Union (15th March 1990-25th December 1991)

During this period of administration he:

1985: Proposed drastic reduction of nuclear arsenals East and West and began talks with President Ronald Reagan.

1986: Initiated 'Perestroika', the driving of a 'troika'—three-horse-carriage—through the old system to make way for the new.

1988: The period of 'Glasnost' which established new freedoms for the Soviet people, advocating open discussion of all problems.

1989: The new freedoms which included lifting of travel restrictions led to East Berliners dismantling the Berlin Wall—symbolic end to the Cold War period.

1990: Mikhail Gorbachev receives the Nobel Peace Prize.

1991: Russia's second largest city Leningrad reverts to its earlier name of St Petersburg.

Present time 2009: Striving with Alexander Levedev to form an Independent Democratic Party of Russia.

In the year of Perestroika, 1986, Ann and I travelled to Moscow and Leningrad. It was an interesting time to visit. Contrary to opinions formed from reading Western Press, churches were being used by the people, peace badges were on sale, a quite large peace-camp was in evidence just outside Leningrad and photography was unrestricted. And to cap it all a magazine called 'XX Century Peace' was being printed (since 1958) in 5-languages and circulated to the world with one outlet in Collet's Bookshop in London! And photos in the Nov 1986 issue included a large peace march with banners through the middle of Moscow. So do not believe all that you read in your national newspapers! Soon after my return, I happened to speak of our experiences to a forensic scientist at New Scotland Yard. He was interested but declared he would not himself dare to step out of line and go to the Soviet Union. Well, times change—and certain key people help to activate those changes.

~19th October 2009~ SALUMET

Good Evening.

All: Good Evening.

As I join with you this time, it comes to me to say just how much you people have grown, not only as human beings, but in the spiritual sense also.

Sarah: That's nice to know. Thank you!

I believe I can say to you, my dear friends, that when first we met, each one of you, with your different lifestyles, sometimes found life to be difficult, and although I say this to you, and I know that life sometimes is *still* difficult, you, my dear friends are now capable of living your lives much more spiritually, because of the knowledge and the understanding that you have. I hope you agree with me, because it is true.

Sarah: Yes, thank you; it's certainly helped us all, I think, a great deal.

Lilian: Yes it has—in day to day living.

Yes.

Paul: One thing that I was thinking about today was what you said once about 'keeping it simple'—trying to make our lives more simple. I think that's one—to be spiritual when your life's so complicated, it becomes more difficult.

Yes, of course, we now know, do we not, that the fear of life makes life complicated for you (yes). In seeking simplicity, it also means to dispel any fear that arises within you. I do not say: have faith. Faith is not the word to use, but have that knowing within that ALL WILL BE WELL, and then the thought is reality. But, for that part of your living, each one of you that comes within this room, is learning to trust in that greater energy of life. Would you not agree?

Sarah: Yes, certainly, and when you think positively, the fear just evaporates.

Yes, yes, it is one of the greatest lessons of life that you can achieve, and neither I nor anyone in our world would suggest it is easy—we know it is not. Human living creates many obstacles, but again I say to you: it is the way that you overcome these things. I do not wish to speak with you for too long this time, so, if you do have any questions for me, I will be happy to try to answer them for you.

Lilian: Thank you. Yes, we were a little puzzled by the meeting last Monday, especially Jan. Somebody wanted to use her, but she was reluctant, because she's had two who were 'not above board' should I say, and she'd made up her mind that she was not going to be used for speech. She didn't mind clairvoyance, but it seemed pretty obvious that she was *meant* to speak. Can you explain a little for us, please?

Sarah: I think Eileen said there was somebody with her that wanted to come through her, so that's why she spoke last time.

Lilian: Yes—it felt alright.

I see. Firstly, let me say: all communication has to be accepted, and we are most grateful in our world that anyone offers themselves to be used. Of course, I have told you that sometimes those overly eager spirits who wish to come, manage to '*slip through*'—that is the way you would phrase it, I think? (Yes) Yes, it does not mean they are always unacceptable. It is sometimes over-eagerness to communicate,

which causes such problems. The lady cannot go backwards. She has offered herself to be used and now she has become a little afraid, and here we speak of 'fear' again. Can I please hear the lady's voice?

Jan: Yes Salumet.

Yes, thank you! Yes, it is a little fear and doubt within you, because of the occasions when it has seemed a little doubtful.

Jan: Yes—it really spoilt it for me.

Please do not let it do that. It has created this fear.

Jan: I felt that I was letting the group down (no!), if I had another one that slipped in—

No—we cannot let you stop now. We will encourage and we will help. It depends much on what you term your 'doorkeeper' or 'gatekeeper', whichever term you use for those in spirit who allow those to come through to you, and sometimes, as I say, they do slip through, but you must never be afraid that we are not in control of these situations.

Jan: I felt last week, we were being sent on a journey, and once somebody said to me 'open the door'—that's when I allowed it to happen (yes), because I knew that, the way it happened, it was being controlled from spirit side (yes), but the confusion was the *gender* of the two people that came through—I had no doubt at all that it felt like two genders. The person came through, one moment, as a male, and then when Sarah's control talked to them, they changed to a female, and *that* was my confusion. It left me feeling a little doubtful as to why that happened, although I felt it was right!

Yes, it was right. Do not be too concerned. It is an occasion when spirit enters the human frame, and there is confusion sometimes when the 'doorkeeper', we will call them, is not fully in charge and allows them to slip through; but the communication was definitely genuine. Let me explain a little about spirit beings who wish to communicate. We have those whom you will recognise as 'rescues'—of this there is no doubt, and we try so hard to keep them in some kind of order; but remember there is excitement, and there is eagerness to communicate, also from our side—there are many who wish to do so, not when it is 'rescue', but as a part of communication. Before someone returns, if someone wishes to reincarnate, there *is* no gender, they are purely spirit. And sometimes, when there is impatience, they slip through—I will use your earthly term—'the net'—they will slip through. That is why there was confusion whether it be male or female.

Jan: Ah! I see!

Does that help you to understand?

Jan: It does.

It is only when the spirit is implanted into the human form that the gender is recognised (I see). Is that helpful to you?

Jan: It is, and I must admit I left this room feeling much more confident and without fear, but—

We will not allow you, my dear friend, to close down.

Jan: Thank you! I don't want to close down (no). It was just the experiences were somewhat embarrassing for me and I know it wasn't my fault.

No, do not be embarrassed, my dear friend, please—please just be open to what we have to give.

Jan: I will. Thank you!

None of you fully realise how much love and help you give to those in our world. You truly do—and, without you, we could not achieve what we do. So I hope that has clarified somewhat the conditions of last time.

Jan: Yes, it has. Thank you very much!

I will take one more question only, and then allow your evening to continue.

Lilian: Anyone?

Paul: I was thinking a little bit about the way our work is organised. Much of our work relates to money and the jobs, so that people's motivation is often—some people are motivated more by the work, some are motivated more by the money. I think, as we evolve, eventually, the money becomes less important, and it's the *work* that is of the main importance, and, as this occurs, I guess a lot of jobs that are there more for the money than the actual role they play, will just disappear. Eventually probably—on a lot of

planets, they don't even have a money system anymore. They have some other system in place and that's probably a stage that you reach where you're much more evolved, and there's a lot more equality between people. So I guess the Earth is still at a very early stage on that one—

If your Planet could exist on love alone, it would not be Earth! Every being upon this Earth planet has a choice. That choice includes working and money, as you have mentioned. It is a very, very long way away from not having any monetary system! That is not about to happen. But you have to be sensible and not everyone has that drive because of the 'love of money'. But, as you say, some people do it for the love of the work that they do (yes). There is nothing wrong with money it is the *love of money*, as it is the love of anything else which becomes out of proportion with what is within. As human beings, at this moment in time, money is essential for you all to provide yourselves with food and sustenance of many kinds, and, although there is much greed in your world, it is now becoming apparent that the *awareness* of poverty and greed is high on the list of how earthly beings are living. This *awareness*, my dear friend, is what is important at this stage of evolution. It is the *raising of awareness*, and in your world, we are beginning to see this happening.

Jan: —Just as we are. The awareness of what we have done and our *ancestors* before us have done on the planet (yes). It is a privilege in a way to be here *now*, as we are, in this personality, to witness this awakening in so many ways.

Yes—as I have told you many times, my dear friends, there are so many of us from our world who have gathered, and we are endeavouring to raise the consciousness of your world, and although as I have said, there are many areas of darkness, so too do those areas of light seem ever brighter, and that gladdens us so much.

Sarah: You certainly hear a lot more of very rich people giving away an awful lot of their money to good causes.

Yes, so you must not always say that money is evil. You have to keep the balance, and in your world as it is at this stage of its evolution, money or goods are essential, yes.

Paul: Well, as you say, the important thing is that the awareness (yes) is growing steadily.

That is more important, yes. You could have someone with much, much money, but, if their awareness is one of generosity and giving, how can you judge them for having money? (Yes). In the same way, you could have someone with very little, but who is mean-spirited and selfish. Be always careful, my dear friends, about judgement.

Paul: Yes, I had one thought. Sometimes the ones that are greedy, who perhaps take too much from the world, leave so much less for the others—not enough for others, but then they also create the opportunity for good learning, because it doesn't necessarily help to have riches—it probably doesn't at all—so it presents learning opportunities for others, who have to make do with less (yes).

Jan: It's my experience that people with great wealth have an enormous responsibility that they sometimes feel quite burdened with, but, like you say, it's the consciousness of how they behave and how they behave with that money (yes). It really doesn't matter whether you have a penny or a million pounds, it's the love behind—the person with the last penny could give it away and have a wonderful feeling of freedom and self-expression, the same as the man with the million pounds.

And, of course, freewill is always to the fore of human existence. Only when humankind finds that deep love of spirit within, will there be a change in your world—but it is happening.

Sarah: And television and the media also help, because in past times, we perhaps wouldn't have been aware of certain things, but now, especially on television, you can see what is going on in the world, which help people—it hits on their conscience and that also helps (yes).

Lilian: It shows the good side *and* the bad side.

Be aware only of your own spirit. Be an example to others. Give out that love from within, and you will see your world gradually change. It begins with small steps, and grows and grows. You will be surprised when I say that the light of your Earth is brighter than you may think.

Lilian: That's nice to know.

Now, as I leave you, my dear friends, I once more encompass you within that love and light of spirit, and I leave you all this time with the knowledge that there are those close to you who love and protect you.

Lilian: Thank you, once again, Salumet.

Paul: Yes, thank you! Our love goes with you.

George's notes:

I was unable to get to the meeting myself on this occasion—sadly, due to life's exigencies we all have to miss the occasional evening. But I take pleasure in reflecting on the points raised:

Jan's dilemma: *I am so pleased that this matter was raised and that Salumet was able to be so very reassuring. And I think we had all been left confused the week before by the apparent two identities that came through Jan, clearly male and female (unreported). As stated, gender is of course only relevant to Earth life and has no significance where spiritual progression is concerned. It was left unreported because we felt the dialogue would likely be confusing to all.*

Money and greed: *It is the perfect time also for this subject to be discussed; a time of starvation in the world and a time when key people who are supposedly in control of the western world's banking and finance are in receipt of huge bonuses—so staggeringly enormous that a single bonus could provide lifetime support enabling many to prosper for several of their Earth lives! But as Salumet says, much depends on what happens to that wealth. And I still rest uneasy regarding a system that declares that its own top executives should be paid that much over and above reasonable salary. Historically, some wealthy ones have been renowned public benefactors, for example Andrew Carnegie, an industrialist who endowed 2,800 public libraries in the U.S. and donated \$350,000,000 to a variety of foundations; while certain others have earned reputation as incredibly wealthy misers. Perhaps I should not judge, and anyway, it is always useful and possibly necessary for us to have yardsticks and milestones that we may observe.*

~16th November 2009~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I come to you this time I wish to say just a little on something you touched upon last time. You spoke briefly about what you call 'karma' and 'karmic debts'. So often in your world there is confusion about this subject. I have spoken to you about karma and karmic debt. Following your discussion last time—why is it some people wish to come back to reincarnate into another body, whilst others are happy to stay in our world and to work through those issues?

George: Yes, there was a very interesting one who came through last week, named Freda, and she seems to have elected to continue in spirit, and it was most interesting to hear her commentary.

Yes, as you know full well by now, there can be many explanations dependent upon the development of the spirit. Yes, but I wish to say to you, no one who returns home to our world is *made* to reincarnate. That decision comes from the individual with a little guidance from those in our world who work with them. The only difference between those who wish to reincarnate and those who do not is simply their free will—that is the only difference. Some people do not like to feel that they have left something undone and would much prefer to return to another *human* form to continue with whatever they have started, whilst others find fulfilment in the spirit world. It is as simple as that.

Sarah: So the first time that we come onto this planet—that is also free will then?

Of course—no one is *made* to do what is against their will.

Sarah: So could it be that somebody could choose if they did not want to come to Earth, they might choose to go onto another planet? Or if they were to go anywhere, they would come to Earth?

You have to remember that like gravitates to like. Therefore, if someone wishes to reincarnate back into this world you now live in, they cannot decide to inhabit another planet. It may be that they can *find out* and develop their knowledge of other planets, but you would not have that intermingling.

Sarah: No, but I meant on that very first occasion they were going to go anywhere from spirit, could they choose which planet?

From the Creative Force you mean? (Yes) That is how all planets are inhabited. The choice would be theirs. But you cannot jump from one to the other.

Sarah: No, I appreciate that—

—Because all form of life is from the Creative Force, no matter the nature of their form—you understand—that spirit within is what is important, not shape, form or planet or universe—you understand?

Sarah: Because you did say that human beings have helped create this planet—

—With their thoughts, yes, of course.

Sarah: Yes, so would it not depend on your *need* as to which planet you went to? Or, if you chose that first time to go to a different planet, you would get the instruction that you needed?

I think you are making things a little complicated. The purpose of all life is to return to that which we know. That which we know is that we are all part of the Creative Force and wish to return there (yes). That is all.

Sarah: But we start off in spirit—

You **ARE** spirit. You do not begin anywhere. You *are*, you *have been*, you *always will be* (yes). You try to complicate it, spirit seem physical. Do you understand?

Sarah: Yes, I do understand that, but would I was getting confused with is...

You are seeing spirit as individual entities before that has happened—you must see the wider scheme of life (yes). Yes, it is a much larger picture than you can see.

Lilian: The lady who came through last week—I think I'm right in saying she had chosen not to come back any more—

That is exactly what I have just told you—

Lilian: But she didn't remember any past lives, so it's only the lessons that are important for that spirit—

As you continue in our world, there is no need of Earthly memories. You leave those behind.

George: Yes, we know that she was certainly more than a hundred years away from the time when she was on the Earth and her memory of it had faded.

Yes, because it was no longer important to her.

Sarah: She'd probably been back many times before and that was probably the last time she needed to be here.

Yes, the choice always belongs to spirit—as I said, no one is *made to* reincarnate, that is your free will.

Sara: And presumably if somebody, when they leave the Earth plane, feels fulfilled and a great sense of peace with all their relationships (yes), they probably wouldn't feel the need to come back.

Exactly, It is only those who *feel* that they—

Sara: Unfinished business—

'Unfinished', thank you—that is the word I was looking for. They feel that what they needed to achieve has been left undone. You are correct. Do you have any questions on this?

Lilian: I was thinking about the Buddhist religion, and the Dalai Lama comes back, time after time; but he's doing that for the good of people, I take it?

He is doing that to help others and because he feels that is his purpose in living. I do not say that is necessary, but for them it is part of their religion, it is part of their *belief system*. Therefore, that is why it is done. It all comes down to your *freewill*, your *thinking* and the way you wish to progress in spirit.

Again my friends, I will remind you of the *Power of Thought*. It becomes your reality, not only in spirit, but here in your Earthly lives, as it does in any other planet which is inhabited by spiritual beings, as you are—spiritual beings. Please try always to place this thought to the forefront of your minds—**YOU ARE SPIRIT**. These Earthly forms are but for such a short time. Try always to remember this.

Sarah: I know I'm being awkward, but I still haven't actually quite grasped what I was asking you earlier. I understand that we are spirit with a physical overcoat, but what is it that determines which planet you go to? You've said we can't mix up once we've chosen to come to the Earth planet. Is there somebody helping us the first time to decide which planet to go to?

There are always those in our world who are there to offer advice, we are there to offer upliftment, we are there to help you choose if that is your will. Yes, there is always a higher counsel.

Sarah: Yes, because there had to be some reason why we would come to Earth—

But they cannot *make* you—that is your free will.

Sara: But clearly there is a planet that would suit you better for your first incarnation—

Yes.

(Sarah reminded Emily she had a question prepared)

Emily: A few weeks ago, they launched some rockets to the moon to see if there is ice or water there, and I was just wondering what happens when we do that. Does it affect what's on the moon in terms of spirit?

I would say only that every action has some reaction. That applies whether you are here on Earth or other planets or in space. There is always an effect from any action. So of course, it makes some difference, perhaps not always anything you can be aware of, but these things are all part of the evolution, not only of your planet, but of many others, because mankind is always striving to learn more about his own modality and that of other places. Mankind is always thinking, questioning, trying hard to find answers, answers which he possibly may never know whilst he treads this Earth, but nevertheless feels the need or the urgency to continue forward. Has that helped you?

Emily: Yes, thank you.

Sarah: I think man believes that the moon isn't inhabited and maybe it's not. It's not inhabited with people like us, but it might be inhabited with people or beings that we are not able to see—

It is inhabited by creative energy, as is every other planet, everything that exists is energy. The only difference is the form that it takes. You understand?

Sarah: Yes, so blasting a rocket into the moon could harm part of it, even if it is meant to be. We might be learning something and it is good that we're learning, but the harm is still occurring to the moon itself—

Well, until you have the fuller picture, you cannot know what that is doing or achieving.

Graham: I suppose, one of the reasons we incarnate, is the fact that we are very curious, we like to experiments and get involved with things and think about things—and the whole planet takes an interest in these experiments and things that are done. And I was thinking—our lives on this planet, and probably reason we incarnate, is this acceleration. It is a school of hard knocks and our lives here can sometimes quite challenging but we do progress quicker.

And of course you will always have those beings who feel that the way forward is to reincarnate (yes), when in fact, perhaps at times, it would benefit them to go forward in our world. But again, as with the small children, they take many falls before they learn to walk. It is a slow progress, and that is equivalent to mankind (yes). Yes, it is a good equation (comparison?) I feel. Children have so much energy, wish to learn, to grow and will do their utmost to do so.

Graham: Yes! It is very exciting to live on this Planet, especially at this time. We do enjoy ourselves!

(Chuckles)

Well, that has to do with your own positive thinking. There are many in your world who suffer unnecessarily at times, because they do not recognise that joy from within. They do not recognise the innate knowledge and understanding which is there for them.

George: It is most interesting that physicists are getting down to smaller and smaller particles **(yes)**, and getting closer to spirit **(yes)**. Equally, computer engineers are getting to smaller and smaller 'bits of information' **(yes)**, and one feels that they also, are getting closer to spirit, with their work in getting down to the very, very small. And, even microscopists who are looking at smaller and smaller particles through their microscopes see that nothing is still, when you get down below a certain level and the movement—**—that all is energy, yes.**

—it's called 'Brownian movement', after the gentleman that first noticed it **(yes)**. So one feels that all these scientists are getting down to something smaller and smaller, and realising that the tiny particles behave differently, and one feels that they are all getting closer to spirit in their searching.

And where would you suppose that influence comes from?

George: Yes indeed! Spirit would be acting like a magnet.

Yes, we are fast approaching a time when scientists no longer can say: 'that is not so—that is not so'—no longer, because that information is becoming available to them. Then mankind will stop and have to consider what truly is *Life*. Do not underestimate the power of that knowledge. It is an exciting time in your World's history that these things are taking place. I hope you would agree with me on that fact.

George: I'm sure we all agree that these are indeed very exciting times.

Yes! Too often you dwell on the misery and the sadness that is your world also at this time, but, each one of you here, as there are in many, many groups around your world, have the ingredients to *change thinking* and the way that people react. After all, we have reached a time in your world where mankind is more intelligent with his brain than at any other time. Therefore his understanding has become greater. Knowledge has become available to *all* who wish to seek it. These are powerful happenings in your world. Never underestimate what is going on.

Sarah: You say we have become more intelligent—in the past, a long time ago, man was able to create all sorts of things, like the pyramids and what have you. They must have had pretty good intelligence then to have been able to do that, or was it just influence from spirit then?

They had more spiritual knowledge in those times; that is what is lacking. If only the spiritual knowledge could go hand-in-hand with the education of the physical brain, then indeed you would have a powerful source. *That* is what is lacking today.

Sara: The school experience isn't easy for children who have more spiritual awareness than other children. **It is a matter of balance—they have to find, at some stage, the balance between the two things.**

Sara: Yes! The two worlds!

Yes—it is not always easy, but it is a finding of spirit, yes.

Sara: I feel that our son struggles sometimes, because he feels different and because he's very sensitive. I think he must be trying to find his balance at the moment.

Yes, sometimes there is nothing you can do, specifically for him. That understanding has to come from within the being and it may take many years of his human growth, before that may happen; but it is part of your life on Earth to encourage, to be understanding and especially to encourage any sensitivity that children may have.

Sara: Yes, I think our daughter finds it easier than he does, because she's found many of her talents already. So, for her, life is generally, much easier.

Yes, she is more comfortable in the human form (yes). It would be like me asking you to take the form of something else. It would take time to adapt and to adjust to it.

Sara: Is our son unused to the Earth plane?

He is still a little uncomfortable—that is why you have these problems.

Sara: But the adapting will come—he will adapt?

It may not come until he reaches manhood—that is something he may have to struggle with, but that applies to every human being who returns to this world.

Sara: Yes, I see.

In the same way, as your gentleman husband has struggled with his health. In the same way, it is a balancing of spiritual and physical happenings.

Sara: I see.

It is just adjustment.

Sara: That's really helpful. I feel he has great intelligence—awareness and intelligence, but he sometimes doesn't apply it as easily as his sister.

No. My advice is to support and speak with him to recognise his sensitivity and just to help him in any way, and not to feel too responsible, if he does not respond to what you wish him to.

Sara: Thank you for that.

You are only the keepers for such a short time. Think of him as a spiritual being with his own lessons to address and his own life to live. Just because the human being is a child, that does not alter the fact that they are spirit, first and foremost.

Sara: Yes, we must remember that. Thank you—that does help actually (yes).

Sarah: Salumet, going back to what you were saying about if only people on this Planet had more spiritual awareness—and I know you mustn't judge, but those fanatics who want to cause trouble—if they were to get more spiritual awareness, would they automatically cease their aggression? Or could they, if they had that spiritual awareness, could they use it in a negative way, because it would then be even more powerful than not having it?

Yes, I understand your question. There is always that possibility that if you abuse your spiritual knowledge for things that are not good or healthy—that is so—but you would create much more karmic debt in your life. But we cannot interfere with how that human being is going to use any spiritual knowledge. Yes, of course it can happen, but we would hope that, if there is a glimmer of light, that we in spirit can move closer and influence for the good. But yes, you will always have those instances of abuse.

Sarah: Yes, because although it would create greater karmic debt for them, they wouldn't be aware of that until they got back to spirit **(Yes)**. So by that time, it would be too late for beings on this Planet. Thank you for that anyway.

And remember my teaching of dark and light—they are both sides of the same energy (Yes), yes.

Sara: Could I just ask you to remind me of the spiritual meaning of the colour silver?

Silver—firstly, let me say to you that colours in your world are influenced by the person seeing them. That is the first thing I wish to say. The more spiritual or sensitive you are, you will have different feeling or vibration for that colour. Silver is not too far from white, which is the purest energy you might have. Is there a reason for your question?

Sara: My friend who I work with, asked me today, because she's lately been very drawn to silver and metallic gold metallic shades, and she asked me if I knew the meaning and I'd forgotten it, so I thought I could ask you.

Yes, metallic colour is nothing but fragments of light on a baser shade. I would say the silver colour, if it is of metallic influence, is one which is good and can be used for soothing the mind. The dull shade of silver is rather too close to the colour of grey, which is a non-colour. But, because she is experiencing the 'metallic', as you call it, I prefer to say that it is imbued with fragments of spiritual light—they are good colours to use.

Sara: I gave her a silver costume today to wear for dance performing **(yes)**, and she was very pleased and we both want to wear gold as well.

And of course, gold is a colour of richness and both those metallic colours are good colours to use for many things. I would not limit those two, to one specific thing.

Sara: Thank you, she'll read the transcript now, thank you for that.

Yes. Now, my dear friends, I would like to just work quietly with this instrument, for a short time. So, as I take my leave of you, again I say, I look forward to our next meeting, and as ever, my love is always with you.

All: Thank you!

George's Notes:

Newton's Third Law: States that action and reaction are always equal and opposite, and it is re-stated here by Salumet. Perhaps Salumet sees it as applying more widely (to include spiritual considerations) than did Newton.

Brownian motion: Scottish botanist Robert Brown noted that the smaller pollen grains (approx. 0.5 micrometre) in water, jiggled about in random motion. Einstein later correctly supposed that this was due to bombardment by the water molecules, and so in turn, revealed their motion.

~7th December 2009~ SALUMET

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

Firstly let me say to you my dear friends, how much it gladdens my heart to be with our dear lady friend.

(General concurrence—Ann having spent several weeks in hospital followed by a period of convalescence.)

Ann: Thank you so very much—it gladdens me to be here.

Yes.

Lilian: An unexpected pleasure.

George: We are all pleased by her recovery.

I would say just this: never doubt that we in spirit are with you in *any* time of need.

Ann: I felt very much that you were with me, particularly when I was in hospital **(yes)** and I wish to thank you for the upliftment that I received from you—many times I think **(yes)**. It is difficult sometimes, although you know that fear is wrong, sometimes it's difficult to—fear is not necessary but difficult to control it **(yes)**. I felt very uplifted and I mostly felt that all was well—I didn't fear I think **(yes)**—though I can't be sure!

It is very easy for us to say: let go of all fear, but after all, you are human and to some degree we expect this from you (yes), although we will do anything within our power to dispel any negativity (yes). But never doubt, even when fear surrounds you, never doubt that there is help available to you at all times. That applies to ALL of you of course, whether it be illness, whether it be fear of the future—no matter what it is, always retain the knowledge that you are being helped. *(Thanks expressed)*

As we are soon approaching your yearly end once again, I would just like to reiterate to you my dear friends that the *Truth of Spirit* is definitely marching forward. The forces of fear, doubt, insecurities—there are so many to name, of course they still exist, but we are pleased to say that *Truth* at last is not being denied, that the people of your world, they are at last recognising that they are more than flesh and blood. That is a great statement for me to make to you my friends, because always in the past, Truth has been available and has lasted for some short space of time and then something in your history denies that Truth. That cannot happen again and as we have said in past times, there are so many avenues of knowledge available to you, that those who wish to learn, to know the Truth have every opportunity before them.

Sarah: The internet and the television is being a great help **(yes)**.

George: And the Internet—yes, I feel there's a general progression forward, and I feel there's a very good influence also from just a few really progressive scientists who are thinking in the right direction and I feel that these few may have a consolidating effect on the progress forward.

To recognise Truth we must begin somewhere and although you may speak of your machinery as materialistic gadgets, they are being put also to very good use for the work of Spirit—and that is as it should be (yes). I told you when first I came, that the Truth would be spread throughout your world and that is now happening. And that my dear friends, is in part because of people like yourselves who are willing to stand up for Truth and do not deny that Spirit within.

Sarah: But I think people are becoming much more open to listening to you. I was talking to someone yesterday about your words—about religion—and he said: well that's the best I've heard so far!

Laughs

So that was good.

Yes, but without your words, he could not have realised that aspect. So that is why I say to you: without people such as yourselves, our task would be much greater. So as always, I cannot thank you enough for the Love and the Truth that you give and spread to others.

George: I also have the feeling that this Love and Truth and the whole program of it is extremely well orchestrated from Spirit—and perhaps later, I could say something on that, but I will not interrupt you at this stage.

You may speak this evening. Although we are few in number, it matters not, but let us my dear friend, have any conversation that you may wish to impart to me. It is imperative I feel.

(I certainly had an 'imperative' feeling and thoughts on what follows had been with me for some time.)

George: Well, thank you. There are two matters—firstly, I've heard from our dear friend William who has placed questions before. And he wonders about '*soul group*' and whether we always identify and know

when we meet others who are in the same *soul group*. In particular, there is one who claims that they are both—he and the other—are of the same *soul group* and share the same master ‘White Star’ who had an incarnation in our 17th-century as Francis Bacon. He (*William*) is a little bit concerned about that, and I suggested to him that if he has doubts then he should question, and he has asked me if you are able to give him any guidance on that.

Yes, I understand the question. Firstly, I am not acquainted with ‘White Star’; that is my first reply. But let me speak of the gentleman’s question: I feel he has answered his own question by having doubts. Remember when I first came to you, I said to *all* of you: accept only what you will—if you are in any doubt at all then to place it to one side (*Agreed*). Yes. Let me speak a little about what you call ‘Masters’. There are many in your world who claim to be ‘Masters’. I would rather use the term ‘Teachers’ (yes). Yes, you understand. Always in your world you will find those who are only satisfied with names that are recognisable to them. I say to you: be a little wary of those who are so anxious to produce a name that is known to many. I do not say that they are all wrong—that is *not* what I am saying. What I am saying is what I have said to you all in the past. Listen, read, listen to the spirit within, and if you have any doubts then you must let that information go (yes). I would say to the gentleman: it is not necessary to recognise others from the same soul group, because you will automatically be attracted to those people. It does not necessarily mean it will be someone of renown or some great master or teacher; but in everyday life you will be drawn to those of like minds.

George: I know these are wise words. Yes, thank you Salumet.

Yes, the gentleman has many times of deep thinking and that is good as long as he does not allow it to confuse him. You understand?

George: Yes—

And that is what is happening.

George: I’m sure he’ll understand that and I’m sure he’ll be most grateful.

If he truly was part of this master’s teaching, he would automatically know and feel that pull of love and friendship. I hope that will help him.

George: Thank you. Now, the other matter which I wanted to raise—it is really a statement which I feel to be just right for this time. I will just refer to my notes if I may, because I want to quote a few lines from another. I want to go back to the very first time that you came to us Salumet. In our time, that was 27th June 1994. And I didn’t realise then, and I didn’t know the gentleman then, but Paul Bura was with a small party at the Cissbury Ring. He was a medium through whom a message was given by one who gave his name as ‘JEUZ’ and stating that he was from the star system ‘Sirius’. Now that happened on the very next day after your first evening with us—so happened within just a few hours! And there’s another gentleman, Andy Thomas, who wrote a definitive work on ‘crop circles’ at about that same time in 1994. Paul Bura wrote about the Cissbury Ring message in a book that *he* published: ‘Stepping to the Drummer’ in year 2000. That happens to be the same year as we published ‘A Smudge in Time’. All three of us communicated together following that and Paul Bura wrote a foreword to our book in 2005, of your teachings, Salumet. Now, we only realised that the Cissbury Ring message came within a few hours of your first meeting THIS YEAR. In fact JUST in time to get Paul Bura’s words on it included as an endorsement in the front of our present book ‘The Chronicles of Aerah’. And so, I just wanted to thank you and any others involved for orchestrating these matters from spirit. And I would like to read a few lines from ‘Stepping to the Drummer’ that are part of the statement by ‘Jeuz’ from Sirius—so that we can compare what he says with some of your teachings to us:

[Part of Jeuz’ statement, slightly abridged, follows: ‘You have to accept that power comes from the circles (he speaks of crop circles). The reason that they are here is because your Earth now needs to change. The knowledge of this we have known for thousands of years and we have hinted at it through various mediums and channels for so long—so long. DO NOT PLACE SUCH IMPORTANCE ON THE PROOF! ... But the spirit of the land rises and blossoms and there will be signs in the sky. You will see this. And they will still not believe. But what does it matter? The circles are here to help with this so-called ‘rising of the Earth’. She must rise up now and join us. She is like a child to us in space, a jewel and she is waiting to flourish, to become who

she really is and to take you all with her. It is such a journey – such a fantastic journey! And you are part of that journey and you must ride with her ...You understand what I am saying to you? You must ride with her and keep the love of God, whatever you conceive that energy to be, in your heart and keep it alive – KEEP IT ALIVE! And the beauty will continue—lights in the sky. More corn circles. But there is only so much that we can do, only so much. You say they are miracles – yes, we ARE miracle workers – but there are limits. We cannot change the mind of Man. He must do that. You, my friends here, all changed to what you were, and it is only the beginning of vast changes.']

Well, those are the words of Jeuz at that time, and I feel that his message just fits into the last 15-years of your teaching and your being with us, Salumet. And so, I just felt it was fitting to read those words and to thank you for this wonderful journey.

Yes—I thank you for your words. But what comes most from those words just spoken, was the passion that we felt necessary for man to at last recognise that we must move forward. And of course, there always will be those who deny Truth, always there will be those who are sceptical of any proof (yes). We are not interested in proving ourselves. We know who we are. You my dear friends should know who YOU are.

George: Yes, it doesn't seem to matter so much now that there are those who don't believe.

Yes, I am sure that when you first heard these words of Truth that you wanted to continue in your daily lives, to PROVE to others, that knowledge which you have been given. But my dear friends, as I have said to you so, so many times: sow the seed and that is all you need to do.

George: Yes, in a sense, the proof will grow from that seed—

Yes, that is all—plant the seed, the rest is up to the individual. After all, he has free will, he can choose, as I have said—only accept what you can. But gradually, Truth will prevail, as it is already doing—and we in Spirit feel that with all the problems of your world, this indeed is an exciting time for the Truth to march forward.

George: Yes, and as Jeuz says and as you say—*'we cannot change the mind of man for you'* (no). And that's the part that has to grow I guess, from within—from the seed.

But from small acorns your trees grow so strong and beautiful, and each with knowledge. Mankind is still that small acorn which is beginning to sprout. That is humankind at this time, but until this time, that acorn has been redundant, it has been fed and nurtured, but it has not blossomed. But now we are blossoming, my dear friends, so I say only to you: continue—give of your love to all that you encounter, look to your world with love, pray for those who are in need, and that also includes the spiritually bereft—and you will not go far wrong.

George: Yes—a phrase you used earlier Salumet, was: *'we have to begin somewhere'* (yes). I have sometimes felt that about the so many different religions in our world (yes)—we have to begin somewhere and I feel for *some*, that has been a beginning. Is that a sensible comment?

Yes, we do not place religion as some evil missionary. Religion for some people is a guiding light. They may at times not be fully aware of what it is that guides them, but that knowledge will come at the end of their time. Remember I have told you that is why you do not make judgements on another fellow human being. You know not their pathway.

Sarah: yes, I remember you saying right at the beginning—it was something that impressed me—that if we can't accept your words, then you're not ready for it (that is correct). I think as long as they've got some religion with which they're going forward and doing good that's what matters at that time.

It is the individual and what is in their *heart*! You all have fears, you all have much in life which is different from your neighbours, but that does not make you right or wrong, it only makes you follow different paths. And that is the way to look upon your brother—your fellow man—that is why I told you—that is why there is so much confusion in your world about what is 'Truth' and what is not. It is not wrong—it is only as good as by whom it is given, if you understand my words. And those in our world can only bring to you and give to you the Truth that they know and understand (yes). For example, let us look at your world now—could you describe for me the life of someone who lived on the other side of

the world? You may well have seen pictures on your televisions, listened to radios, but you do not *know* the lives of another.

George: The standards and incentives are a little bit different.

Yes, and understanding and knowledge would be different, but who is to say who is right and who is wrong—you cannot.

George: No, as you say, it is a different pathway.

Yes. And sometimes, people become too embroiled in those religions that we speak of, but as long as their heart is true and their love is genuine, then they will not go wrong as far as their spirits are concerned.

Ann: Religions can be very comforting, can't they? I went to a Roman Catholic convent school when I was young. I wasn't a catholic and didn't join in the prayers and rituals or go to confession, but I felt I wished I could have been a Roman Catholic and been able to confess my sins and have the comfort of all being forgiven. For a long time, I thought that was a very comforting thing.

Yes. Each one of you treads the pathway which is necessary for you at that time in your life (yes). We of course, know it is not necessary, and to ask for forgiveness for your sin is part of that particular religion, as in many others; but forgiveness, my dear friend, comes from YOU.

Ann: Yes, oh yes!

George: I was going to say the sins would be absolved from within oneself (**Yes**).

Ann: With a child's feelings, I would have quite liked to have had that—I know that's not the way.

Lilian: They do *stay* quite childlike. I've got a friend who's a Roman Catholic. She's older than me, and she obviously finds great comfort from going to confession.

Ann: Yes, it's very structured too and they know exactly where they are.

It does not matter what titles you bear, what is important is the light which shines from within you. That is your true nature—that is what will show when you pass to our world and once again return home.

Sarah: The difficulty I think many people have with religions and the fanatics are those that create *war*, but they believe themselves that what they're doing is right, so we mustn't judge, but it is very difficult for many when you're killing people, which whatever your religion, killing people I don't think is not the right direction.

No, there should be no hurt to another, fellow-human being, but they must face those actions when they come to our world and of course, with *time* will realise that perhaps they had trodden onto the wrong pathway. Remember, again, I repeat, YOUR FREEWILL, YOUR RESPONSIBILITY—your responsibility not only for your own selves, but for those that you make contact.

George: Yes, I think it's around this time of year that there is a festival, in which buffalo are actually slaughtered in honour of one of their deities. I have no wish to be judgemental, but this is very difficult, I find, to understand how this sort of thing has come about and continues.

Yes. You must remember that people of times long past, had very little material things and in order to appease their 'gods', if you like, it was a great sacrifice to offer what they owned. So in their mind they were being most generous.

George: It was a *personal* sacrifice—yes.

Yes. For them, it was a sacrifice, for the animals sacrificed, but, in time, all of these things change. It takes time, but I am happy to say to you, my dear friends, that we in spirit, who have decided to come to help—to say our piece—are very pleased with the little progress that has taken place.

George: It's good to hear that.

(Murmurs of agreement)

Lilian: I've heard some of the leaders of Christianity, calling for tolerance towards other religions and I thought *that's good*.

There will be a breakdown of religion. I believe I have told you before.

(Affirmed)

But it takes time, it takes much love, it takes much patience, and it takes dedication from people like yourselves, who are willing to spread the word of Truth.

Sarah: Salumet, when I was talking to this person yesterday about your words and he asked if animals and humans went to the same place and if we reincarnate and could come back as a dog or whatever and I said not. But then I thought, we are supposed to have evolved from the ape. The ape is an animal and we are now human, and the ape will pass to the animal pool and we will go our way. So was there a point where the animal part stopped and the human began? It seems a bit strange if we evolved from an ape that we should suddenly go to a different place to the ape?

That spark of life, and believe me, the smallest creature in your world, insects etc. that you do not even know of yet—all have that spark of energy which comes from the Great Creative Force. To exist upon this planet, there had to be a form of evolution. We are speaking deep matters again, my friend, but the progression of the spirit does take place, as you have mentioned, but the human form and the knowledge and love which it attains, cannot then be retrograde in its purpose. That is why there is separation on returning to Spirit. Does that make sense to you?

Sarah: Yes, so there has been a point where the two have separated—where the animal and the human have gone their separate ways?

You do now, when you return to Spirit, you will go to where you belong (yes), which is part of the HUMAN element, because that is what you have progressed to.

Sarah: Yes, okay, so that was possible. I found it difficult to explain to him.

Yes, it is not easy.

George: I believe there's a small degree of overlap inasmuch as some people seem to have their pet animal with a love-bond with them, for a time anyway.

Yes, of course, but that is because there has been a love-bond between animal and human. Those animals who have devoted themselves to the love of humankind will go to Spirit still, as that individual animal, and not to the animal pool. Do you understand?

Sarah: And will that remain so?

If that is what is desired, that is so. Those animals—horses—any animal—pets—dogs, cats whatever—if there is a love-bond, they will grow and grow in Spirit with you.

Sarah: Ah Right, so they will progress—

You have heard, I am sure, communicators who speak of tending to the animals.

(Affirmed)

They are part of Spirit, as your animals are to you here on Earth.

George: So the demarcation between human and animal that Sarah was describing—that perhaps is not quite a 100% line drawn between the two?

It is always difficult to differentiate in that way—it is not so simple. These are deep matters of Spirit which you speak of (Yes). Yes, of course.

Now, my dear friends, I will say to you, that as I take my leave this time, I will not be with you until after your seasonal break. I will return from whence I came, and will, of course, always stay close by you, and until we come together once more, I leave you all, and those who are not present within this room, they also are included in that love. I will take my leave.

George: And we shall much look forward to your return Salumet.

(Affirmed)!

Lilian: And thank you for all your teachings of this year.

Sarah: And we're glad that you're able to go back to where you rightfully belong. Have a good time, if I can say it like that.

(Amused laughs!)

George's Notes:

The Hajj Festival: The Muslim festival lasts 4-days, beginning, this year, on 27th November and follows the pilgrimage to Mecca, Saudi Arabia. Attended by more than 2,000,000 people, it is the world's largest festival and a pillar of the Islamic Faith, involving much prayer and dedication. Very large numbers of animals are slaughtered—sheep, goats, cattle, buffalo, banteng, camels and yak.

Cissbury Ring: An ancient site of West Sussex where once stood a stone pillar marking a place of 'communication', and it still seems to work! And although regarded as a favourite place for walking the dog of an afternoon, Paul and his party remained undisturbed during their work there.

Masters: Masters of all-knowledge from the angelic realms are truly masters without any question. Some humans that incarnate and progress well in spirit may well become excellent or renowned teachers, but we should really see them as of subtly different category to the angels. Perhaps, as we make our various ways in spiritual matters, our vocabulary will improve!

Many Religions and 'a need to start somewhere': It may be seen as illogical that we have so many very different religions, and that they so often hold onto ideas generated in their remote past. We have seen during the course of our evenings, glimpses of the greater scheme that evolves—how cultures throughout this universe acknowledge ONE Creative Principle / One God—a God of Love and Creation. But 'we all have to start somewhere'—but then it becomes time for us to rationalise to develop a single understanding of love and recognition—to fit into the grand scheme of things that all beings share throughout the entire creation of that one God.

~18th January 2010~

Following a period of difficult travel conditions with much snow and ice on the roads, this was our first meeting of the New Year. One who gave his name as 'Alan' spoke through Eileen to say that Salumet would be with us next time.

It was Alan's first encounter with us and he stayed for a chat. It seems that he had no belief in the spirit world until he arrived there. His little dog with whom he had a strong bond greeted him, and Alan thought: How did he get here? And that played a part in his becoming aware of the true reality. He at first thought he was dreaming. He has since lived, by Earthly standards, quite a long time in spirit—long enough to lose memory of the details of his planetary life:

George: Is your dog still with you?

~ Yes—not this minute—

George: But he's still the good companion—

~ Yes, good friends we must have been but I don't remember much now. I always had a strong bond with m'dog.

He spoke a little on how he came to start visiting séance groups and it became clear that he was very much the countryman at heart.

Graham: What do you do when you are not visiting groups?

~ I travel the countryside. I like to see other animals when they are not joined with people—and this is beautiful.

Lilian: Yes I can imagine.

~ And I am actually being taught to speak with them.

Lilian: That's a wonderful thing. And are you able to help animals in the wild when they are in difficulties?

~ I haven't got **that** far—now that is something I could do—influence, yes. I'd like that I think.

We chatted on about possibilities and about others of mutual acquaintance. Then Alan declared that he suggests to people while on his visits that they find out as much as they can (about the spirit existence) while they are still here.

~ Yes, it will help you a lot if you can understand a little bit.

As to speaking through a medium, Alan said:

~ There's someone who helps and I'm instructed what to do. And you must be able to blend. It's not a matter of picking someone because you like the look of them. Don't ask me about the blending of the energies—don't ask me about that because I couldn't tell you. That's too complicated for me. All I know is that you can do it.

We expressed our appreciation of those who come through giving us some idea of what they can or can't do. Sarah enquired if he wished to have another Earth life. He replied that he is very happy where he is right now but may well take counsel on that one day.

Our friend went on to say:

~ Sometimes we try to help people—give them what you call 'evidence'. But I don't like that—too much emotion.

We explained that we record everything that is spoken during these meetings so that we can then send it out to others AS EVIDENCE.

~ That's very good—the more people know the better, I think. I don't know how I didn't know for so long. How can that happen?

We went on to say how we are but a small group that has been so fortunate in receiving Salumet's visits from angelic realms for so long, but there are so many millions out there less fortunate.

~ Well, I think everyone gets at least one opportunity—then it's up to them. It's all to do with the thinking—what you want to believe.

I referred back to lost Earthly memory—our friend said:

*~ To be honest I don't remember. And to be **very** honest I don't care—which got a good laugh all round.*

Finally, there was interesting dialogue on language. Our friend explained his experience that language only belongs to the BEGINNING in spirit, before LANGUAGE-FREE thought communication later prevails.

[Clearly, the language-free thought communication of progressed spirit compares very well with our Bonniol interplanetary mind-link work.]

We asked if Alan has reached that point. His reply:

~ I'm still struggling. Don't let anyone tell you it's easy, because it isn't.

(General thanks and farewells)

~25th January 2010~ SALUMET

We voiced healing requests as usual and this led to mention of the terrible suffering in Haiti and Iraq. Then we moved onto our Earthly shortcomings in relation to warfare, and there still remain vivid memories of World War II and attitudes towards German citizens that followed. It was stated that those people of the '40s were different—disturbed—disturbed in a particular way by a particular politician; making it very difficult to judge—if indeed we should be judging! And the term 'brainwashing' came into the conversation; also the phrases 'lack of real democracy—not yet properly defined—politicians becoming undemocratic once in power'. And we are convinced that the majority of electorate here in the UK did not wish to start the situation that we now have in Iraq—and there is just so much ongoing suffering there still. It is a strange world of mixed-up values in which minority factions seem to wreak havoc in various ways.

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening!

George: It's lovely to have you with us again.

Sarah: I hope you had a satisfactory time when you haven't been with us and back where you belong.

Thank you, my dear friends. How happy I feel to join with you once again. I have been quietly listening to you and your discussion about your world, and the thought that came to me was: how much you have changed and grown since first we met. How compassionate in you thinking and a little self-critical, I might add, about how you feel. My dear friends, it gladdens me to see such human beings—such as you.

Lilian: Well, thank you for those kind words. I think we can see a difference in ourselves.

Sarah: Thanks to you Salumet!

I take no thanks. You all have achieved what you have become—and that is human beings who are more aware of their true spirit selves. That is so important not only to you, but to us in my world who look after you, so often, even when you are unaware. But, it brings joy to us all when we listen to you speak in such a loving and compassionate way. So, let me say to you all, my dear friends: 'Thank you' and my wish for you all would be that you continue to grow and recognise your true selves.

All: Thank you.

Sarah: We'll do our best!

Even those who are absent from this group, they too have grown, and the words that you have given to the world through your speech and through your written word are appreciated by me and all those close by you, in recognition of the love and joy which you have brought to many. My dear friends, I can tell you, that you have, in so many peoples' minds opened up a vista of information.

George: It's very nice to have that realisation. Thank you, Salumet.

Thank *you*, dear friend! I am, of course, aware of your written book and the time dedicated to it. For this, we have your thanks, and we give to you much opportunity to enable you to put forward Truth with Love and Light.

George: Yes—I certainly felt the opportunities and have welcomed them, and am most appreciative. It's so good to have had the information presented in the wonderful way that it *has* been presented. We're all of us delighted with that, I know.

Yes. As I said to you at the beginning of your last year that it was time to begin for each one of you to grow spiritually—I again say to you, my dear friends that the time is now for you all to expand your own consciousness in whatever way is comfortable to you.

George: The other expansion that I think we foresee at the present time is the website, which Paul has launched for us. It's nice to see that growing and we are hopeful that that will expand and reach many people.

Yes, the opportunity is there. We will endeavour to help that to come to fruition.

George: Wonderful! And I haven't forgotten the further website which Richard has put together. In fact, we are fortunate in having two websites of information, at the moment, and we're delighted to have the opportunity to be expanding these.

Yes, the more opportunities there are to reach many peoples, the stronger the voice. We look only to you to do what you can, if you can, when you can, how you can—we leave some responsibility with you. All I can do, my dear friends, is to continue to help bring the Truth. That has always been my mission—to bring wherever I can, a small *Truth*—a Truth that has always been, and for that Truth to grow in the mind of humankind, that they may accept that *Truth* and find for themselves the realisation that they are *Spirit* clothed in human form. It may seem a simple task, but as you know full well, your planet Earth always has difficulties, but as I have said to you in recent times, the way to help is to *focus upon everything positive*. That way, you help to *dispel* the negativity in your world.

George: Yes, and we are so much a mixture in our world of positive and negative.

Yes, but when you have the knowledge of being positive, then you have a responsibility—not only to yourselves, but to your world, *this planet*—who is looking for that light of being positive; it needs that positivity. And although, my dear friends, I thank you for your compassion, I ask also that you do not dwell upon these things too much. The laws of all life will even things out eventually—but of course, not in *your* lifetime. But to spread the word of truth, I am filled with *JOY* that you have achieved so much in such a short space of your Earthly time, and for this, my dear friends, I continue to thank you all. Have you any questions this time?

George: Yes, I wanted to mention, in connection with this really—you have mentioned how science is developing towards better understanding of spirit (**yes**), and one gentleman, in particular, Ervin Laszlo, has published a book: '*Science and the Akashic Field*', and he says so much in scientific language, which is in line with your teaching. I would like to quote a small piece from that book, if I may. He refers to the Akashic Field sometimes as the 'A-Field', and he's not saying 'the discovery of the A-Field', he's using *your* term 'the re-discovery: "*The re-discovery of the A-Field will also change our world itself. When people realise that the age-old intuition that space does not separate things but links them has a bona fide explanation, the genius for innovation inherent in modern civilization will find practical ways to make use of it.*" Now, you Salumet, have said so much about science coming to a better understanding, and I would say that Bonniol and his people have already made use of the *connectedness* of space, in the way they have communicated with us. I don't know whether you would have any comment on that?

I, my dear friend, am never surprised by these snippets of information that you bring forward to me. Science is going forward at a rapid pace at this time of your existence, and of course, there is nothing new. I will re-iterate those words for you: THERE IS NOTHING NEW.

George: It's re-discovery.

Re-discovery, yes—as you as human beings are beginning to re-discover your true selves, then science is re-discovering what has always been.

George: And, this book was published just a few months before Bonniol first came to us (yes), which is remarkable timing!

Yes, I know, you like your synchronicities, so therefore we provide them for you! You are our spokesperson for all of these. You are well-spoken, well-read—you are the catalyst for the truth, and I do not say these words to you lightly—and we *thank you*.

George: Well thank you. I'm sure things are being placed my way

You have no doubts about that. Yes! Your world has much to discover yet, but slowly, slowly, much is being re-discovered. Yes! I like that word *RE-DISCOVERED*.

George: Yes, and I'm delighted that a *scientist* is actually using that term.

Yes—does it not warm your heart that the men of science, at last, are placing their prejudices, their teachings, their learning to one side—to at last have a much more open *mind*? But of course science cannot deny the Truth, and when it is placed before them, many encompass it, if not with doubt, but at least they are willing to be challenged by that Truth. It is a way forward, do you not think?

George: Yes! A most interesting and a very logical way forward!

Yes! Good. Now, my dear friends, as this is my first return to you, I will not stay any longer, but I wish you to know that although, we have not spoken for some time, always my love has been with you. So, as I take my leave from you this time, know that each one of you is surrounded and protected by spiritual love.

George: Yes, I have certainly felt this myself, and I'm sure we all do. We are most grateful. Thank you Salumet!

Lilian: Yes, Thank you!

George's Notes:

Science and the Akashic Field: Further quotes and notes given in our communication of 28th September 2009.

~1st February 2010~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you once again, my dear friends, I will say to you how happy I am to be here with you once more.

Lilian: Yes we're happy to have you, and sorry we're few in number again (6).

George: Yes, we're aware that there are several who would very much like to have been here tonight, but travel is sometimes difficult.

We always appreciate, my dear friends, no matter what number—we appreciate the effort that is made by you all to come to these meetings. It gladdens us that you are so willing, each time, to listen to the words of Spirit.

Sarah: It's to our benefit, Salumet.

Thank you for your kind words. Like the last one of your years, I will not always be with you, because we wish to continue with each and every one of you, to help you to expand your consciousness to enable you to recognise that Spirit which is your right; to bring forward—to bring it to the fore of your living, in order that your lives become much richer. And also, my dear friends, not only does it give *you* the opportunity to grow, it also gives those in Spirit that opportunity of growth also, and for this, we will remain ever grateful.

George: Yes, we are, likewise, most grateful for the opportunities given.

Lilian: We do miss you coming to talk to us. It's a different evening!

Yes, but when I come to you, at times, I will try to bring to you, something perhaps known to one or two of you, but nevertheless, we will endeavour to bring you much interest.

(Thanks)

But, for this time, I will answer just a couple of questions, if you like, but then I would wish, my dear friends, to work with this instrument, on a deeper level. So, I *will be* with you until the end of your evening, but there will be others to come to each one of you. I suggest that you do not be afraid to speak of what you feel amongst yourselves.

George/Paul: Thank you!

Be open to those who stand by you. *They* are there only for your well-being and your love and your protection.

George: I think I can speak for us all, when I say they are most welcome!

Thank you, my dear friend, we are aware of your great love for spirit, and only those who feel that love, would come so close to you; but I am sure that already you recognise that.

Sarah: Could I just ask about you working with Eileen? I don't know if this question has been asked before, why did you choose Eileen as your medium? Had you had your eye on Eileen for some time? I would just be interested to know.

As energy—spiritual energy over many, many years of time, her energy was chosen, so that I could blend more easily with her. You speak of her as a person. I speak of her as energy, energy that has existed for quite a long time in the physical sense; but energy, as with *all* of you, that has existed for *all* time. It was just a matter of being able to blend also with the physical energy in this lifetime.

George: A small question that occurs—would that length of time go back beyond the time when she was an aspect as the one we know as Nahashiwah?

That energy extends much further back. Yes, Nahashiwah, as you call her, was just one existence of Earth time. Yes, it extends beyond that life.

George: Thank you! I'm sure that fact will be of interest to many.

Lilian: So before Eileen came back *this* time, she would have known this in Spirit.

No, she would not. I know you are told that you know why you come. She knew her pathway she would take, but she was not aware of the connection that would be.

Lilian: I see.

So her agreement would have been to live the life she *has* at this time.

Lilian: Yes, I see

After all, no one knows all. You understand (yes)?

Sarah: So this is really a bonus for her?

I do not know if she would regard it as a *bonus*, as you say, but she is always happy to allow me to use her as my instrument.

George: Yes, I know she's very happy with that and it's certainly a bonus for all of us here.

I never cease to be amazed by the kind words, my dear friends that all of you are willing to express. But, once more, I will say, without you, my mission would not have been possible. So, I say to you all: Give thanks to yourselves.

George: Thank you for putting it like that.

Lilian: So, the moment was right, really.

Yes, it is something you have to understand, that we in spirit, who have much better vision, know what is going to happen, but, as you know, there are many levels of spirit and each level has a quantity of knowledge within it. Do you understand? (Yes) Yes—when you reach the level from which I came, much more is known (yes). Yes.

George: I've been thinking recently that, equally, there are levels to the love that one can know and experience. Some of us, perhaps, don't go deep enough with that. So one has love, but am I right in thinking there are these deeper and deeper levels?

Yes—you human beings, of course, know quite a lot about *emotional* love, which is a very different thing. I feel you are trying to express love on a more spiritual plane (Yes). And of course, the more refined you become as energy, the deeper the spiritual love you feel.

George: Yes—which leads me into a question I have actually. We did bring up the question of one of our conditions, called ‘Arthritis’. We brought this up some years ago in 2001, and I think you indicated then that it had a connection to love or quality of love, and you talked in general terms about it. Now that we’ve moved on a bit, perhaps, I could refer to that condition again. I have just a little bit of arthritis in my wrists. It’s only very slight, so perhaps I can apologise for the depth of love that I can express. But, it prompted me to look up a few facts, and more than 10% of our population have this condition, which surprised me, and it’s not just elderly people such as me, but younger people have it as well. I wonder if this would be a good time to say a little bit more about that condition—

I will not speak about one particular condition, because, let me say this to you my dear friend: all disease, however minor or major, is exactly what it says—DIS-EASE. You will remember my words when I said there is dis-ease of the mind and body. In fact, it is an imbalance of spirit and the human form. Let me also say to you, my dear friend, that all of these conditions, whether minor or major, if not caused by cause-and-effect—or, for example, what you feed your body, or whatever condition your mind is in—it has an effect over time; it does not happen in one day. Therefore, I would say this to you, my dear friend: Firstly, any *disease* within the human frame must be acknowledged, and before you can acknowledge that imbalance, you have to go inward to find the time when these problems began to surface in your lives. When you speak of young children, sometimes it can be a condition that has come with them from another time—

George: Ah, Yes!

—but not always. You have to look inwards, as you do for all things of importance.

George: Yes—I think, I understand you to say ‘look inwards’, and ‘go backwards in time’.

Yes—you will not find your answer for yesterday. It is a *gradual dis-ease*—harmony that is not there, but you have to find it to acknowledge. Once you acknowledge, you can free yourself. The reason I am speaking *generally* to you, is because I am sure you are well aware of cases where people have freed themselves from this condition (yes). That is because, each one of you, as human beings are so different in the way you think, in the way you live; and let us be truthful, my dear friends, this world you live in has been for so long, one of disquiet and unrest, and so many of you have lived in fear at some time or another (yes). I am not speaking of your wars or your countries I am speaking to you as individuals. You are responsible, each and every one of you, for the condition of your housing of the spirit.

Lilian: I wondered about the arthritis that I’ve got it in my ankles and my knees.

When you speak of arthritis, it is an inflammation within the body—an inflammation—what is inflammation, but an anger? Can you see that? It is an *anger* that has come from somewhere.

Lilian: Yes, I wondered if it was worrying about the family at times (Yes, that could be!) and not going forward.

Yes, because when it is affecting your joints, it is stopping you from movement, that free flow of movement. There is something burning within you that has not been recognised.

Lilian: If I can sort them out, I’ll be okay!

You then have the tools to work with.

Sarah: If, as in Lilian’s case, it’s in her knees and ankles, it’s stopping her from—

Moving forward—

Sarah: Can it also be that you’ve the problem within you, and, if you abuse the joint in any way, um—

Yes, that is the cause-and-effect aspect of which I speak (yes). Or if you ply the human body with food that it does not accept or like, then there will be an effect from that. You have to look at all aspects of your living.

Sarah: So, in the case of Emily, who’s got ‘Food Intolerances’, that’s also something that’s not right within her body that’s causing the food allergies then?

Yes, it is a *dis-ease* of her spirit and her human form. Yes, each one has to go within.

Lilian: It's very difficult to get it right.

But, if you so desire and your desire is strong enough, you can free the body. You *can* free your body from all pain, but, I do not say to you, my dear friends, that this is easy, because, as I have already mentioned, it is not something that happens to you overnight.

Sarah: So, the longer it takes to arrive, the longer it will take to go!

Not necessarily, no—

Sarah: Ah right!

George: And we're considering ourselves as individuals when we do this, and I think this would suggest we are looking at ourselves as individuals and the way we are *fitting into society*.

Yes! Yes, as in all disease, you will have people who will recover and those who do not. That is the strength of the inner knowledge, and that comes from your spirit. Spirit and the human form should be equally in balance.

Sarah: So, those who don't recover—for some of them, is it because that is what they need in this lifetime?

That may well be for some, but not for all. You cannot generalise too much, you cannot place everything on what you might call 'fate'; that is wrong. Each and every individual in your Earthly world has a responsibility to take care of the housing of the spirit. That should be the most important aspect of your lives. Do you understand?

Sarah: You have told us, for example, that some people who go to Lourdes, in France to be healed—some will be healed and some of them won't.

Because they *will* be healed—that is what that is.

George: It's so good to have your detailed commentary on this Salumet, because our medical professions, so frequently, deal with painkilling pills (**yes**), which merely stop one's awareness of the pain without changing the condition.

Yes, of course, unfortunately, still, the medical profession see you all as one. They do not see you as spirit, as you must do if you wish to be well. You have to go inwards, you have to *know* that *spirit* is the important thing. You *are* Spirit, my dear friends, first and foremost. These human coverings are just there for this particular lifetime.

George: The one we know as Edgar Cayce left some recipes, which included massage oils (*Castor Oil*) for this condition, but, again, I think, these were not 'cures', but recipes for providing some relief (**yes**) from the inflammation.

Yes, that is true. But, whatever relief that can be given in a human form, of course, you must look to them to make your lives more comfortable. But, if you wish to be *free of any* illness or disease, it is a much harder thing to do.

George: Yes.

Sarah: Paul has been doing some cranio-sacral healing (**yes**). That would be complementary then to your own spiritual healing?

Any therapies which help can only be good. Of course, we do not discount any help that the human being can find. But, what I am saying to you is that no matter what the problem is, no matter how long or how short the condition, there is a point where you have to recognise and accept what this condition is. That is why when you come and you seek healing, it is not just the human form we seek to heal, it is in search of the balance of both.

Sarah: Even with spiritual healing, it wouldn't be possible to heal totally, if the individual weren't prepared to work on his own spirit.

With spiritual healing, it is slightly different—it is spirit working *through* spirit to spirit. The Spirit is touched—it is then up to the human individual to continue that work. You have to accept *some* responsibility for your human form.

(General expressions of understanding)

Sarah: So, spiritual healers would be well to advise the people they're helping that they should try and work on themselves—because people who go for spiritual healing, have the healing and then perhaps just go away again.

But that is not necessary; it is the spirit who touches the spirit. That spirit has already been touched, and *within*, there should be an *awakening* of that spirit. You understand? (Yes) That is the difference between many physical therapies that are taking place, because they are working on the human side—the *human* side, not spirit (yes).

Lilian: And small children when they come back with a complaint, they brought it with them from another lifetime?

They can do, yes. I would not say always. You cannot generalise. Each one of you is spirit, first and foremost. That is what I have repeated to you so often, my dear friends. Until you recognise that first and foremost you are spirit—when that is recognised, all things can fall into place. What I do *not* wish you to do, when you have any condition, is to place blame upon yourselves, but rather, that you go inwards, accept the condition, and work to free yourself from it. That is the way forward, and until the medical profession see each person as a separate and different individual, they will struggle with some of these conditions.

Paul: I was trying to mentally picture anger and to think what it is. If someone has arthritis and anger is at the root of it, then I was thinking of the energy. It's like the anger doesn't exist on one level. It's like something that blocks the energy from flowing.

That is what is happening. It is an imbalance between spirit and body, whether you call it a blockage, whether you call it imbalance, whether you call it disease, it matters not. What matters is what this imbalance is creating within the physical being, some kind of problem. Let me, before I leave you, just say, my dear friend, what is the colour you use in your world for anger?

Paul: Red.

How do you think of inflammation?

Several: Red!

Can you see, if you think upon those lines, it may be helpful to go back into your lives, and, at some point recognise that, perhaps, you did not want to move forward, you lacked love, or you were angry—all of these emotions. And once you have acknowledged and accepted those things, you can then ask your body to be *free*!

Emily: So, by asking your body to be free and acknowledging your—

You have to acknowledge what the problem was or is.

Emily: And, once you've done that, you can ask to be free?

You can ask your body to help to be free, to be in balance, so that spiritually, emotionally, *all* is in balance. I do not say it is an easy task, but I do say to you, that is why some people are able to free themselves from any condition. I am sure each one of you is aware of these things.

And now, my dear friends, I thank you for your questions, and I ask that I now work with this instrument.

(General thanks)

George: Thank you so much, Salumet, for your enlightenment, and I'm sure that detailed explanation will be of much interest to many. Thank you!

If only I could take it from you, but I would not be allowed.

George: That is understood!

We next experienced various impressions that were discussed amongst ourselves. Then the lighting was turned up a little and the recorders safely packed away. But then it became apparent that Emily had a presence—two young children. Lighting was again dimmed. The children were attracted to Emily's energy, clung to her and did not wish to leave. They responded to questions carefully placed by Eileen, Sarah and Lilian, and gave their names as Amy and younger brother Thomas. A few minutes passed and they became aware of increasing spiritual light and could then see a kindly lady with a fluffy white puppy waiting to receive them. They happily went with her and Emily resumed normal self. So this was a completely unexpected first 'rescue' for Emily and happy transition for the two young children—wonderful!

George's Notes:

Nahashiwah: Nahashiwah has visited 26th February 1996, 10th January 2005 and again 3rd September 2007. On the first occasion, Eileen had been both surprised as well as a little shocked to find herself confronting a past life aspect of herself—an Amerindian lady with hair in pigtailed and wearing a blue dress—with Eileen's own face. Following the vision, this lady then spoke through Eileen, giving her time on Earth as 19th-century. On the third occasion she came to us to join in our conversation about 'lights in the sky' and 'crop circles', explaining that her people were well aware and accepting of them. Regarding the general non-acceptance of these things as authentic and the widespread lack of understanding by modern humanity (present company excepted) and Press, she said: "You are like children. You are in need of first education—Ha Ha!—you do not recognise the signs in the sky!" And on each visit this dear one has spoken with such a light ethereal voice that we have all so much warmed to.

Arthritis / dis-ease: Salumet spoke previously on arthritis and on the more general nature of disease 14th May 2001.

Cranio-sacral therapy: Paul attended a course in this whilst in Thailand.

Edgar Casey: The wonderful Edgar Casey recommended Castor Oil used externally – rubbed into the painful joints twice daily as a treatment for Arthritis

~1st March 2010~ SALUMET

Lilian: Good evening Salumet, welcome to you.

Good Evening!

All: Good Evening!

Lilian: We are a tiny little number. (5)

As always, I have noted your conversation, as you have joined together this time. Let me say to you, my dear friends, how little need you have of me now—with your debates, amongst yourselves. It is of great interest to us to listen to you all, but I would like just to say to you a few words. Each one of you has come to this lifetime for a purpose—for spiritual growth. And, I would say, my dear friends that life on this planet, was never meant to be 'plain sailing', as you humans would say. But, as spirit, each one of you has the capability to find in life, the strength to cope. You are never given, my dear friends, any situation that you cannot cope with. But of course, it helps if you develop the spirit within you—that makes you a much stronger human-being. So I say to you all: accept life as it is today, try not to be judgemental, do not crave for past times, for they are gone, and cannot be recaptured.

George: It's certainly a very interesting world that we have today.

Yes! It is at the stage of its evolution that it should be at. And it is up to mankind to help himself in whatever situations arise in your world.

George: Yes—I imagine that part of that helping himself will be a realisation that we've got our systems a little too complicated and there is a need to simplify. I hope I can say that without being critical.

Yes, yes—I would agree with you, my dear friend. Those words are true, but it is the *growth of spirit* that is important. Do not wish for time gone to return—it cannot happen, but what you must do, is to adapt to the *here and now*.

George: Yes—well, I imagine we can *look* to those past times and think—well, there are qualities there that we could well use today.

Of course! There is nothing wrong in looking backward, but you cannot bring the past forward—there is a difference, and it is in the *recognition* of that difference that will move you forward. You understand?

George: Yes. That makes very good sense. If we do look at the past—it's how we see it and what use we could make of it.

Yes—take the good and move forward—yes. Too many people cling to situations in their lives, which should be discarded in order for the spirit to move forward. But as human-beings, naturally you find it more difficult, and always there are allowances made because you *are* human, and mistakes come easily to you, my dear friends. But what I wish to encourage within you, is to find that *inner* knowledge and strength—to move forward with Love, with goodness, with realisation that things can be better if you so desire. It is the *desire* which has to become stronger within you. I hope you can agree with my words.

George: Yes, I think you are saying also, that whatever the state or complexity, there is always room for the spirit to grow.

Yes. I use one word—SIMPLICITY—simplicity of thought and mind will always take you forward. Discard any feelings of disillusionment—any feelings of life being hard for you. All human beings come only to what they can cope with.

George: Yes—I was reading recently the gentleman Lucretius and he had this simplicity. I feel he was a great philosopher of great understanding, but he also approached things with a certain simplicity.

Yes—yes. What is better than simplicity, in all areas of your lives? I am afraid, as human beings, you make your own lives complex, sometimes unnecessarily, but that is a result of having freewill. We would not wish you to be without freewill, but in your humankind, it has created many problems for you, but as I have said on many occasions, you must look and understand—look to the fuller picture of life, before any kind of understanding can take place.

George: Yes, there are certain ingredients that always contribute towards evolution—and ...I've lost my train of thought...

You cannot stop the evolution of your planet. You can alter and change some situations—

George: And freewill, I was going to say **(yes)**, is one of those important contributory factors.

Yes—humankind has the responsibility of taking care, not only of the physical body, but of the physical planet. And humankind must take responsibility for any thoughts or actions which have caused any result, which is negative to the evolution of your planet. But you will not stop your planet evolving.

George: Yes, responsibility and the realisation of that responsibility.

Yes, the realisation is the bigger word here—realisation—most important. Do you have any questions about this subject this time? (Pause) I am impressed, my dear friends, just listening to you this evening, how much you grow, how your thoughts are listened to, by each other, and responded to with love and goodwill. It is indeed, heart-warming for us in spirit to sit with a group, whether it be small in number or not—where people sit harmoniously and can listen to one another with love.

George: It's heart-warming to have those words. Thank you Salumet!

Lilian: Yes! It's a nice feeling.

George: Um—yes—going back to 'responsibility'; we were talking and thinking the other day about germs. There's an advertisement on our television, which advertises a product, which claims—KILLS 99.9% OF ALL KNOWN GERMS—a sweeping statement! But I'm not so sure that we're being sensible or responsible, in viewing germs in that way. Many of the microbes and germs are, of course, beneficial to us, so, perhaps, in some quarters, we're being irresponsible, in looking rather darkly at germs and microbes. Would you have any comment on that, Salumet?

Everything that exists within your world has purpose—those are my first words to you. Mankind has unfortunately decided for himself that he is superior in this Earth planet. I have to say to you: mankind may think he is superior, but he shares this planet with so many, many other things of great importance. Size or brain-size matters not. As a whole, there has to be balance in your world.

George: I think you're coming round to saying we are all one, and we are all members of the same club.

Yes! When you try to destroy and upset the balance and the equilibrium of your planet, that's when you have problems arise; but as I have said, freewill is an important part of the human being; and let's say to you, that humankind also gets from his experiences the motivation to learn. So, although mankind is often wrong, sometimes it is the catalyst for new kinds of learning and teaching. You understand?

George: Yes.

But, it is still part of the overall plan of your planet. I hope that is a little more helpful for you.

George: Yes, it is! There're some important principles there which we should observe **(yes)** and I can understand, in certain areas—within hospitals, it's right and proper to eliminate germs, but, by and large, on the planet, they should have our respect.

Yes, there always will be a pecking order, as you call it on your planet, of course there is, but when it comes to the annihilation of any one type of person or creature or microbe or whatever, then you need to stop and consider things carefully. It is important that your life has balance in all ways. Yes.

George: Yes—I'm not entirely sure about the situation in hospitals, but, certainly one goes to great lengths to not subject patients who are having medical treatments and surgery, and there is a general feeling that germs should be eliminated in that situation. I *feel* that that has to be—I'm not sure if you would agree. Yes, in situations, as you mention, there has to be some degree, but we are not speaking about the annihilation of *all* germs, as you call them. Some are essential for your living here on this planet. Whether you agree with that statement or not, *all things are created*. And mankind feels, and I use these words wisely, because he has superior knowledge, that he has the right to decide what should live and what should die. But, yes, in illness, as you speak of it in your hospitals, there has to be cleanliness—that is recognised. But, you see, 'germs', as you call them, are happy to accept, that in some places, they are not needed. We are speaking *now* on a level we have not discussed before. You do not look upon germs as something of any intelligence, but there is a form of intelligence in all things; there *has to be* in anything that is animated.

George: So they deserve to have more of our respect, in the general situation.

In the general sense.

George: And indeed, in the home, I would think?

I would say it is up to each individual to consider for himself how these things are managed.

George: Yes—I recall the gentleman, Albert Schweitzer, who had a hospital in Lambaréné, in Africa. And there were open sewers there, and many germs were around, but he had success, and I think there must have been a natural resistance that built up in that situation.

The situation, my dear friend, comes from within each one. That strength, that resistance, that knowledge, comes from a balance of love and peace, no matter what situation, in what part of the world, whether it be 'hygienic', as you call it, or not; you must look inward to each individual.

George: Yes, it's easy for us to forget that spirit has an involvement in the healing.

Yes, that is what is important. Yes—we could talk non-stop about these many things, but what is important is that everything on this Earth planet is here for a reason. Mankind has an intelligence which has grown with his evolution, but he must be aware that he knows not all the answers to all questions.

George: Yes. The other point you made, about man increasing in knowledge—yes, I feel that should not result in a feeling of 'superiority', but in the feeling of 'humility'.

I like those words—yes, if we are speaking of looking backwards, then I would say mankind needs to recapture a lot of humility. Yes, yes.

George: And the more one knows, the more scope for humility there is, I feel, because one has more and more awareness of 'Creation' and how wonderful it is.

Yes, if you do not feel some form of humility, then you cannot be growing and moving forward. It is natural for anyone who wishes to go forward in spirit, to know and to feel what humility is. If you do not feel humility, then you are not ready—you are not ready for the knowledge that is available to you. And I feel within this room, a level of humility, and gratitude, although gratitude is not what we seek from you. There is a gratitude from each one of you, my dear friends, that is almost overwhelming, and I have to say to you, before I leave this time, that in coming to you, in helping you to seek out and recognise the great love in your world, it has helped *me* also to grow, and for this, I will always be most grateful and thankful to you all.

George: It's wonderful for us to feel that in some small measure, we've been able to give something back.

For this time, my dear friends, I will leave you. I hope you can feel the love with which I surround you with.

(Agreement + thanks)

George: It can be felt—wonderful.

George's Notes:

Lucretius: Titus Lucretius Carus (99BC – 55BC), great Roman poet and philosopher. His greatest work—*The Way Things Are*, quoted in *The Chronicles of Aerah*, p 373-374.

Mankind's responsibility for planet: We of course hear plenty about this on the media. And it is of course ridiculous that we fight against Nature by erasing rainforests, fouling her atmosphere etc.

Germes and microbes: *They are indeed a vital part of Creation. Without the constant work of microorganisms mankind would have long ago been submerged in dead bodies and un-decomposed waste! And that is a sobering thought!*

Albert Schweitzer (1875 – 1965): *Born in Alsace (German-French), he aspired to four doctorates—in philosophy, music, medicine, and theology. One of our planet's most brilliantly gifted, he was awarded the Nobel Peace Prize (1953) for his philosophical work 'Reverence for Life'. His greatest passion was the quest for a universal ethical philosophy that could be made available to all humanity. The main hospital building at Lambaréné was completed in 1926. The cement floors of the wards were sprinkled with fresh ashes each morning to discourage the incursion of ants. If ants got the upper hand, then the ward was flushed with a solution of Lysol—a little crude by modern standards maybe. But of course, the spirit of the establishment was absolutely wonderful and it was a successful hospital, where a variety of conditions were treated.*

~8th March 2010~—*Memories of a hunter-gatherer.*

After a silent sit of 30-minutes, Lilian approached Sarah:

Lilian: Hello, welcome to you.

Good evening to you all.

All: Good evening / welcome.

It has been some time since I came to you and I have waited for an opportunity to bring to you a little more information about the time that I was here on the planet that you now inhabit. The world has changed much, both in a visual aspect and also the spiritual energy—that is much weaker than when I was here.

Paul: Was that the time of the Egyptians?

That was one time that I was here, but I am now talking to you about another time of my visit to the Earth planet, which was before the Egyptian time. This planet was only inhabited by fewer humans, and I would say that the ratio of animals to humans was like—I am trying to say that there were as many animals of one species, as there were humans of one species.

Lilian: So the world would have looked a very different place?

The world is completely different.

George: Yes—I think you are speaking of a time very much in the distant past—perhaps before we had recognisable civilisations.

I would say that mankind was also of a different shape to today's man. In fact I could possibly say that I cannot find much in common with that time of my life.

George: We have a period that we now look back on as our Stone Age, when implements were fashioned in stone.

I am not sure that it was even that time.

Paul: Further back, maybe?

It was a time when mankind was in complete harmony with nature and with the animals that roamed the wilderness. It was a time when all beings were content with what they had.

Lilian: At that time, would you have been aware of other planets and would you have had visitors from other planets at that time?

No, we were not aware of any extra-terrestrial beings, but we were aware of a complete joining-together of all that existed. We were able to live in the knowledge that life was indeed a gift for all, and it was to be respected. We did not hate anybody or anything, but lived in a simple manner, and, although we did indeed kill some animals for food, this was not done in a vicious way or with unkind intent, but simply one that was of necessity for life to continue.

George: Might I ask, did you use fire to cook?

We did not use fire, but we had a system whereby we trapped the heat of the sun on to stones, and we were able to tear the meat into small pieces, which we placed on these stones. In that way, they became slightly dried and hot, but we did not have fire.

Lilian: So was it at a time when the planet was mostly tropical?

It was certainly a time—or a place where I lived that was very hot. And we were most fortunate to have running water. This water was found beneath the ground and we had a small hole that was by the side of a rock. The hole was large enough to bring water up in empty shells and coconut shells—so we were able to have the water, and the rocks around this hole were the rocks that were gathered in such a way that the sun was trapped inside.

George: Did you choose black or dark rocks that absorb the heat of the sun easily?

The rocks themselves were quite dark but I do not remember them being black. They were dark—yes—yes.

Lilian: And did you live in family groups?

They were a large group of people—I would say we were perhaps one hundred. But although we were one group, we each lived slightly apart in what you would today call families, but not quite as you have today—because there were not one particular man and wife, as you would say. The mother would indeed look after her children, but if she had too many young ones there were always others to help look after them.

George: So it was a large extended family system, one might say—

Yes, I would say so. And the large group of perhaps up to one hundred people would gather from time to time at special periods of the year to give thanks, and at this time, others would get to know one another and a new family would begin.

George: Can I ask—was the spirituality at that time simply an inner knowing, or did you have teachers?

No, there were no teachers. It was a knowledge that was handed down—a knowledge that everybody knew in the community. And it was something that we just knew—but we did not have teachers. We did not have teachers for anything. It was all known by example—and as you say, inner knowledge. So I can say, we did not pray, but we were aware that we were part of something much greater.

Lilian: It makes one wonder how many lives we have—lots I imagine. You are taking us back to the time that probably isn't remembered. There must be so many lives that we have to go through—

I have been told that this time on your planet was my first visit from spirit, and I have been back many times. This first visit was one of intense learning. It was one of great happiness to me. It was a time of complete harmony, a time I would say, of the most spiritual of them all—one where life did not present friction or difficulties, but merely the—I don't want to say 'struggle'—although sometimes providing complete—I cannot find the words—but I am trying to say that working-to-live was sometimes hard, but it was a lesson that I needed on that visit to Earth—a short visit I will say, because at that time, nobody lived very long lives.

Lilian: And do you think you will be coming back again?

I think I have had my fill.

(Chuckles)

So I will leave coming back to this planet to my visits to you, if I may—

Lilian: So, to tell us the story of that early life, do you look it up in some sort of record, or do you remember it all your life?

I have asked if I could visit you this time and I said that I wished to bring you some information on life in a previous time, and I have been given this knowledge—this memory, so that I can just relay a few things to you. But I would say, normally I do not have that memory. It is just that I have had some help whilst I have returned to you.

George: Well, it's been very interesting listening to this. In addition to the animals, you had coconuts and probably fruit and vegetables in your diet—

Yes—there were very few vegetables, I would say, as such, but there were many fruits. The vegetables were more on the lines of a few roots from plants, but we did not have vegetables like you have today. There were many berries and as I said, the coconuts, although I would say they were slightly different to today. Perhaps I could say they were a little smaller than today. And we also had a fruit very similar to the banana, but again, it was smaller than the ones you have today and much harder. It was not easy to grow anything, because of the intense heat, so we lived very much on what was available. We were

aware that seeds turned into plants, but we were not farmers as such, we were what you would term 'hunter-gatherers'.

(We acknowledged our understanding of the term)

And there were areas of quite dense forestation and within these forests we were able to find food.

George: You say you were a different shape to humans today. Were you smaller and were you dark skinned?

We were indeed quite a bit smaller and yes, the skin was dark, and we were also more bent, I would say. We were not quite so upright as you, and I would say that our arms were perhaps a little longer. But apart from that we were human beings. We did have an intelligence which was quite advanced for that time. Although we had no form of writing, our speech was quite advanced and we were able to make good conversation.

George: And your spirit was strong—

Our spirits were very strong. We were very much able to communicate with all around and when we slaughtered our animals we were able to pacify them before the slaughter (ah—yes). So it was very much a non-violent time.

George: And did you communicate by speech, and did you sometimes communicate silently by mind connection?

I would say that it was not so much a communication to tell somebody something by mind. But it was one where we could pick up feelings and—yes, some knowledge from others, but we did not use it if we were to tell somebody something. But yes, we were aware of that connection with another.

George: Yes, so you communicated the feeling in that way—

I would say, yes—yes and not only with each other—as human beings, but the animals we were able to do it with as well.

George: Yes, and did you have domestic animals—dogs?

No—no. We lived, all of us, very free—very unattached. Although we lived in our little groups, there was no binding 'contract' you could say—you were free to move from any group if you wished to, into another—there was nothing to stop you. And the animals, all of them, were free to roam wherever they wished. Nobody and nothing was fixed—was tied—was made to do anything that was the idea of one other.

Paul: Did you have something equivalent to marriages?

No—we were of course attracted to one or another and those that wished to be together could indeed stay together, but no, we did not have marriages and we did not have chiefs or kings or queens, if you like. We all just moved how we wished to move.

George: Did you paint pictures at all, on rocks?

There was some art form, yes. And this was done with the dye from some plants and sometimes mixed with the blood of the animals; and then we would use the fur from the animals or the bones. Nothing was ever wasted—whatever was killed, everything was used. So it maybe that the bones were used for art—to draw or to paint or they were used in some form of decoration. Sometimes they were used on the body and both the men and the women would pierce some part of the skin and wear some of these bones. So we did try to make the most of everything and tried to make ourselves look as good as we could.

Lilian: So, at that time, were you in contact with spirit as well?

We were aware of spirit—of greater things—of a power—but I think we did not realise exactly what it was (I see). It was something we knew was greater than us. We knew it was to be respected, we knew it was helpful to us, but we did not know exactly what it was. It was a power that would lead us, that would help us, that would calm us, that would encourage us; and it was a power to which we gave thanks.

Paul: Did you have a name?

(Pause)

I do not remember that as such, but I am aware that there may have been a name. But I do not think it was something that was needed—to have a name. It was just what we knew was good.

George: How did you regard the stars in the night sky? Did you think about those at all, or did you just accept as part of the beauty of nature?

The stars were thought of as 'little holes' to let through the spirits of light. It was, as you can imagine, extremely cold at night, and when we looked up and saw that bright sparkle it was as if somebody was telling us: 'Have strength, the warmth will come again'.

(Exclamations of understanding)

Ann: It sounds as if you were cooperating with each other very well. Was it a peaceful time?

It was an extremely peaceful time. Nobody wanted to be greater than another of us (that's good) and we all worked towards keeping alive and being helpful to one another.

Paul: Were there different roles for the men and the women?

Not really—only those who had children had less time to do things than the men. But I would say, the man and the woman lived very much with the same roles.

Paul: And the equality of roles?

I would say: yes.

Lilian: A most spiritual time.

Maybe the women would do more berry picking and the men would perhaps do a little more hunting. But we all worked together, nobody rested. We all worked together until everybody was happy. Then it would be time to make food to eat, to eat food, to relax and then start all over again. So it was a time of working to exist (Yes). But that was the life! That was what we did.

George: Did the hunting parties carry spears or sticks?

Yes, they had sticks with sharp ends and sometimes, if we had a large animal, they would be able to use part of the bone to make a sharper end to the stick. The bone was pushed into the end of the stick and made quite a sharp point.

(Pause)

I have been told I must return.

Lilian: Well, you've had a long stay. We are very grateful.

George: Yes, it's been a good session and most interesting to hear your words.

(Much agreement)

I have much enjoyed being with you again, and if you will permit me, I would like to join you on another occasion.

(Welcoming responses from all)

I wanted to tell you of another life, but I also have more information on my Egyptian time that I will tell you about again.

George: That we shall look forward to. It's been a lovely evening. Thank you for joining us.

And thank you for having me.

George's Notes:

Location: *Homo floresiensis*, Indonesian primate, height 3'7", (100,000-17,000 years ago) – but they had stone implements and used fire. Much further back, *Australopiths* in East Africa were of very similar stature and did not have stone tools or fire. They were developing to the distinctly more human form *Homo habilis*, around 5' with bigger brain and more human-like teeth, living 2.4-1.5 million years ago. So it may well be that our visitor experienced early human life as hunter-gatherer in this region—thought to be the cradle of today's further evolved humankind.

~29th March 2010~ SALUMET

As usual, healing thoughts for others were voiced prior to more specific communications:

Lilian: Good evening and welcome to you Salumet.

Good evening.

All: Good evening.

As I join with you this time, again it is noticed how much you give to others. Always, my dear friends, you give out so much when you come together in this room. Those of us in spirit are gladdened each time this takes place. I do not intend to stay with you too long this time, because there is work I wish to do with this instrument. But let me say this to you: when the ego takes second-place to others that is when your spirit grows stronger. Each time you cry out for help for another, you also, my dear friends, are being helped; because the ego is forgotten and allows that spiritual element to come forward. So, not only are you helping others, but you are becoming stronger and more noticeably spiritual. There is a difference between *spirit* and being *spiritual*. To be spiritual upon this Earth, you have to work for it, and that is what we try to encourage each one of you to do. Of course you know your freewill is always to the fore, but that does not stop us trying to influence you in the way of good. But you, my dear friends, need no talk from me about this, because you are naturally becoming much more spiritual in your human outlook. Whether you agree with those words or not I can assure you that this is so. If you have any quick questions this time I will be happy to answer them in the best way that I can.

Lilian: Yes—thank you.

And then we will allow the rest of this evening to those others who stand close, whilst I continue to work quietly with this instrument.

(Short pause)

George: Perhaps I could express a concern for others, in the way so many on the planet at the moment are looking still towards this year 2012 with some feeling of ‘doom prospect’. And the latest development of this is the idea that a planet which is sometimes called ‘Planet X’ and sometimes called ‘Planet Nibiru’, is rapidly approaching the solar system and will cause havoc. I don’t believe this myself for one moment, but it is just part, I am sure, of this ‘doom malaise’ and I only mention it so that we can talk of it and firmly knock the idea on the head. So I hope you understand Salumet that this will go out to the readers of our emails. And would you care to make comment on that?

I believe I have spoken to you about this before. Let me say only this to you, my dear friend: You can never be responsible for others’ thoughts, and unfortunately, as human beings, there does seem to be an element of impending disaster—not only in this day and age, but in time gone by. How often have you heard that ‘the end is nigh’?

(A few understanding chuckles)

I believe those are the words used? (Yes indeed!) Yes, and still you are here with feet firmly on the Earthly Plane—

George: Yes—the new development is this rogue planet idea (yes), which unfortunately is getting an enormous amount of publicity.

In the same way as you have mass-hysteria, so thoughts travel and people are brought into this way of thinking. Instead of standing back and being rational, they are gathered along in the sea of disaster.

George: Yes, ‘being rational’ (yes)—that is the appropriate expression.

But I will say to you, give out thoughts for those people, to help these negative thoughts to dissipate quietly. And the best that you can do, my dear friends, is *not* to discuss these negative aspects that go around, but always to remain positive, not only for yourselves, but for your planet.

George: Give out positive thoughts (yes) for those who—in a way it seems like a kind of depression—Yes of course, that is what it *looks* like also—that you have this negativity that veils your planet. But, as I have said, it has happened so many times before, and for some time to come there always will be those people who seek disasters. Send out love—that is my only expression to you—*give Love*.

George: Yes, thank you—thank you very much!

Now, my dear friends: continue with this evening. I am close by, but I also have to say to you that last time you met, I believe each one of you had some improvement in your capabilities, shall we say? And each one of you left this room, except perhaps for one dear friend—left this room feeling that something had been achieved.

(Sarah indicated it was probably she because she was very sleepy that evening)

Yes, do not be concerned. But for each one of you, for your own individual development, it was a good evening.

Lilian: Yes, it was a good evening.

Yes. Now my dear friends, as always, I will leave you surrounded by my love, knowing that I am always close by, that I am with you at all times and also, that when we come together once more, that love and strong bond which you all feel, will continue to be there.

(General thanks and farewells)

George's Notes:

Planet X / Nibiru / 2012: We are in receipt of a magazine article concerning this. Consulting the Internet, it declares approximately 322,000 results for a search re this subject. 'Nibiru' is a name that has been borrowed from Babylonian astronomers and it has several possible meanings. Planet X is modern fabrication and December 21st 2012 is a date from the Mayan long count calendar converted to our Gregorian system. It declares the interface between two great time cycles as calculated by Mayan astronomers from movements in the heavens. It was seen by them as a time of change, from one calendar cycle to the next—no more no less.

As Salumet reminds us, there have been many prophets of doom throughout history and all of them have been completely wrong because we are still here. (And since Nostradamus prophecies are stated to continue until the year 3797, none of his statements can be said to indicate the end of Earth—only very bad and careless interpretation of his prophecies!) And there is no need for alarmists to stand on street corners any more with 'The End is nigh' boards, because it's now much easier to flood the Internet with false fantasies loosely linked to ancient cultures. And perhaps the size of the mass-hysteria publicity is now made possible by the new media.

Following Salumet we were joined by Bonniol, (transcribed separated/also freely available) and following Bonniol, a brief 'rescue' of an 11-year-old who had fallen from a skateboard with fatal injury.

~26th April 2010~ SALUMET

Good Evening!

All: Good evening!

As I join with you this time, I feel your unity and love, as always. For this I thank you, my dear friends. I would just like to say to our lady friend here, who helped so much last time with the one who could not speak. I have to say to you that help had been given previously, and had taken two visits before yours, but you, my dear were able to help. For this, we give you our thank you and our blessings.

Lilian: Thank you, that's very kind and, of course, for Eileen as well.

Also, as we always do, we would like to welcome our visitor this evening, and I must say, the feeling of love within this room is not estranged because of her presence; but in fact, she blends very well into the energy of this room.

Lilian: That's nice. This is her first time, I believe.

Yes. For the purpose of our guest, I will have a short time for any questions you may have.

Lilian: Thank you.

George: Have you a question Kelly that you would like to ask?

Lilian: Maybe you will think of one in a minute.

Kelly: Yes maybe—

It matters not, but we must give our guest the opportunity to ask.

(Thanks)

In this year of your time, my dear friends, you have been aware that I have not been with you quite so much (yes), but I told you this in the last year of your Earthly lives. This will also happen in this coming year, because as you may be well aware, it is imperative now that each one of you grows spiritually—expands those gifts that you possess, and I am sure, my dear friends, you will agree with me when I say that each one of you is slowly making some progress in this way.

George: It's nice to hear your words on that Salumet—thank you.

Yes—sometimes I have been aware of just a little disappointment that I am not with you so often.

Lilian: That's true!

But you know, all children are weaned, and basically that is what is happening to you all. That the time is coming that you must stand firm on your own two feet, without the knowledge that I will always be with you to help. So that is the purpose of my withdrawing so often now.

Sarah: I suppose it does give us the opportunity for others to come through (yes), but it's always nice to have your backup Salumet, from time to time.

I am always with you—do not be too concerned about that, but you need to grow, you need to expand, you need to recognise more that first and foremost you are spiritual beings. And, of course, it is important that you take care of the physical being, but, as you know, I wish you to become much more spiritual here on Earth.

George: And, you have spoken with us about the changes that are happening on our planet, and it is nice to be part of that and to see things happening. Something that is happening at the moment—there is a Russian team led by Artem Miheev—they have developed electronic instruments that are capable of communicating with spirit, and I note that they are not the only team, but there are teams in, I think, ten different countries—teams of scientists that are working towards this and communicating with instruments with spirit world. I feel this will have far-reaching implications, and many more people will be convinced of the life in spirit than at present. Would you care to comment on that?

Of course my dear friend! The country that you name as Russia, has indeed been, for a long time, most interested in all aspects of what you call, spirits or phenomenon. It is a well-known fact within your world, that they have, at times, been most secretive about many aspects of development. But I have to tell you that all the major countries in your world now have the ability to communicate. Whether they use this for good purposes is always in question.

Lilian: Yes, I was wondering that.

Yes—as always, human beings abuse what is given to them, but I can state to you that all major countries are aware of this particular phenomenon. Whenever something you term as 'new' happens in your world, we in spirit, smile, because there is nothing new. As I have said, on many occasions, it always has been, but you are re-inventing all of these things.

George: Yes—is it that the scientific pathway to this is new, or is that something 'old' as well?

No—that is not new, it is just that you are listening more to what we give, whereas in time gone by, most of our influence was rejected, as nonsense or imagination or many different things. The scientific community has always been difficult to infiltrate, but now it is different. You will find throughout your world my dear friends that man is much more open to what is not understood fully. Mankind has reached a point where he is open to all, and, in doing so, that knowledge will grow and expand throughout your world. I have told you on previous occasions, it cannot be rushed, but this time we in spirit, are prepared to work hard in order that mankind fully understands what has happened and gone wrong in past times. You understand?

George: Yes—perhaps it would be true to say that scientists are at long last becoming more open?

Yes—yes they are. It is almost like they listen or are impressed with new ears and new eyes; and of course what also is happening in your world is that *people*—I believe you would say '*People Power*' (Yes!)—'*People Power*' is instilling into these scientists that they will not now just accept anything that is told to them.

Sarah: You have also told us in the past that we would also learn a lot from the sea, and I have heard recently—I can't remember exactly what the details were, but from the fishes and some of the animals in the sea, they're beginning to find new ways of treating humans (yes), from the way the fishes are. Whenever I hear something like that, I always remember your words.

When first I came to you, I said to all of you, only accept my words if you find them acceptable, but I also said that whatever I told you would be verified in some way throughout your world.

George: You did, indeed!

And I think what is difficult for you as human beings, is the timescale. When I said it will be verified in other places, at other times, you, I feel, were not fully aware, that this timescale could mean years; but now you understand and, I feel, you are coming and realising that my words are 'Truth' and that they come to fruition.

George: Yes, I don't think there's any question about that, Salumet (yes), we accept your words as 'Truth' entirely.

But I did not want you just to accept my words blindly; as most people do with their holy books. I did not want that for you, my dear friends, I wanted you to have your own minds to accept as you will.

Lilian: It was nice to get the confirmations of what you said (yes).

George: Yes, I was only reading today about—well he wasn't much more than a child, who was learning the Koran by heart, so that he could recite it; and I thought—well, this is not developing the mind in any way.

But, even within the strictest of your Earthly religions, there are always those who doubt or wonder and question. That is all we can ask of human beings—that you question and you accept for yourselves what you know—not to be led, as your animals are led, but to be free to read, to listen, to see, and to understand. That is all we ask of anyone.

Sarah: With your words, Salumet, as far as I'm concerned, sometimes I might have asked questions because I don't fully understand, but I have to say I've never doubted anything you've said, and that's the first time, I think I've had that with anybody that I've never doubted something said. So obviously, for me, your words are right.

And I have always welcomed your questions, my dear friend, because it shows to us in spirit that you are thinking for yourself—you wish to have clarity and that you are moving forward. So never be afraid to question, never be afraid to ask questions. You know in spirit, we are not easily insulted—(Chuckle) yes.

George: Could I ask a question about Craniosacral therapy, which is the method of healing that Kelly is experienced at. In our times, it's a relatively new method of healing, and, typically, it was frowned upon by orthodox science at first, but much development has happened since, and scientists have, I think, demonstrated now this method of healing does, in fact, work, and would you care to comment on that? **Always, my dear friend, there has been doubts about many of what you call 'different medicines'. Firstly, let me say this to you—that these types of healing have always been known. Nothing is new, but it is only since mankind has begun the use of chemical treatments that these other healings have been pushed away, as being sometimes called 'nonsense', but that comes from ignorance of people. All of these treatments that are available take intuition and insight. I would wish to say to you, no matter the title of the healing, if it works for the people, how can that be bad? And again, I hear you use your word 'scientist'. Oh how often they come into the conversations that we have. It is their lack of knowledge which holds them back. Let me say this to you: The human structure even now, is not completely and fully understood, but as in all things, people are being influenced from spirit to use these healings for good. There are too many to name, and again, I would say to anyone, use your own intuition and you will find your pathway to the treatments that are suitable for you at that moment in time. Also, let me say, although the physical body is healed, it comes from spirit, no matter what treatment, what healing, whatever—all healing comes from spirit.**

George: Yes, with some of these healing practices, it's more obvious it comes from spirit, than others—**Than others—yes, but although the practitioner may not be fully aware, they are being influenced.**

George: Yes, I think it's fairly obviously from spirit, in the case of the cranio-sacral therapy (yes) and the kinesiology that we have also spoken about.

Yes. I know you have said this is a new treatment—let me tell you, my dear friends, that the ancient Egyptians used this method of healing—that is a little known fact.

George: Well, that's nice to know!

So, all of your 'new' treatments are not new.

Lilian: And even the medical treatments?

Medicine, as you know it today is fairly new, because of the chemical construction of what they give you. I am speaking of natural remedies.

Lilian: But, sometimes their so-called cures can be pretty horrific on the body.

Yes indeed—yes, that is true. That is why, humankind, at this moment in time in your world, are turning to these other therapies, other treatments, because people realise that the body does not need all of these harsh chemicals. That is why, these therapies, ‘new therapies’, as you call them, are coming to the fore.

George: Yes, unfortunately, we have this scientific bias (**yes**), which is most prevalent today and I would say goes too far (**yes**).

Sarah: Is this treatment that Kelly and Paul are using—you said the ancient Egyptians used it (**yes**)—has it continued to be used all that time, or has spirit influenced modern man to re-ignite it?

Spirit has always influenced. Even throughout the darker days of humankind, spirit has always been by your side, but mankind has gone through many stages, I must say, of self-destruction, and many of these beautiful therapies have been lost. I am always intrigued by the word ‘therapy’. To me, all of these ‘healings’—because that is what they are—it is a healing of the physical frame. But, as I have said, on many, many occasions, that the spirit has to be touched first, before the physical body will re-align itself. You understand?

Sarah: Yes.

George: Might I ask if this healing principle was developed by spirit and the Earthly-ancient-Egyptians, or did the visitors from elsewhere help in the development?

No visitor was responsible. You must remember the ancient Egyptians at that time were much into oils and bathing and all kinds of healing properties. It was just their knowledge, all of which they lost, as did many communities in your world at different times of your history—but they have always been available, even to your early cavemen! They knew the benefits of healing the physical body. They had their own ways of treating things and so it has always continued.

George: Yes—when you said ‘it has always been available’—it is always there in spirit—

The influence—yes

George:—or perhaps the Akashic Records, as we say sometimes (**yes**) and it can be tapped from there—is that your meaning?

Yes, that is always a possibility. Yes, all knowledge has always been available to mankind. You must remember that nothing has been withheld from man. It is mankind himself, who has *lost himself*, if I may say.

George: Yes, it’s available by ‘going within’ (**yes**) and by opening oneself to that knowledge—

Yes, you must go inwards to seek knowledge—it is imperative. Again, I constantly repeat myself: You must sit in quiet times, you must allow yourself to meet all that is around and about you—to know yourselves and to listen in that quietness.

Lilian: Have you thought of a question, Kelly?

Kelly: I did have a question on relationships and whether it is good to have a relationship, or whether it’s best to focus on the spiritual path if it’s a distraction.

Well, I would say to you, my dear friend, as all the others within this room know, that your freewill is the most important part of your human life. Whether you choose to deny yourself of relationships, or to seek another pathway, we cannot live that life for you—you have to choose. You cannot say, is this path better than that path? It is entirely up to you, my dear friend, to choose your life pathway. You can be influenced, you can be guided, but ultimately it is your choice. So many people are able to encompass both—to join two pathways and tread one, but again that is up to each and every individual. I do not say your pathways are always easy, but you ultimately know what is right for *you*. Each and every one of you knows from within, what is the right thing to do. I hope that has helped you a little.

Kelly: Thank you.

Sarah: Paul, were you going to say something?

Paul: I just wanted to ask how Salumet would describe that point, where the spirit is touched.

When the spirit is touched, all healings take place. Remember my friend that you will never be able to use your Earthly word ‘cure’ people, because some conditions are ‘meant to be’. It is part of peoples’

pathways to have certain conditions, but when the spirit is touched, then the best of health for that person will be attained.

Paul: It's like a sort of 'magic moment'?

Almost like a light comes within the human being, and they know which pathway to follow. Like we were speaking of treatments, they will be guided and helped to the right people at the right time.

Paul: So it's almost like a little enlightenment suddenly occurs.

Yes, perhaps that might be a good word to use for understanding. Yes, the spirit is touched—enlightenment takes place. I am sure each one of you in this room knows of someone who is *never* better, no matter what is happening, or whoever they see, and that is because the spirit is not ready. I am sure you are aware of someone like that.

Sarah: Conversely, you saying about getting 'light', I think it's been the right time for Emily to meet Paul, and Paul has helped her. In fact, Emily said she did see a ball of light'—

(Turning to Emily)

—that came into you, didn't you?

Emily: Yes.

Sarah: So, physically, I think you can perhaps be aware of it, as well as spiritually.

Yes—and also, she came into this room, and has stayed. There are many—there is never just one situation. There are usually many, and sometimes it can even take years of your time, but it is open to everyone to live the best way that they can. Some are drawn to the healing therapies, others are drawn to helping people or animals, or go to other areas to help. Each one of you has a pathway in life.

Paul: And it's more about Emily and the individual, opening and being open to these things around them.

But she needed the catalysts—of being here, being helped to relax a little more, having the therapies you have given her—all of these things are a combination, a culmination of different things—yes. And she now, because the spirit has been touched, she is becoming well. I might say she is a good example—yes. Also, I think the one that you know as Graham, is another very good example. When the spirit is confronted, good things happen.

Sarah: Yes, you have said in the past, you need trouble, sometimes, to help you grow, because otherwise, you don't learn anything.

Yes, some people do need to have those different experiences—not everyone—but yes, to recognise good times, sometimes it is necessary for the not so good to happen.

Sarah: You mentioned about animals, and I was thinking a little while ago—you may have touched on this before—but you have told us that we have illnesses because *dis-ease* causes disease; when animals get ill, have they also done something that they shouldn't have done?

Yes, the laws of life have been broken at some point. It is a slightly different energy, but the 'rules' I will call them—that is not quite correct—but I will call them that for your ease of understanding. Something has happened to create that illness within the animal—yes. Remember that 'cause and effect' is rife in all stages of human life.

Sarah: So, also, with the animals, maybe not in this lifetime, but in a previous lifetime?

Yes, you cannot always make judgement.

Sarah: Could you give me an example—I can understand where humans go wrong—could you give me an example of what an animal might do wrong?

An animal may kill its young, and too often we hear humans say, 'that is their natural way'. That is *not* their natural way. Too often, if they hunt for food—the big animals—that *is* their natural way—to survive. But, if you have, for example, what shall we say, a domestic animal that turns upon its young—that is not natural. No matter how many times you hear that said, it is *not* a natural occurrence.

Sarah: That's interesting. Thank you!

I hope that helps you.

(Affirmed)

And, now I feel, my dear friends, it is time for me to leave you—allow some others if they wish to come, or whatever takes place. I leave you always cloaked with my love.

George: It's been an interesting session, Salumet, and we're much rewarded, by your presence. Thank you!

Thank you my friend, I hope you can take something from this evening.

Sarah: Yes, I am sure we can. Thank you!

(General thanks)

George's Notes:

Russian Association for Instrumental Transcommunication (RAIT):

Professor Artem Miheev leads the RAIT project with successful results that have been replayed on St Petersburg radio. He and no doubt many others are now convinced that the 'other world' really exists.

There is considerable historic record preceding this more recent work:

1949: Marcello Bacci began studying the background sound in radio frequency broadcasts.

1959: Friedrich Jürgenson whilst recording birdsongs, found that he also had messages from close relatives on the tapes—his mother, father and deceased wife.

1964: Dr Konstantins Raudive, Latvian scientist and practicing Roman Catholic, studied parapsychology, was a student of Carl Jung, taught at the Swedish university of Uppsala—read Jürgenson's book *Voices from Space* and was impressed. They met and they collaborated.

1971: Raudive published *Breakthrough on electronic voice phenomena (EVP)*. His recorded voices were in German, Latvian and French. A woman's voice saying: *Va dormir Margarete (Go to sleep Margaret)* had particularly impressed him, since it connected with a dear one, Margarete Petrautzki, who had recently died. Raudive spent the last ten years of his life exploring EVP and recorded more than 100,000 tapes. Four-hundred people were involved and heard the voices. EVPs typically use several languages, speak rapidly and seem to have a fixed rhythmic mode.

1970s: Ernst Senkowski introduced the term *Instrumental Trans-Communication (ITC)* for spirit communication through any electronic device.

1982: Sarah Estep founded the American Association of EVP and made many recordings. EVPs broadly fall into three classes—microphone / radio / special devices.

Perhaps EVPs are less 'natural' than the voices via mediums. In the latter time-honoured process, brain downloads the thought or the thought-behind-the-words and human emotion and voice character are frequently involved in what is said; hence, EVPs are bound to be more mechanical or not at normal human speech speed. These aspects have not so far been discussed with our teacher.

Craniosacral Therapy (CST):

A brief note on origin of CST was mentioned last time. Further to that—Salumet states: *If it works for the people, how can that be bad? How indeed! Kelly and Paul have both attended courses in Thailand, and it is our experience that the treatment is successful (Excepting those situations, of course, that are meant to be).*

1975-1983: John E Upledger and Ernest W Retzlaff set up a team at Michigan State University to study observed pulse and Sutherland's theory of cranial bone movement and cranial rhythm. They published results that they interpreted as supporting. Upledger generated the term *cranioSacral therapy* based on corresponding movements of cranium and sacrum.

CST is generally carried out fully clothed in supine position and treatment time is around one hour. It is based on a 10-point protocol which includes sensing, rhythm-analysis and addressing cranial bones, with discretionary variations to suit clients.

Despite these tests and findings, there has been considerable doubting and criticism from professional bodies and the suggested complication of a required insurance cover. This would seem completely unnecessary and senseless for a spiritually connected laying-on-of-hands procedure that involves no chemical treatment. And, as stated, it is both our group experience as well as Salumet's testament that when the spirit is touched, the treatment works!

~10th May 2010~ SALUMET

Firstly, our teacher friend Jane spoke, via Emily again, giving Emily further practice to develop as a young medium, before Salumet began:

Lilian: Welcome to you Salumet. Lovely to have you with us again!

Good evening!

All: Good evening.

Firstly, let us welcome our visitor this time. (Alan)

Lilian: Yes, I'm sure he's thrilled that you've come through again.

I do not intend to stay too long this time, but I wanted our young instrument to take advantage of the energy within the room. It helps.

Emily: Thank you!

As I join with you this time, I feel your energies are a little depleted, but do not be concerned. As always, we will help to uplift and make you feel stronger, before you leave the room this time.

(Thanks expressed)

I have to say to you that each one of you, including our gentleman friend—you all are seekers of 'Truth', but so often we hear from you: what is Truth? What *is* Truth?—it is not an easy question to answer, because I am sure you are aware, my dear friends, that one man's truth, may not be suitable for another. I have for you something which has been said to us here in spirit, on many occasions, when the subject of truth has arisen. Some lady once said, 'I know what truth is!', and as always, spirit stepped back and allowed her to take the forefront of the meeting, in order to explain what truth was. I am still amused by her reply. She said: if you take the letters of Truth, does it mean: 'Take The Road Up To Heaven? 'And we, in our world were amused that she had taken such time to figure out in her own way the meaning of Truth. I can tell you, my dear friends, perhaps truth *is* the roadway to heaven, but I say to you Truth is deep within yourselves—Truth is already known. What you have to find for yourself is the element of Truth with which you are satisfied. That is *your* truth, but, as you know, I have taught you, my dear friends, that *Truth has always been*. Truth will never be destroyed, no matter how many people deny the existence of the Truth. But as you, as human beings, become more thinking and reasoning with yourselves, you begin to understand, it is not just *words*, but it is *feeling*, it is *sensitivity of life*—it is many things. So, my dear friends, I am saying to you all: please consider this time, before we meet again what you feel your own *Truth* is in this lifetime. I am sure you will be quite amazed by what you feel and what you recognise. So let us say, this is an exercise for you all—to think carefully about what is Truth—and with those words, I will take my leave of you, and allow your evening to continue. As always, my dear friends, I leave you with much love.

George: Thank you, Salumet. I'm sure we shall all think about *truth*—and our perception of it.

It is your perception—that is the important point—yes.

Lilian: Accepting that other people are different—

Well, we will take time, my dear friend, to discuss and consider each of your revelations and we shall see just how closely in unity you are—or not—but we shall see. Now let your evening continue.

Sarah: Thank you for coming.

There then followed communications via Sarah and Eileen relaying personal messages for the sitters.

~14th June 2010~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

It pleases me greatly to join with you once again.

Sarah: It pleases us that you have come, Salumet.

(Wholehearted agreement!)

I am not unaware of your expectations. I will speak with you this time, only briefly. Once more, my dear friends, we extend our thanks to you all for your love and your healing thoughts for others. It makes our task so much easier when we have people who know how to give out prayer in the proper manner. All too often, words are spoken without thought and feeling; so it is most helpful to us in spirit that these healing thoughts be directed in the proper manner. I wish to say to you this time, my dear friends, that each one who sits within this room, in this your coming year, will become much more aware of the single

entity, who is willing to help you develop. It is your task, my dear friends, to open up your hearts and to recognise those who come close to you, as I can assure you, they intend to do so.

(Thanks expressed)

These helpers have chosen each one, in order that they can help you in your stage of development. It may be that you each feel something quite different from another; but no matter, that step forward is for you, as individuals. I feel, my dear friends, that for you, this indeed will be a *big* step forward in your awareness and knowledge of spirit, but it is a two-way co-operation. You must not, in any way, close yourselves off from the influence which is round and about you. And with those few words, I hope, my dear friends, our joining together this time has been fruitful for you, in having a little advanced knowledge to help each one on their way.

Sarah: Could I just ask if this spirit that's going to help us, is this a new one, and not one of the ones who has been around us before?

These will be new to you—new to your consciousness, but of course, they know of you (Yes). They know you, but as far as your awareness goes, they will be new to you.

Sarah: Thank you very much!

Lilian: So could it be a family member that we've known?

It may well be.

Lilian: I see—

I will not tell you—otherwise we lose the purpose.

Lilian: —but it could be?

It could well be! Yes.

Lilian: Thank you!

But, please, try to be open to them.

Sarah: Thank you. We're always glad of help.

It will not only be within the confines of this room. The awareness will, hopefully, expand to all times of your existence—to all time of your day. But of course, that does not mean you have to be open 24 hours per day—but that you will, perhaps find little synchronicities at times—that will be your influence from spirit. Just become aware of all of these things.

George: Yes, that's lovely information to have. Thank you very much! **(Yes)**. And I imagine you will wish us to speak on the subject of 'Truth' next time?

Yes, if you do not mind, we will leave it until next time. There is a reason for that which will be made known to you.

All: Thank you.

Salumet's communication was followed by a very nicely spoken lady from Victorian times via Eileen. She endeavoured to 'show' herself and Sarah was able to describe some features. She spoke of studying butterflies and garden flowers and kept a diary. We chatted—a country-dweller who described herself as reserved and who sadly died of consumption in her 27th year. It finally emerged that she in fact had a message for Emily—it had taken a little time to recall the message: an encouragement for Emily to develop her artistic skills.

Another followed via Emily (still developing as a medium) and this was to aid her development. This one, it seems, has the job of visiting various groups to help in this way.

George's Notes:

FACTS EMERGING FROM THE BONNIOL ET-CONVERSATIONS / Book: The Chronicles of Aerah:

Significant facts concerning space, ET-communication and planetary ways have come from or have been confirmed by the Bonniol conversations. Many revelations were, and still are, considered to be of such magnitude as to justify presentation in their full ET-conversational context—hence the book's format—a Star Trek style but strictly NON-fiction adventure that reveals TRUTH OF EXISTENCE. And the reader can see exactly how everything came about. But there are some we know, who would nevertheless welcome a concise list of the main items of scientific or philosophical interest that have arisen. The following list, we consider, to be such factors worthy of note:

1. *Mind / spirit / consciousness are external to space-time, so that mind-link conversations are instantaneous (as with telepathy, prayer etc.).*
2. *Within space-time nothing travels faster than light speed—'C'. Spirit is a domain that has no space, and so minds, wherever located in the physical universe, can simply link.*
3. *Mind-link can operate at any physical distance, even beyond the observable universe. Physical distance is irrelevant.*
4. *Brain can download thought or the-thought-behind-words to its known language, so that translation is taken care of in conversations and is entirely automatic.*
5. *Crop circles are attempted communication from UFOs in our space sector.*
6. *UFOs can travel faster when in dematerialised format.*
7. *'Traversable wormholes' are quite numerous in space and they periodically switch direction. By inference, they are a balancing mechanism between regions of space that convey an (undefined) flux or energy.*
8. *Physical spacecraft travelling wormholes will travel at huge speed. It is inferred that they would not exceed 'C' locally but would appear to greatly exceed 'C' relative to the wormhole exterior.*
9. *Meditational mind-link is a favoured method of communicating used by other physical beings inhabiting this universe. It obviates both language and physical travel difficulties.*
10. *'Materialisations' are possible using developed mind power, to the extent that light industry can be superseded; also houses can be group-mind created / erected.*
11. *'Teleportation' of objects between planets is a real possibility but yet to be demonstrated.*
12. *A pyramid-shaped building with one pair of sides aligned to planetary rotation contains energies that can be utilised in a number of very useful ways.*
13. *The element 'carbon' is a vital regenerative element and is common to all planets in the universe that have life.*
14. *Earth has been visited by extra-terrestrials at various times in our past and there is much evidence of their visits.*
15. *There are many forms of energy that could be utilised by a civilisation, including an interesting one, part of which is evident as 'plant aura'.*
16. *Following sufficient mind / spirit development it is possible to communicate with babes before birth and with relatives long after death.*
17. *Reincarnation and the existence of planetary spirit realms appear to be a general pattern throughout the universe.*
18. *Spirit interacts with the space-time creation—as spirituality increases, the matter-density of a planet decreases. This means that, in the lengthy passage of time, everyone and everything becomes lighter.*
19. *There are higher beings—angels, guides and teachers that help other planetary cultures in their way forward, similar to the situation here on Earth.*
20. *Continuation of advances in science / technology MUST go hand-in-hand with mind / spirit development, or be short-lived. It follows that the vast majority of other cultures having wonderfully advanced technologies, know 'love' and are not to be feared.*
21. *There is a universal spirituality known and understood by advanced cultures throughout the cosmos that is beyond any individual religion. It is inferred that a multiplicity of religions are at best 'stepping stones' towards this (otherwise there would be only one).*
22. *All planetary cultures of our knowledge recognise the one Creative Principle, known to many here on Earth as 'God'.*

But to grasp the full adventure and to know that we all share our place in it, turn the pages of the book—and remember—the adventure goes on with Bonniol's continuing visits, all to be posted in due process. This document has been uploaded to the website: www.salumetandfriends.org. And of course, the book also accounts much, much more, not least Salumet commentaries, cultural details of Aerans and others, clairvoyant scenes and Earthy scientific / cultural comparisons.

~21st June 2010~SALUMET

Lilian: Welcome Salumet.

Good Evening!

All: Good evening.

As we join together this time, let us give a warm welcome to the one known to you as 'Natalie'.

Lilian: Yes, it's lovely to have the younger people here.

Yes. I would say to her—what is your question?

George: Do you have a question, Natalie?

Natalie: I can't think of anything at the moment.

Paul: Maybe it will come (Yes).

Yes, she has a question, but we will leave it for now. But although she has not been included in past weeks, we would like her to participate in our topic this evening—and that, my dear friends is: what is your Truth? You remember last time I said we would speak about it? (Yes). Yes, I delayed it from last time, because some of you have had much deeper thinking this week, but, my dear friends, it may sound like a simple question, but, I am sure, each one of you has found it to be not so easy (yes). Yes—therefore, my dear friends, let me say to you, let each one of you speak, whilst the others listen, and then when each one has finished, you may converse among yourselves to see what similarities or how different your own truths may be. Are you happy to do this?

(Affirmed)

I will not interrupt whilst you are speaking.

George: Perhaps we could begin with an email from Jette, from Denmark **(Yes)**—who has sat with this group **(Yes)** on occasions and perhaps I could read what she says.

A small shielded torch/flashlight is used on these occasions

George: Jette receives our transcripts and thanks us for sending them. She says: "As always, I feel just as near as when I sat with you. On the question—what is truth?—I would like to give my sacred wisdom taught by Jeshua Ben Joseph, my friend and teacher. I have adopted his words of wisdom: *"The truth is true always—there is only LOVE—lots of it"*.

I thank her for those words. Yes, truth is that all-encompassing love, which you are all aware of; but what I am more interested in is the individual interpretation of your own truth.

Lilian: So we'll talk amongst ourselves. I know Sarah and I had the same ideas, didn't we Sarah?

Sarah: Well I can say what I felt was it was the inner knowing, reaching out to what we instinctively know is right and wrong—in that sense, that's a truth—it's searching for—you've told us we'll never actually get as far as the Great Creator, but everything that has been created—anyway I just feel that it's what's inside you—the inner thing. I can't get anything like as good an interpretation of truth as the other person you mentioned—**T**he **R**oad **U**p **T**o **H**eaven. All I could come up with was—**T**hought **R**aces **U**pwards **T**owards **H**ome. So your thoughts, which you say are the most powerful thing we have, are searching for the truth which is in *spirit*, which is *home*. That's as near as I can get.

Lilian: But on a daily basis, it's listening to yourself and knowing right from wrong—yes, I think its inside—it's part of us—the truth is part of us

Sarah: I think it comes out in you, as well. It makes the person. The truth is not just what's inside you—it sort of seeps out into your whole being. So that when you meet somebody, you feel something about that person, because it's that inner something that's glowing out—or not glowing out of you!

Lilian: What about you Paul?

Paul: Yes, I thought that was a very good description. I was also thinking along those lines of the inner knowing. When you *hear* truth, you feel it inside, and, also, when you *speak* the truth, its coming from—you could say, your centre or your heart—the gentle heart area—or you could say your ‘core’. I think we’ve talked before about the spontaneous thought—the first thought being the *true* one, coming from your spirit, rather than the secondary things, which are often from the mind. They’re not from the heart—that inner central part of you.

Sarah: When you say the mind—do you mean the mind or the brain?

Paul: Oh yeah, the logic side—the reason side. That’s okay, but that’s not ‘truth’ for me. Truth is much more coming from what you know—not theoretical, not deducing or anything, it’s from all your spiritual knowledge and experience.

Lilian: So it would be different for everyone, wouldn’t it?

Ann: It is different for everyone, isn’t it?

Paul: Yes, it’ll be different, but I think there’s something that’s shared as well.

Sarah: The *core truth* is the same for everybody.

Paul: So if someone speaks the truth in this room, we’ll probably all feel it.

Lilian: What about you Ann?

Ann: Yes, I think I went along a slightly different tack. I felt there is an inner knowing—as I’ve been reading the transcripts over the years and I came to know within me that what Salumet what saying was true. I feel truth is about your belief and values and, for me that is—I AM—always have been—and always will be, and that I am one with all Creation and what I think, do or say about or to another, is as about or to myself. This seems to me my truth—not necessarily anyone else’s. For me ‘Do as you would be done by’ is important, though I often don’t practise it, and also, ‘there but for the grace of God go I’.

Lilian: George?

George: I’ve tried to reason from a slightly different direction—beginning with: truth is *that which is*—but *that which is* requires careful definition. *That which is*, is the physical space-time creation, and the spirit creation that has form, and the spirit creation without form—all is in total ‘an expression of the Creative Principle’—so in a sense, one might say that truth *is* the Creative Principle—and that embraces ‘love’. And it came to me quite recently—well this last week, and, in a synchronistic way. I was looking at the pages of a book and it referred to the ancient manuscript known as the Bhagavad Gita, and, in slightly different words it stated precisely this—that ‘truth is the Supreme Godhead’, and of course, the Creative Principle permeates all; so that, I would say, is ‘truth’.

Lilian: But it must change with each lifetime as well—

George: Yes! I meant to say as well that we are all part of the physical and spiritual creation, and we are evolving with the entire system, as we are each evolving along different pathways, and to different extents, our perceptions of that truth will differ from one to another.

Lilian: We know there can only be one truth, but I was thinking if the Christians follow Jesus—that’s their truth and the other religions as well, so it must change as we go through the lives. There is only one truth.

Sarah: Yes—and all religions really are based on the Great Creative Force or love, so it’s all the same.

Lilian: How about you Natalie? Have you had any thoughts?

Natalie: It’s that feeling inside when you know what the truth is—conscious truth.

Lilian: But even then we get it wrong.

Ann: Yes, it changes too, doesn’t it? Our truth now may not be what it was thirty years ago.

Paul: It grows, maybe.

Sarah: I feel truth is the same. Truth is always truth, regardless of what happens—how we develop or not develop—truth is a sort of static thing.

Lilian: It’s what we are searching for maybe.

Sarah: And what *is*.

Paul: Nothing is ‘static’ exactly. I would say, everything is evolving (Yes). The core of it is the same and yet, it’s also expanding.

Sarah: I think 'static' was the wrong word. What I meant was it's unchanging and yet your perception changes, but the actual truth is always going to be much the same. It is just your interpretation of it—

George: I think the central truth can also be approached from different directions. We, for example, know 'spirit' that has always been, and perhaps the closest part of creation to spirit is what we describe as 'the void.' But today's scientists—some of today's scientists—are, through their theorising, describing what they name to be the 'quantum vacuum', and they ascribe properties to this—timeless and without space, and I rather think they are describing 'spirit', or what we would call 'the void'. So that is coming from quite a different direction. I think they too are homing in on truth.

Paul: Is there a distinction between truth and love?

Ann: Probably not.

George: Well, I would say we've all, I think, mentioned the connection to creation and the creation has been created in love, so there has to be a close association, I feel. One might say the creation has more shape to it than pure love, which, I feel, is of a more abstract sense. It is easier to describe the creation than to describe a formless love. I'm not sure if I am phrasing that properly.

Sarah: Salumet has always said everything is always done in truth and love, so perhaps there is a slight difference there, but, perhaps they just go hand-in-hand.

Ann: Yes you can't have one without the other.

Paul: Yes, I feel they are part of the same ball. They are the same—energy—

I feel now is the time to join with your conversation.

George: Thank you.

The diversity of your words are most interesting. You see the connections and the differences between you. I am sure you will agree. I will say only this to you, my dear friends. You have spoken much on truth, you have each given what you feel to be truth. I will say to you: 'cosmic truth' cannot be transmuted in any way, and yes, you are right—truth is love, but the purest form of love, which you each, as individuals, have not encountered. Love is subject to many emotions when you speak as individuals, but 'cosmic love' cannot be changed. It is the very 'being of existence'. As the gentleman, here, by me, has said—it is a word, love is only a word used to describe the indescribable. When we speak of truth—yes, it changes with each individual life and your perceptions of it, as someone here has mentioned, but what is your own individual truth in this lifetime? It is your very being, your heart, your soul, and, someone too has mentioned instinctive feelings. All of these things play a part in individual truth, and I feel, my dear friends, that you have captured, between you what truth truly is; but what I would have liked to hear is a little more of your own personal truths in this lifetime. Each of you has touched upon it briefly. One's own truth may not be another's truth. You are correct in that assumption. That is why, on this Earth plane, there are so many disagreements among mankind, because man cannot agree with what another feels and thinks to be truth. I'm sure you would agree.

All: Yes!

Sarah: So if that is the case, and is always going to be the case that we have our different truths—you've said there will be a time when, with love, we will all get on alright together, but it's going to take a very long time (**Yes**). They're not going to agree, but they have got to agree on the differences. But then mankind will never truly agree, surely, if we are going to have our own different truths?

Whilst mankind is clothed in physical garb, there will be difficulties, but never doubt, my dear friend, that we in spirit work tirelessly for the knowledge of the cosmic truth to be given to each one—not 'individual truth' but 'cosmic truth', and that will take much time. But as the gentleman has already said, your scientists are now beginning to find that all that has been believed to be true is changing, and that is as it should be. That is because of the influence from our world. But Truth is Love in the purest sense; Truth can never be changed, because *Truth is existence*—purity of existence—Creation and all that it encompasses.

George: And where we have the many disagreements in the world, I think it is part of our growing up (**yes**) to *recognise* that this will be so, and to no longer go to war over silly differences, but to simply recognise that there *are* differences and this is as it should be—

Yes. Each individual, as the gentleman said earlier, you need to find that ‘core being’ to truly understand yourselves, first and foremost, and then to look outwards and to extend that love from within. That is the way forward to recognising truth. It must first come from within. Have you any questions?

George: I was just thinking about politicians, and sometimes they speak as if it is all on the surface, but sometimes there is one who speaks and one *feels* that what he is saying has come from within. Does that make sense?

Of course, you are as human beings different from one another. That has been your choice, my dear friend—that you come to be cloaked in this physical overcoat with all of its restrictions, in order that you may learn a little more; that that spiritual aspect of you can come to the fore, to recognise and then to give forth the knowledge from within. You understand? (Yes) And that my dear friends, is the basis of your own ‘individual truths’ in any lifetime. That is what you are trying to achieve.

Sarah: I was just thinking, in this country, we’re very free to have our thoughts and, obviously, in private, you can think what you like, because nobody will know what you are thinking—

Ah! But we do!

Sarah: Ah, you do! But I was thinking, in countries where people are very oppressed or even brainwashed—the *humans* wouldn’t know what you were thinking. Also, it must be very difficult—I know they choose their lives, but still it must be very difficult if you’ve been brainwashed. I was thinking of the Japanese—I was reading about ‘The rape of Nanking’ and they were saying the Japanese were treated badly by their superiors, and each superior treated the person under them badly. When you’ve had a lifetime of being treated badly and perhaps not having chance to think well—it’s a lot harder for those people to let their own truth come out, because, I suppose fear plays a part in it as well.

Yes, we do not deny the difficulties and the troubles of your world, but remember, each one of you, as spirit, has a responsibility for your own thought. No matter what happens to you in this one life, I am sure, each and every one of you must be aware of those individuals who would seem to rise above all the terrors that exist in your world and their light shines forth. That should be the aim, no matter what circumstance you find yourself in; you must keep that light shining brightly. No one says it is easy, and we do understand the fears, and the terrors and the injustices of your world; but man has created these things for himself. But the light within, as you go through this lifetime, or any other lifetime, needs to be nurtured, needs to be made strong, so that link with your own soul outshines all injustice.

Sarah: We’re lucky—we’ve had your teaching. There are many others who are not as fortunate as us.

But they are never alone (No), but because of situations, they cannot find themselves. That is the sadness.

Sarah: And also, if they’re brought up to believe that there is no other life than this life that makes it doubly hard for them? **(Yes).**

George: Could I just say that this has been a wonderful exercise! We have tended to think at personal levels—those personal levels within the great complex of Creation **(Yes)**—it’s helped me to realise just how complex and how wonderful **(yes)** the whole system is—with the different parts, the space-time creation, the spirit part with form, the basic formless spirit, and the lines of communication and feedback between all these parts **(yes)**, and it’s an incredible recipe for an ever-on-going-evolution, and I feel I’ve become more aware of this as a result of this ‘thinking exercise’. Thank you, Salumet!

I thank you, dear friend. What I wish to say to you now, before I take my leave, is this, my dear friends: That remember, no matter what your lifestyles, no matter what your thoughts, your feelings—however you may describe yourselves—that deep within, my friends, you are **sparks of pure love. Keep this in mind and always you will be guided on the right pathway, not only in this lifetime, but when you return home, that knowledge of who and what you are, can re-join that purity of spirit. And with those words, my dear friends, I will leave you as ever, cloaked in the love of spirit, and know that I am with you always.**

(General quietly spoken appreciations)

George’s Notes:

Bhaqavad Gita: Hindu, Sanskrit manuscript (Song of God) of the teacher Krishna.

Quantum Vacuum: The quantum vacuum or zero-point field derived of quantum mechanics has no particles but particles may be created from it—it is not 'empty space'. It is a required part of theory to explain 'cosmological constant'. In Sanskrit, the 'void' is 'tamas', described as 'vacuum of 3-D space and ethereal space is 'akasha', which produces all things.

Rape of Nanking, 1937: Said to be the worst atrocity of the World War II era. When the Japanese Imperial Army took China's capital Nanking, 300,000 military and civilians of the population of 600,000 were murdered.

~5th July 2010~ SALUMET

Last week, a group-energy enhancement was received, during which we held hands to physically complete the circle whilst being taken on a meditative journey. Following that experience, we now likewise hold hands for about one minute, as a standard practise at the start of a session. And on this occasion we gave thanks for the unity

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening!

Firstly, my dear friends, to join with you this time, I can feel your lightness and your brightness. It is heartening to see that you are beginning to take control of your own developments. That is good!

George: It's very pleasing to hear. Thank you!

For so long, you have listened to this spoken word and listened and received encouragement and help from many, but it is so good to see that at last you realise that together you can achieve much more. And, as you know, this has been our desire for each one of you. Last time, there was much energy in this room, and, although I was not with you, I was aware of the energy that was building among you.

Lilian: Yes, we were all aware of it.

George: It was an interesting session last week, and I was going to ask you if you were aware of it and the help we received in blending—in further blending our energy.

I would say to you, my dear friend: anything that helps you to become more aware of spirit is, of course, good for you. But the very fact that this evening you have all decided to progress and go further with that feeling of energy from last time, is good for you all. It shows not only, your individual endeavours, but, that, now, you truly have become, a unit of energy, and I know, each one of you here was much aware of what was happening last time (Yes). Yes—there is so much for you all to achieve, individually, and as this one group. The power of the energy that can be used from you enables us in our world, to bring much more to you. So continue, my dear friends, in that form of development, and see what can be achieved. I do not intend to tell you what you can achieve. That is for each of you individually to know.

George: And, Bonniol, who looked in at the end of that session—he was, clearly, well aware of the energy improvement.

Yes—which is understandable, I'm sure you would agree. (Yes, yes!) Heightened spiritual energy is the basis for many happenings—many spiritual happenings.

Lilian: Also, there was a lovely smell of some kind—perfume—just coming and going.

Yes, it is just that your awareness has opened. There have been many occasions when these things have happened and no one has been aware.

George: I suspect that Bonniol was attempting to materialise flowers. There was some degree of awareness with us, that something was happening (**yes**), and the perfume seemed to be noted by four of us (**Yes**). It was possibly the perfume of the attempted materialisation—I'm not sure but that was my guess.

I would just offer one word of caution to you, my dear friends, inasmuch as you all *desire* something to happen, you almost want too much. Be open, be aware, but just allow it to happen (Yes). When you become too focused and eager, that is the human side of you—that element of your being which is

impatient. So, I would suggest to you—to just stand back a little (yes), and when that energy has built, allow it to offer what it can.

George: We shall be pleased to take your advice!

Yes, I know it is not easy, but nevertheless, I have given it to you, to think about and ponder.

General thanks

Now I will say to you, I am not staying with you too long, because you have much work to achieve, and there is much, and many who are waiting for you. So, once again, my dear friends, I say: offer yourselves to us in spirit, and we will endeavour to help in any way that we can.

George: Could I, Salumet, just briefly mention a new contact we have in Australia?

Yes, of course.

George: Emanuel has contacted us and he has been reading the many transcripts, and he is doing his meditations, and has sent in a question about meditations. I can answer him by sending him the information that you have already supplied, but he also mentions that he has developed the habit of a protective prayer before he begins. Would you comment on that?

If that is his way of feeling protection, then that is so; it is neither right nor wrong. Each of you, individually, in meditation, chooses your own path, chooses the best way for yourselves to go to that deep state of meditation. Of course, if you are by yourselves, it is only sensible, I hasten to add, for you to have protective cover. It need not be an invocation of any kind, but just a realisation that all is well and you can surround yourself in that pure white energy. I would say to our friend, to continue in the way he is, if that is what suits him. I would say that as he begins to sit, from the beginning, to just surround himself with that pure white energy of love. The only problem—and it is not a problem—that is the wrong use of your words—that when you begin with invocations and words, you are not *allowing* yourselves to go more deeply within. The *silence* is what takes you within. You understand? (Yes)

Whilst you are vocalising, then your mind is active. You understand? (Yes)

So, I would suggest to our dear friend, that he learns to slowly, slowly, go deeper and deeper to the stillness and the quietness.

George: I'm sure he'll be absolutely delighted with that message.

But I say as long as you are endeavouring to go into that quiet time, you will be given all the help that is needed, provided that meditative state is being used for the right purposes. So many people, on your Earth planet, believe that when they go into that stillness, and that quietness that they can ask for all manner of goods and objects for their earthly life. That is not a spiritual meditation. You understand?

George: Yes, I'm sure we all understand that.

And now, my dear friends, there are many who stand by you this evening, waiting to encourage and to help you. Please open your hearts and your minds to them. I will leave you now in the capable hands of our dear lady friend, and say only to you: do not be afraid to say what you feel and what you experience. The opportunity for growth is here with you in this room.

(General thanks)

There followed one who dropped by for a chat and gave advice regarding the need to take account of tiredness.

Next, there was a 10-year-old child rescue via Eileen that Lilian carefully handled—firstly extending a hand to sooth the memory of head-pain. This one had—without recognising the fact—died in hospital, and was preoccupied with missing mum. Lilian was able to encourage the little girl who gave her name as 'Sandra' to move on to join other children awaiting her where she would get completely better—and Lilian was able to give assurance that her mum would know where she is and that she would indeed see her mum again. [Knowledge of her new status would be much better assimilated and understood in spirit in due course.] It is a shame that our children are so rarely taught about the ongoing life in spirit. If they were, it would make their transition easier. The communication we had with our Aeran friend Bonniol, 31st July 2006, was extremely thought provoking in this regard. It seems that on Aerah, their children are taught the ways of spirit from a very early age, so that they are well aware that death is not the end and life simply continues—and communication with loved ones after death can also continue.

Audios of 'rescues' are available on website: www.salumetandfriends.org

~19th July 2010~

Our evening began with 30-minutes silence; then we became aware of someone with Eileen, who took us on a meditative journey, the audio of which is available on the website: www.salumetandfriends.org

Lilian: Good evening and welcome.

Good evening.

All: Good evening.

The reason for the silence has been to allow you to become more relaxed and at peace with yourselves. I have been instructed to take you on a journey. To begin this journey, you must imagine in the centre of the room a huge ball of light which is orange in colour, and emanating from this ball of colour are arms extended to each one of you that is giving you healing and letting you feel the love of spirit. So, as you begin to feel this love and peace, we will begin our journey.

Lilian: Thank you.

If anyone does not feel able to begin this journey, then just sit quietly and absorb that healing ray, and, as you gather together, you feel a kinship and a friendship which far outweighs any physical feelings you may have. And so, we begin our journey—we begin to travel together in love, and, as we take each step, we feel happy, we feel light, we feel loved—secure and happy in the knowledge that we are surrounded by love. Ahead of you lies a wide, bright pathway, and as you start to walk down this pathway, I want you to feel the warmth of the sun, although you cannot see the sun, but you feel the warmth and it encompasses you all. And, as you continue along this pathway, to your left there is a field and in the field there are many people—men, women and children. Stop a minute or two: gaze and see if there is anyone you recognise among those smiling faces. Stop awhile if you recognise anyone.

And, so we continue, and as we continue, you feel lighter and lighter, and all the time absorbing what is around you—the beauty of the trees and plants and even the purity of air. So we continue and you become lighter and lighter and you feel good about yourselves. Ahead of you lies a slope. Some of you may not want to go any further. If not, sit still under a tree and absorb the beauty around you. For those of you who can continue—go upward, upward, up this path of light, and ahead of you there is a gate which is locked. So, my friends, you stop, and you look around you, and you feel a pull to be on the other side of this beautiful gate. Those of you who can must put their arm across to reach the key of this gate. Please do so now. As you pass to the other side of the gate, there await you two people who stand beneath an archway of beautiful roses, and you cannot feel the ground beneath you. It is almost as if you are floating along. These two people beckon to you and if you are able, I would like you to go closer and closer to them. There is a gentleman there in white cloak, and you cannot now see his face, but you know that he is smiling at you. The other one should be someone recognisable to you—someone who has trodden this pathway before you. Make your choice—who do you go with?

Take their hand and continue along the path, and as you go along the pathway of this beautiful garden, you are imbued with much colour and much love, and yet you do not know where this great love comes from, and yet you feel part of it. Stop awhile and feel that energy which fills you with love. Be aware of how you feel. Discard that overcoat that you call a body and feel the love and the lightness which is there. Sit awhile and speak with either the gentleman or the person you recognise. Allow yourself some time to see that beauty, to listen and to learn, and I will return for you very soon.

(A few minutes passed)

Are you ready to return? Gather together and follow the gentleman along the beautiful garden path. On the way back, there is one rose that he wishes you to stop and smell. Remember the smell of this beautiful flower, and as you continue back towards the gate, give thanks for the love and protection that has been given to you. As you approach the gate which is still locked, you need again to re-open the gate and go through.

But now, ahead of you, there is not one pathway, but two. Which one do you choose—the left path or the right path? The paths are the paths of life and the paths of knowledge. Go down the path which you

feel drawn to and on your way, we will collect anyone who has waited for you. And now, as you continue back along the wide open path, you begin to feel and recognise your body and you are surprised how light you still feel, so continue onward—acknowledge those people in the field who are working and whom you may have recognised. Carry on along the path with each step, knowing that your body becomes a little heavier—a little heavier with each step that you take. Continue until you find yourself back with the glow of orange which has been supplying you with love and knowledge. Give thanks to that orange glow of love, and slowly, slowly, recognise who and what you are. And I would like you, as you return back, to remember what you have felt and what you have seen. Know that this evening has been one of upliftment for you. You might find that your thinking is much clearer when you leave the room this evening, and, with those words, I have to leave you, and hope that I have done my task well.

George: A wonderful journey. You have done well! Thank you.

(General thanks)

There followed our discussion of what had taken place. Phrases picked out of the conversation include: The feeling of leaving the body and becoming lighter impressed us—it was like a journey to heaven, through the gate—why the lock? To illustrate there has to be a conscious effort perhaps—like a pre-dawn feeling, the start of something new—the decision to go right or left was really very difficult—I didn't really mind which fork but I seemed to get pushed!—an exercise for moving forward—an indication of where each is at this minute—the gentleman was tall and had an indistinct face—the knowledge would have been 'spiritual knowledge', not general knowledge—but of course, spiritual knowledge is inseparable from creation knowledge

Another then spoke with powerful voice via Sarah:

I am so happy that the journey you have all been on has been so informative. We are glad that the discussion that it has provoked has opened up your hearts, and the purpose for the journey has not only been for you to discover more about yourselves, but also to allow that freedom to flow through you and in such a way you have been able to bring out such wealth or depth of your spirit to the fore. You have opened many channels and in doing so you have allowed many to come much closer to you. This has also been part of your learning, because now we can help you to further your journey, which has already taken you further than you were before you started this evening's meeting. We hope that in the future we will be able to do another such journey with you and it will be interesting for us to see which direction you go next time. So I thank you for following the words and we hope that it has not only been of benefit to you, but it will be of much benefit to us, because, as I said, we can now help you in many more ways.

Paul: Very good!

George: We thank you and all concerned in this exercise, and we do appreciate all that you are doing.

Thank you very much!

Sara: It's a wonderful gift, because we all want to progress. That's for sure, so we're very lucky.

Paul: Yes, another very good lesson for us.

The lesson is, as always, a two-way one, for you and for us.

Paul: Things are so often two-way—I've been realising. I do a bit of healing work with Emily who is here.

She says it helps her. But it helps me, I think—a lot—it seems that everything is two-way.

You see, although 'we' are in spirit, what you have said is exactly the same as for us, and it is indeed true of all life, do you not feel that when you do a good deed for someone that you benefit as much in the good deed as the one who is receiving?

Emily: Definitely.

Lilian: Yes, we can feel that physically as well as spiritually.

Sara: We all have a strong need to give, I think, in whatever capacity. I find that in every type of work I do—for me it is a release and I feel better for doing it. I like to give upliftment as well as spiritual inspiration.

I can assure you that once you come back to spirit, that urge to help will be useful. So, I will leave you and we will perhaps come together again in the not too distant future.

Lilian: We look forward to meeting again.

(General thanks and farewells)

Finally, Eileen was briefly impressed or overshadowed by another. She seemed to become a leader, hearing the word 'king' declared several times. She was seated, was aware of leather footwear and there was a huge feather fan—as if an Eastern, possibly Polynesian, potentate. Then she was Eileen again. Perhaps there will be more on this next time.

~9th August 2010~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

Firstly, my dear friends, let us welcome back the one who has been absent for a little while—absent only in the physical, but not spiritually, because, as you know, once connection has been made with us, then it is never broken. This applies to all those who are not here this evening, also. You all, my dear friends, have become a spiritual union, a union that has become strengthened as time has continued. For this we ask many blessings that you may go forward and continue to grow individually, in the most spiritual way that you can. Each one of you has, no doubt, given thought to your own mortality upon this Earth, and of course, that is only human, but let me tell you, my dear friends, that this spiritual union will always form in times to come—that joining cannot be broken.

This time, I do not intend to speak with you too long, because as you know, there are many close by who are waiting to inspire you, to help you, to guide you, and unless you give of your time—they strive, on occasions, to get each one of you in that quiet time. So you see when the opportunity is there for them, they cannot let it pass by. So this evening, my dear friends, you will, I am sure, feel an 'overshadowment' of your spirit friends, who wish to come close to you to offer you guidance along your pathway, in order for you to continue growing. I will answer any questions you may have, and then I will leave you in the most capable hands of our dear lady friend. Have you any questions this time?

Lilian: George?

George: Yes—I'm sure we have. Firstly, I'd like to say that we've had a reply back from Australia, following our latest transcript, and the person concerned has been reading quite avidly, and has quoted your words, Salumet, back to me—from a previous occasion—so that is rather nice. I thought I'd like to mention that.

Yes, I did tell you there would be many links in other parts of your world on subjects we touch upon, and this, my dear friend, I am sure you have found to be so.

George: It is happening, yes (yes). I expect you know already, but I felt I'd like to mention it, none the less.

And I give thanks to you for it. I am always happy to hear the words *expressed*, because I come to you, to speak with you with your Earthly words and it fills me with great joy to hear you use those Earthly words, especially words of great love and comfort which you do each time you come together—each time you send your thoughts for those dear people in much need for healing. If only you could realise the joy that it brings, not only to me who is a voice, but to those who stand close by you.

(Yes indeed, a light-being comes to us as a voice, as distinct from those Earthly spirits who have form and stand close)

George: That's a good thought. Another we've heard back from—has mentioned one named Luis Fernando, a South American gentleman who also has had extra-terrestrial communication, and has written books about it. It's nice to know that this is also happening on the other side of our world, and we have spoken about—I think it's called: 'multi-dimensional doorways'. We have spoken about this in relation to the 'Bermuda Triangle'—and a multi-dimensional doorway being there—and, I think you said on that occasion that there are a number of such doorways about our planet (yes). And in connection with Louis Fernando's work, there would appear to be one—the pre-Incan 'doorway of the sun', near Lake Titicaca—that would seem to be another one. Would you wish to speak at all on this? Are you able to confirm any of this to us?

I will confirm only that there are many of these 'doorways', as you put it simply. There is much still for your men of the Earth to learn, and at this particular time, it is not necessary for us to enter into the complexity of the universes. It is enough, my dear friends, that the knowledge is reaching people who

are ready to receive—that is what is important. The fact that you can join together, and compare—I believe you would say ‘notes’, on these things is sufficient for this time.

George: Yes, it’s certainly nice to be able to compare notes in this way.

Yes, but again, it is confirmation of the words we have brought to you (yes). Yes, that is the important issue.

George: There has also been mention of connection to the Great White Brotherhood. I imagine this is a human word **(yes)**. And I have come across references to the White Brotherhood or Great White Brotherhood several times recently in my reading, and it would appear to be a much evolved group—I think way beyond Earth evolution **(yes)** and they are working for the good of the galaxy—our galaxy.

There has to, my friend, be those who are concerned with the well-being of many different planets (yes)—how else would it work?—how else would this Great Creative Force come into being, unless there were those advanced beings within all of creation?

George: Yes, and there seem to be various categories or groups of advanced beings **(yes)**—there those from angelic realms, such as yourself—

We have discussed this before—of course the angelic beings are of the higher order, but this is not something I wish to enter into with you at this time.

George: And this Great White Brotherhood would seem to be a *different* order **(yes)** working to the same good.

It is a name that has been given to some of mankind in order for them to move forward and grow. Many names are given, but names are irrelevant, it is the purpose *behind* them that is of importance.

George: Another group which has been described as attached to or part of the White Brotherhood is the Ashtar Galactic Command (*as referred to in previous transcript*), and this is a group with spaceships, and I think there have been many observations of their lights in the sky—

There are many ‘goings on’ in and around your world. I have brought to you our dear friend Bonniol (yes), for you all to experience the mind connection.

George: Yes, we are all so grateful for that!

Yes—that was to demonstrate to you that these things are possible. There is much that goes on that men in your world will dispute, will deny, or will accept and believe.

George: True—but a big factor today is that it is getting onto the Internet **(yes)**, so that people can now use the Internet, and make up their own minds.

And use their minds to *decide* (yes)—that is the purpose. You can name many, many groups that are given to mediums on this Earth plane, but, my dear friends, it is the purpose *behind* their being that is important. That is my message to you: You take what you can, you accept what you can, and you refute that which does not sit comfortably with you.

George: Yes, the great thing is to use our minds and to be of *open* mind **(yes!)**.

Sarah: Because the truth doesn’t change—it’s only us that’s going to change.

Yes—and what you do with that truth. Remember, the human makeup can be responsible for much twisting of words (yes). So, I would say only to you, my dear friends, that which I have always said: accept only what is acceptable to you—and that includes my own words—

George: Which we accept so readily!

Sarah: We don’t have any problem accepting your words, I must say, Salumet!

Lilian: No it’s strange how we’ve accepted all of what you’ve said, actually, and the same with accepting Bonniol.

Because you were ready for the truth—but one man’s truth, is not another’s.

So now, my dear friends, I will leave you. I will take my leave at this time, and allow those close to you to come even closer.

George: And let me thank you, Salumet for such a wonderful feeling of unity with us this evening.

There is great unity, there is a great stillness, there is a great love, which comes from this room, and I feel it is so this time. So as I leave you, my dear friends, I give my thanks and my love to you all.

All: Thank you very much!

George: We are moved by your words on that. Thank you.

George's Notes:

Salumet's quotation: It was in fact during our teacher's very first visit to us: **"We are reaching the point where your world will ... WILL be a better place. Do not doubt these words. It may seem that cannot be so. I am here to say—it will be—WILL BE!"** He had then added: **"We have much to teach you."** A prophetic statement indeed, made in 1994!

Gateway of the Sun: This is situated at Tiwanaku, Bolivia, near the southern shore of Lake Titicaca (a lake 3,825m above sea level). The gateway is a monolith, carved from a single stone block, 3m high by 4m wide and estimated to weigh 10-tons. Above the opening is a carved figure known as 'The Staff God'.

Helping Groups: Whilst Salumet does not wish to go into detail, he acknowledges that there are indeed such groups as have been mentioned who watch over Earthly progress, which is nicely reassuring. And our teacher goes on to confirm that there are many 'goings on' around our planet.

Multi-dimensional Doorways: Our understanding cannot as yet grasp differing time dimensions. On a previous occasion, Salumet confirmed for us the existence of the Bermuda Triangle and the 'disappearances' at that location. He described it as 'travelling to another dimension of time', indicating that it is possible to travel thus either using spiritual mind or physically. The work of Carlos Castaneda was also brought into that discussion, and we learned that whereas the 'time slipping' of Carlos Castaneda was meant, the Bermuda Triangle disappearances are not intended—that is the essential difference. Salumet also suggested to us that rather than think of this as 'dimensions of time', we might think of it as 'a transmutation of energy' (energy of space-time?). Whilst we still do not have the understanding of this, it is perhaps nevertheless satisfying to know that these things have real significance and may be discussed—even with our very limited knowledge. And this seems preferable to being simply dismissive of all matters relating to dimensions of time, multidimensional doorways and the various 'complexities of universes'.

Luis Fernando's work: Chris, one of our readers, drew our attention to LF, and he has actually met the gentleman. Thank you Chris! LF's work runs along different lines to our own experiences. It seems that he has had physical encounters with ET-guides from the age of 13. He shares his experiences with many others and has written and published five books. He is a part of the great Earth-awakening movement of present times. And it would appear that the multi-dimensional doorway at Tiwanaku has been instrumental in facilitating some of his encounters.

Book: "Runa Antilis – The Magical Base of Los Andes". L. F. Mostajo Maertens.

And according to the written word, there were also parallel happenings in much earlier times—Emanuel Swedenborg, who wrote much about his encounters—and the Apocryphal Book of Enoch tells of Enoch's encounters with 'The Watchers'.

~23rd August 2010~ SALUMET

On this occasion, Izumi, a dear friend on a visit from Japan, sat with us. She has been to England before, has worked here, and I know would like to live here. But there are reasons, including family ties, why this is not possible. And Izumi has sat previously with our group on several occasions:

Lilian: Good evening Salumet and welcome!

Good evening.

All: Good evening.

As we connect this time, I feel that there is some need for a little upliftment. Therefore, my dear friends, this is what you will obtain, whilst you remain in this room.

All: Thank you.

As always, we welcome back our dear friend, and also to say that those who have made connection with us are always part of us. Therefore I wish to say this to her: that perhaps others will explain if she does not fully catch my words.

George: Yes, indeed!

Yes, the lady is torn between home, family and the rest of the world. This she feels deeply, and has, at times, wondered in which direction she should go. All of you tread a path of uncertainty at times in your

physical lives. This you all can accept, but sometimes the human thinking stays unclear about the pathways open to them. That, my dear friends, is *your* choice. I cannot usher you along one pathway or another, because, as you well know, we cannot interfere with your own freewill. Sometimes, we wish that we could, but we know ultimately that the choices you make are the ones for you at that time. But what I will say to you, my dear friends, is that every situation you may find yourselves in can always be helped—also with the help from our world, but you still need to be open to it. And sometimes you feel you have no right to ask. Again, I will say to you, my dear friends, we are always here for you, no matter what problems life brings to you; we are here to uplift and to uphold whatever decisions in life you make.

George: It's wonderful to have that in mind, and, perhaps it's easier, in a sense, when we look back along our pathway, having travelled someway along it—perhaps it's easier to understand those periods of uncertainty.

Yes, I believe you took a journey a short while ago and were offered two pathways—(yes)
{In fact, Salumet refers to the evening of 19th July (not a Salumet evening). We were guided on a meditational journey during which we were offered a choice where the pathway forked—we could take the pathway of 'life' or that of 'knowledge'.}

—I know some of you felt that the choice was a little difficult, but I had great trust in your right judgements, and, of course, each one of you, who took that journey, felt in some way, a little more knowledge of what you should be doing. It does not hurt you to be reminded sometimes of that thing called **FREEWILL**. It is a big part of your physical lives, but as you say, in hindsight, you can look upon many judgements, which perhaps it would have been wiser to take another; but that is all part of your spiritual growth and I have to say to you, my dear friends, that indeed, in that respect, you have all travelled far. Now, as we are together here, already I feel upliftment is being given to you, that you will **all** feel the benefit of that upliftment before you leave this room tonight.

(Thanks)

Lilian: Yes, we're very grateful for that.

I intend this time to work quietly with this instrument, and I will say to you all: please again allow those who stand close to you, to make themselves known. Do not question their presence. I assure you that you each should have some feeling of who is with you.

(Thanks)

Speak as you feel—discuss any emotions or descriptions that you may have. All I ask, my dear friends, is that your talking remains on an even level, whilst I work quietly with this instrument. And, as I take my leave from speaking with you, once again, my dear friends, I will look forward to our joining together on the next occasion.

George: Salumet, I have received a question to put to you from one of our readers (**yes**). Shall I keep it until next time, or would you be able to take it?

I will answer it for you now.

George: Thank you. It's from one on the Isle of Wight. The question is—why do I see spirits as black squares with a head inside? I can add that I believe there have been fairly recent deaths in the family.

Yes, it is her development which enables her to see to begin with—and death often, in peoples' minds, is associated with darkness and within things that are not good and bright. Why she sees in this way—I would say that she needs to call upon angels of light to help her. We do not wish to stop her seeing, but we do wish and need to help her in the way that she does see—to take control of that. She needs to call on those who stand close—those bright beings of *Light* that will enable her to develop in a much better way.

George: I'm sure Adele will value that answer. Thank you very much!

Yes, she must at all times call on her help. Yes, but sometimes people do see the darkness, because of the association of death and darkness—that need not be—that can be changed. Are you happy with my answer?

George: Yes, I'm sure the lady will be very happy with that. Thank you very much, Salumet.

George's notes:

We then sat quietly as instructed and voiced our various sensations and feelings during the next twenty minutes or so. We then became aware that one was with Eileen. It was a rescue in which there was a language problem. It was a woman who seemed to be trapped in an underwater situation. She seemed to have an understanding of Lilian's words spoken to her, but was unable to respond with intelligible speech. There were head nods and Eileen said afterwards that there might have been spirit language interpretation involved. It was one of those rescues that was very uncomfortable for Eileen.

Curiously, three of us have been reading recently, the excellent book by Estelle Roberts (1959) – 'Forty Years a Medium'. Chapter-10 has the title: 'Speaking in Many Tongues'. This chapter sets out quite clearly how in higher spirit planes there is no need for language translation because communication is by direct thought (or the thought-behind-the-words, as with our Bonniol exchanges). In the lower spirit planes, however, and especially close to Earth, there is still 'word' communication, as on the physical planet—so that translation remains a requirement. And these facts are still fresh in my mind because to the end of chapter-10 is precisely how far I have reached with my reading of the book! And I think we have all heard of the term 'synchronicity' before!

~13th September 2010~ SALUMET

Lilian: Good evening Salumet and welcome.

Good Evening.

All: Good evening.

As I join with you this time I am aware, my dear friends, of the love and joy which you bring with you. As always, those of us in this world, wish to thank you for all the healing thoughts that you give. Your world, at this moment in time, is in much need of help. Of course, you must realise my dear friends that we in spirit are working at all times to enable that suffering to be lessened, as much as we can. But I wish to say to you still—do not be afraid for your world. I have been aware, in recent times, of the gloomy forecasts of many people in your world, who see only suffering; who see only negative situations. Your world, at this time, cannot be free from disasters, because it is still part of the Earth's evolution, but I wish you, my dear friends, to retain within yourselves, that all will improve; and if you remember my words when first I came to you, they were of a positive nature*. And, although, we fully understand how much these happenings bring you pain, you must always be strong, my dear friends—be positive in thought, and that is the way you can help most. So my message for you this time is to keep amongst yourselves that strong bond, that strong unity of knowledge for positive measures in all that is wrong in your world. Do you have any questions, my dear friends?

George: I was just going to say that I feel there's a general realisation that big changes are happening in relation to our world and mankind's way forward—and elements of fear seem to creep into imagination in relation to this change. But I feel the *change* that's happening is positive and is realised generally. Does that sound reasonable?

Of course—it unfortunately, is part of humankind's nature to be fearful. Mankind does not release easily those innate fears; but yes, I do agree with you that there are many steps being taken. That is encouraging mankind to go forward with a much renewed sense of knowledge, and with the ability to be much more positive about their future—not only the future of your Earth planet, but also that of your universe as a whole. Much more knowledge is being gathered, is being given at this time in your existence on this Earth. Therefore, once more I say to you: continue to be strong in that perfect knowledge that all can be well.

George: Yes, I think, as a group, we're probably all quite strong in our feelings about that.

Yes, you can only, as you have already done, try to help individuals with their own struggle for knowledge. And again, I say to you: sow the seed and allow that seed to germinate—you can do no more my friends, and I once more thank you for the endeavour and the effort that you have made so far. Now, I do not wish to stay with you much longer, because I feel this evening, because of the small number that you are, that there are those who are willing to come much closer to you. I would say, as

you go into that quietness, each one of you will be given one word, which is relevant to each one. I ask, my dear friends, that you ponder upon this word which is relevant to you, and then, perhaps, you would like to discuss it amongst yourselves.

George: Yes, thank you! Could I just mention that three of us recently, have been reading a book by the medium, Estelle Roberts (**yes**) who was working in the last century and, in particular during the period of World War II—and she had an enormous following and the Albert Hall and, other halls were sometimes filled with people coming to her meetings. It left me with the feeling that there were so many people during that war period who were so desirous of news of their loved ones who were very often missing, and her services, as a medium, were very much sought during that period. One could almost see that wartime period, terrible though it was—one could almost see it as a good thing, because it stimulated such interest in the spiritual life—in the spiritual world.

Yes, she was one of many at that particular time. You say ‘the world’, but I will define it a little more and say that your own country, at that particular time, was ready for the information that was available to them. She was only one of many who were ready to impress the people with the knowledge that they needed.

George: Yes, we felt she did a wonderful job in that and the three who read the book were very much impressed ourselves with her work.

Yes, but never just take one person when, then and now, there are many who work for the same goal, and you will always find that some will gravitate to one more than others—but that is not important—the message is important.

George: Yes, and there was one ‘Red Cloud’ (**yes**), who spoke through her. I think we understand that Red Cloud still operates.

I am not aware of that at this particular moment. Perhaps, I can clarify it for you another time.

George: Thank you, Salumet!

And now, we will let you continue with your evening. As always, know, my dear friends, always I am close by you, even if you are not aware of it. I offer you my love and my protection at all times.

General thanks

George: That’s wonderful knowledge to have.

Lilian: Our love goes with you ‘til the next time.

George’s Notes:

We each seemed to sense our various words given, and following a period of silence, chatted about the possible meanings or implications.

Next, there was a rescue via Eileen. A 7-year-old girl seemed to be lost in snow and was very, very cold. She was preoccupied with the cold and could not understand it. Lilian placed a hand on her (Eileen’s) back and she felt the warmth spread through. Then, as the mist cleared for her, she became aware of ladies (in spirit) who would see to her continued warmth—and still unaware of the ‘death / transition’ aspect of her situation, she was happy to go with them. [It is so difficult with young children who often need much time to become fully aware of what has happened to them. It is often best that they first receive the encouragement to move forward, so that those in spirit can then attend to their needs.]

***We are reaching the point where your world will ... WILL BE a better place. Do not doubt these words.**

“Estelle Roberts – Fifty Years a Medium” – SDU Publications, 2006, www.s-upton.com

Originally published as “Forty Years a Medium” in 1959. Through the ‘good offices’ of she and Red Cloud, many including notaries were reunited with loved ones. And Air Chief Marshall Lord Dowding again heard from Battle of Britain pilots who were lost.

~20th September 2010~ SALUMET

Our initial period of healing prayers had moved into a little talk of the visit to the UK of Pope Benedict XVI, before Salumet joined us. Prayers were included concerning those children known to have been molested by priests.

Lilian: Good evening, Salumet.

Good evening.

All: Good evening.

As I join with you once again, I felt it necessary to speak with you for just a short time.

(Thanks)

I have listened to your words about decline in the papal religion—and yes, some time past I told you that this would be so, but the reason I have come to you this time, is to say, that at this moment in time, in all of your Earthly world, there is much unrest in all forms of religion. In many cases it is unspoken, but it is there for all to see. At last, your young people are beginning to think for themselves. No longer will they accept the blind faith of their parents and elders. The time is coming for *all* religions to look at themselves honestly and squarely, and to allow those followers of any particular religion to say what they feel. It is an important step in the unification of all Earthly life. I, of course, have to say to you that we are speaking of a time that is to come, but I say to you: the first steps have already been taken. For this, my dear friends, I would say to you: rejoice!—because, at last, the truth of all love and existence, will belong to all peoples.

Lilian: That's wonderful—that's all the faiths?

All religions feel a certain unrest—no longer will people just accept, blindly.

Sarah: Is this why there is so much fanaticism in some religions, because they're beginning to feel this sort of 'breakaway', and it's the fear that's there that is creating this fanaticism?

Partly—always fear will drive men to do deeds which are not sensible. But I would say the fanatics of your world are those who are not thinking clearly for themselves. So, they are the ones, I would say to you (*who*) are still lost in blind belief.

George: I'm so pleased that you're speaking on this, Salumet, because I have felt a little confused, because clearly there are many individuals within this melee of uncertainties that are heading towards 'goodness' in their pathways; but there are these 'structures' of many different religions that are not quite right. I feel it's like I'm trying to look at things from two directions.

Yes—but as the lady previously has said, there exists much fear, and fear will enable human beings to act irresponsibly. Fear of change, fear of the change of what they have been taught.

Sara: But, I've noticed with the internet, there's a great sharing of wisdom and truth now taking place between people of all religions (**yes**). People are enjoying—and I'm trying to be a part of it—enjoying sharing inspiration and messages, which go beyond any particular religion (**yes**). It's good to see that.

The umbrella of love includes no names. Love is love, no matter who or where you come from—what religion you choose—Love cannot change—Existence cannot change—Truth will not change. But, for us in spirit, we are pleased that many efforts made, by many over time, is now becoming as we predicted to you—and I apologise for the word 'predicted'—that is not suitable—the words that I have told you of what would take place in time to come.

George: And the fear of change—that happens in science as well (**yes**)—in fact one could almost see our science as another religion!

Science *is* one of your religions (yes), because men *are pulled down* by what they believe; their minds are not free, their minds are still not open, and that is what you all have to *achieve* whilst you remain in your physical bodies—keep that spiritual mind open—do not be pulled down by labels, by any groups of people, but accept that love is what this world is about. I feel this is something you will all think about this time.

(Affirmed)

Lilian: Yes, very interesting!

But, for the time being, your world still needs these groups of religions, because we cannot change you overnight; but we are flowing in the right direction

George: Yes, that's very nice to observe.

And now, my dear friends, I will take my leave, and perhaps our dear lady friend will take you on a journey, and allow your spirit to become calm, to become gentle, and to be filled with love.

George: Thank you so much, Salumet, for speaking on this, following the visit of the Pope to our country. You spoke a while back about the previous Pope and, although the structure of the religion, shall I say, is lacking, I think you observed there was, nevertheless, much goodness in *the man*.

You cannot judge one man—I am speaking of religion as a whole. Of course, there is goodness in every being—this also, I have told you. As human beings, you are a mixture of goodness and, I do not say ‘evil’, but ‘mixed ideas’. So, of course, you do not judge one man for a whole religion.

George: Yes, that clarifies it beautifully. Thank you!

SARA’S GUIDED MEDITATION (audio freely available on website: www.salumetandfriends.org)

Following on from talking about religions, we’re going to go on a journey of freedom—and hopefully, you will feel a new-found freedom at the end of the journey. I want you to imagine that you are standing at the top of a hill—a green hill, looking down over beautiful valleys. It’s a nice, warm temperature. You’re wearing something very light—I feel it’s a white robe—this is the picture I’ve got—some sort of white, silk robe, and you’re feeling very free, light and airy and you’re standing on top of this hill and your hair is blowing in the gentle breeze. But you feel completely warm, very free and very, very happy—you have no concerns, nothing to worry about, nothing to defend, nothing to hide, nothing to feel ashamed of—nothing that you feel you have to push forward and perhaps brag about or prove to anybody. You feel completely at ease. There is no flag that you have to fly, there is no thing that you, perhaps even have to pretend, to be a part of, to anybody. You are just simply you yourself, and part of everything that is. And you are standing, just really enjoying this moment of freedom, with the wind in your hair, and the wind gently flowing past and through you—and your silk robe is just flowing beautifully. It’s just blowing in the breeze around you, and you feel completely at one with the view around you—with everything. You feel a part of it, you’re blending into the skyline, and you feel a part of the ground that you’re standing on. You feel completely connected to the grass. You feel connected to the roots of the trees that you see around you. You feel completely part of everything and, as such, there is really nothing to prove to anybody—no statement to be made. There is nothing that you need to put forward or to say to anybody. You just need to be, moment to moment. So you just stand with this feeling of lightness and freedom. There is nothing that needs to be done, for everything has been done, and each new day brings a new clean slate—a new start. And so, you see that every day is really quite simple. It’s filled with simple necessities, things that we all need to do, and then just anything which is connected to who you really are and what you really believe and what you stand for. And so, when you are centred in who you really are, it’s quite clear each step of the way what you need to do—each day. It’s simple—simple to you. So, perhaps you should sit down now, make yourself comfortable on the grass, and see if there’s any guidance that’s coming to you now from your guides.

George’s Notes:

Lastly, one came through Eileen declaring those in spirit to be interested in what we have to say, and offering to take one question from each that would be answered another time. She would convey our questions (that in their nature were to be about personal-way-forward) to those who would supply answers. Our visitor was of course thanked for such a service, but it made us think hard!

LOVE / EXISTENCE / TRUTH: *It is abundantly clear that these are immutable—unchanged by any belief, any religion, any mixed-up ideas or circumstance.*

SCIENCE: *It is of course a religion in that it is a system of belief about the nature of existence. As in any other religion, it has been added to over the centuries, there have been blunders and it has sadly contributed to loss of life. (through bomb development, misinformation re asbestos usage, food production etc.)*

~11th October 2010~ SALUMET

We were a small group this time, as unexpectedly, there were several who could not make it to the meeting (this in addition being a time for school meetings / interviews)—hence Salumet’s opening words that followed our healing prayers.

Lilian: Good evening Salumet—welcome to you. We are a small group.

Good evening!

All: Good evening!

I thank you for your welcome this time. Again, I say to you, my dear friends, numbers do not matter so much anymore. I am always pleased to join with those of like mind who are wishing to help others and to expand their own consciousness. I am never far from any of you, although, still I feel you are not fully aware of my presence with you, excepting within this room; but nevertheless, my dear friends, know that I am close by you.

(Thanks expressed)

Although, I cannot interfere in your lives, as well you know, it does not stop me from trying to influence you in many ways.

(Thank expressed)

And it is this influence that we send to you that you are more familiar with. So, again, I thank you, my dear friends, for all that you absorb from us in spirit. This evening, I feel from this small number a strong bond of unity and love which denotes to me how strong this little group is—so do not be regretful that we are small in number.

Lilian: That's very kind of you to say. We do appreciate that.

I have much work to do with this instrument still. Although, you progress in these evenings personally, I also work with this instrument in order that she too may progress in her own stage of development.

Lilian: I wondered about that—

Yes. So, it is important sometimes that I work with her quietly, and this will be so this time. So, I say to you, my dear friends, be open to all who are with you this time—become aware of their love and guidance—be aware of what they bring to your lives, each and every day. So before I go, if you have any questions, which I know you do, I will answer and then we will allow you to have your own developments.

(It is so easy to overlook the fact that Salumet is all-knowing! But it seems fairly clear, on this occasion, that he knew the following question was coming, and perhaps it is good to have a reminder of this all-knowingness factor—common to those from the Angelic Realms)

George: Thank you so much, Salumet. I have a question—I related the details (names of course being withheld): It had been sent in by one of our contacts and concerns a family member experiencing a most difficult-to-understand health problem—psychotic experiences involving blockage of creativity and capacity to love. This, so much so that there is the feeling of being 'possessed' and saying something nice results in choking. Medication is currently being used which may or may not be helpful. And the questioner expressed some regret at forwarding the question, knowing that such personal aid is not the express purpose of Salumet's mission. But any helpful guidance would of course be gratefully received.

Thank you—I understand your question. Firstly, let me say this to you, my dear friends: you know that I have never come here to answer questions about your personal lives. That has never been my purpose, but I feel the strong need for help in this case. I will say to this gentleman that this lady has always been most sensitive—she came to this life as a sensitive. She also feels much fear, much unworthiness and fear. You put all of these things together and you have a situation where many psychotic, as you say, thoughts come to the fore. This is what is happening to this one. I would say that this indeed is a case of finding a good 'medium of regression', who is prepared to help this one in trouble. There always is a problem when medication is being used, but a good regressionist will know how to help her. As far as not being able to speak with loving thoughts, it is her feeling of unworthiness of love, which is causing this problem. She needs to go back to the beginning and discover why this is so. As I have told you in past times, sometimes these problems do not always show themselves to begin with, but as time continues, it becomes more and more difficult, and this lady needs help—she needs guidance, and she can achieve it if she is willing to let go of that fear—that unworthiness to love. And, I would say, as she becomes older, these feelings become stronger, so they must be dealt with now. So, I say to you, my dear friends: that is the advice I would offer, and of course, it is up to those who are in trouble to decide what is best for them. I cannot interfere *directly* with their lives.

George: No, of course, but regression therapy is your main guideline.

Yes, I do not say this lightly. I, as you know, only believe in regression when there is a problem from past times, to help that spirit forward.

George: Yes—I'm sure, our dear friend will be most grateful for that advice, and we appreciate that you cannot and would not interfere, but the advice—that's wonderful. Thank you!

Yes, do make sure that the medium of regression is one who is capable of doing well, because there are many in your world who should not be doing that kind of work (yes). They will have a most sensitive being to work with; they need to be aware of all of the downfalls in her make-up. I hope that has helped you.

George: I'm sure our dear friend will be most grateful for that. Thank you, Salumet.

And, now, as I have said, there are those waiting, my dear friends, to come close to you—to help you—to open up your minds to all that is available to you.

(General thanks)

There followed periods of silent contemplation, broken by Eileen giving clairvoyant readings—then a message from one speaking through Sarah:

I wish to let you know that the lady who was speaking is about to undertake another 'occupation'. She will wish to ask the help of all of you in this new role which she will be working on. We are with her and helping her to achieve a new side to her already accomplished mediumship. We are helping you (Eileen) and will do all we can with the help of this group, to guide you in the direction of this new challenge for you.

George: That's interesting—we shall all be very pleased to help in whatever way we can.

Eileen: Is it because I've been sending up a few moans? *(Chuckles)*

We are aware of your capabilities and wish to channel any negative into positive.

Eileen: Thank you.

Lilian: So you're not going to tell us which way she will be going?

The lady will know what is right for her when the time comes.

Eileen: Thank you.

Thank you for your time.

George: And thank you for your message—interesting.

We look forward to overseeing this new venture.

(General farewells)

George's Notes:

Salumet has spoken previously on 'regression' and regression therapy' (7th December 1998). What follows has been condensed from pages 113-115 of the book: "SALUMET – His Mission to Planet Earth":

[Do not assume, my dear friends, that when you are under the 'regression time' that you are absolutely returning to 'past life times'. It is not the case. That is not to say of course that returning to a past lifetime is not possible. It is—regression is possible but there has to be a reason for it. I would say the majority of your regressions are indeed information being shown to the individual, but not necessarily their own past lives. But of course, then we come to those genuine cases where the individual is allowed to be shown, I would say, one past life—for the purpose of freeing their soul, so that their lifetime can be helped. That is the only purpose of being shown any past life—to, shall we say, unblock any emotional or spiritual blockages that may have been taken from the past life and is hindering that soul in its pathway in the present time. Each soul knows and understands what its life's journey is about but sometimes the soul is unable to free itself from spiritual blockages / emotional blockages which have occurred and belong to the soul. The soul (soul aspect?) brings the blockage with them and is unable to free itself in the present existence. That is the only permission that would be given to allow the soul to see a past lifetime whilst it inhabits this human form.]

~1st November 2010~ SALUMET

As always the evening began with healing prayers, followed by a period of chat amongst ourselves about the difficulties encountered in conveying elements of the teaching to others, especially to bereaved ones who hold on to erroneous beliefs about death. Salumet clearly picked up on our discussion:

Lilian: Welcome to you, Salumet.

Good evening.

All: Good evening.

Again, as I join with you, I am aware of the love and goodness that each of you has for your fellow human beings. Always, it brings joy to us in spirit that so many of you are willing to help others, not only by your words but by your actions. For this, my dear friends, we shall always be most grateful to you. But, as you all know, it is no easy task that you undertake to teach others of that knowledge which you, yourselves have; but that does not mean that you should not continue to sow those seeds of wisdom. I believe I have told you that if only one person is helped by you whilst on this Earth plane, you have done well. That may seem a small number to you, but imagine, if each one of you has helped only one human being in this world, how many more people will come to us prepared. And so, I say to you, my dear friends continue with your good work and know that our thanks is never-ending.

George: It's very nice for us to hear that encouragement, Salumet. I'm afraid, as a race, humans have a long history of *attempting* to spread knowledge and this includes new discoveries made by individuals and their sending out of letters and various communications, which, for years, would normally be ignored. I'm afraid there's a long history of that! And it seems to work similarly with spreading the word of spirit as well.

Again, I would say to you, my dear friend—Patience! Time, as you know it, means nothing to us. So, when you speak of long periods of time, in your world, it is but one blink of the eye. What is important is that the Truth be spread—no matter how long it takes, it will eventually, take great pride-of-place on your Earth plane.

George: Yes, I think I can speak for us all and say we are not discouraged (I know—), but we enjoy your words of encouragement.

Yes, I feel that sometimes it is necessary to give thanks to you all. You are, indeed, ambassadors of Truth, but never feel disappointed when anyone refuses to accept your word. Instead, become steadfast in the knowledge that you do know and own the Truth.

Sarah: I always remember what you said that they're not ready for it.

Of course! Each individual in this world is following their own pathway—some grow much more quickly, some are much more accepting, but that does not mean they are better people. Also, remember this, just because you know a little more, does not make you necessarily a better person, because remember, I have told you that, with knowledge, comes responsibility, which is a much harder road to follow.

Sarah: I was going to say, the more we know, the more we realise how we are not very good, and have an awful lot still to learn!

And that is as it should be. With each step, that you take, there should be that reaching—that searching for more knowledge. Yes, you are correct.

Now, I will not speak too long. If you have any questions for me this time, then please do ask them now, because there are people gathered here this evening who are wishing to work with you all, and I would say, my dear friends, please be open to them—do not be afraid of them. Their purpose is to help and to encourage you in your own development.

Sarah: I know you don't really do personal questions, Salumet, but could I just ask about Emily? She has a lot of food allergies. Could you just give her a pointer? I'm not asking you to go into too much detail, but if you could just give her a pointer to help her to help herself, that would be very kind.

You will be disappointed with my answer, and this is it: She already knows the way to go.

Sarah: Ah, right, thank you.

I know she will not be disappointed, but, because of your closeness, you as her parent wish it all to be well. She is growing, she has great understanding, and the time will come when she will look back and wonder why she felt so unwell at times.

Sarah: That's very kind of you.

The answer is with her, and although I could tell you what to do, that is not my purpose.

Sarah: No, I didn't want you to give too much detail (**no**), but telling her that she knows what it is—that's...

But she needs to go within, to find that answer, and she is more than capable of doing that.

Sarah: That's very kind of you—thank you Salumet.

I can tell you that there are many who stand close by her who are waiting to help, who are waiting for the right time to step forward—to encourage and to help her.

Lilian: So, there has to be a right time?

There is a right time, yes.

Lilian: Yes, that's interesting. I was thinking about my granddaughter. The change in her is amazing, and talking of my granddaughter, she seems to quite understand things I've said to her about what you tell us, and she was telling me that she saw a light! Would she have any ability—it's not just wishful thinking on my part?

Ability to see—you *all* have ability to see; it is whether you accept what you see. You have to, each one of you, allow yourselves time to go inward—all answers lie within you. Many dispute those words, but I am here to tell you, my dear friends, that all of you have the answer to your own lives; all of you have the answers to all of your problems, but whether through fear or ignorance, you do not utilise these gifts. So again, I will reiterate for you that it is important if you are to be well, if your immune systems are to be strong, you *must connect* with that inner being.

George: Perhaps, we're sometimes a little too diverted or just mentally lazy—I wonder what the reason is? **Yes, all of you are too engrossed with what we have already discussed—*time*.**

(*Agreement*)

Allow yourselves, my dear friends to *be*—we have discussed this also—to know who you are and just to *be*. But for our dear lady friend—your health problems will not always be.

Emily: Thank you! I do feel since I first stopped being so fixated on beating myself up and allowed myself to connect with spirit, I've found more direction again (**yes**) and think it just proves your words about spending time to connect.

Yes, you know within your heart that you have the answers, but when you are in the throes of discomfort, it is hard to connect to that life force within—

Emily: And not to be fearful as well—

And not to be fearful!

Lilian: That's the problem.

Yes it is fear I am afraid that you humans flourish on. That may seem what you call a flippant remark, but it is not meant to be. We see so much fear in your world, and you need to be free from it, if you are to be strong in mind and body.

Rod: You've got to constantly remind yourself of those words—

Of who you are—yes.

Paul: On that thought, I read something from 'Red Cloud' on that. Red Cloud said that if you have fear, it's because you're carrying some belief that is not in harmony with spiritual law.

Yes, that is correct. All of us who come to your world to teach, no matter what our teachings—and we are all different in the way we express ourselves to you—but Truth can never be altered, it cannot be changed. We may use different words to describe, but ultimately, there are only two things in your world which matter—that is love and that is fear—because it is the fear in your world which keeps you enslaved to all these difficulties. You understand?

All: Yes.

Yes. So again, my dear friends, it is a little reminder of going inwards and connecting to that spirit within, and allowing it to shine forth with the knowledge that you have. I do not say, and never have said, that life for you will be easy. In fact, the more knowledge you gain, the more difficult life sometimes feels, because of the great responsibility you have. But again, I say to you, my dear friends, I am so pleased

with each one of you, in the way you are growing and developing—each of you at your own pace, but nevertheless, you are growing on a spiritual level.

(Thanks expressed)

George: I wonder if I could bring up a ‘flippant’ question. There is a question that is often used as a joke or jest: ‘Which came first, the chicken or the egg?’ This perplexes people who are entirely material in their thinking. But it occurred to me that there should be a proper answer to that question, and it might be that the chicken and its egg were developed in spirit first before both came to the Earth, but perhaps there’s more to it than that. I wonder if there is a more sensible answer to that question which you could give us, Salumet.

You might ask why choose the chicken or the egg?

George: Yes, well—it applies to all life, of course.

Yes, which is a very flippant remark—and really not one to be answered sensibly; after all, when did chickens arrive in your world? The world existed so much longer. What came first before *all* humans, all animals, all insects—and I will use this only once and that is ‘Love’. That is the basis of your existence—and I feel I am being drawn by that word—you—

(At this point our teacher, with arms outstretched became silent for approximately 2-minutes)

George: Yes, of course, spirit is the basis of all existence—

Paul: Love is the key.

(I began to wonder if, although not intended, my question might have been out-of-order. Then Salumet returned)

Forgive me, my dear friends—that question drew me back a little from whence I come. I have been told that a more serious answer is indeed asked for, and I will provide it for you next time. But, it has drawn me away from you and therefore I need to leave you this time. But, we will come back to it for you.

George: Wonderful! That is much appreciated.

(General agreement + thanks!)

Next, one came through Eileen, beginning with “Yes-yes-yes-yes...” Then again: “Yes-yes-yes-yes...” He explained that in Earth life he had a stutter, and this happens when he first comes through, and it is all that is now left of the stutter. He went on:

I come to tell you about what is meant to be happening. Everybody should be impressed about something for someone else in the room. Don’t worry if it is wrong. It is just the exercise which is important—yes-yes. So you (addressing Lilian) I believe are in charge of this room—

Lilian: I try to be!

Yes-yes-yes; so, each person will try to pick up information about someone in the room. You will be impressed as to who it is for and do not be afraid to speak out. That’s what I come to tell you.

Lilian: Thank you for explaining what needs to be done.

Following farewells, the exercise then began. We voiced our various impressions, some of the more positive ones being:

Sarah (Stone buildings of Roman character associated with George – who sensed a pressure while Sarah described the scene)

Emily (Big open book also associated with George)

Eileen (Concerning a pair of tight shoes, of Daphne—Eileen correctly stating that Daphne was considering throwing them out)

Ann (Concerning Emily—a square cloth or cushion-like object held by Emily. It seems that this is something that Emily holds to her stomach when in pain from food allergy.

Eileen (Seeing Paul—year 1604—possibly a past life picture of Paul, wearing nicely embroidered clothing and sitting with a heavy book.

General (There was some incidence of jewellery and a general sense of wealth in the scenes)

George’s Notes:

In the early days, Salumet had explained that, although formless, we might think of him as part of a conglomerate of beings. The analogy of ‘one facet of a much larger diamond’ was suggested to help in our

understanding. And he has or shares the knowledge of the whole diamond. During the silent interval and following, there seemed to be some loss of energy. We can only surmise at this point in time that some form of communication 'within the diamond' became necessary—the process drawing Salumet away a little, with some energy requirement, that sadly meant ending the session. Doubtless, all will become clearer next time.

~8th November 2010~

Firstly, it was a lady with Asian accent who joined us via Eileen to say that Salumet would be present at our next meeting. She wished to speak to Sara—and began by talking about doubting the assistance being given by those in spirit around her. Sara plays keyboard and composes. Inspiration is involved and it seems that this lady is one who assists with the compositions. Sara asked if she might know the lady's name: **'Not yet I'm afraid—I tell you sometime'**, and later she was saying **'they all round you—you kind lady'**—this being a reference to the several who assist with the music. Sara explained that she has strong feelings when playing, and knows when they have been present. **'You want to smile and I pleased!'**

Sara: Thank you so much—it's lovely to have that knowledge.

'So do not always seek confirmation. When you accept us more, we give you more.'

Sara: Thank you for that.

'And now I happy to go—'

Sara: Could you tell us the country you came from? (No.)

Lilian: Have you been to us before? (No.)

There was laughter as the lady was asked: are you able to say 'yes'? And she replied that she can indeed say 'yes', but clearly, it would be nice for Sara to know when she is present.

'I give you clue—when your lip reach bottom teeth in big smile—that me. That will be me.'

Next, it was a rescue via Eileen—Joseph had been on a motorcycle with Jimmy—both of them teenagers. Lilian explained about the motorcycle accident and how all would be well for him in the next plane of life.

(Audios of 'rescues freely available at: www.salumetandfriends.org)

Then a very powerful voice came through Sarah:

All those who are concerned with MONEY, do not concern yourselves further; because we are with you and helping you, so that you can devote more time to being with more spiritual affairs. We understand that you need money in this Earthly life, but we wish to help you all so that your lives can be more enriched with spirit and less with the materialistic approach to your Earthly life.

There were general comments of 'very nice!'

We have a 'spiritual bank', and you can be assured that we will be delving into our reserves if you become troubled.

Some clarification was sought on this

I mean 'a spiritual bank'—because we wish to help all who are in trouble in this world and money is one of the causes of so much stress. And so, this is one way we can help you, but we only help in this way so that your energies can be diverted to the spiritual side, and you are not wasting your time troubled by these materialistic problems.

(General thanks)

So I just wished you to know that we are keeping an eye on you all. And we wish you a trouble-free life.

~15th November 2010~ SALUMET

Lilian: Welcome, Salumet!

Good evening.

All: Good evening.

I am happy to join with you this time.

Lilian: Thank you, we are happy you have joined us.

We parted last time with a question from the dear gentleman who sits close by.

George: Perhaps I could first apologise for upsetting the energy with the way the question was put. Indeed you did not upset anything, but it was felt necessary to be a little more understanding than perhaps I would have been, and would have dismissed such a question. But you did not disturb the energy as such. I have to say, on the question asked, that it is felt my dear friends, that it was rather an irrelevant question concerning matters which connect you all in the same way to that loving energy, known to us all as the very existence of Life (Yes). If you take all of existence, mankind, as you are upon *this* planet is basically 99.9% non-material. You, my dear friends, are made from all existence—that Love, that powerful ‘being’ that is called the universal power. All universes, all beings, everything which exists is made from that energy—that loving energy; but you can see how insignificant that question is—did the chicken or the egg...

George: Yes, I was thinking that a species that reproduces itself, if I could put it like that (yes), has to have its beginning and I felt that beginning might be in spirit and, perhaps I was thinking too materially.

Yes I have to agree with you, my dear friend, but we never wish to dismiss any question, but I feel it is time for you to move a little further away from such mundane questions (Yes). We could make analogies of many things in your world—what came first, love or hate? Which came first, light or darkness? There are so many questions, but what you need to do is rise above all of these questions, because in asking these questions, you are, in effect, doubting. I do not mean that in an unkind way, but that is what mankind does.

George: Yes, I see the logical inference.

Yes, in seeking, you are seeking in the wrong way. Do you understand?

George: Yes, I take your point, Salumet.

Yes, it is difficult to explain to you without you having a fuller picture of creation, but it was felt necessary that I have this talk with you and to say: look beyond these many questions.

George: Yes—yes, I see that, thank you.

Yes, all of creation is unified—all of creation is part of each other. There cannot be division, therefore how can you answer such a question? I know, my dear friends, it is not the answer you expected, but this is the way you must go, if you are to blossom and to expand that non-material part that is you.

Lilian: Yes, and now you’ve told us that, it makes sense.

Do you understand what I am saying?

Sarah: So what you’re really saying is that the difference between all that has been created is that 0.1% that is the physical (yes) the rest is—we’re all the same (*spirit*).

Yes, Yes.

Lilian: We should look more to the spiritual side—

You have to—you *are* spirit. So many times, my dear friends, I have said those words to you, but until you can find that stillness within, which really is the true self, then all other matters become too important—you have to let them go; and then you will find, no matter what questions arise, in that stillness, you will have your answers.

Sarah: For me, you just talking about that percentage—that brings it really home to me just how much spirit we are, and those have been very useful words from you Salumet, for me anyway.

Even people who assume they are spiritual beings on this Earth, still look to that physical part, as being the main contender of life—that is not so—you *have* to recognise the true self, and these questions will become less important to you. So my answer to you, my friends, is that you *must* reach out and recognise yourselves first.

Sarah: When you left us last time, you said that it had touched the Source from whence you came, and your existence. Can you tell us a little about what actually happened to you?

What happened was that I was ready to answer the gentleman’s question, but I felt a pull from our side of life. As you know, I have always come to you as a conglomerate of beings, and that pool of knowledge was the force behind my having to pull away from this lady—only very temporarily.

George: Yes, you once described yourself as one facet (yes) of a much larger diamond.

All I speak to you, my dear friends, does not come from a single unit.

George: So, did the pull relate to the diamond, shall I say?

If you wish to say that—that is acceptable—yes.

George: Thank you.

It was felt that you have grown so much that to spend time discussing such a question, was not necessary. You see, my dear friends, whether you understand or not, all of you have grown much.

George: I think we all feel that, Salumet.

But, now is the time to expand and allow your spirit to shine. You can take these words tonight and you can tell others that Truth is simple. There is no need for elaborate questions to be answered. All life is simple, when it comes to that Great Creative Force. The truth is simple. You are spiritual beings and that small percentage of you that is material body is, indeed, a very small part of your existence now. I hope that has helped you to understand.

George: Yes, I think that helps us to understand—and to understand ourselves.

Sarah: Because there is only a very small percentage of physical, but all the spirit is not just in this physical body is it? We also have some in spirit as well.

You, my dear friends, are part of a whole. Do not isolate yourselves as you would, being a human being. You see before you single entities, but let me tell you, the most part of you are unified—you are part of that much greater whole—you are 'existence'.

George: Yes, I think this is perhaps sensed in different ways by different people, and two of us recently met a mathematician, who referred to a particular mathematical theorem, known as Fermat's Theorem, which was enunciated in the year 1637, but it borrows pieces of information that were realised by much earlier mathematicians. *(In fact, we had been requested to ask Salumet if he could explain Fermat's Theorem! So I continued with some hesitation)* Coming out of that theorem, there are series of numbers which people have studied over thousands of years. Briefly, it refers to a series of numbers, deduced by an Italian gentleman, by the name of Fibonacci, and those numbers in the series are such that each is the sum of the two numbers before it, so that 0, 1, 1, 2, 3, 5, 8, 13, 21 are in that series. Now that series can be operated on to produce what is known as the Golden Mean Proportion, and these ratio numbers occur throughout nature—in leaf structure—in the shells of the seashore—in pine cones, and the Golden Mean Proportion which derives from this has been built into wonderful buildings by ancient people, and the proportions are always pleasing to the eye. It was 'Red Cloud' who said that the Creator of the universe and of the etheric realms was the most wonderful mathematician ever!

Yes, I take your words, my dear friend. Let me just say—do you feel the Universal Power—that Great Source of All Life is just random? You have to remember the Intelligence *behind* the Creation and of course that is what you are speaking about.

George: I think these mathematicians have *felt* that Intelligence.

And where does that intelligence come from—where do the mathematician's numbers come from? It is simply impressed from spirit.

George: Ah! The understanding of the numbers, impressed from spirit.

Yes, from that Great Intelligence—that all-consuming Power that we all belong to (yes). It is simple, my dear friend, but so many on your planet try to complicate issues. The beauty of all Existence—as you say, take a leaf, take a flower—look at the perfection that it gives and where does it come from?

George: It is nice to have a record of understanding by these mathematicians who have been impressed.

Yes, they are being impressed by the beauty of simplicity, because it is beauty.

George: The beauty of the simplicity seems to have a structure within.

Yes, they are feeling the beauty of the Creator.

George: Yes, it's not all of us who can find a way of describing it, but—

Try not, my dear friend, to describe, but to *feel*—to look with those eyes that have been given to you, to use all of those senses that you have been given. Use them for the purpose of growing spiritually stronger; and, once again, I will say to you all, my dear friends, find that stillness, and you will once more become part of the whole—and as always, I leave that Earthly responsibility with each one of you. But I

do thank you, my dear friend, for your questions. I also have been given the opportunity to speak a little more about Creation, whereas last time, I was ready to dismiss it very quickly. So, I will say to you: I have learned much myself.

Lilian: That's interesting!

And with those words, I will take my leave.

George: I think we all have much deeper feelings as a result of your teachings, Salumet. Thank you so much for that.

It is too easy to complicate everything—to use words which seem to be words of wisdom, but instead to use one word instead of ten is much more acceptable. Do you not agree?

(Heartfelt agreement from all)

Yes. So, with that, my dear friends, I take my leave; I leave you cloaked in my love and that of spirit. We endeavour to help you whenever we can, but we cannot do it alone; we need your love and your cooperation—but know that you are part of all things.

All: Thank you!

Next, there was a period of clairvoyance from Eileen. Then one explained via Eileen that she wanted to speak through the young lady (Emily) to give her experience. A brief conversation followed and information was given concerning her life as lady in the royal family around 1501, where she enjoyed reading books very much. It was later deduced that this may have been Lady Margaret Beaufort—Henry's mother (1443-1509).

George's Notes:

MORE DETAILED NOTES RE THE MATHEMATICS:

Fermat's Last Theorem states that no three positive integers— a , b , c can satisfy the equation $a^n + b^n = c^n$ for value of n greater than 2.

*Well who cares!***?*

But, moving on to the case of $n = 2$, we get what the ancients called 'Pythagorean Triples'. Example: $3^2 + 4^2 = 5^2$ i.e. $9 + 16 = 25$ —correct! The squared numbers add as they should.

So '3, 4, 5' is a 'Pythagorean Triple'.

Likewise '5, 12, 13' is also a Pythagorean Triple. And if we make triangles of these lengths, the angle opposite the longer side is always a right angle. And now we begin to see elements of beauty in geometric form—as in certain ancient architecture.

Next, to avoid complications let us just say that there is firm connection between Fermat's Last Theorem and the Fibonacci series (described in text). So the series runs 0, 1, 1, 2, 3, 8, 13, 21, 34, 55, 89 ... and nature (observe the seed pattern of the sunflower), also planetary orbits appear to involve the number ratios. If a graph is plotted of the numbers against their successive number ratios, then the reducing-wave-form graph quickly approaches and aligns to the value 1.61803—known as the phi-ratio or Golden Mean Proportion. This ratio has been long recognised as being pleasing to the eye and is built into such works as the Athenian Parthenon and the Great Pyramid. And it is a ratio that seems to lie at the very heart of creation. The phi-ratio (ϕ) can be defined by itself as: $1 + 1/\phi$ and then ϕ can be seen as a continuous fraction that goes on forever: $\phi = 1 + 1 / 1 + 1 / 1 + 1 / 1 + \dots$ i.e. one over one plus, one over one plus, one over one plus... without end. ϕ goes on forever. So perhaps ϕ is at the real centre of everything!!! It is Salumet's advice to feel that beauty and not attempt to describe it and those are wise words. But nevertheless those mathematicians of our past have clearly been fascinated and have left their record—it remains a striking testament to the subtlety of beauty of form within the creation.

RED CLOUD QUOTATION: *The mathematician who arranged the laws of matter, spirit and etheric is the most perfect mathematician that ever was.*

BOOK: *"Red Cloud Speaks"—Trance teachings through Estelle Roberts, First published 1938, later edition 1992, Tudor Press (London). A very good read!*

~13th December 2010~ **SALUMET**

Salumet joined with us briefly to deliver a warm message—this prior to his usual withdrawal to own domain for the period of our Christmas recess. There were pauses, with the feeling of each phrase being carefully weighed—and his visit would have been with some very considerable effort. We know from the past that Earth's energies are different at this time—no problem it seems for those in near Astral Planes, but energy difficulties arise for those from afar such as Salumet and Bonniol (who would be more familiar with faster vibrations).

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

It is good to join with you this time, my dear friends.

George: Equally, it's wonderful for us to have you with us.

My intention, this time is to stay just a short while with you, because as we near the festivities of your holiday time, I of course, as you well know, like to return to that place, familiar to me. Therefore, my dear friends, I wish only to say a few words. As another one of your Earthly years comes to a close, I would like you to remember back over this year of time, to ponder upon our discussions and to think for yourselves what you have achieved spiritually. As you leave this time, I would ask, my dear friends that you consider the *small* children of your world, and although I cannot say *all* children in your world, I can say the majority of children in your world. I would like you to think of the love expressed at this time of your year—the excitement for life that these children display to all around—that the unconditional love they feel for parents is another thing to ponder. Children are a great source of joy, not only to you people on the Earth plane, but also to us, who are in spirit. If only, my dear friends, you could see the light which emanates from your planet at these times, I am sure you would be amazed. So I say to you: *be as the little children*. That is an expression of your world, but it is a very apt expression. **Be as little children—utilise the love which comes to many at this time of your year. You do not have to belong to any one religion to feel that love—and it is not a love which is confined to any one day of your year, because in different lands, this time of Christmas, is celebrated on different days. So my dear friends, I say to you now, consider all of these things. Open your hearts, not only to those you love, but to the many peoples of your world, who are in need of it. Think deeply—and embrace the joy that it would bring to those in need. I also ask you to think carefully about your own gifts of the spirit—those gifts which you bring to every passing day. And I say to you, my dear friends, know as always, I am close by to help and to uplift you and until we meet once more in your new Earthly year, I give to you all of the love of spirit—I leave you...**

Lilian: Thank you, Salumet

(Heartfelt thanks from all)

Next, one named Angela brought 'healing' for Emily—much appreciated. This was followed by a rescue, which Lilian was able to help across, before we closed as usual.

~3rd January 2011~

2011 began with a small meeting with just four sitters. One spoke via Sarah who gave her name as 'Josephina':

I am so happy to have been able to join with you this time. I have quite often waited but my time has not come; so I am very pleased that I have at last been able to talk with you.

She went on to explain that she has been 'around' and feels she knows us well, and she had noted that the group was smaller this time—

And I have been told by those who have visited that this is a special group to come to, and there is certainly a very warm feeling to this visit.

Josephina could not say when she had been on Earth. It seems she was in an English village at a time when poor people wore short clothing, about half way down the leg, and the rich wore longer. Skirts were

gathered at the waist and aprons worn. The rich had horse-drawn carriages that would sometimes pass through the village. Poor folk walked everywhere and only very rarely ventured outside the village. But they were happy times. Whilst speaking she seemed to become aware that one of the village had travelled to Scotland for work and did not return—and there is a past-life family connection to Eileen, who is indeed of Scottish ancestry. As awareness further increased, she declared that that must be why she has come—to see her relative!—and to bring to her greetings from her English family!

~17th January – 2011~

At the outset Eileen received an impression—she was in space and viewing our planet. There seemed to be a huge slim smoke-stack gushing forth—symbolising much negativity pouring from the Earth. It was a very positive impression and Eileen ‘knew’ it to be about ‘negativity release’ from Earth.

A few minutes passed and then a lady with Eastern accent spoke through Eileen to say that our teacher would not be with us this evening—he would delay a further two meetings. She explained: **He wishes you to be fit and well.**

(In fact, seasonal ‘flu has been quite an influence in the South of UK, resulting in the 10th Jan meeting being cancelled and a few coughs were noticeable through the evening.)

Lilian: Thank you. We look forward to hearing from him.

Yes—may I ask who your teacher is?

Lilian: Salumet—we call him Salumet.

Ah yes, I am being told...

We explained about the name being assumed for purpose of recognition and that he has come to us from Angelic Realms for the past 16-years. She was in no way phased by this information and they in spirit also receive such teaching.

George: There are just five here tonight—sometimes as many as ten. What size group would you have in spirit?

How do you mean—to listen?

George: Yes, to listen.

Oh, there could be thousands. The numbers do not matter. We do have teachers who come down to our levels—then it is a big occasion, and you would find many, many come to listen. We have much to learn also (yes) and it is always pleasant to just hop back and speak with you kind people here and to try to help you understand the world of spirit. And I am being told that this group is quite a leader.

George: Although we are quite a small group, we record everything and pass it on to many more.

Yes, I have been told that you do that. They say to me: they spread the word. So it is delightful that I have been chosen this evening just to give you that simple message that your teacher’s visit is delayed.

Sarah: It’s always nice for us when people from spirit come to visit. So when you were on Earth, did you believe in spirit?

No—I just had not thought about it.

Sarah: So it was a surprise for you!

It was a very pleasant surprise!—I still recall that time—yes. It was accompanied by the most beautiful singing—I did not know where it was coming from. I could not see anyone and I could not hear anyone, but there was this most beautiful singing—it was just beautiful! And I was taken to the ‘healing waterfall’ and that was my first encounter.

Emily: Were you met by a guide?

I don't believe so, I don't remember, but of course my memory has faded somewhat—that is part of the process also, because you do not want to be immersed too much in remembering what has gone and passed.

If I could just leave you with a message from me—to always try to keep your thoughts as pure as possible—then you will have no regrets—when you come to this world.

(Agreed)

George: It has been interesting to some of us that there have been two styles of thinking in recent years—'spiritual thinking' and 'scientific thinking'. But the two are beginning to merge a little, which is interesting. And I think science cannot make too much more progress without taking in spiritual matters—

I think I can say with some honesty that science would not be able to progress without spiritual influence. That has always been the way. I think you would agree.

George: Yes, indeed. Were you aware of scientific thinking when you were on the planet?

Me? My memories are quite depleted I'm afraid.

George: We understand.

I could not possibly say I remember too much about Earth. But I know more in spirit than ever I did whilst I was on the planet Earth, because the knowledge is available to you if you so desire. And that is why it is wonderful to go to these meetings when teachers come to our levels—you can learn so much.

Sarah: Salumet has told us that we are here on Earth to learn—so I suppose it's just the beginning of our learning, and we can continue when we go on to spirit?

It is the beginning of your journey—it is a step back to where you came from. So, I have to leave now. And you must remember: try to keep purity of thought.

George: Yes, indeed.

Sarah: Yes, we've been told that before. Thoughts are like a boomerang. Bad thoughts come back on you. *Yes, I know that not everyone can be perfect, but it is in the trying that you succeed.*

George: Yes, I think you would say that 'the purer the thought the purer the connections that become available'—

That is very true—if you wish to make a good connection, then you only attract what you are capable of. That is my last word for you.

Lilian: Thank you very much.

George: It's been very nice to talk with you. Thank you for coming to join us.

I hope that some time I may be able to return.

We assured she would be most welcome and asked if we might have a name so that we recognise when she returns.

Ah yes—Saati. My English is very good?

We were able to assure that her English was indeed good. And as Eileen returned, she was able to say:

"Before it goes from my mind—'Saati' is with two 'A's."

One followed via Sarah briefly, who had not been back to Earth for some time, declaring he had forgotten what it was like to take in air in the process of breathing. There then followed the rescue of an elderly one who found speech difficult. But she accepted help and guidance and was able to move forward to those waiting to receive her.

~7th February 2011~ SALUMET

Our opening prayers this time included mention of the several 'troubled zones' around our world and those who suffer in consequence

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

It brings me great joy to be with you once again, my dear friends.

Collective warm responses

I feel your own joy, and as I joined with you this time, it comes to me that you people, who have been so dedicated to this task of truth, are surely true followers of all that the Creator would wish. Again, I will say to you, my dear friends, that your Earth has many troubles at this time, but I would like you to think about these, as you call 'problems'—to think of them as a time of change and a time of learning.

George: Yes I imagine changing consciousness embraces all these, what we call 'troubles'.

Yes—after all, in time of trouble, does not the human soul come into its own? (Yes) Does not that swell of love and kindness shine forth, no matter which part of this Earth plane you are residing on. Languages do not matter, the differences mean nothing when it comes to the love of the soul. Therefore, I would say to you, look upon these changes as parts of the evolution of your Earth plane to the change in consciousness of its people, and, know that from that growth in consciousness, comes true knowledge of truth, and after all, that has always been my purpose in coming to you, to remind you that truth is always there. Everything changes and yet, nothing changes—you must look upon the whole picture. As I have said on many occasions, look to the fuller picture, and your understanding is greater. I know sometimes, as human beings, it is difficult to picture the whole, because, as human beings with faults, it is natural that you allow the heart to rule sometimes. But life upon this planet is no different than when man first came to step upon it. The way of existence is to allow yourselves just to 'be'. Those are simple words, my friends, but their meaning is great. So I remind you, dear friends, allow yourselves just 'to be'. That will be my words to you this coming year of your Earth lives. No matter your circumstance, no matter your feelings—be true to who you are, and in so doing, you will allow that inner being to come forward. Have you any questions so far?

George: I think we're all beginning to feel that bigger picture. One also feels compassion for people who suffer within it, but I think we're all appreciating that the world is changing and *has* to change.

Yes, have compassion, but do not become—I use an Earthly term here, for your understanding—do not become too 'bogged down' in individual situations. I know that what I ask of you is no small feat, but I do have the responsibility to remind you, my dear friends, that truth is simple. It never changes, it will not change, it always has been and it always will be—no matter the situation on this planet or any other.

You understand? (Yes)

Sarah: I think it's getting easier to step back a little bit and not get quite so involved, not get quite so emotional about things—so I think the understanding is beginning to come to us.

Yes, I almost feel that I repeat so often the same words, but my purpose in reminding you is that you are striving for the same goals—that you are beginning to understand what your lives are truly about. So much is happening in your world, I am sure you have been aware, at times, that words I have used in time gone by, have materialised at some point. Yes?

George: Yes, indeed! And it's so nice for us to become aware that your teaching to us is spreading much further afield. In fact, we've mentioned the scientist Dr. Ervin Laszlo, and we've had further communications with him, and I feel he's a wonderful scientist. And his personal assistant is a Hungarian lady, named Gyorgyi (*pronounced 'Georgie'*) and she plans to fly over from Italy to join us one evening. She

would very much like to experience your teachings, Salumet. In connection with that, I would like to ask you: do we need to arrange a date for this or will you simply 'know'? Perhaps, you already know that this is under way—and will you simply be here on the evening that she arrives?

I will be happy to greet her with this group. Yes—no pre-dates are necessary. I will be here.

George: Thank you!

And whilst we speak of scientific matters, I wish to say: much progress is being made in scientific and medical fields, even although, you may not be aware of these advances. Let me assure you dear friends that much is being given from spirit at this time in your existence. There are many things which will come to light.

Sarah: Well, I was just reading the other day again about something they found in fish. I can't remember what it was now—they think it will help one of our diseases, and I did think of your words, Salumet, because you said we would find much from the sea.

Much more! Much more! But of course, always the problem is the time factor, because although I know these things (*will occur*) in your world, there is always the restriction of time; but it pleases me when you recognise that my words are bringing truth.

George: Yes, indeed, and we are very happy that both the scientists that we have mentioned by name, have read the Bonniol book and their *theories* have much agreement with our *findings* (**yes**), so that is part of this picture.

Yes, always, always, I told you from the beginning, that words would be verified from other sources around your world.

George: You have indeed!

This is not a singular quest; it belongs to many from my world, who come to your world to help mankind.

Lilian: Coming back to the cures coming from the sea—if the cures are coming from fishes, would it have been their purpose to cure?

It has always been—it is just that recognition comes at the proper time.

Lilian: I see—it doesn't matter if it's another creature.

Only the Creator can answer that question for you!

Lilian: Right.

Paul: Could I mention that on my travels recently, I came across what was called a 'Pyramid Water Temple' in Thailand. One of the monks, the head monk, claims to have been inspired by extra-terrestrials to construct pyramid shapes—small stone pyramids, pointing at water circulating through pipes, and using the pyramids to energise the water for drinking—and also for sleeping under. Can you say anything on that?

I will say this to you, my friend: 'pyramid power' has been on your Earth for as long as the Earth has existed. The energy of pyramids and the water is twofold, and it is not a new happening—it has existed on the Earth planet for a *long* time. Mankind has been given this information, especially since what you term 'New Age happenings'; it has suddenly become more acceptable. It is almost like 'an ionisation of the water', to be used in conjunction with the pyramid shapes. Yes, there is nothing unusual about using this method.

Paul: So this particular monk is—

He is more aware of what is being given to him.

Paul: Ah! That's very good! Yes, I purchased one of his pyramid beds so I will try to set it up to use it.

Yes, if you think—I give you a very simple example—how often people speak of the Red Indian people of past time. What shape were their tepees?

Paul: Cone-shaped, yes!

Yes—not quite a pyramid, but you can see the closeness.

George: Yes—that general form!

Yes—you have great structures in your countries that many people feel great power from—your pyramids have been used as energy sources for a long time.

Lilian: So the connection with the water—

Water has its own power.

Lilian: So, even people who do water-divining—is that a similar thing?

Not quite, no—they have the ability to find water. Water plus pyramids is a different energy—yes.

Lilian: I know my father did water-divining (yes).

Sarah: Does the water change in any way or just give out—is it a source of extra energy?

Both can be altered in structure—the structure, the element of water, depending what the pyramid shape is made from. The gentleman has spoken of stone, which is a natural resource—which each has its own energy. To unite these two elements gives a much stronger force, you see?—together they create an energy field which is much stronger. Does that help you?

All: Yes!

George: And you would agree that to treat water in this way would make it more health-giving to drink?

Yes, you are ionising the water. You are purifying it in a sense, but also giving more power and strength to it. If you think—I am simplifying things as always for you—if you go to your mountains anywhere on your Earth and you see natural streams of water, are they not always flowing over stones and rock?

(Agreed)

Can you see, always in nature there is this connection? (Yes)—But the shape of pyramids has a natural energy field, not belonging to anything else. Yes—I hope that helps.

Sarah: Salumet, when you said the pyramids were as old as the Earth, are these gifts that we were given with the Earth?

You all are gifts of Creation. All of mankind is a gift of Creation. What you have to remember—all that is material is only here on the planets. All material returns to where it came from. You understand? (Um—) No.

Lilian: It goes back to spirit?

Yes.

Lilian: But not in a solid form?

Material matter is only a certain density.

Sarah: So when it's been used, when it's had its use, then it can return back to um—

Lilian: Energy?

Pure energy—yes.

Sarah: Thank you! Could I ask another question on a slightly different tack? I've been reading a book by Lorna Byrne, and she's still alive. Ever since birth, she's been able to see angels and she sees peoples' spirits—their guardian angels. Is this a 'one-off' or are there other people who can see just as much as she can? She has tremendous contact she says—all the time there are spirits there—she calls them angels who are there and talk to her. She said there was one time—and it has happened before—where they put her body to one side and take her soul/spirit to other places and then she has returned back to her body. She is taken on these journeys—

Yes—these things are possible for all of you. It is only that she has become more refined in allowing her own soul energy to release from the physical body. Of course, many people are capable of seeing angels;

but remember, my dear friends, angels come in many guises (yes). Do not assume they are all winged and beautiful creatures. We have discussed this on many occasions.

Sarah: We have—it's just that she said she saw peoples' guardian angels as well. Is that quite right?

People can see others' angels—yes. It is not unusual.

Sarah: She said, right from a small child (yes) she's always been able to see!

Yes, she came to this life with that vision still intact, as many people do who can see spirit. For most of you, it takes hard work to re-align yourselves with your true spirits—but yes, many, many people can see angels.

Sarah: I knew angels could be seen, but it was just that it was *her whole life*—it seems, daily, it is taken with angels being with her, talking with her and telling her things.

Yes, she needs to guard against living too much with them, rather than living her life here—there is a subtle balance. After all, you all come to the Earth plane to learn and there is a fine balance between allowing that unity with your spiritual self and your physical self. You have to live your lives here. So I would say, perhaps she is allowing herself to be too involved in allowing her spirit to be free.

Sarah: Ah yes—it seems like she's being guided—

She is not properly grounded, I would feel.

Sarah: Ah, right!

Although, I have no doubt she would dispute that remark.

Sarah: Anyway, thank you for that, Salumet.

George: Could I mention that great teacher, the Indian gentleman White Eagle, has actually materialised through a materialisation medium in Australia—David Thompson. And it must be wonderful for many people to actually know that that Indian gentleman once had Earth life and has now materialised, so that his form has been accurately seen (Yes). Have you any further comment on that?

Yes, that great Indian is one aspect of the spirit from our world, and yes, materialisations are still looked upon by people in your world as an ultimate expression of spirit. Yes, I am aware of the one you call White Eagle. His mission to Earth and his teachings are still revered by many in your world, but I can tell you White Eagle is one aspect of a greater spirit—yes.

George: Yes, so it would be that one particular lifetime (yes) that would have materialised?

Yes, much good work has been done by him with that particular medium that was used, and of course, as I say, materialisation is not so much used today as it was in past times. But it is something to behold for you human beings (yes).

Sarah: But why is materialisation not so common now? Is it to do with us?

It is not the easiest way to communicate, but it is the ultimate way, because all of your senses are satisfied—you see, you hear, you feel. There can be no doubt and not all mediums can be used. It takes much work from our side and from your side to achieve this; plus there is too much, I feel today—too many comings and goings of people within a group. There needs to be years of dedication to have the true satisfaction of materialisation. All visitors need to be true before this will happen—so there are many reasons why it has declined.

Sarah: We have been hoping for a materialisation from Bonniol, but I don't think we've been doing all—**That is different—apports are different—**

Sarah: Ah right—

—not really classified under materialisation. We see materialisation as the reappearance of a person.

Sarah: I see, yes.

But there are many apports. Of course, it *is* materialisation, but you have to distinguish between the two.

George: Yes, I think we've been talking about materialisation using a medium's ectoplasm.

Yes, it has to be a particular medium who produces this for the materialisation of a person.

Sarah: Are apports easier than materialisations?

It is almost the same, but—this sounds like a contradiction, but it is not—the same methods are used, but on a much smaller scale, and more people are able to produce small amounts of ectoplasm as opposed to the amount needed to materialise a whole being. You understand?

Sarah: Yes, thank you!

Lilian: What exactly is ectoplasm? Is it an energy of some kind?

It is an energy—it is life! It is what you are!

Lilian: I see—that's interesting

Now, my dear friends, I feel that I will leave you this time. I hope that, as we have re-united once more—

George: It's been a wonderful evening, Salumet. Thank you for all the information given and it's so wonderful to be re-united again for the coming year.

I thank you, my dear friend, for those words, and of course, our wish would be that we meet again in love and joy and harmony—all of the things of the spirit. And I will leave you now, as always, cloaked in my love and the love of spirit.

(Thanks and farewells)

A rescue followed via Eileen, wonderfully conducted by Lilian. This was a heavily handicapped, blind lady.

Lilian talked her through while she managed to nod an inclined head with hand held to it. She was able to see the light ahead and go forward to friends who waited to receive her.

George's Notes:

Gyorgyi Byworth MA: Personal assistant to Dr Ervin Laszlo. International Relations Associate – Club of Budapest. In London 2009 – Global Coordinator of WorldShift 2012 event. Has been International Relations Coordinator – University of Florence Medical Facility—coordinated implementation of bilateral agreements between participating European Universities of the Socrates / Erasmus program. Currently studying for PhD in field of consciousness in relation to Akashic Field, metaphysical aspects and how it effects healing.

Gyorgyi is fluent in English, having lived part of her life in UK. We very much look forward to sharing a Salumet evening with this lady!

The Pyramid Water Temple: Suan Buddhannarakdham in Maerim, Thailand. Located 4.8 Km from Samoeng-Fang intersection beyond the orchid farm. Head Monk: Pra Ajarn Ratana Rattanayano.



The original water used is natural well water. Two types of energised water are produced: 'Prana (P) water' and 'Mind (M) water'. The P water arrangement has a heating element and four 'strengths' are produced depending on the number of cycles through the pyramid structure:

P-10—to suit detoxifying the digestive system

P-7—to energise the body by stimulating blood circulation

P-3—to relieve aches in muscles and tendons

P-1900—this should strengthen immune system and protect from infections.

Mind Water: M-1900—just the one category, produced from a cold installation. Good for internal organs, emotions and mind. It has a good effect on the heart and is said to heal heart disease.

There are precise recommendations for drinking for each water / quantity / time of day etc.

WHITE EAGLE materialization: What follows is an extract from Victor J Zammit's 'Friday Afterlife Report' giving the news that White Eagle has materialized via David Thompson:

SENSATIONAL MATERIALIZATION LAST WEEKEND:

A MAGNIFICENT SPIRITUAL EVENT: THE GREAT MASTER WHITE EAGLE MATERIALIZES THROUGH DAVID THOMPSON:



Last Saturday 22nd January we, the sitters who participated in one of David Thompson's materialization sessions, were extremely privileged to have that great spiritual master White Eagle materialize and give us all a most wonderful, most profound message - not only for us, but for the whole world.

His message was the same as the message of Silver Birch (who came through David on several previous occasions) - the same as the message of William and all of the Circle of the Silver Cord spirit team- that 'there is no death, only transition'.

This was the very first time, as far as I know, that White Eagle materialized anywhere. Millions of people are familiar with the wonderful books of White Eagle, a great spiritual master who used to come through the English deep trance medium Grace Cook until her transition in 1979. Like many people, we the sitters in David Thompson's materialization sessions had read the books of his teaching and Wendy and I had even been many times to the White Eagle Lodge retreats in Maleny Queensland. They were all most wonderful experiences, most spiritual. <http://www.victorzammit.com>

Thank you Victor for that good news!

Lorna Byrne. Irish mystic: Angels are non-denominational—they are here for everyone. Website instruction: 'Put your disbelief to one side and take a look!' Books: Angels in my Hair / Stairways to Heaven.

~14th February 2011~

On this occasion Eileen was not with us but we received two visitors who spoke through Sarah. Firstly it was an exercise designed to assist those having difficulty with transition.

Circle of light: One spoke through Sarah of another in spirit who would be arranging a 'circle of light'. This would involve both our own energies as well as energies of those helping in spirit. Initially we were asked to give thanks to all those involved. Our spokesperson went on:

You should feel around your heads a slight pressure. This pressure is the concentration of energy that is being given forth for this light circle.

Pause

And now the circle is beginning to form. It has taken from each one of you a bonding energy, and this bonding energy is flowing through you all and is including all those who are standing by you.

We were asked to create more light by placing our hands together so that the finger tips just touch. And that light was then being distributed amongst the many having still to acknowledge their death and passing to spirit:

She continued: Those who are near the Earth energy and who refuse to move away. They will be able to see this light, and because it is light that they do not understand on the Earth plane, they will question, and this questioning will help them to move away from their ties on your planet, and to move on in the direction they are meant to go. This circle of light has produced such a dazzling spectacle that it will be impossible for anybody who is looking at it, not to wonder what it could be. This energy can be taken up by those who are questioning and it will give them renewed hope for a journey they would otherwise find so difficult. I have been asked to come to you by those Gatekeepers who have had so much trouble trying to convince those who have refused to move in a direction that would benefit them. And I am already getting the message that your help is already achieving some success.

That one was thanked and withdrew; then next, one from an Amazonian tribe from times past spoke via Sarah. The tribe was known as the Black Feather Tribe and they were 'Fire Readers'. He addressed us with a powerful male voice, befitting a chief:

Lilian: Good evening—welcome to you.

I wonder why you sit so. I always had my tribe with their legs crossed sitting on the floor.

Lilian: Yes, I know—we're sat in chairs. It is what we are used to. Our older people find it quite difficult to sit cross-legged, but you never did—

Well—let's put it in a different way—we did not have chairs!

Lilian: Yes, but even in old age you could still cross your legs, and that's what you have always done—

We were very comfortable sitting close to the earth surface and warming ourselves around a fire. In the fire we could see many things. Much was given to us from the flames. We could always be prepared for anything that might not be as we would wish it. And the flames would give us a warning to any danger that was likely to befall us.

George: So the flame was an aid to your meditation—could we put it like that?

Slight pause

I would not quite put it like that, because we were not seeking 'meditation' but simply sitting around the fire as was normal in the evenings.

George: I see—that's interesting.

It formed part of our conversation, and those who could see what was going to happen could then relay it to all in the circle—but there were times when we would sit quietly by ourselves and take stock of what we had done and what we hoped to do; and this I think you would call meditation. But the camp fire was a group exercise—not even exercise—it was a group meeting where we would all join in and be glad for all that we had.

George: Mm, and nice to experience that togetherness.

We were a most sociable group but we had also to be so, because had we strayed from the group, we would not have lasted very long. Each member of the group needed the others to survive.

George: Were the dangers from wild animals?

—Not only wild animals, but also other tribes. So it was most important to stay together.

Lilian: Yes—can you tell us the name of your tribe?

We were known as 'Black Feather Tribe'.

Lilian: So when you looked in the fire, did you see pictures in the fire or did you just have the feeling of the messages?

The flames would form into outlines of whatever the danger may be. We could perhaps see a spear being thrown and we would know that we could expect some unwanted visitors.

George: Would this have been that part of the world which we call today 'North America', or are you not able to say where this life took place?

I can tell you that the river you know today is—to be the Amazon.

George: Ah—South America.

We had many treks along this river—always going south, because the energy of the river pulled us south. So I can perhaps say to you that I do not know how far north our tribe existed before they started moving south.

Lilian: This was women and children as well?

This was the whole tribe—always moving south.

George: Did you have canoes or any form of boat that you were able to use on the water?

We did use rafts on the water, yes; but we also trekked many long distances along the edge of the river.

Lilian: And did you use tepees at stopping places?

We did indeed have tents.

Lilian: Did you realise at the time that shape of tent would have encouraged energy?

We were aware that there was a renewal of strength when we entered the tents, but I am not sure whether we actually knew it was the shape of the tent or whether it was just something that we knew: when we went in that we would regain more strength.

(We are aware from several sources that pyramid or cone shapes, such as with Native American Indian tepees, enhances energy)

George: What material did you use for the tents?

The tents were made mainly from the skin of animals. The main skin was from firstly, crocodiles and secondly, from monkeys. These tents had to be sewn together, and we would use some of the very sharp reeds that grew along the banks, as needles, and the vines that grew up the trees for what you call 'thread'. We were in no rush to push forward, so there was much time for renewal of tent skins. This was something which was always, as you would put it, 'on the go'.

Lilian: Did you have horses?

We did not have horses.

Lilian: It was interesting about the tents.

I am being taken to one of these tents now, and it is a reminder of how small they were and how many people sit in them.

Lilian: The whole family in one tent?

It would depend on the family, but I would say there was more than one tent to a family (I see).

George: And was it cool at night—did you need to cover yourselves for sleeping, or was the tent by itself warm enough?

Sometimes it would get a little cold, and then we could use the tents that were being prepared, as covers. So there was always a use for them whilst the work was in progress.

George: And what did you use for food. Did you use the animals and fruit?

It was mainly the fruit diet, but we did manage to catch some fish from the river, and we also ate the monkeys that we caught.

Lilian: Did you grow vegetables?

We did not grow anything because we did not stay too long in any one place.

George: So it would be a jungle situation and the jungle provided, and you kept moving through it—
That is correct, yes, and we also trapped birds which we also ate, but the main purpose of this—or should I say—the by-product was the meat, but the prize was the feathers. We prided ourselves in making our headdresses from these—most alluring—especially the men folk. Yes, it was hard work, but I would say: a most fulfilling and happy time.

Lilian: So money was never needed as we have today and that was a good thing.

No, we did not have any, and we did not exchange goods with other tribes either. But sometimes, if we were attacked and the tribe were to lose, we would collect what they could not take back with them.

George: What would be the purpose of another tribe attacking?

Now, I look back, I can see it was 'fear'. But at the time, we just knew that if we got too close in our movement south, to another tribe, they would think we were attacking them. And it is most difficult when you do not speak the same language (yes). You made yourself understood that you do not wish any harm, and sometimes you have to defend yourself.

Paul: Did you get ill much, or were you a fairly healthy tribe?

We were most healthy. Very rarely did we get ill.

Paul: And did you have a medicine doctor in the tribe, you saw if you got ill?

Yes, there is always one who looks after the sick, and there is always one in the tribe for every aspect of life—for those who have questions—for those who provide the food—for those who wish to help with any work that has to be done. Each one had a post and everyone was able to be advised.

George: Were these people who had knowledge in this way—are they also the people who could see things in the fire?

Everybody could see in the fire. It was something we—we all could read in the flames, yes.

George: So some in the tribe were simply recognised as having this knowledge or this skill?

Ann: Everyone could read the flames.

Yes, the flames were our friends. They were almost part of us. It was something we could all do, but not everybody saw the same thing at the same time, but each could read the flames.

Lilian: How did you light the fire—stones or wood rubbed together?

Yes, we used to rub wood together, and because there was so much dry material, it was very easy.

(It seems they did not preserve fire or transport it with them because it was so readily produced by rubbing sticks together)

I think it is time I returned, but I have been most happy to speak with you.

George: Well, It's very interesting to us to have your description of how things were, living with the tribe. So you've advanced much further in spirit now and you are able to look back and understand how things were at that time?

Yes, I can see some changes, but when I return to the Earth planet I become aware of how it used to be. It is a nice feeling, but at the same time I am ready to return back to where I belong now.

George: Yes, I thank you for being with us. We've much enjoyed this meeting and your words. It's an education for us. Thank you!

It has been my pleasure, and I would like to offer each one of you one of my black feathers.

(Thanks from all)

Lilian: When we see a feather in the garden, we'll think of you.

I have put one in each back-of-your-head, to sit there, but I have not given you a band that goes across your forehead to tie at the back where the feather sits, because I do not need a leather band any longer. The feather sits most proudly and it will send you safely back home when you return.

(General thanks)

Lilian: Please come again another time.

George: Yes do.

I will not say no.

George: You will be most welcome to come again, and is there a name that we can remember you by?

(Pause)

I am not aware of the name I used to have.

Lilian: If we say 'Black Feather', will that do?

I was about to say that you could call me 'Black Feather', 'Black Feather from past'!

(Thanks—wonderfull!)

George's Note's

Anthropologists would no doubt find this type of material to be of great value, if of course it were generally accepted and fashionable to involve the ongoing lives and ways of spirit. We have received a number of such accounts through the years from Africa, the Americas, Atlantis and hunter-gatherer peoples.

~21st February 2011~ SALUMET

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

As I join with you this time, it touches us in spirit to hear such heartfelt thoughts and compassion for others. Those thoughts are given in love, so those thoughts are some of the strongest that we receive. It sometimes seems that your thoughts and prayers are never answered. I am here to tell you, my dear friends, that is never so. All thoughts are received and all thoughts are gathered and all thoughts are answered. You know that sometimes it is not always the answer that you would wish, but it is the answer which is part of the evolution of that life. This, my dear friends, is what you must remember. I also would like to say this time the love and compassion that you give out, when together in these meetings, is admirable, but that love, that compassion, should be used in your daily lives. You should, my dear friends, be shining examples of living a life of love and compassion. It is easy, in situations such as this, when all seems well and good and your purpose is to help, but not always so easy in everyday living. I would like you, my dear friends, when you go about your daily tasks, when you come across a situation which is not quite right, then I would like you to stop, to think and to send out love to those people much in need. It is easy to be compassionate about people you know—not so easy when the person is unknown to you. I know, in general, my dear friends, you ask for many in your world, but I would like it to be your task, before we meet again, to seek *one* from a distance, who is in much need of help, and to offer that help, with love and compassion. You understand? (Yes) You may be surprised by the response and the feeling that you receive—not so easy to love and forgive one who you feel does not deserve it—

Lilian: Yes, I see what you mean—

That is true love. Not easy, and you are only human after all, but it is a state which all of you should try to achieve. I do not wish these words to seem like a criticism of you—that is not meant at all. I wish to instruct you just a little more.

Sara: Yes, I've been trying to work on this myself recently (**yes**), with one or two people whom I felt a bit cross with (**yes**) and I've found it has been an interesting process, because sometimes I've been able to send them love and then another time I need to send love to the part of me that feels hurt (**yes**), because you can't really send the love wholeheartedly until you feel healed yourself of the cross feelings—**Yes the frustration is high in these times (yes), but at least, my dear friend, you recognise that within yourself (yes). And indeed, as you have said, that also is a healing. And what you all sometimes forget to do, if I may say so, is to forgive and to love yourselves (yes). You are happy to give, but you forget that to give truly, and honestly and with great love, you need, my dear friends, to begin that purification of your own being—yes that is true.**

George: I can understand your words concerning the extremes of difficulty in loving. In the past, in my work, I have met imprisoned terrorist bombers (**yes**), and, yes, I guess that is an extreme example. **Yes, there are many examples in your world, and of course, we know and understand that the human element of every single being, struggles, at times to have true love and compassion, but as with many things in your lives, it is a *learning* process. We do not expect you to be angels—that is not your purpose, but what you have to realise and understand, is that you have great opportunity to grow yourselves, and to become better human beings. You can only *strive* to do these things. After all, you would not be here if you were perfect. But that should not stop you trying to achieve that higher being that you truly are. You understand?**

(Affirmed)

Have you any questions about this?

Lilian: I was just thinking about the part of the world where the people are standing up for themselves—I'll put it that way—against the leader of about 40 years, Colonel Gaddafi—that's his name, but there must be a lot of hate being felt towards this man. Would that affect him in any way?

Of course, any emotion of hatred is not good (no), but again, I say to you, all of these matters are part of the *changes* within your world; it is part of the evolution of your world. Mankind has always strived, especially nation against nation, has always tried to have the upper hand, until such time as they realise that what they are trying to achieve is not possible through the means of *war*, but when it is people struggling against the terror of being subdued in their lives, this basically is '*good against the bad*' that you would say, although I would say '*darkness and light are two sides of the same coin*'. It has always been and Earth is still struggling to this day to change for the better. So, you cannot take an isolated incident and make judgement upon it. As always, my dear friends—and you must surely, be tired of my repetitive words, but try always to look at the wider picture. Your world is changing, and I am happy to say, '*it is changing for the better*'. My love for your world and for *all* who live within it, is ever hopeful, and, I am sure, my dear friends, you will agree, that in such a short time, even within your own lifetime, there have been many changes for the better (yes). Nations have come together.

George: Yes, indeed, and when you first came to us, I recall you saying your mission had two parts, and the first part was to steer us away from nuclear oblivion that we were heading towards (**yes**)—that was a very big change!

Yes, yes—as I say, your world has to evolve so much more, and it is difficult, I know, not to take one section of your world and to feel what the dear lady calls 'hatred' towards it; but right will always come to the fore. These things do not happen in a second, or a year, or a hundred of your years, it is a gradual

process. But be optimistic, my dear friends, because, I say to you, **‘we feel optimistic for your planet’**.

George: Well that’s good news. I think you’ve said before that we should stand back and see the situation in overview **(yes, yes)**, and then it is clear that there are improvements.

I am happy to stand by those words, and yes, it is not always the easiest thing to achieve.

George: Well that’s very nice, because I have had some feedback on this very subject, and it’s good to re-iterate that we are moving forward when seen in overview **(yes)**.

Sara: Could I ask a question?

Yes.

Sara: There’s a lady called Keisha Crowther, known as ‘Little Grandmother’, and she speaks about ‘Love’ and the importance of being loved in these troubled times. She’s a Native American Indian shaman and I think she makes a lot of sense. She mentions a short period of physical darkness for the planet, and I just wondered if you could comment on that. She mentions this coming in the near future.

You could say, my dear friend, that in your world—your planet—there are always areas of darkness (true!). So, yes, I would accept her words, but again, I say, this is nothing new, it always has been that way since man has trodden this Earth plane; but as long as there are greater areas of light, the darkness will always be dissipated. You understand?

Sara: Yes **(yes)**. And she doesn’t have an alarming message **(no)**. She’s not a scaremonger—so she is worth listening to.

Anyone who offers love is doing good—yes, yes. (Thank you.)

Now, I will leave you this time, but I hope my few words have given you a little more to consider, once again.

All: Yes

George: They certainly have!

Yes. And as always, my dear friends, we thank you for your thoughts, we thank you for your presence, and we thank you for your ever-increasing knowledge of yourselves. Do not forget yourselves, but know always I am close by, if you should need me.

(Thanks from all)

George: That’s very good to know. Thank you, Salumet!

A period followed, of Eileen giving clairvoyance, firstly re Sara’s family and secondly re Lilian’s family. And Lilian’s husband Roy (in spirit) wished to let her know that he is still around.

One then briefly spoke via Sarah who had experienced some unhappiness in her last Earth life:

Lilian: Welcome to you.

Thank you for your welcome. I take great pleasure in visiting you. And the feeling of so much love draws me to you. I am always happy to be able to join in with such people, because I never had that opportunity whilst I was on this Earth. I take the opportunity of coming for this short time just to feel how good it can be. I know that I do not have to come to see how things are, but I cannot help myself when I see a window of opportunity to call back and experience ‘love’, which was so missing in my Earthly life.

George: Well, you are most welcome to join us. Can you say when it was that you were on the Earth?

I believe it was in the 1800s, when the ladies wore long dresses.

Lilian: So was it your family that lacked love?

I had a step-mother and my father was not interested in his children.

Lilian: That must have been hard.

So, I was not the only one in the family who was unhappy, but I am the only one who needs to come back from time to time ... I have been told on many occasions that I do not need this visit, but it always brings me such joy when I feel the love of you good people.

George: If we can help in any way, we are very pleased to do so.

Sara: If it helps you, that can only be good.

I know that you have already helped me, just by being kind. And now I am being told I must return. So I thank you for your time.

We invited the lady to return another time if she wishes and she withdrew happily.

Finally, another seemed to be with Eileen and Lilian approached:

Lilian: Good evening.

(The was no reply but much creaking came from Eileen's wicker chair)

Lilian: Are you having a good look round?

(More creaking)

Lilian: Do you wonder where you are?

A very deep voice and more creaking:

How! I come to you another time. No time now.

Lilian: I see. What would you like to talk to us about when you come another time?

I will tell you another time.

(Chuckles)

I stay if I come another time if you like me.

Lilian: Thank you.

My name: 'White Feather'.

We declared that we were sorry 'White Feather' was unable to stay longer and looked forward to next time. On repeating the name, it seemed to ring a bell.

On checking our records, 'White Feather' is a North American Indian gentleman of large build and deep booming voice. He last visited on 10th March 1997 when the group met in Leslie's house. He will have noted a few changes! Being so large, it is likely he would have struggled a little to get comfortable, and it would be very reasonable that he look around to take in the changes. And we certainly look forward to this one returning—hopefully soon.

It may be of interest that our group has past life Native American Indian tribal connections, described in some detail on one occasion by Chief Gran Mancha. It is our understanding that we were of the 'Gor-rukka Tribe' within the group of many tribes known as 'Baa-Ba'—around 2000-years ago. And we have received over the years from such names as High Waterfall, Great Elk, Moon Feather, Running Dog, Silver Star, White Horse, Red Fire and Nahashiwah (a more recent past life of Eileen, meaning 'small body – great spirit').

~21 March 2011~ SALUMET

Following our prayers, there was some talk amongst ourselves about world disasters and problems, especially the earthquake / tsunami in Japan. And Jan had described how a Japanese lady on a train had been quietly sobbing into a handkerchief in such a serene and dignified way.

Good evening.

All: Good evening.

As I joined with you this time, I have been listening to all that has been said. I feel this time it is important that I say a few words of comfort for you all. There is so much happening in your world at this time—so much fear, so much love—that may seem a strange word to say to you, but my dear friends, it is true. I am here to tell you, your world is not coming to an end, as so many people in your world are so quick to tell you. No human being wishes to see the hurt and the anguish of others and that is the thing that brings into being the love for your fellow-man, that in times of what you term ‘tragedy’, gives the opportunity to many to come together in love and to help those they do not even know—to give help and love as much as they can. Mankind, no matter what their race, come together to help in these times of crisis, and that is the energy, which those of us in spirit, try to encourage. So I will say to you, my dear friends, all of these happenings are part of your planet’s evolution. I cannot sit here with you and say that there will never be more of these crises, because of course there always will be; you cannot stop the evolution of your planet. You can, of course, help in any way that you can. Mankind can change their views on all that is wrong on your planet, but you cannot alter the evolution of your planet. It has been going on since your planet has existed. The whole of the Earth planet has many faults within it—as in all planets of many universes. This cannot be altered, but what can be changed, is that love and that comradeship that exists between people of all races and creeds. So my words to you, my dear friends: continue to offer your thoughts and your love to those in need, but let me tell you that all those who have lost their human lives are now looking to the spirit world for their love and existence. Give them your thoughts, give them your love, but ultimately know that they are safe. That is the knowledge that should be spread within your world. I heard you speak of the nation and its people, who you feel are so calm and so serene. Is that not something, my dear friends, that all of your world could strive towards? *(Affirmed)*

Yes. So all I wish to say to you this time is to think of my words and to strive as much as you can, my dear friends, to be better people, and of course, whenever the opportunity arises, to speak of that spirit within. It is a simple message, but a most powerful one.

George: And we remember, Salumet, it was fourteen years ago, when you spoke with us in a predictive way, and you said there would be another nuclear accident. I think it’s on our minds—is this the one to which you were alluding?

When you use the term ‘fourteen years’, of course, it seems but ‘a blink of an eye’ to me (yes). Yes, of course, and as I have told you on previous occasions, it is not my purpose to predict or to give advice, but only to bring the philosophy of spirit.

George: Yes, of course.

—the truth that has always been and of course, there will be other disasters in your world, as you call them. To us, it is a natural occurrence, and that cannot be changed. You do not have the power to alter the course of what has already been set, but what you can do is improve each and every one of you. Individually, take responsibility for what you do and say with your planet. But of course, in saying those words, sometimes I have given to you a few snippets of information that provide you with something that can be verified.

George: Yes, indeed!

I have done this on occasion, not to show you how much I know, but, in order that you can clarify for yourselves that my words are spoken in truth.

George: Yes, I think we appreciate that your purpose in being here is not to predict, but nevertheless, as you say, you have given us little interesting snippets (yes), and another one at that time, was regarding the

Aids illness, and I think it has, as you indicated then, I think it has peaked, and there are several channels of investigation which could lead to a cure, and—

WILL have a cure—not ‘could’, will have a cure—

George: I think the most promising of the cures that have been examined is one based on ‘colloidal silver’.

Yes—much is still unknown about this, but I assure you much more information will come to light and you may be surprised at what will happen following this pathway. That is all I can say at this moment in time. But yes, that is something to follow.

George: Yes, and I think there was just a hint of a possible space connection (yes), and I note that colloidal silver filters—water filters—are used in our space shuttle.

Yes—yes, it is used for good and has to be expanded for the good that it can do in many fields. You would find, if you delved a little deeper that this is being allocated for different uses in all manner of things.

George: Yes, I appreciate that it is quite effective against viruses, bacteria and fungi.

Yes, because viruses in your world cause many problems for you human beings. Therefore, it is something which has come from us in spirit in influencing those who are trying to deal with these viruses.

George: Yes, I found it quite exciting to read about how that research is progressing.

Yes, you will hear more, my dear friend—there will be more.

George: And you also mentioned on that occasion, about the troubles in our Middle Eastern countries continuing, and yes, they certainly continue at this present time, but, as you also suggest, this is all part of our progress forward—I think?

Before there can be knowledge, sometimes you find that mankind is confused—I prefer to use that word ‘confusion’ to those countries who you would call—‘not understanding in the way of love’. Again, I would say to you dear friends: send up your thoughts and love for those in spiritual darkness (yes). They will, in time see the light of their wrongdoings—because some are wrongdoing—do not cloud your judgement that all is against them. There are, I’m afraid, some people in your world who are following the wrong pathway (yes). But, out of confusion, comes knowledge and truth.

George: There is certainly much confusion at the moment (yes). Yes, if we send love to those in spiritual darkness and I think that love has to be very widespread (yes), embracing those Middle Eastern countries.

Yes, all the peoples who are in spiritual darkness, all governments who are refusing to listen to Love and Truth—we are trying from spirit, to influence all of these people.

George: Wonderful!

But again, as always my dear friends, we call upon the help of yourselves and others who are more knowledgeable in the things of spirit—of spiritual love and existence. So give a thought to those people in trouble.

George: You also spoke of extra-terrestrial communications and how others will be *accepted* by those in our world (yes), and of course, we’ve since had the joy of the Bonniol conversations.

Yes, I am always—I almost said surprised—that is not a correct word for me, but I listen and am still amazed that humans, on this planet, still find difficulty in accepting the life force from other planets.

George: I think we can say that we, in this group, are surprised.

Yes, so much evidence has been given, and yet governments, I feel, are fearful—I feel that is the problem, because it is such an unknown subject for most of your people on the planet.

George: Yes, I think you suggested that the key would be the acceptance by governments, and when governments accept then the people will accept.

Yes, people sometimes need to be guided by the laws that govern them; if this is not forthcoming, then the people live in doubt and in fear.

Jan: I've always felt that the more governments hide things they make it worse for themselves. They're just fearful of the reactions of the people on this planet, but I think any among the younger generations now would accept it far more readily—much more readily.

Yes, yes, I agree there is a fear that the public will panic, but as I have said many times, Earth people are much more open to what is happening around them (Yes).

Paul: Is it that there's also a bit of fear of their own loss of power if we acknowledge, probably a technologically more advanced civilisation, than our own. Politicians are also often businessmen as well, and they've much wealth and business interests and there's a tendency to want to protect all that from any kind of change.

Yes, many people are fearful of any type of change, and of course, governments are made of men with human failings and they will be coloured by their own thoughts and feelings and of course, their own religious beliefs. Many will deny any existence of other beings, even when the proof is placed in front of them. (Affirmed!) As in all walks of life, there will always be the doubters and the fearful, so again, I would say to you, my dear friends, give some healing thoughts for these people, that they become more accepting—that they are not only inhabitants of this planet, but they are *'Beings of the Universe'*.

Jan: It's going to happen, so it really is a case of (time.)—time—it will happen and we are very privileged I think, to know that information.

Yes, visitors have always been aware for a long time, but they know also that the human being is very young in its understanding.

Jan: Yes, we're still in our infancy really, aren't we?

Yes, so they are patient; there is no need for rashness of any kind.

Sarah: When we go back to spirit, are we all then aware of other beings, or not necessarily so?

—Only if you desire to know.

Sarah: Ah right, thank you. Could you generalise a little bit by saying that those that are the most fearful are the younger souls?

I would not class them as more fearful. No, you cannot generalise in that way—not necessarily. If anything, what you term 'new souls', and I am not one to use that phrase too often—are more likely to be the children of *knowledge*—not fear. You understand?

Sarah: Yes I do, thank you.

Now, I feel this time, it would be good for you to discuss amongst yourselves, what you feel and what you have grown to understand from what is happening in your world today.

(Pause)

Sarah: Will you stay with us or will you go?

I will stay with the instrument a little longer—yes.

George: And might I say, it's been a very helpful talk that you have given us, on this occasion (Yes). Thank you, Salumet.

Yes, I felt it was necessary this time to come and speak with you. As I said, I was aware of your discussion, and I just wanted to re-iterate my thoughts on these happenings—that you might assure your understanding of what is happening, and there is much work in spirit when we have so many people come over so quickly in great numbers. There is much work on our side of life. So my dear

friends, until we meet next time, I will say only: know that I am aware of you all—no matter your daily lives, I am aware of you, and try to help and support you in any way that I can.

(Thanks from all)

George's Notes:

End of World: – There have always been doom prophets. There have been thousands of articles claiming the world will end on Dec 21st 2012—all utter nonsense. But a much needed steady change in consciousness is happening.

So Much Aid: – It is wonderful to see so many countries of our world responding to help the Japanese people at this time.

Colloidal Silver: It looks like there's a big future for colloidal silver applications!

Extra-terrestrials – So we should be seriously getting to know some soon. If only our governments would respond!

Amazed not Surprised: – Salumet is amazed at the reluctance of most humans to believe in our space-friends, despite so much evidence. Of course, having 'all-knowledge' does take away the element of surprise for those from the Angelic Realms!

Fearful of Change: – As suggested, fear of change has a number of aspects. These would include: fears of changing monetary values, loss of income, loss of prestige, religious conflicts, disbelieving majority—and how will it be if others from another planet have superior technology and the correct presentation of the one true religious belief, from which has emerged THE CREATION!!!

~28th March 2011~

The evening began with Eileen giving clairvoyance. This period was followed by a rescue—one with facial injuries whom Eileen sensed had died in an explosion. Lilian firstly removed the pain that was being experienced and then she was able to talk the one in transition through the experience. Next, one with a strong male voice addressed us via Sarah, giving further insight into a previous group incarnation as Monks: *How nice it is to be with you once more!*

Lilian: You're very welcome.

George: Most welcome!

I have been wishing to come back before, but there have been many obstacles in my way, and it has taken rather a long time in your time-scale. Yes, I have been wishing to explain to you one of the lifetimes that I had whilst I was on your planet, which, I think you may find of some interest.

(We were of course, all ears!)

Lilian: I've got a feeling you promised us that the last time you came.

Yes, but, as I said—

Lilian: It's opportunities—

It is, yes—finding that gap where I can come in—that is the most difficult.

(Murmurs of understanding)

Well, you know, I have experienced much in my times here, but the one I wish to tell you about this time is the time when I was a monk—and I believe that you also were monks.

Lilian: Yes, we were too.

Yes, and I have to tell you that this is where we have a connection.

Lilian: Oh, that's interesting!

I was in the same group as you.

(We were delighted at hearing this!)

I was a very lowly monk and it was a time when I was most unsure of my life on the Earth. I was much afraid and I felt that going in to the monastery would be a hiding place for me. I know now that this was not the correct intention for going into a monastery, but, I have to say, that whilst I was there, I learnt much, and I also understand now that it was part of our bonding that I should be in this monastery with you.

George: Oh wonderful, so that was the 'Myddle' monastery—

It was indeed, and, when I became aware in the monastery that there was much more to being a monk than hiding from the problems I had outside, I began to find a path. And I believe that each one of you, also found this same pathway. It was a pathway that led us all to a lifetime of searching for what is true.

George: Yes, well that's wonderful to have this bond together.

It was this bond which brought me on my first visit to you, but at the time I was not completely aware of this, but I have now found that aspect of me that joined us all together. So, it is with a pleasure—I cannot explain to you—

George: Well, it is certainly a pleasure for us—

But I am so happy to join with you, particularly on this occasion.

Lilian: Can you tell us what you did in the monastery—such as looking after the garden or whatever?

I did not have a particular job. I was what you might term in your words, a 'general dogsbody'—yes.

(Laughter)

George: Well, I think I was a gardener. *(Chuckles)*

Well, I'm sure you also took advantage of what I could do for you. I helped everybody, and I have to say, I was more than happy to do the tasks that were asked of me.

Lilian: Well that's most useful, I would say—a job like that—helping everyone.

Yes, and I can tell you it makes you aware of what everybody has to do and gives you a chance to talk one-to-one with each member of that community.

George: Yes and the abbot sits beside you here—*pointing towards Paul*—*Chuckles*

Eileen: Was he a good man?

(More laughter!)

He was a strict abbot—

(More chuckles)

Eileen: Strict?

—strict, and he kept the monastery running most smoothly—

George: Oh!

Lilian: Well, that's something.

Because each one knew they had to do the task that was befitting of them. But I would also say that there was not one in that monastery that I wished would leave. We were all most happy together.

(Pleased murmurs!)

Lilian: That's good!

Yes, it was a very happy time, a very happy and organised time.

George: How sharp is your memory on these things? Do you happen to recall the year date?

I am quite clear on what was going on and I have in my head a date of 1365, but I do not know if that is correct.

Lilian: I think we are right in saying that it was in Tudor times.

Eileen: We did have a date, didn't we?

I can tell you that the community outside was quite thriving. It was quite a commercial settlement, and they, too, were organised. The settlement outside and the monastery within worked quite separately, but each was aware of the other, and was prepared in any way to help each other.

George: Yes, I believe there was a certain amount of trading between the monastery and the settlement outside.

Yes, it was a very amicable arrangement, and I can tell you also that there was a business venture in clothing with the outside settlement—

Eileen: Clothing?

—which was helpful to those within.

Lilian: Did they make the gowns or whatever the monks wore?

I am not sure if they made the actual clothes, but they certainly made the material.

Lilian: Was it the time of the Reformation? There were problems at that time with the Roman Catholics—
I was not aware of any problems of any kind. All I can say is that it was a most happy time for me and, I believe, all those who were in that settlement, both inside and outside the monastery.

George: Yes, and the one who made the wine—he led our group here, until he passed to spirit himself. He was a very genial one who led our group for a number of years.

Yes I am aware of this one, and I am also aware of him in spirit—

(Sounds of delight from all)

He was also part of this bonding.

George: Please give our love and very best wishes to the one we know as Leslie, if you have the chance.

I will indeed! I will indeed—yes!

Lilian: You must have had some interesting chats with him?

I am becoming very close to him at this present time (oh!). He IS coming very close, and he is most overwhelmed that we are joining together.

George: Wonderful! Love and best wishes to Leslie, our group leader!

Paul: The work he started goes on!

Lilian: Yes, he started us on the pathway we are on now.

Eileen: But now we have a lady in charge!

(More chuckles)

I am being drawn back, because this one, Leslie is so close, but is not able to speak to you at this time.

George: We understand.

He wishes to say to you how happy he is that the group is flourishing and will be coming through to you in a very short time.

(All delighted at the thought)

George: Wonderful! Yes, he will be most welcome, MOST welcome. Thank you for that!

Paul: We'll get the kettle on!

(Laughter—thanks from all as the evening came to a close.)

George's Notes:

Visitor: We have had the pleasure of receiving visits from several aspects of this soul, via Sarah—living in ancient Egypt and South America.

Myddle Monastery (at Myddle Wood, in the county of Shropshire): We received much information on 30th June 1997. The small monastery was destroyed during the Reformation. It has brief mentions in ECL English Monastic Archives and in Richard Gough's 'The History of Myddle publ. 1834 and Penguin Books ed. 1981.

1365 Date: *We think the date given would not have been the date our visitor was there, but might well connect with the monastery's history.*

~11th April 2011~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As I joined with you this time, we hear your thoughts, your words, and your offerings to help other people. We accept with thanks all that you give for others, but my dear friends, I would like to take this opportunity to thank each and every one of you—those who are here, and the others who are absent. We in spirit, wish to offer *our* thanks to *you*. We do not often say those words to you, but I would like you, my dear friends, to understand the importance of the communication that you make with us on behalf of others—those who are lonely, those who are ill—so many people in your world who need help, but do not for some reason ask for themselves. Without your prayers, it would be a little more difficult to reach many people, so I will say once more, with much love from those in my world who stand by to help and to listen to you—we thank you always.

George: It's very nice for us to have that recognition and for all of us and for those who read these transcripts of the meetings I'm sure it all brings it to the fore and shows the reality of the help and the oneness that follows.

Yes, the power and strength of your prayers should be noted. Not only are those who you ask for *helped*, but also each of you is helped to some degree, because of that selfless love which you show for other people. Do not forget, we love you also, and although you do not often ask for yourselves, we are ready and waiting close by to help each and every one of you.

All: Thank you!

I have said. On many occasions, once the connection is made, it is not so easily broken.

Sarah: And we're glad it's not. We're very happy to have the contact with spirit.

Yes, so many come who wish to be involved—so many leave and we are not allowed to interfere in anyone's life whilst on this Earth plane, but we can be very influential, if we are allowed to be.

Jan: I'd like to share with the group—two occasions recently. You've often said Salumet, that we're never alone, that you come close to us (**yes**), and we have to learn to be able to recognise that. There are two occasions just recently—one was today, when I asked before I went into my office for help, because I had a difficult task to do, so I'd like to thank the computer technology expert who helped me, because my task just went so well, and yet I had come back to that task three times—and I felt that I was being guided. And the other time was at the dentist recently, when I asked for help before I went in, and I had no fear, no pain, and it was a nasty operation that I had to have—and I just felt that I was surrounded then (**yes**). So, I'd like to say 'thank you'.

We are always happy if we have achieved help for anyone, but of course, if you do not *ask* we cannot *give*. So often, you people on Earth feel that it is wrong to ask for *yourselves*. Let me reassure you my dear friends, that is not so. You should ask, because in asking, you are making that close connection, and although we are always close to you, that impetus of asking for help is all that we need to come even closer. So, I am happy, my dear friend, that you are now a little *more* aware of our presence around you.

Jan: I had a different sense after both occasions—I was asking for, but I had a sense that I was ‘being helped’ **(yes)**, which is rather different—but a very nice feeling afterwards, especially today. I did give thanks that they had been there to help me.

You, my dear friend, have been helped, and I am sure you will agree that you are becoming a much more placid person (yes). Yes, because your understanding goes deeper—yes.

Jan: I feel it. Step-by-step, I get much better.

Yes, that verifies what I say about recognising that contact—not *belief*, but *knowing* that we are always with you.

Jan: Yes, it’s the non-doubt **(yes)** that you need and that leap of faith that it is so **(yes)**, and once you’ve made that leap of faith, things seem to happen—

It becomes a bit easier, yes—

Jan: —because you are not fighting against it—

I do not say life becomes easy—

Jan: No, not at all!

After all, what would this Earthly life be if all was so simple? What would it be like if you did not learn? I would say to you it would be a life not of much use.

Sarah: Also, you said, Salumet, and I did give thanks this evening, which I’m sure you heard—you told Emily, my daughter, that she knew the answer to her problem, and she thinks she *has* found the answer, and she’s very grateful for your help for that, and I think she’s maybe, on the road to recovery. So, thank you!

She is like a beautiful bud that is slowly opening.

Sarah: Ah, thank you! I’ll tell her—

Give her time.

Sarah: Yes, thank you!

George: Yes, I think all of us have had these feelings of presence, and I certainly have good feelings sometimes during periods of writing when just the right words seem to come along. I feel I’m getting help, but there’s also this business of synchronicity which we’ve spoken about before—and this is quite fun sometimes. Quite recently—well when we moved into our house twelve years ago, it had the name ‘Ruyton’, which seemed quite a strange name. We kept it, and I discovered only this last week, that there’s a village called Ruyton, quite close to the old ‘Myddle Wood monastery’ that we had in our past life. It’s a little strange, the way that synchronicity has come about.

Yes, I believe that the topic of past life arose some time back, and this, my dear friend, was, for you, a little reminder of those times,

George: Yes. We’ve recently had a gentleman come through who was with us in those monastery days.

Yes, I see, but, of course, as you know, I have again told you, on many occasions, that nothing happens by chance. So, still it makes me happy when I see your excitement about these things—yes.

George: That’s nice! Are you able to take questions, Salumet?

I will—yes.

George: Well, one who recently came through to us, introduced himself as being of ‘The Black Feather’ tribe of Amazonian Indians **(yes)**, and he described how they all sat round the camp fire of an evening, and could read messages in the flames—I think the word for it is ‘scrying’, but, all the tribe, apparently, could sit there and read things in the flames—little warnings of danger, perhaps. Would you care to say something on this?

All I would wish to say about this has already been spoken about. We speak of peoples of long ago in

your time, whose awareness was much, much greater (yes), and because their awareness was so much greater, it was used for the good of the whole people. It was not unusual for all of the people to use what today you would call 'spiritual gifts'—it is not a gift, it is your right that you were created with—it is just that today, mankind has lost the use of these things. I can tell you that, even today in your world, in the remote forests of your world, there are peoples who still use many methods of spirit. They can hear the coming of the rain, they can hear the footsteps many miles hence, and it is quite natural for them.

George: Ah, yes, so the flames—

That is only a focus—

George: A focus, yes, I understand.

Yes, the same way today people use your cards, people use your crystals, people use what you call balls to see what is to come. My dear friends, you need none of these things; all that you need is what is within you. You can see what is ahead, if you look closely enough. You all have the ability—you all have it—why not try it for yourselves. Make it an exercise, and we will discuss it next time—but I do not recommend fires (*Laughter*), but what about some beautiful candle flame?

George: Yes, I guess the fire just suited the tribal situation.

Yes, because that was their way.

Jan: I've noticed—I'm only around domestic dogs, but it's so apparent that five/ten minutes before somebody arrives at the house, both the dogs that I have know that that person's coming (**yes**). It's wonderful to watch and you think: 'Oh she'll be here in a minute', because he's got up and is waiting by the door, and she's nowhere in sight, but he knows.

In the same way as many animals are aware of spirit presence (yes). But you my dear friend have an affinity with one of those animals.

Jan: Yes. I do—a strong one!

Yes, you do and you should, if you developed it properly, be able to know what that animal is thinking (Wow!)—but it is up to you to use those—what you would call *gifts*.

Jan: My word! Thank you! I will definitely work on that (**yes**). Is it just the one dog?

Just one, yes, but, have an exercise, my dear friends, with the flame, and you might all be interested in what you can see.

(General thanks)

It will not happen in one instance. You have to focus. You may have to do it for many evenings before anything happens.

George: We have the experience of thinking of a friend and that friend then appears—

Jan: Or telephones—

(Affirmed)

Yes, which is an indication of how apt the mind can be if it is used properly.

Jan: Yes, and so many of us in this room and Mum and I have done it to each other when you say: 'I was just thinking about you', as the other telephones'. You hear it so much! (**Yes**) People don't realise, I suppose, that that is what is really happening to them. They think it's just a coincidence, but, as we know, there are no coincidences.

That is true.

Sarah: Before you go, Salumet, there's just a light hearted thing—I thought you might like this wording: I had a mechanic come to the house today, and I always take the opportunity of dropping something in something about spirit if I can and it seemed that he was actually on the same sort of wavelength and he

said about our bodies being here: *'You take a lease out on your body, and when the lease is up—that's when it's time to go'.* (Laughter) —and I thought that's a rather a nice way of putting it!

Yes, there are many ways are there not, but yes, you would be surprised by how many people in your world, at this moment in time, who truly believe that there is something more than that which is spoken about (yes). And you have given a very good example. So, continue to use your words to try to influence others, but not to try to make them *change*—that must come from them (yes). But you can, as I have often said to you—you can sow the seed of knowledge.

Sarah: Yes, you get a feeling when you know you have got to stop—when you can't go any further.

Yes, that is because your own awareness has reached that point where you understand where to stop.

Jan: That's when your own spirit comes to the fore.

Yes, of course.

Paul: Can you take another question?

I will take just one more before I leave.

Paul: Yes, I was reading a book about this Llama from Tibet whose body was getting so weak, and he knew of a way—he called it 'transmigration' (**yes**), where he agreed with another man who was a bit younger, I think, who actually wanted to depart his life before his body was ready to go, and they arranged it—I think, on the astral plane, if you like—their higher selves considered it. He came to a point where he felt he had more of a mission left in life, but his body, for various reasons, wasn't going to last much longer, so before his body died—before the lease ran out—(*amusement*)—he, with the help of two other llamas, who, I think were astrally projecting—helping in the background—it seems that this one died, the cord was severed, and he returned to the spirit world, and this llama then took over the body, for the rest of that natural life. Part of me felt that if you can do that, surely you could have healed your own body to survive a bit longer. I don't know, I felt the book was true, but part of me wondered—and it would be nice to have it confirmed or not confirmed.

Yes, I understand what you are saying. There are people in your world—people such as llamas as you call them, who are so in-tune with spirit and their own physical bodies that—they are so in-tune that they know when the time is right for them to depart the physical body—to leave behind that shell of Earth. This is not unusual. Many people, as all of you here could do, if you would but allow yourselves to *let go* of the physical body. It is nothing unusual—it is only that the spirit is so strong that it can allow this to happen. But the instance you speak of—of changing a body to remain longer on the Earth—would have to be arranged in spirit and not in this world. But it is possible that these two people had made agreement that time to do so. It is possible, but not usual.

Paul: No, it seemed unusual, but—

Yes—but it is possible.

Paul: I felt the rest of the book seemed to be truthful for me, so—

Yes, it is unusual inasmuch as it is *not* usual. Do you understand?

Paul: Yes.

It is not something that happens often, but I will say only that it is possible, but the communication and the idea of doing such a thing—the contract would have been made in spirit, not on Earth.

Paul: I'm pleased about that, because I looked on the internet and lots of people said: 'it's not true, it can't be true, that's impossible', but I felt nothing is impossible, and I'm pleased and feel now yes that book was written by a good llama.

Yes, you see—their attunement to spirit—their attunement with their own bodies, is so great that to dispose of their body holds no terrors for them. In the same way, as most people upon this Earth are

afraid of passing to spirit, so they cling to diseased bodies, they cling to life, thinking that that is what they need to do; when in fact, sometimes, if healing is not available, they should allow their spirit to soar—they should allow that spirit to be free. But mankind, again unfortunately, has lost many of these abilities, and it is left to a few people in your world who are capable of doing such things. You understand?

(Affirmed)

Yes, so, my answer to you, my dear friends, it is possible, but not common.

Paul: We're lucky to have the Tibetan race!

Yes, they are much in tune, but of course there always will be the disbelievers, because it is not something they fully understand. As in anything, where you have no knowledge, there is doubt—but they must be forgiven of any doubts, because it comes from lack of spiritual knowledge.

Lilian: That's interesting, because, as Paul was telling his story, I thought no, that can't happen, but you say, 'yes', and I believe that **(yes)**. That's changed my mind in a second.

(Amusement from all)

Yes, it is something that, as I have said, will not occur just like that—that is not the way it would operate, but it would have been a contract between two spirits (yes). That's what it is.

George: Could I add that even a mouse can have amazing abilities, and I had a little mouse in my greenhouse, and he was very fond of sweet peas seeds. *(Chuckles)* He ignored many flower pots, but he knew which one had the sweet pea seeds and he dug them up.

Is that because you did not wish him to touch it? Was it *his* ability or your ability of mind to try to steer him from it?

George: I was surprised that he knew which pot had the sweet pea seeds and ignored all the pots with other seeds.

Yes—do not give him all the credit!

(Much mirth!)

I would say that you had a great deal to do with it (ah!).

Paul: George's own sort of fears of that happening—**(yes)** created a sort of energy flow.

(More laughter)

Yes, that's right—which the creature would have picked up on.

Sarah: Mind you, I think they have got a very good sense of smell **(of course)**, because a friend had a mouse in the house and she had some packets of sauces, and one of them was a cheese sauce and it had eaten the cheese sauce and left the other ones. It could smell it through those packets.

Do they not also have freewill?

Sarah: Yes.

Yes, because it is a creature, it does not make any difference. They are part of creation—part of creation.

Rod: I've probably got a stupid thing to say, but I must say it. Daphne was rough a couple of months ago in bed, and she kept asking for help **(yes)**. I think she felt embarrassed, because she kept asking Salumet, and I said, well he's probably swamped anyway with other things. *(Chuckles)* That was it—I mean, surely you get overwhelming requests from all angles. How do you deal with that?

Because I am not human!!!

(Understanding laughs!)

Rod: Okay!

You cannot look at that from a human viewpoint. She must ask—that is what brings us closer to them—but that dear lady has the ability to feel the closeness of spirit to her—she must ask, please. And with

those words, I feel, my dear friends, it is time for me to take my leave. As always, I hold you dear—I will leave you with the love of spirit, and know always that we are most grateful to you all.

(Thanks from all)

George's Notes:

The mouse: *I must confess a mouse had dug up sweet peas two years earlier, so it was probably on my mind. That mouse even harvested the stalks to build a nest! That one was trapped and transported to a rural hedgerow, 2-miles away—to start a new life!!! The latest one left of his own FREE WILL.*

THE RAMPA STORY: *T. Lobsang Rampa, Souvenir Press 1960, Corgi editions 1962-1975, pp. 224. Read by many in the West as 'entertaining fiction'. We would not classify as such, since the book contains many spiritual truths as well as awful but accurate warring misadventures of the early 20th century. Its author, Dr Lobsang Rampa claims 'truth' and Salumet affirms the real possibility of 'transmigration'. Some phrases picked out: "I write the truth in order that Western people may know that the Soul of man is greater than these sputniks, or fizzling rockets. Eventually Man will go to other planets by astral travel as I have done!" "If scientists would investigate astral travel and auras, instead of meddling with fizzling rockets ... they would have the complete key to space travel." "...three huge mastiffs ... their snarling fangs slavering ... I sent friendly thoughts to them ... suddenly they were upon me, tails wagging, licking and slobbering over me and nearly killing me with friendship, for I was very weak."*

RECOMMENDED READING

~18th April 2011~

The evening began with one who had been a nun in Earth life, speaking via Eileen on the nature of healing and the need for patience and how action may take a little time, depending on the nature of illness, spiritual connections etc.

Next, another via Eileen, had some personal messages for Sara, before asking her to take us on a guided meditation, which she did—(audio available on website)

Sara's guided meditation:

I keep feeling that they want us to reflect on what it means to be a part of 'spring'. We're walking into a beautiful spring-like scene, full of beauty and colour and lots of that beautiful blossom—you see the blossom everywhere, white and pink, and so many beautiful flowers, their petals are opening, and we see ourselves in this garden. You ARE the flowers that are blossoming, and all the beauty inside you, you feel coming to the surface. The sun is shining. It is easy to feel glad to be alive, happy, inspired—full of joy. You look around you at all the colours and you feel such joy in life—you feel an excitement welling up inside you, and all the problems and all the difficulties that you have been experiencing—all the challenges—they just fall away with the strength of the sunlight. And the beauty, the instant beauty that you see and feel all around you and within you—such is the power of light and colour and beauty on the human soul. So, just spend a few moments absorbing the colours around you into your being, and consciously think about the challenges that you have been experiencing this winter and allow them consciously to just fall away—all the feelings, all the striving, feel it fall away—feel the strength that you have attained, but enjoy this new lightness and freedom that you can now feel. If you want to dance—if you want to twirl around—maybe you want to skip—but express yourself freely as you feel moved to do. And feel the gratitude and thanks within your heart for all that you have been given—understanding that it's all been given with a purpose, and feel how far you have come and celebrate the springtime—celebrate with the birds, with the flowers, the blossom on the trees. Celebrate YOU—celebrate YOUR ACHIEVEMENTS—be proud to be WHO YOU ARE.

Feel that it's good to be YOU. Feel that confidence that belongs to you, because YOU have earned that confidence by staying on the path and doing what you have known inside to be the right thing in the face of challenge. Appreciate yourself—feel esteem within yourself. Like a child might say "I'm very pleased with myself"—without self-consciousness. I want you to think in that way. "I'm very pleased with what I've done—I'm very pleased with how I've coped—I'm very pleased with how I feel I have progressed", and it's not immodest. You are allowed to feel some triumph. You can feel "I like myself for who I am. I like what I have done—I like the way I've handled things and I'm pleased with the results, and I will go forward happily, peacefully and confidently, and these feelings belong to me. They don't belong to anyone else. They're my private feelings and they are good feelings, and perhaps I will express those feelings in my happiness and my goodwill towards others". And, as you look around you, once more at the beautiful flowers and beautiful springtime display, feel that you are a part of nature. You are one with all creation—and, if you want to sit quietly and see if there is any message for you personally, you may do so now—

George's Notes:

Further notes on LOBSANG RAMPA:

There have been interesting exchanges following our mention of this author last time. His books were very understandably controversial at time of publication, especially in the matter of 'transmigration'—more acceptable in Tibetan philosophy than in the Western World. These facts may assist in understanding / evaluating:

-Cyril Hoskin was born 8th April 1910 in Devon, and began life assisting his father who was a plumber. He is said to have fallen from a tree in 1949, and that is the date given for the transmigration that would have been agreed in spirit.

-The books published under the name 'Lobsang Rampa', were all published in the period 1956-1980—all post transmigration; 'The Rampa Story' first edition being published 1960.

-'Astral travel' with viewing of faraway places has been known and practised by Tibetan Lamas from early times. US military / espionage have known and practised 'remote viewing' (same thing) from 1974 (term first coined in 1974, becoming popular in 1990s). Therefore, the ability is scientifically proven, but in his 1960 book, LR quotes Tibetan-Lama-knowledge and not US science.

-Materialist critics have claimed that the books have been written by a West Country plumber with a vivid imagination, but perhaps they contain rather too much spiritual truth for that to be so? And his secretary Sheelagh Rouse (Buttercup), gave up much to give 25-years' service, finally publishing her own book about it all.

~23rd May 2011~ SALUMET

This was the first Salumet meeting at Eileen's house, as Lilian was no longer able to hold them at her house. New curtains had been ordered, but with the existing curtains, more light than usual was entering the room. Paul was prepared for this rare opportunity to video Eileen in full trance. There was just sufficient light—so video from this meeting can be seen on www.salumetandfriends.org and on youtube:

<https://www.youtube.com/watch?v=1hBIXN3nwjs>

Good evening.

Lilian: Good evening.

I am happy to be with you this time.

Lilian: Yes, we're very happy to have you join us again.

George: A big welcome to you at our new location. Apologies if it is a little lighter than usual. I think we will be darkening later. I hope this is not too much discomfort for you to have this amount of light.

Thank you. I, of course, am aware of this and I have made adjustments for it, but of course, the dimness of your light, not only makes *me* more comfortable, but helps you all to relax a little more.

Lilian: That's very true!

Of course, I would like to say, it is not the location that is important, but having the instrument to use. I would like to say to you, my dear friends that because of the slight adjustments, my words may seem a little more laboured this time. Therefore, I will say what I wish to say to you: we have been aware from our side of life, how much distress there is in your world at this time. All too often we hear people say: 'what is happening to our world?' So many 'catastrophes', as you call it—so many forces of nature being destructive, so many of your people coming to our world. I hasten to add, my dear friends—do not be afraid, it is all part of your evolution. Although, at this time, it seems that life is not as it should be, I am here to tell you that it is the structure of your world to experience these things at this time. So I say to you, my dear friends, do not allow fear or despair to cloud over you—be positive in your thinking, and continue to ask help for those in need.

George: Yes. Could I say, some of us have been reading more of the author Lobsang Rampa, and the Tibetans—their culture that he writes about—they have a so much stronger realisation of life's continuation, whether on the planet or in spirit, and I think I'm right in saying that there is much less fear in that Tibetan culture as a result of this.

Yes, I would say to you all to strive for that way of living, where fear becomes obsolete, where positive thinking and knowledge is to the forefront of your thinking. This, my dear friends, I have always tried to tell you—never to live in fear, because you know what lies ahead of you, and as you know, 'fear' will only attract more fear. And I am speaking about not only your world, but all of those other worlds that are inhabited with beings. Fear has always been the root of unsettlement. It has always made people afraid of what is to come. What is to come is a life in spirit which is full of love and goodness. That is what you must focus on. I have told you in past times that even to *believe*, is not really strong enough, but you must have that *all-knowing*—that is what you must strive for. So many people in your world at this time are afraid of their own footsteps. They live in the shadow of fear.

Sarah: And that's where a lot of the trouble comes from—

Yes—fear creates more fear. Send love to those people—give of your love and your time to send thoughts to all those in spiritual darkness; not only here, but those in our world also, who are afraid to move forward. *(Pause)* There is much good on your planet. Focus upon the beauty which the Creator has given to you. You may live in a world of fear, but you also live in a world with great beauty, and also, you should have the knowledge that you are completely surrounded by those of us who come to you to keep you safe, and in that knowledge, you will move forward

Paul: At the moment, it seems in the world, there's a lot of 'People Power', breaking through in different countries. I *think* the idea is that everyone wants freedom and democracy. It's a big word, 'democracy', and not everyone has the same idea of what a democracy should be, and I was wondering whether there is any need for a democracy in the spirit realms at all, because everyone finds their own level—their own place that's perfect for *them* and, maybe they don't have to struggle alongside people with very different views. One of the problems is living with people with such different views, and the fairest way seems to be a democratic process where the majority-view is what takes place. I wondered if there are any political struggles, if you like, in the spirit world, or is it just a human thing?

Of course it is human—yes. You will not at this time, reach a point where all governments or all people are in agreement. It is part of your evolution—that each person, each nation, struggles to find the truth of their existence. I would suggest to you Earth people that firstly, you must go inward and find your own democracy. You must be free—you must be true to yourself, and that my dear friend, covers all of humanity, no matter what creed, what race, what colour, what country—no matter. *Until* each individual goes inward and finds that spark of divinity of which you all are—there will always be striving for power.

George: Yes, unfortunately, we don't have a 'Love-Your-Neighbour Party' in our politics.

(General amusement)

No, but that responsibility, my dear friend, belongs to every individual. You must have encountered someone whose language you cannot share, but yet there is a bond of unity, which can make you understand one another. That is the bond of 'Love', but as I have said, at this time on your Earth planet, there is not unity yet.

George: Yes, I can see that we have much learning from the 'evolutionary disasters', if I could use that term, so I guess 'disasters', in a sense, have their purpose. And there is some indication that the earthquakes and physical changes to the Earth relate to our planet's passage through the galaxy, and I guess there are forces from without, acting on the planet in some way or other all the time, and these relate to the disasters. So in that sense, the stresses on the planet have to be.

Yes, the stresses of your planet, as you call it, come from within and without. You are not a *singular* unit in all of these universes. Every planet is connected to the other. You cannot separate this Earth planet from any other, and say that you are special in any way, because you do not know the wider picture of life. It remains difficult for the human being to fully understand the working of the Great Creative Force.

George: And we are so grateful to you for introducing us to other planets and other planetary beings, and this helps in our realisation of our part in a much greater system.

Yes, until that realisation comes, you will always struggle with what is happening on the Earth planet—yes; but firstly look inwards, find yourselves within, and you become that greater part of the universe. When that happens, your understanding of your neighbours—your neighbouring countries—your neighbouring planets—neighbouring universes, will all become much clearer for you.

George: Could I have a brief word on that? We have the understanding that the universe is infinite—*our* universe that is—so any *other* universes would have to be equally infinite, but I guess on a different wavelength or a different vibration. Does that make sense?

Partly—your universe is connected to all other universes and you all vibrate, yes, at slightly different rates, depending upon the universe. We are going much further than we have to this point. I want you to understand, my dear friend, that all-of-existence is inter-connected—is a mass of energy, which pulsates as I have said, in many different ways.

George: The different universes are inter-connected themselves?

Yes—yes. All—all life is connected—you cannot separate them, but at the same time it is a different rate of energy. This is further than we have ever gone and I do not think, at this particular time, your understanding could encompass the details of it.

George: Yes, we understand that, but there are many others with whom we communicate, and it's always nice to make some connection with the teaching and the advancing science or scientific theory (**yes**)—so thank you so much!

But what you do not want to do is to be 'bogged down' as you might say, by data and information that is really unnecessary for your knowledge (**yes**). You understand?

George: I must confess, we have much—very much unnecessary data **(yes)** for the way we think.

(Energy fading)

Yes, existence is simple—existence is love—existence is unity—existence is ‘going within’.

Now, I feel I must leave this time—

(And on this occasion there was a marked fast fade-out of energy, so that our usual farewells were in thought only and not voiced.)

George’s Notes:

Filming: We had rather jumped in with both feet, hoping that, if Salumet deigned to speak in the half light of the room, he would accept our filming. No formal permission was sought, but then he of course is fully aware, knows the situation and knows our minds.

Planetary stress and earthquakes: So the forces are from without and from within. It has been pointed out to me that Comet Elenin (a heavenly body which may not in fact be a comet) has had Earth alignments at the times of recent earthquakes in Chile, New Zealand and Japan; and there is some concern that further alignments destined for 26 / 27 September, 16 / 17 October and 23 November do not bode well. But then the forces from without are not the full influence upon this planet. So perhaps we should be as Prime Minister Neville Chamberlain—observe developments but ‘wait and see’.

Universes: We might note that Salumet, modern science and the earlier writer of recent mention Lobsang Rampa, all acknowledge ‘multiple universes’. And it is good to see such agreement on this fundamental matter. It would appear that they are all connected in some way and we have been encouraged to recognise more than this one universe in our thoughts and prayers. And it was during our meeting of 10th November 2008 that we were staggered by the announcement by a guide:

‘We have brought to you many who have been on other planets on other universes.’ Each of us on that occasion was over-shadowed by beings from other planets in other universes. We each felt a presence and were able to give descriptions. Wow! That was indeed a cosmic party to be remembered! Earlier, on 25th April 2005, Salumet had said:

“For so long, individuals could see nothing other than what stood before them, but all that is changing. You know that ‘universes’ exist—your astronomers would confirm that there is one so far that they can see, but they believe that there are other universes.”

Messages: So the messages here are profound:

- Think beyond one little planet and just one single universe
- Look within to find that spark
- Realize to the full life’s continuity and put an end to fear
- Focus on the beauty of nature
- Love thy neighbour—and all creation!

~13th JUNE 2011~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening,

I am happy to join with you this time.

Lilian: We’re very pleased to have you.

I have been listening to you speaking about birth and also the prospect of dying. I have been, my dear friends, helping you with your energies this time.

George: Yes, thank you for that. Were we a little depleted?

No, I on occasion, like to join with you and feel your energies—no particular reason why this time, only that I felt it was necessary for us. Are you all able to hear me speak this time?

(All agreed it was fine!)

George: You are coming across very clearly and I hope the light isn't too difficult for you.

A little, but it only means more adjustments.

Sarah: It's certainly much better than last time.

Yes, thank you!

George: And, last time, we did fade out rather at the end. I imagine that was an energy loss and apologies for that.

My dear friend there is no need for apologies amongst friends—

Rod: That's true—

Yes. I feel this time that if you have any questions for me, I will take them and hopefully next time I join with you, I will have more to say.

(General thanks)

Sarah: I would like to ask, Salumet—you told Emily, my daughter, that she knew the answer to her question—to her problems; and she feels that she has got the answer. Her father, on the other hand is telling me quite the opposite, and I wondered if you would be able to—or wish to—just confirm that Emily is believing the reason she had had so many problems, is the right reason—

Your daughter has found her answers. That is why I gave those words to her.

Sarah: Thank you, yes, she believes she had got the right answer.

Yes—now I will address you, my dear friend, because within your heart, you also know the truth.

Sarah: Yes, I thought I did—I should go along with what I knew **(yes)**, but when you're being told something very different, it's sometimes, it's—

You know the truth—

Sarah: Yes.

Lilian: Sometimes it's very difficult.

Sarah: It's difficult when somebody tells you something and you think they *should* be telling you the truth.

But that is why it is essential when there are troubled times, no matter what those Earthly troubles may be, you must 'go within' (yes), and that spirit will always guide you.

Sarah: Yes, that is true. Yes, thank you very much for those words, Salumet.

I hope it has helped you.

Sarah: It certainly has helped me and your words have helped Emily too, because she didn't know what the reason was—when you told her those words at the beginning, but, when she found out, she understood what you'd said to her then.

Yes, she will go from strength to strength, but you must allow her that *thinking time*. Human beings are always in a hurry, you do not see the benefits of quiet times, and you do not see that by slowing down and 'going within', all the answers of life are there—you understand?

Sarah: I do understand—yes, thank you! I think Emily, actually, has been dealing with it very well, and she is taking her time and she is making headway, so thank you for that—and she's already got some petals opened from her bud.

Yes—and there will be acquaintances that come into her life at the right time in order to help her go forward.

Sarah: Acquaintances— yes—they have already, actually begun. My cousin, who is over there, has been absolutely fantastic to her **(yes)**. He's been so helpful and kind.

Yes, but not only people that she knows, but what you might call ‘strangers’ (yes). It is an onward journey. (Right, thank you!) But tell her to be patient.

Sarah: I will tell her, thank you!

Lilian: It’s been a tough journey.

Why do you say so? It has only been a tough journey in the physical sense. In the spiritual sense, it has been a great ‘learning’ journey.

Sarah: Yes, that is true!

Yes. That can only benefit the spirit.

Sarah: Yes, thank you! She’s already had—she feels very much that people are coming into her life, and they all seem to be there helping her—even medical people seem to be very understanding—helping her on her way; and Paul, here was, I think, the first to help her on this particular journey, so you think, well, he started off on another little journey of his own which was all meant to happen—all meant to be.

Yes—there are no coincidences in life. Each step forward you take has always been for a reason, and again to repeat myself, which I know sometimes you must think ‘no not again’—but I say: you all have helped other people at some stage, just by the knowledge that you have passed to them. So you are all emissaries of spirit—you understand?

Sarah: Sometimes, maybe we’ve passed on things—we’ve helped them, but we don’t realise we have, and maybe they don’t realise it either.

Yes, yes, that is true.

Rod: Sowing the seed—

Yes, that is one way of describing it, sir, yes.

Sarah: That’s been very helpful, Salumet. Thank you! I know Emily will be very pleased to hear that too, especially the bit about the physical and the spiritual.

Yes, she is making progress.

George: As we go through life, there is so much learning, and so often we are not aware of what is happening and why it is happening.

Again, any of you here now look at another and see the love that emanates from them. Can any of you?—you should be able to, but because you are so busy in your physical lives, you do not allow what you call ‘instinct’, and what I would rather call your ‘True Self’, to look at what is around you.

Paul: You can certainly see it with the smaller we are—the smallest children it’s as clear as anything—the goodness within (yes).

(Murmurs of agreement)

Paul: It’s more of a challenge with some of the older adults, but I know what you mean, we all still have that goodness inside us.

And, you should develop those feelings that you have all experienced from time to time, and you know instinctively that those feelings are correct, do you not?

(Affirmed)

Sarah: Yes, you do meet people and you think: what a really lovely person that is! (Yes). So that’s probably what we’re seeing, isn’t it?

Yes, that is your spirit self speaking.

Paul: But when it’s say, Christmas time, you tend to look around you more and smile at everyone. But you can have that Christmassy feeling any day of the year (yes). We forget this.

It is like, for example, when you have what you call ‘disasters’, or ‘tragedies’ in your world, you have to see the love that comes with those occasions, and to feel the love and help that others wish to give, in those what you call ‘terrible times’ (yes).

Jan: Those—I often call them ‘light bulb moments’—when people emanate the light. Talking about disabled people—one particular person that Cheryl, my daughter works with—one of the patients—tried to commit suicide when she was in her thirties by taking a huge dose of insulin for her diabetes—this is what they *think* happened—and it left her extremely brain damaged. And when I first met her, I had one of those ‘light bulb moments’, as I call it, where the person that she was, I believed I could still see; it sort of shone through this shadow of a person—this shell of a person that’s left—but that was a wonderful moment to actually see what I think was probably her spirit or her soul that I was observing, but that’s one of those occasions.

Yes, I would say that you can have the most disabled person, who is unable to see, hear, whatever the problems, but in those eyes, shines through the spirit or the soul, as you have called it (yes). Within those eyes, you see the real YOU—the Spirit.

Jan: The real ‘us’—It was a kind of all-knowing feeling (yes) that she was giving me and I suppose there was a connection.

No, it was an all-knowing experience from you—because you were picking up her vibration.

Jan: Oh, I see!

You understand?

Jan: Yes, that’s nice to know.

Yes, and that part of you, is what you should try to develop—all of you. I hope that has helped you.

Rod: I do find it strange—I was telling Daphne, a lady went by two days ago and she turned round and gave me a wonderful smile, and it went on for seconds and I thought she must be an angel!—that doesn’t happen very often. Then I get a bloke come up, probably coming back from work and he looked quite miserable, and I thought—well, I’ll try and get something from them—but they don’t give it. Well, I suppose what I should do is give it—well that’s what I’ve just thought of—**(Yes)**

Sarah: Well, if you smile at them—

Rod: But they don’t look—

Sarah: I do find when you are walking along if you smile at people, they can be looking as miserable as anything, and if you smile at them, their faces completely change.

(Agreement)

Or you smile anyway, whether they respond to you or not—that smile from you is enough to spiritually trigger some feeling.

Jan: Yes, it’s very powerful.

Yes. So don’t be too concerned about reactions from another. Just know what *you* are about. You understand?

Sarah: Yes that’s interesting that it can just trigger something off in them **(yes, yes)**.

Rod: It’s the love aspect that I realise is so much more important than I realised in the past.

It is powerful, yes, and if I may re-iterate again, your thoughts are the most powerful things, you will ever possess (yes).

George: Perhaps, I could refer to a book that is having quite a *powerful* influence at the moment. I was looking at a copy earlier today, and it’s a book by Professor Brian Cox and Andrew Cohen, and it is called ‘*Wonders of the Universe*’. It’s a beautifully produced book and we can certainly compliment them on it, and they have a nice way of putting over the known information about the *physical* universe with its

galaxies and planets. But, I think I should have a word with them about two statements that appear, and perhaps I could quote: 'Light is the only connection we have with the universe beyond our solar system, and the only connection our ancestors had with anything beyond Earth'. Well, I think, thanks to your teaching and your introduction to Bonniol and Planet Aerah, Salumet—we know different from that!

Yes, you may know differently from that, but the gentleman, in question, does not.

George: The gentleman in question is, shall we say, a traditional scientist and the book refers entirely to space-time, and I think we can say, not about anything beyond space-time (**yes, yes**). That's putting it in *their* scientific language.

Yes, and to put it into your simple language: no one person knows everything.

Sarah: I've heard Brian Cox speaking on more than one occasion, and I think, actually, he's got to be quite spiritual, and I think he wouldn't be averse to hearing Salumet's words, George, so maybe, that's something you could pass on to him.

Rod: He's a lovely gentleman.

Sarah: I think he would accept it.

George: Yes, well, that's what I'm saying—we should have a word, compliment him on the beautiful book, and point out what is missing, and see if we can stimulate his interest.

Sarah: I'm sure you would actually.

George: And he goes on to make a statement about light, and he says: 'it is the only way we will ever be able to explore the universe beyond our galaxy'. Well again, we know different to that! (**Yes**)

Jan: I think for the purpose of this particular book and programme, it's whether or not he believes there to be any further truth behind it. It's appropriate for the time—the time of the book and the programme—it's appropriate I think, that's as far as he goes.

Sarah: You might be right there, because, if he starts in the book referring to spiritual things at this time, people may not take anything he says seriously.

Jan: No, although I take your point of view, George—it's a good point of view—I think the book is appropriate for the moment.

Sarah: I still think it would be worth letting him know.

Jan: Yeah—I think he'd be open to it—email him George!

George: My feeling is he is young enough to begin thinking in that different direction.

Jan: Absolutely! I think Sarah's right. He would be open—definitely.

Sarah: Well, he's certainly changed course. He started out as a pop star, didn't he?

(Well, perhaps we all got a bit carried away and Salumet got left out for the moment, but Lilian brought us back down to terra firma)

Lilian: Do you agree with this, Salumet?

It makes me smile!

(Much laughter!)

Rod: Well, that's rather nice.

My dear friends, I have, I hope, taught you much about your existence and you know my views on those people with closed minds, but it would appear to me that this gentleman may well be ready to *listen*—I do not say accept, but to listen to what we have to say.

Sarah: That's the beginning, isn't it?

And all truth and knowledge has always begun somewhere and moved forward—to be moved forward by people such as your selves and throughout your Earthly world.

George: And the other gentleman who is the co-author, Andrew Cohen, he is head of BBC Science unit, and Brian Cox, being a professor—they are both in very influential positions, so it would be a nice thought if they began thinking in the spiritual direction.

Yes—I will never discourage any one of you who wishes to move forward, and to spread the truth. That is all we have ever tried to achieve in your world—that the truth, eventually, is recognised for what it is. That humankind realises that he is not the only ‘people’ who exist in the many universes that we have. And, now I feel, that for this time, I have said enough.

Sarah: That’s very interesting. Thank you very much for coming through.

George: We very much appreciate your words, Salumet.

I hope they have helped you.

Sarah: Very much! Thank you and thank you for making the adjustments so that you’ve been able to come to us.

Yes—it has been okay, I feel, but now, my dear friends, I must take my leave. I leave you with love and I ask that you take that love, divide it amongst you, and that you may, in turn, spread your share of love to others.

(General thanks)

George’s Notes:

1: Andrew Cohen: He ran the very popular TV ‘Horizon’ programme from 2005 and is now ‘Head of BBC Science’. In this 21st century that is quite a responsibility!

2: Professor Brian Cox OBE: Born 1968, he has achieved much and is an inspiration to the current Earthly generation. He first became noticed as keyboard player for the rock band ‘Dare’, and then the rock band ‘D:Ream’. Their number ‘Things can only get better’ was adopted by the UK New Labour Party as they sought power in 1997. The group then disbanded and the keyboard player had to make a choice between continuing in music or develop a career in physics. He chose the latter and he has since been quoted as saying that careers tend not to last long in rock, and he left to do physics at the right time. How very true! Now he is a Research Fellow of the Royal Society, works on the Large Hadron Collider (Atlas Experiment) at CERN, Geneva, presents science programmes for BBC including ‘Wonders of the Solar System’ and ‘Wonders of the Universe’, is a Manchester University Professor and received his OBE last year. He has clearly done much to popularise physics. And he was quoted in the Observer Newspaper as not having a strong view of religion other than illogical religion. That’s fair enough!

~11th July 2011~ SALUMET

Our new meeting venue now has dark curtains to better facilitate our exchanges. So it really is now business-as-usual:

Good evening.

All: Good evening.

As always, I am happy to join with you this time (Thanks). How far you have come my dear friends that you have progressed so in such a short period of your Earth time. I know that you are well aware of the subtle changes which have occurred in your individual lives; no matter what that daily life may be, each of you has moved forward.

George: And I know we all thank you so much, Salumet, for your teaching which has been highly instrumental in this—thank you!

Our thanks go to you all. Without your dedication, without your striving to give the truth and knowledge, it would not be as simple for us. So therefore I thank you all, and to you, dear friend, for the many hours devoted to putting into written word all that has been given to you.

George: Thank you Salumet. I try in that respect.

Lilian: He's done really well.

Ann: Yes he has.

All of you are responsible for these happenings, and I would encourage you my dear friends to continue, not only in spreading the word, but in your own self-development. That is important also, and we have endeavoured to help each and every one of you in that course.

(General thanks)

I am sure that if we were to speak individually, you could all name one powerful change in your lives that you are aware of since becoming much more knowledgeable about spirit.

George: Yes, speaking for myself, I certainly find in writing, that ideas come from spirit and it makes that part of my work so much more interesting and refreshing.

Yes, we will always be close by whenever there is dedication to our work. Does anyone else wish to say what they feel has been their greatest asset?

Lilian: I think for myself it would be knowing the power of thought **(Good)**. It probably has impressed me, among other things as well, but that one perhaps, especially.

Sarah: I think you telling us not to judge, because we can't see the whole picture—that's had quite a big influence on me too **(Good)**.

Paul: And a sort of *freedom* when you feel that the only real thing that matters is the awareness you gain in this lifetime and the help you give with it. All the other daily matters are far less important than this Truth and Love that we're seeking **(Good)**.

Jan: I feel, on a daily basis, that my life is still very complex physically—the things I have to deal with on a day-to-day basis—and I don't always feel in control of those thoughts, but I *think* I've become more placid and I think I'm less fearful—I think that's the biggest one—I'm less fearful of the future. I put my trust more in *spirit actually*, and look at it more through spiritual eyes, rather than physically being fearful of what's going to happen in the future.

Daphne: Well, I can say the same as Jan. She's taken the words from me actually, because I'm not as fearful now. I have more faith and I trust in what comes to us from spirit, and especially with healing. And I feel that since I've been coming here, which is not all that long, that I have grown somewhat to be a better person all round. Thank you!

Ann: I think I'm less anxious than I used to be and, like Lilian, I'm very aware when my thoughts are wrong and I seem to get a tap on the shoulder and 'delete' them, if I feel they were bad—they were wrong—not always I know...I know when I'm 'out of kilter' and not on course I think.

Jan: I think we all feel that Ann. That's a good way to put it.

It is wonderful for us to hear each of you speak and I give back to you the credit for *that*; because without your love, without your openness and willingness to listen we could do very little. Therefore, I say to each one of you, my dear friends: Please do continue along your pathway, because you are all on the right pathway now.

(Murmurs of thanks!)

We will always try to influence, we will always try to protect, but ultimately whatever happens in your Earthly life is your own responsibilities, and although we can help, we are limited in what we might do for you. That is *why* it is essential that you *voice* those needs for healing, for love, for guidance, for all of

these things. I can only say to you that it brings to us great joy, to know that there are within a group of such diverse peoples, a unity of love and knowledge; and I do thank you all.

(Pause)

Sarah: I think I've said this before, but you've thanked us for listening to you, but in actual fact, it's helping us to lead an easier life I would say, because we've had the teachings. It's nice of you to thank us for listening to you, but in fact it's very much to our benefit to do so—so our thanks have to go back to you, even though you say you don't want any thanks. Without you, we wouldn't have gone this far.

I thank you for your words. It is ...of ... I am adjusting some energy—please bear with me.

(A pause while Salumet made adjustments)

You cannot see, my friends, the transition that occurs in your own daily lives, because you are too involved in that life; but from spirit we see that wider picture, so I can say to you, each one of you is on a pathway of deep knowledge and love. I am sure you are all aware of the different types of love that you encounter each day of your lives—you are aware of the many problems which are placed before you—but that is part of life. No one said that your lives would be *easy*, because in overcoming difficulties you gain an inner strength. I am sure you would all agree.

(Agreement all round!)

But with that spiritual knowledge, comes a much deeper responsibility on your part, because the more you know of spiritual truth, the more responsibility it places upon your shoulders, and that is not always an easy thing to accept.

George: Yes, the progression that is necessary to have a certain amount of, shall I say, suffering—several of us are continuing to read the Lobsang Rampa books, and that gentleman suffered so much!—and overcame so much!—and had such spiritual development (**yes**); that it makes our little problems seem trivial by comparison.

Everyone's problem is individual to *them*. To overcome and surmount any difficulty in your life can be lesser or greater on the spiritual growth pathway. What is important, no matter the problems, is that you do understand and overcome them. Then you are feeding that greater light within—you are becoming brighter each time you take charge of any difficulty. So although there are many people on this Earth plane, who would seem capable of much, do not denigrate your own abilities—no matter how small the problem, the important area is that you overcome them.

Sarah: I do think, well speaking for myself, that your saying that we don't realise how we're developing, and I think that is true—but what I have found is that, when you're not doing the right thing, you become very aware of that. *(Agreed)* So that in itself helps to put you on the right path, I think.

Yes, that is part of the responsibility—the recognition of that responsibility. That is why you have that great awareness, because it is your spirit speaking, not the physical being. And I know you all understand these words, but sometimes we feel we must reiterate these things for you, not only to repeat those words, but to encourage and to uplift you—to know that you are travelling your pathways in the correct way.

Sarah: Thank you!

Paul: Relating, to what Sarah said that you know when you're *not* living your spiritual truths, is it like when you feel bad inside—that's when you haven't been doing it right. But when you're feeling good that's when you probably are making the right choices.

Yes—we do not expect you to be perfect beings.

Jan: Oh good!

(Laughter!)

Yes—I am aware of your doubts, but you have come far, my dear friend. Don't be afraid—don't be afraid of what is to come.

Jan: No, as I've said, I'm trying not to anymore. But there's one person in my life that you have mentioned before, but that's where the fear is centred around **(yes)**, and I worry about—I'm getting emotional, but I'm among friends so it doesn't matter—I worry monetarily **(yes)** about our future. I worry about him leaving me and passing on early like his Dad, and he works so hard that I sometimes feel that although I support him, I know I do, that I don't do enough and that's where most of my fear comes from.

Yes, but you cannot fear for another, because they have to live their lives as they see it. You can support, you can encourage, but you cannot change another's life pathway. So my dear friend, you have to try to understand your own self, you have to go deep within; only there will you find the strength and the encouragement to go forward. You must—it is the only way. Life upon this Earth is but a fleeting moment in all of existence. You can never lose someone that you truly love.

Jan: I know that—sensibly, I know that—but...

I know your fear is great—that is one of your life's challenges—is fear. You know this, we have spoken before.

Jan: I know it.

But you have to change that pattern of thinking.

Sarah: Because, fear doesn't help yourself, but the fear doesn't help the one she loves either, does it? Her fear is a negative thing and that surely must be influencing the one she's talking about?

There are only two ways—'Love' and 'Fear'. They are the two sides to the same coin—'Love'—'Hate and Fear'.

Jan: But, it's because I love that person that the fear goes with it.

Yes, but you cannot put upon that person—

Jan: I don't think he's aware of my fear.

No, you cannot put *him* forward as being the cause of your fear.

Jan: That's a way of putting it.

Yes, you have to take that responsibility yourself, and the only way you can achieve this is to go *inward*. You can influence with love by going inward (yes), you can change, to a certain degree, his way of thinking, with love and with quiet solitude. You understand? (Yes). That is the best way to deal with your fear.

Jan: Right. It *has* got better.

Yes, you have become stronger, but it is a very deep fear, and I will say something which I do not like to do, but this fear is not of this lifetime.

Jan: No I've already sussed that one out for myself.

Yes, so now is the lifetime that you have the capability of changing those thought patterns. You understand?

Jan: Yes. Internally, I've had that conversation with myself many times.

Yes, you know—you all know really when there are problems. You all have the answer to put them right.

Jan: But the fear is what causes that spiritual emotion to tumble like it just did **(yes)**. In a normal everyday setting that doesn't happen, but it's like going to counselling, when that emotion is allowed to come out of the box, it's overwhelming.

Yes, but you have been true to yourself. You have allowed those feelings to be *expressed* and in some way, relinquished.

Jan: That doesn't happen very often.

Yes exactly, so do not be too harsh on yourself. Recognise your fears and try to deal with them. You understand?

Jan: Yes, yes I do. Thank you!

Now, my dear friends, I feel for this time, I have spoken to you long enough. I feel great joy this evening in being with you, in being part of each one of you, and know always I endeavour to help and encourage you at all times.

George: I'm sure we all feel that joy, Salumet.

Thank you.

Lilian: Yes, thank you, once again, Salumet. You've helped us again.

(Agreed)

George's Notes:

Diversity within group: Scientists/busy mums/hotel pianist/co secretaries/ex-military/gardener/school teachers, computer-conversant ones and Chief Chemist at the factory of a very well-known firm (That was Jim, now in spirit).

Lobsang Rampa hardships: Left home aged 7 for Lamasery training, long arduous further education working all hours, lost dear ones in Chinese invasion of Tibetan homeland, two periods in Japanese prisoner-of-war camps, periods of torture etc.

~18th July 2011~ SALUMET

Gary, who has a guided meditation and channelling group, sat with us for the first time this evening. As ever, Salumet was aware of the newcomer and gave appropriate words:

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As always, I am happy to join with you, my dear friends. I would also this time welcome the gentleman who sits with you this time. As I joined with you, I feel a little apprehension. Although the gentleman is well aware of spirit, still he feels a little unsettled. All I will say is that the people within this group offer only love and help to all who come within this group.

(Short pause)

If the gentleman has any questions, I will be happy to answer them for him.

Gary: That's very kind. The main question I have is that for quite a few years now, I have had a condition which is termed 'Chronic Fatigue', where I get quite drained **(yes)**. It started when I joined an organisation called 'The Brahma Kumaris', and I became very sensitive to energy then **(yes)**. And that's when the condition came about.

—Because you did not fully understand the lessons of grounding oneself. That is where your problem began, and I have to tell you, my dear friend, that it is something you can work on with those spirit friends that you have become acquainted with. I will not tell you that it will disappear in an instant, but it is something that can be remedied. What you must do, is speak to those who guide you, because as you well know, those who come close to you, from our world, want you to be healthy in the physical state. You understand?

Gary: Yes.

Yes—with the help of your own helpers, this can be achieved. You do have to, my dear friend, go inwards more often. You have to rely on the help of spirit, if you are to achieve health in the physical

being. You, my dear friend, were not ready for the activity that you took. It would have been wiser for you to have gained a little more spiritual knowledge. Many people, I have to tell you, are aware of many energies, but so many people do not know *how* to handle these energies. It is something that should be growing slowly within you—so I say to you, my dear friend, you *can* be helped, and I will endeavour to come to you and try to uplift you whenever I can.

Gary: Thank you.

Although you feel those close to you on many occasions, you are not completely blending with them—it has to be said. I would say to you: look deeper within, continue with your channelling, but as I have told all of these dear friends within this room, you have to know and to love yourself. I know those words are used freely in your world, but to truly know yourself, you have to go deep, deep within, and that is not an easy task. You can speak with any of these dear friends here, and they will tell you that it has taken many, many years to reach a point of understanding. I will leave you with those words, and I will try to help you.

Gary: I appreciate that, thank you.

Now, for this time, I will take another question, and then we will see what the rest of the evening will bring.

Lilian: Anyone have a question? George? Graham?

George: Yes—I'm a little bit disturbed by the nature of the industry that we have made from 'milk' on this planet—the milk of the cow. Yes, this has been going on for a very long time, but it's steadily grown, and my own feeling is that it's rather disrespectful, the way we use the milk of another species. And it seems to be in these modern times, a *growth industry* with a huge number of products being based on the milk of the cow. In our communications with Bonniol on Planet Aerah, it is clear that he has knowledge of ten other planets, and he knows of no other planet that imbibes the milk of another species! I just wondered if you would care to make comment on this.

I will indeed. Yes, you have to know that these things that you speak about are much realised and known of, on other planets. They are more advanced than this Earth planet that you all inhabit. You cannot separate milk products from all of your food chain, because upon your Earth planet at this time, the use of animals and their by-products is very much *misused*. This is something which mankind will gradually come to see as being a foolish way forward.

George: Yes, this is part of our learning.

Yes, it is, and until such time, mankind will continue to worry and to concern himself about the feeding of the Earth population; and for many, the argument will be that they are doing good by all people—by feeding and by watering in whatever way they see proper, and of course, we have to acknowledge that the *profit* from these goods is an indicator of how much it goes on. So I say to you, my dear friend, it is an individual task to steer away from anything that you feel is not right in your world.

George: Yes, and this would clearly include the eating of meat and becoming vegetarian.

It applies to all manner of things, yes, but until mankind begins to open his eyes a little wider, there will always be struggle—yes. Are you happy with that answer?

George: Yes, that does very much help to clarify, and I'm sure that will encourage a large number of people who read about these meetings—I'm sure it will encourage a large number of people to think on this (**yes**).

Thank you Salumet!

Yes, if only, mankind could think more clearly for himself, without having to be nudged constantly by those more knowledgeable than they—but we must be patient. We cannot rush too quickly, but I must

say to you, my dear friends, that I am happy by the progress that is being made. All is not doom and gloom.

Graham: There was a recent statistic on the television the other day, saying that 20% of young people in this country are now vegetarian, and this figure is rising and there're older people now beginning to eat less meat (yes), and looking for alternatives—so it is happening.

Yes, as I have told you in the past. But again, one of the downfalls of mankind is impatience (yes). Yes, but I will not dwell too much upon that, because each one of you knows and recognises their own pitfalls in life. It is not for us to constantly chide you, but to allow you to open up to all that is available (yes).

George: It's good, Salumet that you encourage us to look within and think. Thank you!

Yes. You see, you all have the answer to life's problems, but what you do not recognise is that it is all entirely within your grasp. It is too easy for people to constantly ask us in spirit for help, but I want you to remember you are all here for a purpose and to grow spiritually—and to grow spiritually, you must, *must* go within.

Now, for this time, I will take my leave—will allow others to come forward, and I say to you, my dear friends: Be open to those forces of spirit that stand close by, and as always, I will leave you cloaked in my love, and until next time, I will take my leave.

(General thanks)

Next, one named Belinda who was a nurse whilst on Earth spoke via Eileen to give several messages, concerning health. Rod was advised to be careful about what he eats. (He had in fact taken a bicarbonate tablet earlier that evening!)

Sarah then noticed that there was one with Gary:

(General welcome)

It's good to come through from our spiritual realm—my name is Harry. I was a policeman in old times—and I am overseeing what is going on in this country at the moment. I'm trying to see the good in the change. We don't like to see it as a corrupt system, like in other countries at the moment—I feel very British.

George: I feel there is some corruption—we do have these resignations from high positions.

Yes, but corruption always kills itself in the end—even in my time when I was in the forces—I was in the war—the 1st world war. Then I joined the police force. I survived—I was posted behind the lines fortunately. I was sad for all the injured on the Somme. They always haunt you—those images. I learnt from it and served the force with those experiences. I served for many years in the ... oh...

George: The Somme must have been a terrible ordeal.

Oh it was, yes. It was very traumatic. I served in Canterbury—that's where I was based—the Kent Force. But I moved around. I started there then I went to Oxford, yes. I was there for a while—it brings back the memories—in spirit you forget. Then we talk about it and memories flood back—I remember the images.

Lilian: So what do you do in spirit?

Well, I try and prevent crime in your world. I try and save victims. I try to stop events happening. It's a very difficult task I have really—to stop murders taking place.

George: Are you able to warn people?

I do, I attempt to communicate—instead of going by a particular route—guide them off of that route. Yes, it's still in me to prevent crime.

(Following more talk about the difficulties)

Lilian: So are there circumstances where you are not allowed to interfere?

Oh yes, we do have a strict system in place. Sometimes, we try to stop the criminal—that is harder still, if they are hell-bent on committing a crime. They have all these toxic substances that affect the brain balance and they commit crimes without being fully conscious.

George: Are you talking about drugs?

Yes—bonded to drugs. The old time was more natural in a strange way. The drugs are synthesised now—from a leaf to a powder. The drugs—powder from a foreign land.

Paul: So it damages the brain—

Yes, and it affects the mind—the ego mind—the alter ego, and it breaks through—the dark side, the shadow side, takes hold. So I'm continuing the work of the good—yes.

George: Sadly, we haven't got on top of the drugs trade. There's still a lot going on.

Indeed.

Eileen: So how do you try to help? Do you try to impress? Are you able to transmute your energy?

Sometimes, I become like a wall—produce a shield.

Eileen: Oh, like an energy shield?

They are incapable of movement—I have stopped people. There are few like me with my skill. I can come quite close to stop these activities. It is permitted to stop. I am not permitted to get into their heads. But I can stop their physical body—that is permitted.

Paul: I suppose you've got the question of free will—the free will of the victim—who doesn't want to be killed.

Yes. There is a complex interplay of rules—there are regulations in spirit—what we can do and what we can't.

Graham: Yes, interference must be an issue, mustn't it?

There is repercussion. I may stop it, but it may create a greater problem.

Eileen: So people would call you an angel, wouldn't they?

Well—I think they may.

—If you are able to stop crime.

—A force for good—yes (yes).

Paul: Occasionally we get the feeling that people are murdered for political reasons to silence them. Do you ever get involved in those?

It is not wise for me to comment on that at present. I do not wish to attract negative things into the group (mm—thank you!). *It has been good to speak. I will now bid you farewell.*

(Enthusiastic thanks)

George: Thank you for your words and I think we've all learnt something from them.

Paul: It's nice to know that there are people like you around, keeping it a bit safer.

Neighbourhood Watch!

Eileen: May I ask your name again?

Harry, Harry Walters—yes.

Eileen: Thank you Harry.

One then spoke via Sarah concerning a very difficult rescue:

Good evening to you.

All: Good evening.

We are very happy to join with you and to be able to take those who are troubled by what has been a traumatic passing for them. They are being helped by so many, but there are a few who will not accept what is being told them and, if you will be agreeable, we would like to bring one through to you with the

lady in the corner, because this one has been for a very long time in between spirit and Earth, and we have had much problem trying to bring her over to us completely; so, if you would be willing, we would like to bring this one through.

George: Yes, please do!

Could I please advise you that I think it will not be easy.

Lilian: Right! Did she have no understanding of spirit at all?

This one had a most troubled life on Earth planet, and she has brought with her all her problems, which she cannot let go of, and it is for this reason—the fear—that she cannot move forward, so we would be most grateful if you could help us this time.

George: Of course! Thank you for coming through and paving the way.

Lilian: Yes—that will help.

Rescue begins via Eileen:

Lilian: Hello! Would you like to talk to someone? My name is Lilian and I hope I can help you in some way.
(No response)

Lilian: Would you like to tell me your name?

Go away!

Lilian: No, I can't go away. My job is to talk to you. I think you will be happier if you can talk to me.

I said, GO AWAY.

Lilian: No. There's a whole group of us sitting here waiting to help you on your way—you're just wasting time aren't you? Part of you would like to move on.

George: Lilian is a very kindly lady who would like to help you. Please listen to her.

Leave me alone and GO AWAY! GO AWAY!

Lilian: But surely you would like to be happier. You don't sound very happy at all. Well, I know that you had a tough life, but you've got to try and put all that behind you and move on. You've got to now move on into the spirit world where you can have lots of help, and have a fulfilled life again. It's what happens to all of us. You're not the only one who has had problems. We've helped a lot of people like you and that pleases us, and hopefully, it pleases them too.

Go away, because I'm not listening.

Lilian: Well you are, because you're talking to me, aren't you?

But I'm not listening.

Lilian: Don't you think you are just wasting time?

What's it to do with you?

Lilian: Quite a lot actually. I just want to see you happy.

George: We're all part of a very big family, and there's a wonderful life waiting for you in spirit.

Who are you? (Said indistinctly)

Lilian: A lot of us make mistakes in our lives—big mistakes, smaller mistakes.

Not me.

Lilian: Not you?

No, no! Just go away!

Lilian: No we're not going to go away. What's your name? Can you tell us your name?—to make it more friendly.

No!

Lilian: Well that's a shame. There are a lot of lovely people on the other side of life waiting to help you. Can't you feel the love and the warmth around you?

No! *(Stated firmly)*

Lilian: I'm sure you can! There's a little chink there somewhere wanting to do that.

No!

Lilian: Yes there is!

George: If you look ahead, there's a white light.

No, no, no!

Lilian: Can you tell us why you keep saying 'no'? Surely you don't want people to *keep trying* to help you?

What's it to do with you, anyway? What's it to do with you? It's none of your business!

Lilian: It pleases us if we can help you. Surely it's nicer to help somebody than just walk on.

George: It pleases us if we know that you're happy, and I think if you look ahead to the light, to the wonderful light, you will begin to feel what it is all about.

I've heard all this before.

Lilian: I thought you might have! *(With a chuckle)* Well just please us—listen ...

Why should I please you? I don't know you or you. Why don't you leave me alone?

Lilian: We don't know you—but we just like to help people as they go along.

Why?

Lilian: Surely you must have that feeling yourself. **No!**

Lilian: You liked animals, didn't you?

How d'you know that? How do you know that?

Lilian: Well that's a surprise isn't it; but you liked to help the animals, and you really had no time for anyone who didn't help them or be nice to them, and we're doing the same sort of thing.

What!—are you saying that I'm an animal?

Lilian: Oh no, no, no—of course not! *(With gentle amusement)* If you listened to me, you could go on into the spirit world, and still help animals.

George: And we have a love of animals as well.

Somehow, I don't believe you. I don't believe you.

Lilian: Well, there are a lot of animals that come over, missing their owners, and we look for someone to love them.

So what are you saying?

George: If you have a bond with an animal, then that animal can be with you in spirit.

Lilian: in fact, you may find that they are waiting for you—some of the pets, animals that you were friendly with and helped.

They never hurt me.

Lilian: No, they don't, do they? I think you'll find quite a lot of them waiting, and your job could be to help the ones back on this planet that are cruelly treated—and when you get there, it will be explained how you could do that. At the moment, I just don't know how that works—because I'm still on the Earth.

Well, how can you know? How can you know then?

Lilian: Intuition!

Intuition?—balderdash!

(Some general amusement)

Gary: Somebody broke your heart, didn't they?

Yes! How do you know?

Gary: I do!

How do you know that? I didn't tell anybody.

Gary: It's just the thought is put into our minds. You have to heal that broken heart. The heart that is broken can always be healed again. You have to believe that.

Why should I have to believe it?

Gary: Why do you wish to stay in a state of brokenness? Is that really what you want?

But it's my business, nobody else's.

Lilian: It is, but I still think you are wasting your time. You could do so much good.

You lot know too much!!!

Lilian: Well there! So could you, you see. You could get to know more than we know.

How?

Lilian: Because in spirit they will show you. You will become much more knowledgeable.

George: You can make a lot of animals happy as well, if that is your wish.

I love the animals (good). ***Don't like people.***

Lilian: You must see some animals waiting for you.

George: Did you have one in particular that you had a bond with—a dog, perhaps?

Gary: A horse?

(Much emotion—sobs)

Yes.

(Lilian to Gary: Thank you!)

Lilian: A bit of a shock is it—part of you doesn't want to know, but I think we're on the right road, don't you?

(Continuing deep sobs)

Sarah: If you look into that light, I think you might see that lovely horse. Oh look—just see if you can see.

(Much emotion)

Can you see anything?

I do feel lighter.

Lilian/George: Good!

There's something there. I can't quite see...

Lilian: You will.

George: keep looking!

(Huge sobs)

Lilian: What do you see waiting?

(Huge sobs continue)

George: It's a time of emotion, but that's good.

Sarah: If you start moving towards that light now, you can get closer.

Gary: Just let it draw you up—don't resist it.

(Whispering sighs as a hand (Eileen's) reaches forward)

Lilian: Do you see the horse?

Yes.

(This and other 'rescues' are available as audios to listen to on our website: www.salumetandfriends.org)

~25th July 2011~ SALUMET

I (George) missed this meeting and, during the course of the evening, Salumet saw the opportunity to have a quiet word with my daughter Sara to indicate a need for me to slow down a little. He is so perceptive! And

in fact, it turned out to be a general evening surgery, presided over by Salumet, at which valuable advice re family concerns was dispensed. Sarah, being unfamiliar with starting the recorder, took just a little longer at the outset as Salumet raised his (Eileen's) arms, as is his custom:

Lilian: Welcome to you Salumet!

(Pause)

I was waiting for the lady to be ready for me—

Lilian: Yes—with the recording machine!

(Chuckles)

As I come to you this time, I am happy to see how much each one of you listens, all the while listening to our dear friend talking about her daughter. The rest of you were listening and not interrupting as she spoke. This, my dear friends is an advancement for you—a spiritual advancement, because, all too often, people in your world wish to speak, but never to truly listen. Therefore, I say to you how pleased that each of you has come this far. I would like to just ask our gentleman friend, who is new to this group how have you been feeling since last we met?

Gary: Yes really, I have felt complete energy shift and I felt like it's bringing about a new shift which I've been wanting for quite a long time **(yes)** within in my spiritual path **(yes)**. I feel very pleased about that.

I promised to try to help you and the help is available to you.

Gary: That's very kind of you. Thank you!

Now I would like to say something about our dear friend who is absent this time. He works so hard for spirit (yes). Yes, and he wishes to continue, at a steady pace of work. At this moment in time, it would be advisable for him to pace out what he does, not only in the spiritual work, but in his own daily life. I know we have one who is related to him, so perhaps a gentle word from you might just encourage him to rest a little more

Sara: Yes—slow down a little

Just a little, nothing sinister (no), but he needs his rest also.

Sara: Its more rest he needs **(yes)**, not so much exercise, more rest?

Whatever makes him feel good about himself.

Sara: Balanced?

Balanced—yes.

Sara: I understand. Thank you for that.

I feel he would probably not listen to his dear wife.

Sara: I agree! *With general amusement!* I agree. I will have a word.

Sarah: I'm sure he'll listen to you though, Salumet.

Yes, but I wish to encourage *all* of you to recognise that balance in yourselves—to not overdo the physical aspect of living (yes).

Lilian: Especially when we're older—would that be right?

Well you people on this Earth plane like to think that as you become older, you become much wiser, but let me tell you, this is not always the way (no).

Sara: I think the balance is important for any age—to feel at your optimum best?

Yes, but when you are endowed with the spiritual knowledge that you already have, it is even more important, because you *have* that knowledge, whereas there are many people in your world who have no knowledge, and are spiritually bereft of these things. Therefore, as I have said before, responsibility comes to you—the more knowledge that you have—yes.

Now, I do not intend to stay with you too long, so if there are any questions that you have, then please ask me now.

Sara: Could I ask about my daughter, Salumet? I know some time ago, you did tell me that she had some 'vibrations of fear' within her. Is it something we can help her with? She seems very fearful. She feels as if 'something is wanting to kill her'—this is how she has expressed it. She feels somebody is following her, if you like (yes). Would it relate to a past life?

I would say not—no. What better way for manifestation to take place than when there is fear. We have spoken so much about this aspect of your lives. All of you—fear is something that you do not want in your physical life, because not only does it undermine the spirit self, but it creates so many forms of illness and many other conditions. I would say to you only this: As the young lady whom we speak of, I would say to you that there is indeed an energy around, but she is helping to feed that energy.

Therefore, yes, you must help her, because she is too young to help herself (yes). We in spirit will try to help also, but I would suggest that you have someone with knowledge who can speak with her and who can feel that energy around her.

Sara: Yes, it's difficult—I have asked a few people to speak, but they haven't been the right people, I think.

You have already—had help?

Sara: I did ask a psychic person and asked him to speak with Carrie.

That is not enough.

Sara: I need somebody who can actually feel...

You need someone who will feel the energy (yes) and of course, her fear is helping to manifest (I see) and give strength to that energy (yes). Yes.

Sara: is it some entity?

There is energy around her, but her *fear* is creating it.

Sara: I thought that.

She *feeds* that energy.

Sara: I can't seem to break through her fear of it, by talking to her. I've tried.

You will not do it just by talking. It needs someone who can feel the energy and help her to dissipate it.

Sara: There must be someone, perhaps I can find (yes). Would Gary be capable do you think?

Yes, I understand. I do not feel—and I hope I do not cause offence—but I do not feel the young gentleman is quite ready for this kind of situation.

Sara: Maybe a female might work better.

It matters not—male or female. It needs someone who has coped with this type of situation before. You understand?

Sara: Yes, I do.

Yes—but her fears are magnified of course (yes), because of her own fears, you understand?

Sara: Yes.

Gary: I know somebody called Linda Consella who lives near Sara. Would she be able to help? She's a very gifted woman—Linda Consella—what do you think, Salumet? Would that be good? She's South African. She's got that toughness about her.

It would need someone who would not be too emotionally involved. They have to—yes I will accept this lady—but there is a gentleman I am trying to find a name—

Sara: Tom Smith?

No I cannot see that one.

Sara: There's a couple who do crystals—healing and teaching.

No, no, you must have a medium.

Gary: What about Peter Fowler?—the one I go to the channel to. Would he be able to help if Sara and her daughter came to one of the meetings?

Would it be possible for both to be together?

Sara: Peter Fowler and Linda?

That would be more suitable.

Sara: That would work? Could they come to our house do you think, Gary?

Gary: He only works from home generally. He can't get around.

Sara: Perhaps I could take Carrie to him.

You can, but it needs someone to go to the source of the energy.

Sara: In the home?

Yes.

Sara: Right, so we need someone to come. We could pick them up. Would Peter come if we brought him?

Gary: I'll have a word and see.

Sara: Yes, I am quite concerned. I think she needs help soon really, because she's disturbed by it.

Gary: Yes

Yes, you see you need—like this group is—who has worked with all kinds of spiritual energies, who have worked with rescues, because the energy around this girl has to be dissipated (yes) and you need someone strong and who is not afraid or emotional (yes).

Gary: There's another lady called Belle Fuller. She's a spiritualist medium in Bournemouth. Would she be any help?

Sara: Belle Fuller? I don't know her. We have a vicar next door, but I think he's traditional!

(Chuckles)

Yes. No, you need a medium.

Sara: It has to be a medium.

Yes, you need a medium who can sense and feel and see.

Sara: Yes, it's difficult to find really good ones, isn't it? I'm trying to think—who do we know? Do you feel Tom Smith, if I said the name Tom Smith, Salumet—an Irishman?

I feel the combination of a gentleman and a lady together—I feel this combination of both is what is needed.

Sara: Maybe Tom and Linda—yes, perhaps.

Yes.

Lilian: Would Paul, you know, your brother.

Sara: I don't know whether he would be.

No, he would not be enough.

Sara: Do you think Tom Smith has good abilities? He talks a lot, doesn't he—Tom Smith?

I do not feel his energy—I have to say, so I do not want to commit to that name, because I am not feeling his energy at this time.

Sarah: Peter and Linda would be the best.

Yes.

Sara: We might be able to use Peter and Linda together.

Yes, I feel that speaking those names—yes I would say allow them to help.

Sarah: Maybe if Peter heard these words, Gary, he might be more susceptible and willing to do it.

But it is possible to help without being there, but I would suggest that in this instance that it would be more beneficial to be at the home where she is so fearful.

Sara: Yes and also because she doesn't want to sleep in her bedroom, it would be helpful if they were to go in the room **(yes)** and perhaps show her that it's clear.

She would feel instantly if all was well. She is a very sensitive young lady.

Sara: Yes, she has strong gifts, doesn't she, with this kind of work?

Yes, but, as in all things, that energy needs to be harnessed in the correct way.

Sara: She's a bit too young to do any sort of training isn't she?

She can be guided, yes.

Sara: Perhaps I could take advice from Linda?

Yes—there should be people around. The help is available to you, but it is up to you to take these steps on her behalf.

Sara: I'm quite happy to do that **(yes)**, but I haven't really known so much what it was about, until perhaps more recently **(yes)**.

Yes, she needs your comfort and your help.

Sara: Would you say that her gifts are more spiritual than musical, or do you think it is both with her?

Her music would help her spiritually.

Sara: Yes, that's what I feel.

Yes, but there is plenty of time for her, but really she would do well to be guided by someone, who knows and understands.

Sara: Yes—thank you Salumet!

There are many gifted mediums in your world, but not all are suitable for this kind of thing. You understand?

Sara: Yes I do, yes—finding the right one is all-important.

Yes.

Sara: Thank you!

Lilian: On a similar subject—my youngest granddaughter is interested in anything I tell her that you may have said, but she's also interested in hypnotism, past lives and so on. She's a very fearful young lady, with anxieties. Would it help her if she was—what word am I looking for—when you're hypnotised.

'Hypnotherapy' can help many conditions. I would not suggest to you that anyone so anxious should undergo regression—

Lilian: Thank you—

—Unless they are in the hands of someone who knows exactly what they are doing.

Lilian: Yes, thank you!

I have already told you, my dear friend, that there is no reason for regression, unless it is to *release* a person from these conditions which hold them back in this life (yes); and it is not always wise to assume that conditions in this life, always come from a past life—that is not always so. But, I would have to say to you that, because your granddaughter has quite a few *emotional* problems, regression is something I would not advise at this moment in time.

Lilian: Yes, thank you very much. I will let her read the transcript when it comes. Thank you.

Sarah: On the subject of daughters, I would like to say: 'thank you' for the help that Emily's been getting, and you said that people from, not just family, would be helping her, and she's already finding this. People are coming into her life and helping her on her way. I'm sure she's said 'thank you' to you herself, but I know she is very grateful for your words, Salumet.

Yes, she will be fine. I know with this young lady there have been problems, but, because she has made the contact with spirit, we will not leave her on her own. So I say to you: Continue to encourage her and, as I have said many times in the past: nothing comes by accident. She will be well.

Sarah: Thank you very much for all that.

Lilian: It's interesting that—some things seem so horrific—but they are meant to be.

Yes, let go of all fear. That is my parting words to you all, my dear friends.

Lilian + Sarah: Yes, thank you.

I know it is not an easy task, especially in everyday life, when there appears to be so many problems, but it is possible.

Sarah: I always remember your words, you saying: negative attracts negative.

Yes, if you can remember that, you are on the right road, not only to good health, but to spiritual growth.

Sarah: Thank you very much.

And now, I will take my leave of you, and allow whatever is going to happen here tonight to happen; and I can tell you, there are many waiting to speak with you.

(General thanks)

There then followed a number of personal messages delivered. Next it was a North American Indian medicine man—Grey Eagle—via Gary. It seems that Grey Eagle spends much time visiting groups such as ours; explaining that it is in his nature to travel—he enjoys being free to wander beyond the tribe. He spoke of the use of herbs:

There is a certain sage—the burning of the sage cleanses bad spirits. One can eat it, but I refer to the spiritual use. It would be a white flowered sage—grey-white—California sage is good. Californian sage can be bought in certain of what you call 'New Age' shops. You can buy the oil, but the smoke has great power. It is what we used to use for our dance rituals—invoking the ancestors. My tribe settled in Arizona—Nevada with another tribe the Navaho. I was a son of their medicine man.

He went on to speak of animal spirits and how they were able to link with them. Linking with the eagle spirit enhanced their seeing into the future. Their tribal chief was 'Standing Bear'. Then, speaking of the world situation today, he described how he and others can be close to Earth with helpful influence. He said of our group:

You keep a candlelight going in a troubled world. It will improve, and we must be optimistic for the future. Fresh ones will return (incarnate) in the future and bring new knowledge.

He attends spiritual groups elsewhere, including one in Brisbane, Australia, stating that we have some kind of link with an Australian group.

(That may be the Circle of the Silver Cord, with whom we have communicated, knowing that we do similar work—with indeed, Emma Hardinge-Britten having visited both groups.)

~1st August 2011~

At the start there were clairvoyant messages via Eileen, including (following on from last time), further useful information concerning the nature of the 'presence' in the room of Sara / Graham's daughter. A small, delightful but frightened little spirit boy is involved (possible candidate for rescue) and the scary presence is poltergeist-like in that it is fed by fear energy, and so builds. Next, we were treated to a little over one minute of very loud and clearly articulated pre-Incan, now extinct language, as we had heard on a previous occasion:

George: Would you by any chance be the one from the South American tribe who spoke to us once before? A lengthy pause followed, during which we recalled that earlier visit. In fact, on since checking records, this one was with us on 26th September and 17th October 2005. Sadly, his people were enslaved by the Inca and their language lost—which is why he loves to physically articulate it.

George: Welcome to you!

I am most pleased that you are still meeting together, and I wish to tell you that my people are still keeping in contact and keeping the tribe alive. We know how much your world has changed, and it has saddened us that you have in many places disregarded nature and all spirit that it contains. But we know that you are aware, and it is for this reason that I come back, because we have much enjoyed reliving what was taken so unkindly from us.

George: Well, you are most welcome, we love having you with us and we in this group—yes, know the wonders of nature, appreciate them, and we do our best to spread the word.

Ah yes—we know what good work you do, and we have been around when we have heard you talk about us.

George: That's good to know.

—And we had the opportunity to come back to you this time.

Sighs and another pause, then another spoke much more quietly:

I am just passing a message to you—the one who was with you has not been able to continue this time, but he wishes me to tell you how happy he has been to be able to give you some words that he knows you will be able to keep for future generations.

George: We much appreciate his effort in doing this.

Paul: We shall keep the recording of the language.

He will come back again another time.

George: He will be most welcome.

And then one via Gary:

Hello!

All: Hello!

I've been travelling—with a circus—acrobat—Chinese acrobat.

(It seems that entertainment continues in spirit—both adults and children enjoy the circus. On Earth, he travelled America in the 50s and 60s. There was then more optimism in the United States)

Not the problems they have today—auspicious time—a good time—sad to see not so good now. Time is like that. And I toured the United States.

Lilian: So you were with a group were you?

Yes—from Shanghai yes—Shanghai acrobat. I did enjoy Toronto in Canada—and Mexico City as well, and I was in South America—North and South, yes.

George: And you still perform as an acrobat in spirit—

I continue to, yes.

(It seems he is able to do more elaborate feats in spirit. It is more beautiful—more artistic)

I do Kung Fu and Tai Chi, yes—so I combined acrobat and martial arts—in combination in the act. And I see changing times in your world. China became big economically—if it is too big too quick, not so good to the environment, as you might expect. You have to be more aware of the environment, otherwise trouble looms—yes.

(We spoke of 'carbon footprint' and our friend said: some don't believe that—)

Lilian: So you are working together now?

We are always together, yes, travel together.

George: China is a major world power. Did you have any thoughts about Chinese politics?

They should respect the Tibetan people. The Chinese, they are different—not the same.

George: Yes, many of us were saddened by the Chinese invasion of Tibet, in 1950.

Yes, some hold it against us that I can understand. We have to respect their sovereignty eventually.

George: Yes, I think there was a consideration that Tibet is a Chinese province—

There is argument and debate. It is not—they are definitely genetically different (yes). We do not look quite the same, and our belief systems are also somewhat different, but there is similarity between our ancient philosophy—Confucianism and the way of the dharma—a bond, yes. We are all brothers really.

George: Yes, the Tibetan philosophy and religion go back a very long way.

But there's always the divide of the great mountain ranges- a natural border, yes.

Paul: And, as you said China is, in a way, not all one people, the Han, are, I think the biggest group.

In Ancient time, there were many small tribes. Modern China was a small province that expanded from little kingdoms, factions. If you look at the old map, there are many little kingdoms, not united as they are now.

George: Several of us have read books by the Tibetan lama, Lobsang Rampa.

Ah Lobsang Rampa, yes.

George: Do you know of him?

Not directly—'The Third Eye'—I know one.

Paul: That was his first book.

Popular—a bestseller!

(Pause and time now for our visitor to depart)

I will give you many blessings.

Lilian: Thank you! It's very nice to have you visit.

George's Notes:

We are aware that Tibet holds a valued place where Earthly spirituality is concerned, and it is distressing to many to see such spiritual endeavour invaded by the militarism of materialist powers. The Chinese invasion of 1950 was bloody and destructive and is to be deplored. And the Dalai Lama—'The Inmost One'—still remains exiled from his native land. But neither does this 20th-century invasion stand alone. In 1904, the British invaded, using Maxim machine guns to force their way to Lhasa. At that time also, the Dalai Lama went into exile, so that reincarnation links can remain accounted. Being British, I feel shame that this should have been so—also that our world governments continue to have belief in the warfare principle in preference to upholding the superior doctrine of spirit: "Thou shalt not kill". But, within the Tibetan spirituality, the future is known—hence, the Dalai Lama's safe exile always in good time. And we must remember that evolution's details will take their course in their own good time—preferably without harsh judgement from one to another.

~8th August 2011~ SALUMET

There was a virus going around and several could not make it. There were just six of us present to enjoy another wonderful meeting:

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I join with you this time there is a lightness in the energy of this room. There is at this present time on your planet, a lightness of energy which is spreading throughout your world. You may feel that with all of the hurt and wars and disasters within your world at this time, that this statement just made, does not seem to fit. But let me tell you, my dear friends, there is a new chapter beginning on your Earth planet. (Wonderful!!) It may not be in the next five minutes of your Earth time, but it is ahead of you and there will be a great change in the emotional makeup of human beings.

George: I think we feel something of that change and there seem to be signs going around the world, in the shape of people sometimes challenging officialdom and the economic climate changing quite substantially. I suspect these are signs of big change.

Sara: Can we say that people are becoming more emotionally literate—able to communicate?

I have always told you that people of your time are now beginning to think for themselves. That is the beginning, but I have to tell you that from the beginning of time, the beginning of time of mankind, that there have always been challenges to authority. That is the *spark of life* which will *ignite* within all peoples in time to come. This is not to say there will be no problems—of course there will, because your planet has to evolve in a natural way; it has to function and deal with all of the negativity which has been created. But again, I will say to you all, my dear friends, that you should rejoice in the knowledge that all will be well. Do not despair as we see so many in your world at this time despair—they lack in spiritual knowledge. So, give out your loving thoughts for them—those in most need of spiritual knowledge. And of course, I do not have to say to you, to give love and support also for the physical bodies who are suffering at this time. It may seem an insurmountable problem—all of these things—but with the love and support of those of knowledge, we can help many. Would you wish to ask anything about this? Have you an opinion about the state of your world?

Sara: The light that you speak of, has been partly created by those who are working to raise the energy of the planet?

It is never achieved solely by one person.

Sara: Yes, I would think it must be the group effort that is causing this light to spread.

Yes, we have endeavoured to spread the light of spirit for many thousands of years, but at this time in your history, we *have* begun to make some advancements; whereas in time gone by, human beings have tended to *fall by the wayside*—I believe that is one of your expressions (yes)—yes.

Gary: Much has been said about time speeding up—what's called 'quickenings' in the Mayan calendar and all that—is that relating to the changes?

All of the information that is given and is gathered within your word is spoken in many different ways by many different tongues, by many different settlements. I always speak to you, my dear friends, in simple language. Without the help and knowledge of you human beings, we in spirit are almost like people having their hands tied and not being able to help—but yes, that quickening or speeding up of time, is just another way of describing the quickening of spirit. Do you understand?

(Slight pause)

I do not hear (yes) the gentleman—

Paul: Is it more our own energy vibration that's speeding up?

Yes—it is the spiritual energy which creates all of these things—it is just the understanding of humankind to what is round and about him, and what he is able to achieve in a spiritual way. You have to remember that in your world, there are many ways to describe one situation. So I say to you: yes, the quickening is not of time but of energy and humankind.

George: You mentioned ‘negative energy’, Salumet, and I wonder, at this point if I could put to you a question that a friend has sent in **(yes)**. He has recently joined a meditation group, and the leader of the group is proposing to take an expedition to Egypt to dispel negative energies from the Great Pyramid and Sphinx. The questions are: Is this necessary? Are they out of their depth in doing this and can it be done from a distance anyway?

He has answered his own question. Of course, the dispersal of negativity can be done from a distance—of course it can, in the same way as you ask for healing help for others (yes). How would you suppose we help those people? We are not present with them, but we are able to help; in the same way that if you are trying to dispel/disperse negativity, it can be done from wherever you are; sitting here or going to wherever the negativity is.

Sara: Could I ask a question?

Well, I will allow you to, but I wish to just finish this point with the gentleman. If the lady in question feels drawn, that she must go, then so be it, but I would say to the gentleman who asked the question: there is no more or less negativity in that place than in many others in your world. Therefore I would say, and of course he has his own freewill and is able to think for himself, but I would say to him, there is no need to travel many miles in your world to do something that can be done from his own armchair.

George: Yes, I’m sure he’ll be very happy with that answer. Thank you Salumet!

Yes. Now, I will take your question please.

Sara: Thank you. On the subject of dispersing negative energy, I was wondering how you feel the lady who has been helping from a distance with the room in our house—whether you felt this room energy was now clear? My daughter seems happier, but we’re going to allow her to sleep in a different room, so that she doesn’t have to think about it. And I plan to sing in that room, which I hope will raise the energies further.

Yes, you need to *clear* the remnants of the energy—there is remnants but not much.

Sara: Am I right in thinking that it relates to the land below the house as well, because we’ve been told that it’s something to do with the site of the house.

I am not aware of that. I will reserve my judgement on that for now. I would say to you: yes, dispel any energy left within the room, either by music or singing or whatever form of happiness you can take to the room. I do not feel fear around at this moment. I will speak to you again about your question.

Sara: Thank you! We’re hoping that she will be able to sleep in the other room, but that remains to be seen.

She must now dispel her own fears.

Sara: Yes, that’s what I feel **(yes)**. We’ve certainly tried to help in a practical way, hopefully I can find someone to guide her, but it must be the right person—

Be guided by your own intuition.

Sara: Yes, a lady suggested a gentleman named Tom Smith, because he does have gifts himself. I don’t know if that name resonates with you?

No, I am not picking names—there are many people that you can choose from.

Sara: I think I’ll just wait and see who comes—

You will know when you speak or see someone—you will know if they are suitable. Please be guided by yourself.

Sara: I will—thank you.

George: And it’s so good to have your words on world change, Salumet; because there are doom prophecies **(yes)**, especially with regard to what is thought to be a roaming planet named ‘Elenin’, and earthquakes resulting from its close passage—its relatively close passage to Earth.

You have to understand, my dear friends, that much of these happenings have always occurred, but your scientists or whoever, have not been able to know what has been going on. Therefore, when something happens, there is ‘scaremongering’ as you call it. Your Earth is going through a time of change. Its evolution is still taking place. Allow it to do so without fear.

George: Indeed, yes these are precisely my own feelings. In relation to the Earthly upheaval—as you say, there must be the ongoing evolution, and what will be will be—we must be accepting of that.

Yes, yes. So many people are afraid—they are afraid, and I believe this to be one of your sayings again: to be afraid of their own shadows!

George: Indeed yes!

It is true, unfortunately, but I will continue to tell you to be positive, to view all of your life as being positive, and then, my dear friends, will you discover, not only change within yourselves, but change throughout your world (yes).

Paul: It almost like a *weaning off* process. On the television they seem to gauge—they use terms like ‘economic growth’ as a gauge to a country’s calibre. When the economy is growing, they’re fixed on that still, when that’s not what it’s about at all. So, if they could get away from this idea—‘economic growth’ being unimportant—the growth of the people—that’s the important thing.

Yes—as you do with children, you must be patient with those without knowledge. Their fear is real to them, but you can help them with your thoughts. Always you have done this, my dear friends, I know, but when humankind forgets to go inward and find his own answers—that is when fear grows. If only we could encourage each and every one of you to go into that meditative state, then your world would be so much stronger; but that will not happen suddenly, but how much the people have grown on this planet, from some time ago when all was so negative! It is one of the reasons, as I have told you before, why I came to help you; and that is still my struggle, but without your help, my dear friends—how much you have spread ‘Truth’, and for this we will be always grateful to you.

George: The gratitude is two-way, I can assure you Salumet.

Sara: But we have a long way to go still. I think that all of us feel we have a long way to go—much more work to do still (yes)—at least, I feel for myself, anyway.

A lifetime is such a short time in your world. Why should you be living that lifetime in constant fear? It is something that you all regret—that so much of your human time is spent worrying about needless things. So, before I leave you, I just want you all to know, I am always with you. I will endeavour to uplift you, to hold your hand when needed and to leave you surrounded with the love of spirit.

George: And this is a good time for me to say thank you for the advice given two-weeks ago regarding myself, who had been overdoing it a little. Thank you so much for your advice, Salumet.

When you do not listen to that whisper in your ear, then the words have to be spoken (yes).

Now I will take my leave of you and allow the rest of your evening to continue.

(General thanks)

One followed via Gary to add his thoughts on ‘changing times’ as seen from spirit; explaining that there are many different approaches to Earthly spirit:

We are all one big family and work together. Our differences dissolve and become unimportant—this is what ‘the change’ is all about—bringing harmony and unity so that all the light-workers can allow the great light to shine in the times to come. So it is easy for me to communicate with you—I was a spiritualist as well, when I was on the Earth, as my mother was—I was brought up in it—born into spiritualism, so I was very fortunate to be a small lad sitting in séance. My mother was a trance medium—she did platform and held her own circles as well. So it feels like home here.

George: Yes, your mother was a platform medium—

Yes, I was as well.

George: Really! Are these names that we would know?

Well—my mother was a friend of the one who was charged with the witchcraft act in the 50s.

Eileen: Helen Duncan!

Yes—Helen Duncan. They knew each other and they were close—Florence.

Eileen: Your mother was Florence—

My mother was Florence—yes—London—Richmond—yes. I was in the navy—that was in the 30s—yes. I went all over the place in the wartime, yes—battle of the river Plate. Our ship was blown up and I was lucky to survive really. I had some injuries—I recovered though.

George: There was rather more interest in a way in the war years (Yes)—people were so keen to have news of their loved ones who had been lost.

Ah yes! You do rescues here don't you? My mother did a lot of that during the war—that was one of the things she did—those on the battlefield, yes.

Eileen: Could I ask your mother's surname?

Born as Smith—then Kiers was her married name.

Eileen: Florence Kiers—

Yes—it was hard work, because of the volume of soldiers who were lost.

George: It has occurred to me that the one and only good thing to come out of warfare has been the increased interest in spiritualism.

Yes!—death has a way of awakening you! It does have an effect on the collective psyche (yes). When one sees much death, one can become enlightened by it in a strange way—awakens spirit. That's what the Rosicrucian's say—and the monks and the Buddhists—death is an illusion.

George: I suppose we could compare the Earth life with a single page in a book—

It is a chapter that has its beginning and end—the soul journey becomes a book.

George: Yes, I suppose the planetary aspect could be compared to a library containing all the books—

Yes—do not fear that Planet X, as they call it—

George: Ah! Planet X!—also known as Elenin! *Elenin—yes.*

George: Can you tell us anything about that?

It will come and pass (yes) and it will bring certain disturbances, but it won't be long lasting. It will not split the planet in half or anything. It will not reverse the Poles as some suggest.

George: Yes, there was some doubt as to whether it is a planet, an asteroid or a comet.

It's more like a comet from what I can see of it (right). It is not the usual comet—it has a strange feel to it. It feels a bit like it's an 'angel of death', but it is a metaphor really. It will bring a certain 'death', but only to the old ways. It will only—so don't worry—it will not destroy all that is positive, you know? (Mm). Beyond that, there is more to come. There will be some—it's a new sub-cycle really—it's much in our interest as spirit.

George: Yes, some feel that a close pass from Elenin would create earthquakes—

Earthquakes you have anyway.

George: We have those anyway—yes.

If you will have any more—I don't know.

George: But if it is a comet and not a planet, then it's likely to be a much lesser effect anyway.

Some think it's a spaceship don't they—a masquerading spaceship—yeah. The thing is not to be gone into now (mm). But you will have—the electromagnetic rays of the sun will—may cause some computers

to dis-function in this next year (ah yes). That is a possibility—it will bring a lot of solar activity—solar storms will be quite intense, so be warned. But it won't disrupt human society too much.

George: You seem very knowledgeable—are you able to say how you come by your knowledge?

I access it through the cache of great universal—knowledge is there for the taking of—once you seek it, it comes to you. Knowledge is always there in this universe.

George: Are you speaking of the Akashic Record?

Yes, one could call it that, but there is knowledge beyond that, which is within yourself (yes). You have your own knowledge.

George: So this is going within—

Yes, this is our unity with the Godhead if you like—we are a part of the Godhead—we all have a Divinity spark in us—that is 'your' knowledge—your memory. And we combine our knowledge, and then we have a 'universal' knowledge. We have what is called 'cosmic—those beyond the sphere of the Earth—space-beings', share this with us.

Sara: There are some individuals who do not need to go within to access certain knowledge—they are linked to universal mind—

Their mind can link up to many—like a big 'search engine'—based on the Internet—a cosmic search engine—yeah.

Sara: When children are born with certain talents—would you say that they have certain links which can be made stronger?

They have 'access capacity'. Like yourself, with your music. You are accessing the 'bubble' as we call it, the information. It's been good to communicate with you. I'll not take too much of your time.

George: It's been interesting for us to listen to your words. Thank you very much.

Sara: Thank you for coming.

It's a pleasure!

Sara then took us on a guided journey:

I want everyone to be aware of the love within them, you are made of love—that is your real nature. Just feel that beautiful energy, which knows no fear. It has a lightness to it. Feel that beautiful warmth and that beautiful light that is your true energy. Whenever you feel a loss of that lightness and warmth, try to be in the habit of observing that loss within yourself, and try to be aware of why you are experiencing the loss. You may find it's something in your own mind that has caused you to lose it, or it may be something in the mind of someone else near you that causes it, but try to identify when you lose that beautiful and warm, light feeling which is your true nature. And when you lose it, try to sit quietly, if you are able to and bring your thoughts back to pure thoughts again and bring your mind back into balance—peace, gratitude and happiness again. Now sit quietly and experience that pure love energy that you are. Feel the expansion of energy when you sit in a state of pure love, with an open heart. Feel the expansion of energy from your heart. And notice when you are in crowded places, notice the different feeling that you have there, but when you're in situations that are perhaps less peaceful, still try to maintain that openness and that energy of love. Remember that the more love that you generate yourself, and radiate yourself, the more you receive, and the stronger your energy field becomes. Think of yourself as a radiating sun, shining your light and your love.

George's Notes:

1: Battle of the River Plate: 1939—the German battleship 'Graf Spee' was scuttled and British ships damaged, especially HMS Exeter which nearly sank.

2: Helen Duncan: *Wonderfully gifted Scottish materialisation medium, who brought comfort to many during WW11 with messages and materialisations of loved ones who had lost their lives. The battleship HMS Barham was lost, November 1941 with 861 lives. The Admiralty, to maintain false morale, decided to withhold the news. But one, with the logo 'HMS Barham' came through in séance saying: "My ship is sunk." And the Admiralty got to hear of it. Two years later, as D-Day approached, it was decided that Helen Duncan's accurate spiritual information might pose a threat to security. She was 'tried' in the most farcical circumstances under the then still-existing 'Witchcraft Act', and sentenced to 9-months imprisonment in Holloway—this despite 41 people testifying as to her authenticity as a true medium (including one RAF Wing Commander). This must have been one of the most ridiculous examples of 'unjust justice' in recent history. But, on reflection, the Admiralty and the Law courts between them, have really proved the reality of materialisation mediumship. And the sad story does not end here. Sir Winston Churchill later repealed the Witchcraft Act; but the 'powers that be' were still not happy about Helen Duncan. During a séance in 1956, there was a police raid. She was seized whilst in deep trance, strip searched and flash-photographed. We all know that trance mediums must never ever be treated thus! Sadly, Helen Duncan never recovered from this. She was later rushed to hospital, where she passed to spirit 5-weeks later.*

3: Planet X / Elenin: *A Google search currently shows more than 1.6 million results, so there is huge interest! We've probably much overdone the Earthly conjectural interest, so how good it is to have some commentary on the subject from our friends in spirit!*

~5th September 2011~ SALUMET

There was some discussion prior to Salumet joining us. We chatted about many things both terrestrial and extra-terrestrial:

Lilian: Good evening Salumet.

Good evening.

All: Good evening!

I have taken a little longer to speak this time, because it gladdens us to hear you speak so openly about all manner of things. I have been listening, my dear friends, to your conversation this time, and it is good that your hearts and your minds are open to all that exists, and although, you say you would wish to have contact with other beings, may I just say to you, my dear friends, it is important that you make contact and get to know your own fellow beings much better. Then the natural course of things will take you to those meetings that you desire. But firstly, it is important that you *explore* yourselves and other beings on *this* planet. Understand them first, and then the understanding of others will become much easier.

Paul: Do you mean understanding other beings on this planet—other humans?

Yes, your fellow man, yes. It is good to want to understand those from other planets—of course it is, and I applaud your openness. But firstly, become more aware of the being who sits next to you—to the human being in the next room, in the next town, in the next city. Encourage that knowledge to grow—that is important, and I know you understand, and I know it is in your nature to wish for other things, but firstly, *know yourselves*. Could any one of you make contact with someone many miles from here? Not yet, because you have not put yourselves to that exercise. So my dear friends, you see it is important to become aware of that being within yourselves first and foremost—then all other happenings can take place.

Jan: I personally, don't think the planet is anywhere near. I think we're all too busy putting ourselves first **(yes)**, and at the moment, the condition in which this planet finds itself, I think it would only be detrimental at the moment, and that's why we won't be shown anybody for some time—I think.

Only those who are truly *believing* and are wishing to extend their knowledge, will make this type of contact. After all, why should those beings with superior knowledge entrust themselves to—not lesser beings, but beings with less *knowledge*? They would, of course, be cautious.

Jan: Very— **(Yes)**—mistrusting of humankind/mistrusting of each other—so until they overcome that as a populace—

Yes, so I say only to you, dear friends, to develop your own inner being. I have told you this on many occasions, but it applies also to this topic that you have been discussing.

George: Yes, these are very wise words, I know, but our brief taster of extra-terrestrial matters has nevertheless made it easier for some of us—for me at least—to endeavour to contact scientists who are very often very material in their thinking **(yes)** and I think there is a lightening of this condition. Some scientists are beginning to feel more that there's much beyond materialism **(yes)**, and with our brief encounter with Bonniol, it makes it easier for us to talk to them about things that go beyond space-time **(yes)**—if I could put it like that.

Yes, if you remember, the reason for Bonniol coming was to demonstrate to you all, mind projection (yes)—which is part of your own being. It is to help you to continue to develop that—what you *are* here on this planet (yes), and when you adopt these attitudes to who and what you are, then you become much better beings—spiritual beings, who would then be able to encourage many people in your world—by your words, by your actions, by your demonstration that there is more to living than just this physical body.

George: Yes, and mind and consciousness **(yes)** is something that we have so misunderstood.

Yes, and there is still so much to learn, yes. You are still, if I might equate it with a school—you are still in the infancy of teaching (yes).

(Amusement!)

But the very fact that your hearts and your minds are open gives us much, much hope.

Paul: So you would encourage us to certainly, continue to try to develop our attempts at mind projection with each other **(yes)** — and telepathy.

Yes, and then that will enable you to go further—of course, yes.

Jan: I was listening to a radio programme late last week and I was so compelled, I nearly telephoned them. This chap draws and paints in his sleep. He's been to lots of doctors over the years, and they have no answers for him, and it suddenly came to me: I wonder if this is psychic artistry—he's being used by artists from spirit? He can only paint when he's asleep. In waking state, he can't draw—he draws very little—he draws like a child in fact. I just wondered if you have any comments about that.

Yes, of course, you realise that in sleep state, you return home to rejuvenate the spirit, and of course you are much in tune with spirit when you are in the sleep state—of course, that is what is happening.

Jan: I thought so **(yes)**. I nearly rang in and wanted to discuss it on the programme, but a little bit of self-doubt, I think, crept in, and I missed my opportunity. Part of me wishes I had, but, unlike George, the choice of my words might not have been appropriate for the radio at the time.

But, you know in your mind and your heart what is happening (yes). You cannot always persuade another person, as we have said on many occasions—you can sow seeds, but you cannot *make* people believe.

Jan: No—I had a feeling though that he wanted answers **(yes)**, and I believed, in this instance that I probably could have helped just by sowing that seed and thought that he may not have had before **(yes)**, but anyway, I’m sure the opportunity will arise again, because I don’t think it’s the last time we’ve heard of this. WE KNOW it exists, but this phenomenon is going to be talked about a lot more.

Yes, you must realise and recognise that many things are talked about in your world today, and it is widely known, but still there are so many doubters, but it *will* come, the time *will* come when the tide begins to change; but, as always, my dear friends, I tell you: patience. It is happening, maybe too slowly for some, but I can assure you that that tide is turning.

George: Wonderful!

Jan: Yes—Just a funny little thing that he said that just amused me really— was that he decided he wouldn’t put oil beside the bed, because it was too messy on the sheets. I thought that was really quite funny. He used pencils and watercolours, but certainly not oils.

(Amusement!)

That is his own freewill, coming into play (Oh right—of course!), yes, and why not?

Yes—well that really, my dear friends, was all I wished to say to you for this time, unless you have any questions for me, I will leave you.

Lilian: Thank you.

George: There is one **(yes)**. You have spoken to us about EVP—Electronic Voice Phenomena **(yes)**; and I received a letter from one of our readers, and he says that he was able to examine the background sound from one of our meetings **(yes)**, and he manipulated it—I think he expanded and changed the speed, and was able to hear a large number of commentaries going on. Now, I’ve read that in this type of situation, some people seem able to hear these things, while others cannot **(yes)**; and I’m not sure as to how accurate the claims of this gentleman are. So I wondered if you could say a little more about manipulation of background sound and the extent of conversation that one is likely to hear.

Yes, I understand your question my dear friend. Let me say only this to you. This phenomenon, as you call it, does exist (yes)—in the same way, as within this room, there may be people who can hear or see, whilst others do not, even though they are within the same situation. It is the same with the mediums upon your Earth, who hear the voice of spirit. Why should it be that they can hear, while others do not? It is a matter of their capabilities, of their development and in the same way, the more you listen to these voices, the clearer they become to the listener, but the listener has to know what he is looking for.

George: Yes, I notice some scientists **(yes)** have produced enormous quantities of recorded sound **(yes)**, and found just one or two phrases that they could identify.

Yes, you have to remember that mankind is not aware of all levels of energy, and it is the frequencies of the energies that are being tapped into; but yes, I can tell you voice phenomenon does exist, and those who are using it at all times, become much more acutely aware of those background energies.

George: Yes, and I suspect that the gentleman I have been hearing from has become acutely aware.

Yes, yes, it has probably come from listening many, many times, and developing his own acute awareness.

George: Yes, he is a musician, I know **(yes)** and that possibly helps.

It helps, yes—it would.

George: That clarifies that beautifully. Thank you!

Jan: Just quickly: Richard, my son whom you know, Salumet—he’s heard voices all his life. While he was growing up, he could hear voices all the time **(yes)**—since birth. He’s learnt to shut them out, and cope with them now he knows what they are. So is that a similar thing to what you were talking of?

It is on the same level as the mediums who can hear clairaudiently. In the same way people are clairvoyant—not everyone has the ability.

Jan: Richard has numerous conversations—all at the same time, as if he's in a party situation—

Yes, but it is slightly different; what the voice phenomenon is, is levels of energy in the background—

Jan: Like a radio frequency?

—yes, whereas 'clairaudience' is direct hearing from spirit. You understand?

Jan: Yes, I do. **(Yes).**

Graham: And this would be the same for seeing the human aura, as well—if you try and try, eventually you'll be able to see more and more?

Yes, the more you develop your senses, the easier it becomes.

Graham: Yes, I think to be able to see the human aura must be a wonderful experience, and it's certainly something I've tried to start to work on.

Yes, but again, my dear friend, have patience!

Graham: Yes!

You all have that ability. It is whether you have the dedication, because unfortunately, most of you human beings are very impatient. Remember that time is of no importance.

Jan: No, I think we try too hard, actually **(yes)** on one level **(yes)**, rather than as you always say, going inwards—on a conscious level, we try too hard.

Yes, it will come, but you must be open to it (yes).

And now, my dear friends, I will take my leave. As always, I leave you cloaked in my love and protection, and we will await and see what else there is to come this time.

(Thanks from all!)

George's Notes:

Misunderstood Mind and Consciousness: *In scientific circles, there is still a reluctance to acknowledge that mind identifies with spirit and is external to brain. But recent experiments concerning EVP (electronic voice phenomena), RNGs (random number generators) and a very recent statistical analysis of cognition tests that has been conducted, are posing deep seated questions that materialist doctrine cannot satisfactorily answer. A paper is in preparation that it is hoped will help clarify this important development.*

There then followed one Rudolf Steiner speaking through Gary:

Good evening.

Lilian: Good evening.

It's Rudolf Steiner from the higher dimensional plane, yes.

Paul: Welcome!

I go up to different levels.

George: Wonderful!

I work with this communication. I have been working for some time—trying to—we have to be like your selves, very patient in spirit to develop the channel—the medium. We, in a sense, have to be tested with more patience because we have all the knowledge and want to share this with humanity. We become excited in spirit to share this, but the difficulty is, what is termed grounding this knowledge in its purity without it becoming tarnished by the lower dimensional influences. Throughout history, it has always been a challenge for us in spirit to achieve this. It is our spiritual development to master this—to create a high quality communication that gives you a pure source of knowledge that humanity has built up throughout history, from the past—all so much knowledge to share—not just the future.

George: Certainly, we all have this feeling of wanting to share knowledge here, and in this modern world, there is the Internet, and websites, which are, perhaps, an aid in this. Are you aware of these things?

Very much so! We even try to influence it. It can be used like anything, like a tool. It can be used for manipulation—can be used for sharing higher knowledge and wisdom the—what is called ‘spiritual information’ can be passed on through computer / Internet, yes. Much is being shared on sites.

George: Yes!

Much of it can be considered ‘conspiracy sites’, but there is an extension of that where it is more ‘higher knowledge Inter-dimensional’ communications. Channelled sites—where there is information from spirit, being passed on, through this powerful, global medium, so we support that. But unfortunately, it can also be manipulated by the lower levels. It is an open channel really, the Internet—it is very open to influence, and so much information, so much thought. Being on the fifth dimension, we can see how this intense energy of the Internet is growing bigger all the time—expanding—like an ocean, a bit like the Akasha—it’s become overtaken—its own Akashic record, isn’t it?

George: Akashic record?

Yes, it is a source of holding information—storing knowledge.

George: Yes, so are you saying there’s a sort of comparison here?

Yes, I believe there is, yes. There is a natural, higher dimensional record—library, and now there is on the Earth level through the Internet. It holds everything, good and bad—purity, impurity, yes.

George: When you were on the planet, I believe you did some very interesting work with burying cow horns, loaded with material which became a wonderful fertiliser, which could be spread over huge areas.

Biodynamic!

George: It’s biodynamic—yes!

And it came up with some interesting—I suppose it was ahead of its time, but it’s been filtered through since I passed over, yes.

George: Yes, it seemed to be much more effective than one would expect from the amount of material used.

Yes, in places like Israel and Egypt, the concept is being used, and Australia, yes—and South Brazil. I keep an eye out on the various communities, but it is quite spread out—Japan, yes.

George: Yes do you feel that, in principle, this is a process that could be used to advantage on the Earth today?

It is an ancient knowledge that I tapped. It is one that was done in ancient times—the Egyptians used similar methods they knew how to grow on the Nile. They mastered these techniques, and I managed to access this in the Akashic records—a vision of old Egypt, and their methods of farming, and that’s the basis of my biodynamic inspiration. It goes back to the Ancient Egyptians. They were true masters of growing food. They had to be—and in India, yes. As I said, the past holds much knowledge as well! The past sometimes goes through decline that has a way of being resurrected from time to time.

Lilian: Yes, so we’ve been told—

It evolves; it develops— a bit like a painting. You start it and then you add to it and it becomes more complex. Sometimes, it goes through a process of looking worse, before it looks brilliant again. Adding layers, sometimes takes the beauty—until the right amount is added. It’s been good to communicate with you.

Graham: Yes, thank you for speaking with us.

Paul: Yes, it’s a shame that more of the planet doesn’t use the biodynamic approach.

In time there will be more advanced levels to come, yes. It will have to come. With the new energies coming, it will come. All to do with the sun—it will instigate higher wisdom—the trigger. The sun is going through a huge shift at the present.

Paul: Right!

Your scientists know this, yes.

George: Changes in the sun will benefit the planet?

It will benefit the planet very much so. It will spiritualise it—purify it.

George: Yes, I think it is realised amongst scientists that changes are about to take place (**yes**) in the sun, but I don't think it is understood terribly well about what those changes will, accomplish.

The sun is a spiritual entity ultimately. The ancients knew this. It has a spiritual dimension to it (mm).

Once science recognises the spirit of the Sun—the Logos—then transformation is guaranteed. The beginning of an advanced society can be realised.

George: That's very interesting.

What we also can term Ascension—the raising of the planet and how high is humanity.

Jan: So we should turn our attention more spiritually to the Sun, then, should we?

You can worship it, if you wish. There's no sin in that.

Jan: But surely, that would have a positive effect on the Sun if it is a spiritual entity.

It will recognise your calling. Part of it has a consciousness, as does the planet.

Jan: Whereas we've lost everything—

Sarah: It hasn't lost anything has it—consciousness?

Jan: Ancient civilisations worshipped the Sun, and, as a modern civilisation, we don't.

It is worship in the physical sense in creating and beautifying in the body—

Jan: Yes, exactly rather than having a detrimental effect.

—Absolutely, yes.

Jan: So with every positive, there obviously comes a negative. Yes, that's very interesting. I shall look at the Sun in a different way tomorrow.

See it as being alive.

Jan: Yes.

I will finish on that note.

Jan: Okay, Thank you!

Graham: That's given a lot to think about!

Lilian: I was just laughing—Jan, you will be lucky to see it, but it's definitely there!

You need psychic vision to see it—go beyond the clouds!

(Laughter!)

Paul/ George: Thank you for coming

Jan: You *will* come and talk to us again?

If I am invited to do so, that is fine. It is not my group, but I am a guest.

Jan: Well. You're very welcome

(All agreed!)

Yes, thanks!

George: Thank you for joining with us. Wonderful to have you!

George's Notes:

Rudolf Steiner. (1861-1925): Austrian philosopher who founded the spiritual movement known as anthroposophy—an esoteric philosophy. He developed the system of biodynamic agriculture that can

convert arid infertile areas to agricultural productivity etc. Biodynamic agriculture is a specialised system of organic growing, involving buried horns filled with cow manure 'maturing' through the winter—then one teaspoon is stirred with 40-50 litres water for soil treatment etc.

Solar Changes: There is a current period of strong solar activity. This involves a sun magnetic field reversal and powerful solar flares directly facing Earth. Flares do not usually face Earth directly—this time they do.

Science recognising spirit: Again we hear of the need for our scientists to recognise spirit. It is imperative that this happens. And a detailed article, in scientific language, concerning this has been prepared for circulation. If only a journal would publish!!!

~19th September 2011~

Our evening began with healing prayers as usual. There then followed an impromptu free-ranging discussion between ourselves on the curious state of Earth's formal religions—erroneous beliefs conflicting with scientific proofs. And many people until relatively recent times ignored fossil record and believed the Earth began in 4004 BC! Sadly, denial of the obvious truth still happens today, with little or no desire for update. The confessional seems such a complicated way of countering bad thought. In this week's TV 'Question Time' feelings about religious controversy were so ridiculously passionate, and priest's infidelity with young children is distastefully unacceptable. We know that the true spirituality concerns thought / mind / prayer connections; but formal churches seem to have converted this to material objectivity—crosses, cassocks, pulpit, icons etc. Perhaps there was once a need for this hardware if people could not grasp the intangible nature of spirit? The Roman Catholic Church, under Constantine's guiding initiation, has had a very, very sad and questionable history with huge numbers of unfortunates murdered and tortured along the way—500-years ago, the erudite philosopher Giordano Bruno had good understanding of God and Creation and had written that Earth goes around the sun—the Inquisition had, for stating this truth, gagged and then burned him at the stake! In today's world, the new 'GlobalShift University' in Tuscany is named after that illustrious one. And today, some schools are dropping 'the holocaust' from curriculum, because it offends the Muslim Faith—it even being claimed as a non-existent part of historic record? Yet many church car parks are seen to be filled and church-goers are frequently good, nice people. Well, perhaps our conversation points to a bizarre historical backcloth that continues to bend or colour the basic spiritual truth.

Via Eileen:

Lilian: Good evening.

Good evening!

Paul: Good evening.

Hello!

Lilian: Welcome to you!

There's a lot listening to you tonight. Don't need religion—don't need religion, to be good.

Lilian: No, I'm sure the people who came with those messages meant well and it was good, but it's all been twisted and turned.

George: Yes, you don't need religion. Religion is an Earthly way of looking at it which isn't quite right—an Earthly way of looking at spirit which isn't quite right. Does that sound correct?

I don't know. I didn't follow any religion.

Lilian: Right!

I didn't know anything.

Lilian: You weren't aware of the spiritual side of things?

No—no!

Lilian: So, you had a bit of a surprise!

Yes, but I was a good person, actually.

Lilian: Exactly--yes, well that's interesting!

George: Did you just not know, or did you have spirit connection?

No, I didn't know anything—couldn't read nor write—tucked away in the countryside—yeah.

Lilian: What year would that have been?

Oh goodness—18—I can't remember—five and a two, I think—not sure—forgotten now.

Lilian: It's the life you live, isn't it?

Yes.

George: Well, I was brought up on a small farm in the 1930's, so I have some idea of what it's like to be tucked away in the countryside.

Yes—not with a wicked old man—no. He was wicked—he was. He used to beat my mother.

Lilian: Oh dear!

Yes, and I was made to look after the animals. His belly was always filled with ale.

Jan: That's still a problem today with some people.

George: We still have a few with their bellies filled with ale—yes.

Yes! My mother lived a life that was really hard.

Jan: Yes, I can imagine—in fear most of the time, I would think.

Yes, we used to hide from him yeah. I used to hide in the old shed, yeah.

Lilian: Were you the only child?

No.

Jan: Have you seen him in spirit?

No, I wouldn't want to—no.

Jan: No—not even if he'd changed, which I'm sure he has.

I don't really want to even now.

Jan: So the memories are still quite raw, are they?

Only sometimes—like now.

Jan: Yes when you talk about it, they come back.

Lilian: What do you do in spirit now?

I help those who can't read or write.

Jan: Ah, those who can't read or write properly. So you've learnt to read and write since, have you?

Yes.

Jan: Do you enjoy reading?

Yes.

Jan: Are the books similar? Are there classics for example? Are you able to read Shakespeare or Wordsworth?

I can read anything I want to.

Jan: What are you interested in?

Paul: You've probably got a much bigger library than we have.

Yes, I like to read about people—what people who used to live like—not my kind of life—happy lives (yes).

Paul: Are they similar books to what we have down here, or are they a bit different?

They're replicas.

Paul: Replicas!

Only yours are the replicas!

Paul: Oh yes—yes!

Jan: Yes, of course! They're written in spirit first, aren't they?

Yes, I had a really kind gentleman, who taught me to read and write, because I wanted to.

George: Was that in spirit?

Yes!

George: Good!

Jan: Is it easier to learn in spirit? Is it quicker?

Yes, once you, know how to use your mind.

Jan: Ah, yes, I see. It's a different way of learning.

Yes—I like to help children here as well.

Lilian: Oh, that's good of you.

So I kind of—how would you say—sit by them and try to help them.

George: Oh, that's nice! Is that because sometimes parents are caught up in the fast ways of living today and they don't really get time to sit with their children?

Could be, but some just have a natural block to learning. I like to help all children.

George: So the children—do they have awareness that you're there?

Sometimes, (yes) and I am going to come back as a teacher one day.

Jan: A great idea!

Yes!

Jan: Is that your freewill? Is that your choice, or is that something you actually do?

We've discussed it and I have agreed.

George: Mm, that sounds nice.

I think there's about another twenty of your Earth years first to go.

Jan: Before you come from spirit—are you able to watch part of yourself, then reincarnate? Are you able to watch that journey, or does that not happen?

No, I cannot see—it just happens. I go to the level where it happens, and then I'm born.

Jan: I see. I've always been inquisitive about that—as to whether we're actually aware when we're in spirit of the next life.

Yeah, you have to agree to reincarnate.

Jan: So, you don't have any influence over that next life at all, do you?

Yes!

Jan: You do!

If I didn't want to, I don't.

Jan: But when you say you want to come back as a teacher, you must already be aware of what's going to happen.

Yes. I know that's what I'll be my next incarnation, because that will help me, it will help others; and it's been talked about by some that I call 'Elders'.

Jan: That's interesting, because I have a great wish while I'm here in this life to come back as a Doctor, so when I do pass over, if I still have that enormous wish that I could help, then I can make that happen.

You will be trained in spirit, if the desire is strong enough, and that is what you really wish to do, and it is a way to move you forward, then that can happen.

Jan noticed a change:

Jan: You're Salumet now aren't you?

I'm being overtaken by someone.

Lilian: Yes your voice has changed a little. *Surprised murmurs*

Yes, I don't know what's happening.

Jan: Oh well, we do! We understand.

Lilian: It's been lovely to talk to you.

George: It is a teacher who comes through to us sometimes with your instrument. If we don't get the opportunity—it's been very nice to have you, and thank you for coming.

I'm being told to leave.

Jan: Yes, yes.

Rod: Bye-bye!

Jan: Bye-bye then. That was really helpful, Thank you!

(Pause)

SALUMET:

Lilian: Good evening, Salumet

Good evening.

All: Good evening!

My dear friends, it is as always, good to join with you this time.

Jan: Likewise!

Lilian: It's good to have you too.

My intentions were not to speak, but I felt it necessary to help the soul who came to speak to you, because although they have been in spirit with us for some time, *he* is still quite a young soul, inasmuch as his knowledge of spirit goes, so he was beginning to feel a little confused by the questions.

Jan: Yes, right! We're sorry if we did that to him.

No, it was meant to happen for his sake, for his understanding, so that he could take back with him an understanding of how you speak and think today.

Jan: Ah I see, right.

Although, he has contact with many children, it is on a very *childish wavelength*, you might say.

Jan: A very simple wavelength—

Yes, and although he knows that he will reincarnate, he still needs that time to grow a little more spiritually.

Jan: As we would say here, it's almost like 'immaturity' in some ways.

Yes, yes. Therefore I felt it necessary to step in and to overshadow him just a little.

Jan: I can see that.

But your awareness of me is pleasing to us—that we are now recognisable to you in the way we present ourselves to you.

Jan: It was very clear to me—yes. It was as if you were sat behind him.

Yes! You have seen this evening the growth of a spirit who came to us from a lifetime of poverty and deprivation—a soul who innately was good and kind, and felt strongly the injustice of that lifetime.

Jan: Yes, that was his initial conversation to us—I think he must have been listening to our initial conversations about religion.

He was, as many, many were. This evening has been a time of listening and learning for many.

Jan: That's wonderful!

So, if the need to speak feels great, please do that amongst yourselves, because there is always a reason for it, within this room.

Jan: That's been proved—well, we don't need proof, but that's manifested itself in that one visitor—when we came into the room, there was a need between us to speak of the things as we did.

Yes, it is good—it shows many that to be able to speak on various subjects, even to disagree with one another, is acceptable (yes). Yes, and for many, even in our world, that is necessary for them to know and understand.

Jan: I see. We really are a two-way connection, aren't we?

Indeed—indeed we are. So, my dear friends, that is all I needed to say to you this evening.

Lilian: Thank you for popping in.

Rod: Could I just ask—do you get disagreements, Salumet on your side? Is that what you're saying?

Not disagreements, as you would know, but differing points of view.

Rod: Differing views—yes.

People come to us with many ideas (yes) instilled from an Earthly life—

Rod: Ah yes, the Earthly one, yes—

—and you do not suddenly become, as you would say, 'spiritual'. They have to work through many issues.

Rod: Yes, we have so many different religions, don't we?—as we were already talking about.

Yes—their beliefs can be so strong sometimes, that it takes a little while for them to recognise that it is like an unwanted coat, and they can easily discard; but that recognition does come.

Rod: That could take, in our time, some years, I imagine.

Many, many, many of your years, yes.

Rod: Good gracious!

George: I imagine the hierarchy of the religions would find it more difficult.

Yes, sometimes, but there have been many who have known, but not spoken verbally whilst on Earth about what they know, because sometimes, you have to understand that these people—what you call meditation and they call prayer, are one and the same thing.

Jan: That's something that's always struck me, because they are spiritual beings (**yes**), and they ask for help and they're praying for people (**yes**). They must receive—they must have received the truth and—yes I can understand that entirely.

It is just their dogma (yes), they have to release, but yes, many of them *are* spiritual people.

Paul: Also, you wonder if, sometimes, there's such a strong social—where they feel they belong to a social group, and, within that social group, there are certain rules and norms, and they don't want to 'rock the boat'. For them, the social side of it is more important than actual Truth.

Yes—it, in time, with many religions grown to such a status, that they do not know how to let it be.

Many of these, what you term religions have started off with very good and pure intentions, but whether by greed, or money—

Jan: —or control.

—or control, it has gone astray—

Jan: —and fear—fear comes into it.

Unfortunately, fear has been a big part of many, many religions (yes).

George: Many religions and our wars, I think.

Yes, and it is so hurtful to many in our world to see those suffer with those fears and so much disharmony in your world because of the religions that are with you now.

Jan: We're sad for that too. It will change!

It already has begun, but you cannot take thousands of your Earthly years and change in a moment of time.

Jan: No, you can't compress it that much. You can't condense all those thousands of years.

No, but be generous of thought to these people within those religious groups, because, I feel I can say to you, that the majority of those people are good human beings.

(Agreement!)

Jan: Yes they are. We recognise that.

Yes, so always keep that in mind, and, as the gentleman said, it sometimes is the hierarchy in all of these things that is wrong.

George: Yes, we're aware of the various—shall I say—'campaigns' that have been mounted from spirit to try to steer things in the right direction **(yes)** and that includes the Mary visions at Fatima.

There have always been, my dear friend, instances where we have tried to help those on Earth to become better people, more loving and generous in their daily lives.

George: I would like to refer back to that question of the third prophecy of Fatima **(yes)**. You would probably like to talk about that another time, because it's quite a lengthy matter.

Yes, I will be happy to discuss it with you, of course I will, but not this time.

George: Right!

Rod: A little while back, you mentioned that some children that are being born are going to be spiritual children, and come through in a spiritual way. Was that right? Did I get that right?

All children born are always spiritual (yes). They are closer to spirit than they are to your Earthly lives.

What, probably I said, was that the world in general, is becoming a more spiritual place, but it is a very slow progress.

Rod: Oh, yes!

George: I think there was mention of input of new soul material.

Yes, that's right, but all of these things take time, and I probably said to you that patience is a very big word.

(General amusement!)

George: Yes!

Rod: Apparently, men haven't got much of that—so the girls tell us—

(More chuckles!)

Yes, well I am aware of Earthly troubles, and I do not intend to make any comment.

(More amusement!)

Now, I really must take my leave of you, my dear friends, and until we come together again, I enclose you always with my love and my protection.

All: Thank you!

George: Our love goes with you.

Paul: Thank you for popping through!

George's Notes:

The Marian visions at Fatima (1917): It is a tantalising thought that, had the series of visions been adequately reported by media (which it was not) and then sensibly heeded by world population, then World

War 11 might have been avoided! The Third Prophecy / 'secret' was made known to the world in 2000, and I'm sure Salumet will help us to understand its complex meaning, next time.

Last Week: One we know as 'Bill' came via Gary and reinforced some of our information on 'world change'. He spoke on 'money', describing it as an illusion indoctrinated into the human psyche—not all planets have money. It is not essential. Resources and skills may be bartered (that would of course avoid taxation excesses). He works together with Rudolf Steiner in the communications. We can expect new energies that will make telepathic communication easier. The Mayans knew all about the SUN cycles and the alignments taking place. We should be prepared to expect the unexpected! Solar flares could temporarily disrupt electronics / Internet. With similar flares in the 1800s, the Earth was without vulnerable sensitive electronic systems. Our sun has its 'spiritual' aspect—Logos. There might be seismic activity and we should expect some chaos—philosophically, chaos has a place in our way forward, it is part of progress. Visits from others in the universe also got a mention. Some are harder to see and comprehend, because their matter is based on different frequencies—different densities. Bill makes no claim to be a philosopher like RS, but is clearly very aware of all that is happening.

~26th September 2011~ SALUMET

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

My first words this time are directed to the lady next to me.

Lilian: Yes.

I am pleased that at last you recognise it is okay to ask for help for oneself. We cannot come close to you, if you do not ask for our help, because if we do so, it would be classed as interfering in your life, and as you know, we cannot do that. So, I am happy, my dear friend, for you to ask for help.

Lilian: Thank you!

You are all so eager to ask for others, so why do you feel that you cannot ask for yourselves. Of course, that is what we are waiting for—to hear your cries.

Lilian: I'm glad you have pointed that out to us (Yes).

Rod: I think it's probably that there are far worse than we are, Salumet.

Lilian: Yes, I think that's some of it.

Rod: That's what I feel.

It is an unselfish act that you do each time you meet to offer your prayers for others—of course it is—but if you are not fully well, then your spirit suffers, because each goes hand-in-hand. Remember that your physical body is your temple—your temple for that spirit which you all are; so you must keep healthy as much as you can.

George: Yes, thank you for that advice.

Rod: Maybe, it might be the right time for me to ask: I've got a page and bit of prayers for ourselves, the family and all the different people that are in need and then there's the whole world and the universes—it goes through the whole lot. Is it still just okay to do that each night? It's quite a lot!

Yes, if you wish those people to be included and you take the opportunity each evening, then we are aware of this and we will take action accordingly. By having your list, there is no need to verbally express each name individually, because we are aware of the time and the place. Do you understand?

Rod: I do and that helps me a lot. I was hoping that you would say that, because each night I do it, I think, well, I know it's a repeat, but—

Yes, what you don't wish to do is to become repetitive in the way that many of your religions in your world say prayer. Prayer is individual, and you, of course, must still ask for our help, but when it becomes so repetitive, it then is meaningless.

Rod: Oh right.

Yes, but we are aware of your lists for all peoples.

George: Yes, I imagine it is important that the feeling is there **(yes)** with the prayer.

Yes, you have to give of yourselves, yes.

George: And the feeling tends to be lost with repetition.

Yes, you must have that spiritual sense of what you are doing, of what you are asking.

Rod: Oh!

It is important. There are so many who stand by each one of you, not only you people within this room, but all people whether they are aware or not that many stand close by waiting to be asked for help, and of course, as I have told you previously, those in the angelic realms are only too willing to come closer to uplift and to help. I think it is necessary to again remind you, my dear friends, of these things.

Rod: Right, I will read the transcripts and I will try and improve my system. Thank you very much!

Thank you, my friend.

Sarah: And while we're doing thanking, I will just say again with Emily: she said the other day, she suddenly realised from within what her problem was and she said there's no going back now—and George reminded me of your words that any problems you have, 'look within' and that's exactly what she'd done and seen—and thank you very much for all your words Salumet **(yes)**. She really looks like she's going forward this time, and not going back again, so thank you very much!

Yes, I will say: do not worry for that child. She will survive.

Sarah: Yes, thank you very much.

Yes, you must all be more aware of who you truly are, because with that knowledge, so much can be achieved.

Sarah: Yes, thank you. I think she's worked quite hard on it, and she's now got the results, so thank you.

Yes. Does anyone wish to speak with me this time, before I leave, because this time I have someone who wishes to take you on a journey?

George: Oh, can you take the Fatima question?

I will, yes.

George: Thank you. It was a wonderful series of visions in 1917. What is known as the Third Prophecy or Third Secret, was entrusted to the Vatican, and it was after being kept in the Vatican archives for several decades, its content was released to the world by Cardinal Ratzinger, who is now the present pope, in the year 2000. It was not well reported by press at the time, and one didn't really know what account to take of that prophecy; but the precise content has since been published, and the first part of the Third Prophecy—well it is all in symbolic vision—and the first part concerned an angel with a sword, and flames were coming from the sword, and those flames were going towards the Earth, and they seemed to be countered by the radiance of Mary. I want to compare this with our sun and the solar flares that will be coming very shortly towards Earth, and I suspect the radiation within those flares will, in some way, react with the Earth's spirituality, and I couldn't help but wonder, if that part of the symbolism should be examined in that way.

I understand your question, my dear friend. When this event took place, it was indeed symbolic. It was symbolic of the goodness of Mary, as you have called her, and the flames towards the Earth, indicate a time of worry, of anguish and destruction. That was the symbolic meaning of the flames. You can, if you wish, make a parallel for happenings of today, but I would say to you, it is rather an optimistic viewpoint; and I would also say to you, my dear friend, that whatever occasion helps mankind to think for himself, can only be good.

George: Yes, well thank you for that.

I wish only to say one more thing—that the Vatican and the Catholic Church always feel empowered by happenings of this kind. So I would always be a little cautious as to what they tell you, and that is my words, my dear friend, on this happening.

George: Thank you! There is a second part (**yes**) to this Third Prophecy, and again, it takes the form of symbolic vision (**yes**), and it concerns a white-clad cardinal figure walking up a mountain, and through a ruined, or part ruined city with corpses, and there are other cardinals and other figures of churches following him, and at the top of the hill is a cross and two angels beneath it—and he kneels at the cross and is killed by soldiers firing bullets and arrows; and the other church people are also killed in that way. The angels collect the blood of the martyrs, and sprinkle it over those still making their way towards the top of the hill.

Why do you call them martyrs?

George: In the message that was released, that is the name given.

Yes—they are not martyrs. They are symbolic of the church's following on their downfall (yes). I have told you in past times that religion, as you have known it, will crumble; that is symbolic of what is happening. The angels that they walk towards are the angels of Truth (yes). The cardinals who fall are the symbolism of your religions. That is the true meaning of these images.

George: Yes, some have suggested that it is symbolic of the attempted assassination of a previous pope. **Yes, always there will be those who put their own storyline to these things, when in fact it is a much more simple matter.**

George: I was wondering if it is, in part, a prophecy of the demise of the formal church.

Yes, yes, indeed—there it is, yes. It is the demise of the churches and their representatives.

George: This would be in line with the prophecies of St. Malachy.

Yes—yes. I would always say to you, my dear friends, to use your own spiritual thought and mind, and feel for yourselves what you feel to be the truth. There will always be many theories—there will always be those who argue as to the reasoning why or what it means. Again, I say to you all, my dear friends:

Go within and answers will be given to you.

George: Yes, well thank you for clarifying that, Salumet.

I hope it helps you and I hope it helps you to realise the power of your own minds.

George: Yes, and I felt the whole series of Fatima visions to be so very important (**yes**), and it's a sobering thought, that, had the visions been well reported worldwide at the time (**yes**) and heeded—then World War II might have been averted.

These messages were meant for *all* people (yes), not only the Catholic Church, who engendered them for their own power status—you understand?

George: Yes, the message—for *all* people (**yes**). Unfortunately, I don't think it was sufficiently well reported by the media at the time to reach all people (**no**), and *many* today have still not heard of the Fatima visions.

No—I agree with you, my dear friend.

Paul: It's interesting to observe now, how these institutions seem to be falling on their own swords everywhere (**yes**). Many of the priests are straying from what most people think they should be doing. Even the media moguls are having problems—and bankers. It seems like these people who are in positions of power, where probably they aren't quite meant to have such power—it's part of the old material world that's beginning to crumble.

Yes. If only they could only see and realise the great fear that they spread amongst the ordinary human being, they would hold their heads in shame; but things gradually are being recognised for what they are, and people now will not accept the *Church's* word as definite proof. They think for themselves and that is what we in spirit are trying to instil in the human being of this age—to go within and find the Truth.

George: Our heartfelt thanks for that.

Now, I will take my leave this time. Again, my dear friends, it is a joy to speak with you like this.

George: And Salumet, if you have had some hand in arranging the link—the beautiful link that we now have with the new 'GlobalShift University' established by Professor Ervin Laszlo in Tuscany—it's so wonderful to have that link, and we feel most fortunate. If you had any hand in that, then thank you very much!

As I have said many, many times: there are no accidents!

(Quiet chuckles)

And I will leave that one with you.

George: Wonderful.

Lilian: Thank you again Salumet, and it is a joy to have you, that's for sure!

General thanks

And do not forget, my dear lady, to ask for your help—

Lilian: Yes, I'll remember what you said.

—and you will receive—if you do not ask, we cannot help.

Lilian: Thank you!

Now, I will leave, because, this time there will be someone to take you on a short journey (yes).

Eileen then took us on a beautiful guided journey, the audio of which can be found on our website:

www.salumetandfriends.org

George's Notes:

World War I: 'FEAR' was its underlying cause—fear of the increasing militarism and naval power; with huge taxation sums being assigned to development of the 'Dreadnought class' battleships. This led to the two triple-nation-alliances and their warring. History books say much about the assassination of Archduke Ferdinand and his wife, of Austria; by a Bosnian-Serb teenager. In retrospect, this factor has to be seen as an excuse. Obviously, the fear and the underlying cause for that fear, was engendered by the major powers—the powerful lead nations—the aggressors—and they must clearly shoulder the full responsibility.

Mary's Visions: Some of the more firmly recorded visions / manifestations have been at: La Salette in the French Alps, Lourdes in South West France, Knock in the Republic of Ireland, Llanthony Abbey in Wales and at Mary's house at Ephesus (restored in 1951), where Mary lived following the crucifixion. Nearby in Ephesus are the tomb of St John, the first basilica dedicated to Mary and the amphitheatre where St Paul confronted Demetrius. The house—Meryem Ana—has been a place of healing and the build-up of discarded limb braces, crutches and votive offerings is testament to that.



Meryem Ana – Efes (Ephesus), Western Turkey.



Inside – Lovingly maintained with floral tributes.

The Fatima Visions (1917): The series of visions at Fatima, Portugal, initially to three young children tending the family sheep—Lucia dos Santos and her cousins Francisco Marto and sister Jacinta, was spectacular. Mary explained that she had come from heaven and would come again to the children on the 13th of every month for 6-months. The doubters of their acquaintance showed little respect. On 13th August, the children were abducted to the city jail at Ourém for insensitive questioning. But it is said there were convicts there who comforted and said the Rosary with them. So Lucia had good reason to ask Mary to work a miracle to convince others of the happenings. Mary's reply: 'In October, I will work a miracle to make everybody believe.'

Mary's accurate prophecies during the various manifestations include:

- World War I to end soon and soldiers will come home.
- Short lives for Jacinta and Francisco—I will take them to heaven. (They were both claimed by the flu pandemic of 1919.)
- Long life for Lucia, (Died 13th February 2005 aged 97).
- The rise of global communism.
- The bringing upon ourselves of a second world war, unless the world change its ways.
- A portent to announce the outbreak of World War II would be a 'great unknown light' in the night skies. And this would happen within the span of the next Pontificate.
- There would be a need for a third world war, unless Russia turns away from communism—1991 saw the completion of Russia's change process.

In the evening of 25th January 1938, within that next Pontificate, the skies of Western Europe assumed a strange light. The media reported: Unknown phenomenon, and in some parts, night-shift workers had no

need of lamps. But no connection was made to the former prophecy—all that forgotten by media that sadly remained inadequate.

13th October: The miracle was enacted before a gathered crowd of 50,000. The children saw Mary, Jesus and Joseph in the sky. The crowd saw the sun as a coloured pinwheel. It dived, giving out coloured lights. And flowers descended that some in the crowd tried to catch. The more sedate newspapers reported: 'A mysterious solar occurrence'. The more imaginative reported: 'The dancing sun'.

Fatima: The Third Prophecy (1917): What is known as The Third Prophecy was entrusted as a written missive, to Lucia, to be passed to The Vatican later. The text as released:

"I write in obedience to you, my God, who commands me to do so through his Excellency the Bishop of Leiria and through your Most Holy Mother and mine. After the two parts which I have already explained, at the left of Our Lady and a little above saw an angel with flaming sword in his left hand; flashing, it gave out flames that looked as though they would set the world on fire; but they died out with the splendour that our lady radiated towards him; to the earth with his right hand, the angel cried out in a loud voice:

"Penance, Penance, Penance!"

And we saw in an immense light that is God: "something similar to how people appear in a mirror when they pass in front of it" a Bishop dressed in white, "we had the impression it was the Holy Father." Other Bishops, priests, men and women Religious were going up a steep mountain, at the top of which there was a big cross of rough-hewn trunks as of a cork tree with the bark; before reaching it, the Holy Father passed through a big city half in ruins, and half trembling, with halting step, afflicted by pain and sorrow, he prayed for the souls of the corpses he met; having reached the top of the mountain, he was on the knees at the foot of the cross when he was killed by soldiers firing bullets and arrows, and in the same way there died the other bishops and priests and various lay people of different ranks and positions. Beneath the two arms of the Cross there were two angels each with a crystal aspersorium in his hand, in which they gathered up the blood of the Martyrs and with it sprinkled the souls that were making their way to God."

St. Malachy: The 12th-century seer received in trance a Pope list which seems to indicate that there will be just one more to follow the present Pope.

(These various matters and more recent visions are described in greater detail in Chapter IX of 'A Smudge in Time'.)

~3rd October 2011~ SALUMET

As always, our evening had begun with healing prayers. And one within our number was joining with the group for the first time—Carol-Ann. Lilian usually welcomes Salumet, but she could not be with us on this occasion:

George: Good evening Salumet. Welcome to you.

Good evening.

All: Good evening.

I am happy to join with you this time.

Sarah: We're happy to have you back again.

I would like to say to the gentleman who sends thoughts for his father.

Graham: Ah yes!

He is lacking in B12.

Graham: B12? Thank you!

I also welcome the lady who comes to us this time. I am sure you will feel much love and warmth from those within this room. You, my dear friend, are indeed on a pathway of seeking, but you have been seeking from within for a long time. Yes—yes, please let me hear your voice.

Carol-Ann: Yes, Salumet, I'm listening.

Thank you! You are seeking, and, my dear friend, you will find the pathway that is right for you.

Carol-Ann: Thank you!

As always, whenever someone seeks the truth there are always doubts and questions, but that is natural, and that is as it should be, because, if you remember, my dear friends, I have always told you, you accept what you *feel* to be the truth, and if you reject anything that is said—that also is correct—for you. We do not come to you from spirit to demand attention—to insist that you accept every word that is spoken. You know and understand, that is why you have your own freewill. Have you any questions for me this time?

George: Would you wish to ask Salumet any question Carol Ann?

Carol-Ann: There's so many questions that I'd like to ask, but, nothing specifically now. We were talking about that on the way here.

Yes, she would be better just to absorb the atmosphere for now.

George: Right!

Graham: Okay, I was going to ask a question, Salumet, about freewill—that on this planet of Earth we have—

—I have led you to it, yes.

Graham: Yes—is freewill—does that exist throughout the universe on all other planets? Do all physical forms have freewill?

Yes, there is some dispute about this, but I will say to you that any form of energy which is part of the *whole* has freewill. It may not necessarily be freewill as you understand it, or as it may occur in human beings. After all, plant life has freewill, it has freewill whether to grow or not. That is a form of freewill.

Graham: Oh gosh! Yes, I'd never thought of it like that (yes). Yes!

You need to look again to the wider picture (yes). Yes—so yes, it is most definitely, 'yes' to your question.

Graham: Right, that's interesting. Thank you! So Bonniol and Planet Aerah—they have the same freewill that we do then?

Of course (yes), yes—and even when you return to spirit, you retain an element of freewill.

Graham: Ah—yes.

It does not just disappear.

Graham: But, as you ascend spiritually in spirit world, then that freewill gradually diminishes?

Only as you go forward (yes). No, you will remain the same as you are here. Your counterpart in spirit still has all that freewill to use, but freewill would not be allowed in any negative way in spirit (Ah!). That is the only difference, whereas upon this Earth and in other planets, your freewill can be used for good or bad; but of course, in spirit, things are much different.

George: I think it's perhaps easier for us to understand freewill in the case of a being such as Bonniol, than in the case of a plant; but I think you amply demonstrate that there are numerous versions of freewill (yes), and many we just haven't thought about.

You have to look at the fuller picture of energy. After all, everything that exists is energy. Would it make sense that some should have freewill and not others? Would that not create an unfairness?—or a distance between? That cannot be. So you see, my dear friends, it takes your own freewill to begin to

think about all of these things. No one will force you to think for yourselves, but it is always your choice while you are here upon this Earth.

Rod: Tonight Salumet, I see we have some new telescopes and they have just been opened up and they showed a shot of two galaxies colliding. Wonderful I thought, but there's life on there, and not only that, but I just wondered about the spirit world. Would the spirit world be able to get away from this calamity that's happening—that happened some 12 billion years ago—I think that's the time it takes the light to get here—but I just wondered whether the spirit world could get away from that collision?

You cannot think of spirit as being like another galaxy or planet. You have to begin to realise that *all* energy is spirit—it originates from spirit, and you cannot separate in that way. You have to look to the wider view of what spirit is. Spirit is *here and now*. You *are* spirit as well as human beings. You cannot separate them, except on what you call death. Then the body and the spirit separate, but spirit world will confuse you if you see it as a separate thing.

Rod: Yes, I did. You're right—yes.

I know I am right!

(Hearty laughter)

George: I've been wanting to ask a rather philosophical question (**yes**), which may connect here. A long time ago, you said: 'spirit has always been'.

Yes—always will be!

George: Yes, so presumably, there was spirit *before* the creation of space-time (**yes**). So I've tended to think of the universe as being in two parts—the space-time creation and spirit, which scientists only fairly recently have been thinking about—and according to their approach, they've given that non-material part of the universe various names (**yes**) such as 'quantum vacuum' and (**yes**) 'ψ-field'.

It always makes me smile—

(Chuckles)

—So, I've been thinking of the universe in two parts—the 'space-time creation' and 'spirit' or whatever name scientists care to put to it; but, that's perhaps an over-simplification (**yes**), because there is a feedback from the space-time creation to spirit.

Yes, it is a much complicated subject for any of you upon this Earth to understand, but you cannot simplify it like that. If anything, spirit is everywhere. Spirit is within everything. *Spirit is!* You understand? (Yes). When you begin to separate, no matter what name you give, you are giving yourselves problems. Spiritual energy is all-consuming.

George: And I wanted to get a little personal, but I assure you, Salumet, it's purely in the interest of gaining a little more understanding; but you, yourself are part of spirit realm (**yes**), of course; and I think you, yourself have a certain amount of feedback from humans living in space-time, if I could put it like that (**yes**). And, perhaps, it's inappropriate for us to think back to the time of the creation, but I couldn't help but wonder if you existed before the space-time creation.

Again, we begin to touch on very deep matters. I will say only this to you, my dear friend: *part* of what I am, did exist before what you call 'The Creation'—a very *small* part—a part of energy as I have said: *has always been*.

George: I'm pleased to hear your answer, because that fits beautifully with the picture that I have.

Paul: And that would be true of a small part of all of us as well—if spirit has always been, and we were also here before creation. Is that right?

But you must realise that it was a different form of what you call creation. These matters, my dear

friends, go very deep (yes)—too deep really for understanding, and, as we speak, I am feeling the pull to that energy that you speak of. I commend you for reaching this point of understanding, and, that my dear friend, is why you belong here—to help in that understanding.

George: Thank you!

I hope that has clarified for you a little.

George: It has indeed! Yes, thank you very much for that.

(Pause)

Sarah: Yes it's something really to think about!

That is always our intention—that you allow your physical and spiritual thoughts to be stretched a little more each time we come across these deeper matters. I can only say to you, my dear friends, how much I admire this seeking of more knowledge from you, and this time, I really do need to take my leave.

Know that my love is with you all, and I will be with you soon.

(General thanks)

George: Thank you, Salumet, for being with us again. Wonderful!

Sarah: I know you're leaving, Salumet, but, I know you will be able to hear this. Because, we can accept your words, it does make it so very much easier when you say something, even if it is perhaps a little too deep for our physical understanding, but it just seems easy to accept what you say, because we just feel it is right, and that's what makes it so much easier for us. So, thank you for that—for all your words—for your teaching.

George: Certainly these things feel right. Thank you!

Next, attention focussed on Gary, who channelled someone called Bill, who said a few words, preparing the way for the wonderful Rudolf Steiner. Then he was with us, and seemed to launch straight into one of his lectures—typical of his previous Earthly character?

Rudolf Steiner speaking!

George: Welcome to you! Wonderful to have you with us again!

Good to come down from the—what you call the spirit realm—many names given to the spirit realm—but it is pure energy—light. Spirit is light more than anything. The definition—a word given for light itself—the deeper we go into light, the more we go into spirit—the more value is our journey within our own light. Light can sometimes be contaminated by the illusion of darkness—that can be externally seen or internally felt within one's own spiritual journey. So, the journey to light is the ultimate journey that we seek to make, as a human—as a spiritual being; and the challenge is to not allow the perception of darkness to taint the light—to confuse the journey. That has always been our challenge—my challenge, your challenge, everyone's challenge. The Earth's evolution is based on that as well. A planet evolves on the basis of how much light it holds—how much light it can absorb. But this is changing as the end of the Mayan calendar comes in what you call '2012'. Ultimately, it's a phase of more light. It is a phase where darkness cannot overshadow so much. The deception will begin to lift, like a mist—

George: More light—you're talking about spirit—spiritual light

Yes, more light, spiritual light of the sun really and the solar energy. The sun is the nearest light—emanation of light in this part of the universe. It is our spiritual battery; it comes from our local sun—Planet Earth to our yellow dwarf—yeah ('Yellow Dwarf' – a category of smaller star to which our sun belongs). So many have always worshipped the sun, because it's the light that they worship. Call it 'Ra' or the 'Christos'—'The Christ'—that is a term I like to use—Christ energy is the light. 'The Christ' means 'The Light'. That which Jesus experienced is the illumination of the light body.

George: Yes, I think we're aware that there is both physical and spiritual light that comes to us from the sun. Yes—are the two blended together?

It is one, yes. The separation is—on the lower realms separation is always seen—the higher you go, the less—separation ceases to exist (Ah!). Everything becomes one, and ultimately, you reach the Godhead—the Source. The Godhead is—everything is born from the Godhead, the Elohim—so we are drawn ultimately towards the Source. We are going towards the Source. And within ourselves and as a greater collective, and behold a bit of the Source, the Godhead is within us. Going within is discovering our connection with the Godhead, with the one Source of Creation—where creation is ultimately born. The Great Creator, the Architect—there are many names given to—if you like—God. And one's prayer is to the Source. That is everything—everything is contained within the Source, so that is my journey and it is also everyone's journey. The fascinating process of discovering, learning, enhancing oneself through challenges of Earthly life—one becomes more aware of the Creative Force, and understanding the destructive force of chaos as well—'Theos' and 'Chaos' being the 'Cosmic Unity'.

George: We have to see chaos as part of progress—

Chaos exists next to Theos. Creation and destruction are there. You could say opposing each other, but are they ultimately opposing each other? I don't know. Is it really a breaking down of the greater dividing process, where ultimately Chaos and the Creative Force become one? It is an evening of deep thinking is it not?

George: It is indeed! One could see the centre of the sun as a (*yeah*) creative centre, but to we humans, it would also appear chaotic.

Yes, I'm always thinking, always try to learn more of creation. When I was on the Earth plane, this was basically my lecturing.

George: There's a question, I wanted to ask you about that. When you were on the Earth plane, you had a teaching centre built just inside the Swiss border—

The Goetheanum yes—

And it burnt down.

It did, yes.

George: It has been rebuilt—um—

It's there still.

George: And when you were first in spirit, were you able to enjoy seeing it *being rebuilt* and completed?

It was a great joy—and a great learning occurred also. I had many opposing forces on the creation of the Goetheanum at the very start. I will let you into a secret: It is easy to see the image of myself as one that nearly succeeded, but it came at a very high cost—and I did not live so long, as you may know. I had to go through many dark days within myself to get to where I did. That is the nature of establishing anything on the Earth plane. The prophets, the saints—

George: Well you did so much while you were on the Earth plane. It must have been very hard work.

Yes, but I was so driven. I felt a lot of support, a lot of help—Celestial beings were—well I had contact—Archangel Michael and that—My inspiration was Archangel Michael—that was my power, if you like. I would seek his strength to keep me going in my spiritual work, so Archangel Michael, if you are working with spiritual forces, is a good one to seek help from—

George: Archangel Michael—

—In establishing any centre—and the others as well. When you had the Nazis, at the time, opposing my teachings, I had to have a stronger protection.

George: Yes—were you listening in when we were speaking with Salumet?

Yes, um, I had the permission to listen, yes.

George: Yes, and I think we understood from what Salumet was saying that these Angelic Beings—a small part of them were in existence before the space-time creation.

The servants of the Elohim—of the Godhead do the work of creating. The demonic aspect does the work of chaos—so they are each opposing each other. Sadly, some even fell, but that is the nature of the thing—fallen angels—yes. But, in the end, it all works out. It all returns to the Source to do better.

George: It all seems connected. And, as we progress a little on Earth, there's a certain amount of feedback to those angelic beings, I believe.

Yes, you will come into more contact with them in the near future. Communication with beings of light will become easier than it has been. I will finish on that note—that you are in interesting times.

Communicating with spirit and light beings will become easier and easier as the years go by.

George: Well, we do appreciate you coming through to us—

It is a great honour—

You always have been the philosopher and your thinking is probably way ahead of ours. Thank you for coming through to us.

Yes, you never cease to know it all, you know. You think you know, then you do not know, and then you know again and then you do not know—a constant process of recalculation.

George: Yes, I think we learn a little more each time. It's a slow process for us.

Bill was then through again to close down, with: Thank you for inviting us.

George: Thank you very much for coming through—wonderful!

It is a very good group here—it is quite rare to have such harmony in a group, it really is, so we value it—each time we come, we think this is a very special group.

George: You may be interested that we are in touch with Dr Ervin Laszlo, who is one of our present great thinkers on the planet, and sometime in the New Year, he plans to come over and sit in with us.

Oh, that will be very good, yes! A very good thing for the group! It will get known, especially in the new energy phase. It will attract more—men of science will come, yes. It will be open to the New Year information. You are instrumental in doing a very good job—

George: Well, we try, we try.

You are a link between spirit and science.

(Thanks and farewells)

George's Notes:

Bill went on to say that I had a past life link with a student of Socrates. This feels comfortable, and it is true that what is known of Socrates comes to us largely via his students. A treasured photo of the bust of Socrates, taken in the museum at Selçuk, Turkey, hangs in my computer room and I have on occasions quoted Plato, who was one of his students. Socrates and his students have certainly had their impact on western philosophy and it is on record that the Oracle of Delphi stated there to be none wiser than Socrates.

Goetheanum: *Rudolf Steiner (1861-1925) had been an admirer of Wolfgang Goethe and had lectured on his thoughts concerning thinking and perception. And he named the cultural centre at Dornach, Switzerland after him. It was one of seventeen buildings for which he was the designing architect. Please note: I referred to it as 'a teaching centre'. Our visitor supplied its correct name—some may see this as a neat piece of 'evidence'! It was constructed largely of wood (1913-1919) with much volunteer labour, and through the war years, cannon fire could be heard across the border. On New Year's Eve 1923 it was destroyed by fire,*

possibly arson. RS immediately began designing a replacement, largely of cast concrete. It was completed in 1928—a remarkable building, fitting well into gardens and landscape. As stated by RS, it still stands today—a wonderful and unique work of art with not a single right angle within its design.

Nazis opposing my teachings: **Nazi** is a contraction of **Nationalsozialist**. As a political party in Germany it was strong through the period 1919-1945. It was anti-bourgeois and anti-Semitic. Adolph Hitler became prominent in 1920 and the party regarded itself as Aryan Master Race. It was suggested in their literature that RS was a Jew. One RS lecture was interrupted by Hitler Youth throwing stink bombs and further lectures had to be cancelled.

Theos and Chaos: It is said that, during lectures of which there were thousands delivered across Europe, RS constructed his own terminology. Well, theos is not a dictionary word (apart from abbreviation for theosophy) so I guess he still continues to do that!

Anthroposophical Society: The Theosophical Society had been founded by Helena Blavatsky and colleagues in 1875, to advance spiritual principles and seek truth. RS became head of its German section in 1902. He and some members were to break away and form a separate society, The Anthroposophical Society—anthroposophy being seen as an esoteric philosophy having links to both theosophy and transcendentalism, sought a synthesis between science and mysticism, leading to the term 'spiritual science'. And it was the belief of RS that all could experience spirit world.

~10th October 2011~

No Salumet this time. The evening had begun with rescues—two via Eileen, one a very distressed and remorseful lady who had taken her own life and was now just so concerned for her young children. She now has a much better understanding of her position and how she can be positive and watch over them. A third rescue came via Sarah. This one was all stressed up about the pig that was out of the pen and thought that was still the situation. (Rescues are freely available for listening to on our website:

www.salumetandfriends.org)

Bill (via Gary) then introduced Rudolf as we now know to be their customary arrangement; Bill's task being to ground the communication as there are so many different levels in spirit—some high, some linked much more closely to Earth than others. Bill said that the zone close to Earth used to be a more temporary zone but it has become more complicated—the new energies should be a help:

Rudolf Steiner here!—coming through again.

Lilian: Good evening!

George: Oh! That's nice!

It is always welcoming in such circles. It interests me that you do 'rescues' here. 'Rescue' is not so common nowadays, but they need it—they need mediums to come through. The astral is often a bit confusing at a certain level. It needs more light to shine on it on that level and then they will not be troubled souls. They will be released from their—in a sense they're still asleep still. The lower levels of the astral are in a deeper sleep—the ability to reflect clearly is limited. But on the higher astral levels, the ability to see clearly is like a sight—a vision—it's a bit blurred, the frequencies are more blurred. But I'm beyond that, on the ascended level. Once you ascend, then you see things totally differently—and clarity comes, all the lives fit in, history begins to make sense, and confusion goes. One sees the challenges as well. The Earth is in some ways a troubled planet. It needs to rescue itself. The whole planet needs rescue and that is what the highest spiritual forces wish.

George: It's interesting that you say that history begins to make sense. Yes, one feels there are periods on the Earth when what is done *doesn't* seem to make a lot of sense.

*Yeah, there's progress—setbacks—progress—setbacks. Humanity goes forward a bit, then it has periods like the 'Dark Ages', where it seems to revert backwards, and the lower annihilistic ways of the Earth come back. Then you have a 'Renaissance' with a push forward towards the realm of spirit. It's like a magnetism, and this is an age of being drawn back into spirit realm again—dropping the lower physicality—the material domination—not to be trapped by the illusion of materialism. I tried to convey this on my short time on the Earth. It is much—*Sara: Could I ask a question?

Yes, fine!

Sara: I feel a bit guilty asking a personal question (*no you're not*), but I know you understand about education, and you can probably see the problems currently in our world (*big problems, yes*). I'm trying to decide whether to move my son to another school, because he's really unhappy where he is—

The problem is somewhat in his self as well.

Sara: Do you feel that?

So the problem may continue.

Sara: You think it wouldn't go away.

It will not clear—it happens to everybody. If there is an issue, it has to be resolved internally—internally resolved.

Sara: What do you see as the big issue?

The big issue is: he doesn't—he feels troubled by communicating with some of the others.

Sara: Yes, yes. Do you feel it is because of—

He is trying to express himself fully with them—young men have that issue—yes.

Sara: Is it a typical issue?

Trying to find his place in the world, isn't it?

Sara: So, it's a sort of growing up issue?

—Part of maturing into adulthood.

Sara: Right, so you don't see it improving in a smaller environment?

It depends on where you can find locally.

Sara: Yes, I see. So, if you had to look at the scenario we have, would you advise sticking with it and working with it?

Yes. I would say: see it as a challenge.

Sara: See it as a challenge to overcome? (Yes) Okay!

Then, you always think there's another option. Sometimes, the option is to overcome the situation you're in.

Sara: Well. That's helpful to me, because, at least I know we can—perhaps we can overcome it. It might be possible.

Oh, it is not easy at any level, especially in your modern schools. There is too much external interference going on in their minds. They are influenced by television, computers. And they play these games that express—encourage an aggressive streak, which I see as unhealthy for their minds.

George: Yes—aggressive streak—that's a good term in relation to computer games.

War games—war games really, aren't they? (Yes)—which are allowed to be played—yeah.

Sara: It's difficult in our environment, because all of the boys are doing this, and the way we see it is that if we ban it from our home, he'll probably go to another home to do it

A lot of the problems he has are due to these games.

Sara: Do you think so? *(Yes)* Ah! Good! I can tell him that!

I see it in his—he's absorbed in it (right, okay!) It can possess them, you know. It can take them over (right). A lot of these children are overshadowed by the characters of the games. So really they become psyched into the games so much they develop certain traits of the characters of the game—being a Ninja or a soldier, and they lose their own personality within it. That upsets me, certainly—a great deal. They start worrying. They do not understand the higher influence of the mental aspect.

Sara: If we were to remove it completely, do you think that that could help him, or do you think it would cause more problems.

Well, he would react initially, for sure, and you will find his behaviour a bit difficult, but it is your challenge to consider that option.

Sara: That would probably bear the most fruit? *(Yes)* Yes, okay! I like the sound of that.

I do not like these games at all.

Sara: I don't either.

They are poison to their minds.

Sara: That's exactly how I feel.

And it's like, yeah, it's like 'an opium' to them isn't it?

Sara: The problem I see is that I don't think he knows anyone who doesn't do them.

There's an addiction issue with them. They're becoming addicted—

Sara: I know—horrible games—

—what I would call 'satanic games'. I have to use such a term because that is applicable.

Sara: Of course!

George: These are good words. These are wise words to set down and circulate.

Sara: Yes, I'm quite happy with this. This resonates!

I am not some—I'm quite happy to express my views on that in the strongest terms.

Sara: Good, thank you, for that!

They are dangerous and unhealthy in society, basically.

Sara: I would agree with that.

And those in power should know this, but they're so weak.

George: Right, these words will be circulated to our correspondents.

Okay, that is fine!

George: I would like to say, that I heard today—only today, from one of our correspondents who began his education in one of your schools.

Ah, that's good!—yes.

George: William wrote in, and from the age of five to seven, he was actually at one of your schools—the one at Ilkeston, in Derbyshire.

Ah! Much has been established since my passing over—yes. I look over them from spirit, of course. Yes they have been very instrumental in assisting the continuation of my work on the Earth plane, and I thank them for that. One man cannot do it all—only with the assistance of others can you establish a movement—a spiritual order.

George: Yes, he has good memories of that, so I think he had a good start in life.

But, the downside is that some of your original teachings can get lost on the way. You cannot continue the flow in spirit so easily. There can be movement in certain directions. It's a bit like trying to tame a river, isn't it? You can only do so much—then it finds its own course. What I wish to do before I go is to put down the Christos—the Christ golden light for you—to assist you in your lives.

Lilian: Thank you!

If you wish for that, I will provide it.

Sara: Thank you.

That of the sun—the divine love of the solar Logos. So, you will be blessed with that.

Paul: We will be very honoured.

So that is what I will do now. So just open your heart centres to the Christos light.

George: Wonderful!

It is a beautiful light of divine celestial love which heals and removes troubles within you. It is a cure for many ills—yeah.

Rod: Thank you!

I wish you to share this—for it is my strongest pillar of my teaching—the Christ impulse. I will share that with you at this time. Okay, so I will put that down and I will bid you a good week ahead.

(General thanks)

So just receive it now. I will transmit it—transmitting!

(Pause)

It has been put down—yeah

Sara: Thank you.

It will protect you and guide you also, and I will assist on the rescue issue, also—see what I can do to help. There's Bill again, come in there to close it down—

Oh! I saw that—a good bit of light there, yes. Thank you for receiving us, yes.

George: Well, thank you for coming through and it's been very nice again. I feel for you, in some ways. You had difficulties at times when you were on the Earth—when the Hitler regime—

Oh, he's gone now—it's Bill!

George: Oh! Bill now!

(Laughter)

I've had my troubles as well, you know, not just him.

(More laughter)

George: Oh well, farewell Rudolf and Bill.

George's Notes:

Rescues: The nature and need for 'rescues' is made clearer. The majority that we receive are insufficiently aware, or insufficiently knowledgeable, to realise that they have passed over. They think they are still in physical life on the Earth—yet something is not quite right. Some simply do not believe in any 'afterlife' and have closed their minds to that possibility; these can be the most difficult. Occasionally, we have drawn their attention to rings on fingers or to character of hairdo to convince that they have 'borrowed' the body of a medium so that they can speak with us!

Electronic Games: Our philosopher friend provides a powerful message from higher spirit on the decadence of the warring / Ninja games and their bad effect on the minds of youth.

Mind: Again the all-important nature of mind comes to the fore. There is much value in youth guidance. And clearly, when we pass over to spirit, the 'rescues' are only necessary when mind has remained closed or has become a little lost in some way. But such hiccups can be overcome and it seems that the new light frequencies will assist.

Planetary Rescue: This aspect of rescue also gets a mention; and perhaps we should think back to 1994 to recall that this was the first part of Salumet's mission to Earth.

Humorous note: The voices of RS and Bill are alike, so one has to listen hard at times to know who is speaking. Anyway, that similarity gave us a really good laugh at the end of session!

~24th October 2011~ SALUMET

Lilian: Good evening Salumet—welcome—nice to have you here again.

Good evening.

All: Good evening.

As I join with you this time, it is noticeable how peaceful that you all are. There is, my dear friends, much love surrounding you and those who are absent this time. As another one of your Earthly years comes closer to its end, I wonder how often you think about how far you have come since that moment of curiosity—that moment of trying to find Truth; how far have you come? *I know* how far you have come, but tonight, my dear friends, I would like to ask you individually what you feel, and how far you feel you have travelled in your own special goal. How far do you feel?

Lilian: A long way! It's strange I was thinking about it this morning—earlier this morning when I sat down saying a few 'thank yous', and I thought: well to start with there were Ruth and Les Bone, as you know, and, from there, it's just been a wonderful journey.

Sarah: —and on the way, you've made a very good friend of Salumet!

Lilian: Yes!

(Chuckle)

George: Yes, we mustn't underestimate the help and encouragement that we've had. For me, I think this journey began in 1989 in Mexico on a Mayan site when I seemed to get the message that the greatest thing in all the universe is *Love*; and I feel that to become more loving and feeling for humanity and the universe—the whole creation—loving and appreciative—I feel *that love* has been my journey **(yes)**.

Lilian: Yes, another good thing on the journey has been talking to Bonniol. I thought of that as well this morning.

Paul: Part of my journey—I was thinking this week about the *fears* that keep us imprisoned throughout our lives. Part of it is simply working through all these fears, which sometimes they can be nothing more than a little bit of tension in you that carries through your day and affects the way you live your life each day. And so trying to work through these fears, some of which are childhood based, some of which are insecurities and things. It's partly my own communication—I guess that was some kind of fear of communicating myself as 'how I am', to people. It's sort of a journey of working through those fears, so that you can sit back and really *see* and experience that beauty and love.

Sarah: Saying about the fears—I must say—yes, obviously you get times when you get a bit tense and stressed over things, but I would say I'm not nearly as fearful as I was. I very much feel that as long as I do the best I can—I was going to say 'nature will take its path'—it will all work out right in the end, so I think I am less fearful than I was and I try not to be too judgemental—I do have the odd moments in the car, maybe this evening which wasn't quite so good, but mostly, I think, I try not to judge people too much, which I think perhaps I did more in the past. So, I think that's the thing—probably lots of little things that have happened and you don't even realise that you are moving forward—yeah, I think it's a good life.

George: Could I just come back on the judgemental thing and say: we did leave one person out in our prayers, which I tried to put right mentally, afterwards, and that was Muammar Gaddafi and—

Sarah: I did actually ask for him George.

Graham: He was asked for.

George: (*Apologies to all—I should have tweaked my hearing aids up earlier!*) I would like to ask for him in his journey forward. It is no doubt a lengthy journey, but I wish him well in that.

Lilian: I guess like all of us, he'll have to face his own problems.

Rod: Well, mine seem to tie up some years ago—I'd done about four courses with the police to improve my driving, because I used to do a lot of driving with my work, and at the end of this course, a policeman came up and he said: what have you learnt? I said that I feel that whatever comes up in front of me now, I can deal with—I'm confident that I can deal with it—I make up a plan and I can deal with it. And it's funny now, in my private life, I feel that whatever comes up now, I can deal with it. It sounds a bit big-headed, but I feel that I've got all my friends in spirit who help--yourself and everyone around—and it's given me more confidence, and I feel happier that I can do it, and I'm much happier to help other people, and I suppose the whole thing's you make a happier person, out of me anyway—and thank you very much for that—from my heart.

Daphne: Well, I think—well I know—I've become much more caring and loving towards friends. I've always been that way towards my family and now the family's grown into grandchildren and great grandchildren. We've had some worries over the little one, Harry, for the past five months, but thankfully he's holding his own at the moment, although he's still in hospital, but I feel confident that he will pull through, and go on to be a normal little lad. But I'm much more loving and caring to my friends and I like to meet different people and I find that I'm not so judgemental about people as I used to be and I thank you for that. I've been working on it and I have been helped a lot, and I think the consequence is that I feel better in myself and I am much happier, I think and I know Rod feels so too. We are very, very blessed, and we are grateful for all the gifts and prayers that surround us at all time and the love, of course—so thank you!

Graham: I think when I was a little boy, or perhaps a bit older than a *little* boy, I can remember being very impressed by the teachings of Jesus, where he loved everybody, and I thought: how could you do that? Because some people seemed to be so awful! And yet, as I've become older and particularly, since I became a member of this group, I've looked at that again through totally different eyes. I really do now believe that I'm closer to feeling that I love everybody; and since I was approached by somebody who, although it seemed very unlikely—but you get the love back! And it's a wonderful experience when that happens. And putting your fears aside—and we are fearful when we don't understand people—we become frightened of them. If you can put that aside and forget about your fears, then what's left is just love.

(*Murmurs of agreement!*)

Rod: Well said.

Paul: Yes, it's kind of working out that there really is nothing to fear. I don't know what it is, but it's beginning to finally click that this physical body really is just an overcoat, and it's that spirit that's the only important thing.

Sarah: I think that Salumet's words that if we believe what you say, which we do—then if you just take that all on board, then you can relax and go ahead, so yes, thank you, again, Salumet!

Yes, do you see, my dear friends, how when you express yourselves and speak of *physical* feelings, and how it affects you *spiritually*, can you see that connection with each one of you? I would like to say that each one of you is approaching something that I would call *acceptance*. The curiosity and the intellectual stages have passed, and now, my dear friends, how you recognise that love for your fellow man is all important—love, not only for each other, but to recognise that you ARE *units of love*, each one of you, and it is up to all of *you*, as individuals, to express that love, in the best way that you can. But, by speaking openly to each other, it gives you recognition *to* each other, of who and what you are, and that

you are not so different from one another after all. It gladdens us all in our world to hear those such as you. We know you have struggles and we know that you fight fear and many of its companions, but we are so happy to see those spiritual lights grow ever brighter. So, my dear friends, I say to you: for once, feel happy with who and what you are, and accept our thanks from spirit, because it is a great thing to watch that spirit grow and unite. If only all of your Earth plane could have the understanding that you have gained, what a much better world you would live in! So, continue on your way, question whatever you must, but always, no matter what you do, that it is done in the name of Love. That, for this time, is all I wish to say to you, but you are surrounded this time, by many who love you—not always those you would recognise, but nevertheless, those who love you. Absorb their energy and their love, and with those words, my dear friends, I will take my leave.

(General thanks)

Sarah: And, I hope, as you leave, Salumet, that there's somebody there with you who will encourage you as you encourage us, because you said: you also are growing, so I hope there's somebody who can let you know how well you are doing as well.

Thank you.

George's Notes:

CURIOSITY: As stated, that time of curiosity generally comes first. We cannot continue through life without thoughts of—why?—for what purpose? There has to be some kind of a reason! What about those strange dreams and compelling feelings? What about all the wisdom and philosophy that has accrued through history? Surely that is not just the imagination of freaky people? No way! And forget for one moment this potty little planet, what about that universe out there?—its details of construction? Explain that! Why the 'red shift' (element absorption lines shifting towards the red end of the spectrum of light according to distance of distant galaxies)? It has to be that either the universe is expanding from a time of 'big bang'—OR—in its journey across the unimaginably huge distance from faraway galaxies, light actually slows down—this due to the way it negotiates its passage through the 'energetic void'. I favour the latter far simpler explanation; and of course, the big bang theory was developing while the void was thought by many to be merely empty space. It now becomes clear that there is no such thing as empty space. That was one of the many examples of wrong thinking of modern mankind. On that magical Mayan site in Mexico, I was turning over such thoughts, when the message just zapped in from somewhere:

'It's alright to tinker with the mechanics of the universe—to try to figure things out—as did Newton, as did Einstein—It's a kind of appreciation, a kind of homage—BUT—the—most—important—thing—in all the universe—is—LOVE.'

That for me was a special moment!

LOVE: This is something that seems to get extended and can go on expanding. Love of family comes easy. Then there are friends—some becoming special. Then there is patriotism, but that can have its flaws. There's a whole world of people out there—we can love them all (so long as we stop the nonsense of warring). Sometimes we like people for being different! Some people are especially fond of a horse, a cat, a dog, a parrot—and vice versa. But there's all nature out there—animals, birds, whales, trees, plants, insects—all creation is lovable. And if we love the antics of bees as they visit and pollinate the flowers, resulting in good crops, then we must play our part and stop poisoning them with insecticides! That's all part of loving nature. But love extends beyond this planet and embraces the entire universe. As we have seen, we can communicate with many others, not of this planet—all one big family. But that's just the physical creation—there are all those in spirit too!

FEAR: As we have seen, in opening up to the many aspects of love, there are fears to overcome along the way. Largely, it is fear of the unknown and the imaginings that go with simply not knowing. In order to get to know, we must firstly of course, have the curiosity; so we have now gone full circle back to note 1 – curiosity! And curiosity really takes hold when it is realised we are not just here for the beer!

ACCEPTANCE: Perhaps what Salumet means by ‘acceptance’ is the full acceptance of the spiritual basis of life and the oneness of universal community, without hang-ups or reservations.

~7th November 2011~

Those of us who have watched on TV ‘Upstairs Downstairs’ or the more recent production ‘Downton Abbey’, may wonder how the strengths and foibles of yesteryear’s upper class show up in spirit. Rebecca’s clear refined voice was easy-listening via Eileen:

Lilian: Hello.

I’m here to tell you that your friend will be with you next time. I am told you will know who I mean.

Lilian: Yes, thank you for that!

(Pause)

I wonder if you will permit me to stay just a little while?

Lilian: Yes!

George: Yes, please do—welcome!

Thank you!

Lilian: do you want to sit quietly or would you like to talk?

I’m fairly new at doing this, so it’s important that I practise.

Lilian: I see, so you would like to talk.

Yes, please!

Lilian: Yes, do. Is there anything we can help you with?

I don’t think so.

Lilian: Can you tell us a little of your life where you are?

Of course, I will. My name is Rebecca.

Lilian: I’m Lilian and at the other side of you is George and we have other friends here as well.

As I am speaking with you, I am aware that my problem in life was ‘vanity’.

Lilian: Yes, yes.

George: Well, yes, I guess there’s quite a lot of that about!

Lilian: Yes, I was going to say—‘quite common’

I was so in love with my hair. I thought it was beautiful, but it became a stumbling block for me, because I became so vain. I can see it now, but I didn’t then.

Lilian: No, I can understand that.

So, in a way, I wanted to do this work in order to learn humility, and to understand the problems of others.

George: So when you were on the Earth, did you have social graces?

I suppose you could say I did.

George: Were you an aristocrat?

Not quite, but I aspired to be (ah!) yes. So I have much to learn and I felt that in doing this work, I have come a little way (Yes) in making changes.

Lilian: Well, it might interest you to know that I’ve been told one of my lessons in this life, is *tolerance*.

Tolerance—really?

Lilian: Yes.

Well, I know we all have a cross to bear—like I say. Do you all have something that you carry with you?

George: I'm sure we do and we well recognise that this is a learning planet.

Yes, indeed! But it is well that you recognise it (yes). I unfortunately did not.

Lilian: No, I was told by the friend that you mentioned was coming that one of mine was tolerance in this lifetime.

I must say that I'm most interested in finding out who your friend is.

Lilian: Ah well, he's a teacher from your realms. We call him 'Salumet', but he teaches, obviously, spiritual teaching.

George: He is from Angelic Realms.

I see!

Lilian: I think you have them—you can go and listen to these people.

Yes. They come to our level (yes). Yes, we do not go to them.

Lilian: Well, we were lucky enough that he came to our group—very lucky!

Do you know why?

George: I understand it took a very long time to prepare the way ***(Yes)***, and much depended upon the lady whom you are using now.

I see. I am aware of teachers who come, but there are many I am not aware of.

George: your instrument—she can go into full trance which is necessary when the one we know as Salumet comes through.

I see. It is most interesting—

Lilian: it's fascinating—absolutely fascinating ***(Yes)***. The man who started the group—he and his wife worked really hard with healing and rescues ***(Yes)*** and they deserved something really, so that was another aspect of it, but we're not the only group. There are lots of groups that have other teachers.

I have visited other groups. I like the feel here. I don't know what is different—

Lilian: Thank you for that—

But it feels calm. It feels comfortable.

George: Good! I think we're very well bonded.

Ah! Perhaps that's what it is—yes.

Lilian: we have our faults and all the rest of it and it doesn't matter. We're all very different.

It doesn't matter?

Lilian: No.

What faults do you have?

Lilian: *(With laughter)* I couldn't tell you offhand, but we're all so different ***(Yes)***, but it doesn't really matter.

If I might just add a word and say to you: do not leave it, try to alter your ways whilst you live on the planet, because it's so much harder when you come to spirit. It is harder because you feel that you have let yourselves down. And it causes some grief, I believe.

Sarah: We have been told that before.

Lilian: And, also, say we smoked cigarettes—if we can get rid of that habit before we come over, it's better, because otherwise you are going to want—

If you could see the people who crave these many things, it pulls you in the direction of anxiety, might I say—so I would suggest to you to think about your faults and to rectify them if you can. Not always easy!

Lilian: Or a bad habit—

Yes, I am feeling some faults within the group—

(Knowing laughter)

Lilian: I'm sure you are!

Perhaps you need to address them.

Rod: Mine's too long to list for you—

(Chuckles)

—I know they're there, *(ah ha!)* and they are difficult to get over, especially on a bad day.

Ah well that's the opportunity given to you to change—yes. May I ask with whom I am speaking?

Rod: My name's Rod!

Yes, you do have a few faults, do you not?

(More laughter)

Rod: I do—I have a few *(Yes)*.

Lilian: So you—can you see those faults?

Rod: Can you feel them?

I feel them.

Rod: Oh! Golly me! Is it that obvious?

(Chuckles again)

Not only you—

Lilian: All of us!

—you all have some.

Lilian: Well we're human aren't we?

But I have to say, don't worry too much, because there is a calm feeling here, so perhaps you should take the feeling you feel now, and use it in your everyday lives.

Jan: We do try since Salumet has been coming. That's what we endeavour to do, in our daily lives.

Yes—is that what he teaches you?

Jan: Yes!

Yes. Well, I'm sure that, with a teacher from our world, you cannot go wrong.

Jan: Of course we're still human, still got all the faults that go with humanity.

But you need to strive to dissipate them. Do you not agree?

Jan: Yes, totally!

Rod: I'm surprised that it's difficult to get over the faults when you come over to spirit. I would have thought it would be an easier realm to do that.

But it is much easier to do it while you are here, because you then recognise your faults. If you bring them to our world, you suffer because you realise they are things you should have disposed of—you understand?

(Agreed)

Jan: Also, we're taught that if you recognise a fault, the recognition is half the battle *(Yes)*, but, with recognition, sometimes comes regret, but we've also been taught not to hold on to that regret.

Yes, yes, I quite agree. Firstly comes the recognition of the fault. That is the first thing you must do. Recognise the fault within yourself, and, then it can be dealt with. I'm not saying that you can think about it and it will disappear—no, no, no!

Jan: It's how you deal with it.

It is how you deal with it and how your heart is, yes.

(Agreed)

Yes!

Jan: I think I've been learning that I'm a great one for living in the past and having regrets—that's how I've lived my 52 years so far (Yes), but, if you're not quite hard on yourself, and you realise that you've made a mistake and that was wrong which is what we've been taught, if you then live by that lesson—

Yes, let it go—yes—

—and you try to change, the regret isn't quite as hard to carry along with you, if you know what I mean. You become softer on yourself.

Regret is very negative, so you have to let it go, yes, because, if you don't let it go, it is one of the causes of your illnesses in your world.

Lilian: So we've been told.

I have learned that since I came here.

(Agreeing murmurs)

Paul: You can't regret really—because you only do what you can each moment (Yes), and, of course, ten years later, you know a lot more, so you would have done things differently, but back then, you didn't know.

What has gone—has gone; and you must live in the moment. If you are to be true to yourselves, you must live in the moment.

Jan: That's been one of Salumet's biggest lessons for us, hasn't it—to actually be true to ourselves.

That is something that you do learn, I suppose, if 'learn' is the correct word, when you come to spirit.

Jan: Because you can't be anybody but yourself in spirit can you?

Yes, you are open for all to see (yes).

George: Yes, 'living in the moment'—that is spoken like a philosopher, and I would say you are very well-spoken (***Thank you***). Does that mean—when were you on the Earth—in the nineteenth century?

Yes, you are correct—yes, you are quite aware aren't you? But time is of little importance. I do not live by time or what happened when I was here. Those things should be left behind. We need to move forward, and, in the same way, as you need to move forward.

Rod: Did you have a family here?

Well, of course, no one is a single entity.

Rod: Did you have children?

No! No, I did not—um—not a regret for that lifetime, I have to say. I was much too vain!

My vanity really was my downfall.

Rod: Tell me Rebecca—this lovely hair—what did it look like—what colour was it?

It was the most beautiful golden-brown that shone like the sun.

Rod: And you washed it with what?

I washed it with natural water and perfumes.

Rod: You'd have a good choice now if you went to Tesco's. You've got all these products!

(Chuckles)

Tesco?

Rod: It's our supermarket.

Ah, yes, I am aware of a great range. But, of course, you know, in my time, I did have a lady who brushed my hair always, and that is one of my regrets—that I expected her to do this task for me, but my true failing was my vanity. I can't stress that enough to you.

George: That was quite common in those times *(Yes)*. There were the upper class and lower class. One who was possibly on Earth the same time as your self was one who has been through to us three times recently and that is Rudolph Steiner, who was a philosopher.

Yes—I am not aware of him.

George: No, he might have been a little later. He left the planet in 1925.

Yes, I do not recognise who that might be. It is impossible to know everyone, although the blending here is amazing.

Lilian: Talking of faults and things, have you ever been anywhere close to the dark regions where you are?

Have I? Never! No! I know that they exist, but, no, I fortunately have never been close to them.

Lilian: I would say that there would probably be quite advanced souls that would help in those places. Is that so?

There are those—I believe the gentleman mentioned the Angelic Realms. There are angels and there are those who work towards helping those unfortunate people, and it would be very difficult to get close to those regions (I see). Yes, you would not be able to approach them.

Lilian: Ah right! Yes, they must suffer, really.

They are lost souls for a while, until recognition comes to them (yes). Anyway, I am being called.

Lilian: Well, it's been a pleasure to have you.

And I am so pleased you have allowed me to talk with you.

George: Well, we've much enjoyed the conversation, and your voice is very pleasant—a very pleasant one to listen to. Thank you!

Well, I thank you. I am never quite sure what I sound like when using someone's voice. It's not easy to gauge.

Jan: The instrument you are using has a very nice melodic voice anyway, so you sound very, very pleasant.

Well, thank you very much. You are all most kind.

Rod: have you got your hair in curls tonight?

Ah, now you really are making me think about 'vanity'.

Jan: No, she doesn't want to think about vanity. *No!*

Rod: I've got mine to get over.

Jan: What your curls?

Rod: No, my faults!

(Laughter)

Yes perhaps when you all reach your homes, you can think a little about one of your faults, because you do have more than one each of you—Chuckles!

Yes, now I really must go. I am being called.

(General bye byes)

A rescue followed involving one who was paralysed on one side and brain-damaged. Communication was difficult, but there was some response to Lilian's healing hand and understanding of our encouragement to look to the light. She was then able to move forward to those waiting in spirit, declaring with much feeling: 'I am happy.'

George's Notes:

Planetary Progress: There are of course many indications of planetary change. We know for certain from conversations with Bonniol that an important practical step is to harness an energy that is available to all and which does not pollute and so ruin our world. The days of the oil-based internal combustion engine are thus numbered. And you don't need to be a financial expert to realise that the demise of the motorcar and present transport systems will cause a huge hiccup in high places. But the change will come, and like most changes, there will be resistance from some.

Stop Press: According to AFP News Agency, Earth's Pt/Ir 1 Kilo standard of weight, established 1889 at Sevres, has changed by 50 micrograms and scientists do not know why. But we know why, don't we!—Bonniol 8th August 2005 / *The Chronicles of Aerah*, pp. 89-90, 96.

~14th November 2011~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

(Pause)

I hesitate in speaking with you this time, because I was feeling your individual energies, to create something which so far has not happened. There is some positive energy with you *all* this time, which has not always been available to you; so from our point of view, it is most interesting to watch each one of you glow as a candle would glow. As, my dear friends, we approach the end of another one of your Earthly years, I would suggest to you that you look back just for a short time to see just how much you have grown. We know sometimes that some of you feel that not much progress has occurred. That is *not* true. Each one of you—not only those here, but those who have been within this group, have grown so much; but I wish tonight to reiterate some of my previous words to you. You have to ask, my dear friends—you have to ask for our *help* in your unfoldment of spirit. It is not enough to know that we are close by. Without your permission we cannot help you further, so it is imperative that each one of you thinks deeply about who and what you are—but not only that, but where it is you are heading. You could all stay still and be pleased with what you have achieved, but it would, my dear friends, be in your own interests to ask for that help in your spiritual unfoldment. There are so many who stand close to each one of you, ready to help in any way that they can. So this time, I want you to think just a little more deeply about what you wish to achieve. It is all there before you, my dear friends, but it needs your freewill to become *activated*. I hope you understand my words (yes). Would you wish to comment on what I have just said?

Sara: Yes, thank you Salumet—that's just what I needed to hear, because I had been wanting to progress myself, and sometimes feeling that what I want to achieve is quite a big task, but now you've said the words, I feel I can achieve it. But I do need the help—so thank you for that!

Yes.

George: Yes, I'm sure we all give thanks to that. I feel that we are all moving forward within this group. I feel also that the planet is moving forward and there is an interesting fact that has recently emerged. The one kilogramme platinum planetary standard in weight that was set up in the year 1889 has lost a small amount of its original weight, and scientists cannot explain this. I feel we have covered this ground in our Bonniol conversations, and we have learned that, *as the spirituality of the planet increases, then densities decrease*—and I feel that this is an important event and possibly a trigger for the scientific community to think more deeply.

I understand what you say, my dear friend. Let me just say this to you. Always, you are so surprised when something is said that we have already told you. You never cease to be amazed in the most human of ways, about these small matters. All of energy is forever transmuting—changing in many, many ways—in ways that you may never understand. And of course, I would say, it is always welcome news when your scientists have some proof of what is happening.

George: Exactly!

Yes, I understand why you feel that this one detail is so important.

George: Well, I feel delight (**yes**) in that there is proof, which they are likely to see as tangible.

Yes, it is a long time coming—it has happened in the past, and it will continue to happen in the future—but your infantile joy gladdens me.

(Amused chuckles)

Sara: I get lots of infantile joy from synchronicities, sometimes (**yes**), and I had a very nice one this week. I took a book from the library by David Wolf. He's written about 'Super-foods and Nutrition'. I don't know if this is a name which resonates with you?

It matters not.

Sara: But anyway, I phoned a friend in my enthusiasm who likes him too, and she said: 'Oh he's coming to give a talk in our shop tomorrow'. He travels all over the world, so that was quite synchronistic for me, but I do get excited about these things.

That is because you are only human. Only the human species allows themselves to become so over-excited by what to us is quite normal. *(Chuckles from Sara)* I'm sure you understand (yes). But your scientific community will always discover many facts, which previously they had denied or doubted in many ways. So yes, continue my dear friends, to feel your joy at these happenings, and know as I have always told you, to accept that not all things can be proved to your scientists, because their hearts and minds are sometimes too closed. You understand?

George: Yes, we certainly understand that!

Sarah: Emily was reading an article—I think this is right—she read that as you progress, your energy within you slightly changes and that can actually affect things around you, and she said she does feel that she's moved forward quite a bit and in that particular week, three electrical items of hers had broken, so she thought that she had perhaps, after all, really moved forward and her energy had slightly changed.

As I have said, all energy can be transmuted, which, of course, have either positive or negative ways to them, but I am going to use one of your Earthly sayings: 'No man is an island.' Of course, whatever happens to any of you has some kind of repercussion with others, because you are all formed of the same energy. So how can you *not* be connected?—not only to other humans, but, as you have said, my dear friend, to objects, which, too, have energy. So does it not make a little more sense that the connection that all of you have with this *beautiful* planet should be respected a little more? (Yes) Not only this planet, but as you know, the many universes thereof.

George: Yes, I feel with illness too, there can be so many connections between people; and I wonder if I might ask a question about yet another of our illness conditions? (**Yes**) It's a general problem, because it's something I feel that our medical people don't seem to know the answers, and it's brought home to me by the fact that my wife has suffered with sciatica for several months now, and the doctors seem to hand out painkilling pills, but they observe that the condition may last a few days, it may last a few months or it may last several years. There doesn't seem to be any serious move to *cure* the condition—just kill the pain that arises from it, and this so as to interfere as little as possible with sleep pattern. So I wonder, Salumet, if you may care to say anything about the condition of sciatica?—the trapping of the sciatic nerves?

Yes, I have to be a little more general in my reply (yes), because what you call 'sciatica' or 'arthritis' or any of these conditions, is indeed the showing of *unease* within the body (yes). Throughout your time, there have always been illnesses, there has always been *disease* amongst mankind. We have spoken about this on many occasions, I believe, and I have told you that any disease within the body will result in a condition whether it be affecting bones or flesh or whatever the body is made from. I would like you, my dear friends, to just consider what your physical being is. You know that you are first and foremost spirit (yes), clothed in physical garb made from flesh and bones and blood, and you know what a human body is made from. I have to say that throughout time, there has always been some discomfort with the human condition throughout your Earthly history; and always, from our side of life, we have helped to solve many conditions, (yes) yes. I would say to you, at this moment in time, the condition that you call sciatica and arthritis, and after all, sciatica is trouble with nerves (yes)—I have to say: it takes many of your Earthly years before this condition shows itself (yes). It is not something that happens in a second, a minute, an hour, a day. It is a build-up of tension within the body, which then creates the nerves to become trapped—to become jangled—that is another one of your Earthly expressions which I would like to use—the nerves become *jangled*. In other words, they are not happy within that human garb.

Lilian: That's interesting.

I can only tell you at this time in your world, that many and much help can be given, but there has to be an alignment between spirit and physical body. It is not always easy, I know, because, as I have said, you are dealing with something which has taken probably many years to come to that point (yes). So, my dear friend, I cannot give you the answer which you are hoping for—only to say that the more the spirit comes forward, the less the physical body reacts—and I know, as the body becomes older and older, that too the mind loses that energy to make itself better.

George: Yes, and this connects with 'going within' no doubt.

Yes, it is something that all of you, all of you who are well, can work upon. Any illness or upset of the physical being lies within. We can influence doctors, which we do all of the time for help with the diseases, and you must know there are many diseases which you now do hear very rarely of.

George: Yes, many diseases, and many dedicated doctors I must say, and so many do a wonderful job.

Of course, but ultimately, I have to say, my dear friend, all illness is the responsibility, hard as that may be to take—illness is the responsibility of that soul.

George: Yes—yes, thank you for that, Salumet.

Lilian: Whereas, I imagine, the majority of us, myself included, would think that a back problem comes from something we've done—like a bad fall that we've had—

That may be the trigger, but it comes from much longer back.

Lilian: I see, yes.

Jan: Trauma tends to bring forward (yes) to the spirit, things that are waiting to come forward.

Yes, thank you. I hope that has helped you just a little.

George: Yes, thank you.

Rod: Could I just go back to your statement about individual progress (yes). My learned friends seem to know what you were talking about, but I'm not too sure. Does this mean when you talk about 'going within' is this something that you've mentioned before—I'm willing to be reprimanded—but is this what I should be doing—'going within'?

All of you should 'go within'—yes, yes.

Rod: Right! Thank you very much, Salumet.

Lilian: Did you want to say something, Gary?

Gary: Just reflecting on my own condition of my immune system and the tiredness I get **(yes)**. I've been told it's accumulation of past lives, and I see that I don't really feel comfortable at this physical level and I'm partly trying to escape to a higher realm.

But, you cannot escape, my dear friend, until you have dealt with the problem now. Escape is not the way. If you have a problem now, it may well come from past times, as it does with many, but you have to deal with the problem *now* by 'going within' and strengthening that spirit. Then those outer results will follow. But you cannot escape what you have come here to experience. Do you understand?

Gary: Yes—

No, you do not!

(Laughter)

Gary: I thought—I'd been a very *long time* on this planet and I suppose I felt a bit tired and wanting to go to another planet. That's how I feel.

But you cannot always have your wish.

Gary: I don't feel bad about feeling that way—I just feel that's how I feel.

Yes, but that is what you have to let go of, and to *deal* with your time here. All of the time that you spend wishing for other things, is that *moment wasted*—if I could use that word. I advise each and every one of you, as I have done for many occasions—to live *NOW*—not a time gone or a time to come, but *now*! And you will find, or you should find, if you are going within also, that your health would improve.

Jan: I think I can vouch for that—living for 'here and now', certainly does help with certain conditions. Simple things like hay-fever, which I know is an environmental problem, for many on the planet, but—**But why is it not a problem for all people? You all live in the same environment.**

Jan: But I cured mine.

Yes—yes, that is what I have been trying to tell you.

Jan: I was reiterating really what you were saying **(yes)** that certain aspects of health I think we hold onto—feeling that we have to—and once I let it go, it went. I've had two years now completely free of it, but I was completely debilitated in the summers with it, but it's gone. Yes, I'm just confirming really what you've been saying from my own experience.

Sarah: And also this business of 'going within—Graham, Sara's husband, is another example.

(Affirmed)

Jan: Yes—certain illnesses confuse me on this issue though, because you've talked about and I can only talk for myself—I do believe that some illnesses are obviously meant to be—that people are born with an illness, either out of choice before they come here, before they reincarnated this time—I can think of several people that I know that have got the most awful diseases or conditions but with such spiritual light energies, always smiling and they never complain. So those conditions—I'm not sure whether they've come to learn a lesson from that disease, or whether that's a condition that other people can learn *by*.

We are speaking of something slightly different when you speak of someone coming with a condition. That spirit, that soul has chosen to enter life with the opportunity of those conditions being there. That is why I have said it is not parents that you choose, but the opportunity and conditions that those two people will bring to a life (Mm). And of course, if those conditions exist from birth, that is slightly different, because *freewill* has a much stronger part to play, but still, they can free themselves from many of those conditions (ah right!), as life continues. Not all, not all, by any means, but—

Jan: Some of them don't have to hang onto the condition as long as they do.

Yes, they can improve with a lifetime. It is not an easy subject for you to understand, because most people feel: I do not want this condition; but are they happy to have the results in a spiritual sense from those conditions? I can tell you, my dear friends, that when they come to this side of life, those experiences will have been invaluable to them.

Jan: I can imagine.

So again I say to you: look to the wider picture.

Lilian: Yes, because if we never had pain, we can't appreciate other people's pain.

That is one way of looking at it. It gives you an empathy with others—yes, of course. But that does not mean that you have to hold onto pain. Release it and release yourselves. You understand?

Jan: I'm not sure if I'm on the right line or not, but I've often said, especially to Mum sitting next to you—my mother-in-law, on the phone—that, after a while, if you have been in pain, the pain becomes part of you, not in a negative way, but in a positive way, whether or not that's because you're actually learning through the pain—but it's not that you want to hang onto it, it's because it becomes part of your physical spiritual being, and sometimes the pain will disappear because it's part of you. That sounds really contrary, but that's what I've experienced.

It's because you have recognised it and let it go.

Sara: It's a bit like when you give birth to a baby, the more you embrace the pain and allow it, the better it is and then it ceases to be a problem.

Yes. Pain, as you know it in this world, is so individual to each one of you—that what is right for one, may not necessarily be right for another.

Sarah: Yes, that's true.

But what is right for each one of you is that you live every second in the 'now', that you 'go inwards' each and every day until you unite with that spirit within, which has the power to strengthen and uphold you through all of life's trials. And finally that you give thanks to all of those who surround you with love and are there to help in any way that they can. And with those words, my dear friends, I am going to leave you.

George: Yes, well thank you for that Salumet—and to use another of our expressions, I think you have dotted all the 'Is' and crossed all the 'Ts' on these matters. Thank you very much!

For those I have not dotted, I would say: think more deeply.

(General thanks)

As always, I will take my leave. Know, my dear friends, that you are loved by many. There are so many who stand close to you. I am always telling you this, but it is now time for each and every one of you to begin to recognise those who are close.

George: I think we sense this—we do not need scientific proof for this!

(Thanks and farewells)

George's Notes:

1: 1 kg Standard Weight Decrease: When Bonniol spoke of the 'density' of things and how density decreases as spirituality increases, I had pointed out that, on inspection, there was no difference between sets of atomic weight tables spaced 20-years apart. His response was: don't hold your breath—it takes longer! Well, the Earth's standard kilo at Sevres was very, very carefully arranged, using platinum-iridium alloy which is very, very stable; and it has had 122-years in which to show a change—long enough it seems to show a 50-microgramme reduction. Conventional scientists cannot understand this. But the fact is now with us that, whether acknowledged or not, those who set up the standard in 1889 have:

-Proved the universal principle that densities decrease with increasing spirituality

-Proved our material world's connection to spirit.

Q. E. D.

CERN Claim that their Neutrinos exceed light speed: Whilst on scientific matters, perhaps some mention should be made of this topic. The neutrinos should have taken 0.0024 sec to complete the 732 Km journey but arrived 0.00000006 sec ahead of schedule, a small fractional increase of 0.000024 / 1. The 1 kilo weight standard has a fractional decrease of 0.00000005 / 1. So, if my arithmetic is correct, the two fractional scientific 'anomalies' are in ratio 1:500—similar orders of magnitude one might say; so I wonder if there is a connection? Perhaps we shall discover in due course.

Illness and Body Condition: An important part of Salumet's teaching seems to be that we are all very much architects of our own situation. It is easy in retrospect to see our errors with illness arising from a toxic material such as asbestos. The sad asbestos story goes back a long way. Pliny, writing in 1st-century AD, noted that slaves working in Roman asbestos mines die young of lung disease. (They wove it into napkins and clothing and flame-laundered—also used as lamp wicks—those of the Vestal Virgins never wore out!) In more recent times (1918), the Prudential Insurance Company in New York refused to sell personal life insurance to asbestos workers. They knew the score! In the early 20th-century, several notaries drew attention to the known hazards. But still we made a huge industry of asbestos causing widespread distress throughout the world. A learning for unthinking commerce no doubt! When we discussed cigarettes and smoking with Salumet, he was quick to point out that, although toxic, not everyone succumbs, or not all are affected in quite the same way, because there is also the spirit connection to be considered. But smoking is nonetheless unwise, and we should of course respect the human body that is a home for the spirit. But when we consider conditions such as sciatica and arthritis—these differ in that there is no external toxic material involved. It relates much more to mind-play and how we think, and this makes it so much more difficult to understand—for ourselves as well as medical profession. The doctors and nurses can assist, but meditation and looking within will often alleviate.

~21st November 2011~

There was some conversation beforehand and mention was made of the people of India. Then our old friend Emma Hardinge-Britten spoke via Eileen:

Lilian: Good evening.

Good evening—it is I, Emma.

(General welcome)

George: I thought it was from the way you sit, with a straight back. Welcome to you!

Thank you. The mention of India captured my attention, because of course you know, I have been helping the suppressed women.

(We recalled Emma's previous visit)

So of course, the mention of India was enough to bring me here to you. I have to report that the suppression of women in your world is slowly being unravelled. After all, as spirit, you are both male and female energy, therefore, why should females be suppressed in your world? I have continuously supported women by using subtle energy to persuade them to take control of their lives. It is not always easy as you may well know, and there are still many places throughout your world where women are still not superior to men.

Jan: Or equal.

Yes, equal.

George: Yes, unfortunately there are traditions that are upheld—this putting down of the womenfolk—
But these traditions have to be dissolved.

George: Yes, I like your word ‘unravelling’ (Yes) because I think it is good to unravel deeply held traditions. Within the Moslem—I think it is called the ‘Shariah’ system, which must be quite a problem as seen from spirit.

Yes, not so much a problem as a need to educate, I would say. That no one should in any case, in any place be subservient to another human being. This is the teaching of spirit. As I have always been involved in the way of the women of the world—not because I feel they should be superior, but there should be equality between men and women of all nationalities. And again I say to you: that is always what I strive towards.

Jan: I think with the Arab countries at the moment, fighting for their democracies—I think that will be the next step.

Yes, it is, slowly, slowly, but progress is being made.

Jan: Yes, because, obviously they can’t give democracy just to the men (no). They have to give it to the women as well.

Of course!

George: There’s considerable unrest in the Middle East at the moment (yes). One feels that, eventually, there has to be a good side to this.

It is their time of evolution—perhaps that is the kindest way to say it, rather than think of the discord that exists amongst these people. I’d rather see it as a form of education—their evolution.

Jan: Mm, so you’re educating the females as well as the males—you are impressing both?

Yes, in effect, in a very subtle way. Yes, it will not happen overnight. It will take much time, but the fact remains that we are making progress (Good).

Paul: Where do you think it comes from—this lack of equality, because we understand that before the big religions of today’s world came, feminine qualities were respected a lot more.

Yes, many females were regarded as priestesses and higher, but you see, all of these things take their course. I cannot give you one definite answer to that question. I do not personally know that answer, but of course, men in your world have always been physically stronger, and I feel that perhaps in many cases this has taken precedence, and of course, when you speak of religion, that is another matter.

Jan: I was thinking along the same lines as Paul who asked the question—it’s the male throughout our evolution, who has picked up the arms first (yes!). And, as women bear children, men don’t like to see them physically fight. They actually can’t handle that spiritually—to see a woman bloodied and injured, and I think history along the way, has twisted that somewhat. That’s just my viewpoint.

But any idea is open to change and that is what I look to. I look forward to seeing women becoming stronger in their viewpoints in these countries where they are downtrodden—and be assured they are downtrodden.

Jan: Yes, we know. I think though, women have a universal power that extends to every sisterhood of the planet and we’re very good at coming together as a whole.

Yes, I do not even strive for a sisterhood. I strive for ‘equality’ and a ‘oneness’ and a ‘wholeness’, which is the spiritual aspect of life.

Jan: Yes, but first of all, because you are talking of the female form that—

They have to be recognised as a whole, yes. I do understand what you are saying, but I need to tell you that my objective is that equality of spirit is paramount (Mm—yes).

George: And with equality, there is the matter of ‘team’. Male and female have developed different qualities, and these qualities can work together as a team.

Yes, as they should—one should complement the other. That is the purpose of male and female. Of course, there are always exceptions to rules, but you have to think I feel, of the spiritual nature and quality that exists in all humankind.

Jan: When you look at it through spiritual eyes, to be reincarnated as a female when your previous life was a male, and to be treated in that way—what actually happens to the spirit—the soul?

It is abhorrent—yes.

Jan: Yes, I can really understand that.

That is why most people wish to experience both female and male energy at some time. This is why reincarnation is important for that very reason, because we are all male-and-female energy, and it would do well for this whole world to recognise that. But anyway, I did feel that I had to come and say a little about the progress which is of course happening around the world. You may not hear of it, but it is creeping very slowly towards change.

Paul: I notice that some of these countries now have female Presidents and female Prime Ministers, as leaders.

Yes, and why not?

Paul: Exactly!

Equality should be there should it not?

Paul: I think India has a female Prime minister.

They have—they have indeed, but they also have many castes, where women are suppressed—as in all areas of your world (yes), even in your so-called dignified countries.

Jan: Yes, the western world has other problems such as trafficking and all those sorts of things which are still suppressing, so yes, we’re not exempt from it.

And there are many ways to suppress the spirit of another, so it’s a delicate issue I feel, and one that keeps me extremely busy.

Jan: Yes—a very worthwhile. Would you call it a project, Emma—your quest—is it a quest?

It is! It is something I feel I have to do. I have always fought for women, and from spirit, I can see the larger picture, which encourages me to go forward, and, also, I have to tell you that it is helping in my own spiritual growth.

Jan: Yes, of course!

George: Yes, I think when you came to us before you used the word ‘project’.

Yes, you may use any word that you wish, but to cap it all, it means going forward and soul growth.

George: and to remind us all that we are each of us both male and female energy—that’s a good message to impart.

It’s something that you should always keep in mind, and I know in your world you will say, men are so different, and women are different from men. No, you are not! You are all part of the whole, and if it takes a little understanding, then, so be it! That is another part of spiritual growth in recognising others and recognising within yourself what is wrong in your thinking.

Paul: It’s very noticeable with the younger children—up to a certain age, the boys and the girls do similar things. They play together—you get tomboys—basically they’re just doing what boys do, and boys sometimes do what girls do. At a certain point, suddenly, they become aware that they’re not supposed to be doing that—‘I’m this’ or ‘I’m that’ so they start to move away from what they actually want to do, and

adults then either become either one or the other, and we are, as you say, much more similar than we realise.

I have to say it is only human beings who put so much emphasis on gender. If you are both male and female, then you should accept yourselves and each other for what and who you are.

George: Yes, I'm afraid this problem is exacerbated by the advertising firms which advertise items for women and items for men, and there's the connection to making—some people *so committed* to making large amounts of money, and this is a complication which attaches to the male /female thing, I believe.

Yes, if, as the gentleman has said, young children were left to their own devices, they would find their own way, their own pathways whether it be towards male or female, as long as there is love within that soul, how does it matter? That is what is important—love—love for one another, to help one another—that should be your goal in life.

George: Yes, unfortunately, there's a few who have sidestepped into this as a means of making money, when it should really be a love of one another.

Yes, that sullies the word 'love' does it not—when it is for such things as wealth and such things as ego shall we say? I do not like that word to be used with those things. One's love should be pure.

George: People are recognising that a minority of population is making too much money, people are reacting to this and this is another revolution that is going on at the moment.

Yes, inequality has always existed in your world and I have to say it will continue for quite a long time to come, but mankind is at least aware that there are these inequalities, whereas at some point in your history it was not recognised—it was just part of living.

George: Yes, I think this is a time of growing awareness of these things.

Yes, in many areas of your lives, there is a growing awareness. Anyway, I do have to say, it's been a pleasure to come and talk with you all, and now I really have to go.

Lilian: Well I'm glad your work is going well with the Indian ladies.

(General farewells)

Thank you and goodbye!

George's Notes:

1: Emma Hardinge-Britten (1823-1899): Last with us 30th May 2011. It is of course always good to have news of old friends and their work in spirit. Whilst on Earth, Emma founded 'Two Worlds' magazine. It continues, and in fact, in its August issue, appeared a favourable review of 'The Chronicles of Aerah', leading to a few book sales via the magazine. Thank you Emma!

2: Islamic Law – Shariah: As with Christianity, there are many variations according to sect and country. There has been harsh interpretation of original teaching with much criticism, for example: severing hands as punishment for theft. Shocking! But then, 'Christians' have burned at the stake, and some US states still operate death penalty. All is horrible! But where religions are concerned, there is one certainty: West cannot judge East and East cannot judge West.

~28th November 2011~ SALUMET

We gathered and chatted in the conservatory / lobby as usual before going through to the room used as our 'temple'. Eileen had been listening to a compact disc recording of Salumet's voice. We chatted about world news and how leaders and politicians seem to be faced with serious dilemmas. I read a passage from Chairman Mao Tse-Tung's Little Red Book:

“We are advocates of the abolition of war, we do not want war; but war can only be abolished through war, and in order to get rid of the gun it is necessary to take up the gun.”

The statement is of course self-contradictory, but would appear to well demonstrate present day political thinking. I suggested it might be good to read the quote to Salumet and seek his thoughts on the matter. We then moved into the inner room and proceeded with prayers for those in need—and then Salumet was with us:

George: Good evening Salumet. Welcome to you.

Good evening.

All: Good evening.

As always, your thoughts have been directed for all those people in need. So many in your world are in need not only of healing, but spiritual upliftment and enfoldment. To unfold those spiritual gifts which are within each and every one of you, it is important, my dear friends that you understand and know yourselves. I have used these words on many, many occasions, but I feel it important enough that they be repeated from time to time. If you do not know yourself, how can you come to know and understand others? So do you see the importance of getting to know yourselves? It is all too simple at times to say: *we are all one, we are of the same energies*—that is to simplify matters too much. But rather than think of yourselves this time, I would like you, my dear friends to focus upon some words that are used in your world today, especially those of Christian denomination. Those words are pure and simple, and they are: *‘Peace and goodwill to all men’*. Simple words, but words which mean so much; and I ask you that each and every one of you ponder upon these words until we meet again, and I will be most interested to see what they mean to you individually.

George: Yes, it’s one thing to say the words, another thing to *feel* them strongly inside, and just feel that they spread.

Yes, they are words that are used freely, especially at this coming festive time of your year in your world, but I would like you, as you say: to *feel and understand* what those words mean—not only to those you love, but to every man who has his feet firmly planted on this Earth plane—not only physical man, but also those in spirit, who are in need of your understanding, and your love.

George: Of course, with goodwill towards all, there cannot be any wars—would you agree, Salumet?

There should never be war, but I have been listening to your conversation, before we entered this room, and of course, the ideal in your world would be that no man should go against another, but again, I have to say to you: until mankind uses his freewill for the good and betterment of mankind, there will always be problems, but as I have told you also, on many occasions, the most powerful thing that you can do is to use the power of your thought. (*Agreeing murmurs*) I hope that you understand and agree with my words.

Paul: Yes, it’s a tricky situation when you get a bully—knowing how to deal with bullies can be a problem. It’s sometimes almost more effective to stand up to them.

***Never* more effective—it is always better that those who are bullied give out love and compassion to those who do wrong. In that way, energy can be transmuted. I am not saying it is easy, but that is the way to go.**

Paul: Yes, that is something that needs to be practised more.

If you *believe*, my dear friends, that thought is the most powerful asset you will ever have in this world, then why not use it?!

George: Yes, I think you are saying, Salumet, that in a sense, the best way to stop wars is to use power of thought and love, and I think the thought and the love work together.

Of course! Thought producing thoughts of *Love*, you can almost see grow in our world. Mankind is at this present time, unable to see the effect of those powerful thoughts; but I can assure you, my dear friends, there is no stronger force than the thought of love. *(Agreeing murmurs)* No matter the situation, the thought of love for another, and especially those who wish to do wrong, and hurt another human being—that thought becomes so powerful, that as I have said, that energy is transmuted.

Sara: So it's the best thing to teach our children **(yes)**, when they're being threatened. I have always said this in the past to my children—

It is not easy—

—that you send thoughts of love—but, it's quite hard sometimes, when they're feeling very victimised.

Yes, I know. It needs to begin from a very young age (yes—yes). But, I understand that it is not always easy, but show by example.

Sara: Yes, I'll keep trying.

You can also help your child by sending thoughts to *him* and to those that you feel are not so friendly towards him (yes). Good thoughts are always *used*.

Sara: Thank you, yes.

George: Yes, it seems to have been the policy amongst politicians and leaders to feel that war can only be stopped by war, which is ridiculous really.

I have to say when I listened earlier—I have to say, it made me *smile*.

George: Yes, I'm so pleased you were listening Salumet.

Yes, you were not aware of me, but I have been listening—yes, because it is an important topic that you chose to speak about in a sensible manner. So many people when they think of wars and disagreement become so irate with other people that they do not always realise that they are harming themselves.

George: Yes, and during that earlier conversation, I know I mentioned your name Salumet. Did that attract you to the conversation, or were you there anyway?

I was already there. What attracted me was the instrument was playing *(a recording)* and my voice came through, which helped me to be with you—so no, my answer is: I was already there waiting for your conversation.

George: Wonderful! I'm so pleased about that!

Now, I do not intend to stay long this time, because if the lady is willing this time, I feel it would be beneficial to all of you to be taken on a spiritual journey.

Sara: Yes, that's fine!

Yes—I will, my dear friends, be with you one more time, before we come to your festive season.

As always, after my next meeting with you, I shall be returning to where and whence I came for just a short time. So, until we come together again, I cloak you all in love, and I hope to endow you with much thought of peace and goodwill to all men.

George: Thank you Salumet. We look forward to a further visit this year. Thank you.

(General thanks)

And so, our teacher was already present, aided by the CD recording that Paul had prepared. Salumet remained with Eileen whilst Sara delivered a meditational journey—audio version freely available on website: www.salumetandfriends.org

Sara's meditative journey:

Following on from the theme of peace and goodwill, I'd like us all to go on a journey, in which we're going to focus our energy on perhaps someone—there may be someone currently in your life who you have been

in conflict with or felt in conflict with—or perhaps if there is no one currently, you can think of someone who perhaps you have had those feelings towards in the past.

Try, if you can to think of someone who has at some time caused you some aggravation, either recently or in the past, and what I want you to do is—I want you to imagine that you are in a beautiful circular room, and the room, itself is filled with gentle light—a white light and rose-pink light—a very sweet, very warm, very beautiful place to be. And I want you to imagine that that person that perhaps at times you felt in conflict with, currently or in the past, is sitting in a large white, comfortable chair opposite you on the other side of this circular room. The room itself—it feels very spacious and very light, but also very peaceful—beautiful, warm, peaceful, loving energy in that room—a bit like this room here now. Imagine that in that beautiful, peaceful space, this person that you felt perhaps unhappy with is sitting in that chair opposite you now.

What I want you to do is, encompass and enfold them with your love. Look deep into their eyes, and, if they have treated you badly, try to come into touch with the sorrow and the pain in their eyes. Try to see and feel something of their soul and the state of their mind. Try to sense how it feels to be them with the life they live and the pathway they tread. Just sit with that feeling for a few moments.

Try to absorb or learn what it is you might need to know about their mental state. Try to connect with that person. Now imagine that your heart is sending out light rays—beautiful light rays—white golden light, and these rays are transmitted towards this individual, and they encompass this person completely in a cocoon of pure love and pure light. If you are a mother, try to imagine a maternal feeling towards this person, a protective, maternal feeling of unconditional love. If you are a father, try to do the same, and, if you are not a father, just think of it as a protective, unconditional feeling of love and support for that human being. No matter how justifiable your annoyance may have been, forgetting the rights and wrongs, and who has got the upper moral ground. Just think of it as giving to that soul what that soul actually needs at this point in time, which is more love and more light to sustain them—to stop them flailing around in an agonised state. Try to bring that peace to them in an energetic way through these light waves of energy and love. And, as you transmit that powerful love of which there is no higher vibration, feel yourself raised up in the process to feel at one with peace. And when you feel that the connection is total and complete, and that you have given as much as you can to that soul, then you can say ‘goodbye’ and leave the circular room, and hopefully feel much lighter than when you entered.



Next, Eileen gave clairvoyant messages for those sitting, and indicated that a large ‘A’ seemed to be with Gary.

Finally, Bill spoke his thoughts via Gary, referring once again to ‘World Change’—a world changing fast, and the change being felt in spirit as well as on the planet:

So we'll be coming closer to you—we'll be quite near to each other in the future.

George: Spirit world is coming closer—(Yes) Right.

A merging of dimensions—in ancient times it was like that, and again it will happen—a dimensional absorption—call it 'Ascension' if you like. Ascension is to do with merging—you can ascend physically as well, you can be in both camps. You can be in the physical realm and also with the higher cosmic realms—can exist in both camps. That is what we encourage in you—harnessing cosmic light into the physical realm, so the light can spread. And that is called 'Planetary Ascension'. The great sages and prophets prepare us for this.

George: 'Ascension'—so that is the significance of the 'A' that was mentioned in clairvoyance earlier.

Yes—it is all to do with stopping wars and conflict—honouring the planet, and each other and respecting all life forms—no need to hate. When you see yourself as everything, then everything is a part of you.

Bill went on to say conflict becomes impossible—you can only blend and merge—no separation—any hate is in separation from the oneness—the condition of 'love' is a united one—all is in a state of joy and happiness. It was suggested that this might help reluctant scientists to accept the reality of spirit world.

Sooner or later they will recognise spirit—all is changing—so I bring you the 'good news'—well someone has to, you don't get it on your news!—all gloom and doom, yes.

(Fond farewells)

~12th December 2011~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

I am happy to join with you once more. As I join with you, I am aware of some depleted energy within some of you. As you approach your festive season, take the time dear friends, to recuperate, to feel uplifted and to realise how important it is for each one of you to renew that spirit within—as I do when I leave you—I return to that place of upliftment, and so too, my dear friends, should you always also take the time to focus upon that spirit within. Last time we spoke, and I mentioned a few words to you: 'peace and good will to all men'; and I asked my dear friends, that you thought deeply on those words—and what it means to you. Words are easy, but is the realisation of the meaning of those words a little more difficult? I think so.

(Agreed)

Yes, so I feel that as we have come to the end of another one of your Earthly years that it would be appropriate for you all to discuss: 'peace and good will to all men', and to what it means to you personally. So, shall we begin? Have you thought deeply about those words?

(Pause)

George: I feel that there is a double-aspect in some ways. There's our personal interpretation and a more general widespread interpretation. 'Peace and goodwill' to me personally is quite simply bonding with others in such a way that you wish them no harm, you wish them a good life and enlightenment—peace is perhaps more mystical—that lovely feeling that goes with relaxed living without recriminations of any kind, and in the wider context, it means that humanity cannot possibly indulge in warfare or indeed bad thoughts concerning those beyond this planet—all must be entirely accepting of all creation and its wonders.

Yes, I am pleased that you have mentioned other planets, other peoples and not just to people of the Earth plane. That is all that I will say to you at this time. Who would like to speak?

Mark: I was going to say that when I dwell upon somebody in a negative way, I do feel I'm cutting myself off from something—a vital part of myself. I don't feel at ease, and I feel like it's quite damaging.

So, you feel the recognition of your own spirit. Yes, I will accept that from you.

Sarah: Well, I didn't hear your words last time Salumet, and I have to confess I haven't read the transcript, but just thinking about it now, when you said those words, I just think of an inner peace. So, if you have that inner peace, then 'goodwill to all men' would, I think, come automatically, because you're at peace with yourself—you wouldn't want any conflict to disturb that—so I think that would be a lot of the way to having goodwill towards others.

So, you are speaking of peace in the physical sense that would allow you to be more open to others. Is that what you are saying?

Sarah: Well, yes and No. It would be a physical peace, but if you go further in—search—so you've tapped into your spirit, going deeper within **(yes)**. I was thinking of a *deeper* sense than just the physical, although if the spirit is at ease, then I think the physical would become at ease as well, so the whole thing would become more relaxed **(yes)**, and it would become a more automatic process.

Yes, thank you, thank you.

Rod: Well, I feel that I cannot put much into this. I came back from that meeting a fortnight ago and, for a start, I sat down with Daph and I said 'Peace and Goodwill to all men'—what about you women?—of course we had a lot of laughter. But I don't think that over the last fortnight that my mind has altered a great deal on that—but I suppose I'm too set in my ways. The other thing is—I suppose, it's not a good time to say it, but I'm on some tablets for blood pressure and there's one that can give you a bit of depression and a bit 'niggly at times. It's not very good really—I'm very ashamed of that. But, if you push that aside, I like to spread the word around about spirit as far as I can with different friends. It doesn't always go down well, but I think you said if you can plant a seed, then so be it—and I think we must do that—I'm sure we must do that. But I'm not a good example Salumet, I'm sorry.

You must not put yourself down. You may not feel that there is anything to contribute, but I will say to you, my dear friend, it has opened up recognition of *yourself*. So you see, even when you feel there is nothing to give, *you are learning* and that is most important. Thank you!

Rod: Thank you very much!

Yes, who is next?

Daphne: Well, it's only very short, but I try each day, and it's a very simple maxim that I try and hang onto—it's just to treat everyone as I would like to be treated by them—with kindness and all the loving feelings. I'm not the best, because I do have people that I just cannot get on with, but I just try and put loving thoughts out to them, and I hope it does some good, but I feel that to treat others as you would be treated yourself, is, in my eyes, anyway, not a bad thing to do.

Indeed, it is not a bad thing to do—the striving for good, *that* is what matters, and the very fact that you *recognise* your faults is good. Thank you!

Jan: I too wasn't here when you had the last discussion, but I'm sat here thinking that lots of people have said how they feel and that's not a 'cop out'. 'Peace and Goodwill', to me—when I'm at peace with myself and the world around me, then that's the feeling that I would wish upon my fellow men; without conflict, and I think the internal conflict that we all deal with, is a tremendous battle as human beings. It's part of our make-up—part of our generic make-up. But when you are at peace with yourself and everyone around you, I think it's one of the most wonderful feelings that anyone can have. So my thoughts would be—for

those on this planet and all the others, like George has said, that we all strive to feel like that all the time, and hopefully, one day we will.

Because you see, to offer these good thoughts for others, you are in fact, using your *spiritual* self, and it is the *spiritual* self which must *feel* that love and peace and goodwill to all. You say that these feelings that have to be suppressed are part of your nature, but it is not your *spiritual* nature.

Jan: No—I understand the difference between the two.

Yes, thank you. Now we have one more to speak with.

Lilian: Yes, I've given it a lot of thought, but no clear answer—but Jan just mentioning the feeling that can come on very rare occasions—with me it's just been a wonderful feeling and you just feel a great love, and if only we could hold that all the time, then yes it would be marvellous. Obviously, the spirit comes to the fore, but I'm afraid we've got a long way to go.

Yes—can you, my dear friends, see the connecting link that you have all made?

Jan: Mm.

You can, I know—yes. You have come to recognise your own, what you would term 'failings', but which I would call striving to know yourselves (Mm). They are not failings, my dear friends. They are happenings in an Earthly life which need to be *changed* in order for the spirit to *grow* even more. You are *beings of love*. Therefore, feelings of peace and goodwill towards all men should be natural to you, but of course, being human beings, makes it a little more difficult—but that is why you are here. But I would like you to always retain those words in your minds, and whenever you encounter upsets and troubles in your lives, remember those words, and automatically, you should find that that spirit within will come to the fore and uplift not only yourselves, but all of those people you know. So my message to you, at this your festive season, my dear friends, is to shine within that love which is eternal. *Feel* that love, *feel* the peace which emanates from that love; and I will tell you, now, my dear friends, you will experienced the utmost love and joy in this your everyday lives.

I hope you understand my words this time and I am saying to you and to all of creation: *PEACE AND GOOD WILL TO ALL!*

George: Yes, wonderful!

If there is anything you would like to ask me before I leave?

George: Yes, as a matter of fact Salumet, we received a question today from one of our readers of the website, and perhaps it would be good to add this question on to what has been said. The lady has said she knows that there are various spirits around her, including her son, and she acknowledges those spirits. She would like to feel their presence more, and is wondering if there is something she might do to increase her awareness of those spirit friends about her. Would you care to speak on that, Salumet?

Yes. Firstly, let me say this to you. You cannot always have what your heart desires. That is the first point. But that is not to say you cannot expand your own consciousness and awareness to spirit. Again, I say to you, my dear friends, you *are* spirit. The possibilities for all of you are to become more aware—more spiritual than human, although that sometimes takes great sacrifice on your part. The lady is aware of those around, but it is not just a one-way system. There has to be from our side of life, a willingness to show yourself, and let me say: not all are ready to do this. So no amount of calling from the human side of life can make another come closer. That is my second point. What I would suggest for this dear lady, is that she continues to open her mind, but to learn more patience.

George: Yes, and might I say, she thanks you and the group here for all that has been made available for general reading; and perhaps I could add: perhaps we should extend our wishes of peace and goodwill to include those about us as well—in spirit.

Yes, thank you! Tell the lady that they will come closer to her, but, as in all things, it is a two-way system.

George: Mm, yes, thank you.

Jan: I would like to mention—I was asked to mention by Richard, my son, that he feels ready—they are his words—to write his book, and he’s asking those that come close to him to help guide him with his book. I don’t know what he wants to write about—it’s on spiritual matters and that’s for him to know, but I just thought I’d ask you Salumet or to let you know that I think he’s beginning to want to work for spirit. And that was your quote: when he’s ready he’ll want to work for spirit.

Yes, when the pupil is ready—I will leave those words with you—

Jan: Right, thank you—

You know what I am saying?

Jan: I do—I’m just the messenger tonight **(yes)**. Thank you very much.

Those who open to spirit, will in whatever way—will be used for the good—and there are different ways that you are all used, as you well know. But it is up to each person to direct their pathway, and I can tell you that those in our world are only too happy, and usually overjoyed, to help one of you here on the Earth plane.

Jan: Thank you.

Now, my dear friends, I feel I will take my leave of you. I wish you much love, not only from me, but from all those who stand close by you every day of your living. And I know that you may not always be aware, but you are becoming better at seeing those little synchronicities that happen in your lives; and I know that you are more aware of the signs of spirit (yes). So, with those words I take my leave and I will look forward, my dear friends, to our meeting in another one of your years.

George: We look forward to that meeting also and I’m sure we wish you well and send our love with you. We can’t imagine where and how you will be—

And I can’t explain it to you—

(Laughter)

—in the coming weeks, but we send our love and look forward to your return.

Thank you.

Jan: And thank you for the upliftment tonight. I think we all sensed that our energies were completely depleted when we walked into the room.

Yes, I did feel that, but hopefully that love will uplift you in the days to come.

Lilian: Thank you!

Jan: Well, like we say here: *Safe journey!*

As a blink of the eye!

(General amusement)

Prior to our meeting, there had been healing prayers as always—this time, one included for Ann my wife, at home with a difficult sciatica problem:

We spoke amongst ourselves a little following Salumet’s visit, then it became evident that one was with Eileen:

Lilian: Good evening and welcome! You’ve been listening?

It’s so lovely to be with you.

Lilian: Well, thank you for those words, Nice to have you with us.

It's been a long time—a very long time. I've been with you before.

Lilian: Yes, can you remind us of your name please?

I am Sister Agnes.

(Delighted murmurs)

Yes, I was so attracted to your energies tonight and I wish to come just to wish you all a beautiful Christmas.

Sarah: Thank you very much.

Although, I don't need to honour the Christian religion anymore, I still do enjoy this time of year because of the love and the singing—I don't call them 'hymns' now—singing of love and joy and what you were speaking of—peace. It's just so beautiful.

George: And it goes beyond any single religion, no doubt.

Hold on, I wish to give you these beads. I want you to give them to your lovely lady wife.

(As Sister Agnes' hand—Eileen's hand—reached across, I cupped mine to receive the beads ... and later transferred them to an envelope. Both Lilian and Jan declared that they could see them.)

George: Oh! Wonderful!

Please accept them from me.

George: Wonderful! Thank you so much!

Each one I have blessed. Please make sure she has them.

George: I will, I will. These will be treasured—much treasured (Yes).

Lilian: She will be very, very pleased!

Yes, I used to be most fond of them. They are most beautiful, but they are imbued with not only the love that I give, but all of those sisters who are standing behind me (ah!).

Lilian: Are they the colours of the rainbow?

You can see the colours?

Lilian: It just came into my mind (Yes).

George: This is wonderful, and, going back in time, Ann was educated at a convent.

So, she will appreciate the rosary bead, yes?

George: She will, indeed!

Yes. Oh, I can't express to you my pleasure at being with you again. I really did not think I would ever visit you, but it is my great joy to be with you tonight.

Lilian: It's been a pleasure!

George: It's wonderful for us too, to receive you Sister Agnes; and you are now beyond any single religion? Could I put it like that?

Of course, but as you are well aware as a group, we do sometimes return in the old garb that we became so used to and, my goodness, was it not garb—so itchy!!

(Laughter)

I was so pleased to dispose of it.

(Laughter)

Although, it took me many of your years to even allow that thought to enter my head.

George: Yes I can imagine.

Yes, but it is wonderful the freedom that you feel.

Sarah: Do you ever go and visit nuns who are still wearing the garb?

Not too often. I have really gone past doing that. This has been a very special visit—this one—

Lilian: We're honoured!

—yes, because our acquaintance goes back such a long time—your time I mean, not ours. And I just felt I needed to just say ‘hello’, and because of the teachings that you have had, that I felt it appropriate tonight.

Sarah: Well that’s lovely, thank you!

George: We’re so blessed with all those teachings, and it’s a wonderful, if I could use an expression ‘icing on the cake’ for you to come through to us again.

(Much Laughter)

How generous of spirit!

Sarah: I think the last time you came to us we were in the other house. We were at Leslie’s house **(yes)**. Have you come across Leslie since he’s been over?

I have encountered that dear gentleman, who spent so many hours speaking with us. Yes of course, his contact with, not only with myself but the other Sisters goes back much longer than you would know.

Jan: Oh, that’s interesting!

Yes—yes I have met him. I believe he keeps himself very busy.

Sarah: I am sure he does.

(Chuckles)

And now, I really don’t want to go, but I have to. It’s been lovely. I don’t know what else to say, but one of my old sayings—‘God bless you all’.

All: thank you very much!

George: It’s been a wonderful treat for us to have you with us again, and, if it is possible for you to come again, you will always be most welcome.

Thank you!

Sarah: We send our blessings to you too.

Thank you, and now, I really have to go.

George’s Notes:

1: Leslie spent much time speaking with many Sisters: Our regular records date from June 1994 with the start of Salumet’s mission. Since then there have been visits from Sisters: Anna, Marian, Marietta, Rosetta and Veronica. The visits of Sister Agnes were pre-June 1994. Lilian remembers, and several older members are aware of Sister Agnes, simply because Leslie often spoke of her visits. He had fond memories and was clearly much impressed by those communications.

2: Beyond Religion: This communication helps to make clear the place of ‘religions’ in our world. It might be said that they have become increasingly enigmatic. Some devotees follow in good faith, while others (often younger people) are apt to criticise. To some, the repetition of service is questioned. Did those, such as Jesus and Buddha, who delivered ‘the word’ ever intend that it should be cloaked in ceremonial ritual and split into hundreds of different sects? Such presentations seem only to make sense if, on becoming more aware, we see them as ‘jungle pathways’ that eventually lead to the ‘main thoroughfare’. And, of course, the main thoroughfare is what it is really all about. It is clear that Sister Agnes is on that ‘main thoroughfare’, having progressed beyond any single Earthly religion.

3: PEACE AND GOODWILL TO ALL: It seems clear, from Salumet’s words and his commentary on our feelings, how we should regard this traditional wish. And I think we can see that ‘peace’ arises out of ‘good will’, at least the terms are well connected. That means: no wars, no munitions stockpiles, no thoughts of hostility, and always honouring that principle which is embodied in the original teachings of EVERY Earthly religion:

‘Thou Shalt Not Kill’.

Ideally, our wish extends across all international borders, datelines, class groups, age groups, ethnic and monetary divisions; it also permeates nature and all Creation—not just this one single planet, but the entire universe—other universes too. And let us not forget all those in spirit—associated with all planets. The Creation—of God, or Creative Principle—extends so much further than just one single religion, or indeed one single little planet of our most immediate knowing!

★★★★★PEACE★★★★★AND★★★★★GOOD★★★★★WILL★★★★★TO★★★★★ALL★★★★★

~9th January 2012~

*The evening began with one through Eileen, speaking on behalf of three soldiers from World War 1. Peter, Tom and Bill had passed over together. There seems to have been a train involved and perhaps this had been a factor in their passing. Following their demise they were all very pleased to find they still lived! Now, in that ongoing life they help other soldiers when they die—explaining to them what has happened **They still come, unfortunately.***

Sarah: There's a lot of talk about soldiers today. People are helping the wounded a lot more.

Yes, so they should—it's not just physical help they need; it's mental help.

Sarah: Moral support—

Moral support, yes my dear. War is never a good thing.

Sarah: And there was a lack of understanding of how people felt during WWI, wasn't there?—had to put on a brave face and go with it—couldn't understand shellshock etc. then.

No—and so many of those poor lads were killed by our own people, and you know, that sticks to me still!

Sarah: I think it was just a lack of understanding what was happening. They just felt it was the right thing, and people shouldn't give in, but they didn't understand what was happening.

They didn't—and you have to forgive them. They thought they knew what was right.

Lilian: I was listening to a story—a young man of 18. Once he landed in France, he went straight into the situation of killing. He pulled his trigger first and killed this young German—the same age as himself. He then sat down and really sobbed his heart out. They don't think of that do they?

I wish you could see these people when they come over to us—the shock and horror of what they have done to each other.

Lilian: Yes, it's too horrible!

It doesn't matter what side they belong to—the shock and the horror is devastating to them. So, my dears, I would like to ask that you give thoughts for all those people who are still in wars, and even today—

Lilian: Yes, and they have no idea really about the killing of another person.

No—they don't know what it's done to their spirit. That's the tragedy—that the spirit itself is damaged—not forever of course, but that is something that has to be worked at—that is what my friends Peter, Tom and I do.

Sarah: A very worthwhile job!

And now I have to go. I'm sorry if I've intruded.

Lilian: Not at all. It's nice to talk to you.

But seeing the train just brought me back.

Lilian: It's probably why my friend saw the train. I expect there's a reason.

There's always a reason—nothing by chance.

Lilian: No, thank you for calling in.

Yes, that's a good way to put it.

(Fond farewells)

George's Notes:

Much to think on here:

- How sad it is to see youth being encouraged to go to war to kill youth.
- What of the politicians who consider there to be just cause for this?
- What of those who devise the weaponry and supply it to blow people to bits?
- Why do people in majority, regardless of their religion, support governments in their warfare activities?
- What about the selfish intent and the ways of suicide bombers?

~16th January 2012~ SALUMET

Lilian: Good evening Salumet, welcome back to our New Year.

Good evening.

All: Good evening!

It is good to see so many of you here, my dear friends. I join with you in another one of your Earthly years, and it brings me great joy to know that each one of you continues along your Earthly pathway—not always easily, but nevertheless with a determination that is a credit to you all. I will say once more, life's journey on this Earth's plane does not always run smoothly, as you would like, but my dear friends, what you should gain from those experiences is a strength and a knowledge that, spiritually, you are growing strong. That will be my hopes for you in this your coming year—that each one of you recognises that divinity which you all are—that you recognise it and you make full use of the knowledge that you have gained. I do not and could not expect more from you, and I know that at times, it must seem that I constantly repeat myself. I do this only for *you*, my dear friends, in order that anything you gain from our meetings sinks into your minds and hearts and souls. That is my wish for you all. I will not stay with you too long this evening, but, if you have any questions for me, I will endeavour to answer them for you.

Lilian: Any questions?

George: Perhaps, I could just mention that two friends—Professor Ervin Laszlo and his Executive Assistant Gyorgyi Szabo plan to sit in with us during April. This, I am sure, will be a great treat and experience for all of us here, and I look forward to your meeting, Salumet, with two of rather more qualified intelligence than we who sit here. *(Chuckle)* I hope that will be a pleasant experience for you too.

I accept that it will be pleasant to meet those who wish to come, but do not underestimate yourself or anyone within this room. I came to you in all simplicity, and I am happy to meet all kinds of people. Therefore, I understand your excitement—of course I do, but I have to say: within this room, there are souls who will far outshine anyone of greater intelligence in your world. I ask you dear friends not to forget this.

(Well, perhaps we should not overlook spirit links. We are not just us who gather here!)

Lilian: That's kind of you to say that.

George: I think we are aware of wonderful connections that we have here.

Yes, and let us hope that those dear friends who wish to come, find the joy that I know sometimes you all do by just being in this room. I do hope they are in tune with the energies which all of you supply—but it will be a pleasure.

George: Yes—yes.

I, of course, will endeavour to be here whenever they so wish to come.

George: Mm, wonderful! I've had things going through my mind recently. Your statement, '*spirit has always been*' and then, the space-time creation, seems to have followed—and I had the thought that spirit has 'no space', so the entirely materialistic mind will see the beginning of the universe as 'a point source'—simply because it has 'no space'. But as spirit has no space, perhaps that is a scientific error of our modern times—that everything did *not* begin from 'a point source', and there was never any 'big bang'.

(Said with tongue in cheek)

Let me say this: you say spirit has no space—no *material* space. Spirit has no space, but *all* of space.

George: Yes!

Yes! Let us clarify that situation—a simple point, but a point that is neglected by your scientists in the most part. Their knowledge is gaining ground at a tremendous rate at this time of the Earth's evolution, but they still have to find within themselves, 'spirit'.

George: Yes, while spirit has no space as such, it nevertheless—I take your point—**(yes)** it is extensive throughout all...

It is everywhere!

George: This is a difficult fact for us to get our brains around.

Yes, that is why there will always be things you cannot understand whilst you exist in a material world.

George: And the other thing that scientists *think* they understand is the expanding universe, for which there are two reasons for supposing that it expands. One is the erroneous 'big bang' beginning, and the second point is what is known as the 'red shift'—the absorption spectra of the elements seen against the light from distant galaxies, seem to move towards the red end of the spectrum.

Jan: Surely that has got something to do with the fact that, in my little wisdom, I see it that more and more of us are on the planet and more and as more of us return to spirit and, obviously things are going to grow because of spirit.

George: There are alternative explanations **(yes)** for this red shift, and one that I would like to voice is that—just supposing in its lengthy journey across the universe, light gives up some of its energy to the energetic void, if I could put it like that—then it would increase in wavelength—and that could be a further possible explanation for the red shift that is seen **(yes)**—in which case we have a 'steady state' universe.

Jan: I would much rather simplify things—much rather.

I was about to say: you can give names to anything at all within the scientific world. I will repeat what I have said on a few occasions: energy is never static.

George: It is transmutable.

Yes, of course—so I would like to simplify, as the dear lady says, to say that energy is all around, in the same way as spirit is nowhere but everywhere. Energy can NOT be static—it is transmutable. Therefore it can travel across many universes as quite a natural happening (yes). Your scientists complicate matters by their theories (yes). You would agree?

George: I would agree, and I was going to put the question if I may **(yes)**: would you feel comfortable with the idea of a 'steady state' universe as opposed to an 'expanding' universe?

Jan: I'd much rather it expanded, personally. *(Chuckle)*

You cannot be comfortable with a steady state universe (ah!). No—energy is ever changing, ever moving, transmuting itself—energy cannot stay still. But I know where your question is going, and I understand how your scientists and people of knowledge feel; but basically, a lot of the time these people do not believe in spirit; therefore their outlooks and their views are coloured by this (yes).

Jan: If it's not a judgemental thing to say, I think that their egos are jostling for position to write the next paper more than if they spent the time meditating / going within and doing something completely different with their time.

I understand your view, but they are after all people who are only seeking what I call the truth. Therefore do not be too harsh on them. They are trying to find out, but they fetter themselves by their own views. You understand?

Jan: Yes, I do.

George: Yes, there's a great need to take on board the values of spirit (**yes**) and place those values together with scientific thinking—I think that is a way to put it.

Yes—only in that way will they arrive at the true conclusion. But you have to give credit to them for the work that they are trying to do.

Jan: Yes, I do appreciate and I respect, but they have a long way to go before they are willing to look at the other side of the coin.

Those who have partly closed minds will never find the full picture. In the same way as you, my dear friends, within this room, will never know the full picture whilst you inhabit human garb.

George: yes, I think I would be right in saying that our friend Rudolf Steiner, who has been through to us on three occasions recently—he seems to have been a scientist or philosopher who had spiritual connections whilst in his Earth life?

I have to tell you, dear friend, there are many in our world who have had minds of *seeking knowledge*, but who have also been spiritual people. So be careful that you do not judge another by their viewpoint, because, as I have told you, you cannot always know what or who that real person is.

George: I merely wanted to pick him out as an example.

Yes, I understand.

George: I appreciate there are many others.

He is one of what I would call the more modern age—yes; but remember that much of spiritual knowledge has been lost on your planet through time (yes). Therefore, it would only make sense would you not agree, that those who have gone before have had a far more superior knowledge?

George: Yes, I think you're referring to the past great civilisations (**yes**).

Jan: Salumet, changing the subject if I may, can I ask a question about freewill? (**Yes**) Not the freewill to remain on our Earthly plane, but the freewill in which a person who is encumbered whilst here with a body and a mind that they've chosen to come back with—a disability. Cheryl had a patient who died last Saturday in front of Cheryl. I had the overwhelming feeling, and I said so to Cheryl, that her freewill to die because she was unhappy seemed to override everything. Am I correct that certain people do have the freewill to do that—to pass on at will?

I would hesitate to call it 'freewill', but rather the 'power of the thought'. I have told you so often that 'thought' is the most powerful thing that you can possess, and of course then, freewill can change the course of where you are going. So, if someone creates the situation of wishing to leave the body, then that power of thought creates the reality.

Jan: Right, yes, I understand that.

So that is why these things happen. I would not say always that it was the right choice or that the freewill was used wisely, but you have to take individual cases as they are. You understand?

Jan: Yes, I do.

Remember always, the power of your thought creates the reality (yes), whether that be right or wrong.

Lilian: I believe you said something like that about Leslie when he passed over.

Yes, yes he did.

Sarah: I was going to ask you actually—there's been a lot of discussion recently about euthanasia—people who want to take their own lives. They're not going to do it through the power of thought, but they want to go to a clinic and end their lives, and I know you've said in the past that that isn't the right way to go about it and you've also told us that maybe we weren't ready to understand why, and I wonder if now you're able to tell us a little bit more about why we shouldn't do that. Is that possible?

Because you are curtailing your life before your life span is finished. Why should you curtail that lifespan because you think it is right, or you are right? You do not see the wider picture, once again. So therefore, why do you feel it is right to curtail that life? It is not correct. (Affirmed) It is *never* right, and I will stress *NEVER* right.

Jan: In no circumstance whatsoever is it right—is that what you're saying?

When the spirit is ready, they will go naturally.

Jan: So, no matter how much pain and discomfort they are in—that is where they have to be at that particular time **(yes)**, and, even if they were to touch one more life while they were in that despair that is their—

Yes—very often, in the time of discomfort, does the spirit come to the fore.

Jan: It seems to soar, doesn't it?

Yes, and although I understand that human beings find this distressing, and so often we hear: we would not allow animals—and I understand that love that you have, but you do not have the right to shorten your own lives. You can use your mind to help you along (yes), but it should be a natural end.

Jan: So with an elderly domestic animal—

Animals apply to the rules of the human beings on this Earth. Yes, they belong to *spirit* in the same way that you do. So, I would say no! (Okay.)

George: It's very good to have your firm statement on this, Salumet, because there's been much discussion in the media.

Yes, there is much controversy I know, but always I have to say that is where I stand—that is what I know.

Rod: Would you agree that if some people get into a deep black hole of depression and within a couple of days they hang themselves—I can only think that something terrible happened in the brain to do this when they leave children and a wife—that something made that chap so ill—

Of course, my dear friend, but that still does not make it right. We know all of these things are part of Earthly living. We see it all so often and you would be amazed at how many tears are shed in spirit for these beings who suffer so in that way, but it still is not part of 'universal law' (no). You understand? (Yes). I have to say and I know that some people become upset and offended when I say that suicide is the most selfish of acts.

Jan: It is—without judging them—it is! **(Yes)**

Rod: Somebody said that to me only the other day—that was a selfish act—I said to him: you can't say that—but he was right!

No, it is a selfish act and also—often, I only wish you could see the despair they feel at what they have done.

Rod: When they go over?

Yes.

Jan: You can't turn back.

You cannot run away from a life given.

George: Can I indicate a rather special type of suicide undertaken by some Tibetan monks who deliberately torch themselves as a matter of protest against their country being taken over by another? It's a political act. In that sense it's not selfish—yet—how would you regard that Salumet?

In a way, I understand what you are saying, but it is selfish that they deprive those who have loved them of that love (yes). Remember: Love is everything and just to hurt deliberately one human being can never be accepted. No one on this planet is a sole entity. All of you are intertwined in one way or another, be it to a husband, a wife, to children, to parents—no one stands alone. So, I have to say: yes it would still be considered as a selfish act; although, as I say, I understand that *they feel* it is unselfish. Their view will change when their whole picture is once again shown to them. I cannot deviate from this answer, (no) because it is the truth.

Lilian: Saying that the picture is shown to us after we pass, how quickly does that happen?

There is no set time for anything, but quite quickly, I would say in your time. It would, of course, depend on the passing, on the person, and what situation they have passed from (yes).

Now, my dear friends, I must leave you this time. I did not intend to stay so long.

Lilian: We've kept you—sorry!

But no, I am always pleased to be with you.

George: It's been a wonderful start to the New Year for us, thank you Salumet!

I hope that we will have many more discussions and that I can help you in finding your own truth.

All: Thank you!

Next, one addressed us very clearly via Sarah:

Good evening to you!

All: Good evening!

I always hope that I can make myself apparent to you without having to speak, but I never seem to have much luck—so I decided, this time, I would just call in to say how much I enjoy being with you all. You are such an inspiration to many who have just passed over to our world. We often show people the light that comes from you all, and tell them that they are indeed 'spirit' but only in a physical form, and that those who have passed are indeed spirit and they have left their physical behind. So, although you are unaware of the help you have given to so many, I now wish to let you know that you are used in many ways that you are not aware of.

George: That's very nice to know. Thank you for telling us. Yes, we are hearing it from several sources now, that there's so much spiritual connection. And we have the knowledge of this without sensing it as much as we would wish to. So thank you for explaining to us.

I feel that thanks should be from our side—so I think we are both happy with the arrangement.

Lilian: How does that work with our daily lives with people we know who have passed, when we quietly wish them well, does that help?

Of course, yes, because you are using your thought process to register with the thought of the one who has passed. But, as you know, there are many non-believers who come back into spirit and it is always useful to have some sort of aid to help them to progress to the next stage.

Jan: That's where groups like us are useful, is it?

You are indeed most useful in many ways, as I have said. I know that you do have some that come back to the Earth plane and are helped. But, my job is to show those in spirit that spirit exists whilst you are on the Earth plane in the physical form.

George: Yes, so this is quite apart from the formal 'rescues' that happen here. From large numbers, I guess actual 'rescues' are not necessary when those such as yourself can give them a helping hand?

It very much depends on the situation, and the 'rescues', as you call them, are mainly for those who have been in denial for some time. And my job is more for those who have JUST come over from the Earth plane to spirit. It is a way of appeasing their troubles and it is most helpful, as I have said.

Lilian: So, even when someone we know passes on, and we also know they have no beliefs of any kind to do with the thought of another life, even our single thoughts, as we go about our daily lives, help?

Yes, thought—good thought always helps.

Lilian: That's interesting.

But, it is not always the case that somebody who is a non-believer—when they are here—sometimes when they come back to spirit they start to realise that they have made a mistake. There are of course others who remain adamant that there is no such thing, but it's not always the case. It varies so much from person to person.

(Appreciative indications of understanding)

And now, I am being told I have to return, and I do so with thanks from not only me but all those you have helped.

(General thanks)

Then there followed a rescue and clairvoyant messages from Eileen to conclude the evening.

George's Notes:

Spirit: So what we know as spirit is not of the material or space-time creation—it existed before that happened and therefore it does not include space as such, yet spirit connects with or permeates everything!!!

Energy transmutes: It is probably true to say that there is more to this than just $E = mc^2$ which does not cover energy changes from one form to another, and I am sure there will be more discussion on this subject to follow.

Euthanasia: It seems that this should not be pursued, whatever the circumstance. In fact, all killing is contrary to universal law in the final analysis. It is impossible to kill in love, whether it be self or others.

~23rd January 2012~ SALUMET

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

Standing by each one of you are people who have come to bring you some upliftment this time.

(Thanks expressed)

Therefore I would say that when you leave this room this time, there should be some lightness of spirit. I have listened carefully, my dear friends, to your conversation about how the spirit is low, and how you are all feeling, and dependent upon the Earthly drugs of upliftment.

(In today's world there are of course many medicinal pills / drugs prescribed to help alleviate physical conditions and the physical body changes that occur in the latter years, and it will be to these drugs that Salumet refers)

I feel that some of you are spinning like a coin, and you are both sides of the same coin—sometimes, it falls when all is good and bright and at other times when all seems dark and unable to be solved. My dear friends, you all are coins—two sides of the same coin. It is entirely up to you which way you spin that coin. I have to say that for those who are feeling low, you have to allow the spirit within to soar; you have to allow the spirit within to take control of all of physical feelings and actions. Because, if you

do not take control you will—and I will use an Earthly expression: you will *spin out* of control. I know these words are simple, but you need simplicity to explain the workings of spirit and the physical body together at times of crisis. You all have within yourselves the ability, as I have said, to soar to the very heights of ecstasy, to allow life to be placed into that section of living for which you have come; and you have not come here to suffer in that darkness, but you come here to experience how to handle all of these difficulties. There is not one of you within this room who has not encountered in their physical living, problems of many kinds. It is not the problems that tie you down—it is your own minds. Allow your selves to experience these darker times, but then allow them to go. Feel the upliftment from within and also from those who stand by you so closely, and yet sometimes my dear friends, you are not even aware of them. Have you anything to say about what we are discussing?

Lilian: Emily or Cheryl?

Emily: Yes, I think sometimes, experiences can be perhaps traumatic at times, and then it's your own fear that overrides everything, and you get so stuck and trapped in that fear that it stops you being able to move forward, and then you start to punish yourself.

You must at those moments in time, ask for the help that is available to you. There are so many who surround you and you do not let them in—you do not let them in (no); so what you have to recognise, my dear friend, is that you have utter control over those feelings (yes). If you cannot change what is causing grief, then you must work through it and use the mind—and remember the mind is of spirit—not the brain—the mind.

Emily: Right! Thank you for those words. Thank you also for the previous things you've said that have helped me so far on my journey (yes). I'm very grateful for them.

We know and we try to help. But I have to tell you, my dear friends, at times our hands are tied. And you really must focus more on the help available to you.

Lilian: I've found it's quite hard as a parent—I can ask for help of course, but when it's one's children, that for me is quite a hard one—when I know they're in difficulties.

But you cannot live their lives for them.

Lilian: No, I've told myself that, as well.

They are only borrowed for such a short time. Each individual has their own responsibilities, to take care of that spirit within.

George: Yes, I would say that mind is of spirit and not of brain. This is a *very* important fact that many people do not realise (yes)—many people in science do not realise, but it's a very important fact to hold onto in these matters, I feel.

Yes, and all too often, we hear people say: but we cannot control our brains. Of course you can control your brains! Everyone has the opportunity—has the guidance to change what they think, and, yes, you think with a physical brain, but it is governed by the mind.

George: Yes, I rather like to compare our brains with a computer—and the Internet is beyond the computer. It is not exactly physical, but we can control our brains just as we can control a computer, I feel.

Yes—yes, there always is control, there always is responsibility. You cannot tether the mind, but the mind is what activates the body. Without the mind, you would have no brain—you would have no physical being. And, although the mind continues onwards, it is still responsible for all workings of spirit. It would serve you well, my dear friends, to try to remember the difference between 'physical brain' and 'the spiritual mind'. The gentleman is quite correct when he says that it is not always fully understood. You only will find the workings of the mind, and I will say to the *dear young people here now* that they

must ‘go within’ to find their answers—not once, not twice, but throughout their entire lives. If they are to be whole, then they must have that contact with spirit much more deeply.

Emily: I find I get quite frightened—I know I shouldn’t be frightened, but I do, and I think when I feel those around me then I get frightened.

You become frightened when you have asked for help, did you say?

Emily: Yes, then I feel spirit around me, but that makes me anxious.

You should not feel anxious. Why would you feel anxious when those who stand close wish only to bring love and upliftment. If you feel anxious, that is you allowing energy to feed on fear (right!). Again, you can take charge of these feelings.

Emily: Yes, thank you. I’ll have to work on that.

You must ask for more help. You must feel that those who come close to you are full of love and light. If you do not, then you must reject them. Spirit coming close should never make you feel fearful.

Emily: Right!

Jan: Maybe Emily is confusing the word fear that she feels with almost that feeling of anticipation when you’re not quite sure how you should be responding maybe? (Yes)—Because I can’t imagine you’d be fearful.

Emily: I do get really frightened.

Jan: Do you?

Emily: Yes, especially at night, so I don’t sleep.

You must reject whatever makes you feel fearful (okay). Do not allow them to come that close if that is how you feel. Spirit would never desire to make anyone feel afraid. Always remember—always remember too, that you can protect yourself with beautiful lights—with many things. When you feel anxious, perhaps, you could play uplifting music of some kind—anything to lift your spirit.

Emily: Yes, thank you!

Jan: Yesterday, I had a terrible episode—absolutely dreadful! Well, I’m amongst friends, so I don’t mind saying it. It’s all to do with hormonal imbalances—I know it is and that’s all human and part of my garb; but today, I’m learning that if I have an episode like that, I must quickly forgive myself with my own inner love and get back on the horse, as it were and not hang on to that—I’m going to try again. That was just one tiny little blip along my journey. I think I’m right in thinking that, aren’t I? **(Yes)**. You have to forgive yourself. You keep telling us not to be hard on ourselves.

If you cannot love yourselves, how then are you able to love another? You must *feel* that love for yourselves—the physical self; and then life will seem much more simple for all of you—that, no matter what the problem—you are able to cope and to deal with it.

Jan: That goes back to what you were saying previously about the mind and the brain and the spirit being completely separate and separating it off.

Yes, you need to recognise the difference, and I have taught you often, my dear friends, that there are two things—love and *fear*, and fear is what activates (the negativity) the negativity of life—yes, you are correct. I would continue on your pathway, recognise that it is but a short space of time in your life—to let it go and to soar (yes).

George: Yes—would it be correct to see fear as an energy? If it is so **(yes)**, then that energy could possibly be transmuted into something more useful.

Of course! I thank you for your words. That is exactly what can happen. Energy is able to be transmuted from fear to something much more positive.

Jan: Because courage can come from fear, can’t it?

Yes, that is a very good example. Many people have found courage through fear. Many people find the inspiration *because* of fear, but the difference is: they let the fear go. If you hold onto fear, then as an energy it is capable of *growing*.

Jan: And it grows with disease and aches and pains (yes) and everything else that comes along with it.

Yes, we have discussed all of these things before, but, as I have told you so many times my dear friends: you need to be reminded.

Jan: And stories and, written accounts of people who in a fearful situation have been able to lift extraordinary weights and all sorts of heroic feats like rescuing dogs and children from canals etc.—and that's when it is used to advantage and the spirit soars and comes to the fore. There's something else then that takes that mind—

How fear then inspires—inspires the person to do something much more useful. Yes, I agree with you—yes. So I feel, my dear friends that it would be useful for each one of you to think a little this time about the difference between the mind which is *spirit*, and the brain which belongs to the physical.

Jan: Have we in the past talked about Alzheimer's and Dementia—along those lines—where part of the brain starts to actually die—that part of the spirit, obviously does not die—or that part of the mind. Where does it go in the short term? Or does it soar because part of it's already in spirit?

Spirit is always spirit. Spirit does not *change* like the physical body. When you speak of these diseases, it is a part of the body which is '*degenerating*', if you like—in a way, that has become part of physical death, which we view not as something terrible, but as the beginning of the journey home. In the same way as any organs in your body deteriorate, so too does this happen in the physical brain.

George: Yes, I guess if the brain is damaged (yes), its connection to spirit can be also damaged.

Of course, there has to be, because the two are intertwined whilst you have a physical body. Of course, you have to see that connection throughout life—yes.

Emily: I don't know if it's okay for me to ask, but my brother and I in Australia last year had not a good encounter with spirit. It was not intentional, but it happened and I was just wondering if things were okay with my brother and the house, because I'm not sure it's all okay.

Why do you feel it is not?

Emily: I don't know if it's my own problem or if I just feel uncomfortable there. I'm not sure that my brother is totally comfortable—perhaps I'm just reading too much into it?

Yes, I will speak with you in one moment. I am just looking at this.

Emily: Thank you!

(Brief pause)

This young man you speak of—he needs to be aware of what he is dealing with, and yes, there have been visitations from those in spirit who really should not have been welcomed. Yes, there are still remnants there, but not as it was (no). Yes, I will do what I can to help, but I would suggest to you that you speak with this young man and tell him that he must *not* call upon those in spirit without someone who knows what they are doing. He attracts spirits to him, but, as you well know, there are those who are pure and good and those who are mischievous. I do not say what he has attracted is dark, but mischievous.

Emily: Yes. Thank you!

I will try to help him clear.

Emily: Thank you very much!

Sarah: Is there anything Emily can do when she goes back over there?

Not whilst she feels as she does. She must become stronger once more before she tries to help.

Sarah: Thank you!

It will be okay. Do not worry too much.

Emily: Thank you.

But as I have said, and I say it to all of you, you should not invite spirit without first being protected and knowing what you are doing. It is all too easy for unwanted spirits to join with you, especially on the physical level.

Lilian: So this is something he needs to learn.

He must learn to protect himself. As I have said, spirits are naturally attracted to him.

Sarah: I think perhaps he did learn something from it that time, didn't he? **(Yes)**. I think he got a little bit frightened himself when he realised **(Yes)**.

Jan: Do you have any questions Cheryl before Salumet goes?

Cheryl: No—thank you.

She will ask you when it is finished you will find, my dear friend. She will start to ask *you* questions rather than me, but, now, I will take my leave, and next time I come, I hope that the energies are raised and that each one of you is full of love and joy.

All: Thank you.

Jan: We'll do our very, very best!

George: Thank you Salumet and thank you for your good wishes in that context.

Yes.

There followed a brief period of clairvoyant messages to group members from Eileen. An Irish lady then spoke via Eileen, and a merry chat followed. Rod asked if she had a boyfriend 'up there'. She thought 'up there' to be a quaint expression and went on to declare: no she did not have a boyfriend—so I asked if she had several boyfriends. That seemed to get things going and we all had a good laugh. And she was saying: Ach! We've got two of 'em (men) 'ere have we? Rod, who wanted to know her name, she declared to be not a shy boy!—he said he thought he was, and anyway, wife Daphne was here! She got us all laughing with a 'Poor Daphne!' and to get us all laughing seems to have been her intention. She had parried the question about her name. Rod was keen to get some answers from our visitor, and as a parting shot: Can you tell us what you do—up there?

I try to avoid men!

That caused much laughter! Our visitor then said she was being told it was time to leave and off she went midst fond farewells.

Well, she certainly brought good cheer and left us in good spirits—in more ways than one. Perhaps Salumet had placed her with us for that purpose.

~13th February 2012~

One spoke via Eileen very clearly and with deliberation passed on to us words of guidance from another in spirit. The idea seemed to be to keep us on track:

Lilian: Good evening.

I have been waiting.

Lilian: Sorry about that.

Doesn't matter, I'm here now. I'm here to tell you: next time brings the one you wait for.

Sarah: Thank you.

Next time.

Lilian: That was one of the reasons I waited. I wasn't sure if he would come tonight. (*Referring to Salumet*)
I see. I'm sorry if you're disappointed.

Lilian: No, that's fine.

Sarah: We're never disappointed. It's always nice to have anybody through, so you're very welcome.
I've also got to tell you that two of the ladies here will be used tonight—not the one I'm using—two of the other ladies.

George: That's nice to know. Thank you!

Yes.

Lilian: Is there anything else?

Yes—this year will be a time of self-development again for you all (Yes), but you have to work at it—WORK AT IT!

Sarah: Thank you.

You can't wait for it to just happen. Work at it!

George: Well that's a good message for us to have. It should hopefully stir us in the right direction.

Yes, someone says you need a little help, but you must do the majority of the work for yourselves (yes). We can help but only if we are asked to.

Sarah: Thank you! I know I need a lot of prompting—a lot of reminders—a bad culprit for not doing the self-development work (*Yes*).

Lilian: I think she's needed a rest, maybe.

But don't you understand that by development, you would not be so tired?

Sarah: Ah yes! Thank you!

Do you understand?

Sarah: I hadn't understood that—but, of course! Thank you for that!

Lilian: I don't think any of us had given that a thought.

Sarah: I have been very tired (*Yes*).

Rod: In what direction do you go for getting this kind of development? What have we got to do? What kind of things should I be doing, for instance?

You should be going into the quietness (oh yes)—each and every day. It is of no use like you are doing, once in a week, or every few days. You need to go to the quietness, which is spirit, every day (right!).

George: I am very aware of communicating with others at the moment (*Yes*), and we get email communications from people in various countries, and this is quite valuable—well, it is very nice to know that the word is spreading (*Yes*), but perhaps you would see this as *going without* instead of *going within*?
No—because we know that you find it quite difficult to absolutely go into deep quietness; so, in a sense, you are being used in another way, but at the same time, may I suggest that you also find time for the quietness (yes), even if you don't find it so easy, you are rejuvenating the spirit within, which in turn, looks after the physical being.

Rod: That's good news!

George: Yes, I have felt something of this. Yes, I take your words as good guidance, thank you (*Yes*).

Rod: Thank you for that.

These words do not come from me, but from someone who is instructing me to give you these words, but of course, I now realise that when you have a physical body that you must sustain it each and every day.

Sarah: Thank you for those words and thank you to the one who is giving them (*Yes*). That's very helpful.

She says you do not know her, but she is well aware of each of you in your daily lives (oh right), because you are part of this one group. She is interested in what you all do.

(Appreciative murmurs)

Sarah: That's very nice.

Rod: Has she got a name?

I will ask if it is permitted—

(Pause)

Yes, she gives her name as Alison—Alison.

Lilian: Oh, thank you.

Rod: Thank you, Alison.

Lilian: Would she have known us in other lives?

No.

Lilian: I just wondered why she was interested.

She has chosen you because she likes your light, and she likes to work with like minds.

George: Well thank you communicator and thank you Alison.

You are very welcome. It always gladdens us when we find people who are ready to listen. It makes our task so much easier.

George: By the same token, it gladdens us when we find people writing in and saying how interested they are in the teaching that we receive.

Yes and I'm being told that is a big part of your placement within this group and I can see many who are giving thanks to you.

George: Thank you—wonderful!

Lilian: Yes, I think we all feel like saying 'thank you' to George for what he does.

Yes, he is very keen, I feel—yes. Now, I have said all I need to. I must say it has been a pleasure to speak with you, and Alison gives her thanks, and I will let the others come.

Lilian: Thank you!

Sarah: I was just wondering—when we go into our meditation—if we asked or just thought of Alison if she would help us a little bit in 'going within'—helping us with our endeavours. Would that be a good idea if she is going to be around us?

She thinks that is not her task (no, okay). ***She does not wish to disappoint you, but that is not what she has to do.***

Sarah: No, that's fine. I just wondered if it could be done.

George: It has been our pleasure to receive you both. Thank you!

Yes, thank you all.

There followed a clairvoyant message via Eileen—from 'Jim', who said: "Hello friends—I'm okay." A brief but much appreciated message passed on from our dear colleague Jim, who has in earlier times contributed to both Salumet and Bonniol exchanges, until his illness and passing to spirit nearly four years ago. Thank you Jim—so good to hear from you!

Next, one via Sarah—a little confused at first, as sometimes happens, but was soon able to deliver a message:

—Yes, the one with the dark hair—yes, she must relax. She passes on her anxiety to others, and this does not help. She is a caring person, but because of her worry, she is not achieving as much as she could. She must put faith into what she knows is right. The one she is concerned with is receiving much help from us in spirit and she will achieve her goal. But she needs the support of her mother. Please do not have any fear. Fear is being passed on and this is slowing down the process of healing for your loved one. We are

helping you as well, and when you have problems you must not worry, but ask for help from those around you—and much more will be achieved.

Lilian: It is something that is hard to follow, but we know you are right—I'm sure you understand.

There was at this point, the sound of exhalation. Then another with a very clear and quite different, distinctly male voice, took over—still via Sarah:

My dear lady—do you not have faith in the words that you have been taught? You must not let the physical thoughts override your spiritual knowledge. You have much knowledge and you would be wise to make that your number one priority. You too, dear lady, are a most caring person, and you too worry far too much.

Lilian: I must agree with you!

Yes—please try not to worry but put your faith in the knowledge that you have. We will help you, but you must ask and put aside these negative physical thoughts. We like to see progress and we are only too happy when we are asked to help. We cannot interfere with your daily lives, but if you ask us for help, we are only too pleased to oblige. So I would say to you all: there is no need for this physical worry. You need only to concentrate on the spiritual side, and you will go forward with much more ease. We know you are all capable of so much more, and I was by the other lady when you had the message to go within and use this quiet time. We can be with you in this quiet time and can help you even more. So I would say that the message from this other person and from me is the same. Spirit is there for you—please make the most of it whilst you can.

Lilian: Yes, we shall remember.

And now, I will take my leave, and leave you all with a gift of 'hope, love and guidance' for you to use when you are in need. Thank you for your time.

George: Thank you for your splendid guiding words. I'm sure we shall use renewed effort.

This will make us most happy and—

Rod: Could you please give us your name?

I am 'Father Jacob'.

Rod: Thank you Father Jacob—thank you.

Lilian: Is this your first visit to this group?

(A few whispers and Sarah was saying: 'He's gone now'.)

Finally, there was a most traumatic rescue via Jan. A young mother had died in hospital of an asthma attack. She was unaware and unknowing of the nature of passing to spirit. At first she thought she was still in hospital and Lilian was a nurse who had taken leave of her senses. Her changed feelings she put down to the drugs that had been administered, and her two children were only two and four, and she would not leave them! This was a dedicated mother with a very strong bond to her children. We encouraged her to look to the light, which at first, she took to be some new form of treatment for her condition. But, after a while, we were able to convince her of the continued life in spirit and that she could stay close to her children and they would 'know' her presence. She looked to the light and could see those dear ones who waited to receive her, and uttered: 'Oh my God', and there followed a brief period of calm—then panic took over, as she knew her way forward yet still clung to the physical past and thoughts of her so much loved children. And we had to detach from the still distraught lady, so that she could go on her way. This was a sad and very emotional rescue, and Jan had clearly felt the power and emotion of it.

If you wish to listen to rescues, there is a page for this on our website: <http://www.salumetandfriends.org/7.html>

George's Notes:

MEDITATION: It is again made clear to us how stilling the physical-brain-activity and going within is so central to spirit connection and the spiritual development. This is the 'quiet time' when ordinary thinking, TV, traffic and the sounds of the material world are all shut out. We are first and foremost spiritual beings, and the quiet time enables spirit connection—guidance, inspiration, illumination, can then best happen. There are a number of methods of achieving the quiet time given in the literature. They may involve closing the eyes, dimming the lights, being in a chosen place, reciting a mantra or just plain relaxing. Whatever the method chosen, one's mood should be love—which of course has no place for fear. In general, it becomes easier with regular repetition.

Salumet devoted an evening to meditation – 23rd Nov 1998.

Link to guided meditation page of website: <http://www.salumetandfriends.org/16.html>

~20th February 2012~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As we join together this time, let us welcome back that one who has been absent for some time.

George: Yes we're all pleased to see him back.

Paul: Thank you!

There are many who wish to be here with each of you this time. As you grow, so too do those people who stand close by you at all times. Some of you know and understand why so many come; some of you understand that at different times of your lives, upliftment is needed, information is needed, but most of all, especially within this group, that you need to feel the love of spirit; and they are only too happy, my dear friends, to oblige. As I have said on many occasions, you must ask for our help, because, without the asking, we cannot then interfere in your life plan. Some of you are still a little reticent about doing this. So again, I say to you, my dear friends, always ask for the help that you need.

Lilian: Yes, sometimes, for myself especially just lately, I feel a bit of a pest—I know I *can* ask.

My dear friend, you are a child of love, how then can you become what you term a 'pest'?

Lilian: True.

Those of us in spirit are only too happy to help in any ways that we can. Sometimes our help is not what you would expect, but nevertheless, the help you receive is a gift for the spirit; and again I remind you, my dear friends, it is the spiritual aspect of you that is ever important. Therefore, that is why I continue to remind you many, many times that that spirit within is what brings you here together. That spirit within is what helps you along life's path, and that spirit within is your teacher for all of your physical lives. I hope, my dear friends, you can see and understand what I am saying to you (yes). I feel, sometimes, my dear friends, that you complicate your own lives, and all I can say to you is: give yourself to spirit and they will always endeavour to help you to the best of their ability and to what is the universal 'right' that you deserve. Do we have any questions on this?

Lilian: Yes, I do have one. Last week there was a particularly sad and difficult 'rescue' through Jan. I hope she was helped to go on her spiritual journey, and I just wondered if you could say that she was on her way?

Yes, of course, we would not bring anyone who we did not feel to be ready to move forward.

Lilian: It's just that I felt so sympathetic towards her and it was a difficult one to handle.

George: That one had such a mother-bond attachment to the very young children that she would be leaving behind; although she could see the light and those waiting for her, there was a moment of panic at the end and she was drawn between—well she didn't wish to leave her children, but I think she knew she had to go forward. It must have been very difficult and distressing for her,

The trauma belonged to the fact that she knew that she had already left those children behind (ah, yes) and she knew that that next step forward would take her beyond their reach—so to speak. Do not be concerned my dear friends, we were here with you (yes) and we wish to take this opportunity to thank all of you within this room for the help that you give to these souls who are finding difficulty in passing to our side of life. Although, it will seem traumatic for you, you, (*referring to Lilian*) my dear friend are helped in such a way, that you find the correct words at the correct time.

Jan: We've said this lots of times to you, haven't we mum? They do come to you.

(*Jan is Lilian's daughter-in-law*)

Lilian: Yes, but I was struggling. I think the sympathy from me was getting a bit too strong maybe.

But it was a successful rescue.

Lilian: Yes, that's the main thing.

And each one of you completed the task that you were asked to take.

Lilian: Yes—it's kind of remembering there's a job to do.

Yes, and I would suggest—and I know it is not always easy, that after each rescue, you just allow it to be part of your work (Yes). These people are brought to you at the time we feel is right, for the time is ready for them to take that last step further into spirit, because so many are tied to the Earth plane, which is in a way, understandable, because, after all, you are human beings on this planet with many attachments; whether it be children, husband, mothers, fathers. But again, I say to you: remember *who and what you are!* Human living is but a transient stage, and you must allow it to take place. But so many are ill-advised or ignorant of spirit, that sometimes these difficulties arise (yes), and we need many, many more people who can be as yourselves in groups who give out love and wish to help those who are lost. My friends, you should be happy that you have been given the opportunity to do this kind of work, because not all people are suitable.

Jan: It's what we first came to do—to help rescues when Leslie and Ruth were at Kingsclere (yes). That's what first introduced us all.

And there was reasoning behind it, because it took many years to find groups who were willing to give part of themselves to help others.

Lilian: And they were so dedicated.

As you are!

Lilian: Thank you! (Yes)

George: And as has been implied, we are privileged in being able to do this work, and we are privileged in so many different ways.

Without you, my dear friends, we could not complete some of these tasks so quickly. I am not saying we could not help them, but in the nature of your time, it would take much longer.

George: I think earlier your words were echoing some words that were spoken by Jesus; '*ask and it shall be given you—seek and ye shall find*'.

Yes, those words are very true. Always ask, always seek. Your seeking should never end whilst you are part of the human race. Continue to seek, and, my dear friends, I promise you, you will find what you need at that particular time.

Sarah: Even passing on your words to other people and then they question you on various aspects, makes you think as well, and helps you to find out more. So it's, as we would say—'killing two birds with one stone!'

Yes—never assume that you know *all*.

Sarah: Oh, gosh no! We know that!

(*Chuckles*)

George: It's amazing, reflecting on the past, how much help and information has been given to mankind, yet it has been overlooked in so many different ways. I have been recently reading about the Fourth Book of Ezra, that was rejected from the Bible canon, which in fairly unmistakable terms describes a spaceship arriving on Earth; and likewise, the Book of Enoch which again is not part of the Bible, has similar description; and there's the book of Ezekiel which *is* in the Bible and he, in considerable detail describes the arrival of a spaceship and those from elsewhere—and you have said several times, Salumet, how the Earth has been visited by others and there is evidence of this. And yes, I've been looking at this recently—there is much evidence—indeed much has been *written down about this*; but people have been interpreting it in various other inaccurate ways. Any comment on that?

I have my dear friend. Firstly, let me say one word to you, a word I have used before, but which, in the sense of time as you know it—the word is 'PATIENCE'. Can you not see, my dear friends, why these things are disputed? They arise from fear. That is the reasoning why people deny what is truth. Fear has a great hold in your world for many people, and although, to you of knowledge, it seems *irrational*, to them it is a great fear of not believing. It is not that they wish to reject the truth, but they are afraid of the truth.

George: A fear of losing the comfortable 'status quo'—

Yes, yes, you understand, that is so true. So, my dear friends, rather than reject those people who do not follow the same *lines* of understanding, give love to them, that in time, they too, will understand the truth of life—the truth of themselves and the much wider picture of who and what they are, in connection with this Earthly planet. Slowly more people are beginning to *think* and to accept what is before their very eyes, but it will take some time.

George: Yes, I think we have evidence that there are various disturbances on the planet, which are indications that people are beginning—much more so—to think for themselves.

Yes—but do not be too harsh. They must find their own truth first. So we give them love—we send them love.

George: As we ourselves have taken time to find that truth.

Yes, exactly—you do understand. Therefore there is no need for me to use any more words on that.

Sarah: I was watching a programme on the television about a tribe. A journalist went out and filmed them 25 years ago, and he went back again just recently, and to his horror the tribe really wasn't functioning well at all, because the loggers had come in and cut down their forest, so they didn't have all the food available that they had before, and the ways that they had lived for centuries were gone. Farmers were coming in asking them to do work for them and they didn't give them money, but they gave them alcohol, so they were now getting drunk, so the whole tribe just wasn't functioning at all—and it did cross my mind when you said about the dinosaurs dying out that they were not needed anymore. I wondered if this was the same with the tribes—that this perhaps isn't their way of living anymore—or should we be giving out love to the loggers who are destroying these people?

Be careful with your analogies and your analysis of what is happening to these people (yes). Remember as human beings, you have been endowed with *free will* (yes). That tribe of people already had what you

would call 'the gifts of spirit', and their own freewill has led them—as have many in the past in ancient times—moved away from their truth—from what they have known. I do not say that is the case with all peoples—it is not, but with this particular people you speak of, they have brought about their own downfall.

Sarah: Oh—that's interesting!

So be careful that you do not always analyse things to be 'meant' by spirit, because it is not.

George: Yes, 'bringing about downfall' (yes), would this equate to stagnating and just simply not going forward?

It is a case of not allowing your free will to know what is truth and 'sticking with it'—as you might say—by allowing that truth to become corrupted.

Sarah: So this tribe—a lot of their forest has been cut down—so I suppose they could have moved deeper into the forest. So they could have actually carried on as they had always been living, if they'd actually wanted to.

If their decisions had been the right ones (ah, right). Your freewill, my dear friends, is responsible for so many unhappy episodes in your lives. I am sure that each one of you here, if you look back at some time in your lives, you have made wrong decisions. Yes, it is true for all of you, and only as you move forward in the right way, do you realise what that free will has created. (Agreed) Yes, I'm sure you all know of an instance. So, it is a powerful thing that you have been endowed with in this life, but it has been there to make you stop and to think whether you ignore the truth, or whether you move forward.

Jan: Some of the time, my problems stem from the fact that I know my mistakes, and yet I feel—I suppose my anxiety comes from the fact that I feel that I'm running out of time on this Earth, to actually put those problems right—

That again, my dear friend is fear.

Jan: It's not the fear of going forward—it's just the fear of running out of time while I'm here. I know that once I've passed to spirit and I can see the bigger picture, and those problems will probably become so insignificant that I learned by them, or I realise that I moved away from those problems, but just while I'm here, I do occasionally worry—

But you have to understand that that fear has to be conquered while you are here (yes—), yes—that is your problem—you know and understand what lies ahead, but you still have to maintain that physical being, and all that it entails.

Jan: Yes, if somebody could just remove that fear from me (yes)—I know you've been saying I need to ask for help (yes), then I think I'd be the most—you know—I'd be complete without that fear.

And wouldn't you all be—in spirit?

Jan: Yes, we would, wouldn't we?

(Chuckles)

Yes—you cannot live this physical life without a few problems (no). It is part of your spiritual growth.

Jan: There would be no part in being here, would there? (Yes—exactly.)

Sarah: You said without the problems, you don't grow (yes).

Jan: I feel that some part of me is growing even though the outside is still clothed with this fear, if you like, but, I *know* and feel that the real part of me—the inner part of me has left it behind in some way. It's as though you are multi-layered and the bit that really matters understands far more than the outer layer which is your clothing, if you like, to work through these problems—if I've explained it in a way you can understand.

Spirit animates the physical being.

Jan: Yes (**yes**) and I feel that I know my spiritual side more than I actually know my free will side.

But your spiritual side *activates* the physical, so therefore you should be able to discard all of those problems in the physical being (yes). You have to, if I might put it simply, ‘come together’—*physical* and *spiritual*, and only when both are in harmony are you well—are you without fear, which is the biggest—
Jan: —problem of all (**yes**). You’ve said so many times, and it’s so right—it’s the quietening of the brain—not the mind—it’s the quietening of the physical brain.

Again, I have to repeat to you that when you go to meditation, together comes the physical and the spiritual, which creates harmony in your *physical lives*. All problems are solved when the spiritual and physical are in tune with one another. I am sure you have felt that union whilst being within this room, or with this group of people.

Jan: Yes—we’ve all said that we wish we could maintain that feeling when we leave this room, and—like you’ve said—we know that it’s not physically possible all the time, but that’s what we need to strive towards.

That is what you need to strive towards—not completely possible, but for the most part of your physical lives, you can obtain a *peace of mind*, which eliminates *fear* and which allows you to unfold in more spiritual way.

George: Yes we were reminded at our last meeting of the importance of daily meditation. I think you are endorsing this.

I know I have repeated it many, many times, but it is the answer to many of your problems. If only you could know and understand, your lives would be so much happier.

Now I feel, for this time, I will leave you—leave you cloaked in love, leave you with a feeling of upliftment and a knowledge that all can be well in your physical lives.

All: Thank you!

George: Thank you so much, Salumet!

Next, one spoke via Sarah:

I am happy to be back with you once more!

Lilian: It’s lovely to have you back.

But who was it? Then in less certain tone:

I am being taken over by another one, who has not yet been with you ... I am now one other who is bringing one to you...

It was a slightly strange beginning that had us wondering—and now a louder, crisper voice was speaking:

I wish to let you know that the one that you know as ‘Kumbala’ is taking you on a short return journey—one that you will have taken before, but you will not have any memory of it now. You are in a desert plain. You are a group together, working in hard conditions. You have asked for help from those who you termed in those days as ‘Gods’ (ah!). You built very substantial buildings and you used these, not only as your work place but also for your gifts to the Gods.

George: The ones we called ‘Gods’ were those from elsewhere in the universe, who visited this planet? Is that correct?

These Gods were ‘spirit’ and you believed them to be human. You were as one with these Gods. You had no fear.

Lilian: Do you mean the Gods were from spirit?

Jan: Or do you mean the sun and other elements?

I am talking about the ones who came to you—who came close to you.

Jan: Oh I see.

They were sometimes visible to you and in many cases, just around you. But you believed them to be Gods. These visitors were trying to give you a message, but although you felt no fear, you did not interpret their messages correctly. I am now coming to you, because I feel that these messages that were brought to you so long ago would now be accepted by you in the way they were intended.

Lilian: I'm sure we would.

So this is why I have come to you this time. (Wonderful!) It is just to let you know that we are so glad that you have all developed into such beings that we had hoped that you might be, so long ago. My visit is one of joy, and we hope that, in your quiet times, you might again be able to see us, and when this takes place, you will have some recognition from the times past. We are the same. It is you who have changed somewhat, but that element there—that was so long ago—is still with you, and it is this part of you that we will tap into, should you be able to see us once more.

George: Well, that's wonderful! So—I'm just trying to find a description—so you are 'beings of spirit', that have on some occasions become visible to humans, and you bring messages, or have attempted to bring messages that will help us to move forward. Is that fair description?

Yes, that is quite correct, and we are still here to help you should you need such assistance.

George: Wonderful! (Yes) Thank you for making this known.

We are most happy to reconnect with you, and are always happy when we can be of help. That is our work.

Lilian: How would you describe yourselves—guardian angel or angel of some kind?

I would not say 'angel', but I would say: 'higher being' (Thank you).

Jan: You mentioned the desert—you were able to be seen by people in that desert—you are not just addressing people in this room—we were together at some other time, were we?

Oh! My dear friend, I did say at the beginning, you would not remember. You were indeed all together.

Jan: So those of us in this room—those present and those normally with us were present at this time?

You were indeed—a part of you.

Jan: A part of us was there at that time—

You were indeed.

George: We know that we have been together at previous times, but I *think* you are speaking of very early times—

I am going back a long way in your years—yes.

George: Perhaps, could I suggest *thousands* of years?

You could suggest that and I would agree (Thank you).

Jan: Thank you for clarifying that. I was a little confused there for a moment.

Your association has been over a very long time and I can say to you also that there were more of you at that time and you are only a small part of them.

George: Yes—there are sometimes more of us meeting on these occasions. We are only seven this evening—quite often there are ten or eleven of us altogether.

Jan: But you are also referring to all the people that have been in this room over a period of years—and there must be others—

Yes, I am talking about you people now, but there were more people at that time so long ago who are not here. That is what I mean.

More was said, leading to:

Some of those who were in your group were not part of that initial group. I am talking about you now—you people here in this place.

Jan: So even though we (*Some*) are related by blood now, this is totally insignificant—

Yes, but of course, the fact that you were there at that time does have some bearing on you being related now.

Jan: Yes, I've heard this before—the love bonds—the love ties cannot be broken. And we go on to reincarnate in the same group with different relationship to one another.

Yes, that is correct.

George: There have been books written by people who, shall we say, are more receptive or aware, and they speak of groups of people who help generally in the universe, bringing information to those on planets. There is always a difficulty in describing exactly who these beings are. Could I ask you: are you concerned with people on this one planet? Or are you concerned with other planets as well?

I am mainly concerned with this planet but I would say I have visited others, but my main concern is this planet.

George: Thank you for that information.

Jan: What is your main objective regarding this planet, apart from the message of love? Why would you be interested in this particular planet? Are we at an interesting point in our evolution or are we at a crossroads?

When you take it upon yourself to help those who are in some need, you give yourself over to one project, and my project was this planet.

Jan: So your involvement goes back millennia, does it?

A long time, but I could have chosen others. There was no particular reason, but I chose this planet, and I have been happy with my work so there was no need to change.

George: We are most fortunate to have your attention. Thank you!

Well, when I see the progress—albeit I have to say very slow—it is such a joy that finally the word is beginning to be understood.

George: We have received help from others in spirit, especially one we know as 'Salumet', from Angelic Realms. Would you know of this one or are you a quite independent organisation?

Well, I would not call us 'an organisation' I have to say.

(*Chuckles*)

And yes, I am aware of the one who comes to you, but we do not, shall I say, communicate—but we are aware of one another (good, splendid!) yes. And now, I feel it is time for me to return.

Jan: You've given us a lot to think about!

But please, we would be so happy if there could be some recognition at some time.

George: Well yes, I think we would be most happy also, and we do very much appreciate your speaking with us. This has been wonderful. Will you be visiting us again? You would be most welcome.

I am happy to have the invitation, and if the opportunity arises, I will come again. But, of course, I do not need to have to speak to you in so many words, because we can communicate in your quiet times.

Now I will take my leave and thank you for your time—and your progress.

George: We shall endeavour to devote quiet time to make contact. Thank you so much.

George's Notes:

Book of Enoch: Ascribed to Enoch, great grandfather of Noah. Only two Christian groups accept it as part of their biblical canon—the Eritrean and Ethiopian Orthodox Churches. And fragments of the book have been recovered from the Dead Sea Scrolls.

Fourth Book of Ezra: Ezra was priest and scribe, also known as Esdras, who came to Jerusalem 458 BC—an Apocryphal book. Ezra was instructed to write one set of clay tablets for ordinary people and another set for the wise ones of the people.

Book of Ezekiel: The prophet Ezekiel is said to have experienced seven visions (593-571 BC) while exiled in Babylon. It is said that the book opens with a vision of Yahweh, God of Israel, riding his battle chariot!—interpreted very differently and more rationally by author Erich von Däniken. And the description includes: raging wind, whirling flashing fire, gleam of polished brass—four beings with appearance of human form but with calf-like feet—wings attached together at the sockets—when ascending they spread their wings—a wheel on the earth at the side of the beings with the appearance of amber—etc. etc.

Erich von Däniken: His books published in the 1970s, especially 'Chariots of the Gods' and 'In Search of Ancient Gods' are a worthy read or re-read following Salumet and Bonniol enlightenment.

Kumbala: Re the desert and very substantial buildings in remote past; this suggests Egypt or South America with their massive stonework's.

~February 2012~

Firstly there was a rescue via Eileen. The lady was expecting her usual helper, but found she was being aided by Lilian instead. She was met by Ted whom she thought 'might be late as usual', but suddenly there he was, in the light to greet her. And he looked younger! With that little bit of help and a 'thank you' she then moved forward.

Following a period of general chat about the shortage of people doing rescue work and how it relates to belief, a rather chatty enlightened one dropped by from spirit, also via Eileen. The impression Eileen had, as we learned later, was that of a 16th/17th-century Puritan lady. It seems that she, Martha, had been enjoying our discussion and was now drawn into it:

How comfortable and secure you feel in your own words!

Lilian: Perhaps we shouldn't!

Of course you should! How wonderful to hear you discuss things—and so amicably. So often people who have differing views become cross!

Sarah explained that we have a very good teacher.

Might I ask who that may be?

Sarah: Salumet—have you heard of Salumet?

Ah—Salumet the teacher! How wonderful!

She went on to explain that he teaches 'many thousands' in spirit:

...we cannot go to him, he comes to us—so we are never sure until the time is right, when he will come—he captivates his audience sometimes—wonderful speech. Have you heard of our 'Halls of Learning'?

We had indeed, and it seems that many speak in the halls from various levels in spirit.

George: Yes, we are very fortunate to have Salumet and it's very nice when people such as yourself drop in and—almost take part in our discussions.

Yes, I have been listening and I'm always attracted where I can also speak. It brings great pleasure to us you know, to be able to come and talk to you and listen and see how wise you've all become.

Back to the Halls of Learning: we asked for her impressions of these halls:

Well, I've never been asked that question before. I will try and elaborate. The Halls of Learning are beautiful to begin with. And although the word 'hall' infers an enclosed space, that is not so. It is expandable for many, many people. It is light, it is beautiful and you feel as if you are being healed at the

same time. Some of the teachers who come are also great healers—and when I speak of healing, I don't mean the physical healing that you would acknowledge, but I mean the healing of the spirit. And that is what we gain from our halls of learning.

George: So it never feels crowded—

It never feels crowded.

Sarah: So when you go to these halls of learning, do you actually go anywhere or is it just that you decide this is what you are going to do, and—

It is not a case of deciding. That is not an option in our world. We do not decide, it just happens—as soon as the thought is there, we are there.

Lilian then referred to the teachers we have had on Earth who relate to different religions.

Those teachers still teach but in a different way, and they teach a slightly different format, but they also teach to those of like mind. But I have to say that is on a lower level than what I am speaking of; I am speaking of moving forward, and the halls of learning are available to most people—not all.

George: Moving forward beyond the idea of separate religions—

Yes—yes, you have to have moved forward from that thought.

Lilian: So eventually, those teachers, for example Jesus, will eventually—

He has already moved on to a different level, but I think you have to understand that those on a higher level come down. It is not easy for them, because that is not where they belong, and the density is such that it can be uncomfortable. But we cannot move UP to them—we cannot shift our consciousness to THEIR level.

Jan next asked about passing to spirit—what happens after those passing over first see the light?

You don't always necessarily see the light. Your expectation of what you will find is what becomes your reality. So there is no one definite answer. But the light is understood by most people, because in most religions there is always a glow, around the teacher, if you like, or their scriptures. So the light is used often.

Jan: As an analogy—

As an analogy—but you cannot say definitely that that is what people will see.

And earlier had been mentioned 'Pearly Gates':

And the gentleman mentioned, if I might repeat, about the Pearly Gates. And a lot of your Christians in your world—that is what they will expect to find—Jesus waiting at the gates—so that is what they will see!

Jan: So those poor souls who expect absolutely nothing that is what they will get!

They unfortunately are ones who will need a little help—and there are some who will just not believe what they are told—and they will of course remain where they are because that is what they wish.

Sarah referred to the 'rescues' that are helped on their way at the passing over stage:

Those people that are brought to you, that is because they are still so close to your Earth plane and your help is needed, because they cannot free themselves from this 'atmosphere' if you like—they still cling to Earth. So they need your help. We have tried in spirit to help them move forward, but it is difficult, and that is why it is important to have groups such as yourselves who are able and willing to help these souls who are 'stuck', shall we say.

George: So we encourage them to look to the light—

Yes, for some reason your Earthly voice vibrates with them more easily and once you have done the job that you do, we then come forward and take them.

George: They're looking to the light—that becomes their reality—

Yes, everything you feel and think becomes reality—they will be guided to their own feelings—if they expect to see ‘grandfather with a dog’, that is what they will find.

George: So, dare I use the word and say: it is a little ‘illusory’—it’s almost within their *imagination*—or perhaps it is firmer than that?

Yes, ‘imagination’ is not the word I would use (no). No, it is what they expect—it is their THOUGHT PATTERN which creates that which they will find.

Jan: Do the majority of people literally watch their own funerals?

If they so desire. I would say a good proportion are interested in their funerals, because it is still all new to them and they are concerned about loved ones left behind. Yes, so I would say a good proportion like to watch their own funeral, but of course they are saddened when they see so many people crying and sad, when they themselves are so happy.

More was said on this and how they would like to see friends happier and with their fond memories.

Finally, our guest was saying:

Some things in spirit are difficult, but I believe we all have innate knowledge of what is right and wrong.

~12th March 2012~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you this time, there is just a little uneasiness which I will help to clear for you (Thank you).

We welcome the lady who joins with us this time. (Diana—a friend from New Zealand)

(Pause)

I wish to say something to our dear lady called Jan.

Jan: Yes Salumet?

We feel your worries and I wish to say to you: do not allow them to weigh you down, because, my dear friend, you have come so far. Spirit comes close to you at all times in your daily existence, so we wish you to know that always there is someone by your side, someone who will listen, someone who will uplift, someone who will surround you with much love. We feel it is time to tell you this, in order that you may grow stronger as each day passes. Sometimes, my dear friend, you worry unnecessarily, and we are aware of this. So take this advice as part of knowing that we love you, and we will always help you, and that is all I have to say this time.

Jan: Okay, thank you. I’ll try.

We know, we know.

Jan: I am aware of the presence all the time (good), but, (yes?), it’s that big ‘but’...

Always a ‘but’—do not worry—you have grown much in these past years (I know). Yes, you know, and we know, but still doubts creep in, yes.

Jan: When you say doubts creep in, you mean my own fears (yes)—okay, get in the way.

Yes, you do not doubt us (no)—no, we understand, but sometimes you doubt yourself, you understand?

Jan: Yes, I think it’s because I’m not quite sure (yes), whether I’m doing the right thing or not.

Yes, it is part of the human condition, but you are getting there with our help—yes.

Now, friends, if you have any questions this time, I will be happy to answer some. Do we have questions?

Gary: Recently, a light-worker—a channeller—called Peter Froud (**yes**) passed over, and I’ve taken on some responsibilities since then. Is there any message that you pick up?

You mean from your friend?

Gary: Yes, from Peter—yeah.

No, he is not ready to give you this information, but I can tell you there will be communication when the time is right for *him*. I do feel, my friend, that you may feel a little overwhelmed at times, because of the extra load that you carry, but ask for help at all times, because, as you know, spirit is around you at all times. You know this—there is no need for me to be telling you this, but I would suggest that you just be a little more patient. Things will work out well, so do not be afraid.

Gary: Right.

With regard to your friend Peter, I am telling you of the name of ‘John’, which would have some significance in his life here.

Gary: Yes, I think I know the one—

Yes, I think that there could be the offer of some help for this gentleman.

Gary: He certainly needs it.

Yes, and I feel you might be the momentum for that help—you understand?

Gary: Yes, I’ve tried for many years to help him, yes.

Yes, but he is at the point where he is now ready to accept that help. You understand? (Mm) Try—continue to try; he is more open now, and I feel it is because of the loss of this one you call Peter—yes.

Do we have any more questions?

Sarah: Have you any questions, Diana?

Diana: Well my main concern is my mother (**yes I know**). She’s suffering and wants to die (**yes**); so that’s my main concern really. Is there anything you can enlighten me with or show me a way of helping her more than I am doing?

Yes, that is why we begun this evening with a little restlessness. I hoped you would speak out, because, not only does your mother need some upliftment, but also those who are around her on a daily basis (yes), but we are aware and because you have now voiced words for help, we can begin to help her (Thank you). So often, people wish to, as you say, ‘die’, and I prefer to say ‘come *home*’. It is their fear and we have spoken much within this group about fear. There are two aspects of life—*love* and *fear*; and what happens when people wish to ‘die’—we will use that word for convenience; it is their fear that overcomes them and the mind becomes muddled and all kinds of things happen within that thinking. Your mother is indeed disturbed at this time, but I will, my dear friend, try to help in any way that we can (Thank you). At least to try to calm those fears, would indeed be a big step for her. You, too, must learn just to stay calm when you are with her, because, she is able, unconsciously, to feed from *your* own fear. You understand? (I do). Yes, so what I would suggest for you, my dear friend, is that you remain calm at all times when you are with your mother (okay). Yes—you have been aware of blue light at some time (yes)—yes, that is spirit with your mother, yes. Feed into that beautiful blue light and you will feel the peace and the calm descend upon you both (Thank you). Are you happy with that answer?

Diana: I’m very happy. Thank you so much!

Sarah: There’s another person in the news at the moment actually, who’s got what’s called ‘locked in syndrome’. His brain works, but nothing else does, and he is going to court because he wants to die and he wants the doctors to kill him. That’s also his fear—

Yes, we have spoken many times, my dear friends, about this subject, and never is it right to take a life, before the Earthly time is up. I can never condone or say to you that it is right, because I know it is not,

and it is not good for the spirit to take their own lives and shorten their time that should be spent upon this Earth to learn. And although, because of your human emotions, you find these occasions so difficult, it is understandable; but you have reached a point, my dear friends, when your understanding is greater than physical need, and I ask again, that you try to understand and look to the fuller picture of life. You *have to* if you are to be able to understand why that decision of not taking a life, is the correct one. Do you understand?

Sarah: Yes, thank you.

Jan: I felt very mindful, Salumet of what you said to me a couple of months ago regarding animals, which was also against the universal law (**yes**)—to put an animal down. And, as you know, I'm in the situation at the moment that can be quite difficult at times (**yes**). Well, I think we are able to communicate a lot better than we were, and I'm asking him to go in his own time—and the vet says the time is not quite right yet, but she will let me know when it is. I don't want to put him down—I want him to go on his own. Is there any advice that you can give me apart from keep talking to him to help him on his way, in his own time? **You cannot do more, my dear friend. I know it is difficult, and the love that you feel for your animals is as great as the love you feel for another human being. We know and we fully understand, but still I have to say, it is the right thing to do. You do not have that right to end another person's or an animal's life before their lifespan is completed. Therefore, I say continue to speak with the animal, and, if you are together in that thinking, the animal will slip quietly away; and I know that you are torn by the advice that has been given and I have said to you, on many occasions (that it is wrong)—it is wrong, but it is always looked upon as if—**

Jan:—the right thing to do—that's what people tell you that it's the right thing to do (**yes**), but it doesn't sit right with me at all.

No, I know and that is the dilemma that you have when you have knowledge.

George: Yes, this is a far cry from rearing animals—farming animals—for food (**yes**). This makes slaughterhouses *very* wrong.

Yes. There is so much we could say and speak about these conditions, but I have to tell you the truth and that is, that to take another's life, or an animal's life before their time is here, is wrong; but, of course, it would be looked upon because people do what they feel is from love. It is *not*—it is done because they cannot bear to worry about the person or the animal.

Jan: I find this time round I'm doing the complete opposite to what I did with the last one. I'm worrying more about *not* putting him down if you know what I mean (**yes**). I don't *want* to put him down, I'm not going to put him down, but I'm wondering if he's hanging on for us as much—

Because, unconsciously, he is picking up: you do not really want him to go.

Jan: Right, okay, that makes sense.

Yes. And again you see, it is a selfish reason, and I know people will say: how can it be selfish?—I do not want the animal to suffer. If you loved your animal and you gave it permission to go, that animal would slip away quietly.

Jan: I have verbally given him permission on lots of occasions.

You cannot do more.

Jan: It's now down to him. He knows that that's how I feel.

Yes, but so many without this knowledge, do it because they say they love their animals and they do not want them to suffer, when in fact, what they really are saying, is: I do not want to suffer (yes). You understand?

Jan: Yes, it's a real learning-bond, because it is purely like, looking after an elderly person—it's exactly the same **(yes)** and you need patience, tolerance and understanding. He is so trusting; he's put every ounce of his trust in me.

That is because the animal loves you—yes. Reciprocate that love.

Jan: I've never seen an animal be that trusting before. It's just pure trust—pure love **(yes)**. I sense that.

Try to help him over with your love (yes). You can do it, but unfortunately, human feelings and emotions replace the sense of the truth. You understand? (Yes).

Sara: My friend also did the same thing with her mother. She sort of gave her mother permission to go. She loved her mother very much **(yes)**, but she didn't want her mother to suffer anymore, although, she could see in herself she was clinging on to her mother, so she went to the church, because she likes to go there, and she just said a prayer that let her mother be taken if it was her time, and she was releasing herself from the bond **(yes)** really in doing that—but it just reminded me of that.

Yes. And to ask for help, of course, allows us to come closer and to help, yes.

Diana: Could I ask a question, please?

Yes, of course.

Diana: I came over to England from New Zealand to help my mother a few years ago, and I had an elderly cat **(yes)**, whom I loved so much and she had cancer of the eye, and the people looking after her said she had reached a stage when she really needed to be put down; and with being over here, I found it very difficult, and heart-breaking **(yes)**, and so I gave my permission which I can see was wrong. Do you think that she will forgive me for that?

Let me say, at the time it happened, it was not wrong for you if you did not have the knowledge of it being wrong. You therefore allowed it to take place, from love as you thought; so it is only when you have the knowledge that it is *wrong*, can you then say 'I have done wrong'? Do you understand?

Diana: I do, but I did have the knowledge.

You did have the knowledge?

Diana: It's just that I was so many miles away, I just didn't know what to do, but I knew it was wrong.

Yes, you see instinctively, people do *know* it is wrong, but, of course, your pet will have forgiven you.

There will be that love bond always, if there was true love.

Diana: I loved her as much as my own children.

Yes—yes, do not be concerned about that—yes (Thank you). It is like so often when people part on 'bad terms', as you call it, and they worry that the person gone will never forgive them. Do not be concerned. Their view changes in spirit and they see the wider picture. (*Lots of sympathetic murmurs/'mm's*) I have always told you all, on many occasions, to try to look at the wider picture.

Sara: Salumet, could I ask a question?

I will take one more, yes.

Sara: Graham's father passed to spirit not long ago, and I just wondered if you can say he has adjusted well—Cyril Martin—if he passed over easily?

(Pause)

Yes, he was met by a gentleman—by his grandfather (ah, good). This gentleman is fine (good) and again, the opportunity will come at some point where he will wish to communicate with you. Yes, this gentleman is okay.

Sara: Oh good, that's nice to know. Thank you!

George: And while we're on this subject, there was one, Jim who sat with us and passed to spirit, three years ago and Eileen, your instrument, received the message from Jim, saying '*Hello*' and '*I'm okay*'. I

thought that was most reassuring that Jim managed to get that message through. Any comment on that, Salumet?

Only that it is quite normal to want people you have loved or been in association with to know that everything is fine and that they are 'okay', as you say. The opportunity arises for each soul to communicate—not all take it—that is why sometimes, you hear people say: 'but I have heard nothing'. It is not always that they don't want to communicate, but rather that they are not too bothered by it and will choose their own time to return. You know, my dear friends that most people pass to spirit quite easily.

Sarah: I suppose once they've passed easily, they're then happy over there, and they perhaps forget a little bit the human frailties of those left behind who would like to hear.

Yes, they do not forget so easily, and they are close to the Earth plane for quite some time, but yes, they do have other things to occupy their minds, if you like.

George: Salumet, there was one question sent in by our dear friend, William. Would you prefer to leave that to next time—on quite a different topic?

I will take it now, and then I must leave you.

George: Thank you. He says that on the internet, there is much information about spaceships travelling around the Earth. They will *soon* make themselves known and the governments of the world know about this, but are remaining quiet at the present time, and he says simply: would you care to comment on this?

I would simply like to say: What is new?

(Much mirth/chuckles)

George: Yes! I quite understand!

Of course the time will come when it cannot be denied and many people *do* know more than perhaps they would say, but this has been knowledge for quite a long time.

George: I think the difference today is that it is actually published on the internet.

Yes, that is a way of communicating that passes information so much more quickly—yes, so therefore knowledge will become known as time continues. So—but, I will leave you with that 'what is new?', because that saves me many words.

(More laughs)

George: Thank you, Salumet, thank you!

And now as I leave you, I would like you, my dear friends, to know that there are many around you this evening and some of you we would like to try to use for clairvoyance. Might I suggest you pick another within the room and see what information you can get?

Lilian: You mean from each other?

Yes—pick one other person—you may be surprised! But, as always, my dear friends, I leave you cloaked in my love. I leave you with upliftment, with *hope* and with *joy*, and I look forward to our being together another time.

George: Certainly, we look forward to that, ourselves.

(General thanks)

And we continued the clairvoyance exercise with some degree of success.

George's Notes:

'Thou shalt not kill': One fundamental commandment given to Moses—sadly overlooked by so many.

Acceptance of this biblical tenet would of course mean no warring or support of war-initiating governments, no working in munitions factories, no 'mercy killing', no slaughter houses etc. and we would

all adopt vegetarian diet. These have to be seen as ideals, but then this is a 'learning planet', so we flounder, become aware, and acquire knowledge bit by bit.

Looking to our ET-exchanges, this is what makes the Bonniol communications so wonderfully interesting. The much more advanced Planet Aerah (both technically and spiritually) has no memories of warfare, is vegetarian with main employment agriculture, has an equal-salaried work ethic and there is full recognition of the ways of spirit. This includes communication with loved ones after 'death' and before birth, mind links with many beings living on other planets and a spiritually-centered recognition of one Creative Principle instead of a muddle of faltering religions interpreted from early teachings.

'What is new?': It was 7th Nov 1994 when Salumet spoke of governments withholding ET information. Further data on UFOs, crop circles and space-travellers ... 11 Jul 94, 9 Jan 95, 27 Jul 98, 11 Apr 05, 30 Jul 07. And the Internet is in general helping to spread awareness despite government secrecy.

~26th March 2012~

Firstly one came via Eileen who spoke of the earlier days with the group. She gave the name Margery and her awareness extended to times before Salumet joined with us, and she was more familiar with messages from loved ones than teaching missions. As Margery withdrew Eileen became aware of what she described as a tall and powerful one standing behind Sarah. Then Lilian addressed one who spoke via Sarah:

Lilian: Good evening

(Pause—then a loud clear and powerful voice)

I was the one behind this lady.

Lilian: Ah were you? So we were wrong—at least some of us were.

I am one of her guides and I hoped that one of you would be able to tell this lady about my appearance.

Lilian: That's disappointing for you.

I am not so disappointed, but I hoped it would be an exercise for you. I would have been of a large stature and I would have towered above this small lady—but it is not of importance now.

Lilian: So you were one of the lady's guides?

I was not. I am (now)—yes.

Lilian: That's interesting!

Eileen: Might I ask your name?

My name is Gregory. I have, for a long time, been with you dear lady.

Eileen: Thank you very much.

We have met before, and now that you are reincarnated, I wished to stay near to you.

George: Well, that's fascinating. Thank you for that information, Gregory.

Lilian: can you tell us of when you were together in the physical life?

We have been together in a monastery.

Eileen: Ah! Do you know I was just thinking that?

We were a great support to each other, and when I passed first, I know that it was most difficult for you, but the bond was there and so it remains.

George: Might I ask, would that have been the Myddle Wood monastery?

No—it was before that time.

George: Ah! Thank you.

(In fact, we are aware that some of us were together at Myddle Wood, but not Eileen. So Gregory's answer fits nicely with the information that we already have—evidential)

Eileen: Did you use to grow grapes, Gregory?

It was my passion (yes), and your passion was the flowers (mm). Together, we tended the garden and the two plants complemented each other, as did we in that physical life. It was a time of complete blending of both physical and natural (yes), and this has yet to be repeated.

Eileen: Right, in another lifetime, perhaps.

Yes (yes), the awareness of that closeness with nature and physical was not appreciated in quite the same way as it will be when we join together again the next time we meet in the physical.

Eileen: Well, thank you for being in this lifetime, Gregory. It's much appreciated. May I ask how your legs are now?

My legs are just fine (good). Yes, it was a difficult time, but now, I have of course been relieved of all that physical pain (yes)—yes, and may I say to you: what a pleasure it is to still be close to you.

Eileen: Thank you very much. I'm very touched.

The pleasure, as I think you say, 'is all mine'.

George: Are you able to say what part of the world this monastery was in?

We were in what you call, Norfolk.

Lilian: That's interesting to hear of the past lives—difficult to grasp, for me anyway, at the moment.

And now, I will return and leave by saying how much I look forward to our next physical encounter.

Eileen: Thank you, Gregory. It explains why I like grapes so much.

(Laughter)

Lilian: She grows grapes on her house as well—going up the walls!

George: Wonderful to become more aware of the connection *through time* of lives. Thank you for bringing that to us.

*We exchanged a few thoughts about Gregory's visit and how there seems to be a high incidence of group members having been in monasteries. Then a lady spoke via Jan. She made light-hearted chat at first. Rod dropped a paper and retrieved it and she declared him to be a fidget. But she then became more serious and explained the nature of her work in spirit—looking after very young children. There are those who pass over before birth and those passing after but a short physical life. What has been the purpose of such short lives? They are closer to spirit anyway—they have not experienced the physical-human-element to any degree—but that personality has to come back to spirit as a separate personality. And that personality needs to develop in spirit. It's difficult to understand and difficult to explain! Yes, at a spiritual level, they would still have a bond with physical parents. There are so many different scenarios behind their physical demise—so many different circumstances! We asked to what age their further development would be watched over, but 'time' does not have the same fixed passage as in physical space-time, so the question is really meaningless. Once ready they just move on. When parents pass over, recognition is always a possibility regardless of further child development. When asked if they reach a stage when they make their own decisions (Adulthood?), the reply was: **They always make their own decisions.** Using free will? **Well, you can call it that if you wish, but that's something you have on the Earth plane.** No longer a child when they move on? **That depends—if they really want to remain a child—but spirit is always evolving.** Is your group size changing all the time? **Every second—it's forever changing—tens of thousands.***

Finally: I can be serious when I want to be, but I must sign off now.

Rod: I think you've got a tough job up there—I really congratulate you on what you do.

George: Thank you! Well, I thought at first you were very jolly and came to introduce a note of humour, but you then became very serious.

Then more levity, turning to Rod

I like you—will you marry me?

Rod: What, with all those children to look after!

~2nd April 2012~ SALUMET

George: Good evening Salumet. Welcome to you.

Good evening.

All: Good evening.

As always, I am happy to be with you all once again. I of course am aware of the thoughts sent by you this time, and I would also like to say that I am aware of your discussion last time about your own, what you call 'faults'. Not many of you answered; but still I found it useful to listen to what you feel about yourselves. What I would like to say to you, my dear friends about this, is that within this group you have over many years learnt dedication and love and become less fearful in your everyday lives.

George: Yes, one feels this deep down.

Yes, it may not always be apparent but this is what you have gained—dedication and love for your fellow-man and that is why, my dear friends, that when you come together and you send healing thoughts, they have become much stronger with time—because your energy and your *love* has grown so much. And for this, my dear friends, I want you to recognise that within yourselves, and to be grateful, and thank yourselves for that love, because you too, my dear friends, deserve much love from us here in spirit.

George: Thank you—and you've brought to our attention the opposites 'love' and 'fear'. I feel there are other connections as well, and '*competition*' comes into it. In loving one's fellow-man, I find much less looking to any kind of competition.

Why should there be competition?

George: I guess that links to commerce.

Yes—yes. All that you need is to *love* your fellow-man, without judgement and to just accept that all men, when it comes to spiritual love, are equal. It is not for any of you to judge another person, but rather to extend that spiritual love to them in order that they too might take up that love. That is why it is so important that your healing thoughts are gathered and given here, because you *do* love your fellow-men. And I do not say only those people that you know. But that love extends to all people unknown, to other worlds and to all happenings.

(Added with further increased feeling)

—yes, that powerful love—that love is all-consuming. I wish, my dear friends that you could feel the power of that love that you give.

Paul: When you say that love is *all-consuming*—

It is the very nucleus of existence. It is a power you cannot see, but you can feel—not only human beings, but the plants and the animal kingdom. All of you are surrounded by beauty and love. I cannot stress it to you enough.

George: Yes, I feel the extension beyond humans and throughout nature. And I've recently been sowing seeds, and there's a pea-like seed called mange tout, and I found there was a little mouse coming along and digging holes in the garden to get the seed as a food, and this was rather upsetting my gardening. But I don't have a killing policy in the garden—that stems from this love thing—so I put an apple out and the little mouse much prefers the apple to the mange tout seed; so that's a successful way of diverting him on to other things.

And can we say that this gentle mouse has taught you something?

(Chuckles)

George: Indeed, Indeed yes!

Yes. Take it as such that that animal who is, of course, part of the rich tapestry of Earth life, has come along at a time, and provided *you* with a little knowledge that was missing. Would you not agree?

George: Yes! I do agree and I take pleasure in passing that bit of knowledge on to others.

Yes. All too often, what happens with human beings is that because this is what it is—it is the element of fear that rises, and your little patch of garden is not part of the *whole*, but is *your* possession, and it becomes such, and therefore fear enters into it, because you have devoted time and effort—but in stopping, and looking, and listening, you have resolved it, and you resolved it with much love, because you provided that small mouse with food.

George: Yes, yes I must say it gave me much pleasure.

Rod: Well, Salumet, I think you'll reprimand me badly, because we've been having a rat go from the hedge under where I put seeds out for the birds. It goes to and fro getting this food, and I got worried because I knew the children were coming up and my neighbour put some food out mixed with poison, and we don't get any rats now—well we've only had one since. I don't feel very comfortable with this, but, I suppose, in my mind I've got rid of the rats, but I feel sorry about that, but I just can't bear having rats and children in the same area.

I understand, my dear friend. Please do not be too harsh. Your thoughts were for those innocent children; therefore it was not an act purely for destruction, but, partly from love. I have tried to tell you, on many occasions, that not all things are 'black' or 'white' as you humans seem to *feel*, but it is the intent of the actions which is more important. Therefore, the love of the children will be balanced against the deed of killing the rat. I, of course, would always say it is not good to kill (yes), but, as I have said the intent is what matters most, so do not be too hard upon yourself.

Rod: Thank you for those words, Sir—thank you!

Yes, after all we know and we understand that this world that you live in is almost like a battlefield with each individual trying to survive in the best way that they know how. All I would say is, my dear friend, whatever you do, may it be done in love, and you will not go far wrong in your lifetime.

Rod: Thank you so much for those words Sir—thank you. Yes. So, if we wrap the world up in our love—the whole world—animals, peoples, our planet—I think that's what I must do more often.

Yes. **You must live your life as Love.** You cannot solve the Earth's problems, and you will not for some time to come. I have spoken about this on previous occasions; but all that you can do is to be responsible for what you *think*, what you *do* and *be aware* that that spiritual part of *you*, should always be to the fore of your thinking. You understand?

Rod: Yes—yes. Was that purely by chance that two gentlemen came up to me yesterday?—they were elder leaders of our church and we met at the top of the garden and I started talking about you and what we do—and they teach about Jesus and the Bible. They came indoors for a chat, and I just wondered if this was something that our friends organised for us?

I will say this to you: nothing in your lives is by *chance*. Situations will always arise at the right time. It is whether you, as human beings, seek that '*chance*' or not; that is where your freewill comes into play. Every individual on this Earth planet is given many opportunities to *grow*. This is part of your growth—this is part of your learning and understanding that there are many, many people who will not always agree with what you know and believe, but what happens is, that many seeds are sown, and perhaps

you realise that you cannot rush the growth of a seed. You learn patience, you give that seed love, you see it begin to grow slowly and then to flourish, and you then have great joy from that procedure. So there always is a reason behind all of these things. Remember my friend that spirit is always with you—is always guiding and teaching. **So nothing is by chance.**

George: The timing of historic things emerging is quite fascinating, I find. There is currently great interest in the ‘Bosnian Pyramids’ in Eastern Europe. These are quite huge—larger than the Great Pyramid of Egypt, and they seem—well there’s controversy at the moment as to whether they are natural shapes of hills or whether they are the remains of constructed pyramids. People are investigating, working on these at the present time, so perhaps this is the time when these items should be looked into, but it’s surprising that they’ve existed thousands of years and only now are they being more closely examined, and a number of people are recognising the structures as pyramids. Any comment from you, Salumet, on the Bosnian Pyramids?

Forgive me if I seem a little amused, because, I have said, in past times that much more would be discovered in your world.

George: You have, indeed!

I have—yes. There is much in your world still to be discovered, but it is very appropriate, shall we say, that this discovery is being utilised, might I say, in this year that so many of you Earth people have decided is an important year (yes). There is a ‘union’, a knowledge that is waiting to *happen*. Again, I say, *nothing is by chance*. I would say to you that they will discover that they are older pyramids than the ones that you know of.

George: Yes, that much has already been stated by some.

Yes—yes. What would you like to know about it?

George: It would be very nice to have confirmation that they are indeed pyramids.

They are pyramids!

George: Thank you for that, and the figure that has been put on them for age is somewhere between twelve thousand and twenty-four thousand years.

Older!

George: Yes, I thought you would say that!

Older—yes.

Rod: Good gracious!

Sarah: Were they built for the same reason as the—

Paul:—Teleportation?

Yes, always *travel* was an object. Yes, I would say that the Egyptian race in some way, had the same information—the same people who travelled, and that is how you get the comparison between the two.

They will find many comparisons with these pyramids, yes.

George: Comparisons with the Great Pyramid of Egypt?

Yes, they will discover this, but they need a little more time.

George: Yes. Oh, that’s a joy to hear! Thank you, Salumet.

Rod: So man was helped in building these large pyramids?

Yes—yes.

Paul: By the same extra-terrestrial race who built the Egyptian pyramids?

Not the same race, but a race of higher knowledge, yes. But I am happy to have had the question, but a little amused that you had forgotten my words.

(Chuckles)

George: Well, I think we partly put the question **(yes)**, because we know of others who have so much interest *and* doubt.

Yes, I know you are little seeds of knowledge. I fully understand, and it is only right that those seeds of knowledge are allowed to flourish, of course.

George: Yes. In particular, we have been in touch with one, Suzanne Taylor in Los Angeles, United States, and she has developed a great interest in crop circles, and, through those crop circles and interest in other possible extra-terrestrial connections, and we have corresponded on the Bosnian Pyramids **(yes)**. So, she is one of our contacts around the world.

Yes, we knew when first you came to this group that you would be an emissary of spirit—that the word would be spread, and that, my dear friend, you have done most successfully, and for this, we give thanks, because without the use of the human voice, we would of course, find it much more difficult. So never forget, my dear friends, that each one of you, not only within this group, but the many throughout your world who sit as you do—you are all precious to us, and without you, it would as I have said, be so much more difficult.

George: Well, we're very aware of—'teamwork' is a word I would use—and that team includes so many in spirit as well.

Yes, that is why I said at the beginning: your *dedication*, your *trust*, your *love*, is so important and it is a great lesson for you all to know and understand this.

Sarah: And likewise, without your teachings, Salumet, our lives would also have been a lot harder, so we've helped each other.

Yes, as I told you: the life can never be made *easy* for you. You must live your lives, each your individual lives, with life's many problems, but what I hope you have achieved is the strength and the knowledge to work *through* any difficulty which stands in your way, and I know that you have.

Sarah: I think I speak for all of us, but I think it's helped us all. It gives us that inner strength and just having the knowledge—it's just wonderful, so thank you!

Now, my dear friends, I will take my leave this time, but I would like you to know that although I do not come to you quite so often, I am aware of your lives—I am aware of your fears, and, yes, you all have some fear, and I am always there for you.

(General thanks)

George: Yes, I know, many years ago, I had fears, but I feel that those have very, very much diminished now, and, yes, much thanks to the teaching.

Then followed a rescue via Eileen: (If you wish to listen to audios of these 'rescues' they are freely available on our website: www.salumetandfriends.org)

Sarah: Is anyone there? Are you wishing to speak?

Who are you?

Sarah: My name is Sarah.

What do you want?

Sarah: I thought you had come to visit and I thought you might like to speak with us.

I don't know what to do, I just don't know. I've just had enough.

Sarah: Just had enough, have you?

Yes.

Sarah: Do you remember what you were doing last?

Just give—kids—kids—

Sarah: Too much to do—it was too much was it?

Yes.

Sarah: Yes—well, I think what's happened is, you've moved on to spirit.

No—no, no.

George: Now—

Sarah: This is George—there's a little group of us here.

George: We are all here to help people who have difficulties, and you had some stress did you, with children?

Yes, I won't have another one, I won't. I just want—

Sarah: No—the children are fine now, and you are going to be fine. But what you need to do is look up and see if you can see a nice bright light.

I don't understand what you are talking about.

Sarah: You will understand—just look up, don't be afraid, and see if you can see a nice light. Can you see a light?

No, all I can see is houses—houses and houses. The children—the children—

Sarah: Never mind—don't worry about the houses or the children now.

With much distress: But I am—I am worried.

George: Can you tell us how old you are?

I'm twenty-eight (ah—twenty-eight).

Sarah: Tell me what you are worried about.

I can't bear it—I cannot bear it!

Sarah: Don't worry—you won't have to worry about it anymore.

I swear one day I'll kill 'im—I'll kill 'im.

Sarah: Well you won't have to because you've moved away from him.

Paul: Could I just ask you: do you have any belief in what happens when you die?

(She declared herself to be Roman Catholic)

Paul: So I assume you believe that when the body dies there is a soul or spirit that moves on—

George: To what we might call 'heaven'.

Paul: Others know as other names, but do you know it as heaven?

With distress: I don't have time for you preachers! I wish you'd leave me alone!

Sarah: We're just trying to help, we're not trying to preach to you—we're just trying to help. How many children have you?

I've got six.

Sarah: Six children!

Yes (oh).

Sarah: Well that's alright—the children are fine now, and you're away from your husband now, so he will not harm you anymore.

I don't know where I am.

Sarah: If you listen to us we will be able to help you find out where you are.

George: Well my dear, you have had difficulties and you have become overwrought—and you have died. But you continue obviously—you are spirit, and that has been your belief. And that is reality—you are spirit. You are moving on to the heavenly realms. And if you look ahead you should become aware of a light, a wonderful light—and we're all here to help you make that crossing—to the light.

Sarah: You will see someone that you know very soon.

Paul: Who would you like to greet you?

Well, I hope it's Jesus.

Paul: Well, it could be him. Is there anyone else who's passed on—perhaps a grandparent?—is there anyone else who's already moved on, who you would like to greet—

No.

Paul: If you look into that light, there will be someone waiting there—

George: It may take a little time, but if you look to the light you will see—

I won't go unless it's Jesus—I won't, I won't go.

George: Yes, alright, but look to the light—and perhaps it will be Jesus that you see.

Sarah: Can you see the light now?

(Still very upset) I thought that might be it—

Paul: You will be looked after, and when you move into what you call heaven, people will explain to you how you can—

(She expressed concern about her confession)

Paul: You don't need to worry about that now. It will be explained to you—

George: How you can be close to your children—how you can watch over them.

Sarah: Is it lighter now?

Yes.

Sarah: That's good—keep looking into the light.

It's drawing me.

Sarah: That's good. Go with it—move towards it. And you will see someone—a face—

Oh—Mother of God—ah—it's beautiful! It's beautiful!

(We continued to encourage her to move forward)

Yes.

George: Move into that beautiful light.

Sarah: Happy to go now?

Be-au-ti-ful!

The lady seemed to have been held close to Earth due to the mother-bond with six young children and so she was aware of Earth and the rows of houses instead of her way forward. But happily she was receptive to a little help.

George's Notes:

Bosnian Pyramids: There are five pyramids at Visoko, not far from Sarajevo. The largest is known as 'The Pyramid of the Sun' and is 220 metres high (Great Pyramid of Egypt 147 metres). Radiocarbon dating is said to indicate 12,000 years, but this would be for associated organic matter and not pyramid per se. There are indications of a substantial tunnel network within and there are said to be 24-ton stone blocks. It is obvious from current excavations that the pyramids are artefacts and not natural. They are currently controversial. I have left the following blog on an Internet site—Disqus-verify—that gives good information on this very important topic:

'I speak for a UK séance group with 'Salumet' from Angelic Realms as guide. He is of all-knowledge and is infallible. The Bosnian Pyramids are artefacts in excess of 24,000 years old, and as with the Great Pyramid of Egypt and certain other large and spectacular pyramids, were constructed by extra-terrestrial visitors, in the first place to facilitate their space-travel; also used as teaching centres to help raise awareness of Earth people. The ET-visitors used their own technology for working and moving the huge stone blocks ... Earth humans would not be capable. Please feel free to visit our website www.salumetandfriends.org and go to page 'Bonniol/extra-terrestrials' for more details on ET-communications and Salumet teaching. The matter

of ET-communications across the universe and the fact that we are one big cosmic family is very important (but some of Earth's politicians and military wish to suppress this reality in order to preserve their status quo, while there are also others of too closed minds to be able to accept these wondrous revelations!).'

Bermuda Triangle Pyramids: Our attention has been drawn by one of our readers to reports of two pyramids of similar huge size discovered with the help of sonar. They are smooth, of a translucent glass-like material and on the ocean floor at a depth of 2,000 feet. Well, Salumet has said that other discoveries will emerge! It is suggested that these artefacts may have something to do with the strange disappearances of this area. Thank you Chris!

~2nd July 2012~ SALUMET

Welcome to our return from an unplanned recess. Eileen's fractured ankle has healed and much has transpired through this period. Ann, my dear wife and group member, with whom I have shared so many adventures, has taken her journey to spirit. Paul and Mark have briefly visited Bosnia and forged a valued link with pyramid excavation project leader: Dr Sam Osmanagich.

Firstly, one spoke via Eileen to deliver a personal message and to say that another would follow. Then Salumet followed:

Lilian: A very big welcome Salumet.

George: A very big welcome, following the pause in our work.

Good evening.

All: Good evening.

As I join with you again, let me just say my dear friends, that I have always been close by for *all* of you.

(General thanks)

Some are more aware than others, but nevertheless there have been many of those from our world who have supported and uplifted, and I am sure my dear friends that you are most grateful to them.

(Much gratitude and thanks expressed)

Lilian: I think we've probably overwhelmed them with our asking for help.

George: Yes it's been a difficult journey for some of us and I have felt we have been very much helped through it. Thank you to all concerned.

I can assure you that you are much beloved—all of you within this group. There are many who are there to help, but for the asking. And as I have told you on many occasions: there is nothing wrong in asking for help, not only for others, but for yourselves; and that is what we have achieved in the short time that we have not gathered together. But I have to say it brings much joy, not only to myself, but to all those friends and helpers who are so close to you. I will take some questions from you, but we have plenty of time in the weeks to come where much can be answered for you. I have to say that for a very short time, the energy of this instrument was a little depleted; therefore I wish to give time to rebuild her energies. Therefore my time with you this evening will be shortened.

Jan: In that case George, we'll let you ask the questions.

George: Well, I wonder if we could ask some more questions concerning the Bosnian pyramids—since our last occasion when this matter came up, two of us—Mark and Paul—have visited the pyramids and have spoken with Dr Sam Osmanagich who leads the excavation work there. He has published a book this year and we have read it, and so we are equipped with a few more facts. There has been radio-carbon dating of the pyramids and the result of that is 30,000 years. And I wonder how that date rests with you?

I believe I told you that they were older than they would appear to be—(yes). Yes, I still stand by that—I would say, if you are desiring a timescale, that 5,000 more of your years would be a closer equation.

George: Yes, thank you—I have felt for some time that our radio-carbon dating that we get for things do not seem to be quite in a linear sense.

No—of course there can be accuracy sometimes, but on other occasions it falls a little short of accuracy. But that is my reply to that question.

George: Thank you. There are many, many tunnels—many kilometres of tunnels, within the pyramids, and the leader of the excavations is wondering why there should be such a length of tunnels. I don't know if you would care to suggest a reason for that?

Yes. Firstly I would say: transportation. And I feel that I have to say that people at that time were fearful—fearful not only of fellow man, but of those who came from afar. So tunnels were created for movement-without-being-seen. So basically it was for transportation—to move freely.

George: Thank you. And at a much, much later stage, the tunnels have been filled in with stony riverbed material—totally filled in; and the radio-carbon dating of that material is around 5,000 years—so much, much later, those tunnels were filled in.

Yes—at one time there would have been some filled with water. I know that seems strange to you—

George: Well, not entirely, but we'll come to that later.

Okay, I will leave it to you to tell me—

(Chuckles)

George: I'm sorry, I didn't mean to interrupt.

Not at all, I am most interested to help you.

George: Oh well, this is coupled with a further question I had **(yes)**. There are some ceramic or fired clay devices within some of the tunnels—very large—one in particular is about 8-tons. This was moved, and when it was moved, water began to come up through the floor of that tunnel **(yes)**. When it was moved back in position, the water disappeared again.

Yes, because there was always the fear that some of the tunnels would be—not able to be used, because of the water. The tunnels would become 'flooded', as you would say. Yes, there is water—lies beneath certain areas, not all, and that is the reason for the in-fills.

George: These ceramic pieces would seem to be very clever devices. They seem to have an effect on the nature of the water—

Yes, because all is energy. You are speaking of people in that time who had much knowledge of the Earth (yes). Not just as you view it today. These people were rather intelligent in their foresight—you understand?

George: Yes, I'm sure we have a very great intelligence here **(yes)**, and I think you were saying, the original creators of the pyramids were extra-terrestrial people; and I get the impression that one of the first things that extra-terrestrials do when they visit our planet seems to be to construct a pyramid. That produces an energy and I imagine that energy to be instrumental in either their travel or communication.

The pyramid power has always existed and they have found ways to utilise it upon this Earth planet—or they did. Even today, you will find many people who rely on pyramid power (yes). To them it is quite usual, but for many people, they do not fully understand that energy.

George: So would they be for use here on the planet and not for use in space travel?

For both; why not utilise the energy available?

George: Yes, thank you. Another interesting fact is that there seem to have been very large concrete blocks used in I think the 'sheathing' part—or 'outer' part of the pyramid **(yes)**. It seems to be a superior and very hard concrete—rather better than that which we produce today—

Again, I have to say: the answer is simple—because you have superior beings, in as much as knowledge goes, who were capable of much more than mankind today. That is the fact that you must always remember. You are dealing with a race of people much more advanced than humankind today. Therefore, all their knowledge and skills would have become part of that creation.

(At this point Sara indicated that she had a question when this topic concludes)

George: I just wanted to mention that those concrete blocks are very large—much larger than we produce today. We make them about 18" X 9" X 4", while these are X40 larger than that, I estimate from looking at photographs.

Yes—if you have a being who can travel space, who can create much that mankind knows nothing of, you should not be surprised that they can produce far superior—‘goods’ shall we call them—to what is available to man.

George: And no doubt, move them through a dematerialisation process—

Yes, all of these things are available to them—yes.

George: Yes—that’s all very helpful.

I hope it has helped you. There are many wonders yet to discover in your world. It is mounting evidence of other species of intelligence.

George: You have told us that there is much yet to be discovered **(yes)** and several things recently have come up.

Yes, did I not tell you that this year, when you questioned me about what would happen this year, I told you that it is a year of *new beginnings* (yes), rather than doom, and these new beginnings also include new information.

George: Yes, and an interesting, shall I say ‘*device*’, which has the look of perhaps a flying machine, has been located on the bed of the Baltic Sea **(yes)**. This is being investigated at the present time.

Your oceans and seas have much to offer up—but not just yet—each step is more informative for man, and each will be discovered at the right time, for mankind to use and to utilise for his own knowledge. But there is much you do not know.

George: Did you want to ask a question Sara?

Sara: Yes, um changing the subject—when my mother passed to spirit, I think it would have been her sister’s birthday, and I wondered if that was significant—do you know if she was met by her sister and her parents?

She was met by a grandparent firstly, but there were many who awaited this lady (oh--yes). Yes, there was a group of them and of course, family when there is love, always seem to come to the fore (yes).

George: That’s very nice to know!

Yes, but she needed a little time just to rest (yes), yes. But I know that you would wish communication, but it is not time yet (yes).

George: Yes, I think that is one thing that you’ve taught us, that there has to be this time interval.

Well, only if it is necessary. And of course, when someone has suffered a little physically, then spiritually, they need to recoup their spiritual energies (yes).

George: Yes, I felt this had to be so.

But I will say to you that this lady is very happy.

Sara: Oh good! Every time I thought of her I kept imagining that she was happy... this is recently and this has helped me to feel happy.

Yes, she wishes—she is not giving the information of course—but others do, and she is happy—yes.

Sara: Thank you!

Now, my dear friends, for this time, I will withdraw and allow others to come if they so wish.

(General thanks)

Jan: Lovely to hear your voice back with us.

George: It is lovely that you are with us again Salumet and thank you so much for the information given. Our contact abroad will be very happy with those responses I am sure.

Yes—yes—as always, I leave you with much love.

(Voiced reciprocal wishes)

George's Notes:

Ann: *It came as wonderful news that Ann now has loving reunion with those in spirit. I am aware that spiritual energies often need to recoup and I had not expected any report quite so soon (following 18th June), but Salumet of course has timeless all-knowledge. How blessed we are to have confirmation that dear Ann is happy and all is well!*

Pyramids Around the World & Lost Pyramids of Bosnia: – “Almost everything they teach us about the ancient history is wrong: origins of man, civilizations and pyramids”: Dr Sam Osmanagich, Archaeological Park: Bosnian Pyramid of the Sun Foundation, Sarajevo, 288pp, 2012. This is a two part book, part 1 encompassing pyramids in many countries around the world; then part 2 describes the Bosnian pyramid work. The book abounds with illustrations, breaks new ground and is a pleasure to read.

Extra-terrestrial Knowledge: We clearly have to get used to the idea that Earth has received visits over many, many years from others of far greater intelligence and with far more capabilities than modern humans. As Dr Osmanagich suggests, history really needs to be re-written. Our development has clearly NOT been insular and it is time to throw comforts of status quo and to recognise Earth's place in the much wider scheme of things.

Concrete Blocks: The enormous blocks are indeed concrete. A chemical analysis of the cement binder has been published. Looking at the figures for element oxides: the silica, alumina and iron oxide values lie within the spec for Ordinary Portland Cement (OPC). Calcium oxide is a little low but there is in addition magnesium oxide. This means that, in addition to complex silicates of calcium, complex silicates of magnesium would also be present in the set cement. This might well explain the superior hardness of the binder compared to OPC.

[It has been pointed out that some variants of the geological formation known as 'pudding stone' can have similar appearance; but pudding stone has different properties, different chemistry and when fractured both (equally hard) phases of the conglomerate fracture together. We can conclude that the blocks of the Bosnian pyramids are indeed true concrete blocks, have been made by intelligent beings and cannot be assigned to our planet's geology.]



Dr Sam Osmanagich and some of the massive concrete blocks as illustrated in the author's book and as seen by Paul and Mark during their visit. Photo reproduced with kind permission of the author. Would you care to lift one???

2012: A Year of New Beginnings: It most certainly is! We received word from Chris about the two translucent pyramids on the sea bed of the Bermuda Triangle area. There is the possible UFO on the bed of the Baltic Sea—disc-shape 18-metres diameter, with a 300-metre track connecting to it (sonar pictures). Thank you Ray. In Netherlands, Janet Ossebaard has a wonderful crop circles website: <http://www.circularsite.com> which includes very interesting analysis of samples—thank you Mieke for alerting us. In Los Angeles, Suzanne Taylor has a great Internet conversation in progress: <http://theconversation.org/blog/vital-mission-will-you-join-me.org> of which we are a part. And Tata Motors of India plan to launch 'Mini CAT' in August—a super-clean compressed air driven low-cost car, which utilises expelled cool air for its air conditioning system. New beginnings!

~30th July 2012~ SALUMET

Lilian: Welcome Salumet.

Good evening.

All: Good evening.

Sarah: Nice to have you back.

As always I am happy to be with you once again. I wish to say this time, that our joining together brings me great pleasure.

Sarah: Likewise.

(Murmurs of agreement)

George: We're really glad of that, thank you.

There have been many breaks in your time this past year, but we now have come together and hopefully my dear friends, this will continue. Some of you have energy—physical energy, which is a little depleted at this time; nothing to concern yourselves about, but just to let you know I am aware of it and will help in any way that I can.

(General Thanks)

I would like to say to you, my dear friends, that as far as your own *self* development is concerned, you perhaps are just a little—I use the word 'lacking'—but as always, I say to you, it is entirely your own free will, which will enable you to develop more spiritually. Our aim this past year, was to encourage you to develop that spiritual self, to bring it more to the fore, to have the recognition more easily of your

spiritual gifts. So I ask you, my dear friends, that you continue when you are not within the confines of this room, to develop your own gifts of spirit. I hope you will agree with me.

(Affirmed)

Yes, much more could be done.

Sarah: Yes, I know I'm probably the worst culprit.

We do not call you culprits.

(Quiet laughter)

But it is for your own growth, it is for your own betterment and it also enriches the physical lives that you lead. So it is imperative for *you all* that you look upon these quiet times as one of the most important areas of your physical life. I must at times sound, my dear friends as an echo, but I say to you that I repeat these things in order to encourage and to help and to uplift you.

Sarah: Yes, thank you. I think sometimes you must think you're hitting your head against a brick wall. You keep telling us and you keep telling us and—**(No)** sometimes—but anyway, we need the reminder.

My purpose always is to show you patience and love.

Sarah: You certainly do that.

Paul: I think it always has to be a daily routine, more or less at the same time. As soon as you step out of that routine, you've lost the chance. I think the way our lives work, it has to be a little bit like, always doing it at the same time each day and you have to stick to it no matter what—it needs to become a habit—

Yes I understand. You human beings are so much involved in daily routine that probably it is a good idea for you to include it in a daily routine, if that is the easiest way of doing things, although, my hope for you all is that there should be no thought of it, but it should become a more natural part of your being.

Lilian: Yes, if you walk in a quiet place (**yes**), there is one near me—a lake and it's very pleasant there.

All of these opportunities, as I have told you in the past, can be utilised for the benefit of your spirit, but to develop more, you need that quiet space and if it is done regularly at the same time, we in our world are waiting there to help you (Thank you). Although you know we are with you instantaneously anyway, but it is a good discipline for you all; after all, you are responsible for your own beings and as much as I try to encourage and to influence, I can only do so much. But we are in a time of self-development; there is so much you could do my dear friends, not only for yourselves, but for others who come after you, you understand?

(Murmurs of understanding)

So it is important that you continue the words and I know our words go far and wide, but it is important that you also go inwards.

George: Yes, I find myself that I sometimes want to go inwards, but I get troubled by a tickly throat and I start coughing, but I guess that's just something purely physical that I'll have to get on top of?

It happens all the time. It is just the process of going a little more deeper and the *voice box*, or 'throat' as you call it, is part of that change. So do not be too concerned, allow your throat to clear and continue to find that quietness within and eventually you will find that that disturbance of your throat will disappear.

George: Yes, thank you.

Sarah: The instrument you're using used to have that trouble as well. A little while ago it reoccurred and she came to the conclusion that that was all it was, just spirit being around, yes—

Yes, with this instrument that I use, it happens still and it happens also when she is being used and overshadowed during the healing process, but she has come to the realisation that it is not worrying or

important, but what IS important, is the work that is being done. We do still at this point in time, need to use the physical body, the physical eyes and throat and hands and such, in order to do our work; but it is a regular happening, so do not be concerned; you should never allow it to stop you from finding that deep part of yourselves.

Sarah: In fact we could use it as an encouragement, because you'd know that you're going in the right direction when that happens.

Yes and also the ears are often used in a way that people find distracting, but in a way you should be encouraged, because it shows how close we have come to you.

Sarah: Do you mean a ringing in the ears?

There are many sensations: Some people feel they hear words, some say ringing, some say other noises within the ear. But of course you must never rule out any *physical* conditions and assume that all is from spirit. After all, as I have said on previous occasions, to hear voices, is not always spiritual, but can be a physical condition that has to be attended to medically. But as your awareness grows, so you know and understand more about these conditions and how we in spirit work and come close to you. Have you anything to say about your own self-development?

Rod: I do seem to have a problem when I try to go in—I often drop off to sleep rather easily. Whether things are happening then I don't know, but I hope so, but I don't think it's the ideal way of doing it.

It is a step towards what you should be trying to achieve, because only when the physical body is relaxed will you sleep. What you are attempting to achieve is *that state*, but with spiritual awareness. But continue to try and you will find that there may be a time when you are completely relaxed, but still as you put it, 'awake'.

Rod: Yes that's good, ok.

But you mustn't stop trying, because as with many things in life, you have to have *practise*. And because so much has been lost by you human beings in this world, it takes time to recover. You understand?

Rod: Yes.

George: Perhaps the chair design comes into the equation, some being too comfortable perhaps and a more upright sitting position could possibly help. Any comment there?

Upright, both feet together, with the body relaxed but not slouched. Yes, that enables the energies to be better utilised by those who wish to use you.

Rod: Come to think of it, George did tell me that, years ago—

Yes, if you find that is the problem, then of course you have to alleviate the physical problems first; but it is still teaching the body to relax.

Rod: Good, that's great, thank you for that.

Does anyone else have any questions while we are speaking of your development? You are all happy with your development?

(Knowing chuckles)

Sarah: I know I could develop a bit more, but I do find, living by myself, I do have, when I'm not rushing around—at least, I don't have anybody talking to me and I do find that I'm becoming more aware of different things. For example, if somebody's done something and I think yeah, you were meant to do that, because of something else and I *do* find that my thought processes are different to what they were, and I'm sure that's your teaching. And I do know I should do more self-development—but I think things, even though I'm not doing that, are ticking along anyway.

Lilian: You mean like coincidences?

Sarah: Yes coincidences and I just seem to be a little more aware of—I can't think of an example right now, but I do seem to be thinking a little more along the spiritual line so—

George: Yes I'm with you there Sarah. I feel that I've been thinking in a clearer and more constructive way lately. I have for a number of years thought about the 'aether', or 'continuum', whatever we call it, and about the nature of LIGHT and it would make a lot of sense to me to regard LIGHT as a compression wave travelling through the aether. Being a compression wave, it would give it something of physical character and we relate LIGHT to the physical creation and it has a measurable pressure when it falls on a surface, and it has a particular speed at which it travels, which does rather make it part of the physical system and I feel it is all to do with the compressed parts of the wave; whereas with THOUGHT, that has been spoken of in some sources as a torsion or twisting wave motion, which has no pressure in any part of it, so that remains purely non-physical and perhaps that goes some way to explaining why THOUGHT travels in an instantaneous way, whereas LIGHT being much more physical has a particular speed and physical properties.

Yes my friend, you have differentiated between what you call 'waves'. I like to use the word 'energies' (yes). Of course I have always taught you that THOUGHT is the most powerful thing that you can ever possess, and yes, THOUGHT belongs to spirit. It has no weight, it is *pure energy*, it belongs to the energy of the whole of Creation. That is why THOUGHT can travel throughout many universes in an instant—even more quickly than an instant!—I have to use physical words for explanation only. Yes, I understand your comparisons and if it helps you to understand the continuation of life, then so be it—that is your way.

George: Well it helps me to understand, (yes) by seeing the continuum as having two distinctive types of wave that can travel through it.

Yes, because that is your way of thinking and I would say to all of you within this room, you each must find your own way of discovery of truth. I could put words into your mouth, but that is not what I wish to do.

George: And I appreciate that any movement within the continuum is energy.

Yes, it is *all* energy and that is being recognised. But yes, THOUGHT is a much different process.

George: And yet it would seem to be in the same medium—

It is all part of the same energy, but it is much finer, much more refined (yes). That is the simplest way that I can put it to you.

Sarah: That sounds a good way actually.

But you must, each of you, find what sits comfortably with you and the way to do that I reiterate, is to go *within*, to find that energy of THOUGHT within that takes you throughout all of Creation, where you become *part* of Creation. Do you understand?

George: Yes.

That should be your goal, where all things are part of each other.

George: Yes, that is a thought that has become much stronger with me in recent years.

That is what we are trying to achieve for you *all*.

Sarah: You said two things there about becoming *one* and you also talked about the *universes*. I was listening to a programme on the radio and this person was saying about there being more than one universe and then they said, well where does one end and the other one begin? Perhaps we've talked about this before, but I just wondered if you could—perhaps it's because we're thinking in a physical way—

George: Perhaps they are coincident?

Yes and density of energies. You are moving into an area that would be difficult to explain to you at this time. But if we speak of 'many universes', it is all gathered within the one energy, as I have just spoken of. But energy can be transmuted, and we have also spoken about this at times, which offers some explanation also.

Paul: And none of the universes have any end do they—there is no end is there?

There is no beginning—no end, yes.

Sarah: They're all part of one, but different densities (**yes**). A bit like sound waves, you can't see them but they are there.

There are many energy waves that mankind has yet to discover. There is a continuance of discovery ahead for your scientists—energy waves they have not as yet discovered.

Sarah: Have these energy waves already been known by mankind in previous times?

No, there are energies yet to be discovered, but that is something to come.

Sarah: So the ancients—the space travellers we've talked about before—with pyramids as now found in Bosnia (**yes**)—so that would have been a different energy as well being used, but it wasn't used by us Earthlings. Is that one of the energies you are talking about?

You are speaking of other peoples?

Sarah: Yes, I was thinking of the space-travellers at that time. That would be a different energy that they were using—

It would be an energy that they recognised and used, yes.

George: Incidentally, the one who is excavating the Bosnian pyramids (**yes**), he was delighted with your answers last time and wonders if you would be prepared to take more questions on that subject?

I will, but not this time. Next time, I would be happy to answer questions.

George: Thank you very much.

This evening I am more concerned about your developments.

Sarah: Could I just ask—Emily certainly works fairly hard with her spirit, but she was looking after somebody's house for a couple of months and she never slept very well in that house right from the start, and in the end she became aware of a presence in that house. I can't remember the address, but I wondered if you could tell me if there was a presence in that house or whether it was Emily's fear that was creating—

I would say she created the fear.

Sarah: She created the fear—thank you.

Yes. This young lady has much to develop, but when you start to develop and understand energy, you can also make yourself fearful. You have to be careful that all things are under control and that is why I say to you all, it is important to go within, because when you go within, there are those who wait by you, protect you and help you to develop all of these senses wisely. But I feel on this occasion, it was her own fears rising to the surface.

Sarah: Yes, so it wasn't anybody being attracted to her fear, it was purely something that was coming from within her?

Fear can become real. You know as I have said before, it becomes reality—thoughts become reality—as I have said, energy can be transmuted and that is what happens.

Sarah: Yes, well I do know and I've said to Rod, about negative attracting negative, and I remember I used to cycle through a woody area and it was in the winter when it was really dark, and I always used to be

really frightened as I went through there. But after you told us that we shouldn't have negative thoughts, I was never frightened again after that.

Yes, you have taken control of fear and replaced it, as I have said, *transmuted* that fearful energy into something positive. It applies to all of your life, yes.

Sarah: Yes, thank you for that knowledge—

Rod: Can I just ask a question, because I have often thought about it—when you start to go in, should you ask for protection, or is it automatically there?

You should always begin by asking those close to you for love and protection, yes.

Rod: Thank you Salumet.

Yes. In that way, as you go deeper, you should encounter nothing that is not good. Yes, because remember as you open up to these energies there is always good and bad. So you must always be aware.

Rod: Yes, thank you.

I hope my dear friends, that our little discussion this time will encourage you to think more deeply and to go within to find your true selves, and to discover those who stand so close to you, whose only desire is to help, instruct and to uplift you; not only those teachers, but those loved ones who constantly stand by, to help in any way that they can.

(General thanks)

Paul: I think some days are better than others, with my quiet times certainly, which shouldn't really be the case I know. It's purely allowing other things to affect it. I ought to be able to push it all *(away)*—when I'm in the quiet times I should be able to have more consistency with it.

May I ask you dear friend, what do you experience in your quiet times?

Paul: When I feel I'm getting somewhere with it I do get to a point when I feel I'm *on the verge* of something; there's a feeling of being detached from the world now, I'm in a more peaceful—

In a more peaceful place (yes), but as long as your brain remains active and *thinks* of these things, you are not completely allowing yourself to let go; you must allow it to happen. Do you understand?

Paul: I guess that the letting go then—is it sort of—degrees of letting go?

When you allow yourself to let you, you become unaware of who and what you are and of your surroundings. Then you begin to realise that there is something more than what you are familiar with. You understand?

Paul: Yes I *do* understand that (yes)—I feel it's not too far off—that state. I've just got to release more (yes) to get to that state, yeah.

Good. Now my dear friends, I have spoken enough to you about your development and I say to you my dear friends: again it is up to you—entirely part of your free will, but very beneficial if you should be more aware of your spiritual self.

Lilian: I think you've encouraged us all.

So with those words—

Lilian: Can I ask a question just before you go, about people coming? *(To this group)* (Yes) One is my granddaughter Catherine. Would that be ok?

Yes if all are happy to invite this one.

(Agreed)

Lilian: The second lady, she was supposed to be coming when we met at *my* house, so I feel that one's ok. There is another lady, I feel she's ok too—who I met and talked to on Saturday, which you're probably aware of. I did feel it was rather a strange coincidence—

You are always so surprised my dear friend.

(Gentle laughter)

Lilian: I was on *that* occasion, very surprised!

It never ceases to amuse me how often I hear one or the other say it was *surprising*.

Lilian: It was really!

(More chuckles)

George: I too am amused because I was talking with Lilian about this and I *said* those would be your words.

You know me well—

(Further chuckles)

And yet you cannot cease to be amazed. Yes, again I am happy to ask this one to join with us, if that should be her wish—and again I say, provided everyone is comfortable with inviting other people in, then that is fine.

Now I will take my leave and—

(Pause)

Yes, I think there is one more to come.

Lilian: Thank you for a lovely evening.

George: Thank you Salumet for your tips on going within and I'm sure that will help us all.

Yes, I hope so.

Paul: I think so too, yes

As always I leave you cloaked in my love.

Sarah: Thank you for coming.

Paul: Our love goes with you too.

The 'one more to come' then spoke via Sarah:

Good evening.

George: Good evening.

I have been listening to the words of your master, and I felt that I would like to come to speak a few words with you.

George: Good—you are most welcome.

I am most interested in your scientists, and I heard your master speak of the new energies that you will discover. And I just wanted to say to you that this is something that I am most interested in, and I'm trying to impress upon your scientists one of the energies that is available to you now. But it is not easy, and I hope that I will be able to continue with my work so that you as a people will be able to go very much further in your thinking and your development as a people.

George: Thank you very much! Now, this is something that I feel is much needed at the present time.

Might I ask if in your Earth life you were a scientist?

I was, yes indeed, I was. But of course, the knowledge was very much limited at that time. But I've always felt there was something that I could not put my finger on, and now that I have returned to spirit I realise it was the help I was getting from spirit. So you see, I have in turn decided: this is my job now—to try to influence those scientists who are at present working so hard—though may I say: a little bit in the wrong direction? (Yes!) But it will come—I know it will come, but it just needs a little—'tweaking', shall we say in the middle—so as to turn their thinking a little bit to the other direction. And then I will be able to influence them very much more.

George: Well I think that part of their thinking at the moment is that what used to be referred to as the 'aether', they seem to be calling 'the Higgs Field'—the continuum throughout everything. Is that the sort of thing that you were thinking of?

I am aware of this experiment [the CERN particle accelerator project] , but no, I have to say: it is not with this group that I wish to work. They are indeed learning very much from their own efforts. But no, I am working with others who are sitting in the background scratching their heads, wondering which way now they can go. And this is for me a very good chance to help, because they are aware that they need to change, but they do not know how.

George: Yes, I think the scientists today are thinking too much in terms of particles and not enough in terms of, shall I say: 'field'.

But I feel this ah 'Higgs what-you-call-it' is um—they are trying to understand something that has happened, but—how can I say?—they are trying to understand it, but it is not necessary to understand—in my mind, to understand this particular experiment—it is more on another level that they need to go (yes!). This is what I am trying to say.

George: Yes, I think I understand and I agree with you. Your name would not by any chance have been 'James' in your previous Earth life?

I—let me think—I—

(Our interesting visitor clearly had some difficulty in backtracking to a remote memory)

George: Would it have been early 20th century?

Let me think—I was ah (Voice deepened) I was of a—I am taking back the time—I was wearing a long robe and I had much short grey hair—it was very hot and—yes, it was much, much earlier (ah yes) I am afraid I cannot tell you.

George: I do understand—if it was much earlier.

Much earlier—yes.

Lilian: And you still continue to be interested in the work?

George: Forgive my interruption. Please do continue.

(A few sighs and then recovery)

I was rather taken aback to come back, with so much heat!—it is a little bit of a shock. But anyway, let me continue. I am, yes, I am still most interested in the scientific world—yes. And I hope I will be able to help you and your scientists.

Rod: Have you got a specific field that you are very interested in?

Yes—energy—energy—yes.

Lilian: Is that since you've been in spirit?

No, I was always interested in energy—

Lilian: Were you a little bit before your time then?

As I said to you: I was being influenced from spirit whilst I was here. And now I wish to return the favour to those who are struggling to move forward on this planet now.

George: Wonderful! We do appreciate that.

Rod: So this is a method of how to manufacture energy on this Earth?

No—it is to make you aware of the energy that is already there, and how to utilise it—yes.

Paul: Much like the pyramid-builders might utilise the energies of the Earth? Like that?

Ah—yes and no. Yes, that was an energy that was used. But there is a much more—that was energy that was to help you physically. This energy that will be available to you will be helping you more spiritually

(Ah). ***But I cannot let you know what exactly it is, because this is something mankind has to find for himself.***

George: And that will lead us to a better awareness of spirit, I would imagine—

It will help in many, many ways. Yes, and I can tell you that whilst I was here I wasn't a good dancer, but when mankind discovers this energy I will be the best dancer ever!

(Chuckles)

George: Yes, that's a nice way to put it—very nice.

And so, with those words, I will return—but I will stay close to your scientists.

Rod: Could you give us a name so we know who you are next time?

You can call me 'Joshua'.

Lilian: Do you think you might call again?

George: Well, thank you very much indeed Joshua, and it's very nice to know that you are close by.

Thank you.

Georges Notes:

Joshua's Earth Life: *We were left with the impression of perhaps a hot Middle East country in ancient times when scientists would have worn robes.*

Scientists and Energy: *The huge CERN particle accelerator experiment continues—a search for the Higg's Boson particle, thought to confer mass/density to physical matter. The suggestion seems to be that that kind of understanding is not necessary. We need to think on another level! We are also aware of scientific groups 'sitting in the background scratching their heads' and I guess one of these will discover.*

Article: *The accompanying article, adds further perspective, and will be posted on website 'Scientific Enquiry' page.*

~6th August 2012~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you once again, my dear friends, we give a warm welcome to the lady. She is, as many have been before, a seeker of truth and light. I am sure that she will be comfortable within the presence of this room. As I always do I offer her to ask any questions that she may have?

Serena: Nothing at the moment—I may have later!

Yes—we will continue then with other questions this time.

George: Yes, I have some questions from the one who is leading the excavation of the Bosnian pyramids.

But firstly perhaps, I could mention something very topical: Salumet, have you been watching the Olympic Games, or are you aware of the Olympic Games?

I thank you for your question, but I have to tell you, my dear friends, that there has been much for me to do other than watching your Earthly games.

(Chuckles)

So my answer to your question is: I am aware of them of course, but not as you would imagine.

George: Thank you. It occurred to me that a number of people who are doing particularly well, especially in the shorter races, are the ones that originated from the terrible slave-trading days, and are black or mixed race people now living in the West. And it just occurred to me that perhaps there's a spiritual connection

with ancestors watching over as well as a genetic factor which helps them in their efforts. Any comment on that?

Indeed—I would say my dear friend, that you are over-activated! I would say to you: of course, all of your forefathers are keen to watch over each and every one of you. But to simplify your question, I have told you—what is the most powerful thing that you possess?

George: Thought.

Thought—that mind which belongs to spirit gives you that force that is to be reckoned with, besides the general ability of these people. Many more people could be, as you would say—‘champions’ of this world, if they would so put their minds to it. So I would suggest that you dwell upon that thought (yes). Yes.

Lilian: I remember you saying once how much better it would be to feed the hungry, with all the money that is spent on these games—we are not ready I guess—

Yes, that is—of course, you live a physical life, and of course these things are given to you in a sense, in order that you *find* yourself—that inner self. But, from spirit point of view, there are many people in your world in dire need (yes) and they must not be forgotten.

George: Yes—better not to waste the funding on warfare and games, better to help those in dire need. I think that is your—

Yes, but as I have always said to you, especially at celebration times in your world—that people come together—that the positive energy that is created, and which is being created at this time, with what you call ‘games’, *is* something positive (yes), so you know you must not decry it as being totally wrong. There always has to be a balance whilst you live in this world.

George: Yes, well thank you for your words on that Salumet.

Sarah: I think that’s definitely right that there’s been upliftment with these games—I feel uplifted by them. We were beginning to get quite low with all the problems with the banks and what have you and you begin to think that some people are getting too greedy or whatever and this is just generally an *effort thing* which is uplifting people. They’re spending money on it, but equally they’re spending a lot of money on sending people/machines to Mars to check on whether there might be life on Mars and we think: how many mouths all that money, sending that machine up there, might have fed?

You must remember that there is always good as well as bad. You must always try, my dear friends, to find the balance in ALL things. And I believe, when we spoke before I suggested that there would be some good come from those travels (yes) and indeed there have been many medical positive happenings from those visits. So, you know, you must be careful, my dear friends, to always look and find and of course never to judge (no).

George: Well, thank you for those words Salumet. Where the Bosnian pyramids are concerned, I did not make it clear last time that the tunnels which are associated, go far, far beyond the pyramids themselves, and you indicated to us that they were for transportation. Might I ask: would that be for transportation of building materials and for food supplies?

Partly—transportation for those beings who needed to be there.

George: And beings (yes). Thank you. And our friend is asking if there are more than the five pyramids in Bosnia that they know about?

I would say to him, that one more may be found (ah!). I cannot guarantee that it will be in his lifetime.

George: Thank you—and during their excavation work, there is some indication that there are rooms or caverns within the pyramids at a low level, and a question associated with that would be: will further excavation work to find out more be a good thing?

I cannot be the judge for another being. If it is that he desires to continue, then so be it. I cannot at this point in time say 'yes' or say 'no'. I cannot give you the answer that you expect, because at this present time I do not know.

George: Yes—are you able to say if there are rooms or meeting places within?

If you have tunnels for transportation of people as well as goods, it becomes obvious that there has to be what today you call accommodation. I would suggest that that is the way forward.

George: Yes, thank you. He is also asking questions about the energy—the energy beam from the pyramid, and is it still active today?

It is still active, but to a lesser degree—a much lesser degree—but it is still active.

George: To a lesser degree (yes)—thank you.

Sarah: Why has the energy been depleted—because it has not been used?

It has not been depleted, it has been transmuted (ah—yes). I hope that is helpful to this gentleman.

George: Yes, I'm sure. He has been very pleased with the questions so far—answers to them. He was asking if there are ley-line connections in relation to the energy generation.

Yes as always in all of these places, you will find that energy is there.

George: So there would have been—

There would have been, yes.

George: And this perhaps would indicate a selection of the site, with the available ley-lines—

Yes, of course—much more was known in those times—yes.

Sarah: Much more was known by man, or was it the extra-terrestrials who knew these things?

Both—as I have told you on many occasions, mankind has lost so much—so much more was known in times gone by.

Sarah: I was watching a programme on television about an excavation in the Orkney isles. One site was for burial and another was for living, but they were in two separate places. They seemed quite advanced places for Neolithic man.

Yes. Past people were so much closer to spirit than you are. I have remarked on this on many occasions—yes—it is up to mankind now to see for himself—to go within, to seek and to know that spirit; and with that knowing comes knowledge (yes); knowledge which has not been lost, but only has floundered a little. All of you have the possibility of great things.

George: Yes. In relation to extra-terrestrial matters, you have told us, or confirmed that the governments of the world withhold information on that (yes) for their various reasons. Would the matter of the Bosnian pyramids be in the same category? Do governments know about this, but are not anxious to promote the information?

That is not an obvious one to answer too. But of course all governments should know and understand a little of what is happening within their country. So my answer, my dear friend, is that they probably do know, and have stifled the information that was already there.

George: I imagine that some may simply just not understand—

Of course—yes.

Sarah: Going back to those Bosnian pyramids—if they were having extra-terrestrial help, how long would it have taken to have built one of those pyramids?

If you want a truthful answer—from extra-terrestrials, it could be instantaneous.

(Various exclamations of surprise)

Paul: Instantaneous—I thought you might say that.

Again we are speaking of the ‘power of thought’, as we do in our world in spirit—what you think becomes reality. Again, I am repeating myself, but the thought is instantaneous.

George: Yes, we appreciate that the thought is instantaneous, and where pyramid construction is concerned, it may well be that things associated with that thought are also instantaneous (**yes**). Would that be true?

You have to remember that, not only are you speaking of other beings, but you are speaking of humankind, of mankind. Therefore there would be slight alterations between the thought of the beings and the humans. There had to be collaboration. But that, my dear friends, is something I would like you all to think about this time—THOUGHT—(yes). You have forgotten my words I feel.

George: Now that you’ve reminded us, I’m realising how central thought is to this matter.

Yes, and how negligible all of these Earthly things are (yes), yes. That is something that you should ponder on.

George: Our friend was asking also: are you able to confirm that the beings who built these pyramids and are associated with them, no longer have that contact—the pyramids are not active now as links between us and those beings?

Those links were broken long ago.

George: Long ago—

Yes, long ago.

George: Thank you, I thought that would be your answer to that, but our friend wished to place the question. There is one further question I would wish to put, concerning the filling of the tunnels with riverbed material. And you indicated to us that the reason for that was concerned with water. Are you able to help us in this regard? Perhaps you’ve already given the answer with the instantaneity of thought, but were the tunnels filled by human or extra-terrestrial endeavour, or was there some kind of water cataclysm which filled the tunnels naturally?

Yes, it was a natural occurrence. That is the simple answer. It was a natural occurrence.

George: Thank you—thank you. That answer will be well-received I’m sure.

(Slight pause)

George: Paul, I think you had a question?

Paul: Yes, in the author’s book, *(Pyramids around the world by Dr. Semir Osmanagich)* he found some runes written on one of the ceramic blocks inside a pyramid. And it was translated as: *“We are at a standstill. We will have to be as warriors and defend and conquer, until we can move again through the star-gate.”* So it seems like the pyramid as a transportation device to their home planet was no longer working for some reason. Can you shed any light on that?

George: It seems these rune-like marks were on one of the large ceramic devices within a tunnel.

I would have to—yes, I am not being shown the reason for this, but I will return to it next time we meet. I will give you an answer.

George: Yes, I’m not sure how accurate this information is, but—

No, there is some block as far as this goes, but I will look to it and give you an answer.

George: Our question does involve human interpretation (**Yes**) of the rune-like marks. I cannot guarantee that is accurate, but we have reason to believe it might be.

It is most interesting for you human beings I know, when these things are discovered. But again I reiterate: it is nothing as compared to your spirit; please remember this, my dear friends. That is the important aspect of yourself that you should be discovering.

Paul: Yes, we should devote more energy to that (yes), rather than (yes) looking at pyramids that were built so long ago

That time has gone, yes.

Paul: It's gone, yes.

Sarah: These extra-terrestrials that came—the humans were then ready to make contact with them?

They were not ready, they already knew—it was not a case of being *ready*, it was a natural '*knowing*,' that is the word—a *knowing*. So contact was very easy for them, in the same way as you make contact with spirit now (yes)—you do not prepare yourself, it happens. You understand?

Sarah: Yes, so like when we've been in contact with Bonniol?

Yes, you see.

Lilian: We were ready for that—as were they—(yes)

Sarah: Just as a matter of interest, are there any extra-terrestrials helping or in contact, apart from like with Bonniol, helping physically on this planet at the moment anywhere?

Let us say there are presences all around your world.

Paul: They're making the crop circles, aren't they—interacting.

Sarah: That's true, yes.

Rod: I don't know if I can put this over correctly—you've talked about the power of thought Salumet and I wonder about the president in Syria, who seems to be upsetting things a little and I just wonder, if you had millions of people putting their thoughts out against his wishes, whether that affects his brain/outlook, whether—

Lilian: Whether it would help?—(yes).

Of course positive thought has to be for good, but you cannot change a human being's way of thought, if he is against it. It is a much more difficult procedure I would say, when you have someone who thinks they are completely right and their thought pattern is telling them they are correct. It is a little more difficult to overcome those kinds of thoughts, but of course it is possible. Positive thought will always overcome eventually any negative thoughts.

Sarah: The thing is though that people might be putting forward positive thoughts to him, but the rebels, if they do get into power—that won't be perfect either. So is it right that we should be intervening, when we don't really know either?

You should never try to interfere in someone else's life pattern. But you are not to know what their life's pattern is. That is why I have always told you: try never to judge other human beings, because you do not have the full picture.

Sarah: No, that's right.

George: While it is sad to see a civil war in progress, and one has feelings for all the people who suffer there, I also have the feeling that we in the West have had our periods of civil war in the past and...

And still mankind does not learn (yes).

Sarah: That's right—you miss a couple of generations and then it all starts again.

George: And therefore we should not intervene in a military way, if other countries have their civil wars.

Lilian: I was thinking of the Irish thing—that's not far away.

Paul: The only thing we can do I guess is to stand back and send our loving positive thoughts.

Just give out love—that is all you *need* to do, that is all you *should* do and in that way, you are not *interfering* in someone *else's* life. It is a great responsibility, to decide what is right and what is wrong.

(Agreed)

Paul: Our media doesn't help, by painting one president as the 'baddy' and the rebels as the 'goodies' and—

No, that does not help at all.

Paul: Better to think of them as, they are all *beautiful spirits*, all of them.

You are all born of the 'Light', remember this also. No one is brought to this lifetime as an evil being. So always keep this in mind.

Sarah: But does anybody really turn into an evil being?

Yes.

Sarah: They do?

They can do yes, if they do not look after that spiritual self—allow negativity energy to enter their being—yes of course there are people in your world, who are not what you call 'good' people.

Sarah: No, but are they sort of misguided or do they have some kind of mental problem, which makes them like that?

All of these things are *possible*, but remember they have their own free will and nothing makes them do anything to harm another human being. That is their sole responsibility. And it matters not whether you or anyone else decides to criticise—you do not *know* the full picture of that human being. There is a lot to think about I know, but if you try to see the wider picture, then you are a long way to understanding what *Love* is.

George: Yes, LOVE—POWER OF THOUGHT, these are all central to our living—or should be.

Yes, this is my teaching to you.

George: This is your teaching, and where the pyramids are concerned, although it's way back in the past, it nevertheless seems to enhance our understanding a little bit.

Yes, it helps with your *intellect*, but it does nothing for your *spiritual knowledge*, that is the point that I am trying to make. Of course it is most interesting to *you* as human beings, but if as much interest was put into knowing yourselves, think how wonderful this world could be.

George: Yes.

Rod: Isn't it that when we are reborn / reincarnated, we seem to have the computer up here wiped clean (*our past life memories*) and if we could just leave a little bit of the heavenly memories, I thought that might be an advantage and help things on, because we are a learning planet as you say, but we've got so many problems down here that it doesn't seem to improve over hundreds of years.

I can say there *is* improvement. I know that it seems that all is dire and everything is bad news. But when first I came to you I promised you that there would be a much better future, and I still am saying those words to you my dear friends. This could be a *planet of love*, but of course it will take much work—not only on your part, but from us in spirit, who are dedicated to helping each and every individual.

Rod: Wonderful!

It is a task not taken lightly, by those of us who come to help and sometimes it feels that to use an earthly term that we are *treading water*, but I can assure you, slowly progress is happening.

George: Well I recall when you first came to us Salumet in 1994, we seemed to be heading for nuclear disaster (*yes*) and I think you and yours in spirit have helped us to move away from that.

Our task is to influence and to *teach you*, that is what we all endeavour to do and I hope, my dear friends, that you feel I have helped you in some way, to recognise your own spirit beings.

George: I know we all feel that Salumet and many others around the world as well.

(*Agreed*)

Yes, and you only have to think of the words that have travelled from this small number of people and this is only one small pocket of people.

Rod: Thanks very much for that—great words!

George: And since moving us in that better direction, you have spoken much and taught us much and I'm sure our awareness has improved immensely (**yes**)—we still have far to go I know, but—

I am forever nudging you. I know sometimes you must feel: 'but you have already repeated those words'—of course I will continue to use those words if I feel they are helping you. (Yes)

Lilian: Please do.

George: That's appreciated.

Serena was then asked again if she had questions and Lilian added: Serena also visited the White Eagle Lodge and asked if Salumet was aware of him in spirit—I think we've mentioned it before actually, so I do apologise if we have—

Yes, there are many from spirit who have come to this Earth plane.

Lilian: As you have, as you do through a medium.

Yes, we all come at a delegated time in your planet's growth. As you would expect, no one or nothing stands still. But what never alters my dear friend is **TRUTH ... is **LOVE**. These things will never alter.**

And now for this time I will take my leave of you. I encompass you as always in my love, in my protection and hopefully in my teaching.

George: And thank you so much for the answers to all those questions and for guiding us in the way you do.

Paul: And all your gentle nudging.

(General thanks expressed)

Finally, there was a child rescue:

One was with Eileen but there was no response to Lilian's 'Good evening'. Another advised, speaking via Sarah: 'Take that child's hand and he will answer you.' Lilian held Eileen's hand and continued:

Lilian: Hello, will you tell me your name please—my name's Lilian.

Michael.

Lilian: That's better—that's good. Where do you think you are? What do you last remember?

Waiting.

Lilian: Who are you waiting for?

Mummy.

Lilian: Do you know where you were when you lost mummy? What were you doing? Shopping?

Yes, shopping.

Lilian: What were you shopping for? Do you remember?

Shoes.

Lilian: I see—shoes for you? You know I am here to help you, don't you?

I'm waiting for mummy.

Lilian: Yes, I see. Did you talk to anyone else? Someone came along and talked to you?

I was naughty.

Lilian: Yes, alright—we all do naughty things, don't we, sometimes? Did you go for a walk with that person?

Yes.

Lilian: I see.

George: How old are you Michael?

Five.

Lilian: Five—do you remember where you walked?

I ran away.

Lilian: You ran away.

A big bus came.

Lilian: I see, that's okay—don't get upset.

I want my mummy.

Lilian: That's okay, we're here to help you, but first of all, you were hit by the bus and you're obviously not feeling very well are you? What we've got to do is to get you better, and then you can see your mummy again. So what I want you to do—you see in front of you, two nice nurses. Can you see them—nice friendly faces? Can you see them?

George: There might be a light around them—they're there, in a sort of light.

Lilian: Lovely faces. Can you see them?

Mummy—

Lilian: Yeah, don't worry about that at the moment we've got to make you better. First you need to go with the nurses and get better. They can explain a lot more to you than I can.

George: Can you see them, in that light?

Mm.

Lilian: They're holding something out for you. What's that?

My scooter!

Lilian: That's a nice thing. Well when they make you better, you'll be able to scoot around on your scooter. And they'll explain a lot more than I can, because I'm not a nurse, I'm just someone to help you, to encourage you to go with them. Happy to do that? They'll make you better.

Ok

Lilian: There's a good boy.

George: That's the thing to do.

Lilian: What colour's the scooter?

Blue.

Lilian: There you go.

George: And I am sure mummy would wish you to go along with them, Michael.

Lilian: You'll be very happy.

She'll be cross.

Lilian: No, she won't be cross—she'll be pleased that you're ok.

George: We are all a little naughty at times but we get over that. All will be well again.

Lilian: So I'll let you go.

George: Good boy.

And Michael departed with his scooter in the company of the two nurses and went on his way.

Audios of 'rescues' are freely available on the website: www.salumetandfriends.org

George's Notes:

1: Lost knowledge: *It is clear from the various teachings that there have been past peoples living on Earth with much stronger adherence to and recognition of spirit. Hence, they would have an 'inner knowing'. The stronger link to Spirit Realm would sometimes mean direct access to 'all-knowledge' contained therein, and for some it would mean a link with spirit guides who would themselves have that access and be able to communicate information. There is some account of this in what are considered to be the more mystical*

Holy Bible passages; also in the 'Dead Sea Scrolls'. Extra-terrestrials visiting this planet would have developed such spiritual connection.

2: Information withheld by governments: It is known from spiritual sources and from logical deduction that news of ET visits, UFOs and crop circles (All with ET connection) is being withheld.

3: Instantaneous construction work: Thought and the power of it are instantaneous. Our communications with Bonniol on Planet Aerah have been instantaneous. And on that planet, we have learned that houses are erected through the thought-power of a team instantaneously. Thought is an energy, entirely compatible with spirit—æther—continuum energy, so that it can achieve such activation. And events that cannot be explained by material science have sometimes been called miracles.

4: Something to ponder on: Our present day Earthly science has yet to embrace spirit and be in a position to work miracles—like for example producing a complex crop circle overnight!

5: ET presences around our world: There is clear evidence—UFOs, crop circles and communication with individuals—some of us being much more sensitive to these things than others. Evidence of past visits are spectacular stonework, stone circles, the larger pyramids, Nazca plateau markings etc.

~13th August 2012~

This was a quiet individual development evening. One through Eileen guided us on a meditation, the audio of which is freely available on the website: www.salumetandfriends.org

~20th August 2012~ SALUMET

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I join with you this time I say once again: a warm welcome to those who have been absent from this group.

(There are some of us who live well beyond regular commuting distance, but nevertheless come along when they can)

I would just like this time to say that our dear lady friend will make the decision which she feels is right.

(Lilian re health issue) **We can influence, but we cannot live life for another; but of course we shall endeavour to help her in all the ways that we can.**

Sarah: Thank you, we'll pass the message on to her.

I wish to take this opportunity, my dear friends, to ask you to look at yourselves, to focus on those areas of your life which need adjustment in order for full health to be obtained. This is a subject we have discussed on many occasions, but it is an important one, in as much as you have full control of your own health—this I reiterate in order that you each consider what it is in your own lives that needs changing. Only you and you alone can make those decisions. Therefore, my dear friends, I ask you this time to think closely and clearly about your style of living. Would anyone wish to make a comment?

George: So it's a matter of 'going within' and a matter of 'power of thought'. But then there's perhaps the matter of little things in our living that are not quite right which we become aware of—

Yes—you have to have the balance of the physical and the spiritual for complete health to be there. So you can go within, my dear friends, you can think about *thought*, but if your physical lives are not 'in unison', shall we say, then there will always be imbalance (yes), yes, and that is your responsibility, after all these physical bodies are the houses of your spirit.

George: And would you say that the matter of 'diet' is an important part of this?

It is of course an important part, because that is what sustains your life—so of course, it plays quite a considerable part.

Sara: And recently I've been making adjustments, with my husband—we've been putting more exercise into our daily life **(yes)**—because without movement, I feel there's less mental positivity—

Yes, I would say that you all have that innate knowledge—what is right for *you*. Each one of you has this knowledge, but you do not always use it. But that is part of being a human being. But you, my dear friends, have been given the knowledge to use and I say again: it is your own responsibility.

Sarah: So probably it's your actions as well that probably play quite a big part of what you *do with* your life. And would you say, when you feel you're doing the right thing then you become contented. So once you've become contented with all parts of your life, do you think then you're on the right track?

You of course know when you are living your lives correctly. I do not have to come to you to tell you this—you instinctively know. You may deny it but you *do* know. That innate knowledge that you bring to this life is always there. But sometimes in human life, so many other aspects of living take over, and as spirit you tend to forget what is best for you—best for the physical being and best for your spiritual growth. So it is an important aspect for you all to consider. I hope you agree.

Sarah: Yes thank you and thank you for reminding us about that, because I have to confess that had slipped my memory a bit, what you are saying.

Rod: Is there one specific thing that we're all not doing correctly as a group?

As a group all is fine—you come to that state of acknowledgement where your love and your thoughts are given to others—that is an important part of your physical lives, that you think not only of yourselves, but that you give, not of yourself, but your thoughts to others. It is physically impossible, I suggest, that you can give *all* of yourself. You have to retain some physical portion in order to live an Earthly life.

Sara: You mean you need to retain some time and energy for yourself?

Yes, of course.

Rod: One thing that you told me to do once—young man you said, you should control your emotions **(yes)**. Well sir, I've failed most miserably on that—as soon as I see something, especially with children, I switch it off. I have tried—

Most human beings, my dear friend, struggle with emotion, so do not chide yourself too severely. The effort of trying is all that we can ask of you. But to be overly emotional when compassion is enough, interferes with your own being. Do you understand?

Rod: Yes.

Yes, so all I ask of you, my dear friend, is that you continue to just give love and compassion without the great emotional state.

Rod: Yes, I have no problems with that—yes— thank you. **(Yes)**.

Paul: When we do find pain within our bodies, I guess that's a sign that something needs to be addressed. That's like—I know you've said in the past—I think something like the different parts of the body— fitting pretty neatly with the thinking that's not quite right. So certain parts/illnesses have a meaning—

Yes, very often there is a correlation between the body and the thought. Yes, you will find that on many occasions—not always, but mostly I would suggest.

Paul: So —

What is the pain telling you? That is the question that you should be asking? What is this pain trying to tell me?

Paul: Right! Yes, it's opening the communication—dialoguing with that pain, which is only a messenger (Yes). So we have a negative view of pain I think.

So that is when you need to go within and find out *why* you are suffering pain.

Paul: And then hopefully at the heart of it would be a pattern of thinking—

Yes, and you must understand that the pattern of thinking could be from quite a long time back in your existence. It may not always come from this moment in time.

Paul: Right, so that makes it more difficult perhaps, but if you go deeply into it enough, you should still get an impression I guess of that.

That is why it is so important that you *all* go within—you go within *daily*, not just on odd occasions when time or thought permit. It should be a linking of spirit on a regular basis. How else can you rejuvenate that physical body, if it is not a constant—you understand? (Yes) It is no god to wait, my dear friends, until you have illness or pain. These are things that really I would wish to teach to the youngsters of your world. Yes, it begins at a very young stage of living.

Sara: Yes. My son has expressed an interest in this group—and I wondered what age you would say he would be able to visit? He's 16 soon—I know it's to do with the maturity rather than the age.

Yes, I would say: provided there is no fear, then any age of a child is acceptable, but not to this kind of group. You must start slowly and have discussions about spirit and their existence. But 16—15, is an age where youngsters are looking for something, so I would say, if he wished to come to just a 'usual development group', that would be fine. But to suddenly come to a group such as this, where there has been many years of knowledge given, would I feel be too much (yes). But you have the knowledge to pass on to your son.

Sara: Yes, we can sometimes do it—it depends—we have to choose our moments.

Yes, which shows he is not quite ready.

Sara: Yes. Going back to the conversation about health—I think the rigidity of mind often produces a rigid body (Yes) —problems with joints or something in the body. Would you agree sometimes?

I would rather say resentment creates—because with resentment you become rigid in thinking—yes, you are quite correct.

Paul: And then, once you've discovered and maybe named it—the thing that's gradually caused it—

The recognition would free you.

Paul: But wouldn't you still need to sort of '*watch*' your thinking? (Yes) You'd still be prone to resenting—

That is your responsibility to change your thinking. We cannot step in and say: all pain is taken from you without any work from *you*—you understand?

Paul: Yes, that's why all this going to see healers of various descriptions, is okay I guess, but unless you *change* that thinking, it will come back in some way—

I have told you in times gone that with healing or whatever help you seek, if the spirit is not *touched* there will be no healing; which you can my dear friends, do without the aid of healers or anyone else. But because your thinking is not in the right place, sometimes it is better for you to allow any type of healing to take place in order to help you forward. (Pause) You can have a condition where two people have exactly the same thing. One can be healed another may not. That is because the spirit has not been *touched* in the second one. So often we hear cries of: why does it work for one and not for the other?

Paul: I don't know why it reminded me this year of all these sporting competitions, some people get a medal and they cry and seem very touched by it, while others don't show much feeling. They get the same bit of metal but react differently.

But you are speaking on a physical level (Yes). Yes, I am speaking on a spiritual level.

Paul: That can be an emotional release, I guess.

That can be a block for many of you human beings, because you truly do not understand the difference. That is always the problem that we in spirit have, in telling you human beings how to behave. It's not easy, because you are so physically minded.

Paul: But if it's a spiritual touching, there would still be an emotional involvement wouldn't there, or not necessarily?

I'm sorry, in what way?

Paul: If there was some kind of healing and if someone was touched (**yes**) spiritually, then that might be apparent in that there might be tears, there might be an emotional reaction?

Yes—yes. Sometimes the release of tears is all that is needed when the spirit is touched, and that release of tears then allows that human being to think more deeply about who and what they are.

Rod: Salumet, as you've just heard, we're a very competitive animal, aren't we (**yes**), and I just wondered when we go over into spirit, if we lose that competitiveness and just sit back in an armchair and read books, but not get involved in—a 400m run?

You do not change suddenly because you pass to spirit. All the physical attributes that you have gained will remain with you for some time. That is why those who have gone before are able to be recognised when they make communication. After all, if a loved one passed to spirit and came back and was so different you would probably say: that is not my loved one, would you not? (Yes) Yes, so no, as you are here, so you will be when you pass to our world, for some time—whatever you so desire, because that is the power of your thought—then becomes your reality.

Sara: Some people may after a time decide to have a sort of prime-of-life appearance?

Most people, I would say, when they wish to communicate especially, will appear at the prime of their physical life, yes.

Sara: Because once a friend of mine had a difficult poltergeist experience and not long after that his mother appeared to him and I'll never forget he was in awe of her beauty, (**yes**) because he hadn't known her like that when she left the Earth Plane.

Yes, you will all return to that energy of your physical lives that you felt—we will use the word 'best' for understanding reasons only. But yes, most people will appear to be much younger, depending upon what age they came to us.

George: With regard to healing Salumet, there is also the matter of healing plants. And I was rather interested, because recently there has been a publication about cancer and the way that the cannabis plant, or extracts from it can be seen as a cancer cure. And the reason given is that within the body there are chemicals that are very similar to what are called 'tetrahydrocannabinols' that occur naturally within the cannabis plant. I guess of foremost importance is the matter of 'going within', identifying and power of thought; but certain plants such as this one, there seems to be evidence that it is quite effective.

Yes—let me just say this to you: all plants within this world are here for a reason—that is my first statement—again I repeat some words that I have used before. Many people, especially scientists and doctors and men of learning, are influenced from our world for 'good' and at particular times of your evolution, information and knowledge has been passed to those who are able to make use of that information for the benefit of others. Sometimes that information is abused, but so often the information given is utilised at the correct time, and so mankind has *help*. And although the physical body can be cured of cancers, so many times it is often a little late to make those changes (yes**). So you have to equate what is being given from spirit to what is being done as individuals.**

George: Yes, cannabis is one of those—

One of those that has always been there—

George: Yes and it's one of those that has been abused (yes), but can have proper use.

Yes of course, that is the *point*, that everything that has been provided for you in this world has a use for good. So you always have to again, keep a balance in all things. I would suggest to you that you always look for that balance within yourselves, because as I have told you, again, you are an equal share of light and darkness. So you always have to try to maintain this in all aspects of your life. You understand? (Yes) I do not suggest that it is easy—of course it is not and physical life brings to many of you many problems, and especially today when your pace of living is so quick. Gone are those times when people spent more time developing their own spirit than looking after their physical being. Again, that is not good, because that is not *balanced*. So I say to you: always look for the balance in your lives (yes), and please my dear friends, look inwards and see what is your body telling you—because as always, you have the answers. You just need to be reminded sometimes.

(Murmurs of appreciation/thanks)

And with those words I will take my leave. As always I cloak you in my love and my understanding and hopefully with my truth.

George: And that has wonderfully clarified several points for us—thank you Salumet.

General thanks

George's Notes:

Cannabis: It is understood that the human body has within what is termed an endocannabinoid system, and this can be boosted by ingesting cannabis extract, i.e. juice extract of the plant. The tetrahydrocannabinols (THC) contained in the juice seem to have the ability to 'add on', to inhibit tumour growth and kill tumour cells without affecting surrounding normal cells. This is not the same as smoking the dried plant which is abuse, does not help in this respect and can cause further health problems. The knowledge that THC can combat cancer tumours without harming adjacent tissue would appear to be an important breakthrough in curative medication. It is my understanding that this has not received wide publicity because (1) cannabis has thus far had a bad press (2) it would mean less business for drugs companies manufacturing synthetic chemicals used in cancer treatment. News of the breakthrough is quite well documented on the Internet. Thank you Ray, for drawing our attention to it—and clearly this is a powerful illustration of the immense value to humanity of an uncensored, unrestricted, free Internet—Wiki Leaks and all.

Next came a rescue via Eileen. (Lilian is our well-practised 'rescues' expert and several of us do our best when Lilian is absent). A few minutes following Salumet's withdrawal we were checking that Eileen was back with us, but were surprised by a gruff voice saying: '**Who's that touching me?**' We tried to explain our concern for the lady he was speaking through...

What are you talking about?

Sara: Do you know where you are?

Yeah of course I know where I am.

Sara: Where do you think you are?

At home!

Are you?

Yeah.

Sara: What do you last remember?

What are you doing in my 'ouse?

Sarah: Well actually, *you* are in another person's house at the moment. Can you remember the last thing you were doing?

'aving a cuppa tea.

George: Well, now you have joined a little meeting, of friends. There are several of us here.

I don't want any meetings—I'm 'appy.

George: Well it's good that you're happy.

Yeah—so you get out of my house.

Sara: The problem is, we're not actually in your house now.

You just said you were!

Sara: Well the truth is, when you were having that cup of tea, something happened.

Yeah, I drunk it!

Sara: Something happened—you died and you actually left your body—and your house. You've come to and we're here to help you.

You're one of them psyches aren't you!

Sara: Well, it's not really like that.

George: Well, you *could* say that. You as your spirit who is talking with us—and welcome to you—and we'd like to talk to you, as the spirit that you are.

You're just being nice to me, then come in and take my stuff. I know what you're up to.

(Chuckles)

George: We want to be nice to you, but we don't want to take any of your stuff.

Sara: We're only here to help you—to help you realise that you are no longer in your home with your cup of tea. You've left your body and now it is time for your spirit to go on.

George: We can help you with that.

Sara: We can help you to do that. If you look you will see a light in front of you.

George: We all make this journey.

It all sounds stuff and nonsense to me.

Sara: Can you see the light in front of you?

George: We all take this journey—you are not alone in this. But if you look to the fore—if you look ahead you will see a light or a lightness, and the thing to do, is to look towards that light.

(Pause)

George: It may take a little time, but—

Sara: Somebody that you know or knew will come towards you, if you look.

(Pause)

I don't recognise any, but it's quite nice.

(Pause)

George: It's Sara you've been talking to and I'm George. We're just here to encourage you to see the light that is ahead, so that you can move towards it. It's as simple as that. The journey that you are going on happens to us all, and some of us are able to help you—help each other in that journey.

(He was quite awed as he was met)

Well I never!

George: Ah, you're being met—wonderful! That's the way it happens.

(He moved on, very happy)

What was your names again?

Sara: George and Sara.

I'll remember them.

George: What's your name?

Eddie.

George: Eddie—right!

Sara: It was lovely to meet you Eddie. We wish you well.

(Fond farewells)

George: Our love goes with you.

(In humour) And don't take my stuff!

George: You can have as much stuff as you like where you're going.

There followed a brief period of clairvoyant messages via Eileen; then one spoke via Sarah and it quickly became evident that this one had awareness of our meetings, and was now happy to bring to us his very considerable experiential knowledge from the distant past:

May I say some words to you?

George: Yes please—welcome to you.

You have shown much interest in the last few sessions about pyramids (ah!) and I would just like to tell you for some more interest to you that I was one of those who was working with the pyramids at that time.

George: Wonderful! Could we enquire which pyramids those were?

These pyramids were in the South of what you call America.

George: Yes—right!

I was much involved with the comings and goings of those who were brought in to help us.

George: Wonderful! I see, so you were of the Earth—you were humankind and extra-terrestrial beings were coming in to help. Is that correct?

That is quite correct.

George: Wonderful!

It was a time of much discovery for both our worlds, and I was greatly influenced by those you call 'extra-terrestrials'.

George: Would it be true to say: you were learning from each other?

It was—yes, quite true. But I have to say that I think us Earth people were learning more from the extra-terrestrials than the other way around.

George: Might I ask if in South America, this would have been what we call the 'Nazca Plateau' region?

(Pause)

I am afraid I cannot tell you that.

George: No—the reason I asked, that region has a number of lines across it in different directions and—

Paul: Depicted animals.

I can tell you yes, that we became very much more aware of animals and we were most keen to put this down on whatever surface we could, so that others could learn from it. So if you are talking about art form and animals, this could well be the place where we were at.

George: Yes, we are aware of very large animal designs and lines which may have related to—I think they *did* relate to space travel vehicles.

Could I also say that some of those animals were influenced by the extra-terrestrials? They were not just our human Earth animals. They have been influenced from the other planet.

George: Are you saying that they depict animals that are from that other planet?

I am saying they were —the extra-terrestrials influenced us in their design of animals, but I cannot say if they were exactly how the extra-terrestrials view them on their own planet. But they did influence the drawings of those that you, I understand can see today.

George: That's all very interesting—yes wonderful.

Paul: Can I ask if the extra-terrestrials appeared in human form or a different form?

They were in, as you can imagine, a solid form, but they were different and although they were solid, they also took on a slightly opaque appearance. So I would not say they were totally like us. But they did have arms and they did have legs. But they were—how can I say?—they were not quite so wide as us, and they were much shorter, but they did have quite large heads. You would not, when you saw them, be afraid of what you were seeing. They were not so very unlike us, but they were not completely as we were.

George: Yes, we have awareness of some who have visited some different parts of the planet, and, might I ask: how many fingers did they have on the hands?

I would say there were three.

George: Ah yes, well we have rock drawings that depict three-fingered beings. Their heads were quite wide (Yes)—they had sensory regions, I believe, on the sides of their heads.

Yes, they were able to—ah—go about their business, rather I would say, like your bats—able to fly in the dark. They were able to move around, and although they had eyes, they were not really necessary for their movement.

George: Was their movement actual flying or would we describe it as 'teleporting themselves'?

They could indeed yes, do that, but whilst they were working with us, they tended to behave more like a human being (yes), so that we were able to interact more easily. So I would say that they could walk and so, when they were around us they would walk with us (Wonderful), but if they needed to get somewhere, they did not walk.

Paul: And how did you communicate with them?

We started by using a form of sign language, but we were also able to use our minds (ah yes). We were not quite so good as them, but in the time that they were with us, we did improve. So what we were not able to achieve by our mind communication, we would use our hands (yes—wonderful).

Rod: Were there many of them with you at the time—tens or hundreds?

I would say, at one time, there were possibly fifty.

George: Yes, well we have been privileged to speak with beings that answer your description, and they referred to an earlier teleported visit when their pictures were drawn on what is known as the 'Atlatl Rock' in the Nevada Desert. So we have actually been able to speak with beings that answer your description.

Well, I think this is very good news and I hope that this will continue (yes indeed), because I can tell you: this relationship is a very satisfactory and enjoyable one (yes indeed).

Paul: Did they stick around throughout your whole lifetime?

They were there for the last part of my lifetime. So I am afraid I cannot tell you how much longer they stayed after I moved back into spirit. But there was quite a lot of—when I said there were about fifty, they were not necessarily the same fifty all the time, because they could come and go as they pleased. So I would say to you that their travel was most easy for them.

George: Well, one of our number, who is not here this evening, was able to see them clairvoyantly and she said there was a party of about fifty!

(Chuckles)

Well I think we are all in agreement, and it is this agreement that I would wish for the whole of this planet, because it is a peaceful living amongst all—not just Earth beings but extra-terrestrials and whatever you like to call them.

George: We are one big family.

—That is so harmonious, and if we could all work towards this (yes) it would be a most wonderful drift.

George: Yes, we are all one big family.

Rod: Did they design and oversee the whole project and leave you to do the hard work/the donkey work?

They would never let people do all the hard work. They made our lives so easy. They were able to do so many things that we were not able, and we tried very hard to learn from them, and it was hoped that what we learnt we would be able to pass on. But I can see, from life today on this planet, we did not do a very good job in passing this information on.

Mark: Would you be able to speak now about any of the things you wanted passed on?

Well, I can say to you that all heavy work need not be heavy.

George: This is work involving dematerialisation and power-of-thought I imagine?

Yes, that is correct.

Paul: Did you gain some ability to move heavy stones and objects?

I was able to do some, but it was not normally by myself. It would take a group of us Earth people together to be able to do what one extra-terrestrial could do.

George: We can understand that.

Paul: Was it a simple case of imagining these big heavy rocks to be lightweight?

I would say it was more a case of putting yourself into a mind-set where you were actually being helped to do it. So you would wish for something to happen, and then put yourself into that—I would not say meditation—but getting towards that way where you are not quite in your body and not quite out of it.

Sara: Sort of light trance—

Yes, perhaps you could say that. And it is at this point that you can then begin to work with the—whatever it is you wish to do. So yes, you do not need to concentrate too hard, but you do need to get yourself away from total Earth thinking, yes.

George: Can you give us a name to know you by?

(There followed a pause with sound of sighing)

George: Not to worry if names are no longer important to you.

Ah—ah, I cannot get the name exactly but I think you could translate it as 'Theodor'.

George: Theodor. Thank you.

Paul: I suppose I think I'm right in thinking that they still can't translate hieroglyphs in that part of the world that are still on the pyramids—I guess they'll work it out.

Yes, I believe that some of this has actually been done by the extra-terrestrials (oh). So I think they will find that what they cannot decipher will not be in the same format as what they have been able to do so far. So they will need to start afresh with new forms.

Paul: We'd love to have these extra-terrestrials visit again. They'd be very welcome to come and visit us. What did you call them? Were they named from where their planet was?

First of all, I can remember this. We called them 'the Greens' (the Greens) because they had a slight green tinge, but once we got to know them better we had names for them—individual names—I think I will find hard to remember, but 'the Greens' I do remember, because of the colour.

Paul: And do you remember the name for their planet?

I think I did not know the name. I think we use to call it 'The Green Planet', but I think I cannot remember, yes.

George: And were you aware of pyramid energies? Were the pyramids built in order to produce energy?
It was something that the extra-terrestrials taught us, and yes we were aware of the extra energy inside. And this energy was also used to boost the energy of the return journey to their planet.

George: I see, and was a vehicle used for that return journey?
Yes, they had a small craft that was to us, not solid enough to take anybody without collapsing (ah). But it was very strong and it needed just a little extra energy to be able to take off from the heavy Earth pull. And this energy from the pyramid was enough to set them back on homeward course.

George: Yes, a nice description, thank you.

Sara: Can I just recap on something you said? I was just thinking about what you said about going into light trance, and in that state would you then focus on what it was you wanted to do?

We found that so long as we had asked for the help to do whatever it was we needed to know; for example: to dig a hole in the rock. As long as we had focussed on that, before we went into this trance, we were then just able to do it.

Sara: Ah that's interesting, so would one apply that perhaps to anything one wanted to achieve—provided the desire was there?

If we could do it as Earth people, then there is no reason why you cannot do it either. We were no different from you. So I think that gives you the answer.

Sara: And so the help came from spirit to you—the power came from spirit to you?

Yes, it is really a concentration of energy and this is what produces the actual movement. It is a state of mind, and it is the use of energy.

Rod: We've noticed the great accuracy of these pyramids. Did they have instrumentation to create that accuracy?

They were able to do it without instruments (ah). They knew how to do it, and they told us what we should do and they informed us of what they were doing. It was very much a combined effort, in learning for both parties.

Rod: You must have been very proud of what you have done.

I have to say 'yes', we were proud of the finished article, but we were also—how can I say?—'surprised' is not the word. But we were quite in awe of what had been achieved. (Yes) Yes. It was, I have to say, a very good time.

George: Have you remained in spirit since that life or have you had further lives?

I have had other lives, but they have not been in the same vein as this one, so long ago.

George: Have you any idea of how long ago that was?

Ah—I—it was—I cannot tell you in your Earth years, but I know it was an extremely long time ago and it was also before what you would call 'general education'. So all of those who were working with these extra-terrestrials were all very spiritual people, and those who were not quite so spiritual were not involved in the pyramid construction. There was not any bad feeling between the two sets of Earth people.

George: Was it a peaceful time on Earth at that time?

It was peaceful. It was peaceful, but it was a time of lack of understanding (yes). So I would say that so long as the two groups did not come into contact with one another, each group led peaceful lives. But lack of understanding can create many problems.

Rod: It's wonderful to think you've got a remarkable memory for all this that took place so many thousands of years ago—it's wonderful!

Paul: Can you remember a little bit about the geography of the area, because we might be able to know where it is—whether it was desert or jungle?

It was—it was quite low, this particular pyramid—it was in a valley and—

Paul: Any water around?

Yes, there was water—there was water, and there was plenty of food. There were lots of trees on the sides of the slopes. It was a fertile part, it was not desert.

George: It's sad that this culture, this civilisation came to an end. Are you aware of the end of that wonderful period?

No, I am not aware.

George: No, that came later.

Of course, I know now, but at the time I was not aware. Once I had taken myself back into spirit, I then moved away from the Earth plane, because I had learnt so much about spirit that the Earth was no longer of importance to me.

Sara: Could I ask a question? Did you, prior to this kind of work you were involved in, could you tell us any other achievements you felt proud of prior to that—it may have nothing to do with that but—

Are you talking about when I was on the Earth (yes) before the pyramids?

Sara: Yes, perhaps in the same incarnation even—any more about that lifetime?

Yes, as a child, I was living in a simple family and we lived on what we could gather. We were a peaceful group but we were also very much aware of spirit. I learnt this from my parents and they learnt it from their parents. So we were very spiritual, and when we had the opportunity to be involved with these extra-terrestrials it came as a progression of our lives.

Mark: I guess there would have been forewarning of their coming, would there?

It was known for some time that something would happen.

George: Ah yes. So, in the first instance you were living spiritually and very close to nature—almost living within nature (yes); and did that change after they came?

To an extent, because we gained more knowledge and we were able to live in a larger group, and when you are with more people you do not have so many responsibilities. So moving to the pyramids, we were able to lead what you might call a more sophisticated life.

George: Yes, and responsibilities were shared.

Yes, but the spiritual side did not change.

Sara: But you could probably give more time to it—

We always had time for spirit but what we learnt from the extra-terrestrials we were able to incorporate into our daily lives.

Sara: Right, yes I understand.

Mark: Can you remember the kinds of food you used to eat?

I can tell you that it was mainly from the vegetation and from the river. We did not eat animals.

George: Did you eat fish?

Yes, we did eat fish, yes, from the river.

George: You obviously know about the Earth today, and have some idea about how we live and how we are—and shall I say, 'less spiritual'. Does this sadden you to see the Earth today? Or do you feel that we live with reasonable hope?—hope to progress.

There can only always be hope that you will progress. But I have to say, if I were to come back as an Earthling, I would not know where to begin (yes). I do, yes, feel somewhat sad that so many have grown away from spirit (yes), but when you reach the bottom you cannot go further down, you can only go up.
(Laughs)

So I would say to you that you are on the way up.

George: Well, I think we're with you there. We share—we in this group share the sadness of not enough spiritual recognition in our world and too much violence. So, as a group, I think we recognise that, and we share that thought with you.

Yes and I can tell you: it was very easy to come to you this time, because the light and love is so abundant that I was drawn very easily to you.

George: Oh, thank you. That is very nice to know, and I would guess by the same token, the extra-terrestrials were drawn to you and your people.

Yes, I believe there was contact for quite some generations before they actually arrived.

So now I think I must return, but it has been a great pleasure to talk with you.

George: It has been certainly a great pleasure to listen, and thank you very, very much for joining with us.
(Enthusiastic thanks)

George: And it's been a nice long session. Thank you very much indeed.

Rod: Hope you can come again.

It will be my pleasure to come.

George: Please do feel free to come again if you so wish.

Thank you, I will if there is the opportunity. So I leave you with the hope that you will gain spiritual knowledge to the greatest degree possible in your human lifetime.

(Thanks expressed)

George: Thank you for that thought—our love goes with you Theodor.

Eileen had been silent and we now realised that a further 'rescue' had been brought to her. This was a very distressed young girl of fourteen. Sara eased her panic by speaking gently and holding her (Eileen's) hand. Her new condition was also strange to her and she needed much assurance that we were friends wanting to help and that there was much love for her. On asking her to look to the light ahead, she declared: 'I can't see! I can't see!', then explained that she was blind and had been blind all her life. The poor girl had been shut in a box and that was the prime cause of her distress. We tried to explain that she would be able to sense the light and would soon be able to see with her spiritual eyes. She eventually began to see and to see that she was being met by loving ones with outstretched hands. She moved forward and was happy but cautious, and asked if Sara could go with her. Sara said that she would continue to hold her hand until she declared that she was happy. After a few more moments we heard the words: 'I am happy!' Her transition complete, she was able to look to a much better life than she had known.

George's Notes re Theodor's visit:

1: Nazca Plateau region: This is generally rated as an area of great mystery with its numerous lines running in various directions across the plateau and many, slightly odd as depicted, large animal designs. The famed Cahuachi pyramid is about one mile from the Nazca River and the Nazca river valley might possibly have been Theodor's valley location and source of water and food. Salumet had in an early meeting indicated that the Nazca lines, or many of them, relate to space travel.



Nazca Plateau

Ray Curtis photo, thank you Ray.



Nazca Plateau lines

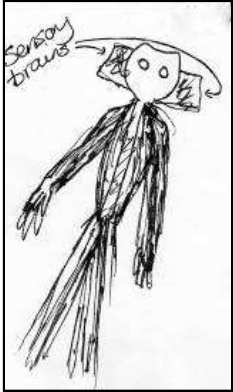
Ray Curtis photo, thank you Ray.

The dark diagonal is a modern motorway with tanker near centre

2: Slim ET-beings with wide heads and three-fingered hands who could teleport themselves: During our exchanges with Bonniol we have met with beings answering this description and one of us, Jan, had clear clairvoyance of a group of around fifty that she was able to describe and sketch. This had led to our Google search discovery of the Atlatl rock petro-glyphs, Valley of Fire, Nevada Desert, which match.



Atlatl Rock Petro-glyphs: Two beings depicted with three-fingered hands. (Other detail relates to their birth sequence on 'Crogaria' ... their name for their home planet.



Jan's rough sketch to illustrate the form of the being with 3-fingered hands and extra wide heads with sensory regions—drawn on the evening of our meeting immediately following the Bonniol / Crogarian exchange. This was several days before any of us had knowledge of the Atlatl Rock or its petro-glyphs.

3: Pyramid Energy: So we have confirmation of what has been said in earlier exchanges—that one of the uses of the energy generated by the pyramid structure is to facilitate space-travel. And that is why the early, enormous and can't-see-how-they-were-built pyramids have their extra-terrestrial association. And that may be why the Bosnian pyramid excavations are only reported on the Internet and as a book publication and here on our website.

4: Extra-terrestrials: It was clear that our visitor was not used to the term 'extra-terrestrial' and sometimes hesitated in using the word. It later became clear as we progressed that the Earth people of that time had always referred to them as 'greens'.

4: Understanding our past and the cosmos: So—scientists, materialists, intellectual boffins—and news media—this is a **WAKE UP CALL!** In order to reach for the stars and begin to understand the first principles of the cosmos, you can only do it with spiritual methodology. Neil Armstrong was a 20th-century hero, whom we all acknowledge, and rightly so. But rocketry, sophisticated technology and gigantic funding are no longer the logical requirements.

QUOD ERAT DEMONSTRANDUM

It should be said that our evenings are not normally so protracted. This really was quite exceptional and for several of us it was sometime after midnight that that we finally arrived home—but so very worthwhile.

~3rd September 2012~

The evening began with clairvoyant messages via Eileen, some concerning friends and some for those of us present. Then one spoke via Eileen as an intermediary with a message; and it is sometimes an interesting detail how the correct one in the group to receive the message is pinpointed:

"I am being given a name: 'Sarma'." Mark, whose wife Isik's country of origin is Turkey, then realised that 'sarma' is a spicy rice dish and they'd recently had some, and so he responded. The message was indeed for Mark—a profound and wonderful message that is befitting of family circumstance perfectly. Our carefully

spoken visitor was duly thanked. There followed some chat about Eileen's periods of clairvoyance which seem to be increasing, then silence. Next, one was clearly with Sarah and not quite ready to speak.

George: Welcome to you, please take your time.

I—I have with me one who has expressed much—ah—wish to be with you, but has much difficulty in coming alone.

George: Then welcome to you both.

This one is a follower of the great (North American) Indian movement and has much connection with the other lady, who was healing.

Eileen was engaged in healings just prior to our session

He was in the same group as this lady at that time and has wished to come through to rekindle the connection. This lady can call upon this one by calling the name 'Koolah', when she is needing some help with her daily tasks. Koolah would be most happy to help, as indeed he used to in times gone by. If the lady could just say to Koolah one or two words he would be overjoyed. So, would this be possible for the lady to say something now?

Lilian: Do you want to say anything Eileen?

Nothing happened so we asked for clarification as to which lady

Yes, the lady in the corner (Eileen).

George: (looking at Eileen) Are you able to speak?

Do not worry, the contact has been re-made.

George: This is the contact with Koolah—

Yes.

George: Thank you.

Paul: We'll make sure she gets the recording.

Thank you. I think she will be getting the message anyway, now. So I will withdraw and let her continue.

(General thanks expressed—one was clearly with Eileen at this point but no voice)

George: Koolah? Welcome to you—please feel free to speak—

Now there was a pause. This was not Koolah, and there was a slightly confused look on Eileen's face. Lilian and Sarah noted there was a little difficulty with the breathing and commented. And a characteristic of our old dear friend Leslie coming through was the breathing (An Earthly difficulty that would return at first when speaking via a medium). Eileen now looked towards Lilian, and a voice said:

Hello Lilian!

Lilian: Hello—is that Les? This is a nice surprise!

(A pause for adjustment followed, with sound of deep breathing very characteristic of Leslie. It was to our heartfelt delight that Leslie—he who founded and ran this group until the autumn of 1999 when he passed to spirit, was once again with us.)

I said I'd come back. How are you all?

(Enthusiastic greetings)

Sarah: We're all doing well and the group's still flourishing—meeting regularly, thanks to you Les, for getting us all started.

Thought I could manage this old lung by now, but—

Lilian: It comes back as you come back?

Yes it does Lilian.

Sarah: Anyway, how are you getting on?

Better than I expected (whispered with enthusiasm)—thought I knew a bit—not at all!

(Laughter)

Don't think you know everything—'cos you don't.

(Agreed)

George: Anyway—wonderful to have you back.

Lilian: Have you been in the Halls of Learning listening to teachers?

I have done of course—um—taking a bit of adjustment using Eileen (yes)—with the voice, but I hope you can recognize that it's me (yes).

(Lilian extended a hand to give helpful energy)

Sarah: I recognised right at the beginning.

Yes. Ruth's busy these days—not with her all the time now.

Lilian: No, I understand.

Sara: How do you spend your time, Les?

How do I spend—I make the most of the books (yes). Love to read about more knowledge. Plenty to learn and of course, I'm still healing. The hospitals and I expect Eileen will tell you: very occasionally I use her for healing, (yes) but not too often.

George: You speak of books; well of course we have the Internet these days, which I suppose is rather like a large collection of books—

Let me tell you George, I'm still learning.

George: You're still learning, yes—aren't we all!

Thanks to Sarah, (About computers/the internet) I learnt (whilst still on the Earth plane) a little bit, and I'm still quite interested in what's going on, on the Earth.

Sarah: Do you call in and listen in to our meetings these days?

Mm, very occasionally—I know you're all alright. I would have liked to have thought you couldn't manage without me, but I knew you would!

(Chuckles)

Sarah: You laid the good foundation for us—that's what it was.

Sara: Well we always think of you, as where it all started—

Lilian: The boss—

George: Your name comes up quite often.

The Boss? I like that one—

(Laughter)

You know I wouldn't have been impressed by that.

Sara: No, but even so, you haven't lost your standing with us—not at all.

George: We have a website now, which Paul has built, and your picture is on the front of it.

Yes, well there's not much to be said about that is there?

(Chuckles)

George: Anyway, you take an interest in what goes on, on the Earth, and I guess you feel there's quite a lot going on, on the Earth, these days—

Not enough, but quite happy I think—yes. Never was too impressed by people—

(Chuckles)

—except you lot of course!

(More laughter)

George: Oh how kind!

Sarah: Glad you said that—

Sara: We were a bit worried there for a minute—

Sarah: Otherwise we were going to send you away!

(More laughs)

Anyway, I just want to say to Lilian: Roy sends his love (ah!)—couldn't be here tonight, but I'm the messenger as usual, and he's looking out for you so don't you be worried.

Lilian: Oh that's nice—thank you! And thank him when you see him.

Sarah: Have you met up with anybody else we know?

George: I was just going to say: Ann is with you lot now, in spirit.

Yes, I haven't met up with her, but I was aware of her passing.

George: It's a bit early days anyway.

Yes.

Sarah: My mum's over your side too—

Ah—all the good ones first eh?

Sarah: Yes, we've still got too much to learn!

(Laughs)

You're doing well! I shouldn't say it, but I'm very pleased for you.

Sarah: Good! Well, Salumet's become a really good friend and—

Yes, weren't we blessed?

Sarah: Absolutely.

Not what we expected, but a wonderful surprise.

Sarah: Actually it was *better* than we expected really, wasn't it?

Oh yes.

Paul: And it's gradually expanding—there are people reading the words in quite a few countries now (Yes).

Sarah: And I don't know if you are aware, but Paul channelled one from another planet.

I am aware of that, but I haven't gone into that yet. I'll have to do a little bit more investigation on that.

You know me, I never accept things easily!

(Laughs)

And unfortunately that's still the way things are.

George: Well, Salumet arranged it and we've had 73-communications through Paul, from the other planet (*right*), so it's an interesting development for us and we learned quite a lot from that.

Ah, I won't book my flight just yet—

(Laughter)

I'll reserve judgement—

Sara: Well you started it all Les.

Yes—

George: Do you bump into Salumet these days at all?

No—I'm not on the same sphere.

(Chuckles)

George: Well *none* of us are on the same sphere, but—

Well I don't say I have George. I'm aware of him, but not on a friendship basis yet!

(Chuckles)

George: Yes, it's for him to come to your old group and that we pass on to the rest of the planet (Yes), well we do our best.

You're all doing a sterling job.

George: Well it must give you great pleasure to see the ball still rolling—

Yes—it's nice to be able to come without tears (ah). Yes—I was emotional before, but I—

Sara: You haven't got it now.

All I have to get over is this lung problem, when I come back so close.

Sara: Mm—Give our love to Ruth.

Sarah: You are talking actually well—

Yeah I've got the hang of it a bit now. It's not as easy as you might think. We all took it for granted, didn't we? Communication is not quite so simple (no).

Lilian: I can imagine!

But, before I go, I'll tell you one thing—that was right—as I expected, that was 'Time'—it doesn't matter a jot. And you're guided by your clocks—that doesn't apply here.

Lilian: Does that take a bit of getting used to?

Mm, for a few—most people adapt wonderfully.

Lilian: Because you're going home, aren't you, really.

Yes, and let me tell you: it's a wonderful experience, not that I am wishing any of you to join me just yet.

Sarah: And you're not thinking of coming back here again just yet either then, by the sound of it.

Not if I can help it!

(Laughs)

Sara: What happens, Les, do you just keep on doing things until you feel you don't need to do them?

Yes, you grow spiritually of course and each endeavour that you take on and 'capture', as you might say, let's you move a little further on. But of course it all depends on whether you wish to move on. Nobody is forced to progress.

George: Well Leslie, several of us are in our eighties now, so don't be surprised if we do pop up—

(Laughs)

We can always start the over-eighties club up here, can't we!

Hearty prolonged laughter as Leslie delivered the perfect punch-line

Anyway, my dear friends, it's been a real pleasure to talk—without the emotions and —

(Agreed)

George: It's most timely Leslie, because only today we were talking about the need for another Salumet book, and we devoted the final chapter in the last one to you—and you've come through again, which is wonderful!

You've humbled me George and I don't say that to many, but you have made me very humble.

(Laughter followed that—I think because we just can't imagine our old friend Leslie who organised so many of our meetings, to be exactly 'humble')

—and now it really is time for me to depart.

Sara: You were a very important person for all of us, because really you set us all on a new pathway, by meeting you Leslie.

George: I don't know how much effort it was for you to come through, but we do appreciate it Leslie—

(Agreed)

George: Thank you very much! And our love goes with you.

Yes, you're a wonderful group of people—keep up the good work.

(Thanks and goodbyes)

George's Notes:

Koolah: *This may well have been a colleague of Eileen during her incarnation as 'Nahashiwah' with an Amerindian group. Nahashiwah actually addressed us via Eileen (26th Feb 1996) bringing greetings from another past colleague, White Horse. Nahashiwah spoke again via Eileen (10th January 2005), explaining that her name means: 'small body, great spirit'. We were also addressed by our old chief: Gran Mancha, Chief of the Gor-rukka tribe within the greater tribal community Baa-ba. At that time it would seem that several of us in today's group were sharing life's adventures under the guidance of Chief Gran Mancha. This chief came to us again (21st February 2005 and 14th March 2005), and we spoke of him with Salumet (7th February 2005).*

Leslie: *This is Leslie's fourth visit to us since his departure from this life in the autumn of 1999. His previous visits were 30th July 2001, 25th August 2003 and 9th May 2005. It was the dialogue of the 2003 visit that was transcribed to conclude the Salumet book. During his 2005 visit Leslie declared that he had seen the Salumet book, and felt some pride in that. As he signed off, we added: "Do come again because the next book will require an epilogue as well. His reply was: "Ah, he wants me to suffer!" and we all laughed heartily as our dear friend withdrew.*

~10th September 2012~ SALUMET

On this occasion, a party of three Internet / website contacts had travelled 200-miles from Norfolk to sit and share whatever would prevail. Happily it turned out to be a most wonderful and memorable evening for us all!

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As I join with you, we give a warm welcome to dear friends. I was aware of your conversations before this meeting started, and the talk about the importance of this year. So much in your world is being spoken about and I have to say: not all words that are spoken are sensible. But we shall be eager to see what it brings. We have spoken briefly about this matter, so I will not go any further this time. I would like, my dear friends, just to say to you that the feeling of anticipation is great and it brings much joy to us in our world to find such eagerness for knowledge. After all, that is the purpose from those of us in spirit that we bring knowledge and truth, not only to those who know us well, but to those people who are *seekers*. It is important that they judge for themselves the truth of life—the truth of spirit—that is what is important. I will take some questions this time.

(Pause)

George: Wonderful! Thank you Salumet. We have three guests with us this evening and it may well be that they have questions to ask—anyone coming forward with that?

Ray: Yes, Salumet, I'm Raymond, and thank you for allowing me to come to this circle. I would like to ask—something that's concerned me and I've been thinking about for a long time is that, in our world we've got human beings but they seem to be as a group, a different species—we have a native African—big strong with different bone structure—the Japanese in Asia are small, and a different bone structure again—and then there's the Viking types from the north of our area. And my question is this: Did all these people originate from our planet Earth or did ET seed these people on our planet? You understand?

I understand your question. And I would say to you that the people of, not only this planet but of others, have a life-span which does not encourage the *mixture* of beings. I know what you are saying, but my answer to you is quite simple: no matter the outer structure, what is important is that spark of spirit,

which is within. And that alters not at all, whether it be on this planet or any other. Do not bog yourselves down with this kind of thought. What should be uppermost is that the spirit of all peoples, are the *same*. Do you understand?

Ray: Yes, I understand. Thank you very much indeed.

Yes—too much in your histories of, not only this planet but others, are always concerned about this matter. I would say rather, concentrate on the spirit.

Ray: Yes, thank you very much.

Whether you came from another planet and met with another here, the spirit would be the same.

Therefore does it really matter what the outer structure becomes?

Ray: Not at all.

No—I am pleased that you understand my reply.

Ray: Thank you very much.

Lilian: Either of you two ladies?

Olive: Yes, I have one. My mind is a thirst for knowledge (**yes**). I have read extensively and researched and travelled and somehow I'm still not anywhere near answers. I have read a book called: 'The Only Planet of Choice', where it insinuates that the Earth is a marvellous planet and therefore needs to be cared for. However, the medium that is used, going back many years, has obviously passed to the other world; but these séances continue. I feel that from what is said from the past to present day, is rather constructed by the US government rather than that of someone like yourself. How does Salumet understand and can he help with an answer?

I understand your question (Thank you). When first I came I wanted to bring to this world some truth. Mankind has always elaborated and contorted truth. My purpose was to tell the truth of *all* of Creation, and to tell those who would listen that simple truth, which has always existed. My words are well-written about this matter. So much is constructed in your world which does not have the basis of truth, but is elaborated to suit mankind. Mankind has in a sense the most active of physical brain that you could ever come across. But what mankind lacks is the equation of the quiet spirit. Are you following what I am saying?

Olive: Yes.

Yes—I would say that to find the complete and utter truth that you wish to find, you will only find it, when you go within quietly and find your own self. That is the only true pathway to truth; then all of these happenings around begin to fall into place and you either accept or you do not accept. That is why you have been given free-will. Do you understand?

Olive: Completely.

So all knowledge that you have gained, all seeking, all searching is fruitless, unless you find yourself first. And that has to be done quietly—quietly go within and find that spiritual self. Then all answers are there before you. You do not need to have confirmation from others.

George: Yes, I think I would be right in saying that this is the *pure* way forward—

It is the *only* way forward.

George: I was going to suggest that others have found this way forward, or made proper spiritual connection, but *always* their findings have been so badly reported and distorted.

Yes, of course, yes. Are you happy with that answer?

Olive: Yes, I feel I've found my inner self and that is why I am now questioning the *written* word.

Yes, which you will do because that spiritual being that you are knows the fuller truth. That is where the questioning begins—you understand?—because you have that inner *knowledge* if you like, yes. And of

course, the more you know and understand, the more you seek. The pathway is never easier, but if anything, it becomes more complex. And that, my dear friend, is what is happening within your world at this time. Each step, of information / of knowledge, brings to you another set of questions that require answers—and so it continues. You will never find all of the answers when you are in this physical condition; but you already know that. Are you happy with that answer?

Olive: Yes, totally—thank you.

Trish: Salumet, mine is not a question, it's more of an observation. We have just recently witnessed our Earthly games of the Olympics, brought to a conclusion by our Para-Olympians. And the positive energy that *they* have exuded in the past few weeks and along with the other Olympians previously, has been enormous and apart from their extraordinary disabilities, it's come across as extremely positive and the energy has been wonderful, and it's excited everybody and enlightened everybody—and we are hoping, and I feel that possibly this is one step forward as the enlightenment has resonated around Britain our country, and also I think around the world. And hopefully this positivity is a forerunner of much more positive energy and enlightenment to come.

Yes, I understand what you say, and of course, any energy which is positive grows much more quickly than the negative energy, which surrounds your world, and there is much energy which is not good in your world. But it shows, my dear friends does it not, that positive energy lifts everything (yes). Yes, and it is almost tangible—you can feel it around you, and that is what this world needs (yes). It is, and I have said for many years, that that is what is gradually, or *should* gradually happen to your world. It *will* happen—that is a truth.

Lilian: Yes, that's wonderful.

Yes, but you also must learn to be patient, because it is another thing that human beings are not good at—is patience. After all, we all know that time in *our* world is unimportant. And you are living in but a small, small part of time. But yes, I would say that all of these times are good for positivity, yes.

Trish: Yes—wonderful.

Sarah: Salumet, going back to what the gentleman (*Ray*) was asking—I understand that we shouldn't get bogged down in detail that's perhaps not necessary, but I have the feeling you said some time ago that we weren't involved with the ET's. (*I.e. Inter-breeding*) Is it just possible to answer that question or is that not appropriate?

You must remember that as time continues there are changes taking place, and when time is right, then there is a change—not only on this planet but on others—and we know within this room, that there has already been contact with other beings. Yes—I do not like though, the term 'ETs'—they are beings, as you are—maybe differently formed, but as I have said to the gentleman: that is of no consequence. You should be considering the spirit within. *That* is the truth.

Ray + Sarah: Thank you.

Of course as your understanding and your abilities for travel, which you have already lost as you know—as all of these things come together, then it becomes easier for the congregations of other beings to come to your world—as it will eventually come that people from this planet—which has already happened to a very *small* degree—travel to another planet (yes). Yes, it is part of the evolution of life.

Sarah: Travelling to other planets, but not necessarily staying there—going to other planets just to learn but not to *stay*—or will some people stay?

That would be a free-will choice, but that could come.

Ray: Salumet—sorry to interrupt, but how would you envisage travelling from the Earth plane to another solar system, or another galaxy—for a better word?

Well I have told my dear friends here: when you speak of travel, you are speaking of *physical* travel (yes). Yes—that is a long way off for Earth beings. But on other planets they *have* found a way to travel, and that is because they have superior knowledge. The Earth, after all, is a very *young* planet, and the people of the Earth have over time neglected their knowledge of travel (yes), and after all, you have to add this point: remember the power of thought. With the power of your thought you can be *anywhere*.

George: Yes, I think you infer teleporting as the best and a many, many, many times less expensive mode of travel!

(Laughs and agreement)

That should be open to all people, but here on your planet, it is not widely understood, and as of this time is still considered rather—to put it into Earth words: ‘rather a silly way of thinking’ (yes!). But you all have that ability. Your thought can take you anywhere.

George: Could I put the idea Salumet, of ‘openness’ as opposed to ‘secrecy’? I don’t know if you have awareness of the ‘Julian Assange’ situation. He released secrets from (*via*) the Internet—state secrets—and there is a move to get him moved to America so that he can be punished for that. But a wonderful—I think it’s a wonderful solution—the Ecuadorian Embassy has given him sanctuary, and he is safe in the Ecuador Embassy. But I see him as a ‘*champion of openness*’ in a world where there are so many state secrets that should not be state secrets. Have you any comment on this Salumet?

I would always, my dear friend, advocate openness and truth, as you well know. I am not here to either condemn or anything else that a human being does. After all, in your world, with your free-wills, you are capable of much good but also much that is not good. That, my dear friends, is the responsibility of you all. And I would say only that I champion *Truth* and *Love* (yes). Your world has to find these things for itself.

George: Yes, we must never forget ‘love’.

No. Without love, you would be as well not to exist. There are too many people in your world who seek only for themselves—who have no thought for others. But the time must come when they face themselves, whether it be in this world or in our world, and as I have told you before: it is much better to deal with these things whilst on the Earth planet.

George: Yes, I feel a rather sad thing is that so many people around the world pay their taxes to their governing bodies and those governing bodies are secretive about how those moneys are being spent (yes), and that is where it’s wonderful I think, to see the beginnings of openness occur.

Yes—there are still many places in your world where this would not be possible, but because of the media type that you have now, much can be brought to a wider audience; and if that is used for good, then so be it. Yes—you must always champion good.

Paul: There’s a lot of excitement about the Internet and what can be achieved with it. It was wonderful—I think the one who is credited with inventing it didn’t want it to be something that one person owns, but wanted it to be for the people of the Earth— for everybody. It could be that the Internet (yes) will be one of the great tools that produces this *openness* that we all want.

Yes, your world is a complex one, but one that can be changed—with our help—with much *Love*.

George: And we’re so appreciative of that help, Salumet.

There are many of us who come to your world as you know, and it brings great joy to us when just one soul finds themselves and discovers that *Truth* and *Love* is the ultimate in their lives. That is all we strive for. The rest, my dear friends, remains your responsibility. **We can only come, we can only offer**

our wisdom to you, but ultimately it lies with you, to find that love and that knowledge within, and then to send it outwards to all people. That is our mission to help you all.

George: Yes, and the Internet has clearly become part of that sending-out-to-all-people—(yes).

Sarah: With all the knowledge you've given us Salumet (yes), it's been invaluable to me, and I would think to all in the group. And I'm sure there are others who are teaching like you are (yes), but we just thank you again for what you've done for us.

As with all things they have their *good*, but they can also be misused; so be aware that anything that is good can also be abused.

Sarah: And it *is* abused—

Yes, unfortunately that is a price that is being paid for such knowledge.

Now, my dear friends, for this time I will take my leave. As always, I encompass you with my love and light and until we come together again, I will leave you with that *Love*.

George: Thank you so much for coming to us this evening. I'd been hoping so much that this is the timing that would work out. Thank you so much.

(General love, thanks and fond farewells from one and all)

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NEXT: One of the builders of the Bosnian pyramids, who came originally from a planet in another Galaxy, called Simkah (channelled via Sarah).

Lilian: Welcome.

Good evening.

(General greetings)

I know that you are all with knowledge of spirit and therefore I do not need to tell you that I have come with much love from your friends. Your friends are those who you were talking with last time. They wished me to come back just one more time, because these friends of yours who are from other planets, they were the ones from South of America, but there is a group here who have asked me to tell you they are aware of your knowledge of the visit made to the other pyramids that you were so interested in last time. So this is only a message from them to tell you they are aware of your interest and what you have discovered about them. They are most happy that you are on the right track.

George: Oh thank you for that! Yes we feel we're beginning to understand now. There's obviously much that we don't know, but we have some knowledge of these pyramids that were built by our extra-terrestrial friends many, many years ago and we do respect all this work which has been done. And I think we are *beginning* to understand that one of the first things that visitors to our planet have done in the past has been to build a pyramid that will provide energy to assist in their return journey.

Yes, and not only for the return journey, but also to give energy to those who are on this planet visiting; because although they are able to travel in such a way that they can arrive on your planet Earth, they still need extra, what you might call 'boost,' in order to be able to function here.

Paul: Mm yes, because it's all very different—can I just clarify: are we talking about the builders of the Bosnian pyramids?

Yes, because these friends were very much aware of the conversation last time and they wished you to know that they are ALL able to communicate and this communication led them to wish to tell you that they are aware.

George: Yes, I think I'm right in saying this is 'MIND-LINK' communication—at least that's our word for it—and sadly the Earth is rather backward in that we've done so far very little of this, but as far as the rest of the universe is concerned, mind-link communication is the way it happens!

Yes—in many, in many parts, but I will tell you: not in all. Yes, although you are as you would say, a little backward in your knowledge, or should I say the use of it, there are indeed other planets who are in perhaps not quite so less a degree of knowledge, but still they are struggling. So do not feel too down trodden because—

George: Oh we are not alone in this—

No, but you will get there I am sure.

George: Well it's wonderful when people like yourself come through to tell us just that little bit more—it's very helpful, thank you.

Yes, well I would say also we are pleased that you are interested in us, so it is a good thing for us both.

Paul: Well we'd love you to come back and build some more, or show us how to, when the time is right.

Well maybe we can arrange something, let us work together and see what we can do.

Paul: Mmmmmm!

George: Might I ask: is the pyramid building to produce that energy something of the past or does it still go on? Perhaps you've found a better method to produce the energy now?

I would say that if we were to come back to this planet Earth, we would still build something similar, but it could be that we could make them perhaps a little smaller now.

Paul: And I guess you could only come back if your guides directed you as to when the appropriate time would be to re-visit Earth?

Yes, the problem we have now with your planet Earth is that there are so few places where we would be left alone to work with you and it would be most difficult if we were to be interrupted in the middle of a session.

Paul: Yes, it would have to be a very quiet, isolated part of the Earth (*Yes*).

George: Yes I would imagine it could be quite damaging to be interrupted?

It might well be that we could get trapped here.

Ray: How long would it take to build one of these pyramids, would you say?

It can be as long as we feel that you need for it to be built. It could be quite instantaneous, but it would depend on those we are working together with.

Trish: And if these pyramids are smaller, or *would* be smaller, would the energy be the same or would it be used for the same task or tasks?

It would—Let me start like this: Your planet has evolved and so have ours—so knowledge is ever-growing. So we would also be able to condense things. Let me take an example: Your computers in the beginning were so large—they can now do so much and they are so small.

(Positive agreements)

We too can achieve more with less. So we would be able to make some smaller structures, but there again, we have not done this before with the smaller structures. So it would be a trial to start with; but let us not push this completely away, because all is possible, and we are as keen to work with you as with other planets. So maybe this is something that can be achieved if it is felt it would benefit your planet at this time.

George: Well as far as those in this room are concerned, that would be wonderful. Are you able to say if your planet is in the same galaxy as ours?

I would say not—I would say no.

Ray: One other thing—Are you in the same time frame as us or are you in a multi-dimensional time frame?
We are working on a different system to you. We do not have the time that you have, but when we come into your (Pause) atmosphere, your way of living, then we have to work the same way as you do.

Ray: I see.

But no, we do not work the same way.

Ray: Thank you.

Olive: Can I ask a question please? You're talking to us now—are using astral projection to come through, or magnetic fields as the Egyptians used to use thousands of years ago? How are you transmitting your thoughts to us now?

I am using spirit. I have lived, but I am not alive as you would say with a body now. So I am only able to take messages and pass them on.

(I.e. Our friend who speaks is in spirit and can pass messages to and from those in spirit; also those with physical form that live on their planet today. We should also not forget that the Bosnian pyramids were built 35,000 years ago—a very different time of planetary life and planetary abilities!)

George: That's interesting too. Can you say, when you work with Earth people, how do you compare in size? Are you a similar size or larger in the physical being?

Are you asking me how I was when I was a physical being?

Paul: You mean the beings from the other planet?

George: The beings from the other planet—yes.

I was a being from another planet, yes, but I was I would say smaller.

Paul: Yes, that makes sense. We walked through some of the passageways in the Bosnian pyramids and they were a little bit small—we had to bend a bit sometimes.

Ray: Yes, but also there is talk of the 'Nordics,' very tall beings—blond hair, blue eyes and larger frames. Have you heard of these?

I do not distinguish between how various Earth beings are, only if they are Earth beings or not. So I'm afraid I cannot tell you if I have come across this particular type.

Ray: But there are others around, aren't there? Other beings I mean, from other planets?

George: Well I imagine they would not be associated with the Bosnian pyramids—

Ray: No, possibly not.

Olive: I read somewhere that there were more pyramids build in China than anywhere else in the world—in remote China—because China is obviously a very big country. There are things on the Internet, but the Internet can be sort of 'played with'. Can you confirm that pyramids are plentiful in China, but no one's bothered to explore them?

I know that there are many pyramids around your planet, but I cannot at this time confirm, because I have brought with me the messages from those of the Bosnian pyramids and we can do some communication with others and find this information out, but at this time I cannot confirm that for you.

Olive: Okay—thank you.

Paul: One thought I had—if you were to come back to Earth, would it be difficult to use your spaceships without being detected by our satellites. Or could you land on Earth without the satellites detecting you?

Yes we could. And do not forget they are already coming here and giving you messages with the crop circles.

(Positive agreements)

Paul: Well it would be lovely as far as we're concerned to have you back on the Earth!

Trish: It would also be very, very nice if we could understand the messages sent with those crop circles, but of course that probably is far off for us on this Earth.

Yes, I think you will find that part of these messages is to help you to focus on your inner self and to work them out for yourselves, because if this knowledge is just given to you, it will not be accepted as well as when it has been worked out, and suddenly the light dawns (yes). So I am of the understanding that it is something for you to work on and not just to be given.

George: Yes, so it's up to us to go within and discover within ourselves the meaning. There are I believe residual energies with the crop circles. Is there some factor in the crop circles that might *help* us to go within?

Yes of course. That energy that has been left behind, was used by those visitors and yes, I would say that any extra energy that your bodies can be given can only be of good. But I would also say that it is up to you to focus—you cannot allow others to do all the work for you. But yes, I would say if you were to put yourself on this area that has been left energized, you would find your thoughts much easier to come to the fore.

Trish: Does that energy stay within those circles for such a time?

Yes, not for all, but it does stay there for a while and then like other energies it gets absorbed into other, in this case 'areas', and you will have other crops growing on there that each time they grow, they take a little of the energy away from the soil.

Trish: I understand.

George: So there would be an advantage to visit these crop designs and imbibe that energy —

Yes, if you are interested in getting to know what messages are being sent then I would say yes, this would be a good idea.

Paul: Going back to the Bosnian pyramids, if I may, I think they're being excavated at the moment and I know they'd love to be able to find an artefact, maybe left by the beings that built them. I don't know if there was anything left that could be discovered amongst the ruins there? Would you know if there were any artefacts left there?

We would not have brought any with us, but I can tell you that much work was done in the pyramids, and as gifts to each other, small artefacts were indeed exchanged. So it is possible that you might find, let us say a small tablet or perhaps—and I don't know if this would still exist, but carving into wood was always most popular. So I would say there could be some small tokens, but if you are looking for something from our planet, then I would say you won't find that.

George: That's interesting. Of course there are large, what one might call artefacts. There are large ceramic objects that weigh several tons. I believe they were used—I think they're enclosing devices that have an effect on the ground waters of that area. But there are I know large fired clay objects in some of the tunnels.

Yes they were used to fill with water and then you could take water from them without the water coming up into the passageways.

George: Ah yes, so that would be water for your use—for drinking?

Yes, and for whatever other reason.

George: Yes. One of those other reasons might well have been for making what we call large concrete blocks, for constructing the outer faces of the pyramids. Is that a term that you would understand?

Yes I do understand what you are saying, and yes, some was done by the population and indeed they would have needed water. I would also say quite a bit of it was done by the visitors, and this was not needed when the visitors did it.

Paul: Using Power of Thought—

Yes.

Olive: We are talking about levitation are we?

Paul: Not just levitation, I think you would sort of like imagine the whole pyramid into being.

Olive: Yes, I agree with that; but I also understood that *levitation* was also a thought—I've been levitated so I know it exists—My own personal view is when I do think about it, is that everything that the guide is saying to us is true, but I think a lot also is done with the power of levitation—in my own mind.

May I say something to you?

Olive: Yes please.

We were able to create and place in one movement. But yes, you can levitate and levitation of those things that have been made by MAN, but those that are made with the mind—they do not need to be levitated, because they are placed directly in the right position, once created.

George: That's very clearly stated, thank you.

(Agreed)

Trish: Can I just ask where the water was drawn from that you used in the pyramids?

Yes I can tell you: It was underground and it was used within the pyramid itself. So all was able to be achieved within one place and for us visitors that was not so important, but for the people from Earth, they needed shelter and would not have found it so easy if each time they needed water they had to go on long journeys. It was all very well planned.

(Agreed)

George: Wonderful! Can you tell me, was there any element of teaching involved once the pyramid was there? Did you have gatherings where Earth people were instructed in any way?

I would say to you that the main teaching that was done was during the construction. Much was learned in this time and because the knowledge and the actual physical building was being constructed at the same time, there was no doubt in the minds of those who were there, that what was happening and what was being taught was real.

George: So it was teaching by example —

Yes that could be a good way of saying it.

I am afraid I am being called, I must go now.

George: Yes—just finally—this was a happy occasion for you, you were all good friends?

Oh yes, it was a most useful and cordial time.

George: Good! Well it's wonderful that you've come through and spoken these words to us and we are all here, I am sure, most grateful to you. Thank you very much!

(Much appreciation/enthusiasm uttered by other sitters, including a cry of 'You must come again!')

Yes, I am beginning to smile because maybe I come again—for real.

(Even more enthusiasm expressed at that!)

George: Oh that would be really wonderful. Do we have a name for you?

I do not remember my name—

George: No, alright, we understand that.

—But if you would like to choose a name for me, I will use that, should I come again.

Paul: Or possibly just the name of the planet that your people were from?

Yes, I can tell you that, it was Simkah.

Paul: Simkah—right.

So now I am returning.

(Much gratitude and love expressed for our new found friend, or should we say: our 'old' friend from just across the Cosmos ... 'Second star to the right and straight on till morning!!!')

Next: *There followed one through Eileen who gave the name of 'Sister Helen', although she was originally named 'Veronica'. She had lived in a silent order of nuns based in Belgium, thought to have been around 100 years ago. She seemed to need to tell us her sad story of why she took her own life and her deep regret afterwards, once she had reached the spirit world—and could see that this was not a good thing to do. Nevertheless, in telling her story, she was shedding much light on this misunderstood area, which both here and in the spirit realms, will be of help—whilst at the same time emerging from the state of self-condemnation that had been holding her back.*

Lilian: Hello—can you tell us why you've come?

I don't know why I've chosen you to come—

Lilian: You know where you are?

Yes. I don't know why I chose you—I need to speak, I need to make atonement —

(General comments from sitters of encouragement for her to take her time —very welcome anyway)

Paul: Quite often the reason comes after you've settled in a bit.

I know where I've come from, I know where I've been and still I can't forgive myself. I find it difficult to forgive myself—I need to tell you that you must never take your own life.

Paul: That's what you cannot forgive?

Yes.

Lilian: No, that's not quite the right thing to do, is it. So can you help people in the same position as you now?

Not yet, but I want to.

Lilian: Yes, I'm sure you do—it would be a worthwhile job, wouldn't it?

I wanted forgiveness, but I can't forgive myself.

Lilian: No, very difficult, but at the time this happened, you must have been in the very difficult—you must have been in a very dark hole.

I was a nun, which makes it all the worse for doing.

Lilian: But you know you're okay now. But you need to forgive yourself, to move on.

Yes, that is why I've come. I needed to speak to someone.

Sarah: Were you in an order where they didn't speak?

Yes.

Sarah: So now you need to speak—so that's good —

I know life is much better, but forgiveness is so difficult. No one else criticises me —

Lilian: It's just you criticising yourself —

You must never ever take your own life. You will regret it, believe me.

Lilian: Well if you come back sometimes and speak to other groups—that would be very good.

I want to help others.

Lilian: Yes, that's the main thing and in doing that I think you'll help yourself.

Paul: I think you're very brave to come here and talk about it.

Trish: It's usually the hardest thing, to forgive yourself.

Sarah: We have a teacher who comes through and talks to us and he says unless you make mistakes you don't learn and now you've learned something, and because you've learned something you can help others. So maybe that is the purpose why you did take your own life—so now you can help others—so that can only be a good thing.

George: Realisation is a big step forward.

It's a lesson, but a lesson I want others not to have to go through.

Sarah: Yes, that's a good thing—so that's very positive.

Paul: If you like, we could add your story to the transcripts that we do, so that others can read, and it will give them the knowledge.

I was just so foolish—I was so foolish!

Sarah: Were you very unhappy being a nun?

I fooled myself that that's what I wanted to do. But the not being able to speak, was just so difficult.

Sarah: I'm sure it was *extremely* difficult.

It almost drove me to insanity. And in the end I needed to have a release.

Sarah: Yes well that's understandable because you were only human after all.

—And very young.

Sarah: Yes, that wasn't a natural thing to do—not to speak—otherwise why were we given a voice box on this Earth, if we can't use it to speak?

Trish: You can speak now can't you—(Yes) and help so many (Yes).

Olive: And to speak will relieve.

Yes, I already know that. Just being here using this voice, I can feel I'm so much lighter (good!) And I know that no one else is judging me.

(Much agreement)

And with my teaching I thought that God would never forgive me and I now know that that's not true.

(More agreement)

Paul: And you know from our point of view that no one is going to judge you here and you know that you wouldn't judge another person (**No**) because you know that they'll have their own struggles that drove them to it. We cannot still say that it's right to do, but we can still say that people struggle in their lives and unfortunately are driven to do not good things. It's all part of the Earth experience.

Yes, we all have lessons to learn that others can take heed of and learn from too.

George: There is always Love. Love is all-powerful and embraces forgiveness.

Trish: Do you feel you can forgive yourself now?

Yes I do, I feel lighter. I feel more at peace and I feel ready to help others.

(General expressions of gladness)

Olive: If you give us your name, we can put you in our healing book and send healing throughout the universe to you.

Yes I was—my name was 'Sister Helen'—not really Sister yet, but that's what I wanted to be, but my real name was 'Veronica'.

Trish: Lovely name!

Sarah: I think we'll call you 'Veronica'.

Yes, thank you.

Trish: It's a joyous name, so that goes with your new positivity.

Lilian: Were you in a different country?

Yes I was in Belgium.

Sarah: Ah, 'Veronique'.

Ray: How long ago was that Veronica?

I'm not sure I think about 100 of your years but I'm still a little confused. I don't really want to remember too much.

(General understanding)

Sarah: And the thing is, if you were very young (Yes) and you thought you had a whole life of that ahead of you, I can understand that you'd want to finish —

My father and mother were ashamed that I even had those thoughts—because very, very occasionally I was allowed to see a family member.

Sarah: But it was your idea to be a nun was it? Were your parents very religious?

Yes. I was influenced too much.

Lilian: I expect now you'll find yourself quite busy—

Yes, I want to thank each and every one of you for your time and listening to me.

(General thanks/gratitude expressed by group)

Ray: One last question: did you have any siblings?

I had a younger brother.

Ray: Was he influenced in any way—in religious orders?

No—only myself. Now I —

Sarah: Well I think you'll find if you can help others, you'll get a lot of satisfaction from that.

I just have one more thing before I go. I still have my rosary beads. Can I leave them with you?

Sarah: Yes of course, yes Lilian, would you like to take the rosary beads from Veronica?

Lilian: That's very kind.

And that is my last parting thing. And now I really do feel released.

Trish: You've released yourself from that order now.

George: Your way ahead is clarified—wonderful!

(Loving thanks expressed by group)

Sarah: If ever you want to come back and tell us how you're getting on, we'd be very pleased to hear from you.

Thank you.

George's Notes:

1: Seeding from elsewhere: A question was placed to Salumet, 18th July 1994, inquiring if extra-terrestrials had bred with humans. Salumet's answer then was a definite 'no.' I think now Salumet is encouraging us not to get bogged down in these superficial overcoats and to focus more fully on the spirit within.

2: Spirit is universally the same: On Earth, it is obvious that bone structure, size, shape and skin pigmentation vary around the planet. But consciousness, mental aptitude, awareness and mind power have much the same potential regardless of these physical variations. That is very clear in the Earthly situation. It is also clear from our single-planet séance communications that those four qualities pertaining to mind / spirit continue much the same in spirit, after the physical frame has been discarded. It is also clear from our mind-link communications with beings on other planets that these qualities prevail on their planets too, just as here. It is also clearly evident from our work—including this evening's dialogue with our Simkah friend—that the same qualities prevail in those spirit realms that are connected to their planets. So the pattern of spirit, spirit realm and planetary life is consistent throughout all creation. This universal design has been well demonstrated. One might also add that all planetary beings of our knowledge recognize the one Creative Principle that many on Earth call God (this fact was given to us during extensive communications with Bonniol of Planet Aerah).

3: Truth elaborated to suit mankind: Throughout our history there have been those with the ability to go within and find truth—Jesus being one prime example. But while documents written by Apostles and others include truths, religions based on them fall very far short of the original pure teachings. Truths are included

within the Christian Bible—fathomable by the discerning and the wary; but the canon of books forming the Bible was decreed at Councils of the Roman Empire more than 300 years following Jesus. The formulation of the 'Trinity' began here (contrived by Emperor Constantine). The Christian symbol that combines 'X' and 'P' was used on Emperor Constantine's battle shields at the battle of Milvian Bridge—Earth's most decisive battle with its extremely far-reaching consequences. The Nicene Creed of Athanasius was born of the Council of Nicaea while Emperor Constantine presided. This human adaptation of Jesus' truths is entirely consistent with Salumet's words. The fuller much more detailed account of the Roman Empire's construction of a State Religion and the reason for it is elaborated as Chapter 13 of 'A Smudge in Time'.

4: Julian Assange: It is clear from Internet reports and world-coverage-news-channels that the case of Julian Assange was dismissed by the original Swedish court, so that he was free to enter the UK. A plan has since been contrived for his extradition back to Sweden, with prospect of extradition from there to the US, where he would very likely receive at least a long term prison sentence and Wiki Leaks would be without its founder/leader. But he has sanctuary in the Ecuadorian Embassy which UK police dare not enter. Ecuador has the support of the whole of South and Central America. And the eyes of the world are now focussed on this major issue, because so many in this world now seek truth and openness. Neil Armstrong became something of a recluse—this it is said, because he was not allowed to reveal truth pertaining to the moon mission (under threat of death for himself and family!) What we think are reliable sources refer to UFOs on the moon at the time of the lunar landing, which, knowing what we know, is very reasonable expectation. Source: DrGreersBlog.DisclosureProject.org and then click on 'Neil Armstrong's Secret'. So this kind of official secrecy nonsense really has to stop!

5: Bosnian Pyramids References: Discussions re Bosnian pyramids: Salumet – 2nd April and 2nd July 2012. Our visit to them during May is described on www.salumetandfriends.org Scientific Inquiry page. Dialogue with 'Theodor', a pyramid builder re South America (Salumet – 20th August 2012). Book publication: 'Pyramids Around the World & Lost Pyramids of Bosnia', Sam Semir Osmanagich, Bosnia Pyramid of the Sun Foundation, Sarajevo, 2012.

6: Crop Circle References: Salumet – 11th July 1994, 14 November 1994, 7th September 1998; Crop circles and Earth energy 'A Smudge in Time' chapters 22 and 23.

7: Silent Orders: It is probably true to say that silence is an inducement to go within, but clearly the silent order institution is problematical/extreme—after all, this is a learning planet and so much of that learning must be through dialogue. We have been given voice box and speech for good reason. Some dedicated Tibetan Lamas choose incarcerated silence in order to spend much time within, enabling the spirit to 'astral travel'—an alternative life of experience! This is a reality but I am probably correct in saying that this would not be an objective of silent order nuns.

~24th September 2012~ SALUMET

Our healing prayers included mention of those around the world caught up in wayward militarism and adverse weather situations:

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As we draw close to you this time, we hear your prayers of healing, and always you would imagine your world to be in a constant state of turmoil. I would like to say to you this time that your planet Earth is evolving in the correct way.

Several: Good/Good to hear.

We understand the concerns and the upsets of humankind, when so much seems to be going wrong in different areas of your world. My dear friends we are fast approaching the time when change is inevitable. These changes may be very subtle, but nevertheless they will happen. Mankind has reached a platform to go further in your development—it is our task as I have told you on many occasions, it is our task to see that this is so. So I would say to you, my dear friends, look forward to the progress of your world, do not despair at all that is happening, but do continue to give of your love and your healing thoughts to *all* peoples ; not only to humankind but to your animal kingdoms also—they too are part of your Earth's evolution. I would like you if you would, to consider what is *good* in your world, rather than dwell upon those negative happenings, because as you see and feel good, so it continues to grow.

George: Yes I think we feel inside the good progress of going forward (yes) and I think we realise that the unrest in the world has to be a side-effect of the very general forward motion that is happening.

Yes—if I may use one of your Earthly sayings: '*All of these things must have their day.*'—You must remember this—so often have I told you that good comes from bad, on many occasions—not *always* as yet, but on many occasions you can see the good results from bad situations.

Jan: I was reading today some of the previous transcripts where you were talking more or less the same thing— the light and the dark, the good and the 'evil', as we were talking about it at the time, though we know it's not evil at all (yes). One profound statement that you made: How would you know if things were 'bad,' or 'good,' if you didn't experience the other side?

Yes, that is true and it always will be true, that both sides of the coin have to be experienced to know the difference.

Jan: And equal—they balance each other out exactly (yes).

Sarah: But actually if we concentrate on the *good*, as you've said, that would create more energy and promote the good hopefully.

Yes that is what I've said. Yes, it would grow stronger and then the negativity is dispersed.

Sarah: Yes, I suppose people are so concentrating on the negative side or the *bad things* as we think they are (yes), we are actually *helping* them.

You have only as individuals to see and recognise that if you dwell on something that you would term 'bad', you have to see what emotional cause that would create and then compare it to thinking of something 'positive' and 'happy' and again judge your own emotions—and you will see how different that is. That is a simplified statement, but it also applies to all of your Earth. So now you begin to see my dear friends, the responsibility that with the knowledge you have, what there is to achieve.

George: Yes and the knowledge that we've received from other more advanced peoples in the Universe, helps us I'm sure, to see what further evolution that is good, is possible.

Yes, we all come to you with a mission—for some it is to give further evidence or advice about your world. We choose those we come to carefully, and always I have told you: I like to keep to the *simple* word, because *truth* is simple. You need no extensive words / complicated language, to tell you that what you are about is *Love*. It is a small and simple word, but it *has* a meaning that enfolds all of your Universes. And I would like to think and feel that that small word called '*Love*', comes from within each one of you, much more easily than at one time it did—I'm sure you all feel this.

(Some agreements voiced)

Sara: Could I ask a question Salumet? (Yes) From time to time people tell me that they would like to meet a partner and sometimes they ask for advice. Usually I suggest they focus on those qualities that they would

like to share with a person/enjoy and then I usually suggest that it's divine timing and that they just need to be patient, and continue enjoying their life on their own terms. Would you like to comment?

I would say that to be comfortable and to, as you say: *find* a partner, takes *time*. But first of all you *have* to love yourself—without that love of yourself, how can you attract the right—I prefer to say *spirit* to you?

Sara went on to ask a personal question on behalf of a friend who felt they would like to meet somebody but they despair of it happening sometimes:

— Which is a negative response (yes) and while those negative thoughts abound, he almost creates the barrier for meeting that special person, if you like to put it that way. I rather see it on a different level and sometimes it is not necessary that you have a partner in life; but if you wish that to be your reality, then so it can be. But I would say to him that he must first find and love himself, because within him there is a little negativity.

Sara: Yes I did feel that (yes), but I wasn't sure whether to say that, so I thought I'd bring the question to you.

Yes, there is *someone*—I don't like to do this, but there will be someone, but not yet.

Sara: Thank you—that gives him hope.

Yes, but he must look inwards to himself.

Sara: Yes—thank you.

Sarah: I would just like to ask Salumet—I know you've said to me before I mustn't doubt what comes through me, but when what comes through me goes out to the rest of the world, I would just like to have a little confirmation that what I've said is right. A couple of weeks ago somebody came through that actually had been around at the time when the Bosnian pyramids were built. Was that right?

(One of the builders from Planet Simkah)

George: Of course he was speaking from spirit, was he not?—

I cannot answer that question—I will have to look to it and let you know. Next time I come, I will have the answer.

Sarah: Thank you very much.

But let me just say about doubt—some would say that all that is said, comes from our world. But sometimes you have to remember that in being used, as what you term 'channels', includes your own deep subconscious mind and although there is no question of trickery, it sometimes can happen.

Sarah: I think I started to doubt a little bit—when I was talking it seemed right, but afterwards, because he'd said that he was coming to bring a message from others and then by the end it seemed he was actually talking about himself—that's what confused me—

Yes, I will look to it for you.

Sarah: Thank you very much.

I do not wish to detract from this evening, but try not to doubt yourself.

Sarah: No, you've said that before (yes). I just feel that something like that, because it's going out to so many (yes), I would like it to be right.

But sometimes it is *healthy* to have doubts, because then you are not engaged in thinking that all words come from our spirit world, as so many do. And I have to say that there are many in your world who are creating for themselves much untruth and confusion.

Paul: I think I was reading something recently that was supposed to be a channelling, but it was so *wordy* and complicated—unnecessarily so—it made me think that that was an example of someone who was—

maybe they weren't aware of it, but I don't think it was from a source of truth in a very clear way—usually it's so clear and simple and the understanding is somehow gentle and clear.

George: Yes I think the account included many long words, which would be beyond many people.

Paul: Yes it was a bit like it was showing off at how many long words—but anyway, truth seems to have a beautiful simplicity to it.

There are many people in *our* world who find words an absolute joy let me say. But that is their passion, but it should have nothing to do with love or truth or philosophy from our world. That is why when first I came to you I decided that simplicity was the way forward.

George: Yes, thank you for that.

Sara: I think with teaching it's very helpful to have simplicity (**yes**). As an art form, words when they're poetry, for me that's an art form, like music or painting. That's how I see *words* at their best really.

Yes, we could all give very colourful descriptions—long sentences of complicated words, when two or three will exhibit to you the same content. Yes, there is no need and that is why we decided when we chose to come to you that our words would always remain simple. That is why I do not like going into too many personal details. There are many in your world who will supply this information. My mission to you all is to bring only simple truth and pure *Love*.

George: Salumet, I wonder if I could ask a general question about spirit? (**Yes**) Spirit has always been (**yes**), mind is part of spirit and I think we appreciate that spirit has a number of parts (**yes**). And then there is what we call the 'energetic void', which extends throughout the Universe (**yes**). I am wondering if that has always been or is it a part of Creation?

It is a part of Creation, but it has the ability to *change*. So yes, it has always been.

George: And I imagine spirit has to be in association *with* the energetic void?

Yes, you cannot separate the two.

George: Going on from there—this may be an over-complicated idea, but if the energetic void is part of evolution, then I would imagine it continues to be created and is in pace, in a way, with the expanding Universe?

Yes, as I have said, it is able to change.

George: Yes, and I suspect that what we call black holes at the centre of galaxies, are energy-converters, and I think physical matter and light feed into those black holes and I suspect that the energetic void is being produced here, in pace with Universe expansion.

When all belongs to Creation, we do not speak of static energy. I have told you energy is ever-moving/changing (yes**). And of course every planet that is within every Universe has its own pocket of energy, to put it in a simplified way. So yes, you cannot separate the two, although your scientists would say: that is not quite correct—as I am sure you are aware.**

George: Yes, it seems a very logical notion that the energetic void is part of Creation and ongoing.

Yes and the word 'void,' is slightly misleading I feel. What is a void?

George: I think it simply means that material atoms are missing from it.

Yes, but it is still part of all Creation (yes**)—yes, you cannot dismiss this in any other way.**

George: And spirit and mind —

Mind belongs to spirit, yes —

George: Mind belongs to spirit and in a sense would seem to be conveyed by this badly named void.

(*Chuckles*)

Well, there are many ways to explain it, but I feel for the sake of the group as a *whole*, these are complicated matters—matters that although of interest to many, really are unimportant at this stage of

existence. It is something that you can begin to unfold and understand at a later date. But I know you have an active mind my dear friend and seek many answers. But again I will say: try to keep all of these thoughts on a more simplistic wavelength.

George: Well that does help clarify and I think it's firmly with us that mind is part of spirit and —

Jan: Consciousness is part of spirit—so you can't have a void if consciousness is part of spirit—it doesn't make any sense that there should be any void at all.

All is energy, whether you give it a name or not—yes, that is true.

George: Well the old-fashioned term was to call it 'aether', which is perhaps a better word.

Yes I would agree. I would prefer to use that word. It is basically a spiritual energy—yes and all is part of Creation—you cannot separate it.

George: Yes, well thank you for that also. Yes, that does help to clarify the thinking. It helps if we use sensible words for our descriptions.

Yes, it is easy to complicate that which is simple. But it is understandable also.

Jan: Well, George does have a scientific mind and background (**yes**) and without George, we wouldn't have got as far in the group as we have. So we appreciate George's inquisitive mind.

George: Well I try my best to relate it all to spirit and to bring the two together.

Yes—and that is his purpose within this group.

Jan: Absolutely.

Yes, as you *all* are involved. Each one of you has a place and a purpose.

Jan: That's why we all blend as a group. I think we each bring something completely unique.

Before we come to this world with whatever mission we have chosen, it takes quite a long time to find those people who are suitable, not only in spirit, but in their daily thinking. All are different within this group, and yet you are all as one. Unity has become purer as time has passed by and for this I am eternally grateful.

George: Well so are we—I have to say that. As a matter of fact I have just written an article and I know that I received help in doing that from spirit and your words this evening have further clarified, so I can present it in a better way. So thank you for that.

Sara: Can I ask, following on from that, did we all make a pact before we incarnated this lifetime, to work together here?

There was knowledge available for you—not so much a pact, but a *knowing* that at some point there would be a coming together. At that time it was not intended that I would take this Earthly mission, but of course as I have said, it takes a long time to find people of what you would say 'calibre'.

Sara: So we were head-hunted!

(*Chuckles*)

Well, if you wish to think that, then I will allow you to think that—but no, everything is done *willingly*.

Sarah: And I think you've worked hard to bring us together, because Sara and I met in a choir, which neither of us sing in any more. But just for coming together at the time I'm sure was right to bring *me* here.

Yes, as I have said there are never coincidences, they're always planned for you—*opportunity* is there.

Jan: If we were to actually write down how our journeys brought us here, they would make fascinating reading (**yes**). We have—not only within this room, but even when people have visited once—or we have extended family members. From my own point of view, I came here through marriage. That never ceases to, not amaze me, because I'm not surprised any more, but just how wonderful is the journey! Are you with me?—meeting my partner—meeting my in-laws, who were part of Leslie Bone's group, who

introduced me, who introduced my children and we've been together before—my children and I. I just find it—I wish I had the words to write it down for people!

Yes. Perhaps I can say to you, you are all a family of spirit and there are many instances of groups who work with us, who are interested in the way they have come together. But you all have *pathways* and you all have *choice* and it is your *choices* that have brought you together. You may well have for example been married, but you may have rejected what was in front of you. So remember—

Jan: Do you mean the free will (**yes**) could have taken me on a different path completely?

Yes, remember always that you have that freewill and it could have been that as many before you have, *rejected* the pathway in front of them.

Jan: But that rejection is *always* part of spirit, so neither choice is ever wrong.

Yes—the choice *can* be wrong.

Jan: It can be?

Yes—you have made the right choice by the right pathway. If you had rejected what was in front of you, you would not now be in the position that you are. You always have the choice.

Sara: Well, there's a better choice, there's a pathway which is going to lead to more fulfilment.

Yes, you will all of course return to spirit—I believe that is what our dear friend means. But there is a right pathway and there is a pathway which will meander in all kinds of ways in life and is not the pathway that is best suited to you.

Sarah: Maybe it meanders because it's still looking for the right pathway—

It meanders because that has been your choice. You understand?

Jan: There's something deep down in your core that is very difficult to express, when you know that something is right and we've mentioned this so many times in the group—Paul's mentioned it, and Sarah—where you do something and obviously you know that you either *shouldn't* have done it or *should* be doing it (**yes**) and I think years ago that feeling would have been completely ignored, but your teachings have brought those feelings more to the fore, so it's far more important to feel comfortable with a decision.

You all have the ultimate truth—you all have the knowledge of what is right and what is not so good. But that is *why* you have been endowed with freewill, so that you develop that 'knowingness' that you already possess.

Jan: The freewill is still part of spirit, because that's a learning curve.

Yes, freewill returns with you to spirit, for some time at least, until the recognition comes that it is not necessary.

Sara: Part of our growth is to recognise what is true and what is good for us (**yes**).

Sarah: And would you say when you make the right decision—

You will know.

Sarah: —you know and it's an easier journey.

Yes, and you feel that upliftment within yourself. Your spirit soars because it knows that is what is right.

Sara: And others also sense when you are on a good pathway, because they become attracted to the light (**yes**), and they want to understand what gives you that light—that feeling.

And you are attracted to continue onwards and further, because of your understanding. So you see, *others* are attracted to you, whilst *you* are attracted to greater things (yes).

Jan: It's not a question—it's just something I've noticed a lot. It's not an egotistical statement at all. I've noticed that I stare at babies and I'm often told that he/she doesn't smile/wave at anybody. It's as if I'm looking at a child's soul; it's a wonderful feeling. I get a response from children that I don't know and I just

put it down to a spiritual connection. I don't need to understand it, they don't need to understand it, but it happens.

And your understanding is great because of it (yes). Yes, that is correct.

Jan: I suppose they're nearer to spirit.

They are still close to spirit and you of course would be attracted to that strong light (yes)—in a kind of 'being pulled back home'.

Jan: Yes that's how it feels. I'm sure I can actually see their soul rather than the person, if that's the right word—the physical bit's not there—I'm looking at something much deeper.

Yes, and that is what happens when the spirit develops when still within the physical being. This is what should happen, that the spirit comes forward and recognises what we would call 'pure love'.

Jan: Of course it is—yes.

Yes and pure love, the closest you will find, as I have said before, is the bonding of a mother and newly born child—that is as close to the pure love as you will find—on this Earth anyway.

Jan: I find the same experience happens with animals (yes). It's the same love bond.

Yes. Now my dear friends I feel it is time to leave you this time. I hope our talk has been informative to you.

(Strong agreements and thanks)

And as always I leave you bathed in love. I bring you comfort and strength and upliftment for your daily living.

George: As always it has been a wonderful evening Salumet. Thank you.

(General thanks)

George's Notes:

Circumlocutory Prolix: —or excessive wordiness! Salumet is clearly for simplicity of the well-chosen word. How very logical! Having read scientific papers recently that use extremely long words BUT end up saying very little, I couldn't agree more. Yet the very wordiness of those papers and their absence of content have urged me to write the article that accompanies this transcript. It is the reverse—not too wordy but, thanks to our friends up there and everywhere, it is of huge mega-content. It will go onto the 'Scientific Enquiry' page of our website and to any newspaper or journal that will take it.

Medium's Doubts: It is possible that I caused some confusion last time with my question about the visitor's size compared to humans. The speaker was relaying information, and it was unclear if he spoke of the height of the pyramid builders or that of himself. It was my impression that the dialogue developed with really positive thrust, inspiring trust.

AETHER: 'Aether' (Sometimes spelled 'ether' just to confuse it with the anaesthetic), is the old name, before it was given half a dozen quite different names to suit mathematician's and scientist's meandering ways. In Plato's 'Timaeus' the Aether is described as: 'that which God used in the delineation of the universe'. A 1930s quote re aether states: '...has dropped out of science, not because scientists as a whole have formed a reasoned judgement that no such thing exists, but because they find they can describe all the phenomena of nature quite perfectly without it.'

The Universe Around Us ... James Jeans

We are of course, in a position to strongly dispute that wrong-thinking in science, and it is time to reinstate the aether using its original name!

Free Will: It is made clear that opportunities are presented in life. There is no rigid plan, but there is a plan for opportunities; and we can then exercise free will as to whether or not those opportunities are accepted.

~8th October 2012~

On this occasion, we were visited by our dear friend Emma via Eileen—Emma Hardinge Britten, who in 1887 founded 'Two Worlds' magazine that still continues on the bookstalls today:

Sarah: Good evening.

Good evening to everybody.

George: And welcome.

I can always expect a good welcome.

George: That's nice.

Sarah: Have you been before?

It is I, Emma!

(Warm welcomes—we normally recognize instantly, because Emma straightens her (Eileen's) back on joining us, which makes the chair creak, but on this evening Eileen was using a different chair!)

Sarah: Very nice to have you back.

I have come this time to update you on my work.

George: Thank you.

Paul: I was going to ask: how is the work going?

The work is progressing beautifully. I am sure you must be aware of the change in the women of your world, even in those places of disruption and war. You know well my work took me to those places where women were downtrodden. And that is slowly, slowly changing I am so pleased to report.

George: Your work centred on India, or does it go wider?

It goes wider now but mainly India (yes)—that is my mission. But I am so pleased—so pleased that it is happening at last.

Paul: Yes, I think we hear on the news or on documentaries occasionally that there are steps forward. I think even in Saudi Arabia, some of the women now are able to do certain jobs that they just were not allowed to do before—they also had them in the Olympics—they still had to wear a funny headdress, but at least they are allowed to compete.

Yes indeed, many are amused by my headwear. As you know, this is one of my great joys to wear these hats.

(Chuckles—we are aware from previous occasions of Emma's love of decorative hats)

I don't surrender them too easily, but that is not important. I am unimportant—the work is important. But I just thought you would like to know this.

George: Yes indeed, and when you put on a hat you felt perhaps quite important, and I think it was the fashion in those times, for the western ladies to have very decorative hats (Yes) and there's a series running on TV at the moment which is a period piece, and you came to mind actually because of these ladies wearing extravagant and detailed hats.

Yes, it was a form of recognition with these hats. But of course that is not why I wore those hats. I have a particular love for them, and I still retain that, even to this day.

Sarah: Is the one you are wearing today blue?

It is.

Sarah: Yes, I thought it was.

Yes, you are quite correct.

Sarah: With pale blue flowers?

There is one flower, and a very substantial feather. I have to just say that I am being told—the lady I am using has forgotten to take her line out—the telephone line.

Paul: Oh right!

Don't be concerned about it. I am being told just to tell you that.

Eileen normally unplugs the telephone so that our séance is not disturbed

George: Nice that they were able to get the message through, thank you!

Oh, we are most organised here!

(Chuckles)

As organised as you maybe, but nothing goes to chance, everything is well organised, and that is how I like it.

Rod: Do you go to the races here—to Ascot on Lady's day—where ladies go with their hats?

I have seen, and I am quite amused, I have to say—quite amused! Some of them—could you possibly call them hats?—I don't think so, do you?

Sarah: Not only could you not call some of the hats, hats, you couldn't call some of the dresses, dresses either!

Well—they look more like underwear to me!

(Big laughs)

But that is just what you call progress!

Rod: I think I misunderstood something here, because I thought you were working with downtrodden women in Pakistan, and I don't see the significance of you wearing a hat.

Don't you?

Rod: No.

Because that is just who I am (aha)—*yes—or was.*

George: I think you travelled in the United Kingdom and America—you sailed to America—

I did indeed go to America—a wonderful opportunity, yes. But all of that is so insignificant as to what I am doing now (yes).

Paul: Do you ever work in Afghanistan as well?

Do you know, it's possible to go just wherever you please? It is not a place that I have had a mission to, but I am aware.

Paul: I think they don't always get it right on the news, but they announced that was the second worst country for women (**Yes**) at the moment. I don't know how they rate it, but I just wondered, from your angle—you see more than us—

I would say in general most of these women have a spirit that is waiting to show itself—in all of these countries where they are downtrodden. Women will not be kept down indefinitely. There has to be change; after all, we are all made from the same Creator—yes, we are all part male and female. So one cannot suppress the other and it is time in your evolution to change these things and this is what attracted me. I have always supported the women's right.

Sarah: So how do you actually get to change this? Do you work with the leaders, or?

I do not personally—I work with the women. I try to uplift, encourage and support them. They of course cannot see me, you must remember. It is spirit working with spirit.

George: A matter of adding to their thoughts—

Yes, it is changing the way they see themselves—that is my mission.

Rod: I wondered if you might be working with the leaders of the countries, but—

No, that is not my mission (I see).

Sarah: Do you know the people who *are* working with the leaders?

It is not something that I have looked into. I am only concerned for the women at this 'moment in time', anyway—as you would say. But my work is ongoing, and for that I feel pleased.

Sarah: You've made good progress **(Yes)**.

George: With any change, it does take time—on this planet.

Yes, and you know that 'time' is most complicated!

(Laughs)

Sarah: Yes, you don't have any, do you!

No—but I just thought I would take the opportunity and visit, what I believe to be 'friends' now.

Sarah: Very much so, yes!

Rod: And do you have helpers—your side who are helping you?

Oh yes, it is not just me. There are many who wish to do this.

George: It's nice to know—very nice to know, that it's going on; and does the passage of time here make your work difficult in some way?

Not really—I am of course aware of Earth time, but it doesn't affect what I do. I go by the time, if you like to call it time, in our world—yes, that is what matters.

George: It's very nice to know that there is the influence happening for these people, who must be—well perhaps they've got so used to the status quo—that they are not really frustrated with it; so would I be right in saying that it's like that and it has to be a very gradual process?

You can't change eons of time in a second of your time. Things have to progress at their own rate. I am on this mission because I can see the time is ripe for these things to change. That is why I chose this mission.

George: And it is very much a time of change on this planet—

Yes—the WHOLE of your planet is changing—not just for women, but for human beings in general.

Sarah: I think even in my lifetime I've seen huge changes.

Yes, I'm sure you have. All is possible.

Sarah: I think the planet went through a long time of little change and then suddenly it's been a huge acceleration.

Yes, I would say 50 years of your Earth time has seen great changes and I know that people here do not always feel that it is so, but I assure you it is. You ALL can play your part, but I am pleased with what is happening.

Sarah: Yes, well, well done! You're obviously doing a very good job.

And now I really must go.

George: And you are a very good friend **(Thank you)** and it's very nice to have you drop in from time to time and let us know how things are going with you.

I will indeed keep you updated from time to time.

Sarah: Thank you.

Thank you all for your welcome.

Sarah: We will think even more of you as women's liberation continues.

I agree.

George: Thank you Emma for being with us.

Rod: Do you need a hat pin by the way, for your hat?

I don't think so

(Chuckles)

But thank you anyway.

George: You would not wish to change it for a burka?

(More laughs)

Oh my goodness me, now we do have a naughty one! I will leave you all in peace.

(More laughter and fond farewells)

There then followed the rescue of an elderly lady in her 90s who died a physical death at some steps. She needed a little gentle counselling, before she was able to move on. At first she would not accept that she had died and believed she was still at the bottom of some steps, until Sarah got her to feel the arms of the chair that Eileen was sitting in. This convinced her that she was in fact sitting in a chair in Eileen's lounge and was no longer in her old physical body. She could see light from street windows, but on looking above, she became aware of the spiritual light. She was then able to move through the tunnel of light, where she was met by her husband Denny, who had passed on before her. (Many audios of 'rescues' are freely available on our website: www.salumetandfriends.org)

George's Notes:

Emma Hardinge Britten (1823-1899): Advocate of the then 'modern spiritualist movement', an author and orator who has retained her public speaking voice. Books: *Modern American Spiritualism* (1870), *Nineteenth Century Miracles* (1884). She was herself a spirit medium and entertained by pre-emptively playing at the piano songs that her audience were thinking of requesting.

Previous visits: 8/12/2003, 13/6/2005, 22/6/2009, 30/5 2011, 21/11/2011. This lady first came through as a 'control' with messages. We noted the name 'Emma' and her fine public speaking voice and did a literature search to get the full name, then checked with Salumet who confirmed it was indeed she. He added (12th Jan 2004): 'The dear lady works tirelessly still for what you call 'spirit'.' Quite so! Emma HB also appears on Utube: <https://www.youtube.com/watch?v=8Uhx6zSqDU>

~15th October 2012~ SALUMET

Lilian: Good evening and welcome Salumet.

Good evening.

(General greetings)

As always I have listened to your conversation this time. It is worthy to note how your viewpoints have changed. At one time, my dear friends, you would have considered situations to be either black or white. But now all of you are much more in tune to other emotions and are much more giving to others. This my dear friends, is entirely due to your own spiritual growth and as you know, that is something we have been working with, with each one of you in this past year of your time.

Lilian: Yes, with your help and a lot of help from your side.

Yes, I would this time speak to the lady who asked a question the last time we met.

Sarah: Yes.

As always your doubts surrounded you after speaking (yes). Yes, I have told you on many occasions, you must not doubt yourself. But it is not unnatural for human beings to doubt themselves; it is part almost of your physical make-up. What I would say to our dear lady friend is that when she communicated she was speaking as a *group*, speaking *for* a group, who were aware of the questions being asked. The information given was coming as a group, but then seemed to *change*, and this is what confused you.

Sarah: Yes it was.

Yes, a little—shall I say ‘hiccup,’ occurred then. So, yes you were right to consider that it was not as it seemed, but that is not to say that the information given was incorrect, only in the manor that you gave it. You understand?

Sarah: Yes I do, that’s nice to know anyway, thank you very much.

Yes—please do not doubt yourself.

Sarah: No I shouldn’t do that, I just feel it was quite an important thing to be saying/giving out and when it goes to so many people, I just wanted to make sure it *was* right.

And I would say also that when you are speaking of something so far back in your Earthly time, it seems unlikely that it would be the person of that time. That is why sometimes the information comes from group knowledge.

George: It was certainly wonderful information for us to have.

Yes—of course, but it is more important that the channel is comfortable with herself, otherwise what will happen is that she will continue to mistrust her own judgements.

Sarah: Thank you Salumet very much. Whilst I was channelling it seemed fine, but it was afterwards when I thought about it, that I thought there had been a bit of confusion in there, which made me doubt.

Yes, your very deep subconscious wanted to interfere—that is what it is. But please *know* that your communication with us is now strong.

Sarah: Yes, thank you very much for coming back and telling me that.

Yes, the same as our other dear lady friend who doubts sometimes what she receives—yes.

Jan: I do.

Yes, we have already spoken about that, yes.

Sarah: I won’t doubt any more—

It is not always a bad thing to have doubt. But don’t allow it to *suffocate* you. Have the doubt, deal with it and let it go (yes).

George: Well it seems most wonderful to me that that information was sourced in that way from so far back.

Yes, that is what I mean—there is more than one at work in these situations. Not everyone would understand those words, but each one of you is most capable of accepting this as being so. Have you any questions this time about this? (Pause) You are all happy with that explanation? (Affirmed)

George: Yes we’re very happy with that explanation I’m sure and we’re very happy with all the information that has been coming to us about pyramid construction and the reasons for pyramid construction on our planet—that is very clarifying for us and I’m sure all those who read the transcripts.

Yes.

Jan: It’s not only when we’re in this room, I think we should remember that we’re impressed and given things *all* the time. I’ve learned not to doubt those feelings, thoughts, that inner voice—I think that’s important to remember.

Of course—once you open up to spirit, you will not be left—let me say it to you that way. Once we have a channel, and it doesn’t necessarily mean a channel who uses speech—but once we have a channel who becomes aware of those spiritual feelings—that spiritual knowledge—then it is imperative that we continue to use them, because in that way the world becomes more knowledgeable and that is what is important. So your own individual development is of the utmost—yes.

Jan: It brings you to question—not to question *why*—how can I put this—the *reasons* seem a lot easier to fathom. Life’s reasoning seems easier. It becomes more complicated and harder as you’ve said before, *with* the knowledge (yes), but when you’re able in quiet moments to sit back and think, ‘*Let’s just think about*

this now, the reason that's happening is because of that.' It's just healthy and it's opening up channels of questioning that maybe I hadn't thought about personally before.

Yes, whereas before all was black or white, now you look at a slightly wider picture, yes.

Jan: Yes, looking at it from outside in, not inside out.

Yes, that is correct—you must, as I have said these many past times of your years, you must look further, you must go inwards, but you must look further. It will come with awareness and knowledge.

Sarah: I find it makes life less stressful and more in harmony. I was talking with somebody today and she was so sort of angry, and I thought I wouldn't want to speak like that anymore. Your teaching's been a very *calming* influence—everything's much calmer and easier to deal with.

Yes, I believe you will remember words I have used—to be in control of emotions. There is nothing wrong with the human emotion, but it *can* instil within you a dread and fear of *life*. That is why I say take control of those emotions and think things through, and your own spiritual being will tell you and keep you calm.

Sarah: Yes I don't think I'm consciously trying to be calm, I think I am just calmer.

No, that is because your spirit is more to the fore in your daily life.

Sarah: That's nice to know.

Jan: When it does happen—I can't speak for everybody else here, but I have occasions when I think, '*Oh no here we go—*,' but it's so much easier, like Sarah's been saying and I'll use a silly expression, '*To get back on the bike,*' and it just feels easier to get back on the pathway (**yes**), whereas before I might have spent weeks and weeks being in this black place (**yes**). But now if I do get angry I can now laugh about that anger and think, '*What did I do that for?*' Much easier than taking it within and then having pain somewhere weeks later, because I became angry.

And also remember too, that to express anger is in effect to express your inner fears. I cannot stress it to you often enough—*FEAR* can create all kinds of situations, not only illnesses, but it can stop you growing spiritually, whilst you are in these bodies. That is why it is important to always see that wider picture.

Jan: I think it's one of those emotions that personally I don't think necessarily is a bad thing to have, as long as it's managed and you know why you became angry and you get rid of it as quickly as possible—you don't hang on to it (**Yes**). I think—

The recognition is good, but the absence of anger is *so* much better. But that is what you strive towards.

Sarah: Getting rid of everything that's negative.

Yes, but as long as you feel you are moving forward as a human being—and I am not saying do not be compassionate, I say *be* compassionate, but without the fear and guilt of anger, because anger does result in fear.

Jan: Yeah.

George: I feel it's very important for this planet to conquer its fear of others from across the universe. We have been so fortunate to receive information on friends from across the universe, from other planets, from the spirit realms of other planets, and information concerning various pyramids and their purpose. And we are in the fortunate position to be able to use intellect and to cross-reference this information and this should result in all this information being very acceptable to those in our population and it should help everyone to conquer 'fear of the unknown', because these things must eventually become *known*.

Yes, you can only give out the information that is available to you. It is *then* the responsibility of those people receiving, to decide whether or not they also accept this information. You cannot rush the process of acceptance, but as time continues and we all do our best to influence your world, then more

and more people are beginning to *think* for themselves, to *question* also, what they read and hear. This is healthy and we would not discourage people feeling that way, and if it means that their own emotions at times override their own common sense, then so be it. But it is important that we continue to strive for the truth and the knowledge which is available to you all. Your world will become a much better place, but it is *slowly, slowly*.

George: Yes, that's a lovely thought and an axiom of one of our institutions, is 'knowledge dispels fear,' (yes) and I feel there is much truth in this. (*Parachute Training School*)

Yes, I would like to say *truth* dispels fear, rather than *knowledge*, but I accept that saying as being a good one.

George: I see yes the knowledge has to be *truthful* knowledge—

Yes, not all knowledge is truthful.

Paul: And it needs to come with love.

Yes, of course that would go without saying, yes. Truth is love, Love is Truth. Yes, you must remember my early words, when I stress so much about Love and Truth (yes). That is what is important and the knowledge and the information that we pass to you about your planet, your world, is good for *you*, but inevitably what we are striving for is that the population as a *whole* begins to recognise who and what *they* are as individuals. *That* is the importance of being alive, that is what we strive for all of mankind to have. It is simple, but it is powerful. You understand?

Paul: Yes, it's small steps —

Continue to give the truth, the information, and the others will do their job. We will try, not only to influence you, but all those who come into contact with you. There is much work to be done.

George: We feel that via the website, there are more coming into contact with us (yes).

Paul: It's almost like we have a very wonderful fire or something very pure in the middle here and every person we meet, or even those from other universes or coming through as channels—everyone you feel is just a *friend* or a *potential friend*.

Yes and that is the expansion of your spirit. Each one of you must by now realise that in your everyday life, that you will find more and more people are attracted to you. It is because your spiritual light shines brighter and they will be attracted to you. It may even be something quite—shall I say *Earthly*, but in that moment of meeting, there is a blending of *Love* and *Truth*. And I know all of you *feel* this at times (yes). I am sure each one of you could give some information in your daily lives as to people you come into contact with, who are *seeking* and are ready for the information that you can give to them.

Jan: Unfortunately for myself, I don't feel I come into contact with many people—I do live a very insular life, but those that I do talk to, I can see them growing spiritually over many, many months of talking to them and I suppose that's my pathway. I remember you once said to us that if we only ever help one person in this lifetime—

One person—if you touch the soul of one person my dear friend, you have achieved much. So do not be concerned about numbers. Remember that one person will radiate that love from you to another—and that is what happens. Imagine one person radiating out to *thousands*. It has to begin somewhere—so do not be concerned about numbers.

Rod: I'm afraid I was a little greedy—I thought we would leave a trail of believers, but I don't think we've ever done that.

Well I am sure sir you do speak to many people I know and you can, but—as I have said before, leave the seed of truth with them. And then it is *their* responsibility. Do not become concerned about whether they believe you or not, because you have done your work well.

George: Perhaps this is a good moment to mention that two people hope to be sitting in with us next week, plus Doreen who has sat in with us on previous occasions.

Yes—yes I am happy for them to come if the others are. You all know by now whether you are willing to accept others here. If I did feel there was any problem, do not be afraid that I would not tell you (Thank you). So if the others are happy, then yes my dear friend, so am I (Thank you). I will of course, endeavour to be here with you as I always try to, when we have other people with us.

George: Wonderful, much appreciated.

Jan: I'm letting you know my thought here (**yes**)—I mentioned to the group earlier on, when Eileen your instrument was healing—I suddenly start seeing patterns I suppose, but Richard my son who you know well, is going to start a new job in a month's time and it suddenly occurred to me, I wonder if—and I haven't mentioned it to him at all—I wonder if the reason why he has got a job nearer here—and I know his free will, will come into it—but he will have the opportunity in time to come back to the group on a Monday.

Yes, if his free will allows him then his pathway will always lead to where he will be comfortable. So I say only that with free will you all make your own choices. However much influence we place upon one person from our world, inevitably we cannot interfere with their free will.

Jan: Yes I appreciate that 100%, it's just my way (**yes**) as I said earlier on, of thinking 'Ah!,' (**yes**) I can start seeing life in—I suppose, because you've told us so many times that there are no coincidences (**no**) and Richard's free will I know comes into it and I'm not going to mention this to him at all. I want to see whether or not his free will leads him back to the group (**yes**), because he's been given the opportunity to do so geographically.

Yes, if people really do *desire* to come together, then they will. The opportunities of course are given, as you have said, but it is entirely up to their free will, whether they take or recognise those opportunities.

Jan: Yes so it's my exercise you see over this next year, just to see whether he takes that opportunity.

Yes, and of course there is a closeness which allows you to feel these things and I know you understand what I am saying.

Jan: Yes I do. Thank you for that.

Yes, but we welcome *all* who wish to experience or learn a little more about themselves or what we do here. And I know dear friends, there has never been a moment when you have denied others that opportunity and for that I wish to say thank you to *all of you* for your dedication and your love, which encourages me to continue in this mission.

George: I'm sure we all reciprocate that love and are so happy (**yes**) that these meetings continue.

Yes I will of course be with you next time, so for now I will take my leave. I leave you all this time, again feeling uplifted as you leave this room; uplifted and filled with the joy of physical living. I know that life can be harsh at times, but you are all equipped now with some knowledge of dealing with your lives.

And with those words, I ask that a blessing be placed with you all.

(General thanks expressed)

There then followed some clairvoyance through Eileen making a connection with Jan from a friend of Jan's grandmother. She mentioned toothache, holidays and Grangemouth, which all seemed to be meaningful.

Ann: *Ann passed to spirit in June. Jan has strong clairvoyance at times and she now became aware of Ann joining us and saying: 'Am I in time for tea?' I moved across the room so that I could hear Jan's commentary on this, and Rod thoughtfully moved from his place next to Jan to a chair opposite. Ann declared that Rod was now sitting in **her** chair. Correct! Ann said she loved the music—probably the CD medley of her favourite music played at the funeral. Jan reported that Ann was smiling—beaming, the whole time and*

was surrounded by an incredible feeling of love. She said that where she is, is everything she expected and more. She spoke of the emotions felt at time of passing—pulled in both directions, but knew it was time to go. There were tears of happiness. 'The love bonds are not broken'—she loves everyone just the same. In conclusion, Jan noted a tall man then drew her back. That would likely be her grandfather whom I met once. (He would be about 6' 2" and Salumet had informed us that Ann had been met by her grandfather) Jan was left with the feeling that Ann would be visiting more, once she was better settled in. We then closed and had tea as usual and Eileen placed an extra cuppa where Ann used to sit—life continues—onward and upwards

~22nd October 2012~ SALUMET

Doreen and Mark sat with us as guests on this occasion:

George: Good evening Salumet. On behalf of us all, welcome to you!

Good evening.

All: Good evening.

As always, my dear friends, it is good to be with you once more. I wish to give a welcome to those who come this time (Thank you). As we are approaching the end of this Earthly year, I wish you, my dear friends, to think of my words to you in this controversial time of your Earthly living. So much has been spoken about the ending of this Earthly year, and I have assured you that all is well and the evolution of your world is happening as it should. So, remember my words when we reach the end of this year. Does anyone have any questions this time?

(Pause)

George: I'm sure we have—any questions from our visitors?

Doreen: I'm fine thank you George.

George: Or would you rather wait until you have acclimatised?

Mark: Yes please!

Yes. So full of questions, and yet, when they come within this room, there is nothing to say.

(Spoken with appreciated humour)

George: I have some thoughts on Earthly charities today. It's obviously good to give—to give to others, but I've noticed that it is getting a little out of hand. This country alone now has 185,000 registered charities and that number is growing 5,000 each year. I feel there's something wrong in this, especially when one third of moneys contributed are spent on advertising the charity and sending out persuasive letters to people. So I feel we need to take account of how we give, and I just wondered if you have any comments on this Salumet?

Yes, of course I will not say that you must not help others in any way that you can. The purpose of mankind is to help others—this I have said on many occasions. But I understand your concern about the greed that also exists in your world.

George: Yes, I'm sure there is an element of greed in this.

Yes, of course, that has always been and all I can say to you is this: that each individual must think for themselves, and to give in whichever way they so desire, to others, and it must be with their own conscience. And that has to be not to give to those who are seeking to gain for themselves, but to find some way that will help those most in need. It is a world-wide thing I know, but I cannot say: do not give to those in need.

George: Perhaps we should be more circumspect within ourselves **(yes)** and perhaps also it would be good to attempt to influence our government and Law Society to give some measure of control over what is happening.

We have been striving for so long with the governments of your world to do betterment for mankind. It is an onward struggle, but I am encouraged by the many good people that are within your world and who give to others without thought or need for themselves. We strive to help those who help others, and also to influence those in power who are able to change the state of things in order that this greed might be 'annihilated', if you like—yes.

George: Thank you for that.

I am afraid mankind has a large part to play in these situations.

Sarah: One with so many charities, as you say, we all have our own free will and it gives you a chance to choose the ones that you feel are right, and perhaps somewhere along the line, each one of them is right for somebody; as long as you say, it's not for personal gain.

Yes, those who seek personal gain over helping others are not doing themselves much good, because any good that they have achieved is struck from whatever good they have done. So yes, the responsibility lies with each individual if you are looking to stop this kind of greed.

Doreen: Could I ask a question please Salumet? **(Yes)** I've been sitting here trying to think how best to put this. If somebody has struggled with a belief—with a religion that they were born into, and wished to search for something that they feel has more truth to it, is there a way in which you would suggest they search for this? Does that make sense?

I understand your question and of course within each one of you is 'all-knowledge' and 'all-truth'. So I would say only that if you wish to change anything within your life, then you know what is right. I would follow what you call 'instinct', what I call 'spiritual knowledge' and you will not go wrong.

Doreen: Thank you very much Salumet.

You all know what is right and wrong, because it is innate within each one of you.

Doreen: That's very kind, thank you very much.

You will find that always I teach that each one of you has the ability to know and to live a life that is rich in the spiritual gifts. But it is within you *all*.

Doreen: And I'm sure you realise I did not ask the question for myself, because I have great belief in the work that we do spiritually—it was for the help of somebody else.

Yes, but you see, my dear friend, you cannot help another to find their own way. You can sow seeds, you can have discussions, but ultimately that individual has the knowledge to go forward in the correct way.

Doreen: That is what I have tried to do Salumet, but it is still a struggle, but I do understand.

Yes and it *will* always be a struggle for this one.

George: Yes I think you were telling me recently Salumet, to just place the knowledge before people and then it is up to them.

Yes, you must be like your farmers, you must sow the seeds well and leave the rest to the seed. You must allow it to grow naturally. You can encourage, you can help, you can nurture, but you cannot take responsibility.

Doreen: Thank you very much.

Sarah: You did say to us some time back that different people are on different pathways and as long as the religion that they believe in is doing good, that can't be wrong.

Yes, you cannot judge. Again I return—you cannot judge another human being; until you have that whole picture, it is not your responsibility to make judgement.

George: I think you were also saying some time back, that the various religions of the world, they ultimately all focus in the one direction.

Yes, you are all destined to go to the same place, of course. No matter which different pathways you take, you will eventually reach spirit. And then sometimes you will find that there would have been an easier pathway, but it is all part of your growth—spiritual growth.

George: Yes, and I think you indicated that it would be some time before everyone realised this.

Yes—we have to go slowly, slowly. But as I have told you, my dear friends, that I am *encouraged by your world*. I am not disillusioned in any way, because I see the Light grow—grow stronger, grow bigger.

Therefore again I repeat myself, that to have positive thoughts, even in situations of negativity, is allowing that spiritual light to grow within your world. You understand? (*Affirmed*)

George: Yes, it's good to have that thought. Could I turn the clock back 2000 years to that time when the Royal Library of Alexandria was destroyed by fire, losing an enormous amount of knowledge to the world? I think it was about ¾ of a million literary works—in the days of Julius Caesar's campaign, that huge ancient library was lost to the world, widely regarded by many historians and academics as a huge loss. But I imagine all those books are still in spirit. When our dear friend Leslie comes through and he refers to the 'halls of learning', and how he loves the books; I imagine those works are all still available in spirit?

Yes, nothing is destroyed in spirit. And do you remember my words when I explained to you all that the thought, the creation begins in spirit, before it comes to *your world*?

George: Yes and you indicated this for the creation of the planet itself.

Yes, but anything that is created will remain of course in spirit. So do not fear that any knowledge of any importance has been lost—that is not quite true. It may not be here in the *physical* sense, but of course it remains in spirit world. So you see my dear friend, there will be plenty for you to do.

(*Chuckles*)

George: Yes indeed! I can just picture our dear friend Leslie, having a wonderful time, going through those books.

Yes and even now he does not always accept what he sees.

(*Chuckles*)

But he is improving!

(*More laughs*)

Sarah: Going back as George was going back—sorry to bring this up again, but you very kindly answered my question about the pyramids last time and one thing you said was that it was my deep unconscious affecting what I was saying. Could you just explain a little bit to me exactly what that means?

It means that you have all been given subconscious material, which is deep-seated and can come to the forefront of your thinking at certain times and under certain conditions. There is within each one of you, your own small library of knowledge, which is able to resurface at any time.

Sarah: Is this knowledge that we've accumulated ourselves or that everybody is just given?

It is knowledge that you have retained from many times.

Sarah: Ah—thank you very much—yes that makes more sense to me now, thank you.

Paul: One little loose end—we've been given wonderful information about the pyramid builders and the influence of the extra-terrestrials—our *Cosmic friends* should I say—and I don't think it's been said yet, but I think a lot of the stone circles that we have in this country have a lot of similar traits to some of the pyramids—the *huge* size of some of the stones, which would have been so difficult for the Earth peoples of the time to have moved by themselves. So would it be true to say that the stone circles were also built by friends from other planets?

I would say only that help was available. Not to all, but to quite a number, yes. But I do not wish to go into particular detail on any one set of stones or another, but the help was available.

Sarah: And also some of the burial chambers/tombs that I saw in Ireland, with huge stones placed on top of other stones, probably was the same help?

Yes, as I say, *some* were created by man, but a lot of help came from what you term, '*friends*'. Yes, I will say that to you.

Sarah: Thank you very much.

Paul: Yes, thank you, I thought that must be the case for *some* of them.

Yes—what you must *not* do, is give *all* of the credit to your cosmic friends. But you have to *realise* that of course there was some involvement.

Sarah: Could I just ask—the help that was given to the human beings—were they aware that they were getting the help?

Of course, their knowledge, their sensitivity, their awareness was so much greater in those times, as we have discussed on many occasions.

Sarah: Yes that's true.

Yes, mankind in this day, because of materialism, has lost so much of that spiritual knowledge, but it is becoming much more *known* to humankind today.

Sarah: Yes, a good many people are interested in what you've taught us today that probably even 30 years ago wouldn't have been.

No, and even today it will be as our dear friend here has found, not always acceptable. Human beings must find their own way, they must find their own Truth, it is important that each one discovers their own pathway.

George: Yes, I think a factor is that human beings are very good at copying and if someone from across the universe builds a pyramid, there are others who will endeavour to do similar work.

Yes, you are as I have said again, you are a very young planet, with much still to learn, or should I say, re-learn? Yes.

George: Yes, one of our philosophers, René Descartes—the basis of his philosophy was, '*I think therefore I am.*'

As I have said, have I not?

George: As you have said, yes indeed—

Your thought is your reality (yes). It is only used with different words.

George: So I think it's reasonable to rate him highly amongst Earth's philosophers.

I would say that he had some element of the Truth—yes—yes of course.

And now my dear friends I feel that this time I will take my leave of you. Of course I leave you all with much love and surround you with much Love and Light and until we come together next time, I will take my leave.

(General thanks)

George: Wonderful! Thank you Salumet—our love goes with you.

George's Notes:

1: Sow the seed well and leave the rest to the seed: This seems to connect with the Jesus' parable of the sower and the seed—some fell on good earth and yielded 30, 60 and 100-fold.

2: Royal Library of Alexandria: Regarded as the largest and most significant library of the ancient world. It was a major centre of scholarship from the 3rd century BC until the Roman conquest of Egypt, 30 BC.

3: René Descartes: French Mathematician and philosopher (1596-1650)—sometimes thought of as 'the father of modern philosophy' and a key figure of the 'scientific revolution'. His name goes with the 'Cartesian coordinates' of graphic representation with the quantified x / y axes.

'Cogito ergo sum'—'Je pense donc je suis'—'I think therefore I am.' This was to become a fundamental corner stone of Western philosophy.

CURRENT NEWS ITEM OF SPECIAL INTEREST:

Pyramids in Antarctica: As the ice melts in Antarctica, pyramids (three so far) and rock artefacts are being revealed. There has been photography at ground level and satellite image analysis to reveal further details, so that the (re-)discoveries have had reasonable confirmation. There is in addition to the pyramids, evidence of step-work and rock statues, and nearby quarried areas. The analysis of satellite images takes into account shadows cast by tall structures. We have left blogs on Internet sites, making known our website and our work with others of this universe, and their involvement with pyramid construction. Thank you Neil, for alerting us to this new development!

An interesting 2012 end of year revelation perhaps!

~29th October 2012~

After a few minutes, one spoke via Eileen. This was a trainee spirit doctor who was able to explain to us some of the preparation work that goes on in spirit in respect of healing others:

Good evening.

Lilian: Good evening.

Can you hear me?

Lilian: I can hear you fine.

(Pause)

George: Have you dropped in for a chat?

I have indeed (good!).

Lilian: Can you tell us your name?

Stephen.

Lilian: Stephen.

Bursel. I suppose I should tell you why I've come—

George: Well, we'd be interested to know.

Lilian: You're always welcome if you've come for a chat.

I've come to learn (oh!) **yes. You will help me to learn. You see, I always wanted to be a doctor, but my intelligence level let me down.**

George: There are many like that.

Yes, and so now I am being trained to be a spiritual doctor (ah—wonderful!) **so you very healthy people attracted me to you. I am indeed most interested in doing all that I can for people on the Earth.**

Lilian: Yes, well the lady that you're using as a channel, she is a spiritual healer.

Yes, I believe so. I am still looking for my instrument to heal with.

Lilian: I see—is there a particular field that you would like to help with?

No, I am interested in all things (I see), **perhaps in time to come I may be allowed to specialise—I don't know at this moment in time.**

Lilian: Funnily enough, when we were talking before you came through, there seem to be on the planet at the moment an awful lot of people with depression.

Yes, that is not something I have had to deal with so far, but I know that there is so much of it, because I think the people in your world do not take time to allow their spirit to rejuvenate.

George: So, normally we rejuvenate during sleep state.

Yes, but when you live with so much stress and anxiety, it counteracts that state of being that is created that night when spirit returns to us (yes); **it needs to continue more than in your sleep state. I would say it is important that you all take time to allow the spirit to rest—consciously.**

Paul: So in our quiet times—meditate.

Yes, you must do it and be conscious of doing it.

George: So there's meditation time, and we all try to do daily meditation. I think you are also talking about relaxation periods during the day. Is that?—

You must learn to relax the MIND, which is of course, spiritual as you probably know. There is too much activity—that is an opinion of mine.

George: Yes—physical and mental?

Physically and mentally, yes.

Jan: You said you are still looking for an instrument **(Yes)**. How are you going about that?

I do not do it on my own. I am being guided at the moment. I am being trained by spirit doctors who will then encourage me to blend with another on this Earth.

Jan: Has that person already been chosen by spirit?

I feel it is coming closer, and at the moment, I am listening and learning—listening and learning to people in your world, in order that my knowledge expands.

Jan: So spirit has already chosen the channel **(Yes)** and have you been introduced yet?

No, it is in progress, but I have not been informed yet.

George: Will there be any trials here and there to find out, and make a final choice?

Well, 'trial' is a word I would not use. There obviously has to be those who understand energies, and what would be the best pairing for me to have.

George: So the selection process—

Selection—yes.

George: Would be entirely in spirit?

Yes—of course, with my agreement.

Jan: So you are going to concentrate on healing on the Earth plane rather than those in spirit are you—or both?

I would wish to do it on the Earth—I think probably the need is greater.

Jan continued, commenting on those who carry Earth problems (pain/illness etc.) into spirit, though of course they no longer need to hold onto that pain —

You do not change so quickly—some do some do not. There are many spirit doctors who are there to help. There has to be—if you think of your tragedies or disasters, when so many people come so quickly—there has to be many doctors available. And they are the ones who train people like me, who have the desire to help. The desire is the important element.

George: I have met the Apostle Paul, who works through the instrument Ray Brown **(Yes)** and he seems very adept at understanding and manipulating the energy pattern.

Yes, he is only one of a few I think. I would of course need an instrument to work through. I would not have the ability as he does. In fact, I believe he teaches others in the spirit world for medical reasons. He is a teacher in our world (right).

Jan: So are you hoping to be a psychic surgeon, or hands-on healing or—

No—I will find an instrument through which I can work and then as time progresses, perhaps I will have the desire to specialise in a particular part of the human body. I do not know as yet. I am only too pleased to be allowed to train at the moment, and to be allowed to come to people such as yourselves, just to talk and gain knowledge. It is a wonderful vocation.

Jan: Absolutely! So when you were here, working in your previous life—you wanted to follow a similar pathway but you could not? Did you follow a medical line at all?

As I remember, to be turned down was devastating for me and my life, I have to say, took a turn for the worse (oh). ***And I am not happy to discuss that.***

George: You are not alone in being turned down in something.

Yes—so I always admired those who went forward and did their work. I of course had time to face up to my own—I do not want to say 'wrongdoing'—that is not right—but my mistaken pathway was not easy to face. But I feel now my desire is strong and I will have a good channel eventually.

Rod: Do you have somebody teaching you or do you have to read up a lot?

We have doctors in spirit who train us, because healing in our world is not as you would expect here. We work with subtle energies—we work with the spirit body. So it is not quite the same. That is why we need to have an instrument through whom we can work.

George: Are you able to say when you were on Earth—what time?

I sir, have no recollection of time any more. I only have recollection of what I wanted to do, because it is associated with what I do now.

George: I only enquired out of interest in the state of the art as it would have been.

Yes, I understand. Everyone wishes to know: what is your name? When did you live? What did you do? And it is really, really not important.

Jan spoke further re our nosiness, but he explained that he was not one to wish to hang onto past knowledge

Lilian: So were you aware at the start of our meeting?

I was listening—I was already here. Yes, and I wish I could fix it for all of you, but I cannot be so bold as to overstretch my visit here.

(On speaking further, he stressed that his ideal situation would be to work through an Earthly surgeon.)

That to me would be the ultimate, but I know of course that may not be the case.

Lilian: And they wouldn't be aware of that?

I would like a doctor who was aware and there are many.

Jan: Well there aren't any coincidences, so I assume our conversation blended with your coming anyway

(Yes)—I can imagine there are doctors throughout the world, Paul mentioned some, in Thailand?

Paul: Beijing, China—a hospital where they use three physicians who use the power of thought to heal.

I think I am right in saying that in those countries, their knowledge goes back so far, and in fact that knowledge was used in times gone by, and this may be re-discovered, if I might use that word.

Jan: We've forgotten how to use it, especially in Western civilisation—we have forgotten.

Paul: Like the Chinese, many do tai chi—working with energy. I think they already have a better understanding of energy and things that are not totally physical.

I think that I am right in saying that in the last 200 of your years on this planet, there is a return to nature—a very welcome return, and I know we are happy to see this to be so (yes).

Jan: And return to using plants—

Yes, nature is a great healer. Those words are so true.

Jan: It is all there for the taking. I'd imagine it must be quite sad for the plant world really, to be sat in a wood somewhere thinking: here I am, I've been growing for maybe thousands of years and nobody has discovered me!

Well if only you could see the plant life we have in spirit, you would be overjoyed. The life and energy that they produce is something to behold—yes.

George: Our teacher and guide uses that word: 're-discovery', very frequently.

You will find that lots of teachers in spirit will use that phrase, because it is almost like a cycle of energy that continues—it is lost—re-discovered—it continues. It is never-ending (yes). ***And I am learning more and more. The more I study and work with these wonderful people. I KNOW that there is so much wonderful stuff that is happening.***

Lilian: So, can you look in on our operations in our hospitals?

If you so desire, you can do whatever you wish. Yes, we are everywhere.

Lilian: Yes, I had a spell in hospital a few years ago now, and I was very aware of the atmosphere— a lovely atmosphere.

Yes, I beg to say: it was probably the Angelic Beings. They work very well in hospitals. They bring peace and calm a lot of the time.

Rod: Are they with the doctors as well as the patient?

They are wherever they are needed—yes.

Jan: Well I'm sure I speak for everybody when I say we're honoured you popped in tonight, and I wish you every success in finding a right channel in the future.

There is no doubt that the channel is waiting, and as soon as I am ready, I will begin my work.

Jan: Very exciting for you!

Yes, 'exciting' is a strange word to use. It is a word used much on the Earth.

George: Yes, it's a physical expression.

Yes, it brings to me 'humility', it brings to me 'peace'—love—humility—so many, what you would call emotions.

Jan: Obviously your emotion is more (***contained—***) yes, contained than ours. You'll have to excuse our Earthly emotions.

I would just like to thank all of you for allowing me to speak, because not all do. Do you know, there are times when we can be so close to people and yet they are still not aware of us?

George: I would like to say that we do very much appreciate that there are people like yourself in spirit who are wanting to help in their various ways. This is very much appreciated.

Yes, most who have returned to spirit, eventually wish to help others in some way or another. It may be small, it may be large, that is their choice—but ALL eventually wish to help others.

George: We had one through recently, who was killed in the war together with two others. And the three of them, he explained how they work together to help military killed in the war, because, when they pass over they are in such a state—they are so distressed about what they have been doing (***Yes***) and it's good to know that there are people like those three who are helping out.

Yes, you would be amazed by what goes on. Spirit world is a beautiful place—it creates beautiful people eventually. But it does not happen in a second. It takes time in—it takes great need to go forward and help others.

George: Do you still have consciousness of time, but not in quite the same way that we do.

No, you remain the same for a while, and then you can see your true pathway. And that is what has happened to me. Until the point was reached where I knew I could achieve what I did not achieve on the Earth.

Lilian: Very interesting!

Thank you. And thank you lady for recognising that I was here.

Lilian: You are very welcome to come again.

Well, perhaps in time to come, you will recognise Stephen Bursel and I will be able to say that I am working through another for the health of your nation.

George: Well thank you Stephen and we look forward to another visit.

I cannot say when that will be— but I will make note—thank you all.

(Farewells)

A rescue followed via Eileen. This was a little unusual in that the one being rescued had a deformed face and wanted to whistle. He had got used to whistling with his mouth one-sided, but using Eileen's face, his whistle did not work. He took a little convincing that he had been brought to us and was borrowing a body so that he could talk with us. So we guided his hand up to Eileen's face so that he could feel. He was amazed but convinced.

It transpired that his special friend on Earth had been his dog 'Jesse'. He reached the stage whereby he understood about the need to go forward to the life in spirit. He could see the light. He moved forward and was again amazed because he was met by Jesse. This was clearly a most happy reunion and we wished him a happy life in spirit.

Paul will be transferring the audio file to the 'Rescue' page of the website: www.salumetandfriends.org

George's Notes:

Beijing Hospital Using Thought-power: There is a U-tube film depicting a Greg Braden lecture re a hospital in Beijing, China, where thought-power is used for healing. It is a remarkable piece of film in which three doctors enhance their therapeutic thought-power with a simple chant that creates the feeling in their patient of already-having-been-healed. During the sequence, an ultrasound image shows a 3" bladder tumour disappearing in less than three minutes. Wonderful!

(Ctl + click to follow link) <http://www.youtube.com/watch?v=ufVjdvRw4LM&feature=related>

~5th November 2012~ SALUMET

(Natasha joined us as a guest this evening)

Sarah: Good evening Salumet.

George: Welcome to you.

Good evening.

All: Good evening.

Firstly, let me extend a warm welcome to our new friend. I would this time, like just to mention about what you call 'depression' and why you feel there is so much in your world at this time. There is only one answer and that is my dear friends: because people and their lives are so busy and so rushed that they do not allow themselves time to connect spirit with our world. Although so many more people have become aware of spirit and we are pleased about that, sometimes materialism runs hand-in-hand. I have said before, there is nothing wrong with material things as long as you have the balance with your spirit. Mankind is slow to understand this, but it is coming, it is coming.

George: It's very nice that we had Stephen, the trainee doctor through last time and he was talking about the need for spirit connection and rejuvenation, both during sleep state and at times during the day.

Yes, it is a connection that you all should be making on a daily basis, not just when it suits you, or time permits. It should be the most important part of your daily lives.

Paul: People remember to plug in and charge their mobile phones, but they forget **(yes)** to plug *themselves* into spirit to have a recharge.

George: All that energy out there **(yes)**.

Rod: That's a good way of putting it Paul!

And of course, you would not try to run your vehicles without fuel and yet you abuse the housing of your spirit. So perhaps it is time to remind you once more, of the importance of that silent state.

George: It's very good to observe the connection with depression—a very real factor.

Yes and there is, as the gentleman said, too much of it at this time of your existence.

(We had mentioned it in our prayers at the beginning of the meeting, which is probably what Salumet is referring to.)

It has to be attended to otherwise you become engulfed in a state of desperation and eventually a state of darkness, because the spirit is not lifted

Paul: So would you recommend for depressed people to learn the way to go within quietly?

It is already being used in your world. It is already understood how music and quietness and all of these gentle pursuits are uplifting to the spirit. And yes of course, if people would only accept that they are more than a physical body, it would be so much easier for them.

Paul: It's almost like music is—you can get a bit rigid in your thoughts—stuck—and music comes along like an oil and loosens everything up.

Yes, provided of course, it is the right *kind* of music (yeah); not all of your music is uplifting.

Sarah: Like heavy metal or something like that's *not* so good (yes).

Paul: That's right. There's a lot of debate over the music industry, that it's become so polluted with all the commercialism surrounding it. Going back a few decades it seems the music industry was less *manufactured* than it is today.

George: More melody perhaps.

Jan: There are an awful lot of depressives within the music industry itself—

Yes, very often because of the type of music they listen to—or are absorbed into—and of course, music can be intoxicating for many.

Jan: I think more so than the music today are these consol and computer games, which draw people into darker sides of themselves (yes). I think that's a great cause of depression in children and young people.

All of you should be aware of that spirit—they say 'the spirit within'—the spirit is *not* within, it is WHAT YOU ARE!

Jan: I think it's tainted—people allow external stimuli into their lives (yes), which is damaging. I like to—as well as quiet moments, as somebody who's suffered from depression in the past (yes), it's very important not to forget one another, because your fellow man can help pull you out of depression just as quickly actually as being on your own.

I believe I have said to you in the past that depression is not a good thing, because it is a *selfish act*. And I know that will cause much debate, but when you are so depressed, all you can think of, as you have just said, is think about yourself. So to allow others into your life, just to listen perhaps, is that first stage of upliftment.

Jan: It's that feeling of connection that we are all connected (yes). I think there are varying degrees of depression and people that suffer from depression know themselves, what they require, whether it be those quiet moments (yes), or whether it be their fellow man that helps. I think most people start to recognise eventually what it is they need at that particular time (yes). That only comes with awareness I presume?

It does, because some people never find what it is they need. If only they would listen to their inner voice, things would become so much clearer. But ultimately I have to say it is a *selfish state of living*.

Jan: It is a *very* selfish state of living (yes). I recognise that when I've been in it—extremely selfish—self-absorbing/selfish (yes). But it is part of—I don't think it *has* to be part of our physical, but it seems to be something that is very prevalent within our physical bodies (yes) and it's just learning to deal with it.

A lot is to do with the state of your lives at this present moment in time.

George: A very simple thing for people who do not really understand, is to ensure that they get adequate sleep.

There are many things, but they need to be taken from themselves. That is why I would say music is a great upliftment; for those people who have no strong beliefs, music can have the effect of soothing and uplifting.

Paul: Can that also apply to animals sometimes?

Yes, of course, of course.

Sarah: I was just thinking also that people who are depressed, they tend to sleep quite a lot and I suppose that gives spirit a chance to connect.

Yes, because you see the depressed people almost close us out. We come close, of course we do, to help in whatever way, but it is like a barrier that is placed between those who wish to help. Yes, it is something that should be discussed often.

George: Yes, the influence of music is interesting, because it also has an influence on plants (**yes**). I have carried out experiments myself and have discovered that tomatoes grow rather better if music is played to them.

Yes, of course we have discussed these things before—

George: We have.

Jan: Yes, it's the vibration, isn't it? It's the vibration that they pick up on—

Yes, but it does no harm to be reminded of these things.

George: It's interesting to see how it's beneficial to humans, animals and plants—right through nature really.

Yes, you are all vibration—you know this.

Sarah: Yes and George was saying last week how in China somebody's tumour was shrunk just by chanting (**yes**).

George: Yes, this was in a Beijing hospital, where medicines are not used. Three doctors enhanced the feeling in the patient of: 'I have been healed.' And a three inch sized tumour inside the bladder disappeared within three minutes and this was all recorded on film.

Sarah: They were chanting and I remember you saying before Salumet, how certain chanting can put a vibration out a very far distance.

Yes, you are not fully aware yet, of the many vibrations that exist. In fact it is something that is being worked upon in our world at this very time.

George: Yes, so to put it down to 'power of thought' is really perhaps an oversimplification.

Yes, yes—now—

Rod: I find it a little bit embarrassing to bring it up again, but you did say somebody who commits suicide when they're depressed, is selfish. I've thought about this a lot and I just can't get my head around it Salumet. I just thought these people are so darned ill, that they crack —

Yes, they are ill, as far as you are concerned. But if you look to the wider picture of life, these people leave behind such *hurt* and such *grief*, as affecting many others, not only themselves. You have a responsibility—all of you as human beings, to be kind and to look out for those you love and those you care for. People, I accept, are ill in the way that you mean, but on a spiritual level, it is not really acceptable. And they will find, many of them, so much upset and regret at what they have done.

Rod: When they pass over?

When they pass to our world.

Rod: I understand that.

You have to look at the wider picture.

George: Yes, I think you said that their death deprived others of their friendship.

Yes, and their *love!*—and so many other things.

Sarah: We've had rescues through of people who have taken their own lives and they are just so very sorry for what they have done.

Yes, of course, *they* don't—when they reach that pit of despair, all they can focus on is *themselves*, and the freedom away from the worry and concern. We *know* and we *fully* understand and of course they

are *helped*. There is none of this *punishment* that is talked about by many, because they have taken their own lives. They are helped in the way that is needed for them. But that does not detract from the fact it is a selfish act. I hope that helps you a little more in your understanding.

Rod: I can understand that side and what you said about when they go over, they're always sorry, and what they leave behind. I just think in my mind—and you know far better than I do, of course you do, but I just think at that moment that brain is gone (**yes**), and they do the most stupid things (**yes**)—put a rope around and jump—and it's just in that 2 minutes they're not thinking.

But in that moment, if they had thought of those loved ones —

Rod: They haven't—

They haven't of course and that is why it is a selfish act. Think of those left behind, confused, hurt and the pain that they suffer, because of that one individual soul.

Rod: Yes we know this personally (**yes**) where the father has hung himself and the child (**yes**) has opened the door and found him (**yes**). Now that still is in our minds (**of course**), and the guy was a lovely fellow. I can't get my head round it now.

No, you probably will not, until you begin to look at the wider aspect of spiritual life. Only then does it become understandable. That is why it is important to look to these people who are depressed in such a way that they contemplate taking their own lives (yes)—that is why help is needed so badly for them. But we in spirit are limited to what we can do, when there is so much negativity. Believe me when I say that we try so hard.

Paul: Yes. My sister asked me to put a personal question to you. I don't know if you'll take a personal question tonight?

You know I do not like to, but I will listen to it.

Paul: It's her son Georgie who wants to opt out of school now. It seems to have reached a bit of a head. I think he's a sensitive guy and he feels the coldness of people at school a bit too much. I don't know if there's anything you can—

We will endeavour to help him, but he is a very sensitive young man, yes.

George: That's true.

It is true, but it also means that that sensitivity was part of his whole being, or existence. And it is also true to say that although we can try to encourage and inspire him, we are not allowed to interfere with his life. It is something that he will have to learn to deal with for himself. I know the parents, as any parent would, wishes only the best for their child and that too is understandable. But he is of an age when he can make his own choices (yes). Yes, so I would suggest the parents stand back a little and allow the judgement to come from this young man.

George: He's not alone, and there have been times in *my* life, when I've felt to be (**yes**) a misfit, but one just has to see that through and get on top of the problems.

Yes, you have to live within this world.

Paul: Yes, thank you for that and sorry to have asked a personal question there—but anyway, thank you.

George: You mentioned Salumet—this is not really a question, but I think you stated quite clearly that *light* is *physical* and I just wanted to say, on reflection, I can very readily see that and agree, because *light* exerts a radiation pressure and it has to be physical, in order to do that.

Yes of course. I am pleased that you have understood my reply. I know sometimes what I say to you, sits a little uncomfortably with some of you. But I endeavour to bring you truth and in bringing that truth, I do not always give you the answers that you desire.

George: Well, there's a little bit sometimes for us to work out for ourselves.

Yes and that can only be good for your soul (yes).

Now I feel for this time, there is enough for you to think about and perhaps sometime, we will discuss what you have learned and what you feel about this word 'depression'. Now my dear friends I will take my leave and allow others to come who are waiting close by.

(Thanks and fond goodbyes)

There followed a period of clairvoyant messages via Eileen, then a rescue:

The rescue was via Jan and counselled by Eileen:

This was a young lady—Julie—caught in a fire. She was hot and confused—had come out of her office on hearing the fire alarm. But she was now in a corridor with a number of closed doors before her. People were calling to her to go through the door but she did not know which one, fearful of opening the wrong one to be confronted by the conflagration. Eileen explained that she had not survived the fire and remained confused by the suddenness of it all. She would now help Julie to go forward, but she was still reluctant to open a door. Eileen assured her that the third door on her left would be safe to go through and it would slowly open. This was so. Julie was now calm, less hot and observed beautiful light with people who called her to them. She moved on, calling back: 'Thank you for helping me!' The audio file of this rescue and many others is on the rescue page of website: <http://www.salumetandfriends.org/7.html>

George's Notes:

Depression: *One might say that depression is a widespread phenomenon. American statistics (2006) declare that 1 in 20 adults report periods of depression. The American College Health Association carries out extensive student surveys. These indicate a quite alarming increasing incidence amongst young people:*

2000 – 10 %

2011 – 21 %

Medical articles have a lot of big words in relation to categories of depression and its causes, but I feel Salumet's few words are much more to the point. Symptoms are stated to include a feeling of becoming detached from the world and emotions becoming negative. It is generally recommended to take counselling, join groups, take part in an activity of some kind; even anti-depressant drugs get a mention (together with acknowledgement that they do not always work!). And of course there's always self-analysis of the situation. But perhaps country walks, communing with nature, music and going within offer the best and most forthright solutions.

~12th November 2012~

Sister Wendy—spoke via Eileen to say that Salumet would be with us next time. She was apparently drawn to us by our prior conversation about animals. This had concerned the obvious gratitude that is shown by some, following help given by humans. Examples: the injured dog given veterinary aid, then licked his keeper all over; and the whale, released from netting that eyeballed each rescuer before swimming away. Our visitor had a love of animals but was not allowed pets in her situation. She was a convent nun:

Sarah: Were you happy there?

If I am being truthful: not always.

George: Was it a silent order?

Yes. So you see the birds and the other animals were like having a conversation, in my head.

Our guest went on to say there was the feeling of having missed quite a lot, but in a way it helped to develop her spirit.

George: I was going to say: do you feel that you have gained through being silent?

Yes I do—aside from the physical things that you miss, the silence brings a whole new aspect to living, and the sisters I was with were kind. There was never any animosity that I know now existed in some convents.

George: Were you able to travel in mind at all?

—In what way?

George: Were you able through your mind work, to go beyond the nunnery?

Yes, of course! My spirit developed so that I was able to leave the physical body and I was able to travel in that way. Is that what you mean?

George: That is what I mean.

Yes, I found, after a number of years, in my quiet times I was able to, I suppose you could say: 'let go'. And I knew, but was afraid to say, that there was something more. It would not I think, have been acceptable to some; although, I have to say, I think that some of the sisters had had the same experiences as myself. But of course, it was never voiced.

George: And did you enjoy the animals in some of those excursions?

Of course because all—not only the animals, but the spirit is free. It is most wonderful to experience.

George: And were your activities confined to this one planet?

—My activities?

George: Your mind ventures—

Yes, I ventured into space-time—what I call space-time—I don't have another word for it (Astral travel?). I was then guided to the world of spirit where many experiences took place.

George: That's nice.

Sarah referred to Salumet's description of Earth life as 'the mere blink of an eye'—so it's good that we also manage to find the time to develop spiritually:

And you live on a beautiful planet—your Earth is beautiful! But I have to tell you: In comparison, it is really quite dull.

George: In comparison with spirit—(yes).

Sarah: We've been told that before.

I could not describe the difference to you, but let me reassure you that you have something special to look forward to.

George: We take part in spirit rescues sometimes—helping people in their transition—

Yes, I have been involved in some of that work—

George: Ah! And we have noted that when they make that transition, we get expressions: 'Oh beautiful! Wonderful!

Yes—I really don't feel that you can appreciate such beauty. If you take something beautiful here, then you really have to triple it I would say. It's beautiful!

Paul spoke about seeing more colours than the range normally seen here

Yes, you will see hues of colour not known here on this Earth. Yes, I can confirm that for you. And even the water is full of sound and colour.

Rod: Does it rain for the flowers and plants?

There is no need! But sometimes we have people who have looked after plants on this planet, and THINK that they need to be watered—so of course, whatever they desire, that is their reality. But they soon realise there is no need.

Paul: And when you meet people, everything is revealed? They cannot hide who they are?

There is nothing that is not known. You cannot be false in anyway.

Paul: That's so nice, because down here, so many people—like politicians talking one thing and thinking and intending different—

Yes, many of your people are like 'Janus' [the Roman god facing both ways at once!].

Paul: Ah yes—it's such a two-faced world I think. It must be so nice, when you meet someone, to see exactly what they're about!

Yes, of course remember: you will only be drawn to those you are compared to—the same kind of people—you will not be so different. It is nice to see that openness, that honesty and love.

George: I was interested in what you said about the sound in water (***Yes***). I once had a wonderful 'raised awareness' experience in a Mayan temple (***Yes***) and somewhere within it there was a water-drip. In raised awareness I put my ear to the wall, and the water-drip seemed to have many, many musical notes!

Yes, it was singing to you! Yes it was singing to you and that experience is something that is common-place in spirit.

George: Common-place in spirit—

Yes, people stand under beautiful waterfalls for healing, because of their colours and their sounds.

Sara: And do the flowers sing as well?

Yes, everything sings. I think perhaps a better word would be 'resonance'—but it is like the flowers are singing.

Sara: Every colour has a sound resonance.

Yes it does, in the same way as your names do here, have a resonance to you.

We chatted about effect of music on plants, knowing how they may show more growth when melodious music is played to them:

All plants would respond in some way, but perhaps not in the way that you would expect.

Paul: Like us.

Yes, listening to a piece of music, you may all have differing opinions.

Paul: Everything is one and the same really, whether it be a plant or a human or an animal. Everyone wants music that is beautiful.

Yes, even people who say they do not like music—they still respond to it. It is wonderful to see the response.

Paul: Salumet our guide, mentioned how music can be a very effective way to help depressed people—to get them 'out' of themselves.

I see yes. Music can carry you to another place, in the same way that the silence did for me. That is what I got from going into the silence.

George: So do you enjoy having conversations with people now?

Well I think I have proved that this evening! I don't think I have stopped talking! That is quite unusual.
(Chuckles)

George: In spirit also—do you enjoy conversations with others in spirit?

Well, shall I tell you something? I often meet with those Sisters with whom I shared the convent—and just for shall I say 'devilment sake,' we talk!

George: You are making up for the silence!

We are making up for the silence! Although we were all of us extremely happy, but we meet sometimes just to talk.

(Rod asked if she had seen the film 'The Sound of Music'. No, but she would now be looking into that.)

Rod: You can just switch it on can you?

Of course! I can do whatever I want to. I may even collect some of the sisters and watch it together.

(Sara then referred to an engagement that she has to sing tomorrow and coincidently, she was thinking of singing some of those songs from the film.)

Lovely! Everyone should sing!

This led to some humorous chat about our spread of capabilities where singing is concerned, some of us having rather gravelly male voices! But now our visitor had thoughts of departure:

I really have to thank all of you for allowing me to speak with you this time.

George: Well we thank you for joining with us and having a lovely chat.

But Rod asked one last question, about her present work—she explained how she teaches young children who come to spirit quite early—the teaching is not fraught with the Earthly problems! It brings her great joy and she often allows them to sing!

Rod asked if, as the children progress, they begin to learn more complex subjects, like algebra and trigonometry?

They learn the kinds of things they would have done here, but they also learn spiritual things, hand in hand. It goes together.

Paul: Mm, the way it should be.

Yes, but the children have a very special light and they ENJOY learning. I think that is not always the case on Earth.

(Agreed)

But the spirit children just can't wait to learn.

There followed some brief discussion of some of the differences in learning/teaching between children in spirit and here on the planet, where both children and teachers are subjected to so much discipline or regimentation.

And I have to tell you that I have been blessed both in the life that I had as a Sister and in the life that I lead now.

Very fond farewells and Eileen was left with a lovely feeling from experiencing this one.

Next, we received clairvoyant messages via Eileen—Paul receives guidance during dream-state. He keeps pencil and paper by his bed at night. It seems that dear Ann was with us again, and whispering to Eileen that she would help him in this. There is so often that lovely feeling that we are being helped and watched over—wonderful!

George's Notes:

1: Musical notes in the water drip: An account of this experience given in 'A Smudge in Time', page 86.

2: Astral travel: It is well documented that Tibetan Monks who have chosen to be incarcerated to experience solitude and mind development, enjoy 'astral travel'—such may well become their experiential life, and that of course brings much learning.

~26th November 2012~ SALUMET

George: Good evening Salumet. Welcome to you.

Good evening.

(General greetings)

As I come close to you, I feel laughter and also pain. Each time I come to you my dear friends, it is never quite the same. The diversity of love and feelings is immeasurable and I wish to say to you this time, that upliftment is needed in your world at this time. That is not to deviate from the pathway of knowledge and love, which still continues to grow, but also there are times when people of your Earth, seem to feel

overwhelmed. We have come to accept these conditions, but as always we focus on all that is good. Therefore my dear friends, I say to you, continue with your love, continue with upliftment, continue with your prayers and you will see the returns of that love. It may not be tomorrow in your time, it may take some hundreds of your years, but I am here to reassure you of these happenings—of the great joy that will come eventually to many. So place aside your earthly worries and give to others that great joy that you feel at times, within this energy. *Share* with others, not only your knowledge, but those doubts that you may have, because in speaking words, you are then able to control the thoughts. Do you understand?

George: Yes, the speaking of the words, seem to reinforce our thoughts and convictions somehow and I guess it helps us all to work together in that.

Yes, and to dispel any negativity—by expression, you can then let go.

Paul: Yes, it's sort of *acknowledging it*, by *speaking it*.

Yes, that is exactly what I mean.

George: It's a very good thought for us, that even if things don't seem to be happening necessarily in our lifetimes, a process has begun, which will eventually lead to its maturity.

Yes. Be secure in that knowledge, be secure that what we in spirit are endeavouring to do, is to bring many more people back to the truth; and what they do innately know and recognise. It indeed is a task that few would wish to undertake, but I of course, as you know, bring optimism to all of you. I strive that each one of you recognises within yourselves that spiritual aspect of all knowing.

Have you any questions this time?

Sarah: I was going to ask a quick question about the Bosnian pyramids if I may. I had an internet connection with somebody who had been out to the pyramids and she sent me two pictures. One appears to show almost like a finger of light, with colours of the spectrum, though not in the usual order of colours as in a rainbow and this was taken inside the pyramid. There was also another picture of some orbs of white light all over the picture. I wonder if you could give me a few words on that that I could relay back to this contact?

We have already discussed that spirit has been involved and what is being seen are spiritual lights, which of course you would understand to be different from your everyday colours and light. So there is really no mystery for those who have knowledge. But of course it is more difficult in trying to explain to those without spiritual knowledge, what is happening there.

George: Could I add to that, we have also been in touch with sensitive people, who have been part of the volunteer excavation team who have been clearing the tunnels and from what has been said and sensed, I suspect that there is an ancient site guardian, within the main pyramid there. I think—I know in my own mind that ancient site guardians often relate to ley-lines and upkeep of ley-lines, and this may be a part of the scheme and I wondered if you might like to comment on the possibility of an ancient site guardian being there?

If you are to understand guardians, you are surrounded in your world with these beings. Now, if I am to separate individual sites, to explain guardians, then it could be misconstrued as being false truth. All I will say to you, my dear friends, is that the whole of your Earth, your planet, is indeed induced with guardians, guardians of your world. Whether it would be correct to say there were individuals at different sites, I am not sure that I could uphold that truth, but I will endeavour to find out for you, whether this is the case or not, at these particular pyramids.

George: Thank you very much. I'm sure many people would be very much appreciative of further comment there. We have I believe spoken about these guardians on previous occasions—

Yes. People would wish to think that this was something extraordinary. I beg to say to you it is not. That is all that I am trying to convey to you—it is nothing extraordinary. And again, it depends on people's sensitivity, as you call it, and their own spiritual knowledge. You understand?

George: Yes, thank you very much and we happen to be in touch with one gentleman who has actually communicated with one ancient site guardian and I believe *communication* with them *is* unusual.

Yes, well we will leave it there for now.

George: Well thank you very much for that.

Yes. I am not always happy as you know, to speak individually about individual happenings—my message is a larger one than that. But if I can be of help, then of course I will endeavour to do so.

(General thanks)

Rod: Salumet, going back to what you previously said about spreading the word **(Yes)**, I just wondered, have things improved over the last 10, 20, 30, 40 years on people's knowledge in the world **(yes)**, to any degree of knowledge that we go on?

I think, my dear friend, that you only have to look at the amount of conversation in your world that is happening now, to realise how much it has grown, how much knowledge is now available to those who seek. There always has been knowledge—that has never changed. What has changed is that mankind today is now much more open-minded and that is steadily increasing. So the answer to your question is that there is no doubt that truth is spreading.

Rod: That is great.

Sarah: Practically every time you open a magazine or newspaper, somebody has written something about something spiritual **(Yes)**, so that's really increased over the last few years **(yes)**.

Jan: With that knowledge though—that leads me on to the question I was going to ask. Richard and I were talking on the telephone tonight about an individual that he knows, who's asked him for help. She's just lost her husband and she's so obviously confused and it's so raw and Richard and I were both wondering, with our knowledge, sometimes when you have somebody who's so sensitive, it can be overwhelming. We are not necessarily the best persons to talk to, when we have a little bit, and I mean a *little* bit more knowledge than somebody who's completely in the dark about spiritual matters, but suddenly finds themselves wanting answers. So are we adept at answering her questions without making things worse for her, because she's seeking so many answers and we know where that person's gone in spirit and we know he's okay, but we don't really want to make things worse for her, if you understand what I mean?

If the dear lady is seeking, then answers are what she seeks, but I have to say, sometimes to hold back words, I agree is more sensible, until another time.

Jan: That's what I thought.

Not everyone is ready for the truth at such times.

Jan: Emotional times—

Yes, their emotions will overwhelm them.

Jan: That's what Richard and I more or less decided between us **(Yes)**, that we need somebody else to help her and I feel it's not a spiritual counsellor—they need a *bereavement* counsellor to help with the physical rather than the spiritual first.

Yes, I agree with you and then spiritual matters can be introduced, when those emotions are more under control.

Jan: I'm glad I mentioned it, because that's made me feel better that I'm on the right track.

Yes, sometimes a simple word or two is adequate, to know that there is a strong belief that life continues.

Jan: Yes I feel at this precise moment in time, that's all that's needed.

Yes, you are correct I would say (Thank you).

Sarah: And it does take some people a very long time. One lady who I've been sowing the seed to for many, many years, she's now just beginning to ask me questions.

Yes, when they are ready, they *will* question. That is when you should step forward and help—but do not overwhelm.

(Agreed)

Jan: It's when they start looking to go to mediums/psychics that they've seen in the papers and spiritualist churches—they're looking for answers, like you say, that would completely overwhelm anybody. I think they need to heal themselves first, that's how I feel.

Yes, it of course varies with individuals. Some are ready so much more quickly than others, but that is where your own spiritual knowledge come to the fore. You will or *should* realise, at what stage those souls are *at*.

Jan: Yes, you definitely do that—it's an innate knowledge that you *know*—it's an instinct.

Yes, I know all too often that people *wish* to give people all the knowledge that they themselves have obtained and we in spirit see the excitement that encompasses them, because of this knowledge. But that is not to say that everyone is ready at the same time.

Jan: And by the same token, not everybody is able to give that knowledge—well, maybe they instinctively know when to keep quiet, as it were—

Paul: It reminded me of sometimes when I've been a bit tentative for some reason and I think it is the right thing and then you are waiting for them to come back to *you*. You think well I've said a few things and if they really want it, they'll start questioning you on the small amount of information you *have* given—so you hold back and wait for them to come back.

Jan: This person approached Richard first and he instinctively felt he wanted to hold back and then he spoke to me and we both agreed that we could say the wrong thing and do a lot more damage than is necessary at this stage.

And do not forget my dear friends about the spiritual aspect which is happening here, that it is the spiritual light, which attracts others to you. So of course, when people seek knowledge, in fact they are being attracted by your light; and this is good, but there is no rush for knowledge.

(Agreed)

Rod: I've got to do this with a great deal of respect sir. You know when we come down as a spirit into a mother—it seems that the spirit comes down and they wipe the computer off completely and it hasn't got any knowledge of past spirituality. And therefore it has to fight away for quite a few years to find it perhaps—and perhaps they don't. I just wonder, is there any reason why they have to completely wipe the memory clean? Can't there be a bit left?

Jan: Some children do Rod.

Rod: Well, most of them should have a little bit, so they can go on through life a bit easier and find spirituality—

Sarah: That's not the purpose though, is it Rod? We are here to learn.

Rod: I don't know—I'm going to find out! (Chuckle)

Yes, there are eager replies, because they understand life is not meant to be so easy as to sail through. What would be the purpose of life, when you could remain in spirit and still grow? Spirit comes to this Earth, through physical ties, to learn—to learn different things for different people. No one says that life should be easy and in fact, the more spiritual knowledge you gain, sometimes life seems even harder,

but with those difficulties comes understanding and knowledge. Even if you do not feel that is the right thing for a human being, spiritually that soul is growing, no matter what the problems may be. Everyone has a time in life when they gain that knowledge—whether they accept it or not, is entirely up to their own free will, but the opportunity is always there. Yes, some people *do* return to this life and have memories, but that is the *exception*, rather than the *rule*, as you humans would say. There are lessons to learn, so you do not wish to remember what has gone past, you wish to start with a clean—

Rod: Sheet.

Sheet—yes, and that is the reason for (no) memory—

Rod: Yes, that's put a lot of my memories to rest, thank you very much for that, I've thought about this for long periods.

Yes—you wish to remember, but now you have some spiritual knowledge, you can *regain memory*. If you have learned the lessons of this lifetime, you can then ask for more to be given. Do you understand?

Rod: Yes. I look back at all the mistakes I've made, the shocking things I've done...

You are too harsh about yourself.

(*Chuckles*)

Jan: That's why we're laughing—he's always harsh on himself.

Sarah: I remember Salumet's words, and he said: you know, if you make a mistake and you learn by it, that's good (**yes**), because then you learn something.

Yes, you are learning all of the time. Do not ever say to yourself, '*why have I done that—*', because my dear friend, there usually is a *very good* reason—you may not understand that reason, you may not like that reason, but it is part of your *life*. And I am sure my dear friend, you could look backwards at your life here now, and say, it was not as bad as I thought.

Rod: That's very good.

George: Last time Salumet, you spoke on the subject of depression (**yes**) and I think it was mentioned that mind was temporarily detached from spirit, during deep depression—

Mind can never be separated—Mind is Spirit.

Jan: Salumet didn't say detachment, he said that you become less aware because the depression is the first and foremost in your mind, so that selfish act becomes all-encompassing and your spirit gets put on a back-burner so to speak—it never becomes detached from spirit.

George: Yes, perhaps that's a better way of putting it, that spirit is being *ignored*?

It is the human being ignoring spirit (yes). Yes, they are not listening to that inner voice—they have become so—I do not like the word *obsessed*, but it is the only one I can think of at this moment.

Jan: Maybe *overwhelmed*, which you used before Salumet, is more appropriate.

Yes, that is better.

George: Yes, I wanted to make the point that if spirit is ignored in that way, then the person can either go inwards into deep depression, or outwards, to become a person like for example Adolf Hitler, who became (**yes**) very dominant.

You are taking two extremes about this subject. Yes, it is quite true that you can choose either way. The responsibility that mankind has for his own travel through this lifetime is *so great*, but within every human being there is that *spark of spirit* and it is never completely lost. So even someone like, you say Hitler, who is known within your world as a despot—there was always a *spark of love* and that is what everyone should be endeavouring to help to grow.

George: Yes, I take your point, there would always be that spark (**yes**) and that spark connection would still yield good things on occasions, no doubt.

Yes, you have to remember that there would be a mother or someone else who is exuding love to that person, even if the individual themselves, seems to be without any kind of love.

George: Yes, I'm sure.

So that is why there can never be separation—Mind and Spirit belong together.

George: Yes, ones that come to mind are Eva Braun, who I'm sure gave love (**yes**) and his dog—he had a good bond with his dog.

Jan: I was just going to say the same thing—he had tremendous love for both of those individuals (**yes**), and I believe he had—maybe in our terms today it's not understood, but even his ideals didn't all come from evil, a lot of it came out of love, in a strange way.

That is why my dear friends, you can never judge—you do not have the *ability* to see that whole wide picture. But when there are people of that ilk in your world, remember it is the physical brain which becomes damaged, not the *Mind*.

George: Yes, I must admit, I feel a certain regret in mentioning that example and yes, that connects I think, with the fact that we should not judge.

I have said it on many occasions—to judge, in a way is to judge your selves—think about those words. If ever you find fault, look to yourselves.

Paul: Yes, I was just going to say, we just don't know the *intentions* of that person. If the *intentions* were sort of to try to *sort out* this world as he saw it—we just don't know what the *intentions* were—but to judge the action—we can't until we know the intention. I think there're plenty of people who *appear* to be doing 'good' things in the world, but it's the same thing, we just can't judge whether their *intention* is actually to improve this planet, the people and the land and everything.

Yes, I would say you cannot judge—you do not see the full picture. But what I *can* convey to you is that to hurt another single human being is never right—not in spiritual laws.

Paul: Yes, that's a clear line.

So you see it is always difficult, unless you know the *whole picture*.

George: I wanted to lead onto the fact that one of our readers wrote in about depression. He has a friend with a wife who has been having terrible depressions over a period of years. She's had medical treatment, which includes drugs—so-called drug therapy. But she seems to go in and out of periods of depression. I have asked a few questions and I think the depressions were triggered by the fact that the husband eloped with another woman. He then returned when that didn't work out and they have been together, sort of happily ever since, for a number of years. But the depressions continue and the medical treatment and drugs are probably having temporary effects. Would you care to comment on that situation Salumet?

I would not comment on individual situations. I will say only that those who find themselves deep in depression, have in a way, lost the ability to *love life*. There are available to people much help in your world and I am not dismissing the seriousness of depression, but again I must say that those who suffer are in fact responsible for their own conditions.

George: Yes, and I realise you can only comment in a general sense.

Yes. There is deep within people with depression, a feeling of being lost and it *is* in a sense a separation from their own spirit. I believe that's what you thought I meant. It is a separation, *only* because they have lost their way of *thinking* and *feeling* and *knowing* what is *right*.

Paul: It makes me think that a lot of people who *do* give the orders for countries to go to war and cross that line of taking lives—though we mustn't judge them as well—but it makes me think they've lost that or they are separated from their spirits for them to resort to wars?

Jan: I disagree with that—I think as we’ve always been told, there are two important elements and one is love and one is fear and they are driven by the fear (**yes**), and that fear culminates into their own depression, because they create that environment in which that depression thrives. And that is fear and it’s finding the way out of it and knowing that you can come out of it, by purely loving yourself first and then those around you and to allow that love in.

Yes, allow others to help.

Jan: Yes, it’s when they are cut off *completely* from their own environment, their own spirituality. Spirit is not cut off from *them*, but they are cut off from *it*, because they are living in this selfish little bubble of their own—sorry.

No, you have explained it well—yes.

There are so many conditions in your world—so many disputes about health. And I have to return my dear friends, to simplicity. And the lady has reminded you as I have often said: there is love and there is fear. And fear creates so many dark situations, whether it be fear of life itself, I cannot say for certain. But there is fear of money, there is fear of lack of love, there is fear of so many things in your world. Where is trust, where is the love of the spirit, which helps you overcome all of these problems? It is the strength of love, which will help these people and that strength of love has to come from *others initially*. But for them to be entirely healed there has to be *recognition of themselves*.

George: Yes, I imagine the fear of others leads the leaders of nations to manufacture vast quantities of weaponry, in a desperate *physical* attempt to allay that fear that they have.

Jan: I think it’s fear of their lack of power that they fear—for want of a better word—that they’re going to lose some sort of power that that fear has on others. If they only realised that that’s completely not the way to go at all—but that’s what *causes* wars—it’s the fear of losing power, in my opinion.

If you look at it from a spiritual aspect: it is ‘*Light and Dark*’. It is a *power struggle* and that *simply* is what it is. It is what many people would call ‘evil’ and the ‘devil’—the Darkness and the Light and *all* is seeking the Light. Whether it creates dark situations or not, that is what is happening—that the Dark seeks the Light. But in that travel, the darkness creates many things that you in your world would term ‘bad’ or ‘evil’. But again, I am speaking from knowing the wider picture.

Rod: Your last two statements should be hung up in the Houses of Parliament and in the White House and a few other places. I think it would be wonderful, and as these parliamentary guys go in, they can read it each day and they’d say, ‘*I can’t do that, but I can do this.*’ It would be a happier world. George—Print it out!

(*Chuckles*)

Jan: I think you could bring it right down—it’s not necessarily just those in the big jobs as it were, in governments etc. (**no**)—but if you go into an office of people and around the boardroom table—let’s make it much smaller, there’s 12 people around the table. They all might be equal in positions, but there would be one person that’s fearful that he might lose his position if he doesn’t start making the others take notice. And governments are no different really and until that corruption and that fear dispels, it won’t change.

Mark: You feel that it’s becoming harder for leaders to create wars now that there’s so much dissention from the people now. You feel like it’s going to be much harder for one person to lead us into war.

(*Agreed*)

There is a saying in your world with which I fully agree on a spiritual level and that is that *People Power* will change—make many great changes, and it will always be the union of people with strong ideas—good ideas.

Jan: The most powerful people—following on from what you’ve just said, are those people who can hear somebody else and out of pure love, not jealousy or hate, encourage them—‘*That’s a brilliant idea, let’s run with that idea*’. And that’s where the change will come in, I believe, in governments and countries and everything about our civilisation really. And the advent of the internet and media sites, where just recently it’s had its adverse situations, but on the whole it can only be for the good, because there are many, many more—one person’s idea then becomes millions of people’s idea and that thought is all pushing towards one common—you understand what I’m trying to say?

Mark: Yes, it can gather momentum more easily—

Paul: Yes, information is being shared and curtains are coming up and things are being revealed.

Jan: That’s right. Not just one group in the future will be all-empowered, because it will be moving in the right direction for millions of people.

George: And as I think Salumet suggests, *People Power* can say *NO* to war.

Mark: Yeah, it’s not going to be a top-down pyramid anymore, it’s going to be coming from all angles.

Jan: Yeah, a big wave from underneath, pushing through.

And you must never assume that all governments are wrong-thinking, because within every government, there are good, there are people there who will spread that good. It may be little-by-little, but it will increase. And there are many in our world who are working with your governments throughout your world, to seek out that one person who can make a change. It may be with few words, it may be with few actions, but around your world this work continues.

Jan: It’s often those, isn’t it, with the quietest voice? You take someone like Ghandi. He wasn’t a big person in voice or stature, but he just reached out to thousands and thousands of people in his quiet manner. So maybe the person in governments who is going to change has often got the quietest voice, rather than the loudest.

And you have to think in your world how do you teach the *children* of your world. It is not even by words, but they learn from *actions*. And it would bode well for every adult to *remember* what it is like to be a child, with *Unconditional Love*—that is what we seek. Not easy, but you should be able to achieve.

And now my dear friends, I will leave you this time. I know we have covered ground that we have spoken of before, but I also hope that it has once more, fired within you the thoughts of good, the thoughts of love—

George: I was going to say, we’ve covered *much* ground this evening. Thank you so much Salumet.

As always as I leave you my dear friends, know that I am aware of you all. I leave you cloaked in my love, until next time.

(Thanks and fond farewells)

The evening was concluded with one rescue: an elderly lady fretting about her doggie. She thought at first she was in her own room with her easy-chair and knitting—and we were told to ‘be off’ or she would be putting her stick to us! But on feeling Eileen’s chair arm, she accepted her different situation, apologised for shouting at us, and happily moved into the light where her little dog and friends were waiting to welcome her.

(Audios of rescues freely available on website: <http://www.salumetandfriends.org/7.html>)

~3rd December 2012~ SALUMET

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I come before you this time my dear friends, it is to say to you, that as we are fast approaching another one of your earthly years, it would be advantageous to look back and to see what you have achieved personally in your own lives. I have told you on previous occasions that the time for your own personal development is necessary and those words still stand. We of course in our world, are engaged with those of you who are looking forward to the celebrations at this time of your year. Of course not all nations celebrate your Christmas time, but nevertheless the love that abounds on your planet at this time of year, is indeed something to behold; even in times of trouble and stress, that love cannot be diminished. So I will tell you my dear friends, that this visit with you, will be the last one of this your earthly year. As always I will continue to fill you with hope and with love and I will return to that time from whence I came. We will of course come together in your new earthly year, to which I will of course be happy to do. So, other than to ask of you, my dear friends, what do you feel your own personal achievements have been?

Sarah: I just first would like saying Salumet: thank you for coming so often this year, because you did say perhaps you wouldn't be coming quite so often, but we really have appreciated all your visits to us—so thank you for that.

I will continue to be drawn to you of course. But so much I feel has been given and so much yet you have to learn, but not always on this planet (yes).

George: Yes, I think I'm much more appreciative of the wider picture now. And let me say, I'm sure you're aware that a further book is underway and that book reflects on two decades of your teaching and your introduction to others and it is a wide picture indeed. This is not so much personal achievement, but it is group achievement, but it's wider than group achievement. You yourself obviously feature so strongly in this and many others whom you've introduced to us for their valuable words, and the others from across the universe who have further enhanced that wider picture. So, yes, I would say: thank you so much for all this! And on a personal note, yes I appreciate much more the wider picture now.

Yes, you have all grown so much—I have told you this often of course, but I now want you to go more inward and to find those true selves, which I know each one of you has endeavoured to do, but I feel that this coming year, should be focused more on those abilities of spirit. I would like you my dear friends, to think and to consider that spiritual gift you feel to be of more importance for yourselves and to think about it very deeply over this your holiday time. Are you aware?

Paul: Aware of?

—Your own developments.

Paul: I think this year for me as well, this has been I'd say, a very *fertile* year—very challenging, but very fertile. I feel quite *earthed* in a way—earthed and more connected and appreciative of the people around me and somehow deeper rooted, so that I'm trying to put together things in my life now, in a more directed way in a spiritual sense—trying to pull all these teachings into my life as much as I can—it's little steps—

Yes I see for you there is much more *balance* between earthly living and spiritual life. That balance has grown this particular year for you. I would say well done to you, because I feel, at the beginning you struggled, just a little (yes). Yes, but I say: well done to you (Thank you.).

And I know our dear friend who is by you (Mark) has had some absence, but nevertheless never neglected, or forgotten (Thank you), and his gifts have been shown through his own family.

George: Yes, and I would say, your name often crops up in conversation, Salumet.

Yes, well we know that names are of no importance. The only reason names are given, are for recognition purposes only, not because we wish to be remembered by a name. But we know that, as human beings, that is your way of contact, and therefore we find that by supplying a name, it gives us all connection.

George: Yes indeed. I think we humans tend to stretch that identity in order to associate with the teachings, which are so valuable to us.

Yes, and of course we know, with human beings, that name-connection continues well after they have returned home to spirit, for quite some considerable time. So I know, and *thank you*, because I know it is a gift to me, in the sense that you wish people to hear and understand my words. So, I feel my thanks to all of you is appropriate at this time.

Sarah: That's very kind. It's reciprocal, but I remember you saying before that we both need each other in a way—you learn from us, as we learn from you.

Of course, learning is never done with, whether you are here, or on another planet or whether you are in spirit—that knowledge grows and expands and continues.

George: A particular name that I have noticed recently is that of Dr Stephen Greer, who leads what is known as 'The Orion Project.' He has studied what he describes as 'new energies', which can be so useful to Earth in future years. He has written a letter of proposals to the President of the United States, to make him aware of such 'new energies' and I couldn't help thinking that you have spoken on new energies to us in this last year, Salumet **(yes)**, so I felt there to be a connection.

Yes—there never is 'new energy', as I have probably told you (yes), all energy has always existed, but the point being that Earth will *re-discover* the energies to be used.

George: Yes, it is our awareness that is new.

Yes, so it is new energy in as much as it is being discovered. But yes, I did say that there would be new findings, and I am pleased that that is ongoing.

George: Yes, I was impressed by the fact that he has passed the information to the American President **Yes, that would be influence from our world.**

George: I rather thought so **(yes)**.

Jan: Mine would be, I think more than anything else, I think my 'fear' has dispelled somewhat—a fear for the future, that I realise was a very negative force within my life, and although I have occasional days when I lapse—I think that's the biggest thing this year.

Yes, you have indeed grown in that direction. But we have and will continue to work with you on this (Thank you), yes. But to recognise, is indeed a great step forward. Yes, you are *all* going forward, but it is good for you to recognise it for yourselves, rather than for me to tell you what you must do.

Jan: Yes, and I think the other thing is that I don't question quite so much anymore, *my* purpose, because I *know* that my purpose is of paramount importance, not only to those around me, but to myself and those in spirit.

And do you see what has happened, that you have forgotten the 'I' —you are now involved in the 'we,'—thinking of others and understanding where all of this comes from. That is a great step forward.

Jan: Do you know, I wasn't conscious that I was—but yes...

It is a big step forward for you.

Jan: Yes, I've removed the—

—The blockage.

Jan: The blockage—so I have!

Yes. You should be proud of yourselves, my dear friends. If only you could see yourselves as I see you, you would be surprised.

Jan: Thank you, that's made me feel quite humble inside—being able to recognise **(yes—good)**.

Sarah: And I feel that I've been very aware this year of the guidance that I'm being given. And I'm trying to follow what I'm being given. So that's the main thing that I've found this year.

Yes, you my dear friend, although you speak well of spiritual matters, at times you have not allowed yourself to fulfil those words; but as you say, you now recognise that you too have grown, and as long as you keep that to the forefront of your mind, all of life's difficulties and tribulations will fade into the background of your life.

Sarah: Yes, thank you. I do find that the things that might have distressed me in the past, they haven't distressed me at all this time. I feel it must be absolutely right **(yes)**. Thank you. And Emily, my daughter, she's also had an awful lot of help. Anyway, she's very grateful, and you did say to her that wherever she went, there would be help for her, and indeed that has been the case, so thank you very much.

Yes, once you make contact with us, even if you reject it for earthly years, there is still that contact there. And we do not let go easily. *(Mutterings of thanks and a few chuckles)* We cannot interfere with your lives, but we can inspire and lead you and uplift you. So, it is as you Earth people would say, 'a long piece of string.' So we will never abandon you once this contact is made.

(General thanks)

And now we come to our dear friend *(Serena)*, our lady-friend, who has not been with us so long as the others, but fits in very nicely to this group—yes. The name is so similar to 'serenity' and we feel that is what this lady brings, although she may not agree with that—*(Smiles and chuckles)*—but she does, she does. And perhaps she would like to say just a few words on what she feels.

Serena: I feel that people are disappearing, not dying, but just leaving my life. It's almost like a clearing. I feel I need to be more focused and find *one* direction, instead of going all over the place. I've looked at lots of different things, but nothing's really held my attention, but I'd really like to focus on something and perhaps find a new avenue to do with energy healing/energy work, that sort of thing.

Yes, the desire and the love to do that is already apparent. Now all you must do is to allow yourself some patience. Yes, your life is structured and going in the right direction *(Thank you)*.

Which now brings us to two people, who really have not been with us too long, but I would say, if it is right for them, they will continue to return. Would you like to speak to the others?

Mark G: I'm very shy.

(Giggles)

There is no need to be shy with friends.

Mark G: Okay. I'd like to say that I've experienced lots and lots of violence in my life and I've kind of learnt to deal with that by studying violence and studying the martial arts. But with my studies I've found that the highest form of martial art is healing; and I'd like to develop that area and I'm hoping that attending here will help me with that.

Attending here will put everything into perspective *(that's good)*. That is *one* of the reasons you are here *(okay)*, to find the life that you search for. And when you seek, when you are ready you will find. Those words are so commonly known, that people do not always take them seriously. But give yourself time, my dear friend; again, as I have said to the dear lady: *patience, patience*. You have at times, not always been so.

(Chuckles)

Mark G: No, that's true—thank you.

Yes—but yes.

How about the little lady?

Natasha: I come here just to regain my strength really, because I do see spirit a lot **(yes)**, in between living life, and a very demanding job and looking after a lot of other people on this Earth, that it's just nice to come here, and I do feel re-recharged when I go home **(yes)**. I do live quite a hectic life, but I do really enjoy coming here and I do feel recharged when I go home **(yes)** and I try not to *not notice* spirit, but sometimes I'm just very busy—it's difficult.

Yes, we do not wish to intrude upon anyone's life, but everyone should *realise* that there has to be a period of surrendering to spirit. And therefore I would say to you, just to take it as it comes and you will find, as I have said to the gentleman, a balance, which is fulfilling and creative and will suit *you*. You are, after all, individuals and we would not expect it to be otherwise. But if you are not happy with seeing spirit, you have of course the right to ask them to leave.

Natasha: I'm always happy to see them, it's just sometimes feel I'm letting them down, because I'm so busy.

Yes, but of course they will take any opportunity to be seen, but you *do* have control of these things. So I say to all of you, my dear friends, thank you for sharing your information to each other. I am sure that each of you finds it informative to listen to the others and to see how you have, and *our* growing. So now my dear friends, I take my leave of you, and I know that *you* understand that my love is always with you.

(General thanks)

George: Wonderful—yes, we are most grateful—thank you Salumet, and I'm sure our love goes with you.

Jan: Salumet, are you still there?

Yes.

Jan: Sorry, before you go—because Lilian is not with us tonight, for upliftment, is there a message I can pass on to Lilian please?

Our dear friend Lilian, is being taken care of. She has her own fears at this particular time. But she knows that we are with her.

Jan: Yes she does, yes.

So my message to her is that she is surrounded by not only *my* love, but all of those who come close to her.

Jan: Thank you very much.

(Fond farewells)

Next, one spoke through Sarah:

I have been listening in and took this opportunity of having a few words with you. We are always most interested to see how the human race develops along the spiritual line; and we are very happy to be near you and to contact you, in a way that we do not find so easy with very many of your fellow beings. We do try to be around many people, but they are unaware of our presence, and the help that we may be able to give to them. So it is nice to know that you people are aware of our presence, and although we have not been around you personally before, we now realise that we may be of help to some of you at some time.

(When asked about identity, our visitor explained that he spoke for a group who have been together for many years and no longer reincarnate, but wish to help through influence.)

I would like to say to you, and I am being told that some of you were monks together, and this is what we were also. It was a time of austerity, but there was much love and understanding between us all.

(All from their last incarnation have stayed together in spirit. Their monastery was in what we know as Cyprus.)

We were most strict, and it has been of great benefit to us in understanding how those of some religions who are so strict and take everything so—how can I say—each word, they believe in—

Paul: Literally—

Yes, but it has given us much knowledge in helping those who are so tied to a particular way of thought. So we are trying our best to help all to become less—I cannot find the word—

George: Rigid?

Yes, I think that would be a good word—less rigid and more open to views of others. And in this way, we hope to create more peace in your world.

(We spoke of inter-religion clashes, and our visitor referred also to the principle of one religion trying to take over everything.)

So this is our main job—and we endeavour to help all sides.

(Our visitor was duly thanked and he withdrew.)

There followed one via Eileen, who has visited on a number of occasions over the years. She is known to us as Sister Anna:

(Spoken with a beautifully gentle voice)

Sarah: Good evening to you, welcome.

Good evening, it is I—Sister Anna.

(Warm welcomes)

I wish to tell you, on this my very last visit that I am moving forward.

Sarah: Congratulations to you!

Yes, I moved forward before, but now I am ready to leave behind those old thoughts and feelings. No longer will I say to you, ‘God bless you.’ Now I am more likely to say, ‘To thank that Great Creator’. So you see how much more I have learned, and I am beginning to feel quite emotional. But I could not move forward, without coming to thank all of you—all of you, who have listened throughout the many years when I came regularly to you.

George: Ah yes, that must have been from the time of Leslie.

Yes, I have met with that wonderful man.

Sarah: Ah, that’s nice —

And we have had discourse on many subjects and I do not feel it is amiss to say, that he is still trying to change my way of thinking.

(Merry chuckles)

But I have discovered this for myself.

George: Well I’m pleased he hasn’t changed it too much and one thing that comes to mind is that we should congratulate you on your move forward.

Yes it is wonderful and I am of course now separated from the group that I was with, because you see, recognition is a most wonderful thing. Truth develops slowly and I always felt that ‘God was my saviour’—but little did I know!

(Gentle laughter)

George: So one of the things that has changed, is your view of God, which is rather different from the monastery/nunnery days.

Yes, and as I speak I feel the garb which was important to me in life, is slowly disappearing and I could not, could not go on without thanking you.

Sarah: Well we're very grateful to you for coming to us and we're sorry we won't hear you again, but we'll catch up with you when we come over ourselves.

You won't for a while.

Sarah: No, because you'll have moved on—

And I'll have moved on—but I'm surprised to feel so emotional because, when you are attached to people, it is very hard to let them go—and that is something I've had to learn.

Sarah: But it's never forever, is it? That's the beauty of it. You let go, but you will eventually meet up again, albeit in a good few years' time.

I hope so, I hope so. There are still some who still can't let go of some of those ideas. So I am going to say to you: Thank you!—not God bless you!

(Chuckles)

And I hope that your lives will always be filled with joy.

George: Thank you and we'd like to thank you for being around all this time—truly wonderful!

Paul: And *sharing* your story—your good news with us.

George: And if you now have this view of the Creation and the Great Creator—that sounds just right!

Yes, is it not wonderful? It is wonderful!

Paul: We can really feel the *ripples* of your wonder.

You have much to encounter—

Sarah: Yes I'm sure we have.

Now I really must depart.

Sarah: Well thank you very much for coming and telling us.

George: Yes I think we all feel somewhat emotional at this parting, but wonderful and we wish you so well on your journey.

Sarah: And if you bump into Leslie on the way, do send him our best wishes.

Thank you.

(Thanks and farewells)

George's Notes:

1: Sister Anna: A communicator from afar in spirit, on 13th January 1997, stated that Sister Anna wished to be remembered. Leslie had declared then: 'She is one of our oldest friends!' She had visited many times before our formal records began. 24th July 1995: Sister Anna looked in for an emotional farewell, to say she was moving on, ending 'God bless you.' But 27th September 1999, she again looked in to speak on the special occasion of Leslie's passing to spirit.

2: Dr Stephen Greer and the Orion Project:

Copy of heading:

The Orion Project

Memorandum

To: President Barack Obama and Members of Congress

From Stephen M Greer MD, Director, The Orion Project

Re: Urgent appeal for support of New Energy Solutions

The Orion Project (www.TheOrionProject.org) has identified ground-breaking new energy solutions that require your immediate investigation and support.

The attached "Summary of Energy Breakthrough Technologies" is a brief overview of these new-energy solutions etc.—thank you Ray, for bringing this to our attention. *And much Love and thanks to YOU the reader! This particular transcript ends here, but lots more available here: www.salumetandfriends.org*

~14th January 2013~ SALUMET

We were expecting Salumet but to our surprise, Emma popped in first with her latest news. She explained: *I come to stay only a short time, because your teacher is coming I believe* (yes). *I was listening to your conversation, and it is I Emma.* (Emma Hardinge-Britten has been visiting our circle for several years now) *I just wanted to say that all I have told you is in fact happening right now.*

George: It is indeed. I've thought of you several times, Emma (*thank you*) and there has been great news about women coming much more to the fore.

Yes, and not only in India but in many, many places. There is a movement taking place, and I believe I must say that myself and those who help have had some part to play—but I just wanted to remind you.

Sarah: And on behalf of all those women being helped: thank you very much!

You're very welcome, and now I will withdraw and allow your evening to continue.

(Thanks from all, and Salumet followed)

George: Good evening Salumet. Welcome in this new Earthly year.

Good evening.

(General greetings)

I am happy to join with you once more.

Sarah: We're very pleased to have you back, thank you. Hope you've had a good time back where you belong.

I always enjoy that phrase, 'Good time'.

(Chuckles)

It is perhaps not the way I would phrase it, but nevertheless I thank you sincerely for your wishes.

Sarah: Thank you. How would you have phrased it in your words, as a matter of interest?

I would have said, I have had a 'blessed bonding'.

Sarah: Oh yes, that sounds very good—I'll try and remember that for next time.

Yes—Of course, when I have returned to the world of Spirit, a coming back to this energy, always fees so heavy to begin with, but it does not take long to adapt to this Earthly plane.

Sarah: Well we are very grateful to you for making the transition for us, it's very much appreciated.

Although I have been absent from your lives for this space of time, you have not been forgotten in thought. And although your numbers tonight are small (*six*) it matters not, because I try to be with you all, in different places, at different times; and that brings me to what I wish to say to you this time: The past year on this Earth, I have tried to encourage you to develop those gifts of Spirit that you each have. I have left you all with the responsibility of doing that. I want to say to you, my dear friends, that this coming year of your time I again will not always be with you, but hope that when I am, I can be of service to you. I would like you, to this year of your time, to cultivate whenever you can, that sensitivity of Spirit, that *awareness* of Spirit that encourages you to look *further* than you have done so up until now. There is within each one of you, an innate knowledge, which is still to be tapped into. That is my wish for you this time—that each one of you becomes much more aware of who and what you are. I know you have come quite some way in your spiritual development, but there is so much more that you need to know, for your own development and with this, I will endeavour to help you.

(General thanks)

Now, I will just say to you, if there is anything you wish to say to me this time, now is the moment, because I will not stay with you too long this time.

Sarah: I was just wondering Salumet—you're not going to be with us so much this year—is there another group maybe that you've found?

No, that will not happen. I have endeavoured to come to you with 'Truth' and 'Love', you know that.

Sarah: Yes, we do.

But when that has been achieved, I will return to where I come from.

Sarah: Ah—so you've just returned to help *us* really?

Yes, because the opportunity to spread Truth, here amongst you people, who have blended so well together—it was an opportunity that we did not wish to miss.

George: I was going to say, it's much more than a mere 'us', because it spreads from here (**Yes**) and is touching so many.

And that is why I wish you to now be much more *aware* of your own spirituality. You have the tools, but you must use them.

George: Yes, I have the feeling that there is much more to be tapped within (**Yes**) and it's very near. I'm not quite taking the big step, but I have this feeling that it is very near.

Yes, there will come the time, when you will not be able to rely on us for your information. The time is approaching when you must seek further for yourselves. I have laid before you the seeds of *Love* and the seeds of *knowledge*, and we in my world are so grateful that we have found people such as yourselves, who have been so dedicated and who have wished to spread Truth.

George: Yes, I find those seeds of Love show in several ways. I find when I'm out doing the shopping—well there was one small child recently who fell over and became very glum. I was able to make contact and said, '*Well you're a big boy and am sure you'll get over that quickly.*' There was then a big smile on that child's face, after being so glum before, having fallen over, and I find I'm making more contact in that sort of way now and I think this must be part of this Love thing.

Remember I have told you on previous occasions, that my dear friends, you have become beacons of *Light*. It is important in the world that you exist in, with so many dark areas, that those beacons of *Light* shine *brightly*. I have to tell you that we are so happy with those of you who have worked tirelessly and given *much* to the Truth and knowledge of Spirit. We know that probably you have encountered disbelief and puzzlement by what has been said, but that only means that those people are not ready to receive Love and Truth. So as I am always telling you: Never judge, but to lay those seeds of Truth, and those who are ready, will cultivate their own Truth. You understand?

George: Yes, those are wise words.

Sarah: The teaching you've given us, we know the truth that you've taught us and we know that if we do try to help others in some way and it's not taken, it actually doesn't affect us anymore, because we *know* it's right. We just have to give them love that they can move on in their own way. Sometimes in the early stages you felt, '*Oh dear,*' when somebody couldn't take it, but now, because it seems so natural to us now, it's just nice when somebody *can* accept it.

Those words that you have just expressed, show my dear friend, just how much you have grown. Yes, in the beginning, it was difficult, when you are enthusiastic and you want others to know what *you* have found out, what *you* know. But to recognise that not all are ready is indeed one great step, and you are all at that stage of acceptance.

Sarah: Well, thanks to you Salumet. Thank you!

But hopefully, in the coming months, there is much more for you to learn. I will of course help in any way that I can.

Rod: Sometimes it comes up in a conversation, something one of us says or is about to say and one of us says: *'Who are we to judge?'* The number of times that comes up is incredible.

Yes, but it is a very good *life* lesson for all of you for all of you.

Rod: Yes it is. I think you know everything that happens—I fell over on Monday and I can't understand how I went from vertical to horizontal, without hurting myself. Was there a young Angel helping me down softly?

You are always surrounded by those who love and support you, whether it be Angels—and I would just like to clarify for you, that the true Angels of the Angelic Realms, have never lived life as a human being. But in saying that, sometimes they can transmute their energies at times of trouble. No, the lady you speak of was not an Angel, but a *good* human being. And you know, there are so many *good* human beings, whether they know or accept the *Truth of Spirit*, it does not matter. What matters is what is in their *hearts*. But *yes*, the Angels are around each and every one of you, and you *do* need to *call* on their help, whenever it is needed. They cannot come into your lives and interfere. But so often we hear the question, why did one have help, but not another? That is a very good question that I shall leave you all with this time and next time we meet, we will discuss it. Are you happy to do that?

(General agreement)

But yes, you are looked after quite well.

Rod: Thank you. So we can't wish you a *good time*, when you go back?

(Chuckles)

You *can* wish a good time, if that is what makes *you* happy. Yes, it just relates to the Earthly saying of a *'good time'*.

Rod: Yes, I was being a bit waggish.

Waggish—what is waggish?

Rod: Cheeky, I guess Salumet—you can reprimand me if you like.

(More chuckles)

No—you human beings are known for it, so—

George: I think we human beings are living in a world that is undergoing a few energy changes (**Yes**) and we've noticed that there is a slightly more exaggerated weather pattern around the world and I suspect that the energy changes may in part at least be an influence on this. Any comment on this Salumet?

You cannot change your evolution, and at the moment the Earth planet is involved in many stages of change. Yes, if you wish to correlate it all together and say there is a reason, it is only that the Earth planet has to evolve, as do all the others.

George: All part of evolution, yes.

Yes, it has to evolve in a natural way. So do not be too quick to associate these changes with anything extraordinary. That is what you were alluding to, I take it?

George: Yes, thank you for that.

Yes, there always will be dramatic changes in this planet as in others—that cannot be stopped—that is part of evolving.

George: Yes, that's part of an evolving planet (**Yes.**) and—

Evolving people—and after all, people have a great responsibility for this planet as you know.

George: Yes, how they treat the planet (**Yes.**) comes into this.

Of course, it is all part of that change. (Yes.)

Sarah: And also when you get catastrophes or crises from the planet evolving, it does bring people together that perhaps wouldn't normally have got together. So it does make the human race get together a bit better (**Yes**), because we should all be one, working for the planet, as you've said before. So this is an opportunity to get some more people together.

Not only are Earth people fragile at times, so too is the Earth planet fragile at times. Hence you have what you call the 'disasters', which we have discussed before and I am not too happy to call them disasters. It is all part of a *moving, changing* planet.

George: Yes, so in overview, it is all part of the *evolution*.

Yes and that is what you as human beings find so difficult to accept. But as you look at the much wider picture and scheme of life and evolvement of planets, then your understanding becomes greater. But you see how difficult it is to take you on a journey without this knowledge—it would not be easy. So my dear friends, I feel for this time that I will take my leave and when next we meet, we will discuss the Angelic Realms and Angels.

George: And thank you for steering our thinking into wonderfully logical channels.

Yes, you have the ability, all of you, but sometimes you are a little loath to use it.

Sarah: Well I must say, I've passed some of my knowledge onto my daughter Emily and I think she has worked very hard with Spirit and is getting good results from it and she is also very good at keeping me in check and says, 'But mum—.' So that's also been very good for me.

Yes, again you are all part of *change* and *evolving*. No matter which area or person or purpose, it takes place no matter—no matter what, *you* will evolve, as will your planet and there is no stopping that in any way.

Sarah: So would you say that some people who have troubles within themselves and they work at getting better, that is a really good part of their evolvement—their way, or their Spirit's way of helping them evolve?

When you come to this Earth, you know what your task must be. Some people become a little lost, shall we say, on their journey. So yes, if someone is troubled, perhaps they need the help of Spirit to help them to focus on the right pathway. Help is always available to people of this planet—yes.

Sarah: Thank you.

But as I leave you, I will say once more, that the responsibility lies with each one of you.

(General thanks)

So, I leave you with my love.

George: Yes wonderful!—thank you Salumet, for being with us again.

Next there was a rescue:

This was a lady from Edwardian times who had been in limbo quite unaware of the passage of time between then and now. But of course this only became clear as the conversation progressed. Eileen said afterwards that she had the clairvoyant image of a lady in full-length dress and large hat:

George: Hello, good evening.

(A lengthy pause followed)

Sarah: Good evening.

(A further pause)

I'm looking for some yellow ribbon dear.

Sarah: Are you? Have you lost it or are you looking to buy some new—

I'm buying—I'm buying, yes.

(Sarah asked if she remembered what she was doing before looking for the ribbon)

I'm in the shop!

Sarah: Were you feeling unwell at all?

Not at all—not at all.

Sarah: I just wanted to explain to you that I think something happened to you whilst you were in the shop and you have passed on—

I don't wish to hear this.

Sarah explained about passing to spirit and that being the reason for not finding the ribbon. The lady then became indignant:

I'm not accepting that! Of course I'm not dead! How stupid! Fetch me the manager right away!

Sarah: Were you standing up in the shop?

Of course—I'm standing now!

George: Well, actually you are sitting in a chair.

Who's this?

(We introduced ourselves as Sarah and George)

Let me tell you: I intend to complain.

George: Can I just take your hand, and—

No you may not! How dare you!

George: I just wanted to place it on the chair so that you can be convinced that you are indeed sitting in a chair.

Sarah: Or if you move your hands to the side, you can feel that you are sitting in a chair—it's a little wicker chair you are sitting in.

(The lady moved her / Eileen's hands to the chair sides)

Oh! My good gracious!

Sarah: You have passed into spirit and you hadn't realised that had happened—

Passed into spirit? What are you talking about?

Sarah: Well, you have died.

George: In fact, we don't die—we pass into spirit and continue living. And we are here to help you in your transition to spirit world. It's as simple as that.

I would like to speak to the vicar.

Sarah: Well, if you do as we ask, I'm sure you will be able to find the vicar very easily. If you look around you will see a light—quite a bright light. Can you see a bright light at all?

George: Yes, that is your key to moving forward. If you just look ahead to the light—it may take a little time, but keep looking ahead, and—

What about these other people I can see?

Sarah: Are they in the light?

They're in the shop.

George: As regards the other people, you are still close to the Earth Plane, so you still have awareness of the people in the shop. That does happen.

Your language is very difficult!—planes—lights. I know nothing of this kind of stuff.

Sarah: Can you see the light yet?

There is a small one.

Sarah: If you focus on that light, you will find it will get bigger and brighter, and you will see somebody within that light. It will probably be somebody that you know—it might even be the vicar.

It won't be the vicar—he's got a service to take!

George: It will probably be a dear one who is there to welcome you. So if you look to that light you will begin to see. And we are merely helping you to go forward.

(Quietly) ... I think I am dead.

Sarah: Who have you seen?

—My mama.

Sarah: Well done! That's lovely.

(She went on to declare that she would give the vicar a piece of her mind)

—He has told me nothing of this!

Sarah: If you now go towards the light, then you can go with—

Dearest mama.

Sarah: Yes, if you go towards her, she will help you to move on to where you should be going.

Ah! It's very peaceful—very beautiful (good).

Sarah: You just go with her and all will be well.

It's lovely.

George: It's lovely, yes—once you've made the transition.

I thank you.

Sarah: It's our pleasure.

George: You're very welcome—that's what we're here for.

This rescue clearly illustrates how those in limbo from times past have no impression of time progression or language change. And although this lady was familiar with the work of the vicar and church service, she remained ignorant of the modus operandi of spiritual transition at time of physical death. There's food for thought here. Audios of 'rescues' freely available on website: www.salumetandfriends.org

George's Notes:

EMMA'S NEWS (Emma Hardinge-Britten): *It is clear that recognition of women's rights is an important part of world change, especially in India and Middle Eastern countries. More women are now finding employment that their tradition had forbidden, and more are beginning to enter politics.*

SALUMET and world change: *So weather extremes are all part of planetary evolution that is ongoing. And we must not overlook our own evolution and how our treatment of planetary home ties into the overall pattern of evolution.*

~28th January 2013~ SALUMET

George: Good evening Salumet. Welcome to you.

Good evening.

(General greetings)

It is good to see so many of you coming together this time. (11) When last we spoke, we discussed the Angelic Realms and those of you who were here, were asked to think carefully about it. Would anyone wish to speak about their thoughts and their feelings?

George: I think my limited knowledge of angelic realms, is that these are caring, overseeing realms, that watch over and interact with humanity—not just this planet, but all planets I believe have a similar system. Angelic realms are formless, yet there are beings and these beings can take form, for the benefit of appearing to those of us who live in space-time. Those are my thoughts.

Yes, a very good description. I will say, you have to understand my dear friends, that—I will use the word ‘hierarchy’—It is not the most appropriate word, but one a feel you will understand. There are those of course who have never lived upon a planet and they are a group of angels—there are so many types of course—who are here to express their desire to work and help you. Those further down the ladder, shall I say, are those that the gentleman speaks of, whose form can be transmuted at certain times, to show themselves in the efforts to help others.

Sara: Do you mean they could show themselves in a human way?

They can do, but that is not too often. What I wish you to discount, is that angels are those people who have lived upon this planet and returned as angels—this is not correct. So I would like you my dear friends, to move away from those thoughts.

Sara: So they are not a worldly energy, they are a purer energy?

The true angelic energy is of ‘*Pure Love.*’ They are a perfect example of ‘*Unconditional Love.*’ They come to you always to help, to uplift and to try to instruct you.

Carol-Anne: Would they come back as an animal, say a dog, for a child who is in trouble?

They can if they so desire, but I do not want you to think that this happens all of the time—it does *not*. Very often what you see in animal form, is indeed an animal who has been loved upon this Earth, and can be used in some way, for that help. So I do not want you to think that all of these things happen because of angels. The angels are beings—beings of Love, as the gentleman said earlier—beings of love who are here to serve you at all times.

Jan: Salumet, a lot of people believe and it’s happened to me on numerous occasions, when the Soul needs an upliftment and a little robin or in fact once I saw a rat and it looked at me in such a way, I couldn’t help wondering whether it was an angel of some sort.

It is not an angel as such, but it can be influenced. This is what you have to remember. All creatures, all animals, all peoples can be influenced, as you are all subtly influenced in your daily living, without even recognising it. Do you understand?

Jan: Yes I do. As everything is interconnected, (Yes.) then why not use an animal? —

But that would not be an angel that has transmuted into a creature of the land. So I just say to you my dear friends: Be careful in your thinking. It is all too easy to give credit where it is not due. You understand?

(General agreement)

Sara: I have read a lot of Doreen Virtue’s books. (Yes.) I don’t know if you are aware? She is considered to be something of an expert on angels. (Yes.) I’ve sensed that perhaps she is correct with a lot of it, but I wonder if you could comment. Archangel Rafael, Archangel Metatron, Michael, Mother Mary—I have I suppose been trying to connect a bit over the years with some of these ones, because of reading her books.

Yes. The archangels do much work with human beings. They are a little way *down* the ladder. Most people assume that because they are named ‘archangel’, that they are the most important. This is not so. But yes, the Archangels Michael, Raphael and the others—each has a mission, which they help to perform in your world.

Sara: Would you say that she is accurate with the information that she gives? For example that Metatron is particularly good at helping children? Would you say her information is correct?

She does have contact this lady, but there is a little element of misinformation, but not too much.

Sara: So she is fairly good to read?

Yes, no one is completely correct. But she has given much of her time to making those connections, as I believe many of you within this group, has no knowledge of angelic presence. They may feel that they do at times, but they are never quite sure. But the connections with the angelic beings, has to be constant, has to be true, has to be of the purest thoughts, before that connection will be made. But yes, they all have their place in existence. But I just say to you my friends, do not be fooled that everything is from Spirit—that is a message I give to you this time.

Jan: I think we start trying to find reasons, (Yes.) and messages in lots of things. Maybe it's because we don't know how, or haven't practised tuning in, in the correct way. So, we interpret lots of wonderful things as being sent from Spirit, when like you've just said, we read into it too much.

Yes, the desire is great to have something wonderful, or some event that you can say comes from us, when in fact on many occasions this is not true. And we do not want you my dear friends to fool yourselves. Just to open your hearts and you will be able to distinguish between what is real and what is not—but you have to remain open. And my dear friends, that is something I wish for all of you in this coming Earth year, that you become *more* open to those who are close to you. Because I assure you, you are surrounded even now, by those who love you, those who wish to help you in whatever way is best for you—not always what you would wish, but what ultimately is best for you spiritually.

Jan: So when we get a message Salumet, that many people are with us, are close by—we need to practise to feel those people who are close by. (Yes.) Of course we've been focusing on Spirit—as I see it Spirit is everything—all-encompassing, (Yes.) so you are not necessarily focusing on one particular thing. But you do say that Spirit comes close to us —

Yes, do not forget my dear friend that within Spirit there are those who are close to you —

Jan: That I don't know —

No—who have been connected to you in a worldly way. People such as shall we say your grandparents, or further back.

Jan: Yes, those ones are kind of obvious, (Yes.) because we can *feel* those around us.

Yes, but when you move further into Spirit it is a different sensation completely. But you can still become aware—let's use our word 'energy.' It is a subtle energy *then* that you feel—not the human touch, or the brush of the hair—nothing like that.

Jan: Although that does happen, doesn't it?

Of course.

Jan: Because it's happened to me this evening, on the left hand side (Yes.) So you know that that's tangible and you are grateful for it and say 'That's lovely, thank you very much,' and your love goes with them, because you know somebody's loving you.

Yes, they are Spirit who are close to Earth and are able to come close to you. The spiritual realms as you know, is a much deeper, deeper thing and we are speaking of something different there.

Jan: Yes. I listened to a woman on the television. I don't know what her name was, but she was saying that everybody has a guardian angel, (Yes.) and she was able to see this guardian angel, stood at least a foot back from most people.

Yes, some people are able to. That is not, I would say, the majority of people, but those people whose souls have opened and are aware of that guiding light.

Jan: Yes, she did say she saw them mainly as light (Yes.)—light and colour.

Yes, energy, yes that is correct. But you all have what you call a 'Guardian Angel.'

Jan: Can you explain the difference?

These *guardian angels* have been with you throughout time. They will never leave you, they are there at your birth; they are there at your passing.

Jan: Just while we are in this particular body or forever?

Forever.

Jan: Right, yes she did say that.

Yes, forever—they are almost like the heartbeat of you.

Jan: So is that the angel that we should be in tune with first, **(Yes.)** because they are almost the first port of call.

Sara: Would we feel such an angel in our heart chakra do you think?

You will experience their presence in all parts of your being. It would be a very deep and satisfying love.

Sara: Because I wanted to ask you this evening: I don't know if I am becoming more *claire-sentient*, but I have had a lot of energy experiences within my body, since my mother died actually, since July and I have had experiences within different chakras. It is something which has happened to me over the years occasionally, not always knowing where the energy is coming from. But certainly this year I have had more of that kind of thing happen to me. Do you think I'm too open? I wonder sometimes if I need to close myself down sometimes.

You must always close yourself down. You must never allow the Spirit to be constantly open.

Sara: Ah, because I think I am too open sometimes.

Because what happens then, (is) you attract not only those who love you, but those who are mischievous. So you must at all times, when you have opened up to Spirit, become grounded each time.

Sara: How do you suggest I best ground myself?

You must sense your feet in the ground as if they are belonging to the Earth. Be as the tree, where the roots go deep. Be aware of what is around you and what is happening in the world. But you would I suggest, find your own way.

Sara: Yes, I do a lot of exercise. I think that's quite grounding sometimes.

Yes, whatever suits you best, I would suggest is the right way to go.

Sara: Yes. If an experience is very heavenly, very beautiful, very divine, even if we don't know where it's coming from, presumably that's not a bad thing; should it happen. I've had beautiful experiences in my heart, feeling a sort of blending feeling of energy, **(Yes.)** and a beautiful feeling of completeness.

That is a true connection.

Sara: And I tried to find words to describe this feeling, but I had the feeling of liquid love. I called it that because of the feeling of being so loved and cherished.

Yes, it is the word that most people would use, when they have this connection with Spirit, when it is a deep satisfying love.

Sara: Yes I have felt this. There is nothing more beautiful I have ever experienced.

There should be nothing more beautiful.

Sara: It was a divine feeling.

And because you are so full of music, that helps to raise your energy also. So I suggest that you stay focussed on your music and that attracts to you that divinity which you seek. But also be careful that you do close yourself down. You understand?

Sara: Yes I do. Because these experiences have come unexpectedly sometimes, would that be because I'm still open at the time?

Yes, you would have to be open for that to happen.

Sara: So if I don't want to have the experiences, if I feel invaded at all, I would just do what you suggest?

Yes, I do not like the word ‘invaded.’

Sara: I don’t mean—if it’s something good, that’s not a problem —

That is not a word to use. Yes.

Sara: It’s just feeling in control isn’t it, on what I focus on, sometimes it could distract, too much coming into the aura?

Yes, you can bombard your own energy too much and too often. So perhaps your word ‘patience’ —

Sara: Patience is good—

Yes, it is a large word —

Sara: But it’s an appropriate word for now.

Yes, for now, yes.

Sara: Thank you for that, that’s very helpful and I will keep the music going. **(Yes.)**

Jan: Salumet, I have another question about guardian angels. **(Yes.)** It seems rather a futile question I suppose and it’s one that I probably know the answer to, but I’d like your explanation. **(Yes.)** As the population on this planet grows, there is obviously a non-infinite amount of guardian angels. We never run out of guardian angels, so whereabouts in the realm do they come from?

I will stop you there. You are thinking on a *physical* level. There is no area, there is no number. It always has been, energy has always been and some energy is purer than others shall we say.

Jan: I’m doing it again, I’m thinking of an angel as being physical.

Yes, you have to widen your view. But it is a good question and one that we come across so often. But yes, just the fact that you consider the question, shows that you are growing. Is that helpful to you?

Jan: It is, I did inwardly know the answer, but I have pondered on it just recently.

Yes, unfortunately as human beings, you need to be constantly reminded and that is my joy that I can continue to help you understand.

Jan: Yes, I was pondering on the same lines, thinking in this room: we are so fortunate, we have so much—I know they wouldn’t have feelings of sadness and despair, but only pure love—but watching a child die of starvation etc, how it must feel to be those guardian angels in those situations.

Yes, but again my dear friend, you are equating it to *human* feelings and you cannot do that. So therein lies your problem.

Jan: Because I am human!

(Chuckles)

Yes of course you are human and you have human feelings naturally.

Sara: They don’t have that.

No, the angels would not react in that way.

Sara: They only know how to administer the love.

And after all—someone who is dying, after all is coming home.

Jan: Of course, they are still going to be with them anyway.

Yes, so if you keep that thought in mind, it should help you to understand.

Jan: In the same vein as it’s changed my perception of death with people you love here and I know it’s helped others in this room—that’s what’s helped us the most.

And that shows that you are growing, when death is not this dreadful thing to be feared.

Jan: No, it almost feels that they are leaving you for a short time to go on holiday.

And have I not told you in times past, that grieving grieves them.

Jan: Absolutely.

When you are happy, they will be happy. So—it is natural for you human beings to be distressed, but what is not natural is to hang on to that distress too long. You must let them go.

Jan: I think our attitudes across the planet really—well maybe not in some quarters—some religions still behave in the same manner they always have, due to overriding beliefs and because their culture suggests that—But I think there is an overriding change. Certainly when you go to certain peoples funerals, like our lovely friend Ann—It's a different kind of funeral when it's a celebration rather than feeling so down about someone's passing—that's the movement that's changing here I think.

Yes. Life will change—Ideas and concepts will change. But that change only comes through people like your selves. You will find I am sure that this coming year, there will be many people who wish to speak to you as individuals—too, who are seeking for Truth. There are many, many in your world, asking that question of themselves—what is Truth? And you my dear friends are those emissaries. You take out into your particular part of the universe, the knowledge that you have gained and you share it with others, in order that they may in their own minds, find that Seed of Truth.

Jan: Yeah. I think our conversations with people—the word *'you've challenged me,'* came up the other day. It came up in conversation that this lady goes to what she calls her free church. I was interested because I'm quite fond of her and wanted to engage in her delight at going to this church and she asked me what my beliefs were and to my horror, she asked me to leave the property to start with—that I was bringing the devil into her house —

My question is: when somebody says what do you believe in?—I made the mistake in saying to her I was a 'spiritualist'. What would be a better term to describe the truth?

I believe in 'Love and Truth'—two simple words. That is what you should believe in and that should be your answer to anyone in doubt.

Jan: Yes, those two words did come about, but that makes much more sense than labelling.

Sara: I often say that—I say: Love, Truth, non-judgement, and humility—I sometimes add just a few words.

Jan: She did carry on to me and say how did I know it was the Truth?

Yes, because when you have some who are so fixed in their ideas, you are almost intruding on *their* belief.

Sara: With some people you can't win actually.

And you should never try —

Jan: No—I was quite prepared to leave her house, I asked her if she would like me to leave, because I felt—I hadn't overstepped the mark on purpose, not at all. She had asked me a question and I just made the mistake in answering incorrectly I think. But she disappeared out of the room, out of my presence and I saw her an hour or so later and said I was really sorry if I had upset her, but it wasn't intentional and would you like me to leave and not come back to your house? She said no, you've just challenged me and you've made me very fearful. I went away feeling quite comfortable actually. Whereas I would normally go home perhaps and think: oh dear, I've upset somebody, whereas on this occasion, I felt centred in my truth and love and that's where I'm staying. She had to deal with that—I wasn't going to move.

Sara: She gave you quite an honest answer.

Jan: Yes she did, she said: you've really challenged me —

You have enabled that dear lady to begin to think that what she believes may not be the complete whole. So in that sense, you have done nothing wrong. You withdrew when necessary, but that seed is planted there and it is now up to that dear lady to go forward and to find her own Truth. It may be that she remains with those ideas that already are there, or she may move on, but that is entirely her choice. You understand?

Jan: Yes I do.

Rod: Salumet, can I just ask one question? Guardian angels—are they male and female or?—

There is no gender.

Rod: No gender, thank you.

But they can appear to be of one or the other, male or female—but it is no gender.

George: Might I ask: with the greatest of angels, are they truly universal? That is, is their influence throughout the universe?

Of course. You cannot distinguish and say some have these angels and not others. What kind of love is that? You understand? (Yes.)

Lilian: So when we return to Spirit **(yes)**, those guardian angels stay with us?

They will be with you, yes.

Lilian: I wondered if they needed to go somewhere to recoup.

They already as you say recoup, just by being what they are, who they are. They are pure energy, pure love.

Jan: Once we return to Spirit, we go home, are we able to see our guardian angel then?

If you so desire—of course!—yes and the recognition will be instant. There will be no need to say who they are. You will understand. That is all I need to say—you will immediately recognise them and what a joyous occasion that will be!

Lilian: Yes. So these people on Earth who have killed people and so on—do their guardian angels stand away from them?

They try to stand closer to them, but they have reached a state, where they cannot influence them. That is why these things happen in your world—because they do not feel or listen to those guardian angels.

Jan: That is when they become disconnected —

That is correct, yes. But know they would never step away from that being.

Lilian: I just wondered if they would stand back. **No.**

Lilian: I see, thank you.

Rod: Well I guess over many years in Spirit, they probably link up again and healing takes place and that person who goes over is eventually healed —

Yes, that is always what is strived for. They are never left alone, or they are never judged harshly, like you would do on the Earth planet. But they are *showered with love*, pure love. And that is so, until such time as they recognise what they have done—and it is not something you would wish to behold. They are *distraught* when they realize what has happened; but they are never left alone. So they are loved.

Jan: I'm trying to take the physical and human side out of it and just think purely spiritual, but I just can't help seeing in front of me, what it must be like on a battlefield in our past histories, where ever single—thousands of men on a battlefield and they all have a guardian angel, trying their utmost—**(Yes.)** It must be—well I just can't imagine! —

You cannot because you are not in full Spirit body. So you will always be influenced by human thinking. And I have to tell you that since coming to you, human thinking is confusion. The confusion that is created by wrong thinking is *enormous*. But my dear friend, you will never fully understand these happenings—disasters as you call them, but which we do not.

Jan: I think we are all beginning to understand from a spiritual point of view—disasters as such; because you've spoken about them before **(yes)**. But I'm trying to imagine from a Spirit point of view, which as you've said I can't, because I'm not pure Spirit yet **(yes)**, but from all those thousands of guardian angels on that battlefield, trying to guide and impress—I find that amazing.

But you are looking at guardian angels as individuals. In *that* case, you are looking at energy.

Jan: Of course.

You are trying to see them as individual—yes. Try to visualise that —

Jan: To see a colour above the battlefield?

Yes, that would make it more simple for you, to try to understand. It's a *blending*—it is not an individual happening. Does that help you?

Jan: It does. You just see a colour or a blanket of love above hovering above —

Yes, that is correct.

Jan: In my mind I see it as a white or a gold glow. It doesn't really matter what colour I see it as.

No, it is the understanding of the energy, yes.

Rod: One thing that happened to me 40 or 50 years ago. I was walking along Cleve Hill with my father on my right and the family all spread out in an arc. It was a beautiful day and suddenly I had this beautiful feeling coming through me. I'd never had one like it before and I've never had one since and I've often wondered about—would that have been a Spirit lifting me up or what?

That is more likely to be your *guardian angel*, who for some reason that day would have made himself felt. A feeling as powerful as you have described is usually down to your *guardian angel*.

Rod: Ah, thank you—guardian angel!

Sara: Ah, because that explains something I felt once. I was feeling very low and I was dragging my feet, feeling I just couldn't be bothered as I was going to work and suddenly it was as if my body got occupied, **(Yes.)** and somebody walked my legs for me, **(Yes.)** and I burst out laughing and then felt very happy.

Yes, this is what your guardian angel will —

Sara: That would have been a guardian angel? **(Yes.)** That's interesting, because I do seem to have more than—some people have a lot of dream connection, but I seem to have a lot in my body.

Yes, there are many ways to connect. Now—

Rod: Before you go, do they have names?

There is no need for names, it is not important.

Rod: It would be nice to have a chat with them.

You can, you can have a chat, but names are not necessary.

And now my dear friends, I am happy to have discussed a little more about the angelic realms, and I hope your knowledge has been improved by such a conversation.

(Enthusiastic agreement and thanks)

Yes, so I will take my leave of you and like those guardian angels, I too leave a cloak or protection around you and ask that you continue on your journey of development in this coming year.

(Thanks + fond farewells)

There followed a rescue. One spoke via Eileen who was confused but gave his name as 'Anthony Jessop'.

Lilian: What do you remember last, before I started talking to you?

It was like I was in a bubble.

Lilian: In a bubble?

Yes.

Lilian: So how do you feel about the bubble?

Couldn't see much.

(He was asked if he had ever thought about death)

Of course I've thought about it.

Lilian: Oh good. I think that's what's happened to you.

But I don't want to die.

(Lilian explained that it is what happens to us all)

George: Well, we say 'die' but we continue living the spiritual life. There is no real death.

But she's just told me I've died!

George: Your physical body—

Lilian: Just the physical body. Now you take on a new body—

(He said he didn't like it, and it was explained that he had been brought here so that we could talk with him and help him through it)

George: And if you look to your front you should be seeing a light. It may take a little time.

(He confirmed that he could see a light)

Lilian: And in the light you should see someone you recognise. Someone will be waiting for you.

Darn me! It's old Bill!

(He was clearly happy now and there were good-humoured chuckles from all)

Lilian: Were you fond of Bill?

Where's he come from?

Lilian: He's come to meet you.

George: He's come to meet you and greet you and help you on your way.

My God! He's spritely!

George: So you can move forward towards Bill.

Well I never!

Lilian: Are you happy to go with him?

Yes indeed.

(He wanted to know our names and declared he would remember)

Well I never! Well I never! I'm off!

(There were further words to Lilian as he moved forward and he was wished a good life)

You're a good girl!

George's Notes:

DISASTERS: There are hackneyed words in our language that over the years have almost become off-limits clichés. Salumet refers: 'Disasters', as you call them, but which we do not. We should really think on this. Seen from the spiritual reality, a 'disaster' is of course 'a quick passport to the better life at home' for the many. Only our strictly physical assessment equates to disaster.

SPIRITUALIST: The meaning of this word has also become grossly distorted through various avenues of religious fervour and misconception. It is not 'alien' to acceptable code of belief, as some would have it; neither is it restricted to platform mediumship. The 'essence' that existed before our distortion of a poorly evolved word, is of course as Salumet indicates 'LOVE and TRUTH'. The seeking of 'love' and 'truth' is what we are here for—under whatever flag.

OTHER MISUSED WORDS: 'Terrorist' and 'terrorism' are much used by the news media and terrorists are credited with spreading terror. But they do not spread terror midst spiritual people, so perhaps they should be given a different name. Equally, 'alien' is not a good name for our friends across the universe. So why not call terrorists 'aliens'?—because they alienate themselves from the loving collective of society that abounds. We—especially news media—need to re-think how we use language!

ANGELS: The subject of 'Angels' has been with us on several previous occasions. The active links below

refer: [http://www.salumetandfriends.org/resources/Salumet\\$2Bon\\$2BAngels.rtf](http://www.salumetandfriends.org/resources/Salumet$2Bon$2BAngels.rtf)

~11th February 2013~

The evening began with a rescue. There seemed to be one with Eileen, yet there was silence:

http://www.salumetandfriends.org/resources/2013_02_11+rescue+in+the+park.mp3

Lilian: You are very welcome to talk.

Are you talking to me?

Lilian: Yes, do you mind my talking to you?

Leave me alone. Go and just leave me alone.

Lilian: Why do you say that?

Because it's quiet.

Lilian: You are enjoying the quiet are you?

Yes.

Lilian: Where do you think you are?

In the park.

Lilian: Sorry I didn't quite catch that word.

George: In the pub?

In the park—I wish I was in the pub!

Lilian: Well, I think you were meant to come and talk with us, and we can explain *why* you are talking to us.

Did you feel not well in the park?

No, I was fine.

George: Oh that's nice.

Lilian: Did you wonder where you would go when you die? Did you ever think about where you would have to go—I'm sorry to have to be saying these things to you, but it's quite necessary.

Go away—just go away!

(He declared that he would be angry if we keep talking)

Lilian: Right, I'll tell you what's happened—something has caused you to die.

George: And you've been brought here to talk with us, and we can help you—

Brought where?—I'm in the park.

Lilian: Were you sitting down?

Yes.

Lilian: Well, if you feel the arms of the chair you are in now—it's a chair.

George: So you are in a wicker chair.

Lilian: I know this is a shock—it must be quite a shock. But we all have to go sometime. And you were in the park, which is quite a nice place to be.

Who put me in this seat? Who put me here?

Lilian: Well, where you should be is on the *other* side of life, what we call the spiritual side of life, and someone has sent you here so you can talk to us.

George: It's only the physical body that dies—the spirit continues, so you've been brought here.

I don't know all this stuff! Okay—who put me here?

George: Well-meaning friends brought you here.

Lilian: If you think about it, you are feeling nice and warm and you are surrounded with love.

George: There is much love here.

Lilian: You are feeling light—more energetic.

Yes, I am.

Lilian: Good—how old were you?

Eighty three.

George: Well, you've done quite well, haven't you!

Lilian: So, if you look ahead, you will see a light. And that's to encourage you to go into the spirit world, and in that light you'll see someone you'll recognise.

George: Within the light, you will see a friend there to meet you and greet you, and it may take a little time for you to see that.

Never heard of it before—I can see that light now.

George: Good.

Lilian: You may be surprised who you see in there. Someone you'd like to see?

Not really—don't like that many people.

There was some talk of animals, then:

I can see a shadow.

George: Ah! That's good.

So you're saying I'm dead—

George: Only your physical body. Your spiritual self is the bit that matters and that continues. It's the same with us all.

Well, I can see everything you said—but, I'm not sure.

Lilian: It will become clear.

George: The shadow will take form.

I can't feel my feet. Where's my feet?

Lilian: They are there.

Who's lifted me up—who's done that?

Lilian: Well, someone's helping you to go into the spirit world.

I want to but I'm scared.

Lilian: There's nothing to be scared of. It's where we all go—it's where we all come from.

George: You're surrounded in love, there's nothing to fear.

(There was some talk of accompanying)

If you two come a little way—

Lilian: We can only stay with you as we're talking to you.

So you're not dead then—

Lilian: No, not yet.

George: Well, I'm 82 so I guess it won't be long.

(Chuckles)

Lilian: No, we won't be long.

—It's weird ain't it!

Lilian: You weren't prepared, you see, so you're finding it a little—

Sara: But you're doing very well actually!

Ooh! There's another one!

Sara: But you're doing very well.

Going where I'm going just to get some decent quiet!

(Laughs)

Jan: I don't blame you!

Ah yes! Yes! Yes!

Lilian: Who can you see?

—My brother.

Lilian: Oh lovely.

—I'm going—going.

Lilian: Are you're happy to go?

George: So you can go forward—

(Pause)

Bye.

(Byes from all)

George: Enjoy your further life.

There followed a pause, then Eileen got us going on a discussion concerning 'spirituality—what does it mean to each personally?' We agreed most people would make a 'religion' connection—but no, it has to be more basic, centring on 'love and truth'—a way of life. A person may aspire to no belief and not belong to a church, yet may live a spiritual life. Going on from there, perhaps the term 'spiritualism' is obsolescent, because it means different things to different people—stage demonstrations, Ouija boards, rapping etc. Badly defined labels are perhaps best not used. It became evident that one was now with Eileen, we discontinued conversation and Lilian welcomed:

George: Have you been listening to our conversation?

Yes I have, (and with disappointment) and now you have stopped.

(Chuckles)

I've come to say something. We want to know if the lady (Sara) would like to take you on a journey this time.

(Sara affirmed)

Well, after your discussion, that's how we will end. Please carry on—I find it so interesting.

So our discussion continued for a while, Rod declaring how, at a Church of England service, congregation had been referred to as 'miserable sinners', which did nothing to make him feel good. There was talk of how religions have created problems worldwide. The Emperor Constantine, who presided over Councils that formatted the Roman Catholic Church 300-years after the time of Jesus was a warrior, and is portrayed in bronze outside York Minster complete with battle sword—near the spot where he had been proclaimed Augustus.



The Emperor Constantine at York Minster, UK.

The Nicene Creed had been enunciated by Athanasius, young deacon of Alexandria, and prominence to 'The Trinity' began here. Some who disagreed moved beyond the empire's boundaries, many formed separate cults. Across the years, an ugly pattern of the most outrageous behaviour followed, resulting in millions of

deaths—the nine bloody Crusades against non-believers, extermination of Albigensians in Southern France and then the vile work of torture and slaughter of the Inquisition.

And I can tell you: they are all ashamed of all of these things. I'm sorry—I did not want to speak.

We explained that we are so pleased to have interjection from spirit and she is most welcome

Exciting isn't it? I get so excited listening!

Salumet had previously spoken of how distraught the perpetrators become when they fully realise what they have done, and we spoke of this. Finally:

I'm not supposed to talk—I have to go. My name's Lilian.

Our friend was thanked for her input and whatever further participation and it was agreed to be now time for Sara's guided journey:

http://www.salumetandfriends.org/resources/2013_02_11+Sara+journey.mp3

We are going on a journey of expansion. I want you to imagine—have a picture of yourselves, standing, where you can see yourself in the distance, perhaps on a hill. And I want you to imagine yourself as you are now. Think of your gifts—attributes—talents, that you are now apparently using. Think of your mental self—your physical self and your spirit within—perhaps your spiritual gifts. Now, try to imagine—if you have no barriers—what else would you like to be? Could you imagine yourself being more than you are now? Try to imagine that there is nothing to stop you from expanding yourself—to be even more than you are now. Try to get in touch with your desires for expansion. If you are going to grow, which direction would you wish to grow in? What would you like to grow? What part of yourself? So have a check through and see if there is any part of yourself that you would like to expand this year. Imagine some light around you as you are expanding yourself—imagine white light surrounding you. And now try to imagine that light expanding in front of you—around you, to the side and behind you. Imagine the light of your soul going forth in front of you and around you—expanding. See if you can visualise your own light reaching around in all directions. No matter how you imagine it, whether you imagine streams of light coming from the centre of your being or whether you imagine light surrounding you in a circular way, but just imagine an expansion of yourself. And imagine that you can be anything you want to be. You can be as big as you wish to be, there is no limit really. You stand tall and proud in your own energy—stand in your centre, confidently happy to be you, and feel that light within you—feel it bright and strong, as it comes out in all directions. Now go within yourself for a few moments and see if you wish to have inspiration from your guide, about ways in which you might expand yourself. And remember to open yourself to receiving help in your efforts to expand. Always ask for help if you feel you need it. And as you stand on this hill, stick your arms up high—raise them up high, in a gesture of freedom—feeling free to be yourself—free to be you, to develop yourself in all the ways that you would really love to—nothing to stop you, nobody to stop you, nothing to stand in your way. And be sure that you yourself do not stand in the way, to try and open to receiving the inspiration and the help to become all that you would most love to be. And give thanks now for the happiness that this will bring, and run down the hill with a glad heart and a happy spirit.

~18th February 2013~ SALUMET

Discussion and prayers prior to Salumet coming through had led to mention of deplorable atrocities. These included the attempted assassination with serious injury of Pakistani schoolgirl Malala Yousafzai, by a Taliban gunman for her campaigning for girls' education; also the ongoing bombings with huge death toll that continue in Iraq.

Good evening.

(General greetings)

Again as I join with you I have been listening to you and your discussions about your world. I am here this time to say to you, that Spirit regeneration is happening *now* and although still you speak of all these what you call '*atrocities*,' I will remind you my dear friends, of the *goodness* which is in your world.

George: Yes indeed —

When we speak of these things, it is hard to believe I know, that there is any kind of regeneration of Spirit, but speaking about the young woman and the way that she has stood for justice, is only just one indication of what is happening around your planet. I believe I said some time ago that there would be changes and my dear friends you are at the very beginning.

George: Yes this is indeed very exciting! And I think we appreciate there are the huge changes and there *is* so much good (**yes**) and the atrocities just show up so sharply against this *backcloth* of what is good.

Yes of course. Are you also aware my dear friends, of what is happening in your oceans, your seas? Did I not tell you that they would find, or seek and search for good in your oceans?

(General agreement)

That also has now begun.

Paul: Ah! I don't think we are aware of any recent developments.

I can reassure you that it has *begun*.

George: Is this energy from oceans?

They are looking towards help and for medical conditions. If you do not know now, soon you will hear.

(Enthusiasm expressed)

Sarah: I know they've found that in one of the fish that is illuminated—they can use one of its genes to help humans to see what's going on —

Yes, so you see my dear friends, I do not want you to despair about all the negativity in your world, but rather to focus on the good that is now happening, because *good*, will always stand to the fore of *negativity*—if you will allow it.

Paul: And just having people finding their voices and there are so many more ways to communicate now.

Even though they haven't perhaps always worked out the '*best*' way—what they want, whether they want '*democracy*' or not and exactly what that word means, but there is far more *talking* about it.

Yes, you must allow evolution to continue in the way it is meant to. But yes, I would say your planet today is a very small place indeed, compared to what it has been.

(Agreed—the world seems a smaller place on account of communications technology)

Today the technology is available to you all if you so desire and it is up to those people such as yourself, who are willing to pass the good and the truth. In this way, that goodness can be expanded. So you see how much good there is before you.

Sarah: Yes, on another scale, we've had all this business about horse meat being found in beef and I couldn't help but think of your words that really we would be better if we didn't eat meat (**yes**), but that was our choice; and I couldn't help but think that the purpose of this scandal was to get us to not eat so much meat. And in fact I did hear someone in the supermarket asking where the '*Quorn*' *is*—which is a type of mushroom (*fusarium*) protein that you can eat instead of meat. So I think there is some good coming out of this.

Always good comes from these things, but as I have said, no matter what I tell you, you have been endowed with your freewill. And yes, you mention horse, but what of the other animals? You cannot separate one from the other.

(Agreed)

Sarah: No, it was just the fact that people now don't know what's in their food (**yes**), that's the thing.

Yes, but have they ever?

Sarah: No, I suppose that's what's coming to the fore now **(yes)**.

Jan: No—not since processed food began **(yes)**.

Lilian: No, it comes under the heading of mutton or beef and people forget the cow behind it **(yes)**.

Jan: I think there's a big movement behind this particular scandal, as it is peoples freewill to eat meat or not. I was listening to a butcher talking and he was saying that his profit margin has risen by 31% in the last week, *purely* because people are turning away from things that they *cannot* tell what they are eating, to only wanting *local* produce. So as we have the freewill, I think that's an extremely *positive* step forward.

Yes, it has created awareness, there is no doubt. It has always been a topic with so much being said about what is right and what is wrong. I say to all of you, you *know* deep within yourselves, what is right and wrong for you. Only then can you go forward and make comment about what others are doing.

Jan: Because really what you are saying is—you're not saying that this is wrong, or this is right; you are saying that if it sits well within you **(yes)**, then it's right for you at this particular time.

Yes. You must remember that the Spirit, as all of you within this room, have different lives, different life situations—neither one is right or other wrong; it is just *what is* for you, at that time of existence.

George: Perhaps there is the general good in the *awareness* **(yes)** and the encouragement to think on these things.

Yes, when you have awareness you have knowledge and with that knowledge, it is then up to every individual to do what they *instinctively* know to be right.

Jan: That knowledge brings choice and freedom.

Yes, that knowledge brings responsibility. Yes, we have spoken of this, but it is an important point to make.

Paul: I was just thinking sometimes people *could* have the *awareness*, but it's stifled a bit—because of their choices, I think. They put their attention into more about the *tastiness* of the food, or their *senses* of very *surface pleasures*—I guess that's where their awareness *is*. I always feel people could be more aware than they really are—they are a bit dulled by the modern lifestyle, but they *could* still choose to break out of that —

You have to remember my dear friend that as *human beings*, you have eaten meat for a long, long time. And for some people even with the *awareness*, they find it difficult within themselves to make the right choices, but that is something that they have to deal with. You cannot change another's feelings or thoughts—that would be wrong also. So be careful how you judge.

(Agreed)

Sarah: My daughter was saying to me that in the course that she is learning—in the wild, animals that don't eat meat have a very long intestine and animals that do eat meat have a very short one. We have a very long one, so really we probably shouldn't be eating meat anyway, because that's not how our bodies were designed.

Jan: But it was —

I would suggest that you do not make comparison between the *animal kingdom* and *human beings*; their evolution is slightly different.

Sarah: Ah, that's interesting **(yes)**.

Jan: We still have the same internal *make up* as we did *millions* of years ago and we were *raw meat-eaters* when we were first on the planet, so it's going to take much time to —

Sarah: I don't know that we were actually. Well, we don't know do we, we weren't here? But it's interesting not to compare it with the animals.

No, I would suggest that you do not compare.

Sarah: Thank you for that.

George: Might it be permissible to compare Earth to Bonniol's planet Aerah. It's interesting to me to see that on planet Aerah where they *are* vegetarians, it leads to a simpler life; in particular the way that manure or sewage from the homes, from vegetarians, can be simply returned to the soil for agricultural use, whereas on *our* planet, because we are largely meat-eaters and we mix up our sewage with chemicals, it's much more of a complex problem to dispose of.

Yes, might I suggest as our dear gentlemen friend suggested earlier, although people have awareness, it is not the *right TYPE* of awareness. The awareness I speak of, is for the safeguarding of the animal kingdom. Your focus has to change, not whether meat is right or wrong to eat, or what sewage is better than another, but your awareness should *be* with those *animals* who are *with you* on this *planet*—that is where your awareness should lie.

Jan: It's our ethics (**yes**), we need to be aware more ethically.

That is what you should try to focus upon, not the results of eating animals. You could argue on *many* levels about this, but I would wish you to simply remind yourselves, that these *animals* are here for a *purpose* as well as human beings.

(Agreed)

Paul: I think that *is* a powerful argument, because when animals *do* interact with human beings and form close bonds with them (**yes**), then they do at least —

Their focus will change.

Paul:—change for *that* group of animals (**yes**); they don't apply it to other species of animal, but that's the beginning of that process I guess.

George: Love of other species with whom we share this planet (**yes**).

Sarah: Is the animal's purpose on this planet the same as ours?

Lilian: To learn?

Sarah:—to learn and to improve themselves?

Their evolution is different—you cannot compare. That is why I said to you, *do not compare*, you cannot go *hand-in-hand* with the evolution of your animal kingdom.

Sarah: What is the animal's purpose here?

—To help to teach mankind to be more *humane*.

Sarah: Oh, that's interesting.

A simple purpose—but an important purpose.

Paul: Each species almost, cats, dogs—each one you feel *teaches something*.

Yes, and of course they have to *interact* with different animals as well. They have their own '*learning*,' if you like, although that word does seem rather foolish, because they do not have the same intelligence as you are supposed to have.

Jan: How I see it is, the extinct populace of certain animals that has happened on the planet that we are now aware of and are working so hard in certain parts of the planet to preserve those that are left. That's obviously the end goal, that's what we are striving for and that's what a lot of countries are now striving for and I was really interested to watch how the Africans, how protective they are and little groups that work non-stop to protect one species or another. Forty years ago, they would not have had those feelings towards those animals, so it's such a positive —

Yes, but do not forget that some species, it is their *destiny* if you like, to become extinct; in the same way that you as human beings will not always return to the Earth plane. So if you think of it on a spiritual

level—and here I repeat myself again *think spiritually* and your answers will always come more easily.

You understand?

(Affirmed)

Jan: Yes, we shouldn't feel as emotional about those extinct species, because they've returned from where they came and like you say, they've got to return anyway **(yes)**.

Sarah: They've served their purpose.

Yes, but you should always extend love to the animal kingdom.

Sarah: Well I must say—in my sort of language, I do think it's very *big-hearted* of these animals to come back to help us. I think that's changed my view. I mean I've always liked the animals, but it's changed my view enormously to think that they are doing it for *us*, the suffering that they are going through for *us*, is commendable I must say.

But it gives you something to think about.

Sarah: It certainly has yes thank you.

Mark: Yes, you've made me think about the horse meat issue in a new way, because I'm thinking now that a lot of people who eat meat, have a loving relationship with horses and wouldn't eat horse meat **(yes)**, in the same way that they wouldn't eat dog, if they had a pet dog—but some cultures do. And it's just slowly getting people to think about the issues a bit more deeply **(yes)**.

Jan: Well I have a problem with that—it doesn't sit very well with me, because the same as everybody in this room, I love all animals, but when I think well, they wouldn't purposely eat a horse—well what's the difference between a horse and a cow? Nothing at all!

Mark: That's right, when you're a vegetarian you can see that can't you? But I suppose some people have to do it one by one—

It is all to do with *conditioning*. In different parts of your world it is *acceptable*—in another part it *would not be acceptable*; it is so *diverse*. So for you who have thought about these things carefully, you have the *awareness to change*, and that is all you can do—you can only change your own awareness and be responsible for every action and deed that you do.

Lilian: I was quite aware of the animals that will have been used, with the operation that I've just had, in I'll say, *helping me*. That was one part I didn't want to think about too deeply, I didn't like that idea. So there again they are used to help us in the long run, with our aches and pains and illnesses.

Yes, that is of course another subject, but animals have always as you say (been) 'used.' Not always of course have they a say, which is another matter; a matter for conscience for all who are involved in these things. But nevertheless, the planet is evolving as it should and for this you cannot stop that progress; you have to allow these things to take their natural course.

Sarah: So if the whole planet stopped actually eating beef, there actually wouldn't be any use for the cows anymore; there wouldn't be so many of them anyway.

There *are* people who farm these animals, who have a *great love* for them. Not all people see them as sources of meat. So perhaps not—perhaps it would not be their time to completely leave this planet. We have to see what is to evolve.

Paul: No, I mean even in this country, which is very small really, we have areas where they have wild ponies and I don't think they originated here, but they were brought here and developed little herds and they've done it on their own. Many of the deer varieties as well weren't from this country, but people brought them over maybe for hunting, or for food and they've formed their own groups. And I'm sure some of the farm animals would be capable of forming their own little groups and families, and finding patches where they can survive, even in this small country.

(Agreed)

This also applies to the human being. Have you not in times gone by, in your histories, moved from country to country and intermingled?

(Agreed)

So you could say that all of Earth has been a blending of both peoples and animals. Do you not agree?

(Agreed) (yes)

Paul: Yes, it's like nature always finds a way to adapt, it's always adapting (yes), and these farm animals are no different. They'll adapt as mankind adapts—everything starts changing.

Yes, but before I leave you, I just want you to think a little more deeply, but I want you to think more spiritually. You will find all of these questions that you have for me, will become easier in your own minds. You *all* have the answers, if you so desire.

George: Yes that's a good thought for us. Before you leave Salumet, I wonder if I might read a question from one of our readers? (Yes.) The lady writes:

I wonder if you could ask a question for me please. The night my sister died, we were travelling back to the mainland to be with my family. My daughter told me sometime later that she had seen 'God' that morning. It was around 4 am. She described a hovering figure in white watching us as we drove along. She was quite young at the time, so I am not sure about her interpretation. She has seen Spirits on several occasions, but does not like to elaborate on these sightings. Is she a particularly sensitive child? She is now 15 years old but was 8 at the particular sighting.

Yes, the God that she says she has seen was of course the Guardian Angel of the lady who passed. It was not God, but as we know, interpretation is uppermost in most people's minds at times like this. So yes of course the child is sensitive. She is a medium, but is suppressing all of those gifts at this time. She will find as she continues, that Spirit will rejoin with her, even if she is reluctant. But yes, she is a 'sensitive,' as you call it here on Earth. She is a messenger of the Spirit.

George: Would it be well for her to talk about these things more?

She must be guided by the young person. It is not good to force these things. When Spirit and this young lady are ready, then there *will* be connection. Yes, I would not suggest trying to draw it from her, after all we are all Spirit and we do have the right to make up our own minds; again freewill.

George: Thank you Salumet, I'm sure she'll be most grateful for that (yes).

Now my dear friends, I will take my leave of you. As always I feel blessed to have spoken with you all. I hope our conversation has given you a little more to think about.

(Lots of agreement)

And for the rest of this time I would like to work with this instrument. So I would ask only for not too much noise, but to see what the rest of this evening brings for you.

(General thanks)

George: Thank you Salumet and it's so good that you've spoken around the subject of meat a little more for us (yes)—most helpful. Thank you.

As always I leave you cloaked in my love.

(General thanks)

Another through Eileen followed briefly:

Lilian: Good evening.

Thank you for giving me the opportunity to speak with you. I have been asked to come and give you a little enlightenment on one of the questions that you have asked in the past.

George: That's very nice. Thank you very much!

We are always interested in you human beings, and are often amazed at the difficulties you have in really very simple matters. We are trying to establish why so many of you are unable to FEEL this 'goodness' that is around you all the time. There are so many who are so angry. There are so many who only want to do harm—and there is so much 'love' around, that it does surprise us at times that this cannot be felt; but we know that you humans have your free-will—we know that there are many who have so very much to learn, and we try so very hard to keep close to all of you (thank you). We know that this is part of the life cycle and we are aware that you in this group do have some awareness of Spirit being close to you, but there are still those who have the knowledge but do not have the sense of our presence, and this is my purpose this time: to bring those who are around you, just a little closer, so that we can help you to become more aware of those who are already close to you. We hope that this will help you on your spiritual journeys—because those who stand close by you—their only wish is for you to go in the best direction possible. So I will leave you with the name, and when you have some difficulty in being close—or should I say: having the awareness of those who are with you, you are most welcome to call on me and I will try my best to help you. My name is Joseph.

George: Thank you so much Joseph, that's very good to hear. We do appreciate your message, and I am sure we all have some awareness of the tremendous good and the spiritual light that is with our planet.

Paul: We'd love to get that connection stronger, with these helpers around us.

That is my purpose tonight. So now, I will leave you, and you are as I said, most welcome to call my name anytime.

Rod: So, have you lived on Earth Joseph?

I have, but many, many years gone by. I would just like to add: I was the worst sinner you could have had!

(Chuckles)

—and it is for this reason that I have dedicated myself to help others.

George: You have clearly changed—you have clearly advanced from that time on Earth. And, as I say, we do appreciate your message so much.

George's Notes:

NOTES RE OCEAN DISCOVERIES: *There is certainly much activity directed towards ocean research at present. Deep on the sea bed, there is recent awareness of ancient cities, pyramids and what is probably a crashed UFO. It is beginning to be realised that the oceans can be the source of many medicinal aids and a number of research lines are developing. Derivatives of sea cucumber species are found to be anti-inflammatory. The blue blooded horseshoe crab has a blood based on copper and not iron. A chemical is being investigated that can break down the protective shield that certain bacteria have developed against standard treatments. The deep ocean floor is surprisingly rich in bacterial life with properties worthy of study.*

EARLIER GUIDANCE FROM [SALUMET](#) RE ANIMALS:

08/08/94:

Yes, this indeed is a subject that is much discussed in your plane. Let me speak, as I know. Let me say this to all of you: You should have a regard for *all* life. Once again, let me say, you have all been endowed with your own freewill, *but* I say to you—respect *all* life forms whatever that may be. Examine your conscience. If you wish to *kill* an animal that is up to you, but remember this: (long pause)

All forms of existence were put onto this Earth for their own development, their own growth, their own evolution. Provided the reason for killing is a 'good' one, and I use that phrase reservedly, reservedly—provided it is a good one, then your own spirituality will not suffer. But to kill, to kill an animal cannot be

said to be good. I know this may go against the thinking of many of you, but it has to be said.

31/10/94:

Yes, I don't wish to intrude upon your innate sense of what is right, but the question has been asked of me, and I have to say 'yes,' it would be better for all of you, if you could refrain from your meat-eating, for the reasons that I have given to you before. But I know, like everything else, your life patterns are all different, your viewpoints are all different and you must follow your hearts. But I would say your physical bodies would be much healthier, if you would follow what I have said.

~25th February 2013~

There had been some prior chat decrying negativity in the world today and this seemed to draw one to us via Eileen:

I had to call upon you because of your talk of being negative and I'm here to tell you that I was one of those negative people, and in fact I am still learning not to be so negative. And yes, you are correct in saying: it is better to put your focus elsewhere.

George: Yes, I think perhaps we need to look more beyond this *space-time* and look more across into spirit world, and view it all collectively.

Yes it is better, but it isn't easy, when you live in a world such as you do, it certainly is not easy; and it is a continual struggle—I found anyway, especially when you have that kind of disposition.

George: A disposition of sympathy with others perhaps—

No, a disposition of being negative! It's very difficult to change that.

Jan: Do you think people are born with a negative disposition or do you think it's something we learn while we're here?

I personally, and this is only a personal explanation—I feel that negativity starts in the womb. After all, we agree to return quite happily, with full knowledge and perhaps with knowledge of what lies ahead, but I feel sometimes that women create negativity whilst child-bearing is taking place.

Jan: I've read that there are scientists that have studied just that really—patterns of women's behaviour whilst carrying.

Yes, it is a most important time and not widely accepted I must say. But being of that disposition, I can tell you how difficult it is to change. And in fact, as I have said, I am still changing. That is why I have been drawn to you this evening.

George: Well, we are very pleased you came through **(yes)**.

Jan: Do you think that negativity learned as young as in the womb, do you think it centres around fear more than anything?

I think it possibly is based on fear, yes. But the problem is you see that it becomes the normal way of thinking, and to people with negativity, it IS normal, and they can see no harm in it. But I am here to tell you that it DOES have an effect upon the spirit.

Mark: Talking about the things starting off in pregnancy, I've always found the term that women use a lot, I *fell* pregnant—it's almost as if it's something not very good, to *fall* pregnant.

Yes, well of course there are people who feel that they are not in control of their lives once they are here; and I believe they would be the people you are speaking about. Yes, and of course as you know, your thoughts and words become your reality—I'm sure you've been taught that.

(Agreed)

Yes and it is something I use often.

George: And thought is the most powerful thing we have.

Yes, if only people would understand that more. It is your most powerful ally—and also your most powerful enemy!

Jan: I know it's good to visualise what you would like, not only for yourself, but for the wider picture—everybody really, the loved ones and planet **(yes)** and that's a good habit to get into, I would imagine, the visualisation, so that those negative thoughts are not—

They're dispelled when you create good thoughts, yes.

George: Yes, you mentioned 'love' Jan, I guess *love* is the thought—the power—to overpower negativity—

Yes, you create your own love by your positive thinking, and that thinking grows stronger, stronger, stronger each time you create that loving thought. So yes, it is a subject not spoken of too much, but which I feel, because of my experience, should be spoken about a lot more.

George: Yes indeed, I feel perhaps the *most negative* people on our planet, or certainly included in the most negative, are 'religious fanatics' who will stop at nothing—

Yes, I understand your words, but of course, not only fanatics, but people who are living day-by-day and are not even AWARE that they are creating this negativity around them. It is much more common than you realise; and it is only people such as yourselves, who are sending out beautiful thoughts of love and light which help.

Jan: I think also in our daily lives, we have to remind ourselves all the time, because like you said, I think it is part of the human make-up **(yes)**. Would you say it's one of our main purposes while we're here is to dispel those negative thoughts?

Yes, I believe you would have been told that the responsibility for your lives here, sits squarely with yourselves, and that is very true.

Jan: Yes, and we've also been told it becomes much more difficult the more you learn—the more spiritual matters that you learn of, the greater the responsibility is.

Yes, that's right—not quite so much more difficult but more responsibility (yes)—yes, I would agree with you. It is a very GREAT responsibility.

Jan: Because there's awareness that you've not necessarily had before and it's that awareness that you carry with you all the time.

Yes, it was rather like when I came to this (spirit) world—to be faced with how I'd thought for a lifetime—it was quite shocking, and it still shocks me now. That is why I try to help in every way I can.

George: You're obviously progressing.

I would like and hope I would! I will not think negatively about that!

(Chuckles)

Jan: I know we don't like to talk about individuals, but I'm using this person as an example. Now, my birth mother is one of the most negative people that I've ever encountered. I obviously chose her as my mother. Even though we talk about things at length, and she knows my feelings—you can see glimmers of *she would like to be less negative*, but then like you say, something really pulls her back into that negativity. My question is: does spirit world find it much more difficult to come closer to that negativity?

Of course, because what it does is it creates a barrier. It does not mean we cannot come close—it just makes it a little more difficult to penetrate. If only you could imagine negativity as being a cloud that blocks out the sun, then you would have a little idea of just how difficult it is, because as I have said, the negativity becomes normal to that person.

Jan: Yes, they actually find it very strange—it's like *they* are *normal* and everybody else—***They feel that they are normal—yes.***

Jan: They are normal, they are right and everybody else is *off with the fairies!* To put it in other terminology—

I will apologise to the fairies for you—yes!

(Laughter as we approached the end of this interesting discussion—Eileen got the name ‘Margarete’)

George: Well we thank you for coming through and giving us your view of things from the—if I might say—the other side.

Well it IS the other side isn’t it!

Jan: It’s been very enlightening because you have answered the questions that we have—

Well if that has helped any of you then I feel my work has been achieved.

George: It has indeed, thank you.

(Fond farewells)

Next, one spoke via Paul, saying that he had not done this before

Sarah: We can hear you very clearly.

It’s actually easier than I thought. It feels quite cosy here but I won’t stay long—I haven’t got any—

George: Well you’re very welcome, and you’re very welcome to stay longer if you wish.

I wasn’t planning to say anything important to you. I haven’t really got anything of special importance to say.

Mark: That’s okay.

George: So you’re just doing it for the experience—we’d like to help you with this if we can.

Yes—I am happy just to say ‘hello’ to everybody.

(Sarah asked what he did when on the Earth)

I was a farmer when I was last on Earth.

George: Are you able to give us a name?

I was known as Fred.

Mark: Do you remember where your farm was?

It was in—in the Lake District—yeah. But I must say it’s of no consequence. I was very interested to see if it could be done. And I’m very happy that it can be—and it’s so easy. Makes us feel very comfortable.

George: Well, if any time you would like to come through for a chat Fred, you’re welcome. And the Lake District would be a beautiful area of the country to live in.

Yes it was—yes it was. But I don’t wanna to waste any more time.

Mark: It’s not wasted.

So I’ll be on my way.

Sarah: Thank you for coming.

George: Thank you Fred. Do feel free to pop in again if you wish.

God bless you.

Next, one via Sarah:

Good evening.

All: Good evening.

I am trying to piece together some information. I have some old metal-ware, and I believe it belongs to the gentleman who has just talked with you (oh?). He was indeed a farmer (right) but he was also one of the first in his area to use the metal plough. He was much scorned by those who had previously worked the land, and as a gesture of peace he gave to the workers these metal objects, so they could do some work in their own right. He was a good man, but his foresight was not appreciated by many.

George: Yes, people often don’t like changing to something new. It’s a trait that perhaps we have on Earth!

He was not aware, but he came back to see if he would be accepted this time. And, as you are aware, he WAS. And that is the reason why he did not stay for too long.

George: Well it's very nice of you to come through and explain. We appreciate that.

Yes, he is now ready to make his way further in spirit, and although he could re-visit, he will most likely have no more need to do so.

George: Yes, it's a very silly trait that humans have sometimes of not wanting to accept something new, and he seems to have suffered by that, which is a shame.

Mark: Negative thinking!

Jan: I was just thinking that.

Mark: We've come full circle!

(Chuckles)

But he is a happy man now.

George: Good, we're pleased to hear that.

So my mission has been also successful and I also will return.

(General thanks for visit and explanation)

Next, a much agitated one via Eileen

Can you hear me? CAN YOU HEAR ME? You have to tell them—I was killed, I was killed, I was killed! Ooh!

Lilian: Yes, we know.

They thought I'd done it. They thought I'd done it. I didn't, I didn't! Tell them!

Lilian: Yes, we'll tell them—yes.

George: Can you give us a name?

Marilyn.

Lilian: Marilyn.

Marchant. He did it—he did it! He killed me! He killed me!

Lilian: Very distressing. But you're here so that we can help you.

No, no. You are here to listen.

George: Are you being helped in spirit? I expect you are.

I can't rest—I just can't rest!

Lilian: So you know where you are?

Yes!

Lilian: That's good.

George: Well, we're listening and this is all being recorded, so we can pass it on.

Lilian: We can still help you. If you can't rest—you need to be able to. Put things behind you. What have you seen so far—someone to help you?

I'm so confused!

(We also were somewhat confused, but we decided that this one knows she is in spirit and we assured her that she could not now be harmed. Jan then realised clairvoyantly, that what concerned this lady was that people at the time assumed she committed suicide, which was not the case.)

I didn't, I didn't I didn't —

Jan: They know you didn't now Marilyn, they know you didn't. People here know you didn't.

I want you to find him, find him!

Lilian: You don't need to worry about him. He'll be in a special place, being looked after by someone. He'll be coming nowhere near you.

I needed to talk to somebody.

George: And they know in spirit that you didn't do it—

Jan: Nobody has been unkind to you in spirit have they Marilyn? You are just carrying this with you, aren't you?

Yes.

Jan: You don't need to anymore, you need to move on from it and they'll show you how to do that.

I needed to talk to somebody here.

(General sympathies and reassurances expressed and Marilyn was much calmer.)

George: Are you able to say where this happened—what country—what town?

I think I was in Missouri.

Lilian: Missouri. It's not important—the important thing is that you feel better.

George: Yes, that's the main thing.

Lilian: You are beginning to feel warm and loved

I feel calmer.

(Marilyn had been brought to us by an Indian gentleman and Jan had clairvoyant sight of him)

Jan: That's what the Indian gentleman is telling me—that you feel calmer. He wants to help you and take you to lovely places, but you won't allow him to because you are so upset inside and you need to let that go. You literally need to let it go. Can you do that?

I just want some peace.

Jan: Yes, and you'll get all the peace that you deserve, once you let those feelings of anger go, and almost—dare I say it—hatred—yes?

I hated him.

Jan: You need to let that go—that's holding you back. The only person you are hurting is yourself. You need to let that go. Try and let that go while you are with us. Find somewhere deep inside you where you can replace those feelings with just *pure love*, and go with the Indian gentleman.

(Pause)

Jan: He is holding out his hands towards you. I think he realises that you're beginning to step forward where you need to go.

I want to—

Jan: That's it, you go. The pull is so strong now, hold on to him and you go. Leave it all here.

(She was now calm)

I needed to come.

Jan: You did.

I did, I did.

Sarah: And we believe you.

Someone believes me.

Jan: Yes, we all believe you. And those that you left behind believe you—they know and they'll always be with you. You'll carry them with you wherever you go and vice versa.

Yes, I want to go. I need to go.

Jan: Lots of love Marilyn. Off you go.

(General good wishes)

The Indian gentleman then spoke via Jan:

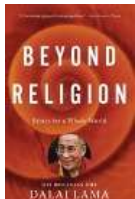
Thank you!

On reflection, this was not what we normally think of as a rescue. Marilyn had actually successfully made the journey into spirit, but was THEN held back from further progress by all that she was still holding onto. Happily, this has now been put right.

George's Notes:

Two items from Victor Zammit's weekly e-journal; firstly a new book that looks beyond traditional religions:

DALAI LAMA'S NEW BOOK



Beyond Religion: Ethics for a Whole World

In his new book "Beyond Religion: Ethics for a Whole World" His Holiness the Dalai Lama argues that religion is not a necessity for pursuing a spiritual life. Rather he proposes a system of secular ethics that transcends religion as a way to recognize our common humanity and so contributes to a global human community based on understanding and mutual respect."

And secondly a TRUE STATEMENT about UFOs, other planetary beings—and how we can learn from re telepathy, dematerialisation etc—and acknowledging government cover-up. All such material that has been covered in discussion with Salumet and with our friends from other planets is at long last coming to the fore:



THE DISCLOSURE PROJECT: ASTRONAUT EDGAR MITCHELL most recent interview (February 22nd 2013) about the reality that UFO's are real and that aliens do exist. Here is one of the most credible astronauts who studied the UFO phenomena and states that alien visitations have taken place and that alien vehicles have been recovered - also talks about alien 'humanoids'. He also says that the government tries to keep everything about UFOs secret.

Making contact with aliens, we will get to know a great deal about paranormal activity especially about telepathy and materializations and dematerializations - how to increase and decrease vibrations of matter- and about the afterlife.

LOVE TRUTH ☺ INSPIRATION

And let's all remember that negativity clouds have no place in our lives. Let all the love, truth and inspiration shine through—every day!

~4th March 2013~

This evening began with a difficult of a severely handicapped both mentally (no speech, only noise) and physically (hands wavering). We assured her of much love and help and a hand was placed on her (Eileen's) back to provide additional energy. Sarah did most of the talking. She was finally able to answer 'Yes!' very clearly to our questions, could see and recognise those waiting in the spiritual light to receive her—and was happy to go forward to them:

[http://www.salumetandfriends.org/resources/04_03_2013+-2+rescue+handicap\\$2Bexplained.mp3](http://www.salumetandfriends.org/resources/04_03_2013+-2+rescue+handicap$2Bexplained.mp3) (click link for audio)

A few minutes later another spoke via Eileen:

May I speak please?

George: Yes—welcome to you.

I would just like to say to you all: thank you for your help with that person. Some people become rather troubled when people are handicapped, and always it makes rescues a little more difficult. I want to reassure you that she will be fine, and to thank you all for your help.

(General acknowledgement)

George: I am so pleased that we were able to help her.

Yes, it is distressing for some, but we know if we brought her here, she would be dealt with.

Sarah: I am glad she was able to accept our words, too.

Yes, that is all I wish to say.

George: Thank you for that reassurance.

Before I leave, she wants you to know: her name was 'Maria'. It may be that she will at some point wish to return to thank you. I do not know at this time.

We chatted on about it for a few minutes and this included Eileen's comments as to how she had felt the lady who followed to be a Sister of Mercy. Sarah observed that Eileen's face had been screwed up during the rescue and was now relaxed.

Next, Eileen's chair creaked as she adopted a more upright posture:

http://www.salumetandfriends.org/resources/04_03_2013+-2+emma.mp3 (click link for audio)

Sarah: Good evening to you.

Good evening!

George: Good evening to you—do we have Emma?

You certainly do have Emma.

George: Oh—welcome back!

Thank you. I was just thinking that this young lady, if I may call her a lady, needs to pull her shoulders back!

George: That's where *YOUR* shoulders would be?

Yes, I am sure she is aware of what I am thinking. It was rather wonderful to make a connection with her recently, although she was not aware that I was with her. But the gentleman speaking to her knew I was there. Perhaps you can just tell her that I've just confirmed that it was I.

This refers to a reading given to Eileen a while back, and in fact Eileen had awareness but remained silent
Do you like my hat?

George: Your hat? Well, I think you *always* have a remarkable hat when you join us.

I do?

Sarah: Is that a feather in it?

It is.

Sarah: Very nice!

I feel very frivolous tonight.

(Laughter)

There's no point in being so serious, surely.

George: You've had so much success with your ladies around the world.

I hope so, and I still am. Yes, I've been very, very busy.

Sarah: When we hear of success stories of these women, we think of you.

I hope that you are sending thoughts to them also. Yes, that was your part was it not? (Yes) And it helps enormously.

Sarah: And you have a very nice necklace too, tonight—

Oh, my dear!—yes, and I really shouldn't be feeling this way. It's not very spiritual is it!

(Laughs)

That's what happens when you return to this vibration.

(More laughs)

But I will take it as a compliment from you. So that's really what I came to say, just to join you, say 'hello' and go on my way.

Sarah: Thank you very much.

George: We endeavour to combine some spirituality with a little bit of fun sometimes.

Of course!

George: It all helps to make the world go round.

It certainly does.

Sara: And it's nice to add a bit of colour, isn't it?

Of course—sometimes too much, but we'll not go into that.

George: There are indications of an effect on the planet at this time.

Yes, and that was my intention—to make people responsible, especially the women—not to be so downtrodden. And this is happening, and is causing quite a lot of problems in parts. You don't gain anything by being quiet.

Sara: You've been doing some work in India, haven't you?

Yes, I've been going around, but India was my first choice. A lot has happened in that country that is not normal.

George: I'm not sure how much on the planet you are aware of at the moment—

Regarding what?

George: This doesn't concern women—

I am not interested!

(Much laughter)

I am only joking.

George: Well—I was going to mention one named 'Bradley Manning', who has leaked military information to the Internet, and he is on trial for this. But I rather fancy there is going to be people-power involved in this—and one Icelandic member of parliament has said: 'I think he is a hero and he should be awarded the Nobel Peace Prize'. And it's a nice little indication of developing people-power, I think *(yes)* and this gentleman has very good motives—he doesn't like military secrecy. He likes to have things out in the open, and I think that is the direction in which the planet is moving at the moment.

Well, it sounds very good to me, and I wish him all success in what he is trying to achieve. Yes, there always has to be a voice—someone has to stand and say what is to be expected. Do you know the gentleman?

George: I don't know him personally. I just read what has been said and what has been mentioned on the television.

I have to be very honest with you and say that I am not aware of this gentleman, but I could find out I suppose.

But you are aware of world changes going on generally—

Yes of course, in general, yes, of course I am. As always, it's been very pleasant speaking with you.

(Pleasantries exchanged)

George: It's always a nice occasion when you come Emma.

I hope I haven't been too presumptuous—and frivolous!

(We just remembered before Emma departed, to mention Thailand's first lady prime minister—now that, we must all agree, is a fine example of a woman coming to the fore!)

I think that you will find that all over your planet there will be these occasions when women will come to the fore, but what I do not wish to happen, is that the world becomes filled with women-power, because that would be just as bad. No, what we want is fairness and justice—and equality—of course.

(Emma then said she really must go. Sara said: and next time you can show off another of your nice hats to us, while Emma assured that pride is not a good thing. And I think we all enjoyed the fact that Emma had put on a frivolous air this time.)

Next, it was one briefly via Sarah. Eileen had been giving clairvoyance and speaking of a 'Jeremy'. This had attracted one in spirit of that name. We asked if he had been on Earth recently. His reply was 'yes, about 200 years ago'! It seems he was a shepherd from near Hadrian's Wall and had quite liked the solitude. We understand that Jeremy was not a well-known name at that time and this helped to prompt this one to come forward in response. He did not stay long.

A few minutes of mostly silence, then via Paul:

http://www.solumetandfriends.org/resources/04_03_2013+-+2+bonniol.mp3 (click link for audio)

Hello.

Sarah: Welcome! Is it Bonniol?

Yes.

(Warmest of greetings then came from all)

I'm a little apologetic that I have not been able to visit for a while, but it is not always as easy as people might think.

Sarah: We know there are lots of difficulties, but you do very well.

George: Yes, I think we understand that. Bonniol, there is something I've been so very much wanting to mention to you (*yes*)—It was 123 of our years ago that a 1 kg weight standard was established—recognised by the entire planet. And it was discovered last year that that weight standard had unaccountably lost 50 micrograms. So through a period of 122 years, that weight standard, made of platinum and iridium, has lost a tiny amount. I remember that we have talked about the matter-density of a planet becoming less as the spirituality of that planet developed, and I just feel that that tiny weight loss over that period of years is a measure of our planet's slight improvement in spirituality. I wonder what you think about that—

Well that's quite a welcome isn't it!

(Much laughter! Well, the fact is I had been waiting 18 months to share this news with our dear friend, and it just had to come out!)

Quite a long question to start with, but I feel you have answered it in a way that sounds like it's on the right tracks —

George: Because this was a weight standard, it was set up and established in a very, very careful and precise way and it's been looked after most carefully as well.

Yes, these things WILL change over time. There is no reason why these things should remain the same.

There will continue to be changes to all these things. It's not always noticeable, but you have kept your records, so you can notice.

George: Well, when we spoke earlier, I mentioned that I'd looked at atomic weight tables spaced 20 years apart and I couldn't see any difference and your reply to that was, *well, don't hold your breath*—and we all had a very good laugh. But happily we now have this weight change over a much longer period. Anyway, thank you for your comments on that—I so much wanted to mention that to you. But how are things on your planet?

Well, there are always changes aren't there? But that's what part of life is about—these changes (yes). It is part of our journey—nothing stays the same, not even your weight measurements.

(Chuckles)

Sarah: So how are your meetings going? Are your friends all around you while you are talking with us?

We have had many more of our meetings and we have continued to—I was going to say ‘work’ with other peoples from other planets. It doesn’t feel like work, but we regard it as work, to build these bridges to other worlds.

George: Yes I think when we last spoke there were ten planets with whom you had contact.

We are continuing with that number, it has not changed.

Sarah: The same ten, or have you dropped some and got some new ones?

We never drop once we have made the contact. We continue to regard them all as part of our network of friends. We don’t always manage to speak with them as much as we would like of course, but we are aware of them and they are aware of us, and this is part of our work.

Sarah: So do you think you are making good strides with your evolution?

It is a pleasure for us to work and it brings us so much joy and knowledge in different ways—it MUST be part of our evolution (yes).

George: We realise more fully now that we have had visits to our planet in the past from others and one of the first things they have done is to build a pyramid to produce energy—energy to sustain them while they’re here and as a boost for their spaceship’s return journey home. We realise this now and we have had communications from the spirit realms of other planets about this. So that has been interesting for us.

And you have become more aware of the importance then, of these pyramids.

George: Yes, absolutely. This is not information that the major part of the population is familiar with yet—it takes time for people on Earth to be accepting of new information, but yes, we here in this group and those that we are in contact with, are familiar now with the importance of pyramids and how they relate to visits in the past from others, to our planet. So this I feel is quite a big step forward that is being taken.

Yes, there are so many ways in which we take these steps forward and your past friendships with these pyramid builders must give you a lot of inspiration there.

George: Yes, inspiration, joy—it’s so wonderful to know that all this has happened, and the bonds, the links—are still there!

And they will only get stronger, once these things are made. The hardest thing is to start, and once you’ve started, then you have the momentum that builds up and pulls you along.

Sarah: Well, we’ve been trying in this group. You and Salumet have been saying that we should practice our *mind projection*, so most evenings we try and do *mind projection* for a colour and a shape, but we are not making a lot of progress Bonniol—we are not very good at all —

George: But we still try.

You only have to try, it will not —

Sarah: —Come immediately.

No. But over time these things become stronger.

Sarah: I think we need a lot of time—us lot! *(Chuckles)*

And it doesn’t matter how long these things take, does it?

Sarah: Well the only thing is, we haven’t all got a lot of time left on this planet, so we need to get our skates on really.

You may not achieve everything that you want to achieve—probably nobody manages everything, but —

George: Not in *one* lifetime.

Yes, but we can only focus on so much in one lifetime.

Sarah: We’ll see if we can make a few improvements anyway, as a group.

I am sure you will surprise yourselves, if you continue to practise.

Sarah: Well, as long as it doesn’t take 122 years, like the weight that George was talking about, we will be alright!

(Chuckles)

There is always enough time to achieve what you NEED to achieve.

Sarah: Well that’s good words anyway; yes, thank you for that.

George: Yes.

Rod: Do you have many people who are negative on your planet Bonniol—negative attitudes? Or are they mostly positive?

This is something that takes me a little time to answer, because I feel there are DEGREES of negativity, which may not even be noticeable to some, but we would not suffer the depths of negativity which occur on your planet quite often.

George: Yes, I can easily accept that.

When we lose our focus, we consider that to be a little negative and we then need to look at ourselves to discover the reason for that, but I wonder if that's the same as you are referring to.

Rod: Yes, very much so—very good answer.

George: Yes unfortunately we have a few people who get rather fixed in negative attitudes at times, but I think at the present time we are moving into better attitudes generally, but we still have quite a lot of work to do on the planet. I'm sorry you had difficulty in getting to us. Is the difficulty a matter of spiritual connections?

Yes, there are several factors and it's not always the same issue that causes the reason why I cannot always come. There always will be breaks in communication.

George: Yes of course—have there been times when you've been around, but not been able to speak. *I have sometimes been around yes.*

George: Ah, that figures, yes—I've felt that at times.

Sarah: Well, if ever you've come and you could speak and we don't know you're here, do just speak—don't wait to be invited, because we are always pleased to hear from you.

Thank you, I will make the efforts when we can and we feel there is the opportunity. Of course there are other things happening within your group which also need time. But we also wish to keep this friendship alive, even if it means sometimes not always speaking.

Sarah: Yes, if we had our mind projection working better we wouldn't need to speak at all, would we?

George: We certainly value this friendship, this connection.

There are other ways to communicate of course. We don't have to be masters of mind projection, to be aware of each other and send each other thoughts. So we don't always have to have this physical method of contact of course; but we understand that it is necessary sometimes.

Sarah: It's certainly the easiest way for us.

And it is something that we are very happy to do.

Sarah: Well it's very nice of you to make the effort for us.

I would feel that on this occasion, I perhaps should depart at this stage, even though I feel very happy to have had this time with you again.

Sarah: Thank you very much for coming and let's hope it's not quite so long a gap before the next time.

George: We're absolutely delighted you've been able to reunite with us in this way. Earlier this evening I was attempting to put a thought out that you would be most welcome to speak this evening.

And remember yes, your thoughts can always reach us. Thank you for this time together.

Rod: We send our love to all your friends.

George: Love to all your group.

And their love and my love goes to you.

(Thanks and fondest farewells)

George's Notes:

1: Thailand Prime Minister: Yingluck Shinawatra, also known as 'Pu' was elected to office 5th August 2011.

In fact, on checking, there seems to be a total of seven countries currently with female prime ministers—Australia, Bangladesh, Denmark, Iceland, Jamaica, Thailand and Trinidad & Tobago. Well done ladies!

2: Bradley Manning: This one is in fact a nominee for the Nobel Peace Prize, so there are two extremes of possible outcome here. On trial for sending secret military material to Wiki leaks, he has indicated his motive—wanting the world to know the truth about the wars in Iraq and Afghanistan. (And conversely, it is clear that the military do not wish the world to know the truth.) It is understood that the material was first offered to Washington Post and New York Times, with no interest shown; so, still bent on world having

truth, he went to Wiki leaks. It will be most interesting to see how the truth versus trial and peace prize scenario develops.

3: Truth About Pyramids: As with the above, news media just don't seem to want to know. Perhaps we should try Wiki leaks?

4: 1 Kilo Weight Standard: We brought this to Salumet's attention 14th November 2011. He said on that evening: 'All energy is forever transmuting—changing in many, many ways—in ways that you may never understand. And of course I would say: it is always welcome news, when your scientists have some proof of what is happening.'

What scientists make of that proof, of course, still remains to be seen! But looking at the relating material on the Internet, it's causing some activity.

~18th March 2013~

Following our healing prayers, there was some discussion about the new pope and the huge task that now confronts him. There are such large numbers that need to be cared for through Earthly tribulations and rapidly changing times. Then, as quietness took over, one named Joshua came through from spirit via Eileen and the discussion continued:

Lilian: Hello and welcome.

You have a nice voice!

Lilian: Oh thank you! That's the first time anyone has said that!

Well, I like it.

Lilian: You've just dropped in for a chat?

(Pause)

I'm just looking at the moment.

(Pause)

I heard your conversation, and now you are all very quiet.

George: Feel free to have a nice chat. We welcome talk about whatever.

Lilian: We start off chatting—then we go quiet to see who may come from your side.

And it happens to be me.

Lilian: You're welcome.

I just want to say one thing, and this is a result of your conversation. 'Religion' has been much in your Earthly news (yes) I know, but what I want to say is this: do not assume that everyone is the same within the ministry of the church. There are good people (yes) and there are some who will have to answer for how they have been thinking. But do not forget those good and kind souls who work tirelessly in the name of God—no matter what is their religion. That is the most important fact.

Jan: We would agree with you there, definitely.

Yes—but many do not. Many are focussed on what is bad within these organisations (yes) but you also have to weigh it against the goodness. And yes, there is injustice in the world, as you know it, and there always has been; but our task from spirit is to try to ensure that those happenings will change in time to come. It is not an easy task, and I should know, because I have been working tirelessly with many who have taken the life of dedication—not only male but female; and it is difficult when there is a set of guidelines for those who say they belong to God (yes).

Lilian: Do you mean when they come over to your side?

No, whilst they are on your Earth.

George: Yes unfortunately, in establishing the ongoing religions—I speak principally of the Roman Catholic religion, relating to the Pope. There have been guidelines that are not *right*—and this has led to all sorts of

problems *(yes)*. The Catholic religion has had such a chequered history—with exterminations, the crusades and insufficiently acknowledging the Mary visions through the 20th century; which I hoped would have had a greater impact.

But the people were not ready.

George: The people were not ready *(no)*.

Paul: Which people do you mean?

In general—people were not ready to accept those happenings, and you cannot change people's perceptions of what they believe so easily.

Paul: Does that view that *people are not ready*, come from higher guides in spirit?

It is a known fact in spirit that many of those people who witnessed these happenings were not ready. It is no mystery—it is just how it was at those times.

George: And the media—the newspapers which reported those happenings, did it in a very inadequate way *(yes)* so I guess those who worked for the newspapers were not ready.

Yes well, if you consider yourselves today—if you were to tell someone who had no knowledge or faith of what you believed, it is their entire right to decline that knowledge (yes) and not to believe. You cannot force onto other people, either words or happenings.

Jan: But isn't that precisely what these religions do?

Of course! But people are brainwashed from a very young age. Yes, and not only the religion you speak of, but in most religions, they tell people that all things, God is responsible for. I am here to tell you: God is not responsible, but—

Jan: We are!

Each individual is responsible for their own lives. You cannot have a man in a gown who can exonerate you from any wrong doing. This happens in many religions.

Jan: And what I come back to every time is the fact that the masses are controlled by FEAR. And that's what religion, in the general sense does. It always has, because of the fear within those individuals—that group becomes their religion.

I would agree to a degree with that, that fear keeps them under control, (yes) yes, but what they are doing is creating a god who is not a god of love.

Jan: No, a god of love would not create fear like that.

Of course, that's what needs to be spread. And it has in many ways—God is love. If you do not feel that love, you are not connecting to God. You understand what I say?

Jan: Yes.

Rod: May I ask: what religion were you when you were on Earth?—with respect I ask that.

With respect, I had no faith.

Rod: Didn't you! That's interesting.

That is why I am so interested now, in all aspects of faith.

George: Yes well the brainwashing, I was going to say doesn't just happen in religions; it happens in politics and in a number of walks of life.

Yes, that is why it is imperative that people think for themselves (yes); of course, I would agree with you, it is not just religion. But religion has to play the part that it has had—such power and control for so long.

George:—which will eventually end.

Which we hope will eventually change although that change may be more slowly than we would like (ah yes).

Jan: But I honestly cannot see that—not in my lifetime. I cannot imagine the planet without religion, although it's been talked about. The human side of us '*groups*' naturally, we always have done.

But that is not to say they cannot change.

Jan: No; I would like to see religion change, but I believe there will always be religions. As a little group here, people have spoken to us saying: *This must be a religion*—the term 'religion' is used so loosely!—perhaps I need to check what 'religion' means.

Rod: We were told that *our* religion is '*love and truth*'.

Jan: But IS that a religion? —that should be the fundamental part of all of us, and it is, because we are all spirit. So '*spirit*' is not a religion—because we are all spirit.

Paul: It *becomes* a religion if it develops a framework—

Jan: And rules—

Mark: And a hierarchy

Paul: And suddenly we all have to start wearing purple clothes—

And that is the responsibility of those who keep people in fear (yes). ***But you do not see that every individual in your world today—that their way of thinking is changing—(definitely!) that they do not accept what is told to them so easily.***

Jan: No, not even those within those set religions. They are questioning so much *all* the time.

And it is like a wave infusion—once you get a small wave it grows and grows.

George: Yes, consciousness and awareness are growing.

Yes, at a quicker rate than it has ever done.

George: And your words are so like those of Salumet—our teacher from Angelic Realms who comes to us.

That is how WE learn, but we in a way are like you people of the Earth—that we listen, but then we decide for ourselves.

George: Yes—the question of free will.

Yes and free will is retained in the spirit world for a while (right) ***yes.***

Jan: So spirit is working on the corruption within the—

Spirit is working on corruption within all facets of your lives, not just religion. As the gentleman has said, in the political world as well—in the way that people think and in the way that your children are taught (yes)—***all areas of your lives are changing—but slowly. But there IS a change; whereas in past times it almost came to a standstill. That is why there was a gathering in spirit for those to come to teach.***

Jan: You say it nearly came to a standstill—what sort of time period was that?

It was human beings that had rejected what was good, what was true, and of course, it brings the downfall of many.

Jan: So are you talking about: within our lifetimes, in this room?

Not in your lifetime, no, I am speaking thousands of years ago. And of course, in our world, that means very little. But for you, no it would never happen in your lifetime. I believe that you will see changes—but I am sure that you already have.

Jan: Yes, we can see change.

George: And there is a certain excitement with some of us, as a result of knowing about this period of change.

Yes, and that is what is needed—that is the word that should be spread. The word to be given to another is: THINK FOR YOURSELVES, because it is innate within you all.

George: We appreciate that, going back thousands of years, there have been high-spots when mankind has been closer to spirit (***yes***)—much closer.

Yes, much closer, and then it has been lost, and found, and lost again. But, I feel I am correct in saying that this time, it will not be allowed to slip back to those old ways of thinking.

George: Yes—this has been said to us by Salumet—yes.

Rod: I'm going back to when I used to ride around the village on a Sunday morning. I go past the Church of England church, the Roman Catholic one, the Congregational church—and all the car parks are full. And I thought: well, we can't live in a bad old village—and they take the kids as well, so they're being taught—going back to my childhood, I was brought up in a C of E school with a church adjacent; and I just think it affected me, with the prayers and singing a hymn every morning—to some extent. That lasted until I was about 18, and I became an agnostic. But I think the religions do a fairly good job with youngsters.

Did you ask yourself why you became an agnostic?

Rod: Yes—I was in the army and we had a Roman Catholic minister and a C of E padre, we asked them questions, and they ended up arguing with each other. After about half-an-hour of this, I thought: religion! I began thinking and searching.

—which, in a sense, freed you to think for yourself.

Rod: And eventually I came around to this way of thinking.

Yes, as I said at the beginning, there is good and there is not-so-good. Of course, people find from religion a source of comfort, but what they do not find is that openness of mind.

Jan: People like that, that religiously go to church on a Sunday; it occurs to me that as long as they do that, what then happens is that the other six days don't really matter, because they feel that when I go to church, all my sins are going to be washed away—

Yes, that is one of the wrong-doings within the churches—that they say that an Earthly man can absolve you from all that you have done wrong.

Jan: Well it's unbelievable—literally it's unbelievable! *(Chuckles)*

Of course—but it is sad that so many people still believe those words.

And now, my good friends I am being told you have spoken enough.

(Sounds of sadness)

Rod: Can we have your name please?

My name is Joshua.

(General parting comments and fond farewells—a Joshua has been through to us before, but the voice and character of this one was different.)

George's Notes:

Both Salumet and the 12th century seer Saint Malachy state that Earthly religions will come to an end. A difference is that, while Saint Malachy points to Pope Francis as being the final pope in the Vatican lineage, Salumet leaves the timing unsaid. The pope list given to Saint Malachy in trance during pilgrimage to Rome, has each pope indicated by a pertinent or subtle phrase—John Paul II, for example: *From the sun's labour. He was from Krakow, Poland, as was Copernicus who had laboured on his theory of the sun being at the centre of the solar system, this midst huge controversy between science and religion. Francis is described in more lengthy terms as: Peter the Roman, who will pasture his sheep in many tribulations, and when these things are finished, the city of seven hills (Rome) will be destroyed, and the dreadful judge will judge his people. Why 'Peter the Roman'? Well, this may relate to Jesus addressing Peter and saying: On this rock I will build my church. And the followers of that church he sees as sheep to be pastured in many tribulations—a truly righteous task for a loving caring leader. The destruction of Rome is unlikely to mean physical destruction of the city—more likely to the end of Vatican control, and the judging would be the way we judge ourselves when passing to spirit.*

We should recognise that free will factor can influence the preciseness of prophecy, and if say 1% variation in timing is applied across the nine centuries between then and now, this amounts to 90 years! BUT Saint Malachy's pope descriptions seem mostly very apt and appear to point to the present pope being last in the list.

Information concerning the Mary Visions was withheld by the Vatican, but as our guest Joshua indicated: the people in general were not ready. However it is still important of course to get the truth out there, for those who ARE ready. When those seeds of truth germinate is down to each individual's stage of development and freewill. But truth should still be spread. Perhaps those in the Vatican were likewise not ready. Let's hope the new Pope has a much less restrictive way forward without adherence to past traditions, many of which are now known to have been in error.

And Victor Zammit, in his e-journal this week, adds his thoughts on this very important matter:

<http://www.victorzammit.com/>



Because of the very recent controversies regarding the religion of the Catholic Church I have to repeat that it is not my intention to try to change anybody's religious beliefs. It never was, and it never is. **I said it before and will say it again:**

if your religious beliefs make you a spiritually **better person, then you have the right beliefs for you**. On crossing over religious beliefs will be irrelevant. What will be immediately relevant is what unselfish work you did for others - how much love you gave others.



Repeatedly, the highly credible afterlife transmissions from advanced afterlife teachers tell us that we determine our future every day. All unselfish good thoughts and deeds refine our spirituality - increase the vibrations of our etheric soul. Negative deeds reduce our spirituality - reduce our soul vibrations. On crossing over the level of spirituality - the level of accumulated vibrations will determine where we end up. There are no Pearly

Gates, no St Peter, no Angels, no God to judge us because we are drawn to a level that matches our habitual consciousness. Religious beliefs in themselves do NOT affect the level of spirituality or level of vibrations of the soul-body. The reasonable, good average open minded person, will go to the Third Level - a place hugely better and more beautiful than on earth - and it does not matter what religion you belong - or not belong to.

And Victor goes on to state how that small but important group within science—quantum physicists—are homing in on the togetherness of 'sub-atomic physics' and what has up till now been classified as 'paranormal'. Wonderful!

QUANTUM THEORY AND THE AFTERLIFE:



A revolution is going on in science. Over the last few decades there has been a significant increase in research into quantum physics, the study of atoms and subatomic particles and energies. Quantum physicists are discovering no conflict at all between the physics of the subatomic world and belief in the paranormal and the afterlife. Indeed they are showing that the phenomena we now call "paranormal" are normal and consistent with what is now known about laws of science at this level. There has been a shift from an older

Newtonian view that the universe is made up of lifeless clumps of matter where the ultimate reality is "fundamental particles" to one of wholeness and the consciousness of all living things. The picture of our universe that is emerging is one of INTERCONNECTION - of mind-matter interactions and of instant communication across vast distances. Physicists are slowly and surely discovering that at the heart of all matter there is ENERGY and CONSCIOUSNESS. [Read more...](#)

And please make special note of: “The picture of our universe that is emerging is one of INTERCONNECTION—of *mind-matter interactions* and of *instant communication across vast distances*”! So our various interplanetary communications are about to be acknowledged?

~25th March 2013~ SALUMET & PLANET AERAH

George: Good evening Salumet, welcome to you.

Good evening.

All: Good evening.

I am happy to join with you once more.

Lilian: You’re very welcome.

Sarah: It’s good to have you back again.

I have to say to you this time my dear friends, I am aware that sometimes you feel that I am responsible for all things that happen within this group. I want to say to you I am involved a great deal with what occurs here, but not everything. When I leave you, I return to where I belong, in order that I can continue with my own growth. Therefore, I just want you to understand that there are *many* people who wish to join you on these evenings that have nothing to do with *me*. Although I, of course am aware of what happens, it is not always through my *helping* them. You understand?

(Affirmed)

George: Yes—we had an interesting visitor last week, named Joshua, who took up our prior conversation **(yes)**. That was very helpful, and we’ve had a number of responses from our readers about that one.

Yes—as you should, because if you are wise enough to share the knowledge, then hopefully, the replies would also be uplifting for you (yes). There are many who would wish to join you in this work, and I know always that you are happy to make them welcome.

George: Yes, they are always welcome **(yes)**.

I of course, if I bring someone to you specifically, I will always inform you (thank you). I do not wish to remain with you too long this time. I just felt that some clarification was needed about this—because you are giving me credit where none was due.

(Chuckles)

So I say to you, my dear friends, accept those people who come to you with love, and they will continue to want to join you on many occasions. In the same way, it has given me much reason to join with you, time after time. I wish, at this present time, to again work with this instrument that I use. I am also working, and she will not know this, but I am also working with her in her healing state, and hopefully, to work through trance, but as I have said, *she* does not know this yet.

Lilian: But she will, with this transcript—

But she will in time to come.

Sarah: She had a reading from somebody a while back, and he told her that she hadn’t chosen to do this work—she had *been chosen* to do it.

Well, I can only say that *yes* she was chosen by those of us in spirit, and *I* in particular, for *us* really I should say, to be a channel—as are all of those people who are used in any kind of trance—yes. But of course, they still have to be willing to give of their bodies for a short time (yes). I know—I don’t know—perhaps if she has said to you, but to begin with she was most reluctant.

Lilian: Yes, she has mentioned it.

But, as you know, we take care of those who work with us—as all of you within this group, must have felt at certain times, that we try our utmost to uplift and protect you.

(Affirmed)

Yes—so now, for this time, I will work quietly with this instrument, and I will leave you to see what comes for the rest of your evening.

Sarah: Could I Salumet just share something with you—I think mum was very much searching for things in this lifetime, and I came across a note she had written. She had obviously copied it from somewhere. And I thought it was a very nice summary of things you’ve said to us concerning: nothing is ever by chance ...

‘Nothing in our lives is haphazard. Every event dovetails with another. After one experience, another is born.’

And I just thought that was a very nice way of—

Yes—those are wise words, yes. They would have come from someone who was aware—aware of the spiritual life (yes)—as you all have become—and hopefully continue to grow.

George: Are you Salumet, able to take a brief question from one of our readers?

If it is very brief, I will.

The lady had previously sent in a question concerning a daughter. She was most grateful for Salumet’s words, and now asked for advice regarding a second daughter, now 16-years—glandular fever for two years and still recovering. And being fearful of a presence was now seriously affecting her sleep at night:

Yes—all I will say about this is that this young woman is of course of an age when these things happen to come to the fore (yes). Yes, and of course the fear that she radiates is not helping. I will see what I can do to find help for her. And perhaps the lady will be kind enough to keep us informed. But I will see what can be done.

George: Yes, well thank you very much, and she was most grateful for your previous answer regarding her other daughter **(yes)**—thank you.

And now, I really must work with this one.

(Thanks and farewells)

Sarah then sensed one were Paul:

Sarah: Good evening Bonniol—I *thought* you were coming this evening. Nice to have you back!

I’ve been having problems linking, but we seem to be able to speak again.

Sarah: Jolly good. I think the link was nearly there, because I kept feeling that you were coming—it was only a little connection that wasn’t quite right I think—

Yes, it’s not always clear, even for us, what the problem is sometimes, but once we’ve come through, we are through! But until we make that final—almost like a push through—then it can be difficult.

Sarah: Yes, anyway you’ve done it—that’s the main thing. Jolly good!

Thank you. Um, yes it’s always lovely to re-connect with you people.

(I crossed over from the other side of the room to catch up on this initially quiet conversation—it was important not to disturb Salumet’s working with Eileen)

George: It’s wonderful to have you through again, Bonniol.

I’ve been thinking of you, even though we don’t always speak. I think it’s good to have these thoughts because—it’s becoming a smaller place, isn’t it!—this universe.

Sarah: Yes, it certainly is, yes. Have you had any exciting things happen on Planet Aerah recently?

Well, there are seasonal changes, which we enjoy! —the way the seasons change. We, as you know, are perhaps closer to nature in some ways—with our work and our lifestyle in general. We like to be close to nature, when we can.

George: Yes, I think this is perhaps one of our faults in modern times on this planet. We've moved a little away from that; and I would like to see everyone going back to a simpler life, much more involved with nature than we are at the moment.

Sarah: There is a bit of change beginning to happen. There are people with allotments to grow their own vegetables. I think it is beginning to change a little bit. These things take time, when you've moved so far away from it.

George: Yes, there is home-gardening and organic agriculture; this is beginning to come in. We use far too much mechanisation and chemicals in our farming. I feel it will be much nicer if we can do things on a smaller scale, so that more people are involved in that work.

Yes, it's um—it's so nice to share nature with others. It's the sharing (that) I really feel is something that is key to so much in life. We are all individuals, and yet, when we share our thoughts and feelings, there is a new awareness that begins. And in nature, we can share this—these feelings.

George: That's a very nice thought. I think we are beginning to realise how fundamental to everything 'thought' is. It's much more than prayer and speaking and thinking about others, and connecting and speaking across the universe, as we are now. 'Thought' is so fundamental and opens so many possibilities. I think we're just beginning to realise this.

Well, it's not for me to say more than—I think we have already spoken of this (yes) incredible thing we have called THOUGHT—there are—even for us, who work with it in ways which you are not yet able to do—we still wonder at the potential there is. It is truly the most important thing in Creation—from what we know.

George: It's nice to hear those words. Perhaps, connected with that—we are only really just beginning to realise what the large pyramids mean, on our planet. We are beginning to realise now, that when other visitors have been here, the first thing they have done is to build a pyramid—to capture or create the energy for their wellbeing while they're here and to provide power for their return journey. I don't know how widespread in the universe pyramid-building is, but it seems to have been a favourite thing to construct pyramids in the past on our planet Earth.

Yes, it is um, certainly not something that is unique to Earth. We also have pyramids on our planet, which are also used to gather the energy.

George: Well, that's interesting.

We have um, developed um—there is um—we have um—these—

(Pause—there can occasionally be a little difficulty with word flow)

The shape of the pyramid is of course um, a perfect shape for collecting and steering or pointing this particular energy in the direction (yes) and when we are sitting inside the pyramids—it can be of great help to use this to focus.

George: Yes, would you describe this as an aid to help meditation?

The meditation um, comes from within the person I would say (yes) but the pyramid shape helps to build the power that is generated.

Sarah: I was wondering *how* you built your pyramids, because you are able to use your thought much better than us. Our pyramids are made up of big blocks. Are yours similarly made or can you use much larger—

Yes, the rocks of the earth, we find are the best for—um—capturing if you like, the energy—um—the shape itself is important.

George: Yes, and it must be aligned to planetary spin; and I would think the energy arises from sweeping through the aether in accord with the planetary spin.

Yes—the position has to be at the right angles for intercepting the flow of energy that is being collected.

George: Yes, I imagine the energy within the pyramid adds to mind energy, or helps in some way, when meditating.

The mind is not helped as such. I would say: there is power to be used, and it is put to use for whatever purpose.

George: I see—thank you.

There are ways to use it but it is an energy not of ourselves.

George: No, we realise that it assists various things, and we know that if we store seeds within the pyramid energy they produce more in the way of crops.

Yes, they have been used to help with the storing and protection of seeds.

George: Do you use pyramid-storage to assist your agriculture on your planet?

We have experimented with this. We find we do not actually need to use them in that way (I see) and store what we need for—the seed can be stored in other ways but the pyramids can be used to improve areas which—um—which have conditions which cause problems for plants.

George: Of course, the area around, surrounding pyramids is influenced by the energy, I believe.

Yes, and if they are located in the right places, this can improve the fertility, if you like, of the area (yes).

Lilian: So, do you build them just to help a particular area?

I would say that is our main interest. We are people who spend a great deal of time working with nature; and where pyramids are used it is usually with—um—in connection to improving the nature in some way—whether it's for our crops—

(Pause)

George: Yes, I was going to say, is there some influence on wildlife?

There is always interaction—when you build pyramids, they have an effect on the area.

Lilian: Yes, so when you visit other planets or they visit you—do lots of other planets have these pyramids?

Yes, they are a shape—a structure which has a definite affect on the energy flows, and so they can be of use for that.

Rod: Are the dimensions of the base and the height of the pyramid a common feature throughout the universe? Are ours similar to your sizes?

I would say the size is not as important (no?). It's the positioning and what they are built with.

George: I think the proportions—height in relation to base, vary considerably. But I think you are saying that the position is more important than the precise proportions—

They should be positioned precisely. The size of them varies, depending on the nature of the area and the requirements of the area.

Lilian: So would it be that energy-lines are used—to put them on?

Yes, they are used, always with the energy lines, yes.

Mark: Are they used for healing and purification?

They can certainly be used for healing, yes. Yes, and—um, when you say purification—um—

Mark: I understood that you can purify water, and even give it healing quality—I don't know if that's true?

I would say in the sense that the water would be energised, it would be—um—improved in that way (yes).

George: Yes, and we've noticed that there's a very big effect on water. Normally our water freezes to solid ice at low temperatures, but it doesn't inside a pyramid. So the energy that is taken up by the water seems to prevent it from freezing solid.

Yes, I would imagine that is due to the greater energy in the water.

George: The bonding between the atoms of the water just doesn't seem to happen, when the energy is there.

(At this point, Salumet had completed his work with Eileen, so she was now herself and able to participate in the discussion)

Eileen: Could I say: where you are so much more advanced than we are on Earth, is it still necessary to use pyramids to change energy? Have you not reached that stage yet? Can you not transmute energy with your mind, without the use of pyramids?

There is—um—we have abilities to transmute energy, yes. The pyramids are permanent features, which require no additional thought or attention. So, in areas where we may wish for nature to create—um—a different energy situation; where plants and nature can begin to grow and benefit from more constant environment—

George: So we can think of a pyramid as an ongoing, permanent energy trans-muter that doesn't have to be fed or up-kept in any way.

Yes, we could of course still grow our crops but we feel they are a natural—um—tool to use, much like other tools for growing crops. They can be placed and—

George: Do they alter your climate at all? Do they have any effect on climate?

Yes, they affect the area around them, and yes, they will have an influence on the climate.

At this point, another began speaking with quite a throaty voice via Jan, from across the room:

They are regulators! They act as regulators!

Yes, they can—um

You don't have the weather that you are experiencing at the moment—it is much more regulated, because of the energy that it transmutes.

George: Might I ask Jan: are you picking up from Bonniol's group at the moment?

Lilian: I think it's from spirit.

Yes—so they—

May I help you sir?

Yes please.

You are struggling with language are you not?

It is sometimes difficult.

Of course it is! We understand entirely. You are doing magnificently well!

(Pause)

The older the base of the pyramid that you speak of, it will hold the greater amount of energy.

George: So the bigger the base, the greater the amount of energy—

The OLDER the base of the pyramid (the older!)—the greater the amount of energy, that will be released from the top.

Lilian: So it increases with the age of the pyramid—

Mark: So they use older materials for the base—

Older rocks—yes.

George: Is it that the energy builds up over time?

Yes, the older the pyramid—we are using the word 'pyramid' aren't we? So we all understand exactly what we are talking of. The OLDER the pyramid, the greater is the energy released. So hence, when they are growing their crops, the older energies are the ones that regenerate quicker, better—so their crops are grown nearer to those energies. And the younger crop does not need it quite so much. Do you understand? Do you understand what I am saying at all?

George: So the longer the pyramid has been there, the better will be the crops.

Yes! (Ah) ***So the older the pyramid base—that's what holds the energy of that plant completely. That's the origin of that plant and foodstuff. Do you understand? That's the energy that that plant came from.***

George: Yes, that's very interesting.

As the seedlings—as they reproduce these things, of course, they don't need so much energy, because their life force always belongs to that OLDER pyramid.

George: Yes, that's interesting.

I know it's difficult to understand because you can't see exactly what I can see.

George: It's very interesting to us. Might I ask: who it is who's speaking?

I don't want to give a name thank you. It is not necessary.

George: Not necessary—

No, I couldn't think of one!

(Chuckle)

George: I just wanted to know if you are connected with Bonniol and Planet Aerah.

I'm just helping. Let's just put it that way. I'm not connected to the planet.

George: You're helping from spirit (yes). Thank you.

I'm just helping with the language and to be able to give you a little bit of a picture.

George: Yes, I understand—it's very helpful.

Mark: So those older rocks that they use for the base of the pyramid—

George: (turning to Bonniol): So you are getting some spiritual assistance, Bonniol—(no reply)

Mark: So it's a higher concentration—

I'm sorry—I'm listening to both conversations. I'm sorry—I need to listen to this gentleman first (Mark)—do you mind? Please carry on.

George: Please continue.

Mark: So if I understand correctly, the older rocks which are used for the base of the pyramid (yes) will have a higher concentration of energy (yes) which is utilised by the plant (yes) for their initial (yes) growth.

Correct—you have it.

Mark: Because there's some kind of—(mother energy) mother energy right, it's an old mother energy involved (yes). So I suppose the rocks were made up of that originally (yes) and it's been re-absorbed (yes) by the new growth.

Eileen: So as you reach the top of the pyramid, is the energy much more refined?

(Pause)

Refined in the same way as when we go to spirit?

'Refined' is quite a good word for it. I was trying to find a better word. In actual fact I think 'refined' is quite good. As the energy rises above, to the pinnacle of the pyramid—where you are using the word 'refined', I would use the word 'resourceful'; because that energy is able to travel in such a way that it is all-encompassing—it goes to where it is needed. At the bottom, is the oldest and the most dense. As it travels upward, it knows exactly where to go—it's resourceful (that's interesting). It becomes a lighter vibration, so it's able to travel (yes) exactly where it's needed.

Mark: So would people use that for healing?

Absolutely, it's used for everything.

Mark: So how do people harness the healing energy, for illnesses and things?

Thought.

Mark: With thought, right.

Has that been of any use to you? (Yes.) I would like to go back to the gentleman. Do you have any more questions? I am sorry, I have taken up too much of your time.

George: It's all interesting. Yes, and thank you very much. So—

I want to withdraw now.

George: I'm feeling that the energy is self-thinking in a way and self-organizing, in going to where it's needed.

It's resourceful—you understand the word resourceful, do you not?

George: I understand the word 'resourceful', but does *thinking* come into it?

Yes, like this gentleman has just confirmed, healing is done by pure thought.

George: Healing is done—yes.

I want to leave—I want to depart. I'm sorry—if you will allow.

George: Nice to have met you. Thank you very much for coming through. It was most helpful.

Lilian: Are you still there Bonniol?

I—

George: Ah, you're still with us.

I've been having a little break!

(Chuckles)

It is most welcomed, to have someone more familiar with the words to help explain.

George: Regarding the assistance from spirit, I thought at first it might be from your team—then I realised and understood from the one who came through, that it was coming through from spirit.

Yes, that is absolutely right. My team are with me in a sense, as I speak (yes). I speak with the team very much in the background.

George: Yes. On certain previous occasions, I know that Jan, over there, was picking up from your team. That's why I thought it might have been like that in this instance. That was wrong-thinking on my part. I understand now.

It is easy to be confused, I would imagine.

George: But it's a wonderful evening for us, to have all this input.

But you have so much in this group. I have been around long enough now to know the wonderful evenings that you have.

Jan: Bonniol—did that gentleman explain what it was you were trying to get across? I think I was asleep before he came, so I missed a bit.

I think there was some information about how the plants grow around the pyramid base—I—

George: And how the older the pyramid, the more effective it is.

Jan: Clairvoyantly, while I've been sleepy, I've had a picture of many pyramids of different sizes, and very definite straight lines of them. The larger plant material seemed to be growing nearer the larger one, which I presume was the older one that he was talking about, and the saplings seemed to grow towards the smaller of the pyramids.

(At this point the connection with Bonniol was no longer there and as it had been a long session, the evening gradually came to a close as we discussed and tried to digest this new material.)

George's Notes:

While preparing this transcript I received the communication below from Suzanne Taylor. TED (Technology, Entertainment & Design) is a global conference system, for 'Ideas Worth Spreading'. It is the parent organisation of TEDx – for independently organised events. But it seems that TED endeavours to shut down the TEDx event! So much for independence! And the TEDx speaker list is impressive: Marianne Williamson

(Love restores reason; not the other way around), Russell Targ, Larry Dossey, George McGraw etc. And needless to say, the work that Salumet, Bonniol and the Kingsclere Group do would likely not be welcomed! To stay up on developments, get on the mailing list for TEDxWestHollywood.com and Brother, Can You Spare a Paradigm?: <http://eepurl.com/xr1Fz>.

To the future we would like to be in...

Suzanne Taylor

Events and projects that can shift our awareness

Ex TEDxWestHollywood Event Coordinator

I left the following message on Suzanne's blog site:

This is all getting very wordy, but at the same time it is symptomatic of outmoded traditional science now finding itself in the melting pot ... and in a strange way, this is refreshing. The huge leap forward for humankind, as sentient beings will happen when we SERIOUSLY work into the vast potential that awaits us beyond space-time. We might call the development 'spiritual science' for want of a better name. As a result of working in this field, our UK group of scientists and spirit mediums (considered unacceptable by learned institutions and media of course!) have made enormous progress. We communicate with other planets of this universe, we understand how and WHY our original pyramids were built (by ETs using THEIR spiritual science methods, some pyramids now radio-carbon dated to >30,000 years) and we have communicated with scientists long since dead! This is all very unacceptable to traditional scientists, but that old cookie now crumbles. Details on 'Scientific Enquiry' page of our website <http://www.salumetandfriends.org>

~8th April 2013~ SALUMET

Good evening.

(General welcome)

As always, I am pleased to join with you once more.

Lilian: We are pleased to have you.

Like last time, I need to work with this instrument and I need the energies that you provide, to do so.

Therefore I will not stay long with you this time. But what I do wish to say to you my dear friends, is that the coming twelve months of your time, will see many changes; not only personally for everyone, but also there will be medical happenings in your world, which will help many who are suffering at this time.

Sara: Lovely news!

George: That's very nice to know. Thank you for telling us.

Every being on this Earth planet, should find within this coming year, something deep within. It will come to the forefront of your *minds*, in many areas, either which pathway you should take, or something significant about yourselves—no one will escape these happenings. Therefore I say to you my dear friends, be watchful of yourselves and others, to see these changes that are about to happen.

Sara: Interesting —

Lilian: Are they happening already in a small way?

People are beginning to recognise a deepness within themselves—a kind of knowledge which they have not as such accepted yet—but they will.

George: Wonderful!

Lilian: It's just that twice just lately I've met two ladies who are definitely on a spiritual path.

Yes, that is to be so, when you yourself *mirror* that spirituality. Yes, you will meet others of *like mind* and as I have said on previous occasions, there are never really any accidents and this also includes the meeting of others.

George: Yes, I've certainly been conscious of that just lately and I've had some very good exchanges with people, through blogging sites on the Internet lately. There was one today on a scientific site, who was asking some very probing questions and we were able to exchange views very nicely and it was in the interest of science and spirit coming together.

Yes, I understand that the communications that are made in your world today are quite diverse, but I do not always see that these machines that you call computers are always the *forward thinking* way to go. But as you have said, they allow much contact when communications are good.

George: Yes, these are communications, which without the computers, would simply not be possible.

Yes of course, and that is why they have been sent to your world, that they can be usefully used. But as in all things in your world, there is always an element, of not being used in the correct manner.

George: Yes, I appreciate they can be used for *good* or *bad*.

Yes, but it is good, do you not agree, that you can be connected in a way that is so simple, (Yes —) whereas in time gone by, communication was so much more difficult.

(General agreement)

George: A very lengthy process by sending letters!

Yes, but I am happy to say, in whatever way you make connection, that can only be for the betterment of mankind.

Jan: Salumet, I'm aware that while I'm sat here **(Yes)**, that what you're speaking of, because you've said every human being on this planet **(Yes)** will feel this change in the next twelve months—I don't even think I want to sit here and explain what I'm picking up. It's a positive, it's not a negative **(Yes)**. It is the way we're going to view one another—out of something negative will come something positive.

You have to remember that for every individual, this recognition will be different (yes—). You have to remember: your world will not suddenly become perfect in twelve months time.

Jan: No, in fact I think it will do the opposite for a little while. I think it has to go through a transitional period —

There is always processes happening in your world; there always have been and for some time to come there will be, as part of your Earth's evolution—I have told you this.

Jan: This is big, this affects everybody.

Yes, but individually it may seem insignificant, but what I am saying to you, is that on a spiritual level, EVERY HUMAN BEING ON THIS PLANET WILL BE TOUCHED IN SOME WAY.

Jan: That's what I'm picking up **(Yes)**.

Sara: Touched because of the changes—energy shifts?

Yes—many things—from the work that we do from our world, to the work that is being done quietly in your world—many aspects to it.

Jan: This is part of the evolution of the planet. This is the start of that large shift, as it were, that you were speaking of that we've been working towards for some time.

There—it is a very minute change, hardly noticeable by many, but I can say to you my dear friends, that it is beginning—a very slow beginning.

Paul: So I guess—is it good to look at it as a particularly *fertile* time for spiritual growth?

Only those of you with spiritual knowledge will truly recognise these changes. Those people in other places may not recognise it as such, but I am here to tell you that spiritually they *will* be touched, even if they cannot see it for themselves.

Jan: Yeah I think the word is 'tangible.' They might not understand the tangible **(yes)**, but it will be there. **It is there—it is so subtle that it may not be noticed.**

Sara: I feel already a sense of unification going on between people. It may not be very strong yet, but I feel that it's beginning—people are beginning to think a little bit differently **(yes)**. And I also feel within myself that I'm looking for a stronger purpose at the moment and I'm thinking a lot more globally than I am used to and I'm thinking more —

More spiritually —

Sara: More spiritually —

Yes of course. When you place yourself to one side, then the true spirit begins to show. Yes, when you can forget the 'I.'

Sara: Yes, and I do feel a big change already in myself actually —

Yes, well that can only be good.

Sara: I'm just allowing it to—I'm just feeling my way until I know what it is I want to do **(yes)** that's going to perhaps help others more.

That should be your purpose—in helping others.

Sara: Yes, it always is anyway, but I feel I want something extra **(yes)** to do. I'm trying to decide which direction to move in.

It should come to you.

Sara: Yes, I hope so. Yeah I think I'm getting there.

Yes, it will come to you.

George: And taking up the 'helping others' Salumet, have you any comments on the new Pope Francis, and is he a factor in the changes that are about to happen?

I would rather say that no *one* person in your world can make those changes single-handedly, but when you come to the connections that one man has, then of course he has to make some kind of impact. I would say about this gentleman that he has to some degree a sense of spirituality that has been lacking thus far (yes)—for some time. So in that respect I would say to you—that I would say—that he is a good man.

George: Yes, he does seem to exercise humility **(yes)**, in various ways, which is nice to see.

Jan: From the little I've heard and seen of him, he seems to have removed the 'I.'

Yes, he is a man I believe who is true to himself, who spiritually is in the right place for himself (yes). Yes, but the world is not led by one man (no). In fact as you all know, there are many individuals who are not quite so spiritual—*recognised* to be spiritual—but let me hasten to add: *Who are you to judge?*

(Much agreement)

So always, my dear friends keep those words in mind.

So I hope that has been a little useful to you all—in the months to come.

(General agreement)

And the object of this exercise is to allow you to be aware of what is happening.

George: Thank you for opening our eyes to these changes that are about to be with us and we shall be watchful with great interest.

Yes, I will now work with this instrument for a short time, whilst I hope the others here will be open and aware to those who are *here* and surround you in much love. If only you could see the brightness of their love you would be amazed. So until we come together again, I leave you cloaked in my love.

(General thanks)

George: Thank you Salumet. Our love goes with you.

Paul: Yeah our love goes with you and to those that have gathered around us as well.

There followed clairvoyant messages, at first via Paul. Then, when Salumet had completed his working with Eileen, there was more via Eileen. One message was for Graham from his grandfather—who in Earth life, used to operate a steam crane in Cammell Laird Shipyard, Birkenhead.

~22 April 2013~

Beginning with two rescues:

Audio link: http://www.salumetandfriends.org/resources/2013_06_22+rescue+in+fog+9minsmp3.mp3

George: Good evening. Please feel free to speak if you wish.

Hello dearie—have you seen an elderly gentleman?

Sarah: Are you looking for somebody?

I am looking for Martin. This darned fog's so thick—I'm really worried.

Lilian: You're outside, are you?

Yes, I'm outside—you're outside.

Lilian: No, I'm in a house actually—so are you now. I'll explain—don't worry. You'll understand in a moment.

Darned fog—I knew he'd get lost, but he won't listen. He's so darned stubborn!

Lilian: So you're both a bit lost at the moment?

Yes, I can't find him.

George: (who had missed the earlier conversation) Is Martin your child?

No, he's my brother. He popped out to get a few items, but he's been so long.

Lilian: What year was it when you did this?

Ooh—thirteen I think—1913. I'm not too sure. My memory's not like it was.

Lilian: Well, the time that I'm living in at the moment, and my friends here, is quite a lot later. But something—maybe in the fog you had an accident or something—has caused you to die.

Don't be daft!

Lilian: I know you feel very much alive, but if you listen for a little while, then you'll understand. Did you ever think what would happen to you when you died?

Of course I do.

Lilian: What did you think?

Well I was hoping I'd be going up rather than down.

Lilian: You are.

George: But sometimes you need a helping hand in that, and you've been brought to us so that we can help you on that journey.

Lilian: You're still in the fog.

Is this your husband?

Lilian: No, it's a friend—George.

A friend—

George: We're part of a group here, who help people.

Lilian: It's our job to help you understand what's happened. What you have to do now, if you accept what I say—

Well I'm not sure dearie that I do. I find it a bit confusing.

Lilian: Tell me how you feel. Do you feel well?

How I feel—I feel very well.

George: Are you sitting in a chair?

No! I'm walking along the pavement!

George: Well, if you move your hand to one side, you can feel—

Lilian: —that you're sitting in a chair.

Oh! Oh my word!

Lilian: Something caused you to die—but yes you're on your way to heaven.

—In a chair?

(*Chuckles*)

George: You're sitting here in a chair, so that we can help you on your way, and—

I'm not going before I've found Martin!

Lilian: I think you'll find him, probably waiting. If you look ahead of you, you'll see a light. Forget the fog—that's gone—you'll see a light.

George: It may take a little time, but if you look ahead—there is a light—keep looking at it and it will become brighter. That's all you have to do at the moment.

Lilian: That's where you'll find him.

You're not these newfangled people who do mysticism, are you?

Lilian: We're just here to help you, and anyone else that doesn't quite realise what's happened to them. If you hadn't thought about it, it's understandable that you really hadn't realised you'd died.

I find it confusing.

George: That's understandable.

Lilian: If you look ahead of you, what do you see?

There is a spot of light—not very big.

George: Good—it will grow bigger. Keep watching.

Ooh yes.

Lilian: And who do you see?

Oh yes, my brother.

George: When that light has enlarged, you will see someone or people in it who are there to welcome you to your spiritual life.

Oh my! Well, well, you'd never believe it!

Lilian: But you do now—

George: Someone you recognise I expect.

I can't feel my feet any more.

Sarah: That's fine.

George: Well, you don't need to walk exactly—you can just go forward to meet those who are there to welcome you.

Are you both coming?

Lilian: We need to stay a little bit longer to see if there are others—as long as we know you're okay and on your way.

George: We'll be along fairly soon, but we need to be on Earth a little longer.

I can see Martin clearly now.

Lilian: Good.

Yes, I want to meet him.

George: Good—you can go forward and have a good life.

I darned well hope so—better than this one!

(Laughs)

George: It will be—I can promise you that!

Can you?

George: Yes, I'm sure.

I've got to hurry—he's telling me. Stop talking and hurry! Thank you very, very much!

Lilian: You're welcome.

George: You're welcome—that's what we're here for.

I did so want to reach 95!

George: Well, it sounds like you've reached a very good age.

(Then Eileen was back saying the lady had a round face and hair in a bun. She was agitated at not being able to find her brother, so that her mind was fully involved in that.)

A second rescue followed. Audio link: http://www.salumetandfriends.org/resources/2013_06_22+rescue+gentry+10mins.mp3

Lilian: Good evening and welcome.

(Pause)

Are you addressing me?

Lilian: Yes.

Who allowed you entry? Who said you could come in here?

George: Come in where? Where are you then? Can you say?

I will have no men in this room! Will you please leave immediately!

Lilian: Yes, okay.

Now who are you?

Lilian: My name is Lilian.

Lilian? Lilian who?

Lilian: I am a friend who hopefully can help you.

No—Lilian who?

Lilian: Lilian Pearce, is that good enough?

Who said that you could enter this room?

Lilian: Well, I think you've entered into my friend's room.

I've entered in nowhere. Don't be so insolent!

Lilian: What were you sitting in before you came?

I was in a chair.

Lilian: What sort of chair?

(In exasperation) Why! Why! Why!

Lilian: If you bear with me you'll understand. Were you sat in a cane chair?

—Of course not.

Lilian: Well, you feel the arms of the chair now, and you'll find you are sat in a cane chair.

(Feels chair arms)

Now who's playing tricks? Now you can see why I will not allow people into this room!

Lilian: It's not a trick.

George: It feels like your chair, does it?

Lilian: Have you ever thought what would happen when you died? Be quite honest about this.

Do you know? I am rather angry! I'm trying to contain myself.

Lilian: I do understand.

Why these questions?

Lilian: If you bear with me and you will understand.

Why should I bear with you?

Lilian: Did you feel ill or anything like that before I spoke to you?

—Of course not.

Lilian: You didn't feel ill?

—Of course not. I am sitting here.

Lilian: But you are not in your own room.

(George attempted more speech but this didn't seem to help)

Don't come in!

Lilian: Sorry about that. There's something that has caused you to die, and you didn't accept what had happened. But what you do is, you move on to the next world—the spirit world.

I do not believe that! If I die, I will go to heaven.

Lilian: Yes, you'll go to heaven, but you haven't accepted it. And that's why you are talking to me, and that's why I am here to help you.

And who are you?

Lilian: I've just told you my name.

Lilian Pearce—but who ARE you?

Lilian: I'm just somebody who wishes to help people like you to understand what has happened to them. I've helped many people and they are really quite grateful at the end.

You really must go and fetch me a brandy—because my temper is near to boiling point.

Lilian: Well, first of all—

Jan: Ask: who are you addressing?

Lilian: Can you tell me who *you* are?

That matters not.

Lilian: Okay—do you feel very light, in your body?

Yes.

Lilian: And ahead of you, you can see a light?

Mm.

Lilian: And people are there waiting to welcome you into heaven—maybe someone that you know. I know I'm a stranger, and I'm sorry about that. But it just needs someone to tell you what has happened.

I am so annoyed, so annoyed. I understand, you are probably a very kind person.

Lilian: I'm trying to be, but like you, I could lose my temper, and what good would that do?

I would have you removed immediately!

Lilian: Well, there you are. But I would like to help you.

I will listen because you are persevering, and I can feel my blood-pressure rise.

Lilian: Well, my job is to persevere.

What IS your job? Just to help?

Lilian: Just to help people like you to accept what has happened. We all have to die at some time. But there are people like you who just don't accept what has happened.

Are you implying I am difficult? Is that what you're saying?

Lilian: No, you are just not understanding at the moment.

No—I surely am not.

Lilian: I wish you were, but I would like you to look for the light.

And what will this light look like?

Lilian: A bright warm light, and in it you should begin to see, people that you will recognise.

Not many I want to meet.

Lilian: There will be somebody there you will want to meet—I don't know who, but you will know them.

Well! If they think they'll tell me what to do, they can think again! How dare they! How VERY dare they! I can hear them.

Lilian: And you recognise them?

Yes I do. Young upstarts! Okay.

Lilian: But you're fond of them.

I would never tell them that! Why would I tell them that?

Lilian: They know that already.

Do they?

Lilian: Don't forget, you're going to heaven, where things will be much clearer.

I'll have a few things to say when I get there. How long will it take?

Lilian: Well, you're there almost.

(Pause)

Now that really is beautiful—that is wonderful! And if you are telling me the truth, then I am happy to go.

Lilian: I'm telling you the truth.

Jan: We are.

Who's that other voice?

Lilian: That's another lady who is here to help.

Okay, okay.

Lilian: I'm just glad you've accepted—that's all that's needed.

Who would have guessed that we would have needed a 'Lilian Pearce' to help ME into heaven?

Lilian: Well you never know.

But I am going and I thank you—good bye.

Lilian: You're very welcome.

Jan: Before you go, could you just tell us your name?

I certainly will not! You will not know me, so I will not tell you. So good bye—I have to go. They are pulling, pulling, pulling. And I of course am not a commoner.

Jan: I gathered that.

Well, that's enough information for now.

Lilian: Well, you've had a commoner to help you.

Well, I've become quite attached to you.

Lilian: Well thank you—as long as you're okay.

You're still a little bit impudent, but there you go. I must go—I must go.

Lilian: We know you'll be happy.

Another visitor now, via Eileen:

Lilian: Good evening—welcome.

(Pause)

I wasn't too sure if I should speak, but obviously you knew I was here.

Lilian: We knew it was someone.

Yes. I've never been here before, but I thought I could hear you helping someone. I was drawn to you, because I'm learning to help others, and I just thought: wouldn't it be nice to speak to somebody who helped others, like you do.

Lilian: I see. So you would like to help from your side?

I've already started to help, but I really would like to help those who are close to passing—you understand? Not in groups like this, but I was just drawn to you this evening. And I thought: I wonder if I could sit quietly, but I was not prepared for you to know that I was here.

George: You are most welcome to be with us.

Thank you.

George: We were a little puzzled by that last one. We haven't had one quite like that to help before.

Well, you did very well, and that is what has to be.

Lilian: I was going to say, as long as she's on her way.

Yes, it's not always easy to persuade people to leave what they are familiar with. I am often waiting by the bedsides of people who are ill, trying to encourage them to leave their bodies behind. It's not always easy; so I think you deserve to be praised.

Lilian: Thank you.

George: Well, if you do that, I think you also deserve to be praised. So, you would do it on a one-to-one relationship basis?

Yes, I try, but of course I am guided before I come to help; but yes, it is more of a one-to-one basis, as you say. Yes, I quietly speak to the spirit and try to help it to discard that old cloak. But, you know, people here are SO attached, it is almost like you are committing some crime against them, to ask them to leave it behind. They are so attached and often times so afraid to come with me. But the work is so good it gives me so much love and happiness in being able to help these people.

Lilian: Yes, it does make you feel, I'll say 'good' when you've done a good job.

George: So, is your work different from ours, in that we normally ask them to look to the light and see those meeting them. But in your case, they're travelling with you are they?

Yes, I take them to those who are a little further back, and who are able to take them on to spirit. So their passing is gentle and complete. There is no distress, once I have convinced them to leave that old cloak behind, all goes smoothly. Sometimes I think you hear people say that they can see shadows (yes). I would be as a shadow, but I always stand close to them (wonderful!). In my work I do enjoy helping younger children with their transition. It is most rewarding.

Lilian: I think I would find that quite hard.

Yes, but of course I am already spirit, so I do not have the emotional detachment. You understand?

Lilian: Yes, we're different.

Well, we're all the same, but once you are in spirit, then everything is so much easier.

George: Yes, so the children would be easier for you, because they are closer to spirit—

The children are easier, but the difficulty comes because parents do not wish them to go (ah yes). So you have that 'pull'—that bond, which is difficult to break.

George: So they feel that they have an obligation to their parents—

Yes, of course, because the parents are normally saying how much they love them, and it makes it a little more difficult; whereas the children are closer to spirit and would go quite easily (yes). Yes, but you can never judge each one as being the same; they are not.

Lilian: So, would their guardian angels be around them as well?

Yes, the guardian angels will always be with them—never leave them. But I am what you would probably call a ‘helper’ who travels further into spirit and sees that they are safely there. That is my task. I am not emotionally attached to them, like those who have gone before, or even their guardian angels, who once they have left the body, they would recognise.

George: So you are aware of the guardian angels?

Yes, I would take instruction from the guardian angels.

George: I was going to say: would you have discourse with them?

Not always, but yes, that does happen, yes.

George: It’s very interesting!

There are many of us who wish to help, and our task is that anyone’s transition into spirit be peaceful and smooth. That is what we try to achieve.

Lilian: Well, it’s a good job isn’t it, that there are people like you who do these things.

There are many, many, many, as you can imagine. I wish I could explain to you, just how well organised spirit is. You know, sometimes people become a little complacent about spirit, and do not always realise just how PERFECT the laws of spirit are, but that is not for me to speak of.

George: And your own work—how diverse would that be? I mean, do you work in hospitals? Do you go to earthquake zones?

Wherever there are children. I do not always do the rescue work, which would of course be earthquakes, but my task is to help those children who have been what you call ‘ill’ for a long time, and need gently to be brought more closely home. That has been my choice, but of course at times it is necessary for us to help in other ways.

George: Yes, it’s a very noble cause, and—

I would not call it noble—it seems to be too rich a word.

George: Perhaps I should say: would ‘respected’ be a better word?

We seek no recognition. We do all these things for love.

George: Love encapsulates all.

Yes, yes, yes. I have to thank you for allowing me some time to speak to you. It’s been a pleasure for me. And I hope your understanding grows.

George: Well, it’s been a wonderful instruction for us. Thank you very much for your words.

Lilian: Just talking to you has helped a lot, and it is nice to know the help those children are having.

Yes, it applies to everyone, but my particular wish was to help the small children. But there are many, many, many of course who are doing work which includes much love given to those who are in need.

(Much thanks exchanged as our visitor left)

~6th May 2013~ SALUMET

Audio link: [http://www.salumetandfriends.org/resources/Salumet\\$2B1thruSarah_6_05_2013.mp3](http://www.salumetandfriends.org/resources/Salumet$2B1thruSarah_6_05_2013.mp3)

(Our meeting of 29th April consisted of development exercises and the message that Salumet would be with us for this, our next meeting—and so was not transcribed.)

(General greetings)

As always it is good to be with you all once more. You may find this time speech may be a little more laboured, because I have been working with this instrument.

(General appreciation)

Always my dear friends, I enjoy your company which you all give to each other and of course, to those of us who come to you from our world. Much is happening throughout your world at this time.

George: Yes, indeed!

There are many aspects of living which are being affected; none more so than progress within your medical professions, and I know that since I spoke to you last time about these new discoveries, I am sure that some of you have come across what has been happening¹.

Lilian: Yes.

It will continue, but of course as always, slowly, slowly. But as far as your medicines is concerned, we are quite happy at this moment in time, that those good people who offer themselves to your medical professions are doing good work and are being influenced greatly.

George: Very good news for us to hear Salumet.

Yes, there will always within the human race, be some kind of problem with health, but we hope that as time continues, that personal influence and intuition will become much greater, in order that you can become your own physicians. That is not as far-fetched as it might seem.

George: No, I imagine we are doing quite a lot of inadvisable things in our lifestyles which don't help our situation, and perhaps we will become more aware of the unhealthy aspects to our living.

That of course would be the ideal, that each one of you does become more aware. But of course we also know that as human beings, you are rather *slow* shall I say, to learn (yes); but the ability is within each one of you and I know full well, that you dear friends within this room are capable of such work, because you *have* that knowledge, which enables your intuition to grow. So again I repeat to you how important it is for each of you to take responsibility for your own well-being. But of course that is all to come.

Now, do you have questions for me this time?

George: Yes—but firstly, does anyone else wish to ask a question?

Rod: I asked a question the other day of a learned friend, what a *virus* was. And apparently we can catch a virus which *knocks us off our feet* and we don't have much say in the matter. I don't know whether with all our knowledge we can do anything about that. Or am I wrong?

There is much more knowledge *now*, about what you call 'viruses'. But what I would like to say firstly to you is that viruses have every right to inhabit this world. What problems they create—man is limited in his knowledge of them, therefore the virus will always win if the human being is at a stage of *non-health* I would like to say. Your human immune systems have been made to fight such viruses, but of course as you well know, human beings do not always stay so healthy and strong. But viruses are not new, there has been much discussion in your world about how these viruses come about. They are an *energy*, as are you. Does that help you to understand a little more?

Rod: It does. They are a bit of a mystery to me—

Most of them are mysteries to all of you humans, so do not be concerned about your lack of knowledge.

Rod: No. Well thank you for that anyway, thank you very much.

George: I think Salumet, you're implying that there's an element of *co-habitation* here (yes), but we must see to it that our body's are *tuned* sufficiently (yes) to resist being overpowered by the viruses, which you say are entitled to be here anyway.

Yes, but we are not unaware of the interference that mankind *places* and *tampers* with. So I will say to you: we in spirit are quite aware of what is going on, yes —

Lilian: Serena, would you like to ask something?

Serena: Could I ask a question about the *chemtrails*? (Yes.) What are they and what are they for?



(‘Chemtrails’ appear in the skies like uniform grids of vapour trails criss-crossing and remaining much longer than ordinary vapour or condensation trails.)

What are they? They are—I will not use the word *‘invention,’* because I do not like that word. All thoughts stem from spirit, but what happens is that mankind either uses information—either for good or for bad; or sometimes they take information and unfortunately not meant for bad, but they do not realise that sometimes what they achieve is *not* for the betterment of man. I want to say to you that much has been happening since human beings have had the power of air travel. That is my first reply to your question. This is not something new; it is something that has been happening for some time. It is of course the interference of many energies trying to achieve something that I have to tell you my dear friends, is not at this moment in time possible. But it can and will be we feel, destructive in its nature.

Are you following what I am telling you?

(Pause)

Serena: Not really, no.

No—you want to know the composition and why this behaviour is happening (yes). Firstly these *crafts* as you call them, have been mistaken at times, as beings from what you call *outer space*—that has been an incorrect explanation of them—but I do want to say they have been mistaken for these things. What is happening is happening within *all* countries—it is not just happening here, it is happening throughout your world. And it does not even belong to the ‘common’ scientists of your world, but belongs to *space travel and travel within your world*—that they have been able to use energies, put them together and tell you as a human being, that it is for the best. I am here to say it is *not* for the best—but we are aware of what is happening.

George: Could I just clarify one point? I’ve read recently about CIA experiments (yes) in mind control. Am I correct in thinking this has nothing to do with that?

I would not say completely, *no*—but yes, you are on the right tracks of man interfering with what could be used for good (thank you). Not just that organization, but many throughout your world—they have the knowledge but they are misusing it. You understand? It is again I have to say, some matter of control, control of the masses and of course—I do not like to use the word ‘wars’, but it can be used against each other.

Sarah: Salumet, what are these energies then that they’re using?

They are energies which have always been, but which have been discovered in fairly recent times of your Earth’s existence.

George: Well thank you for that Salumet, I had read about experiments in ‘mind control’, that sound absolutely awful, and I didn’t know whether to believe it or not, but I think you’re confirming that there are such experiments going on.

Yes—as always, mankind has always assumed they have a higher knowledge and I have told you in times past, that mankind interferes in so many ways and I know you understand that what has been meant for good, can also be used for ‘evil’ (yes), though I am not happy with that word.

Mark: Would these sprays also be harmful to nature—the animals and insects?

Any prolonged use of these subtle energies of course could be harmful to some. And again, as in all things, it may not be harmful to begin with—but we are trying to deal with it, so do not be too concerned.

Sarah: The people who are trying to combine these energies, are they aware of the danger?

They *think* they are doing something good—it is mostly related to military.

Sarah: Oh right—with nuclear power (yes), you’ve said that’s actually a good energy, but we’re using it the wrong way.

It should have been used for *good* and was *abused*, as this is at this time (yes).

Paul: Is it something that is affecting people’s awareness? Is that the idea—or something?

Most people are at this present time unaware. There have been murmurings within your world, but because it is military it is being kept quite quiet.

Paul: And I’m still not clear on the effect that it’s having on the populations.

It, if used constantly, it will have the effect of changing the whole unification of the human body, as it would in animals, as it would change your atmosphere—so many different ways that it could create change.

Paul: And they presumably think —

They feel that they are helping at this moment in time. But I have to say to them: it is just experimental at the moment.

Paul: They don’t have—it’s mankind interfering again, not having enough intelligence—

Enough knowledge, yes—as in all things, until it is used, you do not always have a result. It sometimes takes time to find the correct results, as many things within your medical profession have seemed to be good medicine and would seem to be wrong for man or *some* men—you cannot say it is always wrong for all. But what is happening now will have a subtle alteration to the atmosphere of your world.

Sarah: And will it be able to change back again, or is it irreversible?

Nothing is ever irreversible, but of course it will have to be addressed.

Mark: I was just wondering what it is that these people *think* they’re achieving, or think they might be able to achieve?

Mankind as a race has always been inquisitive.

Mark: So they are having a go to see what happens?

Well, I will say and perhaps you will speak to the dear gentleman of scientific mind, that whatever is looked at, they always have to go a little further. It is that inquisitiveness which drives them forward and of course many good things come from scientific experiments. So you cannot always say it is bad, because that would not be true.

George: No, it will be bad of course, if the principal is used for mind control (yes) to suit one’s own ends.

Yes, you do not have the right to interfere in any way with any other human being. If they are misusing anything, it should be known by the general population of the world.

George: And perhaps that is where Julian Assange is helping the world—in making secrets known.

Yes, there should be no secrets, you are all of the *one* energy, you all come from *Love* and that is what you should all strive for (yes). But yes, as always there are two sides to what you call a coin—always; and that has always been, it is nothing new, but I do understand your concerns.

George: Yes, well that's wonderful! Thank you very much Salumet, that's really opened our eyes I think, to something which we knew little about. **Yes.**

Rod: Initially I thought that this must just be probably two or three nations in the world doing these experiments; but going into a little more detail, it seems more than that—a very large number of nations are involved.

Yes, your world today is very small when it comes to communication. So nothing within your world remains quiet for long. If you wish to, there are ways and means of communicating—but *don't be concerned too much.*

Rod: Often you've said: *Don't have fear.*

Yes, because you create it yourselves, yes.

Rod: So we'll bury that one!

Well I would not say '*bury*', but keep awareness, as you must within your world, to those things that you consider to be not quite right. But what I am saying is that people do not always do things because they want to be *evil*, but they work on things they *think* will be *good*—they just misjudge what they should be doing. You understand?

Mark: Yes, sort of getting a bit carried away.

Yes.

Paul: That applies to some of the dictators as well—**(yes)**—they all think they're doing good—but they perhaps don't have the right to force their will on so many others.

No one has any right to interfere in the life on this planet, of another human being. I cannot stress that to you enough. In the same way that if you show love and kindness to another human being—then you have achieved much in your lifetime. It may seem trivial, but let me assure you my dear friends, that love can overcome any disharmony or hurt. So that must be uppermost in your minds at all times.

Rod: I think the things that you've told us in the past—for instance *H-bombs* have come about and these terrible things—this sounds a bit naughty. Are you sometimes reluctant to give us information that we could work on, but we might make a bit of a mess of it?

That is exactly what you do, but we would never withhold anything that would be helpful to your world.

Paul: Because in making a mess, we're learning —

You learn, yes—yes.

George: Yes, well could I say that the computers and the internet are something in that category that we're involved in right now as being helpful in the world. Going back 500 years—we had a lady through briefly. She spoke through Eileen to start with and then she said she wanted to speak through young Emily, who was sitting with us at the time, to help with her development. It was brief—few words were said, but they were very significant words—she gave a date of 1501 and I'm convinced that the lady was Lady Margaret Beaufort. I wonder if you can confirm that this was indeed the lady who came through. She lived in remarkably changing times and she was an avid reader of books—that was the time when the first books were being published. So that was a parallel time of great development. Any comments on that—and are you able to confirm that it was Lady Margaret Beaufort?

At this moment I cannot either deny or confirm, but I will come back to you next time—I will find out for you.

George: Thank you, it would be nice to know. She was a remarkable lady.

Yes, there are many remarkable people who have trodden your Earth, as there are many now and many to come. This of course to me is not important—what has gone and what is so much to come. As is the hope that each one of you finds within yourselves that deep love of spirit—that is what is *important*, that your love for all of mankind remains great, that your understanding of mankind becomes *fuller*, that your understanding of mankind remains with you always. In that way you become even greater beacons of light. And no matter what takes place within your world *my dear friends*, always know that we in spirit strive at all times, to keep you as safe as we possibly can.

(General thanks)

And now I will take my leave of you. I feel the little lady is a little disappointed, but there is nothing more to be offered at this time. As always I leave you cloaked in my love.

(Deeply expressed thanks)

Paul: You've given us a lot to ponder as always—our love goes with you.

There followed one through Sarah who has visited on several occasions—one of his incarnations had been 'Ond Kulla', who had farmed in ancient Egypt. He wanted to add to the previous subject of chemtrails:

George: Good evening, please feel free to speak if you wish.

I am most happy to be with you once more.

(General welcomes)

There has been much discussion about what is good and what is not good (yes), but let me tell you that all has been accounted for and it has been so in times gone by, that mankind has made bad mistakes. As you know, these mistakes cost mankind quite dearly (yes) and it is taking much time to recover what has been lost. But it has not all been in vain, because we can see that the path has been slightly altered and mankind is making good progress, which we can now see; but which in the past, when as an Earthly being, it was difficult to imagine. I wanted to come back for a short visit, because I was aware of your disquiet and I can understand your feelings. But I do not have any fear myself.

Paul: Yes, we have to accept that we live in a world that's still not going to reach it's true potential for many, many years to come, but we are on the right course, so we can't be critical.

George: Yes, there is this general feeling that we're on the right pathway, but it's a long pathway.

Paul: It's *all* part of our learning.

Yes indeed and it is also important that you keep to this good pathway. So you are receiving much help in order that you do not make the big mistake of previous times.

George: That's very nice to know—that others are watching over, are aware of the course being taken, and it does give one a pleasant feeling of confidence.

And also I would like to mention that those who made the greatest errors are those who are now doing so much to help you move in the right direction.

(Much appreciation expressed)

Paul: That's lovely to know and we'll try to do whatever we can and there're many groups like ours I know, trying to help —

Mark: —get on the road to Truth.

Rod: Could you tell us your name?

(The communicator did not manage to stay any longer for some reason, but we think the main points had been given before the communication ended.)

Finally there was the rescue of a gentleman via Eileen, conducted by Lilian—audio link:

http://www.salumetandfriends.org/resources/2013_05_06+rescue_no-teeth+Thomas.mp3

George's Notes:

1: Medical Advances: These are coming thick and fast as has been stated, and include: iphone/ipad pulse and temperature reading; brain implant to operate robot arm; clamp to stop traumatic bleeding; early warning of seizure software; micro-fluidic chip for early flu diagnosis; more accurate cancer imaging; multiple sclerosis pill treatment; hospital records database design.

2: Chemtrails: New words in language are:

Contrail = condensation trail (normal condensation or vapour trail from high flying aircraft).

Chemtrail = chemical trail (deliberately made trail formed by squirting into the atmosphere solutions of chemicals and/or dispersions of viruses).

Global Research News reports on the Internet: 'The Spraying of Poison over Sweden'—article by Swedish politician Pernilla Hagberg. It is claimed the intention is to control weather to influence global markets and food. Some see this as conspiracy theory. She has been criticised by the unaware of course; but Salumet has confirmed for us that 'chemtrails' are reality. So this is a wake-up call to those who cling to wrong-thinking. On the credit side of atmospheric research, a recent NASA study reveals that carbon dioxide and nitrous oxide in the upper atmosphere (thermosphere) protect Earth from excessive heat rays. So these gases have protective GLOBAL COOLING effect—not global warming—about which there has been much false publicity.

3: Lady Margaret Beaufort (1443-1509): The visit of this one was brief, but the facts given seem to identify her with fair certainty—15th November 2010 via Sarah's daughter Emily. This lady was from changing times. Just as the Internet spreads knowledge today, printing and books were the new influence then, with William Caxton's printing press. Lady Margaret married Edmund Tudor at 12 and gave birth at age 13, to he who became King Henry VII, and she was grandmother to Henry VIII. On Earth, she was active as educationalist, scholar and philanthropist and founded teaching institutions. She was passionate about books and whilst in spirit has since spent much time in the Halls of Learning.

4: No one has any right to interfere in the life on this planet, of another human being:

This is of course, a spiritual truth that has been ignored by many organisations through the years, and continues to be ignored by bombers and various types of aggressor today. But it is so fundamental that it must surely be felt to some degree by all humans.

~3rd June 2013~

Firstly there were personal clairvoyant messages via Jan; then one quietly and slowly addressed us via Sarah:

I am asked to come to you this evening because the one who normally speaks is in another part of her mind at this time.

Lilian: There's some work going on then.

And she WILL be talking with you in a while, but at the moment she is occupied (thank you).

Lilian: So we'll leave her for a little longer then and I think help her to come back.

She will be ready in her own time (I see). ***You could also join with her in her time with spirit, by opening yourselves up and joining with her—and you will become aware when she is ready to speak, because you will yourselves feel the urge to say something. So that is my message to you all.***

(General thanks)

This was a strange evening that I think had us all guessing—mostly silence with just a little whispering between ourselves. Eileen was eventually brought back and was able to give some account of where she had been. There had been a feeling that was almost impossible to describe—like moving forwards and backwards at the same time. She recalled men in wheelchairs. There were no words but Eileen felt that she

had come to help them. Then suddenly she was in a beautiful forest looking around. There was a jolt and the feeling of being pulled. There was a long tunnel—not light, it was fairly dark. She moved along the tunnel but then was stopped from going further by four light-beings. Some of us had had scenic impressions during the period and these were discussed in the light of Eileen's experience. Hopefully Salumet will be giving some explanation in due course.

~10th June 2013~SALUMET

Audio link: http://www.salumetandfriends.org/resources/2013_06_10_+Salumet.mp3

George: Good evening Salumet, welcome to you.

(General greetings)

As always I am pleased to join with you. I hope my dear friends that you can feel the energy within this room.

Lilian: It's very peaceful.

George: Yes I felt it was a most pleasant energy here this evening.

It is needed for you all. So therefore I hope you are able to absorb it into your beings.

(General thanks)

I would just like to say to our dear gentleman friend who sits across from me, what is it that worries you so?

Graham: Mm I'm not sure what you mean.

There is a deep-seated fear within you. If you are not aware then do not be too concerned, for we will help you in whatever problems it brings to you.

Graham: Okay, thank you—I can't think what that could be.

(Said with a chuckle)

Sometimes you are not always aware of what—and I am speaking mainly of the spirit body rather than the physical (yes). But don't be concerned if you are not aware at this present time (right). You, as all the others, are well loved and protected.

Graham: Yes, yes we do feel that.

Yes but sometimes physical life can pull you in directions that you do not wish to go to (yes). But I felt that it needed to be said this time.

Graham: Thank you Salumet, I shall think about that.

Yes, but do not think too deeply—you will be fine.

Graham: Okay, thank you.

Do we have questions this time?

Lilian: I wonder if I could ask one Salumet. Last week Eileen was deeply—I will say in a *trance*—she was taken quite deeply away. I did help her to come back and so did George. But I wonder if it is better to leave her to come back on her own or to help her?

George: And could I add, it would be very nice to receive from you Salumet some clarification on what was happening last week.

I understand. Firstly let me say that that has become part of your work. Not only are you leading this group, but you have taken responsibility for helping the instrument at certain times. Of course she would return quite normally, but when there are time limits to our meetings, then of course it is acceptable and proper that you give a little help.

Lilian: Yes, thank you for those words.

The only stipulation I have ever made, is that there is no sudden noise when I am using this instrument (yes)—that is quite shocking to her physical body. Therefore apart from that, it is quite alright for you to help, as long as the touch is gentle.

Lilian: Yes I understand that.

Yes, but when it is another who is using her there is not so much to be concerned about, because she is not taken quite as deeply, you understand?

Lilian: Yes, she really was taken quite deeply last week.

Yes, she was visiting our world, but she remained aware of what was happening.

Lilian: Yes she did.

Yes—not so deeply as when her body is used, you understand?

Lilian: Yes.

Yes. I have taken her questions that have been forthcoming since last time and this opportunity is opened for her to understand just a little more.

George: She had an experience which was difficult for her to describe. Eileen said she felt as if she was travelling backwards and forwards at the same time **(yes)**. And I wondered if this was something to do with *time* not being linear in spirit?

Yes, it is the ultimate spiritual experience that one can have whilst still in a physical body. Yes, it was new to her and I suppose to all of you it would seem a little strange, but in our world all of these things are understood and quite natural. She was not afraid, I am sure you have gathered that.

(General agreement)

Yes, but it was a new experience for her.

Lilian: Yes, that was very nice.

George: I think we understood that you were with her in a different part of her mind.

No I was not with her (ah!)— It is a different situation. I would not have been with her—she would have been guided by her own guides.

Sarah: There was one that came through me Salumet that said to try and join in with Eileen.

Lilian: You mean the group —

Sarah: Yes, to try and sort of ‘*tap in*’ or something.

It may well be that they tried to help you to see some of what she was experiencing and of course there is much going on in our world. You would have been guided by your own helpers. You understand?

(General agreement)

Each one of you has your own guide or helper—there are many Earth words for these people. But you would be led by your own spiritual guide.

(General appreciation to that)

It is just part of her evolving in the same way as any new experience each one of you has, is your own individual evolvment. And I am sure at times you have been aware of something which has not previously happened to you. Does that make sense to you?

(General agreement + thanks)

George: Can we go on to another topic that has come up before? You spoke to us about ‘*chemtrails*’ and you very correctly and logically spoke of *chemtrails* plus a device called HAARP. (*High Energy Auroral Active Research Program*) This is a device that projects high energy into what we call the ionosphere around our planet, to produce a heat effect, which distorts it. HAARP and chemtrails can be worked together, and some hope that it can be used to control the weather in an advantageous way. But you were saying that

this is insufficiently understood and that there are dangers. Now that we have researched through the Internet articles on this matter, are you able to confirm what I've said and take the matter any further? **I would like to say just this: That in all events that take place in your world, there are always *two sides to the coin*, as you may say—I believe I mentioned this last time (yes). Whatever is used in your world, can be used for either good or for negative reasons. This applies also to what is taking place and what has been taking place for a very good number of your Earthly years (yes). Of course when good can come from any of these happenings, that has to be applauded, not only by human beings on this planet, but by those of us in spirit who have helped and inspired. Of course, when the negative side appears, this too is a concern for us—again because we have tried to inspire for the good. But these things take their own course in the same way—let us use nuclear power (for example). Nuclear power has advantages and disadvantages, but it has to be *allowed to evolve*. Are you following what I am telling you?**

George: Yes indeed.

Yes, so I would say to you in this way: that what is happening is well known throughout different countries of your world, as you have stated, and it is also well noted in our world. I would say to you my dear friends, do not allow this to create fear within you, because we are doing what we can to create *less of the negativity*, if you like.

George: Well that's very good to know. My concern was really that I know that a university in Alaska (yes) is very much involved in this, and I imagine they would represent the *positive* side.

Yes, of course.

George: And there is also a great military interest, which I imagine would be the *negative* aspect.

Yes, and I would suggest to all of you my dear friends, to ask continually for help for those people involved—that whatever *good* can come from these things, (they) must, **MUST take place (yes). And that negative aspect be *diluted*, if you must (if you like?).**

George: I imagine part of the negative aspect would be the metal ions used (yes) in the chemtrail work (yes) and how they spoil the pureness of breathing the atmosphere (yes) and how this will affect growing crops.

But I again reiterate to you my dear friends, do not allow this to colour your judgements too much, because as I have said, we in our world are aware of what is happening and as in all things, provided it does not interfere with the evolution of your planet, we will do what we can (wonderful!), as with other topics and subjects that probably you are not even aware of at this time.

George: Wonderful! I think in the group here we seek understanding (yes) rather than judgement.

Yes, I am aware of this, but it does not matter what you feel in a physical sense, I want you to think about these things on a spiritual level. I want you to rise above all of the problems on Earth and to create a good and loving situation for all people, all lands—all happenings within your world.

Sarah: So in other words—take away the judgement (yes).

Sara: Could I ask a question Salumet, on a different topic? (yes) As you'll be aware, there is quite a schizophrenic attitude in our society towards sexuality and lately I've had a lot of discussions with people from different cultures as well as our own culture, about how best to view it and I wondered if you had any words of wisdom to offer us—because it seems there's such diversity of opinion and behaviour on the planet with regard to it (yes) and I think we could all do with a few guidelines; I'd like to share them if you have any words of wisdom to offer.

I would say that any happening in your world is part again of the evolvement of human beings, whether it be of good or bad. It almost applies in the same way as what I have just discussed with you (yes). To view it from a spiritual viewpoint (yes), try not to judge, although I know for human beings, that is the

most difficult thing (yes). I would also state and reiterate once more, that any harm done to one human being by another, they have to be responsible for. So it is not necessary for the rest of the planet to make judgement.

Sara: It's a very individual pathway —

It is an individual —

Sara:—and subject.

Yes, and of course there will be much diversity in opinion, so —

Sara: Yes, but what I was thinking of, was how best to guide young people really too, who have no experience—because I think parents often struggle **(yes)** with what exactly to say to their children.

I am going to say to you that your children, young as they may be, have an innate knowledge of what is right and what is wrong. That is the spiritual aspect of the human being—that you *innately* know what is right for *you* (yes). So you see: that individual responsibility is uppermost.

George: And I note you say: '*what is right for YOU*' **(yes)**—there is no blanket advice that can apply to everyone.

No, because along with your freewill you have been given responsibility. And that responsibility, when the time comes, has to be answered too. I hope that is a little helpful to you.

Sara: Yes, thank you.

But always throughout your world there have been traumas and something that makes human beings disagree. This has always been and for a good time to come it will still exist.

Sarah: But the planet definitely *has* moved forward even in my lifetime —

Of course, yes. What has happened is that the spirit is beginning to come to the fore—otherwise we would not be talking about these things as we are. It shows that human beings are thinking for themselves, are discussing amongst themselves what they *feel* to be good and right for them.

Sara: So it's just a personal journey and everyone will discover in time, what is right for them.

Everyone *knows* what is right for them, it will not be discovered, they already know —

Sara: They already know —

Yes, and it is then up to each individual to use their knowledge wisely. That is your own personal responsibility.

Sarah: But of course we're fairly lucky in this country in that we do have freedom. In a lot of countries they don't have the same sort of freedom as we do.

Sara: Yes, I was wondering if that perhaps slight repression or suppression can cause a slight reaction in another way. Sometimes I wonder if that's why some cultures seem a little more obsessed with that **(yes)** I don't know, I wonder why.

There can always be given excuses.

Sara: Ah, It's more of an excuse!

(Chuckles)

Yes, I would suggest that to you, as I have said, every individual including children, innately knows what is right and what is wrong.

Sara: Right, yes.

And it is up to each individual to live this lifetime to the very best of their ability, to never harm another being or if this should occur, be prepared to face themselves when they come to our world. No one ever escapes a wrongdoing (no).

Sarah: Some of these child-soldiers who are forced to do things that otherwise they wouldn't do—is there an exception made for them?

Of course, because it is not *their own* free will that is taking place. There has to be a reason behind anyone's deeds (right), so that is why it is difficult to say what is right and what is wrong. What is right for you may not be right for anyone else.

George: And at this point in time there are some countries where there is a great deal of male dominance over the female.

Yes, as there has been in *your* country throughout your history.

George: Yes, the suffragette movement in our country was *very* necessary!

Yes, but you see how that has changed and your whole attitudes have changed because of it.

Sara: Yes, we have more equality (**yes**) in this country and I'm realising now, through mixing with other cultures that we have a lot compared to some.

Yes, but not always (no), so you have to realise it is part of your evolution (yes).

George: I was going on to mention that our dear friend 'Emma' has her program of helping women folk in those countries to become more aware and acquire more equality.

Yes, I feel you would be surprised by the numbers in our world who are helping at this present time. Of course we cannot interfere as you know, but we can influence greatly and there are many, many people who are happy to do that kind of work.

George: Very good to know (**yes**).

Sarah: And our attitude to animals has changed hugely in this country.

Yes, I am sure if you visited any country within your world there would be considerable changes throughout their recent histories. It is slow, but that is not to be scorned—any change for the better can only be good. But I want you my dear friends to know, to realise and to understand how much work takes place from spirit—that we are aware of all things—or, not everyone of course, it depends on where you are in spirit, but I would suggest that each one in spirit is helping someone on the Earth plain.

George: Yes well we have been helped in this group very much in our understanding of the significance of pyramids and the energy associated with them. And I wonder Salumet, if I could explain to you how the energy within and around a pyramid is generated—and then you can tell me I'm completely wrong and I have to go and think again!

I find that amusing!

(Chuckles)

You are going to tell me about energy?! My dear friend I do not often want to smile when I am with you, but that is a new experience for me!

(Laughter)

George: Yes I must admit there's a certain tongue-in-cheek aspect (**yes**), which is one of our expressions. But we've received information from *so many* different sources now—from physical beings, from beings in the spirit realms of other planets and from yourself. Putting it all together, I think that the energy is developed through the Earth's rotation and the surface of the Earth being swept by the aether—and the well-sited pyramid is, through the planetary rotation, swept by the aether. And to use a physical analogy, this *distorts* the aether in such a way that *Earth energy* is drawn up through the base of the pyramid and rises. It has been stated that that energy is '*resourceful*,' and I think this means that it is used to being connected within the Earth and has association with *ley-lines*—where pyramid sites are chosen. That energy is rising and resourceful and goes to beings or things within the pyramid. It also goes to plants growing in the area around the pyramid, and in perhaps larger areas where there are groups of pyramids. So the pyramid energy assists the growth of plants, and it continues rising and is refined as it reaches the apex of the pyramid and produces a beam of refined energy, which can be used to launch a dematerialised

spaceship for return journey of the beings who visited our Earth and built the pyramid. I wonder how accurate that description would be, or would you care to comment?

Well my dear friend that is quite a story.

(Giggles)

Yes, I understand—I understand your interest, but what you have left out is *cosmic energy*. I say those words again: *Cosmic energy*.

George: Yes—so this would this be energy within the aether?

No, this energy goes further than the aether, it is cosmic it belongs to all of Creation. There are many areas in your world, not only on the sites of pyramids that have great Earth energy. This *energy* is utilised as you said, by many of the ley-lines which lie within your world. I would say to you the combination of *Earth, Air, Aether* and *Cosmic Energy*, is where the most powerful energies exist. The energy that brings into your world *alien craft*, as you call them, is utilised by the cosmic energy. I want you to realise the great part that this plays not only on your planet, but in many others. Without this cosmic energy there would be no space travel—you understand? (Yes.) It is an energy not spoken of, or rarely mentioned.

Serena: Does it come through portals?

Yes, there are portals in your world, of course there are; but it is a combination of many energies. And I understand your interest in the pyramids because they can be seen by the human eye as great places of energy. But yes—what you say is mostly correct I would say, but the one missing factor is the *cosmic energy*.

George: Thank you. That is a significant addition (**yes**) to my understanding—thank you very much for that!

Yes, I hope it gives you more food for thought and I feel you need to visit our halls of learning, because your detail is wonderful!

(Chuckles)

George: Yes—I will in due course.

Yes in due course you can! Yes.

Lilian: So our friends on other planets, would be aware of this cosmic energy in their travelling?

They may not be aware, but they know that it can be utilised. They use the energy but they do not always understand it.

George: Of course the vast majority on this planet do not believe (**yes**) that friends from across the universe have built pyramids here, but I see pyramids as the hardest of hard evidence for their visits.

Yes, they are part of their visits, but there is so much in your world that will never fully be understood. It is impossible for you to fully understand, until you come to our world and then all becomes much clearer. You understand? (Yes.)

Graham: Astronomers are finding mysteries in the universe, like the fact that the galaxies in our universe don't seem to have enough matter in them for them to hold themselves together with the force of gravity (**yes**). So they are inventing now types of energy which they call dark matter, because they have no idea where the extra gravity is coming from to hold the galaxies together.

Yes, because they do not understand what energy exists, what matter exists (yes)—because it is outside of their own intelligence. Yes, you are quite correct.

George: That is the cosmic energy which you have just mentioned.

Yes, yes; so now my dear friends, I feel we have spoken enough for this time.

George: Well thank you so much for all this additional information that you have given us.

Yes, and I have to thank you for the amusement that I have felt and have not experienced before.

(Laughter)

Sarah: Well I was going to say: I haven't heard you laugh before Salumet, so as we say, there is always a first for everything!

Yes, it was quite amusing.

Sarah: Well we always say that laughter is good for us, it gives us upliftment. I don't suppose you need upliftment, but anyway I hope it gave you some.

(Chuckles)

Thank you.

George: I hoped you would find it amusing—I wasn't absolutely certain.

For something that is quite simple, it seemed so complicated, but that is for you to work out now and I will take my leave and as always my dear friends, I cloak you in my love and I believe that this time, you will take with you the peace and the love that has been brought to you.

(Thanks and farewells)

George: Clearly we love you and your visits Salumet, thank you.

Sara then took us on a short guided journey (6.5 minutes) which can be listened to here:

http://www.salumetandfriends.org/resources/2013_06_10+Sara+journey_7+mins.mp3

George's Notes:

Chemtrails and HAARP: This subject is currently often dismissed as 'conspiracy theory' by those who remain ignorant or who wish to preserve comfortable status quo. BUT—this is just piffing poppycock. The reality is: there are twelve US patent disclosures, of which US 4686605 (1987) and US 5038664 (1991) are key examples and eleven US universities have made their contributions.



There is also the array of HAARP equipment at Gakona, Alaska, that has been photographed—capable of directing circularly polarized electromagnetic radiations to heat large ionosphere zones at heights of 250-1500 Km to more than 50,000 ° C. This creates gross distortion of zones in relation to Earth's magnetic field, and effects world weather systems. Aircraft spray chemtrails consisting of barium titanates, methyl aluminium and potassium salts into the stratosphere. The purpose of chemtrails is to reflect frequencies arising from HAARP back from the ionosphere. This overall process manipulates jet streams, causal in relation to world weather patterns—storms, droughts, extremes of hot and cold etc. The US Defence Secretary William Cohen has apparently stated: 'Others ... can alter the climate, set off earthquakes (and) volcanoes remotely, using the use of electromagnetic waves.' But it is America who leads! Whilst the United States appears to lead the world with this technology, our best information is that twelve other countries have similar facilities. Salumet is of course perfectly correct when he declares it to be in progress on a world-wide scale, and that it has both good and bad application. If all countries cooperated, the system could form a defensive shield—so even military aims can have their positive aspect.

Sexual misconduct: Yes, such happenings as gang-rape go against both innate knowing and personal responsibility—and will be accounted for in spirit. But as to 'historic legal cases', let's consider this: Lady

Margaret Beaufort in the 15th century, gave birth at age 13 to he who became in the UK our King Henry VII, so how far back in history does one go? The situations are, as Salumet says, of an individual nature, so dependent on time place and evolutionary status; and there can be no blanket rule to be applied everywhere.

Pyramid Energy: Well we had a good laugh about that, ands how nice it was that our teacher was amused! Perhaps the 'cosmic energy' factor has been overlooked by just about everyone, including our astronomers. But energy generation has to be more complex. Earth's surface, on account of planetary spin, is swept by the aether at around 1,200 mph, but of course there are orbital and other motions to also consider. And how does the air, which Salumet brings into the equation, influence aether flow? Our information is that ley line energy contributes, ancient bed-rock boosts and Earth-air interface is clearly a factor in that it is the place where pyramids can be built. We know that, on more advanced planets, groups of pyramids have been arranged to deliberately improve agricultural areas—and with 'spiritual science' construction methods, it is a relatively simple matter for others to make such arrangement. As a group, the Bosnian Pyramids would I think improve the growing potential of plants in that area.

Cosmic Energy: Please note that we now have the clear statement that astronomers do not understand what energy exists. Perhaps they will become understanding once spiritual matters and basis of the created universe are fully accepted.

~1st July 2013~ SALUMET

Last week it was an evening of self-development, conducted from spirit, and so was not reported. It involved those in spirit coming close to impress—and we were required to individually report what was sensed.

And at the start of this evening there had been some discussion of delicate family matters:

George: Good evening Salumet, welcome to you.

Good evening.

(General welcome)

As always I am pleased to join with you all this time.

(General thanks)

I am aware of the help that you all received last time, from those who came close to you. And I have to say that it helps you all to know that we in our world can come so close, as to impress you all. Until now, it has only been a few who have received that knowledge and help, but I can tell you my dear friends, that all of you have now reached the situation of being closer to spirit.

(General thanks)

George: Thank you, it's so nice to have your confirmation of that.

Yes, but what I wish to say is that you must now, all of you, continue on that pathway, in order that we can come even closer. You as individuals should be able to make that contact with those who are close by you. It is our purpose always to help and to uplift you. And although I do not like to speak on personal subjects, I would just say to the lady, because I was aware of what was being spoken of—I would say to the lady and her, what you call *daughter-in-law*, that you are right to stand back and to allow things to progress in a natural way. Each of you is in the *learning curve* if you like, that there are life's lessons still to be learned, although the lady in question is not really aware of this. I have told you that you are attracted to people of the same light, of the same colours, and that you will avoid those people that do not connect to you. In your situation, you are in an area of shall we say *greyness*, because of this young woman.

A: She is very fearful isn't she **(yes)** of what **B** and I believe, **(yes)** which makes her very suspicious of us I think.

But she also needs your understanding. Do not, my dear friend, take these things to mean that she is not a good person.

A: You're right she's an extremely good person, but it's very difficult sometimes not to take these things personally.

Yes, but that is the lesson that you have to learn and I know you understand this (mm). Yes, and it would be helpful to just for a little time still, to stand back and to try to find the wider picture.

A: Right, I will.

Always I am telling all of you this. But it is something that can help all of you in any life situation. You will not perhaps always grasp or understand why these things happen.

Sara: Well I had a similar experience last year. About a year ago in the space of one week I had two lots of people judge me for my beliefs. I felt very upset at the time, but I think strangely both are quite—well one of them has come back to me, trying to befriend me again, wanting to talk to me about experiences she's had **(yes)**, because I didn't overreact, I just pulled away, but I didn't make a big drama **(yes)**, and I think she's now seeking me out. And the other two, well I think we've sown seeds with them **(yes)** by also trying not to overreact. So I don't think that it's finished or the topic is over necessarily.

Yes, you must remember that even although they disagree with your beliefs as you call it, they are still attracted by your light (yes), whether they are aware of this or not and this is what happens in Earth life (yes). You will always be attracted to those like-minded and you will always step away from those who you sense to be of the wrong connections. But there is, as in our dear lady friend's case, a slightly grey area and there is always the opportunity for it to improve or to worsen. But that is up to you as individuals, to seek the right pathways.

Lilian: It's good to know that it's a learning curve—all the way through, isn't it?

Your Earth life is completely learning curves for all of you—yes.

Lilian: If we can remember that —

Yes, even the most favoured of lives have their own problems.

Lilian: Oh yes I'm sure, **(yes)** you can see it.

A: The lesson that I feel I've learned since I've known **C**, and I do have a deep-seated love for her **(yes)** and she knows that—she just can't get past her fear.

But she is afraid of love.

A: I know she is, I know.

And that is a lesson that you have gained from her, so in that respect, you should give thanks for that opportunity.

A: I've given her thanks for lots of things actually **(yes)**. I believe that she saved my son's life **(yes)** and she knows that I'm grateful for that. Without **C** coming into **B's** life when she did, I do believe he might have done something that we would have all absolutely—to lose him would have been horrendous.

Yes, but you have gained wisdom from knowing this young person.

A: I have. The other lesson I've learned knowing **C**, is that I think I've gone through my life knowing that not everybody gets on with everybody else, but the feeling that somebody actually felt that way about me, it's made me aware that that's possible. I've never really come across anybody before who I felt, not repelled, but like a magnet, two different sides of a magnet, where she just bounced off me, she won't come close to me and that's been a real lesson, to know that like you say, we are not always attracted to other people.

That is the lesson where you wish no one harm, but you do not need to have contact. But in your situation there *is* contact, because there *is* deep love, but there are also the lessons to be learned from

difficult relationships. I am here to tell you my dear friend, that it is one of your lessons in this lifetime, in how to deal with other people whom you love but who are not always returning that love.

A: No, I've always received an abundance of love back from most people that I —

Yes, so it is difficult now, yes, but it is a very good lesson.

A: Yeah, well I shall embrace the lesson (yes), and I shall do exactly what you've said, now I know that by stepping back and allowing them their space and their time, and C to —

And always remember when you feel that she has in some way *wronged* you, to send out that love and that light, not only to her, but to all who surround her.

Sara: And it won't always be like this—I don't think.

It will improve yes. But it will not improve without your input.

A: No, I'll be the 'grown up' as they say, the spiritual grown up, and I will do my utmost, and you've made me feel so much better. I can't tell you how low I felt (I know) as we sat in this room.

Yes, as I say, it is not my task to tell and speak of personal issues, but you do know that over time, I have tried to help in some *small* way, without interfering with your own journeys.

A: Yes, and we are very, very grateful.

Lilian: Yes, I was going to say yes, it helps us a lot as you obviously know.

George: Wonderful, yes.

But each of you has now reached a point, where you should be able to look at situations and recognise what you should do.

George: Yes, maybe there's a parallel in politics. Sometimes we can be very upset by the way politics are heading, but perhaps it is better sometimes if we just step back from that.

Yes, I would wish to say only this, my dear friends, that no matter how *dark* a situation, by providing love and light to that situation, you then begin to see a change. It is as simple as that (yes). I don't wish to make you feel inadequate in any way, but a simple thought of love and light to these dark situations, is all that is necessary. And again I would like to just reiterate that life on Earth and your thoughts should be of the purest and simplest kind—and *all* will fall into place.

Paul: Yeah I guess that is more important than understanding. We always try to understand the whys and the reasons, but maybe we waste a bit of energy trying to understand it (yes), instead of just focusing on loving it *better*.

You will never whilst upon this Earth plane fully understand any situation. It will only be when you enter the light realms that your understanding will be there. And sometimes I have to say, your considerations of what is good and bad, are not always correct. So I say, you must always strive to do your best—this you know, I have said it on many occasions and know that love can be the greatest *gift* and it is a gift that you have all been endowed with. How you use that gift is entirely there for your freewill to use. And as I speak to you my dear friends, there are many who join with me in helping to lighten all that is within you.

(General thanks)

Do we have any questions about what we have discussed?

Graham: The fear of love sounds odd. Surely that can only be temporary, because love is all-powerful.

Yes, of course.

Graham: I was just wondering what could cause a fear of love.

You must look at love in a different light. You I believe my dear friend, are thinking of the physical type of love. Where you say to a child or a brother or a friend, your perception of love is slightly different from the spiritual love of which I speak (yes). It is a more encompassing type of love.

A: C is very fearful of what we class as spiritual love and matters.

Yes, it is not physical love, or she would not have love for her husband or children and those who she does love—it is a different form of love. The love of which I speak is spiritual *Light*.

Graham: Ah yes.

Again, you have to look at the wider scheme of life.

A: One of B's tasks I think in this lifetime is to help C overcome that spiritual fear. I know they speak often—that's not my position whatsoever, that's his isn't it, but I know she's very fearful when B speaks of people passing, and she's recently lost an uncle and she's really, really frightened that she'll lose B in the same way. It's an almost illogical fear to us, but it's real for C.

Yes, that is why she needs the help to give her the awareness and the understanding. As you know there are many in your world who will never fully understand what there is. Unfortunately some of your religions do not help in these matters.

A: No, that's how C's been brought up, in very —

Yes and it has made many people fearful, rather than given them the security of *knowledge*, you understand?

A: Yes absolutely, I know she's quite fearful—From C's point of view, it's only pure love for my grand children, but I can understand really I think that she is fearful of how we are going to impress the children (yes) in spiritual matters. Like you say, it's a grey area. All I can do is just love her and carry on.

Yes, you must do that, but she can be helped and after all it is *fear* that drives her and you know that fear is—we have spoken about it often—it is not good.

Jan: I have a question from somebody else, from my father actually. I haven't got all the facts, but the DNA from 3 people being used to make a baby and dad's question was, would spirit look upon that ethically or unethically? And my reply to him was: If that baby comes to fruition and lives, then it was *meant to be*. He thought that was a good answer but I'm just wondering how spirit would view it. Is it engineering or is that acceptable in preventing such a dreadful disease from reoccurring?

Again it is interference with knowledge given, but what you have to know and accept is *why* it is being done. Is it being done for good and if it is, then that is acceptable also in our world.

Jan: That was my exact answer.

Yes, so I think the simple answer must remain that, that if it is done with love and with good intent, then yes we would not put scorn onto that situation.

Jan: Right, thank you.

George: We have several questions sent in by our readers—which is rather nice to see in itself. One has sent in a question about what he calls *Cosmic Ordering*—the idea of being able to concentrate on some desire, whether it be love or money or some other thing, and expecting the universe to provide or expecting spirit to provide (yes). He sees this as a rather strange idea, but then he also sees the construction of spirit as a little odd! (Yes.) But he's wondering if you can say a few words about the principle of Cosmic Ordering?

Yes, I will of course answer your question; but people who are not fully accepting of spirit, will never fully accept the answers given—firstly let me say *that* to you. Cosmic Ordering, as it is called in your world, has been available to all of mankind, whether on this planet or any other. Cosmic Ordering, as you call it, is available to all, if it is asked for in love and for good, you can be given. But also let me tell you: be careful, as you say, for what you ask, because it is not always done for the goodness of others; if it is a selfish act, then it is not likely to happen. Do you understand?

George: Yes, I can understand that—the selfishness (yes) is a very big factor.

But have I not told you my dear friends, if you do not ask you do not receive. But what you call Cosmic Ordering is usually I would say for self indulgence, which in turn creates harm in your Earthly lives. So that is all I will say about it and I do not think the person who has asked for an answer will be totally satisfied. But do not worry, once the interest is there, there is always the opportunity for the seed to grow.

George: Well we are aware of a number of people who are reading your words and the output of this group, and —

Sara: I remember once before I asked about this and I remember Salumet, I think you said: it's best really just to wish for the love of friends and family.

Yes, because that is not a selfish act.

Sara: It's not for selfishness—it's for the mutual love —

And to help others, yes.

Sara: Yes, and I did actually put that message out to some people recently **(yes)**, because I thought that's what you thought.

Yes, I would say every individual within this world, even the youngest of children, know instinctively what is right and what is wrong and the people who question Cosmic Ordering, or are involved in it, have to stop and think for themselves, why am I doing this? But I know in your world it is something which has become, how would you say, popular? (Yes.) Yes, but I would say for the right reasons, then it will be given, so it is not entirely a *wrong thing* to do. I hope that will help, yes.

George: Yes—thank you for that answer, I think that covers all aspects. Wonderful! Another reader, from Australia, reads a number of sources, including one that rather impressed her. But then this person starts what she calls 'spells' which are being offered at a price, for obtaining things; but she is now questioning this source, and I think that connects to what you were saying a few moments ago **(yes)**, that the voice within—

Yes, you must always listen to that voice within.

George: And my feeling is that the idea of marketing for a price, for obtaining things, is a wrong version of 'cosmic ordering'.

Yes, it is a form of materialistic yearnings, and that is not what we would wish to encourage. And as I say, my dear friends: you, all of you have that innate knowledge and know what is right and what is wrong.

Sara: Following on from this subject, I tend to, in general, not particularly want to *push* for things, but I like it when people and work come to *me*—although I know we have to go out and get certain things ourselves—I'm a bit uncomfortable about asking for too much; I think the expression '*going with the flow*'—

If it feels right for you, there is no harm. If you are making life comfortable—after all, if you are seeking work that is to provide love and security for your family (yes), that would be looked upon as a kind and generous act—not anything materialistic that affects only you. So there is no *harm* in asking us in spirit to help you.

Sara: Yes, just trying to find work that I feel is comfortable for me—the right sort of work, that's as far as I wish for normally, and good relations with people that I know. But, for example, someone suggested to me that I audition for a competition, and I thought as it's been suggested to me I'll try it. But then I thought if I did achieve anything, I would only really want to do it to influence some people more with these thoughts about life **(yes)**. So that's my motive, rather than being in the limelight for its own sake. So that's an example of how I think.

You have already, my dear friend, answered your own question. There is no harm in seeking and asking. What is important is the *motive*, yes, bear that in mind at all times.

Sara: Yes, I'm a bit uncomfortable—even when I was expecting a baby, I was afraid to think: I want a boy or a girl—a healthy baby is a gift (**yes**)—I don't want to wish for a boy or a girl!

Again I have to just remind you all that you are *human*. You do have failings, each and every one of you, but I can see no harm with anyone within this room who would seek greed or maliciousness in any way; so do not be afraid, because we basically from spirit, wish you all to have a happy life with as few problems as possible. Of course, there are your learning times, and that is important. But generally, we want you to learn and to be happy.

Sara: To learn comfortably!

To learn, yes as long as you continue to be aware and to learn and to love. What more could we ask of you? It is not an easy life, to be upon this planet let me tell you. So I say to all of you my dear friends before I leave you, that it makes us feel so good that you have grown so much, and I cannot say that to you often enough.

Lilian: Yes, I think we all know we have, but it's nice to hear you say.

I know, that is why I do it.

(Thanks/chuckles)

I know you need reassurance, because you are, I feel, the kindest and modest of people, and that is one of the reasons that I had to choose you.

(Appreciative comments)

So now, my dear friends, for this time, I will take my leave and I will be with you soon.

(General thanks)

George: We do appreciate your answers to questions and your teaching. We are very privileged. Thank you.

There followed a few whispers and Sara silently examined her mobile phone for the address of one in need of healing prayer. (These are normally switched off of course, throughout the meetings.) This prompted one to speak via Sarah:

I am afraid that we are being a little muddled with technology and spirit. It would be better to concentrate on the spirit. I am asking this for those who wish to visit you this time.

Next, another via Sarah:

Lilian: Good evening and welcome.

This was a rescue—a scared and whimpering small child lost in the woods:

Lilian: Were you walking with your mum?

—In the wood—in the wood.

Lilian: It's easy to get lost in the wood, isn't it?

Yes.

Lilian: Now it's okay—you'll be feeling nice and warm and cosy. We're beginning to walk on now, into the light. There are people there waiting to help you, can you see that? You're not in the woods any more are you? They're there to help you. Can you see them?

I can see my ball.

Lilian: Good. What colour is your ball?

It's a red ball.

Lilian: That's nice. Can you see other children there with the ball as well?

I can see a boy with my ball.

Lilian: Yes, he's waiting for you to go and play with him; you'd like that wouldn't you?

Yes.

The small upset child was thus enticed into spirit transition gently and without further upset.

Next, it was one with Eileen:

Lilian: Good evening.

Hello—I can't see you.

At first he could not see any one ... then became settled

Ah yes, now I can. I wasn't expecting so many people (10 present). I've come to see if you'd like to come with me on a journey—not all of you, no—just the lady—goodness me!

Lilian: What sort of journey?

Would you like to travel through the trees?

Lilian: That would be great.

Can you do that?

Lilian: I can walk in amongst the trees.

No walking allowed.

Lilian:—just flying.

Yes, can you do that?

Lilian: No, can you do that?

Yes, I'm up here now in amongst the trees, talking to the leaves. It's lovely. Why don't you want to come and learn?

Lilian: Yes, we'd like to, and probably when we get to where you are we'll be able to do that.

Ah! I see! I know why you can't do it.

Lilian: Because we're physical.

Yes, you're not one of us are you? I thought you were.

Lilian: We want to be there with you, but —

I'm going to come and visit you when you're asleep. And then you can go and fly with me. Wouldn't that be good?

Lilian: That would be great. So how old are you?

I think I'm eleven—I think I am. I've kind of forgotten.

Lilian: You're not James, the one that was waiting for the little girl?

No, I used to be called Howard—Howard Frankom, but I don't use that name now. In fact I think I chose another name when I first came here. But I've forgotten it now—doesn't matter does it?

Lilian: No, so you've been in spirit for quite a while?

I think so, but I like being with the TREES, because they're so different. They talk to me.

Lilian: Because they are different in spirit to what they are here (**yes**). We know they're alive —

George: Is it the tree that talks or the nature spirits? Which is it you are talking with?

I'm talking to the leaves—it's like they are talking to me (the leaves) the whole tree. And it lights up and it changes colour and they're lots of fun.

Lilian: It's quite magical really, isn't it?

Yes, I never did like talking much, I don't think.

Lilian: Not even when you were here?

Well I can't remember, but I don't think I did.

Lilian: You probably liked nature when you were here on the Earth.

I don't know—I can't really remember.

Lilian: What else do you do besides the trees?

I go in the waterfalls, and when children come and they're healed in the waterfalls. That's good as well.

Sarah: Do you help heal the children (yes). That's lovely.

Well I don't actually do the healing. The water does the healing, but I'm friendly to them.

Sarah: You encourage them to go in the water —

Yes, and I go in to show them, so I suppose I do help.

Sarah: Well, that's a very worthwhile job to do.

Yes—do you think Howard's a nice name?

Sarah: Yes.

Graham: It's my middle name.

Is it?

Graham: Yes. I like the name Howard—yes.

Lilian: I've got a nephew called Howard.

Oh! Perhaps we could be a team!

(Laughs)

Sarah: It would be lovely if we could all come flying in the trees with you.

Lilian: We will when we come over.

Sarah: We'd have to go in a big wood though wouldn't we?

Well you can come before you come over.

Lilian: Well yes, I'm hoping tonight.

*Yes! I'm coming for you tonight lady? Yes—I don't know why I'm coming for you. Why am I coming for—
? Let me ask the question.*

(Pause)

There's a cat here.

Lilian: Understandable!

Sarah: Lilian's got a cat.

This cat knows you and wants you to come. That's why I've been told to get you.

Lilian: What colour is the cat?

It's a sort of a brownie with a touch of white —pale brownie, not a dark brownie.

(There was more discussion about which cat it could be as Lilian has looked after many cats over the years.)

It doesn't matter—it knows you.

Lilian: No it doesn't matter does it?

*It knows you, and anyway, not all of them would come back—because they only exist for a little time,
and then they join in the big scheme of things (yes). But this one remembers you; isn't that good? (Mm)*

Sarah: Well Lilian is very kind to cats, so I'm sure that they don't forget her very easily.

Lilian: They seem to find me.

Ah, okay.

Jan: Howard, I have a word, it's disappearing, and I need to say it. Do you know what 'polio' is?

*Yes, that's what I had. And that's why, when I entered into the waterfall, I was all better! That's why I
like to help other children.*

Jan: I was shown a picture of you (oh) as you were; and that's why I knew you had polio (oh) —you are a
very sweet little boy, I must say.

Mm—mm.

Jan: And cheeky!

(Chuckles)

Lilian: There's not much polio that children or anyone gets nowadays.

No, but children still get lots of other illnesses. Lilian: Yes, so they do.

And grown-ups. I quite like being a child.

Jan: So you threw your sticks away then Howard—you don't need those any more.

Well, I didn't have them, if I remember correctly and I was worried—and somebody was saying: you don't need those. And then I went in the waterfall, and I was perfect!

George: That must have been a wonderful feeling.

Yes, it was all different colours—yes. When I came here to talk to you, this place was all pink—yes, your room was all pink.

Jan: That's a colour close to the heart, isn't it —pink?

It's for love.

Jan: That's right yeah.

Sarah: Is it still pink?

No.

(Laughs)

It's probably because I've come here!

(More laughs)

Sarah: What colour is it now then?

It's fading—it is pinkish but it's fading (mm). **It must have been to do with—I don't know—I don't always understand it, but I think it must be to do with the people that's been here in the room. So you certainly must be lovely people.**

Lilian: We hope so—we try.

George: We have lots of help from spirit.

Do you? Well you're very lucky.

Sarah: Yes, indeed we are.

Yes—oh well, I'm going to leave you now. I'm going to go and look at the trees.

Sarah: And then you'll be back for Lilian tonight.

I will—I will be coming in your sleep.

Lilian: I hope you're not disappointed, but I'd love to come.

We'll look after you. I hope you can remember it.

Lilian: That's what I'm hoping.

George: Yes, I hope that Lilian will be able to relate to us what happens in her sleep.

Lilian: I think there's another way that you know you've been over when you wake up —

You might feel a bit more now.

Lilian: Yes, or disappointed.

Disappointed?

Lilian: Disappointed in so much as you've woken up and you're still physical.

(Chuckles)

Yes, I know what you mean.

Lilian: That's another way that you know you've been over.

Yeah, that's right. Anyway, get ready.

Lilian: We'll see, and thank you for the invitation.

Okay well I'm going to leave you now.

George: Thank you for joining with us —

Thank you. I'm sorry I can't take you all.

Sarah: Perhaps you can come another time and take some of us others.

I could be busy for a long time couldn't I, with all of you people!

Paul: Maybe you've got a few friends who could help take some of the others.

I could ask, couldn't I?

Sarah: Yes, that would be good—we could have a little party up in the tree tops.

Well, I'll have to think about that. Anyway, I have to go.

(Thanks and farewells)—then to Graham:

Why don't you make Howard your first name for a little while?

Graham: I'll give it a try. I was very lucky because I was called names I like. I do feel very fortunate.

Sarah: That's probably because you chose them!

(Agreeing laughs)

George: And there has been the occasional rather famous Howard—Howard Hughes built an enormous aeroplane.

Sara: I think it means 'guardian.'

Well, perhaps that's why I'm protecting the trees. Anyway, I like it—I'm not bothered really what you think.

(More laughs)

Anyway, I have to go now—they say: time to go.

(Thanks and farewells)

George's Notes:

DNA From Three in Childbirth: *In vitro fertilization with DNA from three parents would appear to be a way of avoiding inherited defects. Such defects as muscular dystrophy and a range of horrendous inherited-from-the-mother conditions can now be avoided by introducing DNA from a third party. The principle can clearly have what may easily be termed 'good application'.*

~15TH July 2013~ SALUMET

A guest was with us on this occasion; also Natalie was able to join us again. We sat in silence and then it became clear that Salumet was with us. Lilian and George voiced welcomes. Audio link:

<http://www.salumetandfriends.org/resources/15th+July+2013+salum.mp3>

Good evening.

All: Good evening.

As we join together this time, let us extend a warm greeting to our dear lady friend. I have been aware of the words used: to return to you, my dear friends, in order that these visitors have the opportunity to hear our words (yes, thank you). I know that some of you are beginning to recognise within yourselves, that element of progress which is part of your learning. And I have to say, we in spirit are also thankful for the progress each of you is making. For this time, because of your guests, I will take some questions this time.

Lilian: Any questions you two?

Natalie: Actually—yes. I had a reading with a psychic friend of my mother's, who is very good, and she said one of my childhood best friends is a *soul-mate*. I'm not sure if she was aware of the term '*twin-soul*'—I'm not entirely sure of the difference; and I wondered if my best friend is a *soul-mate* or a *twin-soul*?

I see. We have discussed this topic on occasions, and I am sure that the information can be given to you—and the difference explained to you. Can that be done for this young woman?

Paul: Yes, we can do that.

Sarah: Actually, Natalie has read the transcripts, but she wasn't clear from what she was reading; she was still a little confused—that is why she asked the question.

Can I ask what your confusion is, in that case?

Natalie: I think it was the different energy frequencies—the soul-mate is the same frequency and it's very rare to be in the same lifetime as your soul-mate, unless there's a strong purpose behind it **(yes)**, for either one to support the other throughout that Earthly plane, or the twin-soul was a different frequency/vibration and you're coming together to blend the energy **(yes)**, but you've apparently had different past lives together in other incarnations? My first question to my mum's friend (*the psychic lady*) was: had we had a past life together with this friend, who I felt a connection with and she said: *no*. So I think I was just confused by it all really.

Yes, if you have a *soul-mate*, or a *twin-mate*, you have had contact before. How else would it be possible for those energies to blend, and to known to each other? So I would say to you this: that I believe the friend you speak of is indeed a '*twin-soul*'.

Natalie: Okay that makes sense, thank you.

Yes, but I have spoken about this subject before. I hope that helps.

Natalie: Yeah that does massively, thank you.

George: Yes, we'll make sure you are able to see the previous mention. I have had communication with a gentleman over the past three weeks and this is a topic again, which has come up before, more than once. But this gentleman is *particularly* disturbed by what has been said during the Mary visions at Fatima, and how there is apparent contradiction with spiritual teaching. Perhaps I could read his latest communication relating to that—

Do you mean he is confused by the words spoken at that time?

George: He is scared—and I can best read from what he has finally stated: "I still need you to ask Salumet: what is the significance of the hellish or hellfire part of the Fatima visions?—just like that. Ask him if that will happen to anyone?—if anyone is tortured forever? Would I put it in those words? I would very much like to hear direct from him." He apologises and feels that this is perhaps selfish, but he is so frightened by the idea of endless torture, which was mentioned during the Fatima visions.

Yes—firstly let me say about visions and words that are uttered in the name of religions. You know, my dear friends, when first I came to you, I came to you with words of truth and love—I also told you that many would not accept these words, and that you have found to be true also. You must remember that different religions have their own tenets of belief. The words used at Fatima are those from religion that you know called 'Catholicism' (yes). Yes—and they preach that there is hellfire, which I have to say is — and I do not apologise for such strong words—but it is all *nonsense*.

(General agreement)

It has been spoken at a time when people were not literate—not the recent visitation, but the previous beginning of that religion. It was to hold the people in a grip that they could not free themselves from. It was a teaching of '*fear*', and this the gentleman must try to understand. I am here to tell him: there is no such thing as '*hell*', in the sense that he recognises it. No one person remains separated from the love of that Great Spirit for all time. Everyone who passes into spirit is cared for and loved—even those who have wronged themselves in any lifetime, are *never* forgotten. The gentleman needs to recognise that any 'hellfire feelings' are feelings of their own worth. No one punishes you except yourself. That is the point that he has to grasp.

George: Yes, I have tried to say this, but I know that he will very much value your own words direct on this **(yes)**. I am sure he will be most grateful.

Yes. I can state to him categorically that no person suffers forever. The only suffering that exists is the suffering of that individual. And after all—is he not existing in a state of *hell* at the moment? Indeed he is.

George: He is certainly in a state of fear.

I would also like you to tell him that we will help him in any way that we can (wonderful!). Yes, I would say: never be afraid because you are returning *home*. If the life that you lead upon this Earth is one that you have done your very best in, then there is no fear. How many times, my dear friends, have I quoted to you, that fear is your enemy? Replace all fear with love. I hope that at least will help him.

George: Yes—wonderful. In the case of transgressions, we know there is the self-condemnation—

Yes and that is the only condemnation. There is no one in the spirit world who would take that course.

George: And we know that does not go on forever.

Of course not. How terrifying for people that they have been taught these things—yes.

Lilian: Yes it's a shame. How about our other guest—any questions?

Margaret: No I don't think so—

Sarah: Salumet you said to us that nobody need suffer pain, and a lady who has just died, she was in an awful lot of pain before she died and had been for many months. I half wondered if maybe it was her time to return and she was afraid of returning, and this was the boost she needed to help her back. I don't know if that is a wrong thought or—

No, when I say no one need have pain, that of course is in an ideal world. But, as you know, as human beings, you do not live in an ideal world (no), but the opportunity is *there for you* at *every* stage of your living, to be free from pain. I do not say it is easy for you, but I will state once again that you do not have to suffer pain. It is all to do with what is deep within. And sometimes you know that pain gives the being time to think—time to allow that spirit to come to the fore.

Sarah: I have in the past tried to give her some of your teachings. She was quite a church-goer, but I did try and slip in a few things which I hope helped her **(yes)** in her time of need.

You see, my dear friends, when people become ill, it is really a little late, because going within to keep healthy, begins from the time that you have existed on this Earth plane (oh right yes). That is why I constantly tell you: you must go within—you *must* make that connection with the Divine Power. In that way you should remain free from pain. Even if you have a condition which *gives* pain, you should have the knowledge to go within to ask for our help and also to free yourself from pain. But when it has reached a certain stage, it is difficult for you as human beings to control it for yourselves.

Sarah: She certainly was in agony before she died.

Yes, and that lady was fearful.

Sarah: She was yes.

Which you see, lengthens the time of pain (yes). It is not an easy topic for you as human beings to accept, and this I know and understand. But I cannot retract those words, that there is no reason for anyone to be suffering.

Sarah: The thing is we're lucky in this group that you've given us these teachings. We can tell other people but obviously they have their free will and can accept it or not accept it **(yes)**. But there are many people who actually haven't had this teaching and haven't read the words, so that would make it difficult for them to know what they should be doing.

I would say to you, my dear friend: each and every one of you comes to this world with an innate knowledge of what is right and what you should do. It is only *life* which changes those thoughts, and as you grow older in life, you become further away from *truth* and *love*. That it is why it is necessary for people such as myself, to come to your world to try to help and to educate you. You understand?

Sarah: We do thank you for that.

George: In recent years Salumet, much has been spoken about the Earth moving forward spiritually. In a recent evening, you spoke of this sector of the universe (or galaxy) moving forward. So what is happening is more than just this one planet. And I think I would interpret those words about a sector of this galaxy moving forward—I think I would interpret that as including Earth and the visitors that we have had to the Earth. I doubt if any visitors with space-ships would arrive here from beyond this part of the galaxy. Does that make sense?

Yes, but firstly let me say this to you: that yes, galaxies evolve as each other become entwined, and yes, I understand what you are saying. It is not quite true that there could be no visitations from other galaxies; because, you see, the stronger the mind can focus, the easier it is to unite with others—in the same way that we tried to demonstrate that the mind, with our dear friend Paul—communication is possible outside of your own galaxy.

George: Oh yes, we appreciate the mind-link communication—

You mean *physically*?

George: Yes, I was thinking *physically*.

Yes, of course—no, that would not be possible at this time of evolution—no.

George: So the advancement of this sector of the galaxy would include Earth and the physical visitors to it?

Yes, yes, because they are united. All areas within the one galaxy have a unity which has to travel together, if you like, to put it into simple words.

George: (*Chuckle*) So perhaps we can think of ourselves as a cosmic club!

If you so desire, yes, yes. You can never be a single unit. Any planet within this galaxy—there is and has to be connection. You understand? (yes—thank you) But that includes evolving at your own rates, even though there is that unity, the evolvement of each planet may vary. You understand?

George: Yes thank you, thank you for that.

Do you have any more questions before I take my leave?

Serena: Yes, could you explain about Morgellon's disease, that I have been reading about recently?

In what way?

Serena: Where it comes from, what actually it is—perhaps what it is connected to?

(*Pause*)

Yes—I understand. I will say to you, my dear friend: firstly you have a mind which is quite expansive for different levels of things. Yes, sometimes with your reading, you take things a little literally, but that is not a fault. But I would just say to you: do not be too much of a *sponge*—that is my first words to you. The condition you speak of is primarily based within the blood. That is not quite understood yet. I do not know quite what you have read, but I will say to you: it is a condition of this time of your Earth. It is a condition that has to be, if I may put it that way. Do you understand what I am saying to you?

Serena: I think I get that, but do people *catch it* or do you just get it?

At the moment it is passed through contact, and again, that is not widely known. So yes, I will say to you, it is a contact condition. So, yes, but I will speak to you more next time about this (thank you). I hope that is enough for you at this time?

Serena: Yes, thanks.

Now, I will take my leave and allow the rest of your evening to take place. As always my dear friends, I leave you cloaked in my love.

(Thanks and farewells)

George: Thank you for that, and thank you for answering so many questions, which is much appreciated, Salumet.

A message was later spoken via Sarah:

I am stepping in because a part of this one is to be used for a spiritual task that we have been waiting to put into effect for some time. I will retire and just leave the lady to develop in the way we have intended.

Lilian: I see, so there'll be no speech.

No (thank you).

(We then had clairvoyant messages via Eileen for Jan)

George's Notes:

Morgellons Disease: A disease named in 2002 and described as delusional parasitosis. Those afflicted seem to have the delusion of being infested with parasites. Although said to be delusion the condition produces skin lesions and ulcers.

Previous information given by Salumet on Soul-mates and Twin-souls:

~12th November 2001~

Let me say this to you that earthly words become much confused when spiritual matters are spoken of, but we know that your earthly words have to be used in descriptive language in order for you to understand. The problem lies that one avenue of ideas becomes what you term 'the normal'. I am here my dear friends to tell you this time what the difference is. I have told you previously that the soul-mate does not often meet in the physical world. That statement still stands. I will not change those words because, you see, the soul-mate—without becoming too involved in highly technical details, because my friends that indeed would be foolish because you would not understand. Again we are speaking of energy. The soul-mates were created together for all time, from the beginning of what you know as time, and that subject is much too complicated for us to discuss here. I could speak of molecular energy, I could speak of all kinds of energy but I feel that, for you, would confuse the issue. Soul-mates were created together. They vibrate on the same electromagnetic wavelength. They are counterparts of one another. That is the simplicity of the soul-mates; that they are energy which is vibrating on the same energy line. Do you understand? It is an issue of words again. That is why true soul-mates do not meet in incarnations except very rarely: there is no need when they incarnate at the same frequencies. Does this make sense to you my dear friends? Now we come to twin-souls. This indeed should be the term you use instead of your soul-mates which is used most often in your world, because twin-souls meet many, many times in different incarnations and their purpose is in recognition, in coming together to try to form and create and blend into one energy. That is the purpose of their coming together.

All of you in this room are twin-souls. You have met in other times, in other lifetimes.

~29th July 2013~

There was no meeting last week. Conditions would have been difficult in the exceptional summer heat.

The evening began with a 'rescue' via Eileen, of a nicely spoken lady, counselled by Lilian:

http://www.salumetandfriends.org/resources/29_07_2013+rescue+7mins.mp3

Lilian: Good evening—welcome.

Would you direct me to Miss Shelbourn please?

Lilian: To Miss—

Shelbourn—yes, I believe I’ve lost my way.

Lilian: Where were you going?

—T o see Miss Shelbourn. Why can you hear me and the others can’t?

Lilian: Yes, I see. I’ve got some explaining to do to you.

No, I don’t need any explanations—I just need to find Miss Shelbourn.

Lilian: You were going to see Miss Shelbourn.

Yes—I just have lost my way.

Lilian: Were you walking?

Yes.

Lilian: Did you feel unwell at all?

No.

Lilian: That may seem a strange question—a headache maybe?

Well, a little indigestion perhaps—that’s all, nothing to concern myself about.

Lilian: Well, did you ever wonder what would happen if you suddenly died?

Oh my goodness, what a strange question!

Lilian: What would happen—where you would go?

Well, of course!

Lilian: Where do you think you would go?

I would hope I would go to heaven.

Lilian: Yes, well you are on your way to heaven. I think that indigestion that you felt, turned into a heart attack, and I’m sorry to bring you the shock of this, but—

That’s a very great shock!

Lilian: Yes of course, and that’s why you couldn’t get people to know that you were there.

I did think they were very rude.

Lilian: Yes, that’s because it was your spiritual self, and that’s what you are now—as real as the other one.

My spiritual self— well, well!

Lilian: You feel well and light?

I don’t feel any different!

Lilian: No, you won’t.

But surely I would know—surely I would know if I had died?

Lilian: If you have a sudden heart attack, or maybe a sudden stroke, it is a shock. If people are killed on the road or in any way—if it’s sudden, it’s a shock and unfortunately, this is what happened to you.

So I’m in shock?

Lilian: Yeah you were, but you’ll be okay.

So where’s dear Miss Shelbourn? Am I not to see her? Am I to just let things go?

Lilian: She will already know that you’ve passed into spirit; she will already know that. If you think about it, your body would have been found.

I see—this is very confusing.

Lilian: So really, you’re on your way to heaven.

On my way... are there no steps?

Lilian: No, I don’t think there are any steps. What you should be looking for to begin with, is a light—a bright light ahead of you.

And what will be in the light?

Lilian: Someone waiting for you. Who would you like to meet you? Who has already gone before you?

Well, I'm quite loathe to tell you.

Lilian: You don't have to tell me.

I—d'you know I never married but I did have a beau—died very young.

Lilian: Well good for you. Maybe it will be *him* waiting. I hope so.

That would be pleasant.

Lilian: Wouldn't it just!

Do you think he would remember me?

Lilian: Oh without a doubt.

But I look so different.

Lilian: Well, that wouldn't make any difference; he'll see you spiritually now.

Well—I really don't know much about this 'spirit'.

Lilian: As long as you believe in heaven, your spirit goes to heaven.

I do, and I have to say: I feel rather comfortable now—not at all worried about Miss Shelbourn.

Lilian: Good—she'll be fine (**yes**). She may already be there. But she'll know what happened to you, so we won't worry about that. Can you see the light?

Not yet, but I feel very contented (good) and peaceful. And yes—there is a spot of light.

Lilian: Yes, that will get bigger, and then you'll begin to see someone waiting for you—maybe two or three people. And they can explain a whole lot better than me.

And they'll hear me, will they?

Lilian: Oh yes! Or you'll know what they're thinking and they'll know what you're thinking.

Do you know, if this is dying, it's wonderful!

Lilian: Well, that's nice to know!

It is—it's wonderful! And I can see them now. Would you like to come with me?

Lilian: It's not quite my time to come.

I see.

Lilian: I'm someone that can help and understand things a little.

I have to go because I'm beginning to feel emotional.

Lilian: Well I know you'll be happy.

I want to look back and yet I want to go.

Lilian: Well you can go forward first, and then you can look back in your own time.

How Wonderful! How very wonderful!

(The evening was concluded with clairvoyant messages for those present, via Eileen.)

~5th August 2013~

It was a softly spoken and sincere message that was delivered this time, via Eileen, following our sitting in silence for about 25 minutes—unusual to remain in silence for this long

Lilian: Good evening

Good evening.

Lilian: You're very welcome.

Thank you. We have been bringing to you this evening, 'peaceful and contented' feelings.

George: Wonderful!

(General appreciation)

I hope that each one is aware of what has been happening, and that this peace that we bring to you will remain with you for a number of your days.

Lilian: I'm beginning to see a light in the room

Yes, this is bringing the peace—yes. There is also a feeling of contentment, which has been lacking with some of you. But that also is being brought to you. This is being given as a 'thank you' for all your dedicated and hard work for spirit. This is a 'thank you' that I hope each one of you will accept.

(General thanks)

George: Yes—that's very nice to know. Several of us have our projects, and I know that sometimes we feel a little uncertain about them—how well we are achieving. But I must say: I feel very happy about the way things are going right now.

Yes—all of you will feel this 'peace and contentment', no matter what your conditions of life. It is to help each of you individually, in any way it is necessary for you. So, as I take my leave—because I have now given you the message that I came to give—I hope that for the rest of this evening, you will become aware of the many people who love you so and are here present in this room. Try to acknowledge them and give to them your love and thanks. I know you will, but this is just a friendly reminder.

(General thanks)

George: That is a lovely message, and I can say for myself: I seem to feel it, and I'm sure we all do.

Paul: It's a very cosy and a very nice feeling here. *(yes)* It will be wonderful to take it with us, yeah.

Become a part of it while you are here. But you will I am sure, FEEL this peace and contentment for the next few days. For some of you it will be a much stronger feeling than for others, but no matter, you will all feel this love—because that is what it is. It is a spiritual love, which is given to each one of you.

(General appreciation)

If anyone feels anything, please let the others know.

(A period of 20 minutes elapsed during which we sat quietly with the occasional voicing of impressions. Then another spoke via Eileen, to lighten the energy before we closed)

~26th August 2013~

A softly spoken and sincere message came to us first, via Eileen, giving some feedback, after an initial introductory chat, on the previous meeting:

I'm being asked to say to you: Did you feel the peace last time that was brought to you?

(General enthusiastic acknowledgment)

And I believe you were told it would last for a few days.

George: That's right—I was amazed about this. Yes, it did go on. Speaking for myself, I had a wonderful feeling, and a feeling of confidence.

Yes, that is good, and that is what they needed to know.

Paul: Yes, I tried to *recall* that feeling several times.

It is very hard to capture, yes.

Paul: I feel that part of it though I can still recall—a certain part of it, yeah.

That is a good indication that you have grown, grown spiritually—that you can recall that love and peace that is there for everyone to feel, but not everyone does.

George: I don't know if this links to it in any significant way, but three of us who sit here—we went to examine a crop circle which was a fresh one that had only arrived the day before. It really was quite a magical experience, and we met wonderful people there.

Yes, that is just exactly what I am saying to you, that once you have the connection, you can then utilise it in many ways, and I am happy that you could feel that type of energy. And I am sure you felt the love which would accompany it.

George: Yes, wonderful.

Yes—anyway I'm getting engaged in conversation, and that really was not our plan this evening.

Sarah: It's always nice to have a chat with people that come through.

Yes, and I must agree that it is quite pleasurable for us, especially when all the people are so amicable—because some groups you know, do not have that 'peace' that is with you here now—(Thank you) and we try to encourage that peace—that gentleness, that—what you have is great humility. Please do not lose that humility.

George: Yes, I feel there's no danger of that.

We hope not; but I must leave you now and thank you once again for listening to me and making me feel so welcome.

Sarah: You're very welcome.

Paul: Yes you're very welcome any time.

George: Thank you for speaking with us—and thank you for the energy.

Yes, without you I could not have done it.

Lilian: That always encourages us.

There followed clairvoyant messages for those present via Eileen; then a rescue via Eileen:

<http://www.salumetandfriends.org/resources/26thAug2013+rescue.mp3>

Lilian: Hello.

Where are my teeth?

Lilian: Teeth? We'll find your teeth.

You've hidden them again, haven't you!

Lilian: No, I think possibly mislaid them.

They should be in the pot!

Lilian: I'm sure they are. Try not to worry about the teeth at the moment.

Well I AM worried about my teeth. Go and get them for me please.

Lilian: Well if I get your teeth, you'll listen to me, will you?

Yes, of course.

Lilian: Okay, so I'll put them on the table next to you.

They don't look like mine.

Lilian: I'm sure they are.

Are you sure?

Lilian: Yes.

Gould—mucking about with my teeth— can't even enjoy a cuppa tea!

Lilian: Um, what were you doing when you suddenly couldn't find your teeth—just sitting in your chair at home?

I'm not in my home—I'm in your home—I'm in A home (right). You're my nurse ain't you? Ay?

Lilian: If you'll just listen to me for a moment, then you'll understand. Did you feel unwell a short while ago?

I always feel unwell—of course I do.

Lilian: A bit fed up with life?

Of course I am.

Lilian: Yes, how would you like to start a new life?

No thank you!

Lilian: —Without any aches and pains.

Well, it all starts like that, don't it? Ay?

Lilian: Have you ever thought of going to heaven?

Well, no doubt some people would like me to go further than that!

(Chuckle)

Lilian: Well, I expect you'll go to 'heaven'—we'll call it heaven.

Well, what are you talking about that for?

Lilian: Well, because something has caused you to die.

Will you get my wrap, I'm cold. Can you just put it round my shoulders?

Lilian: Yes okay, there you are, it's right round your shoulders.

Thank you, thank you dear.

Lilian: You're nice and warm now, aren't you?

Yes.

Lilian: Well, think about what I said.

I want my teeth first dear. Where's my teeth gone again?

Lilian: Well, if you listen to me and go to heaven, then you'll have all the teeth you want. You can have your own back again.

Go to heaven?

Lilian: Yes, that's where you've got to aim for. Now you're feeling nice and warm.

I am.

Lilian: No aches and pains?

Oh—No there isn't, is there? What have you done?

Lilian: Well, I'm just pointing you in the right direction, I hope. Did you ever think about when you die, the spirit leaves the body? And you go to heaven, or the next world, as we call it.

Yes, I believe there's something there.

Lilian: That's good. Well, something has caused you to die —maybe the heart stopped.

What, I'm not dead—I'm talking to you!

Lilian: So you're not 'dead' are you? But you've finished with the physical body. You've finished with that old body *(oh)*.

Lilian: And what you've got is a new one.

Well I'm still crumpled up.

Lilian: No, it shouldn't be—you think about it.

Is it right dear? Are you telling me I've already died?

Lilian: Yes

Well I never!

Lilian: Is there anyone you'd like to see on the other side?—anyone that's already died, that you'd like to see?

Oh yeah, I'd like my Bert.

Lilian: Well, there you are, and I bet in a moment, you'll see Bert. You'll see a light ahead of you, and Bert will probably be there waiting.

I'm gonna cough—(coughing sound)

Lilian: That's okay.

You said I would be better.

Lilian: Well, perhaps that was the last cough.

Oh, I see, and Bert's gonna come?

Lilian: Yeah, can you see the light?

He was 92 you know, when he went.

Lilian: Was he? That's a good age. How old are you?

What now? (Yes)—Oh let me see—I might be 98.

Lilian: My goodness! That's a good age, isn't it?

I'm not too sure dear—time just comes and goes.

Lilian: Yes, well where you're going, you've no need to worry about that—you'll be healthy again. You'll understand better when you go with Bert. He'll be able to explain things to you.

Ooh!

Lilian: What can you see?

Well, I'm kind of feeling quite nice (relaxed?). Relaxed—yes, that's it dearie—relaxed. Have I got my teeth? Have I got them in?

Lilian: Yes you've got them. Can you feel them?

I won't like to meet my Bert without my teeth.

Lilian: I know what you mean. Can you see the light?

I can see a blue light—it's getting bigger and bigger.

Lilian: Soon you'll see your Bert and have a nice reunion.

Ooh—it's Bert it is—it's my old Bert!

Lilian: It's lovely. Isn't it? He'll be able to help you to understand more.

(She moved forward now, clearly very happy/moved by it all. We discussed after how it was quite common in these rescues for people to want their teeth.)

One now spoke via Sarah:

<http://www.salumetandfriends.org/resources/26thAug2013+one+thru+sarah+on+focal+points.mp3>

Lilian: Welcome to you.

Why are you all sitting? You are most welcome to be standing if you wish.

George: Would you wish us to stand?

Only if you wish to.

Lilian: Why should we wish to stand?

Because when I was on your planet, we always used to stand when we were in contact with the spirit world.

George: Ah yes, well let me just say: welcome to you; and if you can describe who your people are, that would help us to understand and visualize you.

We were a group of indigenous people who lived in the jungle (ah yes). We used to stand around a tree, and always we could make contact with the spirit through the tree.

George: The spirit *through* the tree—I see.

We were I remember, quite small, but this could be because the tree was so big.

George: So the tree helped you with the energy perhaps?

It was the tallest thing that would take us nearer to spirit.

Mark: Was that a symbolic rising up?

It was I believe now, the focal point, and it is for that reason I have come to you today—because I feel sometimes that when there is some time when you are not always so relaxed, or you have troubles—if

you were to take a focal point, it would divert you away from your physical problems and guide you back to the spirit who can help you. I know the focal point is not entirely necessary, but when you are stressed or when things are not going in the direction you wish, taking a focal point makes it much easier.

George: Yes, would this be like meditating, or would it be an aid to meditation?

It is an aid to bringing you back away from physical thoughts. Meditation is the best but when you are embroiled in physical problems, it is not easy to then switch off in the middle of a problem, especially when you are with others into your meditative state. But to focus on something, you can take yourself 'away' without being away from the situation—if you can understand me (yes). You need to stay with that issue, you cannot run away, but you can focus yourself into spirit so that this problem is resolved.

George: Yes, I see. Are you speaking at a personal level? When you began, I imagined there would be a group of you around the tree; but are you saying it works as a group or it can work on an individual basis?

I began by telling you how we as a group used to contact spirit. But I am now just trying to tell you for yourselves on individual basis, how this could help you in your physical situations.

George: I see—that makes it very clear—thank you.

I am aware that as a group you do not need this focal point.

Paul: But in our everyday lives, it would come in very useful —

When you cannot withdraw into your meditative state, but have to deal with a situation, then you can focus on one thing, which will bring you nearer to spirit, for the help that you need, to deal with these situations.

Paul: And I suppose the symbol, the focal point could be—

Anything, anything—yes, yes.

Paul: It's just your bridge to the spirit world.

Yes. It is not a hard and fast rule and you do not have to do it if you do not wish, but I think you will find that if you are in a situation that you are finding difficult, you CAN help yourselves considerably with this focal point.

Mark: That's good advice.

Paul: I like the idea of a very, very tall tree, going up, up, up, taking you up to spirit realm.

Yes, it worked very well, when we were on this Earth.

Lilian: And the energy from the tree as well would help.

Yes indeed. And that is the message I have brought to you.

(General thanks)

Lilian: Nice if you could come again.

I will take that with me, thank you.

(Thanks and farewells)

~2nd September 2013~ SALUMET

We were a group of twelve on this occasion, and as ever, healing prayers were voiced—with some reference being made to political matters:

http://www.salumetandfriends.org/resources/02_09_2013+salumet.mp3

George: Good evening Salumet. Welcome to you.

Good evening.

All: Good evening.

I am happy to be with you all this time. Many are close to hear your thoughts of healing for others and as always, will be dealt with in whatever way is necessary. I know my dear friends that you have been

awaiting my answer to some questions, particularly our lady-friend across from me. I would just say to you that the answers I give to you are not what you will be expecting. All I will say about the condition asked about, is that initially as so many diseases in your world, is that it has affected the immune system. Many different mutations have occurred.

George: Yes, I think this is what we call the '*Morgellon's disease*.'

Yes, but what I am about to say to you is this: I have answered many questions about your world and some small personal stuff, yes?

(Agreed)

Yes. When I first came to you my dear friends, my task as you well know, was to bring to you 'love', 'peace' and 'information'— but not information of the worldly kind. My aim and my purpose, was to help you to understand why you are in this world and how better you can raise your spiritual energies.

George: Yes and we are most grateful for your teachings Salumet, thank you.

Yes. What I wish to say is that if you wish to continue , you must look to what it is that will help you to raise that spiritual energy, both individually and as a group. There are many people in this world, and from our world, who are happy to discuss many questions with you. But I feel now that the time is ready for all of you to take that next step forward. And I hear you say: *But are we not progressing, anyway?* Of course, you have progressed very well, but I can say, if you really wish to help yourselves, then you must focus my dear friends, on gaining more intuition into your lives. And I hear some of you think: *Intuition? But does not everyone have intuition?* Of course you do, but that is not what I am going to tell you. I hear you speak each time, of the many what you call 'tragedies' and 'diseases' and 'upsets' in your world; and of course you cannot live in this planet without being aware of what is happening around you. But what I am about to say, my dear friends, is this: It is unwise for any of you to focus on what is 'negative,' and I have spoken to you on so many occasions about the negativity in your world and within yourselves. By focusing on all of these things, you are holding on—and remember my teaching about the mind and how powerful it is? After all, let me give you an example: If you have a gift for another person, do you not focus upon it—gift-wrap it perhaps—and then what happens?

Sara: You give it away.

You give it away. And that my dear friends, you are not doing with the information that comes to you in this world. What you need to do, is realise the situation, but let it go; you must allow it to go. Offer it to that great power and it will be dealt with. This, I can say to you truthfully—that is the best way forward. Let me also say, that as your intuition and your spiritual strength grows, do you not see that within your world, that strength of intuition will never allow another being to lie to you, because you would be aware of all that is being said. Therefore, there would be changes in your political worlds, your leaders, your education, your economics—so many fields of living. So that is why I wanted to stress to you this time, that it is important that you re-evaluate what you think and feel. Do not hold onto all these negative things within your world, because what happens is that you then become part of that negative negativity. Do you understand, my dear friends, what I am saying?

(Affirmed)

Do you have any comments?

Sara: Well, I was thinking of you, because I am planning to have a creative phase in the Autumn and I was thinking of creating works with words and with music—so really the best thing is to focus on all the positives really—whatever feels positive, in doing that (**of course** —). Put out the positive messages with words and music—

Use whatever creative abilities you have. You all have something in this lifetime which helps you to move forward. All I am saying is, never to focus on the negative elements, because then they become powerful, and it is almost like being on a downward spiral. Can you understand this, my dear friends?

Mark: Yes, because it sort of frustrates you (yes) if you can't actually physically do anything about it.

Yes and then the human emotions of stress, anger, fear, all come to the surface.

Sara: And fighting and combat encourages that, (yes—) which doesn't achieve the result.

Yes, we are speaking on a small scale, but I am speaking on a global scale—about the wars, the unrest, the diseases; and let us say this to you: How long in your history have you had disease and wars and strife?

Paul: For as long as we've known I think.

Yes.

George: I suspect that, as the spiritual self is strengthened, the immune system will take care of itself.

Yes, you will become more healthy of course; as I say, if the intuition is strengthened, then you know all that is happening around you—there will be no deceptions, there will be no lies. But each plays their part in this. So all I say to you, my dear friends, is do not hold onto these things. Offer it to your—whether you say 'God', Creative Force—you know I do not join with you in names, but offer it to that Divinity and all will be dealt with in the correct manner. What I do not want is for you all to become so absorbed in the negativity of daily living.

Paul: Yes, it's almost like—there are those, like journalists, who delve into these things—

Yes, and I would say that the innocents are those people who read and focus and take it all in inwardly, and who suffer. There are many who are suffering now (yes), because the details of all these things, create that negativity within.

Paul: And probably, when you are on the spiritual pathway, there are certain things that you just have to avoid a little bit—

I would suggest that the less you focus on your media, the better for your soul.

Sara: I find that it isn't compatible with creativity—watching the news (yes). Graham and I sometimes don't agree on that, because he likes to know what is going on—which is good—

There is nothing wrong with being aware. What I am saying is: Like the gift, you do not hold onto it. You must offer it to our world to be dealt with in the way that we of course, have better vision and foresight (yes). And I know that some of you will say, but if we do not do this or that, who will do it? Remember always you are spirit, and your utmost duty is to that soul. After all, this Earthly lifetime is for a short period of time. So does it not make sense that you do the very best for yourself, which then has that ongoing effect on others?

Sara: Make use of our own gifts?

Yes—yes. Are there any more comments?

George: Some of us, Salumet, make comments to our leaders—to members of parliament. This is seen as a system of influence. It is a chance to give what one feels is good suggestion to these leaders in our countries. I wonder if you have any comment on that?

Again my dear friend, yes, there is no harm in expressing your feelings provided they are expressed in love—as long as they are expressed in a way that is acceptable to all. If you are to express views in anger or anguish, do you not see that this is already a negative aspect to yourself?

George: Yes indeed.

Do you understand then, that if you are willing to help to speak for good by all means do so but do it in the name of love.

George: Yes—yes, that’s good advice. Thank you.

Yes, but again once you have stressed your point, then please try to let it go, for your own development. I know what I say is not easy for you as human beings living in this world, but you have enough knowledge now my dear friends, to think about these matters more deeply (yes). Yes, and I know—excuse my phrasing—I must seem like what you say, ‘a broken record.’

(Another of Salumet’s colloquial expressions at which we all laughed)

But it is necessary always for me to remind you.

Lilian: It is necessary, yes.

Yes, and I only wish that each one of you attain the best that you can, whilst inhabiting this Earth.

(Pause)

It has gone very quiet.

(Chuckles)

Mark: It’s easy to forget that cultural evolution takes a long time **(yes)**, and we’re very privileged to have you to help us move forward.

Yes, and although it may not seem so to any of you, progress is being made. There is progress, but there are always those who misuse power, as you well know. But I have to tell you that we in the spirit world are aware of all that goes on. So if you can keep this in mind, it will help you in your own struggles. Keep your view of the gift in your minds and it will help you.

George: I have a question sent in from our dear friend William that perhaps I could read to you Salumet? **Yes.**

George: He says: ‘The group that I am with, has a simple message, that unconditional love is the life-force, that we are this love, and need to recognise this, be it and to live it. Being kind is what is needed. This could not be simpler and is easily acceptable by all, religious or not. We have very eminent teachers from the higher realms, who stress the urgency of this message. We have been told that we will soon be ready for a big expansion, and are preparing ourselves for this. I mention this because I am interested to know if Salumet is aware of us.’

I am not aware of them as individuals, but I am aware of the expansion of love (yes), yes, of course. This has been something that has been told to human beings for thousands of years. That is nothing new—of course, love is the ultimate existence. But I have to say: those of you on this planet never know that pure love, until you come to spirit. But that does not mean you do not have to strive for it. In the striving you gain knowledge. But yes, I am aware of the expansion of love, which is slowly covering this planet. That is what I have just said to you—that there is progress being made.

George: I felt the question fitted in rather nicely.

Yes, it is just a reiteration of what I have said to you now. But, as a group, I am not aware. I hope that is helpful to you.

George: Thank you. I am sure he will like that reply. Do you have a question, Colin?

Colin: I am interested in what practical activities we can use to enhance our spirituality. Should we fast, should we isolate ourselves from others like in a desert area for a while. Should be meditate, should we pray openly—any other activities we can use to help us on our path?

I would say to you my dear friend, you are the best one to know yourself. If you find that meditation or separation from others is the best method of connection to spirit, then that is what you must choose. There are no hard and fast rules for this. But I have to say that to my dear friends here, I have always said to them, that meditation brings you closer to spirit, but where you meditate is entirely up to you. But you do not need to fast. You do not need to separate yourself from others (okay). There are some

false reports about meditation. Meditation is just a union of your spirit with those in our world (okay, thank you). I hope that helps you. Is there anything else to be said? You are all happy with my words tonight?

(Affirmed)

I did feel that we were going along the pathway of too many questions—too much to make the mind confused. So I hope, my dear friends, that this time has given you food for thought again.

(General agreement)

Paul: It's quite a relief almost—it feels very comfortable to *not* have to look into details that probably—yes, we don't need to know. There are so many things going on in the world that are bad perhaps, or negative. We need to focus on our own selves more, I think.

And of course, you do need to give the thoughts for others—there is nothing wrong with that. But just to do it and to let it go (yes). That is what you find difficult as a human being—that you are like a burrowing animal, *(Chuckles)* where constantly, you have to find more and more and more. And very often you end up feeling frustrated, because you do not get the answer that you wish.

George: And the world at the present time seems to have both political and—shall I say—wrong science diversions, that seem to attract our attention, but I think part of your message is: we've been giving these things too much attention.

Yes. Your world has always been very diverse—that has not changed over time. But, as human beings, you are in a stage of the evolution of this world where you have the opportunity to grow and to know yourselves much, much better. And it is something that you should not deny yourselves, because after all and again I repeat myself: You are spirit first and foremost. And the human garb is but a short living time. Anyway, I feel I have given you enough to think about. I am sorry if the lady feels that she did not get her answer, but I have to say she also digs too deeply.

George: But it's clear that it's a condition of the immune system (yes) and it's also clear that we can, in a sense, strengthen our immune system by concentrating more on the spiritual pathway.

If you find your spiritual intuition, the human body would be strengthened *so much more*. It is another aspect of learning how to cope with life; and the way to cope with life is to build that spiritual energy—not the physical body but the *spiritual being*, and in that way, the human element also becomes strengthened. You do not need your sciences to tell you that.

George: And it may be true that the immune system is being bombarded more by factors in our food and in our atmosphere—

Again, my friend, I interrupt you because you are beginning to look for answers, instead of offering these conditions to the great and powerful force which knows all.

George: Yes indeed—I was getting round to the thought that this is particularly relevant at this point in time—to seek that spiritual pathway and intuition and take that road.

Yes, you must put that to the front of your thinking—yes. And now I will leave that responsibility with each and every one of you. And of course, with your own free will, I cannot change what you wish to do, but what I can do is continue to remind you whilst I am still with you. Because of course the time will come when it will be time for me to depart (yes); not just yet I hasten to say, *(Relief at that with a few Chuckles)* but it will come.

George: Might I ask a question on that Salumet?

You may yes.

George: Light-beings such as your self could frequent *any part* of the universe—you are not affected by extreme hot or extreme cold—that is not part of your domain. You could frequent absolutely anywhere. To begin with, would that be a correct assumption?

That is a correct assumption. There would be no such thing as hot or cold or here or there. It is just existence.

George: Yes, thank you (**yes**). So if you wish to be at the centre of the sun, you could be there. What I was getting around to is: there has been reference in our literature to '*Angels of the Sun*,' and that led me on to the thought: would you have a preference, or would light-beings such as yourself have a preference for location?

I find that a very odd question!

(Laughter)

George: Well I am an odd person!

(More knowing laughter)

Yes—I have to say, I just AM—that is the best way I can say it to you. I have no preference of locations. I just am.

I do know perhaps, that one place I would not like to be for too long, is within this atmosphere now. Of course, but you understand that; and again, I can feel your curiosity and your questioning—but no, I have no preference of location—only to that place where I belong.

George: Well, one speaks of 'spiritual realms' — is that a location?

We are within the spiritual realm now.

George: Or are we being rather odd in—

Yes, you are thinking along physical lines again.

George: As if it is a location (**yes**). Yes, I understand! Thank you.

Are you clear on that? (Yes). Are you sure you understand that?

George: I think I understand that physical places— well, you're not within space-time, and time and place relate to space-time, really.

Yes—yes. You cannot make comparisons. It is too complicated.

George: Yes, because there are the connections, and we could never understand the full story.

There are many things, my dear friend, that you will never ever understand whilst you are human. You can access much more information in our world of course, where your understanding becomes greater; but even there, some people find that it takes much time to fully understand the workings of spirit.

George: Yes, thank you for that—and it does help enormously to just talk about it.

Now, my dear friends, I feel I have said enough for this time. I feel that there is much for you to ponder, and if there are any questions about what I have spoken of, next time then I shall be pleased to answer them for you.

(General thanks)

As always—and we will end on the topic of love—I leave you all cloaked within my love.

There then followed a rescue via Eileen. This, for once, was a rescue that was not at first identified as a rescue. There have been times following serious discussion, when one has joined us from spirit with laughter and jokes to lighten the mood. On this occasion we received an exuberant one who laughed most heartily BUT this one was in transition and came to us as a rescue:

http://www.salumetandfriends.org/resources/02_09_2013+rescue.mp3

Lilian: Good evening.

(Much loud exuberant laughter then followed from our visitor, with just a few occasional words difficult to make sense of)

Lilian: Have you come to cheer us up?

No I ain't—this is a nice group, isn't it, eh?

Lilian: We're all sat nice and quiet.

You're a bit quiet anyway.

Lilian: So you've come—

What d'ya mean?—I've come! I ain't been anywhere!

(All was shouted with over-the-top gusto. Lilian explained that we had had a very serious talk—'with one from your side'. This produced raucous laughter, and Lilian mentioned 'the spirit side'.)

Eh? I like spirits! Yeah, I like a bottle!

This produced much infectious laughter, while Jan said: 'It's a rescue Mum, and Lilian replied: 'yes I know, I've been thinking it'. But we had not realised at first, and the truth is we still remained rather uncertain. This one appeared to be happy/exuberant—and I don't remember receiving one at all like this before! Our visitor responded to Jan's voice:

Who's that? Who's that sayin' mum?

Lilian: That's Jan.

Who?

Lilian: Jan—Janet.

Janet? Aha! Ha! Ha! Ha! Haa! I know who you mean, yeah.

(The words were still shouted with much laughter in between and the conversation now included Jan)

Lilian: Where are you, anyway?

I'm in the tunnel—Ha! Ha! Ha! Ha! You know!

Jan: Are you in the underground?

No—I'm in the tunnel. You know—

Jan: Under the bridge.

Under the bridge—Ha! Ha! Ha! Ha!—something like that. Ha! Ha! Ha!

Jan: I thought you were in a pub for the minute.

Well, it's as good as a pub—let's call it 'The Tunnel Pub' shall we?

Jan: Have you got some bottles there?

Yeah, they're all empty now. That's why I was pleased to see old Danny here. I thought: ah she'll bring a bottle.

Lilian: I've got a bottle of water. How about that?

Oh! Don't give me water—you're lettin' the side down. Is it good?

Lilian: It is good—yes.

I'll have a try then.

Jan: A drop of whisky in it would be alright!

Whisky an' water—yeah. Nice bit of gin would be better.

Jan: How long have you been there then?

In this one?—I don't know—couple of years I suppose.

Jan: You live there?

Yeah.

Lilian: Oh I see. You're a man of the road.

I ain't no man!

Lilian: Alright, you're a lady.

I ain't no lady!

(More laughs)

Lilian: Did you ever think about what might happen after you die?

Yeah, there'd be no drink!

Lilian: There'd be no drink. That's true. But we think you may have passed on to spirit—I don't mean the drink spirit.

(It was explained that she thinks she is in the tunnel, but in fact she is in the living room of a house.)

No I'm not!

(There was more attempted explanation but our guest remained unconvinced)

George: You think you are still alive on the Earth, is that right?

Of course I am.

George: And you're not sitting in a chair?

No!

George: Well, if you put your arm to one side, you'll feel the arm of the chair that you are sitting in.

Lilian: You can feel that can't you?

Oh, my God!

George: It's not quite as you think—not quite as you remember.

Lilian: Did you ever think about what would happen when you die?

Are you saying I'm dead?

George: It's only the body that is dead. Your spirit is alive and you're thinking and talking, aren't you? That's your spirit body.

That's true I suppose. Oh my God! Oh my God! Where am I?

Lilian: Well, you're in my friend's house, and we just need to say to you that something has caused you to die, and you belong in heaven now.

I thought that drink was a bit off!

(Chuckles)

Lilian: Who would you like to meet? Someone who's died before you?

No—me old dog—Blackie.

Lilian: Well there you are—your dog will probably be waiting.

He was a dear old friend—Blackie.

George: You loved him.

I loved him—better than any person.

Jan: I bet he loved you too.

I can't believe I'm dead. What have I got to do?

Lilian: Well, you'll see a light ahead of you. You'll feel nice and comfy and warm.

That'll make a change.

Lilian: Well, there you go. But also I think you'll see your dog.

Blackie?

George: He's probably waiting for you. If you look ahead—look to that light. That's the thing to do.

A small light—only a tiny little light.

Sara: Keep looking at it and it will get brighter.

Lilian: Somebody might be with the dog.

Oh my God! There 'e is! There 'e is. He's coming now! Come boy—come on my Blackie! Aah!

George: Wonderful! You can move forward now and be with your doggie.

Oh that's wonderful!

Lilian: That's nice.

George: And I'd like to apologise to you—because we didn't realise at first that we were supposed to help you on your way to the next world. That's what's happened. We are just pointing out the way to you—helping you on to the next world—and you're reunited with your doggie.

And there was me thinking: this tunnel's 1969etting' very big!

(Chuckles)

Well! Well! Well!

(She then wanted to know our names—all twelve of us!)

It's lovely! If I'd known this I'd have gone years ago.

(There were fond farewells)

Sara: What's your name?

Charlie—not a man's name.

Sara: Charlotte?

Well, that's too posh, isn't it?—Charlie.

George: Enjoy your ongoing new life Charlie

Well, I don't know what to say—first time I've been lost for words.

Lilian: Well, I've been lost too—I certainly was.

Well you can come along too if you like.

Sara: Because you were so cheerful, we thought you'd just come to cheer us all up!

Why? What's the matter with you all?

Sara: Nothing—it's just that we sometimes have cheerful people come and talk with us from the other side.

Oh—I don't know much do I?

Lilian: There's a lot to find out but it'll be interesting.

Anyway, I'm going. Blackie wants to get going.

(Fond farewells and cheerios as Charlie happily move forward)

George's Notes:

POSSIBLE CANCER CURE: Salumet has spoken of diseases and in times past, how there are many herbal remedies; so perhaps recent work with 'cannabis oil' should be mentioned here. From 1851 this was in fact included in the US Pharmacopoeia and cited as beneficial in the treatment of more than 100 illnesses—until it was removed at time of prohibition. Dr Manuel Guzman at Madrid University has done recent valuable work. Cannabinols occur naturally in our bodies and it is the CBD (cannabidiol) part of the oil in particular that enhances the beneficial effect of bodily cannabinoids. In this context, cancers mentioned in the literature include brain, breast and bowel. There is much helpful information to be found on use of cannabis oil by Google search of the Internet; and the oil is readily available at reasonable cost via Amazon.

~9th September 2013~

Animals were included in our healing prayers this time, which seemed to attract this gentle one through Eileen:

Lilian: Good evening. Welcome to you.

Good evening.

(Pause)

This is like a peaceful garden. So quiet!

Lilian: You mean the room we're sitting in?

Yes, so peaceful. I was just wondering why you were speaking about the animals—and I began to wonder what questions you may have about these animals, because I too loved animals and in fact I work with some now.

Lilian: You mean the animals where you are or those back here on the Earth?

Both, yes—your love for these creatures doesn't diminish just because you come here. My love grew even stronger. But now I am involved with all kinds of animals and it is wonderful to see them re-united with those people who were kind to them—because there are many people today who are so unkind. And someone is telling me that YOU, dear lady, (Lilian) are of like mind to myself, yes? (yes). And it is painful to watch others be unkind, because there is no need. They give of themselves, these animals; they give so much and expect not much in return. So, that is my purpose in life, to see that goodness continues, that they are helped in any way that they possibly can be.

Lilian: And that doesn't mean just pets—that means all sorts?

No, pets are always ready to go to those that have loved them, and I know that you understand, other animals return to a 'pool' (yes). I know you know this, because I am being told that. But they do have a short time when they return to us, when they feel a great wave of love and affection for them (that's nice), and that is what interests me at this particular moment.

George: Yes, I'm afraid, on the planet here, we are very much a mixture when it comes to love for animals.

Yes, you as human beings seem to think that you are superior, and I do not understand that way of thinking.

Lilian: And I must say, neither do I (yes).

George: Yes, we are not that way of thinking in the group here.

I know—I should not have come otherwise.

George: Ah! And you are most welcome.

Yes, but it is good to see that others have as much love as I do for their animals.

George: It's a joy when we have the rescues through, and sometimes the one in transition is met by the animal friend (yes). It is lovely to see that reunion.

Yes it is wonderful is it not, that that kind of devotional love still exists after the passing of time—yes.

Paul: One of the problems with the animals in the wild is the loss of habitat, now on the planet. The rainforests and other places are diminishing.

Yes, that is true, and I'm afraid that mankind has to take some responsibility for that (yes). I think there is a knowledge afoot now, where they are beginning to realise that you cannot interfere so much, but of course, that is too late for those who have gone. But nevertheless, if there is progress and understanding, I could not ask for more than that.

Paul: Yes, we were talking tonight—we're on a road towards much better understandings and more spiritual ways.

Yes, well one would hope so, wouldn't you? That people would understand a little more—after all, you are intelligent beings—far more intelligent sometimes than SOME of the animals, although I know many dispute this—yes?

George: Yes, we have the capability of using our intelligence (yes). We don't always use it I'm afraid.

And I wonder why?

George: Well, one thing that is probably distressing to you, is the using of animals—rearing them for food.

Yes, I mean—in a perfect world, which I know you do not live in, there would be none of that, but as you know, your world is not perfect, which is all the more reason why you should strive a little harder (yes) for those in the animal kingdom, who share the planet with you.

George: Yes, perhaps there are a few more vegetarian people today **(yes)** and some countries are much more vegetarian than others.

Yes, I am not even so much involved in that as I am with the welfare. If an animal has been treated well, and let's say, some places do need to survive with the food of the animal, but they respect the animal in its lifetime, and they give thanks, and that is an entirely different matter.

George: They give thanks, yes **(yes)**. We understand this is very important.

Yes, for some, that is still necessary today. But it is the understanding and the love that they must give—that is what is important. Do you not agree?

(Affirmed)

George: Yes, indeed. We've evolved from a past which has depended more on animals **(yes)** for sustenance.

There should never be any distress or cruelty to ANY animal. In the same way, there should never be distress to another human being. If you practice that kind of unconditional love, your world would be a wonderful place (yes indeed) but I do not wish to appear too pessimistic—is that the word?—(yes) I do not wish to be that, because I can see perhaps a little further perhaps than yourselves, that there is a lot of good in your world. And that is what we have to encourage.

George: You can see progress—

I can see progress (that's good) and it heartens us all that this should be so.

Mark: I often think that horses don't get a very good deal here, because they put metal in the mouth to make them go the way they want to, and they make them race, for man's pleasure really. It seems like a rough deal for the horse.

You are a horse-lover—yes, yes. Anything that stresses an animal cannot be right, and it is up to you as loving beings, to get to know your animal friends a little more deeply, in order to understand whether this should be or not. It is entirely between you and the animal that is being used in such a way. But of course, no one wishes any distress to any animal, whether it comes from the higher or the lower animals, as you would say in your world.

George: And of course, we are very much indebted to some—the guide dogs do a marvellous job.

Yes, all animals do a job—of giving love! How many times have you heard of an animal saving a human being? (Yes!) You know—without the intelligence that man is supposed to have —they are wonderful! And I like the lady who was heartbroken at times to hear of the cruelty which exists in the world (yes), and—

Lilian: Yes, I was today actually. I read an article which rather stayed on my mind.

Yes, you mustn't let it stay with you. You must do something about giving out that love for the animals. That is all you can do whilst you are here. You know, you can protest and you can give love and to send out thoughts to our world to help is the most powerful love you can give.

Lilian: Yes, well that's nice to know.

Yes—anyway, I am told I have been talking enough. But it has been a great pleasure.

Lilian: It's been a pleasure to have you.

George: Yes, indeed.

So, in your coming days, just give a thought to all of the animals in your world—not just the beautiful pets, but all animals. And see if you can join and unite with them, in energy. Be at one with them.

George: It would indeed be nice to be more telepathic.

Yes of course, and that is something you can work at, is it not?

(General agreement)

Paul: Yes, we've been told this. We'd love to be able to blend with animals—connect with them, yeah.

Yes, you must try. I would suggest to you all, that you all give of yourselves sometimes, and just sit quietly and—I believe the lady used the word earlier about 'blending'—that is a very good word—'blending.' You may be surprised. You may come to know what it feels like to be a butterfly! Wouldn't that be marvellous? Or to be free like the birds in the sky!

(General agreement)

George: Yes, we had a very cold Spring this year, and the butterflies were late—it was such a joy to see them when they did appear!

Yes—such a short life span but a beautiful one.

Paul: Yes, it's wonderful to see them.

Yes, if only human beings could be like the butterflies—to open their wings and to fly freely, and to have no fear of anything. Isn't that a wonderful thought to leave you with?

(Agreed)

George: That's right! They have no fear. They go from flower to flower regardless.

Yes, yes—when you come to this world you will be amazed by all of these things—by the colours and the beauty of the animals. And I will make a pledge to you; that when any of you come, I will take you around and show you the beauty of it all.

(General appreciation)

George: That is something to look forward to. You have delivered a very good message to us this evening, and that will be passed on to many. Thank you for that.

You are very, very welcome. And now I really do have to go.

Lilian: Please come again if you wish.

Paul: Can we have your name?

It is Simone—Simone.

Following a pause, another seemed to be with Eileen:

Lilian: Good evening—welcome.

Hello there Dearie (hello). I'm not sure where I be at the minute.

Lilian: Do you know where you've come from?

I do, but I'm just not sure where I am at the minute. I see lots of houses—yeah.

George: Take your time.

Y'see, I likes coming back sir. I likes to come and have a little look.

Lilian: Well it's nice of you to call in on our group.

Well you see I can't be seeing you. All I can see is them old cobbled streets and those old tenement houses—and I just loves comin' back, just to have a little look

Lilian: Yes, was this in Yorkshire or somewhere like that?

No, no dear no—it's in London (London!). Would you like to buy some potions? Have you anything to sell? That's what I used to say to them Dearie. Come and buy my potions! I didn't live there mind—I lived in the country (oh). Got a horse and cart—enough food in me belly, and a little drink or two. Now ain't that good?

(Chuckles)

George: So you sold potions—

Potions, yes my dear.

George: So you were a healer?

Well, I used to tell them I was—not really—anything to keep the food—keep them away from it— I used to buy lots of things as well.

Lilian: Did you go to a market place or just house-to-house?

Just round the streets, my dear—yes. I used to change my name as well. In some streets I was known as Alice. In another one I'd be called Charlotte—'cos it seems a little bit better. And if I thought there was some action happening, then my name was Charlotte.

Lilian: So it depended on the street?

It depended on the street, yeah. Some gentlemen are kind and throw a coin or two, and do you know, I can't even remember what the coins looked like now? Isn't that strange?

Lilian: Do you remember the year?

Um—one eight something—one eight—I used to know.

Lilian: Who was on the throne—Victoria?

No—don't know that name.

George: Yes, well there would have been cobbled streets around 200 years ago.

Yes, that's right, it was cobbles. Sore they were on yer feet, unless you had a decent pair of boots.

Anyway, I just wanted to come back and tell you—no good reason—just wanted to tell you.

Lilian: Well, it's just nice to know what people did in those days.

Yeah. I had to dodge a time or two—buckets out the window.

(Chuckles)

That was a bit of a traumatic experience! But, at the time you just get out the way and don't bother, yeah.

Mark: What did you put in your potions?

Oh all kinds of things. I was interested in different herbs and things, but I never really was shown what to do—so I just made them up.

Mark: Did you grow them?

No, no, they grew naturally in the country, yeah I didn't grow anything.

George: So you enjoyed your life?

I think I probably did—yes. But do you know what?—when I went over, I decided I didn't want to be Alice or Charlotte, and I became Mary!

(Chuckles)

So you can call me Mary (right!). See, you can do whatever you like.

Lilian: How many horses did you have?

Oh, one old nag.

Lilian: Just one—

Just one.

Lilian: Have you seen that nag since you've been in spirit?

Yes I have yes—she's standin' right next to me now.

Lilian: Lovely!

Yeah—good old horse.

George: So you've got a different life now?

Different? I should say!

(Chuckles)

Different? Couldn't be more different sir—yeah.

George: So you've moved on from the cobbled streets and the horse and cart—

Yes I have—and not quite so—more truthful now sir—more truthful.

(Knowing chuckles)

Paul: You have to be, don't you? We've been told that everybody can tell if you're not being truthful, where you are—so—

Oh yes, and you know you're not being truthful when you say it, and then everybody knows—yeah. Bit of a shame really isn't it, to begin with?

(Laughter)

Paul: I'm sure we'll all find it a bit tricky to begin with.

Yes, but don't you worry—everybody's the same. Everybody's got little white lies they've told. I bet you have sir!

George: Well, we try to be as open as we can be.

(Laughs)

Oh dear, oh dear—I would have to be here and have a saint, wouldn't I?

(Laughs)

Ay? That's not good enough sir.

George: We can't claim to be saints.

Well, I know you bleedin' well aren't.

(Laughs)

That's right, isn't it?

(More laughs + agreement)

Paul: That's right, no halo's in here.

It needs a lot of polishin'—I know—I know. Anyways, I gotta go—so I'll say 'cheerio' from Mary, Alice and Charlotte.

(General thanks and warm responses)

George: Any plans for coming back to Earth?

Not likely—not yet!

George: You're having a much—

I'm enjoying it now—I've had the opportunity, an' I'm allowed one more opportunity, so I'll think about that seriously. But it'll have to be a good pair to come back to—and I'll have to have my horse. It has to be a life that includes my horse.

George: Ah yes.

It's only fair isn't it? Don't you think?

(Agreed)

Well I think so too.

George: The horse is still a revered animal—often a much loved animal and there's still quite a number about.

From what I know about your life here now, I think I'd rather be still back where I was. It was a hard life but it was a good life.

George: A good life—a logical life.

It was an easier life in many ways.

Mark: Less complicated.

(Agreed)

But for some, poverty was rife—not so good for those people.

Lilian: It still is in some countries.

Yes I know. I do know what's going on and I don't much like it, to be honest.

Paul: We're so busy now.

Anyway—nice talking to you all.

George: Well, thank you for coming through Mary, and you are welcome to drop in any time.

Agreement from all, but she wasn't going just yet

I think I'd be more a Charlotte here. What d'you think? D'you think I should be Charlotte here?

Lilian: If you like.

Mark: Whatever pleases you—yeah.

Right, that's it—I've decided—yeah. I'm Charlotte here.

Mark: Okay Charlotte.

Off I go.

Lilian: What was the name of your horse, before you go?

Didn't 'ave a name—just 'horse'

Lilian: I see.

Should it have had a name?

Mark: No, you were very well connected with your horse.

Yeah, just old boy or gal—no old gal, wasn't it—you're gettin' me confused now.

(Chuckles)

Lilian: Well, thank you for coming.

And you've all got shoe leather on yer feet. That's good today, isn't it?

Paul: Yeah—shoes are okay today, I guess. That's improved.

It's better than bleeding hurting yer feet on pebbles!

(Agreed)

Anyway, I'm waffling. Is that a word?

(Agreed)

George: It's good to have a nice waffle!

Okay—where did I get that word from—waffle? It doesn't matter anyway.

Lilian: You must have heard it somewhere.

George: Anyway, if you do come back to Earth again —

What, as a waffle?

(Laughs)

—perhaps you could ride a horse in the Epsom races!

No, I wouldn't do that to my horse. He'd just be a friend.

Mark: That's the way.

Anyway, they've nearly got me by the scruff of the collar—got to go—cheerio.

(Farewells voiced to Charlotte. Eileen said after she'd departed: 'scruffy but so likable'; and Eileen was aware of cobbles, no pavements and the tenement buildings.)

RESCUE WITH VERY LITTLE SPEECH: Eileen gave the name of Alan Shelby and then began feeling sensations around the head. This turned out to be a rescue:

Lilian: Does someone need some help? Can I help?

Who just touched my back?

Lilian: Is your name Alan?

Help me.

Lilian: Are you worried about your face? I'm here to help you. If I put my hand on top of your head, all those problems will go away.

(Unintelligible faint sounds)

Lilian: If I put your (Eileen's) hand to your face, you will know it's okay; and your whole body's okay. And that's because you've passed into spirit. You've left that wonky old body behind and you've taken on a brand new one. You can talk perfectly. Perhaps it will take a little while.

(Sounds of great agitation/fear, followed by gentle reassurances from Lilian)

Where am I?

Lilian: You are with friends who are trying to help you. That's what we do. Hopefully we have helped you a little bit. Thank you for talking. Did you realise you had died?

Yes—frightened.

Lilian: Well, you'll feel nice and warm and you'll see a light ahead of you; and slowly in that light someone will be waiting for you. And when you go through that light, eventually you'll be absolutely perfect. Can you see the light? **(Yes)** Good, and you'll feel terrific love coming towards you. In other words, you're going to Heaven—to start a brand new life. Do you see someone?

After a short time Eileen returned. She had never had one quite like that before, explaining that the two sides of her body felt entirely different. She felt the head had been split in two, accounting for some strange feelings, like having her two sides put back together.

~16th September 2013~

A quietly spoken lady addressed us via Eileen:

[http://www.salumetandfriends.org/resources/16t_09_2013+sara+journey\\$2Bintro+thru+Eileen19mins.mp3](http://www.salumetandfriends.org/resources/16t_09_2013+sara+journey$2Bintro+thru+Eileen19mins.mp3)

Lilian: Good evening, welcome.

May I speak as a friend? The purpose of this evening is that each one of you should grow from the meditation that you are about to undertake. There is a gift for each one of you in as much as you shall, or should, recognize a loved one who has passed, and you should feel or hear or just be aware of their presence. But firstly we would ask the dear lady if she is prepared to do and take you on a journey?

Sara: Yes of course.

Yes—no matter what this journey may be, afterwards you should become aware of those who are here to greet you. It may not be the one you wish, but I can assure you there is someone for all of you.

Lilian: That we should recognize?

Of course, yes. It is our way of saying 'Thank you,' to all of you. So, I will leave you with those words. I have delivered the message to you, and I will now allow the lady I am using to be part of this evening.

(General thanks)

George: It's a wonderful gift that you bring to us. Thank you very much.

You must just try to see your auras grow in meditation, and it will enable those people to come closer to you. And I thank you, and—good evening.

Pause, then the meditative journey via Sara:

We are going to go on a colour journey this evening and I want everyone to reflect on the qualities of some of the colours I am going to talk you through. As I talk about the colours, I would just like you to try to feel—imagine the colour and try to feel yourself surrounded by that colour, so that you are drinking it in—perhaps swimming in it; whatever is easier for you when you visualize it.

So I'm going to start with the colour RED. I just want you to feel the strength of this colour—feel a big cloak of red around you. Think about the qualities of this colour as you imagine it in your mind. Think about strength, light, courage, boldness; and you can imagine that courage in different ways perhaps—perhaps a physical courage—get up and go; the courage of saying what you want to say. Very often we think a thought, but don't always say it. Sometimes it's because we haven't found the right way to say it. But there is often a way that we can say what's difficult. So red is the colour of strength, it helps us when we need it—if we can't face doing something, the red might help us to get on and do it.

Now we'll move onto ORANGE. It's a very vibrant orange—the colour of an orange. And imagine that in a cloak—a lovely velvet cloak around you—surrounding you. Think about joy and laughter and sociability, and the openness of sharing a joke with someone, and pleasures that we can enjoy—all of the human pleasures. Think about the qualities of orange—how it makes us feel. It's a colour of fun and enjoyment. Think about all the things in the day that we can enjoy. Many things that sometimes we don't think are enjoyable can become joyful when we laugh and share our laughter, or when we smile and share what's making us smile with others. So when we are open with our own joy, it causes it to build as we share it with others—and what's funny to us, sometimes becomes even funnier, when we share it with other people.

Moving on to YELLOW—again, it's a very cheerful light-giving colour. And it's often associated with wisdom. And again, we help other people so much when we share our own wisdom—things that we've found difficult but we've learnt from—so vital lessons learned. And when we share what has been part of our personal journey, it means more to other people and they usually listen. So yellow is often the wisdom that we give—the light that we give to others—and it's that openness again, that willingness to be open. And trusting and knowing that we are all human. Nobody is better or worse than us—we are all equals, so it's actually safe to share our learning experiences at times, and when we do—when we use that intuition and we decide to do it, it usually helps many people, because we tell one person, and they pass it on. And so we give—we share the light. And it changes our lives, and it changes other people's lives.

And going onto GREEN—imagine a beautiful green. Think about your heart and nature, and feel the beautiful soothing and healing qualities of this colour. Think about leaves and trees—nature's energy. Perhaps as you touch a tree, or hug a tree; think about that connection with all of nature—the connectedness that you feel—to people, to trees, to animals, to plants, to all of life. And feel a natural soothing, healing nature. And how much we feel our true selves when we are surrounded by it—how much stronger we feel when we absorb the energies of nature outside. So breathe in some of that green. Breathe in that lovely healing green.

Moving onto BLUE, think of a nice bright blue—think about how we communicate our truth to people. Think about all the different ways of communicating. Think about how uplifting it is to communicate beautifully with others, as if flowers or something beautiful is coming out of our mouths when we speak—as we see the best in them and acknowledge their gifts and their strengths and what they are here to give. Imagine how healing it is when we speak words of beauty to others. And then of course we draw that beautiful speech to ourselves—we attract it to ourselves—the nurturing, nourishing, thoughtful ways of communication. Think about the sweetness of pleasant communication. It can be very simple sometimes—like a happy child. Happy children usually communicate quite simply, but usually very pleasantly with others. So that what they say is uplifting and encouraging and nurturing. Think about the DEEP BLUE now—the deep blue of intuition. We don't always use words—perhaps we send our thoughts instead, by telepathy. Think about the beautiful ways of communicating telepathically

with others. Perhaps they are not with us and we can't speak to them. But we can still send them loving thoughts and wish them well. Think about the intuition that we use when somebody comes into our mind—out of the blue we think of them. Perhaps it's time to send a communication or speak to them or invite them, or just simply wish them well in your thoughts. But it's good to follow through on our intuition.

Think about the colour VIOLET. Think about the purifying feeling of this colour. Think about how it evokes feelings of dignity, majesty and perhaps mystery too.

Think about the colour WHITE now—the purity of it—perhaps you can imagine snow—snowy landscape, or perhaps a white cloak. Feel yourself being cleansed by this white. Feel the white take away anything—any thoughts that you don't need any longer or don't serve you. Feel it wash them away—anything that you do not wish to carry with you, as if you are having a bath in this white light.

(Pause)

Now as you sit quietly, see if you become aware of somebody that you know.

We sat quietly and then discussed our various impressions

~30th September 2013~ SALUMET

Meetings: There was no meeting last week and there will be no meeting next week. Eileen has a family holiday break and three of us plan to visit the Bosnian pyramids—so there may well be something to report on that! <http://www.salumetandfriends.org/resources/30th+sept2013+salumet.mp3>

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always, I am happy to join with you once more, my dear friends.

George: And we are most happy to receive you Salumet.

Lilian: Have you been listening to our conversation this evening?

Of course, I am aware of you all and what is happening before I join with you—of course. And yes, I gather that this time there are questions for me. So, if you desire, that is what we will do this time.

Lilian: I think George has got one ready.

George: Um, yes—thank you Salumet. I have recently been reading a book called: 'My Silent Pool' by Maurice Cottam—and a great deal of what he says is in line with what you have told us. He has sat in on occasions with a group such as this and he has had a number of personal experiences. However, there are several items that I would wish to speak with you about for clarification. One thing he says is that when the soul aspect returns to Earth for another life, it divides. He infers that part of the soul aspect remains in spirit and part of it returns for a further life. It may be that he is really meaning that soul-body remains in spirit while the aspect returns to Earth. Would you please clarify that for us?

I will. Yes, you have to be aware of personal descriptions, and it is an easy one to answer for you. Of course, when an aspect of the soul decides to return, then that has already been indicated and agreed by that soul aspect. When it is said the other part of the aspect remains in spirit, that is what is happening—it is a confusion of words—that is all. You understand?

George: Yes, I rather felt that might be it.

Yes, it is confusing in as much as it contains the only way that the writer can explain (yes). And at this point I would wish to say to you, my dear friends, that when it comes to *truth* and accepting what is right

or wrong, you have to decide for yourselves. When first I came to you, did I not say to you that there were many contradictions in your world?

George: Yes, you did.

—Both spoken and written. What I will say to you once again, is that when you find your own truth—that is the truth that you must accept. And that is not by accepting the words of another, but by *'feeling'*. If something *feels* that it is the truth, then my dear friends, I would say to you: then you accept that as truth. When I came to you first, I told you that the contradictions in your world were not lies or fabrications but only what one being is able to accept and to give as *their* truth. It does not mean it is wrong or trying to deceive, it means only that for that communicator that is as much as he has learned (yes). Do you understand?

George: Yes, that is very clear.

Jan: Or even as much as they are able to express on paper. It's the written word is not the same as what's in your heart—it's very difficult to put it all into words.

Yes, but I would suggest to all of you that each one of you knows when the truth is written or spoken.

Paul: Yes, it either feels *right* (**Right—yes.**) as you say, or it doesn't quite feel right. Yes, it's as simple as that.

And on those occasions, just leave what you cannot accept, until such time as you recognise it to be *Truth*—because there must be many instances within your world where you believe in something, and as you grow and find more experience within your world, those thoughts alter to something else. You understand (yes). Yes, so that is what you must do, with any written word or spoken word. And I also have told you, my dear friends, if anything that I speak to you about is not acceptable to you, then that is fine also. It is only when you are ready for certain truths that they will be accepted. So I hope that clarifies for you some of these things.

George: Yes, thank you Salumet. Returning to this gentleman—he seems to have had mind transportations to other planets, and they take the form of him finding himself on another planet and observing it through the eyes of another being. My *feeling* is that yes, he has actually done this. I wonder if you would wish to comment on that?

There are in your world many happenings that are not easily acceptable to others.

George: —Or, I guess described by one.

—Or described by one—yes. What I would say on this matter is that we already know and accept that mind communication is possible (yes). You know that within this room (yes). So, that is not a problem to you, but what you have to be a little wary of, is that he could actually take himself to another being's body. You can only attain this if you are in fact spirit. So I would say at this point to be a little wary of those words. But if that is what he feels from his mind, then that is acceptable to *him*. But I would say that mankind, as human beings, you can easily fool yourselves.

George: I think you are saying, be wary of the detail of his description.

Yes, exactly, I would be a little wary. But, as I have said, at that time that would be his own feeling of truth. But the time will come perhaps when he will remove himself from that way of thinking and move forward (I see). You understand?

George: Yes, thank you for that.

But yes, the mind communication part is fine, as you well know.

George: Yes, and I am happy—how shall I say—that he has moved away from his own body and finds himself elsewhere.

He can be elsewhere, but he cannot enter another being's body, unless he himself is spirit. That is the doubtful aspect, you understand?

George: Yes, thank you.

Yes, have you any more questions?

George: That covers that for me—anyone else?

Mark: I've been listening to a speaker known as 'Bashar', who is supposed to channel an extraterrestrial being. He was speaking about pyramids and saying that the older ones were much more superior than the ones that were built later. He has said that the ways of making them were gradually forgotten, and they tended to be made much more mechanistically later on—and they weren't so well aligned as the old ones. Would you have anything to say about that?

I would say only that I totally agree, because as time has moved on in this planet, in this time, that as I have spoken previously, mankind has been amiss of all of the knowledge and happenings that he could quite easily evolve into. Mankind has lost much knowledge, and the connection with other beings was of course much stronger when mankind, even in primitive times, as you would say, was in fact spiritually stronger. So yes, your question, my dear friend—I would totally agree with what you have said. (Thank you.)

George: Yes, well that's very interesting. Three of us will very shortly be travelling to the Bosnian pyramids, and there we shall experience a pyramid which, as you suggested, was built around 35,000 years ago, and that will be an interesting experience for us.

I will see that you are safely returned to us.

(General appreciation)

Jan: Do you have a new teaching for us Salumet, on this occasion?

Not on this occasion. Are you waiting for me to speak?

Jan: No, I was just wondering if there was a new teaching that you might bring to us.

Yes, I will eventually bring you more, but we are coming to a stage where my teaching for you will become more limited.

Jan: Oh I see, as we have to do it ourselves.

Yes, of course, that is why we have evenings when I have said to you, or allowed another to say to you that it is for your own development—yes. Each one of you has to develop, yes.

Paul: Yes, we've got so much to look at, from past times to digest. All the transcripts—all the information that has been given **(yes)**—it needs to be processed more.

Yes, it is all too easy for human beings to forget. And yes, as I have said this evening, I have repeated words that I have already used. So really, you could have answered those questions quite easily. You understand?

Paul: Yes, I think that's important—to re-read and re-listen to the earlier teachings **(yes)**. And think about it more carefully and everything.

Jan: The answer to the first part of George's question—each one of us already knew the answer.

That is what I am telling you, but you doubt yourselves. Still you feel you need to have confirmation from me (yes) and that is not always true. So I reiterate the same words, and of course you go: 'Oh yes, I remember!' When you should have that knowledge at your—what you would express as *fingertips*.

Jan: Outside of this room, I think the confidence and the knowledge comes easier than when we are all together **(yes)**. It's a strange one, but the answer comes through quicker if somebody else asks **(yes)**. But once we are in this room, I think we're slightly hesitant to give each other the *wrong* answer, just in case—

But again, each one of you knows your own truth; that is what I am saying to you this evening—that you already know the truth. I am not telling you anything that is not already known to you.

Jan: No, I wonder if that's why, if we were each asked the same question outside of this room, and we had a sitting, and we each answered that question individually, in our heart and in our soul, the answer that we're giving sits perfectly okay with us, but each one of us would describe it in a totally different way—but the answer is still the same. That's how I feel it happens sometimes.

Yes, each one of you are individual (yes), each one of you think in different ways—

Jan: So if we gave the same answer, it would be rather mechanical, it wouldn't be spirit if we gave a regimented answer, would it?

Of course, yes, you would become one of what you term 'clones' (yes) and that is not the intention (no). Those of us who come from our world, our intention is that you firstly know truth, come to know what your own truth is—that you expand your spirit whilst upon this Earth. It is all very simple, it is only you as human beings that complicate things and forget that in the main you are spirit first and foremost (yes). So I would suggest to all of you, my dear friends that you go back to those early words, as our dear gentleman friend has said, and think about what you have been told.

Jan: Yes, that's good advice.

George: Yes, I must say I have been doing that for the past few months for different reason. We have another book which is virtually complete, and I have reached a stage where I have been re-reading everything through to ensure so far as I can be aware that it is correct. And in presenting the material to others I have made as many connections to facts that I know will be acceptable to the world **(yes)**—material facts. There are many connections between what we have learned about spirit, and what we have learned about pyramids, and what we have learned about many things here and it's been a very good exercise for me personally, and to a degree it has been a 'revision course'. And I should conclude by saying: thank you very much for so much information Salumet, over the years, and making so many connections for us, which has added to the information. Thank you!

Without you all, my dear friends, my mission would not have been 'well accepted,' shall we say. I came to you in honesty and truth and simplicity. Those were my aims when first I came to you, and I hope that each one of you feels that the simplicity of my words resonate with your own truth.

(Affirmed)

There is so much said in your world that is down to the ego, and that is what you must try to avoid, because spirit is not egotistical, it is not a pride. It is simple and it is pure and it is the truth; and the words that I have brought to you have come from a long journey of soul expansion. So it always gladdens me when I have been here with you, my dear friends, because without your help my mission would have been impossible. So it is for *me* to thank *you* and not the other way.

George: Ah—I can well accept that it runs in both directions.

Yes, it is a two way.

Paul: The teacher has to have pupils—

Who are attentive, yes, and a teacher also needs pupils who *can* remember!

(Spoken with a subtlety that evoked laughter)

Sarah: And the simplicity of it does make it a lot easier **(yes)**.

Jan: I think we are being quite hard on ourselves because we *know* that we remember an awful lot, but it's our *recall* that can be slower; but like Salumet has said to us, time and time again, when you sit quietly, those answers are all there.

Yes, there is no knowledge that you cannot attain—yes, you are correct.

Jan: We are just bombarded with lots of other information during the day, and it takes time to decipher the good from the bad—

And that spiritual aspect of you can help so much in your lives here. That is something that most people still do not understand (no). You do not utilise the knowledge *you already have*.

Jan: I think I can speak for the whole group—I would imagine, that all of us during the day, without fail every day—I can only talk about people in this group, I'm not generalising—we think in a spiritual way more than we did 20-years ago. (*General agreement*) Much more—it crosses our minds many, many times during the day—it certainly does mine. (*General agreement*)

I hope that that is so.

(*Agreed*)

Paul: We just need that—

Jan: —Reminder.

Paul: Going through some of the teachings—I was reading one in '98 recently, about *consciously* putting the spiritual things *consciously* into practice, (**yes**) and that really hit home again. There are so many distractions in our daily lives and yes it's true, our own free-will is allowing it, It's a shame that there are the distractions, but that's where we are, that's our reality—

But you must always remember that you are master of your free-will. You must not blame free-will. You have been endowed with free-will, but you can still master that free-will at all times.

Paul: Right, and this idea of *consciously utilising* (**yes**) this incredible power of thought, in ways in which we are probably not aware that we can utilise it, to deal with every single issue that comes up—it all comes down to *thought*.

That spiritual side of you should be innate; it *is* innate within you all, and so it should come to you easily and freely, each day of your living. But I know how much you have tried, my dear friends, and for this I am most grateful. But for now, I am going to leave you, to allow any others to come if they so desire.

Serena: Could I ask one question please (**yes**).

In the Shamanic tradition (**yes**) they bring back parts of the personality from other realms and other regions. Is that similar to the rescue work that we do here?

A similarity in that they bring back personality?

Serena: Parts of the personality that are missing—in shock—when people have had a shock and part of the personality goes elsewhere.

Paul: Like 'soul retrieval' is it sometimes called?

Serena: Well, I'm not actually sure what they call it, sure to be honest.

I think I understand what you are saying, and yes that is a possibility. I do not say it happens each time—it is not as simple as that. But, yes it is a possibility that this occurs. But I would say, it is not like the rescue work that is done here. It is a separate issue. Does that help you?

Serena: Yes, thank you.

Lilian: Yes, I was thinking it didn't ring a bell with me.

Again, there is so much information for all of you on this Earth plane, that I can see why things become confused. And the way actions are described and words are used, it is a constant battle I feel for all of you to understand. I understand why to many it is a confusing issue. But again I say: go within—you have the answers.

Paul: Yes, you've really given us the tools that we need to unravel (**yes**).

Jan: We are back to your first statement, that if it feels—if it resonates within you and if it sits comfortably, (**yes**)

Paul: It makes it suddenly seem *easy*.

You are wiser than you think—all of you.

Jan: Yeah, we instinctively know what resonates and what you can just turn a blind eye to and I think that's a good instinct to develop.

It is your spirit speaking to you, yes. Always remember—always remember that you are spirit first. Those are important words to any human being. And there are so many in your world who lack knowledge and those words. And if only they could realise, their lives upon this planet would be much simpler.

Now, I will take my leave. As always my love stays with you, to uplift and to help you in daily lives. And with that, I will say: I look forward to coming together next time.

(Thanks + fond farewells)

Next, one spoke via Sarah with ponderous deep voice:

<http://www.salumetandfriends.org/resources/30th+sept2013+sarah+soul+connection+yaks.mp3>

I am quite sure that I have come to the right place.

Lilian: Are you sure you have?

I can feel that same vibration that was with us all when last we met.

George: Welcome to you.

Lilian: Do you mean in this life—as you are coming now from spirit from another time?

I am indeed talking of a previous time—yes.

Paul: Which time would that be then?

Excuse me—I must adjust.

Lilian: Yes, take your time.

(Pause)

When we were together, it was in a different land. It was a land of much diversity. It was rich in many ways, but the land could be most unkind. We were a group of nomads and we travelled many, many long journeys, but our knowledge of nature was intense and we lacked nothing. But the one thing we did lack was truth of many things. We were self sufficient but we could be most cruel.

Paul: Ah yes, without truth—

And it was because of our unkindness that we did not flourish in the way we should have done; and it is my mission this time to tell you that we have all had many more lifetime visits, because of this lack of understanding that we should have been able to conquer that first time around. But I have to say also that it is with joy that I return to you, because I know how much you have grown and that vibration that I recognised when I first came to you was the same but it is now much better.

Lilian: So as you came this evening, you felt that, as you joined us, or you knew that already?

I knew when I came through, I had reached the right place (I see—), but I was slightly—not confused, maybe bemused, because although the vibration was the same, it had very slightly altered, and this is only credit to you all.

George: Well, it seems that you are from a long way back in time, and this is a learning planet, and I think you are saying that we have learned.

You have most certainly improved a great deal since the time we were together, and it will be my pleasure when you come back, to have another reunion in spirit, and no doubt there will still be an occasion where we will meet again on this Earthly plane.

Jan: Do you remember how many we were in number approximately?

(Pause)

I am not quite sure that I can tell you. There were at least 40 or 50.

George: It will be wonderful to meet up again, and it gives us something to look forward to. It's difficult for us to visualise how we all reunite from such an enormous expanse of time.

Jan: At least 40 or 50 people have been through this group in one form or another, so I wonder how many more we've yet to encounter.

Paul: Yes, from various lifetimes.

Yes, but I would say to you that not all of those from our nomadic life have joined together as you and I have done.

Jan: So are you pointing specifically at people in this room this evening?

There were some from our community who were closer to each other than the rest of that community. So, although there are some more who were with us, and who are still shall I say, in that little clique, there are not many more.

George: What clothing was worn at that time? Did you wear animal furs?

We did.

Paul: Did we have many animals with us as nomads?

Yes—I think the name is yak.

(General recognition)

Jan: Could be in the Andes?

Paul: Yes, I can understand what you meant about the land being harsh—not being I wondered if perhaps were in mountain areas.

Lilian: Of course, there are groups that are still in those places. There were some on television some time ago, showing how remote they are.

Paul: Yes, there's a lot of yaks in Tibet.

(Pause—energy seemed to be fading)

I am going to retire.

Lilian: It would be nice if you could call again.

I will try.

George: Yes, I think the energy is going. Thank you so much for your visit.

Paul: Yes thank you and we will look forward to our reunion.

Next, one declared via Eileen that she was 'fed up!' This was a rescue that Lilian counselled:

<http://www.salumetandfriends.org/resources/30th+sept2013+rescue+7+mins.mp3>

George's Notes:

Book referred to: MY SILENT POOL – The Gateway to what the Bible calls the Higher Life – Our Evolution Forward – Maurice W Cottam, (2004).

Maurice is an unusual gentleman who I am convinced has presented his truth. On reflection, I wonder if some experiences that he presents are 'past life recall'. It would be fitting because one experience was as an 'ape man' of limited thinking. A question that then arises: Is it possible to have 'past spirit life recall' as well as the better known 'past Earth life recall'? And a further thought that I have is: Would the fact that Maurice has been previously struck by lightning facilitate easier slipping into brief past life recalls. Such modus operandi (in past spirit life recall) might possibly explain his seeing through the eyes of another. Perhaps there is more to be said on this.

Hannington Transmitter message of 1977: *Some of us in the group recall this ET message and we have in fact kept a transcript of it that was available at the time. It was a remarkable message, and the more recent misappropriation of moneys in the world is indeed a problem that has reared its ugly head! And of*

course, the Hannington transmitter that had the message superimposed for several minutes is within the UK Southern Counties crop circle zone. Recommended viewing and listening!

https://www.youtube.com/watch?feature=player_embedded&v=Bdw_ikz2hBY

~14th October 2013~

The one who spoke via Eileen was hesitant and with a quiet whispery voice. Some parts that we deemed not informative have been omitted:

Lilian: Good evening.

(Pause)

Are you speaking to me?

Lilian: Yes, you're very welcome.

I did not realise that you could see me. I thought I was sitting very quietly and looking at all of you.

Lilian: You realise you're using a medium?

Yes, I just wanted to look at you all and see what was happening with you all.

Lilian: Have you been to this group and other groups before?

I have never been here before. I have been to others though, yes.

George: You're very welcome. We are pleased to have you with us.

Thank you. I do not normally speak, so if my voice is weak please forgive me. It is not something I do.

George: Well, I'm a little bit deaf, so please forgive me—I may not hear every word.

(Chuckles)

I do apologise.

(And I moved a little closer)

Lilian: We noticed a change in the medium's face and could tell that someone was there.

I see! I wondered how you know.

The lady went on to explain that she had not felt the need to speak before. It was comforting to just watch to see what was happening:

To see what is happening SPIRITUALLY.

Lilian: And you can see more than we can—

Yes, I am really not interested in the physical side of you; and it's surprising what you do notice. Someone can be cheerful and happy, yet their spirit is a little dejected.

George: I guess you see very much more than we do.

VERY much more—yes. I know for instance that sometimes you allow yourself to become a little more tired than you should. I am speaking to YOU now.

George: Yes, I'm a little more tired than I should be.

—At times. You do not allow yourself enough rest sometimes.

George: Ah, enough rest **(yes)**. Yes, I am beginning to take note of the need for a little more rest at times. You are perfectly correct.

That's good, isn't it—yes.

The lady went on to explain her own feelings:

It fascinates me that, without a body, I can come and speak with you as if I am there with you; and I know well that I am not—I am spirit now. But it never ceases to amaze me that I can find a voice to use.

Lilian: So when you lived on Earth, were you interested in it then?

No.

(The conversation moved on a little further and I returned to the question of tiredness)

George: I tend to get carried away with interesting things sometimes, and very recently three of us travelled to see a pyramid and we walked about two miles on one particular occasion—across the town and up to the top of this pyramid. It was probably rather too energetic for someone of my age (82) but it was so very interesting and the energy seemed to come from somewhere.

Yes, and I think if you really WANT to do something then you should. But there is always a fine balance—not just for older people—for young people also. There has to be a time when you allow the spirit to rejuvenate itself (ah yes). And what you people on this planet do not understand is that you have to take care of the physical in order for the spirit to thrive. Sometimes I hear people say that spirit will look after me, but when you have a body, you have to understand that it is a two-way thing.

George: Yes, I can see that's very important.

It SOUNDS unimportant, doesn't it? But it's quite important really—I think anyway.

George: Yes, it has to be important that we look after our bodies, and we have sufficient sleep time for our rejuvenation.

Yes, every day you must allow yourselves to be rejuvenated. And I can see this now with some of you that although you feel quite healthy and energetic, spiritually I would say you are a little down—some of you in this room.

Jan: Yes, I know I am at the moment, yes.

Yes, but it's not to be worried about too much, because worry creates the same effect, doesn't it? And I know you all know this. So I am not telling you anything that you do not know.

George: It's always very nice to have the knowledge reinforced, especially when it comes from spirit.

Yes, and as I say, I do not usually speak and I hope you are understanding me.

Jan: Perfectly—thank you.

In fact the voice had become much clearer than the original whisper

It's most comfortable here. I can see why people would wish to come and converse with you, because it does feel good—the energies are good.

(A little more was said on that and on what some need to work on. Our guest hoped she was not being too personal)

Paul: We are pleased to have any advice because it's very difficult to notice sometimes down here—to notice our own bodies sometimes.

Yes, I know that some of you are very good at knowing other people, but when it comes to your own self, it's a different matter.

(Agreement)

Lilian: Do you need rest periods in spirit?

I do not personally, but those who come to us and are new to our life, still need to rest until the spirit body is strong, because just living a life here is enough to deplete the spirit a little—with so many emotions in your lives. As I have said, spirit and the physical are so intertwined that there has to be some reaction. That is why often you hear often that those who come to us, who have been ill, need time to recuperate.

Jan: Yes, we've heard that first hand on many occasions.

Yes, but people often say but spirit is strong, spirit is everything, but they do not quite understand the workings of the spirit body and the physical body together.

(There was some talk about reminding ourselves)

That is why you are human. We know you are not perfect, but what you have to do is to endeavour at all times to do your best. You cannot do more than that, and after all, life on this planet was never meant to be plain sailing. I believe that is one of your sayings, is it? plain sailing?

George: Yes, that's right. We read about past civilisations on Earth and how some were much more understanding of spirit than we are (**yes**). And this is a little bit frustrating for us sometimes.

I am afraid that as human beings, many, many of you have lost your way—but I believe I am correct in saying that that is all changing (yes), that mankind has reached the age of more knowledge and understanding of spirit—and all of that knowledge is within you; it just has to be nurtured, it just has to be found—and the best way, as I have said, is to rest the physical body in order for the spirit to flourish.

George: Yes, and the rest will help us to go within and find ourselves.

Yes, that is another way to say it, to go within. There are many sayings I have heard of, but they all mean the same thing.

Paul: Yeah, we sometimes have what we call 'tea breaks' throughout the day, but—

Tea break? What is a tea break?

Paul: We take five/ten minutes or so to have a break from our work (**oh I see**). It's supposed to recharge you, but I don't think it does really—we need to have regular rest and meditations—

I hear there is a little dispute with the other gentleman—

Graham: I love a cup of tea—I feel so much better for it!

So it is an interval for rest—is that what you are saying?

(Affirmed)

Yes, well I am speaking on a slightly different level. I am speaking of where your body needs of COMPLETE REST where your thoughts are put to one side.

Graham: Meditation.

Yes, meditation. That is another word you use, is it not?

(Jan then referred to an article read, about society taking less sleep—by means of alarm clocks etc, we are depriving the physical body of its sleep needs)

I wonder if I may put a question to you?—not a question that is something to think about. How do you suppose ancient mankind managed to survive without the use of what you call clocks and other means of waking?

Jan: They looked to the stars and nature.

(Our visitor made a case for all being more natural—they slept with the night, they awakened with the sun. But modern mankind no longer waits, but rushes into everything)

Jan: As a race, if we gave ourselves time to think, we are all actually looking for peace, but it's very difficult in the modern world the we live in with its technology, to find that inner peace.

Yes, but I have to say: that inner peace should be with all of you, and in a little way, I disagree that it is impossible, because you are the masters of your own body. The Great Creator has given to us all a perfect body.

George: Yes, I would like to see less mechanisation and more people involved in agriculture—that is closer to nature—growing food crops. I would like to, in a sense, turn the clock back to when we had less machines doing that kind of work; so that more people have the opportunity to work with nature, and my feeling is that it would be much more healthy for everyone.

It would indeed be more healthy, but how do you stop the tide of evolution. You cannot turn the clock back so easily, but what you can do is turn back the clocks of your thinking.

Jan: What you are saying is very true. It's the individual responsibility to find that time, to feel that peace. But other people that are not quite as in tune, don't appreciate you taking the time. It would be very nice! ***You need such little time. Surely your daily clock—I believe it is 24-hours—what is 5-minutes?***

(This led to Jan declaring you have to give yourself permission because others do not. But of course we can make our appropriate plans, and Graham indicated that his best place for meditation is his garden shed, which is totally away from all disturbance.)

Jan: It's the greater populace who do not find the time.

But they will find it in their own way, in their own time. And if people such as yourselves—sow a little seed. It is the same as when you demonstrate to children. Children pick up very quickly what adults are doing, and it really needs I feel, to start at the most tender of ages, for small children to have demonstrated to them, those quiet times.

Paul: You're right. A lot of children need it even more than adults—everybody needs it.

Yes, but babies and small children automatically sleep more anyway—I think because they are still closer to us in spirit. Until such time as they grow and are influenced by parents and others around. So yes, you do all have responsibility. And I am not here to judge you all.

George: It's very good to have your observations. Can I ask: do you have memory of your physical life, or have you been in spirit a long time?

I do not have any memories left, none whatsoever, and only because they are not important

George: Yes, I can appreciate that.

And I do not intend to return. The opportunities are always there at some stage of progression, but my choice now, is to stay in spirit and to help whenever necessary, those peoples still here. I do not, as I have said, not often spoken when I return, but the dear kind lady was obviously aware of my presence.

Lilian: We are glad you have spoken to us.

I am very pleased to have joined you—and there is a beautiful feeling amongst you. And do not let anyone say otherwise. You have your moments when all is not easy in your lives, but you are blessed—dear people, you are blessed (with the knowledge?) With those who come to you, with what you are given, and just your beautiful spirits.

(General thanks)

George: I can understand the choice to continue in spirit—I can well understand that. I have recently been reading about some past civilisations; one in particular, called by modern people the 'Anasazi'. And they suddenly disappeared—like the Maya too; as if they made the choice collectively to continue in spirit instead of on the Earth.

Yes, that—that is not surprising. Does it surprise you?

George: It does not surprise me. It surprises a lot of people who are into entirely material thinking, and they conjure up ideas of drought and shortage of food (***yes***). I could well understand a collective decision of a highly spiritual race (***yes***) to continue in spirit.

Yes, that's a point. I understand that those that are spiritually ignorant, would find that most difficult, but, you know, we all have our time—we all have the opportunity to find that spiritual part of ourselves. That is part of the reason that all of you are here. I hear so often: it is to learn lessons, but what is so often forgotten, is that it is the time to find yourselves—your true selves. And that is what you are all doing here. And you are all doing it at different rates all the time.

George: Yes, I have only recently come round to the thought that the Anasazi and the Maya 'collectively found themselves'.

It is up to each one of you to find yourselves, and if as you speak, there is a race of people who are spiritually 'developed' shall we say, it is not unusual for them to want to continue in another dimension; and to carry on with learning, because that is what happens when you come to spirit—that you wish to learn all there is to know. And I'm afraid that, as much as I would like to continue speaking with you, the time has come for me to say 'goodbye—and thank you'.

George: Yes, I guess the energy is beginning to fade.

Yes.

(And the energy was clearly going)

George: Thank you so much for your visit. It's been so good to talk with you—so good to hear your words. And if you do not usually speak in this way, then you've done extremely well.

Thank you—I really must go.

(General farewells)

~28th October 2013~ SALUMET

http://www.salumetandfriends.org/resources/28_10_2013+salumet.mp3

Our meeting began with prayers for others as always

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

(The light was dimmed a little more to suit)

Thank you. Once again my dear friends, I am happy to join with you—to listen to all those thoughts for others, and I will also add: for each one of you—that you be loved and protected at all times.

George: That's very nice and thank you for seeing us safely back from Bosnia, if you had some part in that Salumet.

I of course was aware, but was not able to be with you. But I was aware of your visit.

George: Yes, wonderful!

I would say that anything that helps you to understand your world is always helpful (yes). But of course I am more concerned for the time upon this planet that is to come. That of course has always been our mission, to bring forth the truth; but also to help those that we have contact with, to enable them to see for themselves the goodness that abounds in your planet. Because, as you know, there is so much darkness still, and unfortunately for you all, that is what most people focus upon. But I am here to say to you, my good friends, that there are many advancements being made in your world at this time. There have been many medical advances made in this past year of your time. There also has been much more for your astronomers to see. There has been so many different occasions when new knowledge, as you think of it, but of course I do not—I would prefer to say: re-discovery of knowledge, to bring good to your world.

George: Yes, I am aware of the work of Dr Larry Dossey, who is doing great work in uniting 'spiritual matters' with 'scientific matters' and I feel that he is a scientist who is a 'cheerleader' in that.

There are many in your world who must be applauded for the work that they are attempting to do. Any work that brings knowledge about spiritual matters can only be good. I am sure you would agree.

George: Yes absolutely.

In your world at this present time there are so many concerns about your fuels, and I will say to you that much groundwork is being done at this present time that will enable more inhabitants of your Earth to have less of those worries. But that is something that is coming to you.

Sarah: That's good to know. Can I just say Salumet, when you mentioned astrology—

Astronomy.

Sarah: 'Astronomy'—ah right. Where does that fit in with the future of our planet?

It is just a new knowledge that helps mankind to understand himself. Mankind is a relatively small amount of energy, in comparison say to one universe. And mankind is beginning to realise just how small he is, in the scheme of all life (yes). In the same way as your universe is only part of the greater picture. And mankind needs to find himself, and I believe I have told you previously that that is the purpose of our mission; that mankind finds those spiritual gifts and makes use of them, whilst in your physical bodies. Too much time has passed when mankind has passed to spirit with virtually no spiritual knowledge that he can use. And that has to be changed.

Sarah: There is still a lot of hatred amongst mankind.

Yes, yes, there is always good and bad, but that is why it is so important for you all to focus on the good; so much more can be done if you are positive. I cannot, my dear friends, stress that to you enough.

Paul: I think that with a positive mind—yes—you can see that even though you can be aware of some of the problems—challenges that mankind needs to deal with; but there's so many very good things happening, with information that's getting out there. Good spiritual information is available, but it's only still growing slowly in outlets (yes). But there are new people getting interested in politics now. I was very happy to see new people trying to get involved in politics—a lady who normally writes spiritual books called Marianne Williamson is now trying to stand as a politician in America. I think people like that becoming leaders could broaden the debate more (yes), and bring these teachings through more easily.

You are quite correct. Spirit is working closely with those people who are almost 'pioneers' for spirit in this time, and of course, they are like the seeds being sown quietly amongst others. That will enable them to have that spiritual influence upon others. So yes, you are correct—there are many avenues open to these people, and I can assure you, my dear friends, that those of us who have come at this time, have been working hard to enable those who wish to, to work for the spirit. And although there is still much darkness, we will uplift you all—all of you who have taken that step forward to enable this world to be the beautiful place that it should be.

George: I feel that also there is much to be learned from these Bosnian pyramids. The news of this has been so restricted. I feel it's very important to have openness on this discovery—of these excavations. One of our photographs shows the 'energy orbs' within the tunnels and there is a wonderful atmosphere within the tunnels. We are aware that negative ions in the atmosphere energise—make one feel physically 'more alive.' The number of negative ions in normal fresh air is 1500 per millilitre, rising to 2500 after a storm, and one feels uplifted by this. But within the tunnels there are 16,000 negative ions per millilitre, and there is a wonderful feeling of energy there. And the people who contrived this arrangement within the tunnel labyrinth, have achieved this wonderful atmosphere which is still there. Their system is still working after 30,000 years! I feel that this is such important knowledge that it should be widely known, and part of our small mission in going there was to get photographs and information and spread the news.

Yes. I understand what you say. Let me say only this: that wherever there is a gathering of spirit then you will find the purest of energies. You know of course that energy cannot be destroyed and where you have a great amount of spiritual energy, the forces will be more strongly felt; and this is what you have experienced (yes). It happens in a number of places on your planet. Throughout time, mankind has felt this change of energy (yes), this upliftment, and I have to say my dear friend, I am always greatly impressed by your detail—let me say that (thank you); but I will also say to you that there are many who wish this knowledge to be imparted all around your world. It will, but the time is not quite ready. But I

will say to you: continue—continue to feel, and remember and to know of this spiritual work because it was indeed maintained to a great degree by spirit.

George: Yes, we have what is termed a 'Bovis scale' for measuring spiritual energy (**yes**), by a standardised dowsing procedure (**yes**). The values obtained within that tunnel labyrinth are quite high and have been compared to places like a Tibetan temple (**yes**). And by comparison, the values in the tunnels are in many situations very high.

Yes, it is almost equal, in a much smaller way, to the energy that is created within a room such as this, where there is spiritual energy—it is felt by many people. Some may not feel it but I can assure you, it is the same kind of energy, which is being used (yes). You understand that of course—that is a very small way to put it to you. But that as I say, where you have spiritual gatherings, you will always feel this kind of pure energy. That's what it is, it is the pure energy.

Sarah: That spiritual energy that George was talking about in the Bosnian pyramids—that's stayed there. Now in this room, there is spiritual energy when we're here. When we leave—

It is still here.

Now we used to go to Lilian's house—so the spiritual energy will still be in Lilian's room?

It will still be there but it will be a little dissipated, but the energy is there. But because the room was used in the way that this room is used with a small gathering of energy, it does not have the same impact.

Sarah: So you're saying that the—

—that the energy is still there.

Sarah: So in the pyramid there was a lot more (**yes**). I suppose you cannot give numbers?

No, I will not enter into those conversations, because it does not matter. What matters is talking about the energies and those involved.

Sarah: Yes, I was just wondering in comparison to our small group and that pyramid?

Well there is no comparison really.

Paul: It's interesting because it seems like those tunnels and the pyramids are—they obviously had much greater knowledge on how to construct and I think it involved water flows (**yes**) and crystals and—

—Because it is an understanding of the natural—natural things on your Earth.

George: Yes they managed to combine water flows (**yes**) and ceramic artefacts enclosing crystals.

Paul: So if we had that knowledge as well, presumably we would be able to improve the energies within a room, where we come together like this?

My dear friend, you could do whatever you wanted to, if your spiritual energy was in the right place at the right time. All of you, I believe I have spoken before—all of you have that innate knowledge. All of you know all about the energy of all of the universes. But you have to return to that knowledge—it has been lost by so many.

Paul: As you say it's within us.

George: Yes, we have to strengthen that link.

You have to first strengthen yourselves before you can become part of a stronger energy.

Paul: That's right and there's no point in *you* telling us (**no**) how to do it if we have the answers within and in going within, it strengthens it further so—

Yes of course, you have it correctly. I could tell you forever what you should do, but because of your free wills, it is entirely up to you all to decide for yourselves how *much* of your spirit would be used here. Do you understand?

Paul: Yes, it's all there for us—

I feel sometimes, you still think of yourselves as physical beings. You aren't my friends. You are physical beings in the sense that you are on this planet—but you are spirit first and foremost. And all of that knowledge is innate within you, to be used and used for the good.

George: Yes, one feels it more strongly at some times than at others.

Yes of course, being human your human lives affect how you feel and how you react—and how you think, but it is the spirit that decides what should be done for the good.

George: Yes, could I go back to something that was mentioned at an earlier meeting: the DNA that we have, as being an interface with spirit—perhaps I could put it like that. I was reading recently about the Anasazi people of North America. And they devised a system of 23 chambers connected by tunnels, and the whole arrangement is in the shape of a spiral. And each chamber has within it an artefact. I am led to believe that the people that we know as Anasazi understood about DNA, because they have constructed this arrangement in the shape of a DNA helix with chromosomes.

Yes, again it is a case of understanding energy. It is a case of those beings who are much more spiritual than those of you today, using the energy and gaining knowledge (yes). It is my dear friend as simple as that; we can have as many examples as you like about different areas of your world, but what it all comes down to, is that each and every one of you are spirit. You have lost a great deal of knowledge over time, and it is now up to each one of you, if you so desire, to regain that knowledge, to be used for the betterment of mankind.

George: That's a wonderful thought.

It is as simple as that. I could of course go into much dialect and intricacies, but that is not my way.

George: Yes, what I wanted to go onto was to point out that the Anasazi people mysteriously disappeared as a race, as did the Maya. And it just occurred to me that perhaps they made a collective decision that it would be better for them to continue in spirit instead of reincarnating on the Earth.

They were spiritual beings who had decided that they had something to do upon this Earth, and when that time was up they too returned to spirit—yes.

George: And that would have been a collective decision?

A collective decision—yes.

George: I can understand that.

Yes, that is—I do not like to use the word 'power', but it is the power of the spirit, when you can attain that degree of knowledge.

George: Yes of course, mankind thinking in a very material way—

Yes, I would always try to steer you from that way of thinking. I am always very simplistic in my views—

George: Yes, the errors of that way of thinking are almost laughable I feel.

Yes—but of course, you have over time, all of you gained a little more knowledge, I believe.

George: You have helped us so much in this.

Yes, and of course, what I would like you now to do, is that when you are faced with these kind of—how shall we say it—'old knowledge' that you wish to verify—stop a little and think a little and use that spiritual knowledge to find your answers—because you can. It is no easy undertaking, but it is one that you are capable of. I hope I have helped you to help yourselves, to find new knowledge.

George: You have helped us enormously Salumet, and you have also helped our readers in this.

Yes, whenever you can sow a new seed to another open mind, then that energy becomes more powerful also.

Paul: I remember when you said years ago that we are spiritual beings. Okay, we are in the physical bodies, but we are spiritual beings first—I didn't know how I felt about that back then, but now when you repeat

it, I am very *excited* that we *are* spiritual beings and it's almost a *relief* that we're not physical beings, and that we *are* spiritual beings. It just makes me realise 'yes' I do have a huge desire to be the spiritual being and move away from this physical state, and become more the spiritual being that I am.

Yes, it just shows you does it not—if you feel that difference within a few of your years, how much you have grown; when you can analyse that you are thinking in the physical sense too much—that you now feel spirit more to the fore. That is a great growth for you, my dear friend—is it not?

Paul: Yes, that's one of many, many benefits—that you've been coming for so many years now, and having everything transcribed and taped, we can go back and reflect and remind ourselves and see where we've come from.

Yes, when first I came to you on this mission, as I call it, I understood that it would not be easy—not only the entering to this kind of atmosphere, but difficulty in getting people to understand that they were still spirit and not human beings only. I never fully realised how difficult it would be—hence my repetition so often. But I would like to tell you this time, my dear friends, how glad I am that we met and that we have grown together.

George: Yes, we feel that gladness. (General agreement)

Now, I feel that for this time I must leave you. I leave all of you with the blessing of love, with the blessing of knowledge, with the blessing of friendship—until we meet once again, I leave you my dear friends, cloaked in my love.

George: Thank you Salumet—wonderful!

(General thanks)

A rescue followed via Eileen and counselled by Lilian:

http://www.salumetandfriends.org/resources/28_10_2013+rescue+S2812mins.mp3

George's Notes:

Medical advances: So much is happening. Improved application of computers, technology in medicine, diagnostics, robotic limb control—the list is really too complex for itemised listing. And understanding of body functions and treatments is expanding all the time.

Astronomy: We are learning from studies of x-ray emissions from 'Sagittarius A', our Milky Way's massive black hole, and there are informative studies of 'cosmic dust'. And then there is this recent article from 'The Daily Galaxy' e-publication:

Some of the world's leading astronomers – including Great Britain's astronomer royal, [Sir Martin Rees](#) – believe aliens, rather than using different radio waves or visible light to signal, may be using an entirely different communication medium such as ghostly neutrinos or with gravitational waves (ripples in the fabric of space-time) or using communication mechanisms we cannot begin to fathom.

"The fact that we have not yet found the slightest evidence for life – much less intelligence – beyond this Earth," said Arthur C. Clarke, "does not surprise or disappoint me in the least. Our technology must still be laughably primitive, we may be like jungle savages listening for the throbbing of tom-toms while the ether around them carries more words per second than they could utter in a lifetime."

Lord Rees, a leading cosmologist and astrophysicist who is the president of Britain's Royal Society and astronomer to the Queen of England believes the existence of extraterrestrial life may be beyond human understanding.

Well, we have a few answers that the astronomers do not have—but at least they are beginning to think round the problem that they have created through shunning séance and spirit!

Marianne Williamson: Author of 13 excellent books has officially declared her candidacy for the US House of Representatives.

Anasazi: So these spiritual people, having completed their Earthly task, collectively decided to continue their lives in spirit. Their civilisation had neither wheel nor metal tools, yet they felled massive trees, transported tree trunks over great distances and built impressive settlements, always with circular meditation rooms. They would clearly have used 'spiritual science' methods. Finally, in the side of a canyon in New Mexico, is the structure that resembles the DNA/ chromosome arrangement of the human cell. All has been hollowed out smoothly within the rock of the canyon wall. This has very clearly been achieved by means of 'spiritual science' method. To what purpose? Well, bearing in mind that the human DNA is a matter-spirit interface, it leaves me with the feeling that this has to do with their planetary exit. So perhaps this incredible piece of non-material engineering is a device for quick exit back to spirit. This thought is surely no stranger than the construction itself!

The subject of DNA came up at previous meetings: 5/03/07, 12/03/07 and 30/07/07.

~4th November 2013~

Firstly there were two rescues via Eileen and counselled by Lilian. Little was said by the first who was very tired and with facial pain. Eileen was aware of bandages about the face and down one side; the bandages making speech difficult. There was some hand communication. The pain was attended to and she was able to relax and move forward.

Next, Eileen became aware of a sheepdog sitting before her and sensed the name 'Bob'. The doggie was black and white, with more white than black, and did not seem to relate to anyone present. He continued to sit as if waiting for something. Jan suggested he was waiting for a further rescue. Someone said: 'Dogs don't need to be rescued do they?' Then one was with Eileen asking if Mrs Grimshaw was present:

[http://www.salumetandfriends.org/resources/4th+Nov2013+rescue-dog\\$26blind+man9mins.mp3](http://www.salumetandfriends.org/resources/4th+Nov2013+rescue-dog$26blind+man9mins.mp3)

Lilian: No, not Mrs Grimshaw—my name's Lilian. Did she used to help you?

I want her to feed Bob—feed my Bob.

Lilian: Ah! Bob belongs to you!

Yes.

Lilian explained we had been discussing what kind of dog he was

It's a sheepdog—you can see it, I can't.

Lilian: You're the one that can see him now.

No, I can't see anything my dear.

Lilian: I guessed that—you can't see at all. But you can, because you've died, and your eyes and everything else will be fine.

No my dear—I can't see you my dear.

Lilian: You think, because you were blind—

Yes.

Lilian: What do you last remember? Waiting for Mrs Grimshaw?

Yes—waiting so's she could feed my dog.

Lilian: I see.

He's hungry.

(A few more words and Lilian was saying: 'If you put your hand forward you can feel your dog.' Lilian again attempted to explain that the lady had died, but she remained insistent that he be fed, and declaring that she was not going anywhere without her dog.)

Lilian: He is waiting for you to see him, perhaps for the first time. Was he a guide dog?

(He was not)

Lilian: He's sat right in front of you. Did you ever think what happens to you when you die?

Of course I did.

(Lilian explained that you start a new life)

No I don't believe all that.

Lilian: I'm afraid it's right.

How d'you know?

Lilian: Trust me, I know. After you died Bob eventually died too. He knows where he belongs, and he's been waiting for you. So he goes to spirit as well. It's a lot to take in, isn't it?

Yes.

Lilian: You feel fine?

I feel great.

Lilian: And also you can see.

No I can't see.

Lilian: You can. And ahead of you now, you can see Bob waiting for you.

If that was my Bob he'd be barking by now.

Lilian: Well you tell him to bark. He's probably trying to smile at you—wishing you'd come along—so's you and him can be together.

(And at this point the lady was indeed able see with the eyes of her spirit body and was clearly much overcome at seeing her doggie for the very first time)

He's beautiful—beautiful!

(And they both very happily moved forward together. And Eileen needed a tissue after the tears of that happy reunion!)

Next, the chair creaked as Eileen's sitting position changed:

Good evening. It is I Emma.

<http://www.salumetandfriends.org/resources/4th+Nov2013+emma+6mins.mp3>

(Delighted acknowledgement from all)

Lilian: Nice that you are with us again.

George: Yes, I wondered actually, because you always sit with a straight back, but this time I wasn't quite sure because you didn't seem to disport yourself in quite the usual way.

I was awaiting the welcome.

George: But you are most welcome, obviously.

Thank you, you are most kind. I thought perhaps you would like an update on my work.

George: We would indeed.

(General assent)

You know what I have been involved in—and I have to say that it is much easier from this side of life.

Lilian: Is it?

Of course yes. It is quite easy to go from country to country—quite easily, in the blinking of an eye.

(Clearly understood and acknowledged by all)

And I am very pleased with the progress being made, I really am. There are many issues to address of course, but there are many helpers also from this world, who endeavour to do whatever they can. I have been involved in much work, and there, young women, especially in India where my heart is at this time, are becoming stronger—stronger in their outlook, stronger in their views.

Lilian: Yes, we do hear things about trying to help.

Yes, we can only TRY to help of course, and I have to say: we are succeeding. And I do not say that with pride, but I say it with encouragement.

Paul: Yes, I was going to say: with happiness, no doubt.

George: And no doubt it gives great pleasure—happiness, yes.

And then of course I have worn my hat this evening to visit you all.

George: You love your hats.

I do like my hats, and it is a mark that you will always recognise me by.

Sarah (who usually manages to sense Emma's hats): It's quite a small hat this time isn't it?

You think so? I thought it was very appropriate. But thank you all the same.

Sarah: But very nice.

But that isn't significant is it not, compared with what must be done in this world.

(Agreed)

Paul: Are there any particular countries at the moment that you are working with?

Well you know, it is so easy to travel the world—I can go from place to place in an instant. But yes, I am working in Africa a lot at the moment. And I think you will find that in time to come, these things will be told to you through your media (ah!). ***It is something to watch out for.***

George: Yes, our media are a little slow sometimes to pick up the real news.

Yes, but do not be too harsh. They do have agents that are there.

George: Yes indeed.

But anyway, it is quite a short visit but I hope you are encouraged by my words.

(General agreement)

Sarah: I was just thinking, the Arab women seem to be getting stronger too, don't they?

Yes, we have also been influencing the men, because they may have to change their attitude to women (yes). ***So there is much work to be done in that direction, and it is being done.***

George: And I believe we mentioned the wearing of the burka on your previous visit.

Yes you did, I believe.

George: I guess you would like to see that dispensed with altogether.

Eventually—it is something that has been around for so long. But you cannot make instantaneous changes (no). ***It is influence, it is understanding, it is many things. And I am not here to judge or pass judgement on any one race. My intent is that these women who have been downtrodden for too long be helped*** (yes). ***That is my task and that is what I will endeavour to do.***

Sarah: Well, I'd say you are doing very well so far.

And now, I will take my leave, because I am being called, unfortunately.

Lilian: nice of you to come again.

George: Thank you very much.

And it is nice to come to somewhere where there is equality.

(General acknowledgement)

George: Thank you so much for your update. That's good to hear.

That is most welcome—most welcome.

George's Notes:

Emma Hardinge-Britten (1823-1899): Last gave us a full update on her work on 8th October 2012; also popped in very briefly prior to Salumet on 14th January 2013. As Salumet has said, this lady continues to work tirelessly for spirit.

DNA Update: A brief extract from Salumet's visit of 30th July 2007 is as follows:

...I mentioned the scientific realization that 10 % of DNA has good purpose while 90 % has been referred to as 'junk DNA'.

May I interrupt and say to you, that your scientists will soon be considering another 30 % 'good DNA'—that is to come.

Well, a Press release dated 7th November 2013 refers to that part of DNA known by the acronym Crispr as having been previously thought of as 'junk DNA'. This is no longer so. This new realisation has been hailed as a huge genetic discovery that will lead to eradication of inherited disease and may be a further step towards a cure for AIDS.

~18th November 2013~ SALUMET

<http://www.salumetandfriends.org/resources/18thNov2013+Salumet.mp3>

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As always, I am happy to see that we have here with us dear ladies who wish to seek and search still—and I am sure that you are with me in extending a welcome to them.

(Affirmed)

It is always welcome to people who wish to find more—who are seeking for themselves and who are prepared to unite with those of like mind.

(Slight pause)

I feel just a little fear from the older lady.

Lilian: Understandable.

And I want to reassure her that there is no need. She is quite safe with us, and I hope that she will take our love from all within this room. As always, I will give them the opportunity to ask any questions that they wish.

Lilian: Have you a question Jan?—Hazel?

(Pause)

George: Or would you prefer to get acclimatised first and consider if you have a question later?

Jan 2: Yes, that would be lovely thank you.

It is, as happens so often, *(Chuckles)* yes, when the opportunity comes, it is a little different I feel, from what you are used to; but nevertheless, we bathe you in our light. As always my dear friends, we are approaching yet another one of your Earthly years, and as you know, I take my leave of you at this time. But I will say to you that there will be two more visits before I depart from you (wonderful!). And hopefully, on one of those occasions we will have some new information for you.

(General appreciation)

George: Yes Salumet, might I say that you gave us interesting information—I think it was several years ago. You indicated that 30 % more of the DNA that we humans—scientists—considered to be 'junk DNA—you indicated that 30 % more of that would be out of that junk category. And this last week I read in the paper that a big step forward has been made, and DNA that had been considered junk before, is now seen to be very useful indeed in accurately dealing with hereditary genetic defects. And so, you gave us that information and it has come to pass since. So I take delight in mentioning that to you.

I always my dear friend, I know that these words that I give to you will eventually be given back to you in some form. The difficulty as you know is the *time* issue (yes); because your Earthly time and our time could not be more far apart.

George: And that DNA has been designated 'Crispr DNA'. (*Titters*)

It really matters not to us what names you humans give to it. But I have to say: The knowledge is here and can be given whenever those of us from spirit are willing to do so. So, although you say I did impart this knowledge to you a number of years ago, to us it is but a blink of the eye. But I have told you my dear friends that you will always have some confirmation of what I tell you (yes) and I am pleased that you are happy.

George: It's very nice for us to come across these 'truth endorsements', if I could use that expression. **Yes, of course, the people of your planet do so much good work, but they do not have the knowledge that we in spirit have, and it is only when someone, or groups of people can be influenced, that the truth will show itself—you understand?**

George: Yes. While we are on this topic could I just mention that which we refer to sometimes as 'all-knowledge' (**all-knowledge**), I think I would be correct in saying that that is also known to some as 'Akasha'?

Yes, of course (ah). Yes—all-knowledge. In a way it is misinformation to use the word 'all'. How can there ever be *all* knowledge, when energy is ever-changing? So, in a way, it is a false name. But, as you know, we have to use phrases for the understanding of your Earth.

George: Would 'all-knowledge *to date*' be better?

'To date'—that would be much better, yes. Of course we can only impart what we ourselves know; this I have told you also. That is why you have so many contradictions—from spirit world you say there are many contradictions, but that is not quite true. It is only that people can impart knowledge that *they* know as truth. It does not mean it is wrong, only that it is the truth for that time (yes). That makes sense to you?

George: Yes, I can see that *time* has to be involved in this.

Yes of course, *time* is a difficult topic for Earth people to understand. You are fine by your clocks and your times, but when it comes to spiritual time it is most confusing. You would agree?

George: Well I think I would be right in saying that there is no time in the deeper spirit (**no, of course not**), but there's a memory of time in some sections of spirit.

Even 'memory of time' takes eons of time if I may say so. Most (in spirit) are not aware of the time issue, they are only aware of 'being'. You understand?

George: Yes, and I think I also understand that the creation that we know is a 'space-time creation' (**yes**) and that really says it (**yes**), it concerns space and time.

Yes, yes we have touched on this before have we not?

George: Indeed.

Yes of course. Now, do we have any more questions?

Jan 1: Yes, I have a question Salumet: From a spiritual point of view, is it possible to have hypersensitive empathy toward somebody else's pain, who is close to you?

If you have a strong spiritual connection, then of course you can feel another's pain; you can live another's pain. But it is all to do with the spiritual connection of those people. I would say most people do not have that connection. But you have those connections when you have your 'soul mate' for example—where that energy has come down many lifetimes; and sometimes that bond cannot be broken. So, when one suffers pain, then the other feels and is most sensitive to it.

Jan 1: So that's quite rare then is it? It's more a physiological—

It is—I would not say *rare*, but it is not the *norm*, as you would say—it is not the normal way of things. Every one of you as human beings has some empathy with your fellow man, but I believe you are

speaking of a much deeper sense (yes I am). Yes. Sometimes it can be an unresolved question between the two people (right). Letting go of pain—it is something that can be worked upon in one lifetime.

Jan 1: Well I've pondered on it just recently. I've experienced it—feeling pain of people around me twice in the last 24 months—Lilian, when she was experiencing heart problems—I had a short period of experiencing the same sort of pain, which went as soon as mom had her heart operation; and now with my father with bone cancer—I seem to be struggling and having the same sort of pain that *he* is experiencing. I don't want these pains, but I'm just wondering if I'm actually picking up in a sensitive mode—

Yes, where you are speaking of our dear lady friend here—that is a spiritual bond that you have because you are united here, and the power between each one of you can be utilised in that way. So the empathy you *feel* is very strong. The situation you speak of with your father is a karmic one.

Jan 1: I did wonder that.

Yes, I know you did. It is a karmic one and it is something that you have to, in this lifetime, '*suffer*' if you like (yes). I do not like that expression but it fits aptly for you.

Jan 1: You are just confirming—

—Yes, what you are feeling.

Jan 1: And what I already knew.

Yes, it has to be worked through—this life.

Jan 1: So is this—

Just go with it

Jan 1: It will pass?

It will pass.

Jan 1: So what I'm doing—I'm not doing anything detrimental to my own health at the moment?

No, because it is mainly on another level. You are feeling it physically, but you are experiencing it on a spiritual level.

Jan 1: I don't know why—it's just nice to have your words to confirm what I have been feeling—I *knew*—

Each one of you knows why these things happen, but you are either afraid or you wish to block it from your minds; and the better way to treat this kind of experience is to work through it. You will be fine.

Jan 1: In some way I am becoming stronger through the pain.

You are learning, yes. No experience upon this planet should be fruitless. Every life experience that you have should mean something. You should grow spiritually. Do you understand?

Jan 1: Yes I do.

Lilian: That's something we tend to forget.

Yes, you become too absorbed with the human side of life; and how often have I told you, my dear friends, that you must always look to the spirit for your answers. You know all of your answers, but you do not utilise it.

George: Perhaps I could mention that I have read about Australian Aborigine people—about what is termed 'pain sharing'.

Yes, which is in fact what is happening with this dear lady friend (yes). She is taking on the pain of her father.

George: Yes, and does that reduce the pain of her father as the result of sharing?

No, because she is fearful of it. She is fearful for herself and for her father. If only she could let go of the fear, it would be much better.

Jan 1: Well now you've confirmed what I was suspecting—now I can let that fear go (yes). I wasn't *sure*—deep within me I was—I knew, but the personality, the one that comes to the front— me, Jan, wasn't

(yes), if you understand—I know you understand! So now you’ve told me that, I can let that fear go (yes), that I don’t need to take on this pain.

You do not need the pain

Jan 1: I can let it go.

You have to allow your father to experience his own pain in order that *he* grows.

Jan 1: Yeah. I now know also why we’ve been brought together as a family—why I chose them (yes). That’s all just becoming so clear.

That is good. When clarity comes then life is easier for you. So often, my dear friends, I tell you: Do not be afraid.

Jan 1: No, you’ve told me that in the past so much and I can let this pain go now.

I know it is easy to use words—to give you words of what you must do, but the *healing* comes when the *recognition* comes, and that is what you are about to do.

Jan 1: Wonderful, thank you. I have felt rather stuck I must admit, not knowing what to do.

Do not be fearful. Let the fear go. You must allow your father his time (yes). I know, as human beings, no one likes to hear those words. No one likes the word ‘pain’, no one likes the word ‘fear’, but I have to tell you, my dear friends that they go hand in hand.

Jan 1: In fact I know, on many occasions since he’s been poorly, however long he’s got, I’ve actually said to people both those words in a sentence: ‘I am fearful for the pain he will suffer,’ (yes) and I’m taking on that fear and that pain follows. (yes) So I understand that completely. It’s almost like you have to be careful what you wish for. Yeah, I can see that. With mum (Lilian), it was one episode where I took on her heart pain (yes). I’ve thought of that lots of times, whether or not it was just our connection.

It is your spiritual connection, yes.

Jan 1: Well, I can’t tell you how much better I feel, so thank you very much and I’ll try to let the fear just dissipate.

Yes, this does not apply only to you, but to each of you in this room.

Lilian: Yes, seeing people suffer.

Yes, and no matter what some people assume, we do not wish any of you to suffer unnecessarily. But now my dear friends, I *will* take my leave of you and allow others to come. So as always, I leave you cloaked within my love. And when we come again I will bring more to you.

(General thanks)

George: Thank you so much. Our love goes with you.

There followed clairvoyant messages for Jan’s family via Eileen, the details of which Jan declared made good sense. Then a rescue via Eileen counselled by Lilian:

<http://www.salumetandfriends.org/resources/18thNov2013+rescue+8mins.mp3>

Rescue: *This was the rescue of ‘Joe’ who was waiting in a field for a fireworks display to start. It was late starting and he was a little ‘fed up’ about that. He continued to wait in the field—as he thought. Lilian explained about physical death and moving on and how some needed a little help. Joe was age 32 was subject to headaches and had not seen a doctor. “They only give you pills, don’t they?” A little more talk and he was seeing his uncle waving from spirit and waiting for him. “Do you know?—I really thought you were talking nonsense and now I can see them.” He declared that he felt like a bubble floating and happily moved forward; also declaring his intention to come back later and speak with Lilian about his new life in spirit.*

George’s Notes:

SALUMET TAKES LEAVE: Earth energies through the festive periods of Christmas and New Year are so different, so that the communications would not be quite so straightforward. This period also is opportunity for Salumet to retire temporarily to his domain—I guess this is not exactly a ‘holiday’ or a period for ‘conference’ or for ‘regrouping’—these are Earthly concepts, and Salumet’s return to Angelic Realm would not really be describable in terms of our physical living.

JUNK DNA: *Scientists had been referring to that 90 % of DNA not appearing to have purpose as ‘junk DNA’. We had suggested that this would eventually be found to have good purpose. Salumet had replied that you only have to think of all those seers and mystics—they are using more than just the 10 %. That statement was made during the meeting of 30th July 2007. And when this subject was first broached during that meeting, Salumet had said:*

“May I interrupt and say to you, that your scientists will soon be considering another 30 % ‘good DNA’. That is to come.”

That time has now come. That part of DNA known by the acronym as ‘Crispr’ has been hailed by DNA experts around the world as a milestone in medical science. Crispr can permanently alter the genome of an organism with extreme precision. The principle will have many applications including the elimination of genetically inherited disorders such as Down syndrome and sickle-cell anaemia.

~25th November 2013~ SALUMET

On this occasion we were pleased to have ‘Jon’ sit in with us:

<http://www.salumetandfriends.org/resources/25thNov2013salumet.mp3>

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always, I am happy to join with you all this time. We once again give a welcome to one who is seeking, and I would say only this to you all: that the work that you undertake, my dear friends, reaches far and wide to many. For this, we in spirit are eternally grateful, because so often in past times has the ‘truth’ been discarded as ‘nonsense’ or as ‘an ignorance,’ so it is so wonderful that this time in your history, that the truth is being recognised.

George: Yes, we are all so pleased to observe that, and it’s wonderful that the truth comes to us—especially from you Salumet, and it seems to be added to from various other sources as well.

Yes, I have said that anything said by me would be verified throughout your Earthly planet, and I believe this has happened on many occasions (indeed!)—yes. I did want to say to you this time, that many great advances are being made at this time within your world—advances not yet known, but which I can tell you my dear friends, that in the medical world there will be great advances; advances as yet, as I have said, not known to you. But within the next five years of your Earthly time, they will be forthcoming.

George: That’s very good news.

And disease as you know of it now can be obliterated.

(General surprise at this)

I am not prepared at this time to disclose details to you, but I would like you to remember these words.

George: Yes, I came across the news of one advance today, Salumet, and that concerns the Antarctic ‘Ice Laboratory, which has been placed about one mile below the Earth’s surface. And it is able to receive and detect extremely high energy neutrinos from ‘events’ in the universe—very much higher energy than can be produced from neutrinos on this planet. They are believed to originate from black holes and exploding stars, and they travel in straight lines, being neutrinos and are not put off-course by matter that is nearby

or in the way. So this will lead to precise mapping of certain things in the universe and I believe that will lead to much better knowledge of black holes and extremely high-energy events in the universe. I don't know if you would have any comment on that?

My only comment my dear friend, is that it is proof of the interconnection between this planet and all that exists outside of it. You cannot separate these events, because *all* are interlinked. And of course, there will be more advances made for the betterment of mankind. So those advances have been in the making for quite some time. It is not unknown to us of course, but for you people of the Earth they are new beginnings.

George: I think we are feeling our bonding with the rest of the universe more and more.

Yes, that is as it should be. You should not separate what is happening in your world. You should keep *all* things in mind as far as Earth, its neighbours and space are concerned.

(Pause)

You do not sound convinced—

George: Oh yes I *am* convinced! I was just—

You were using your brain-power.

George: *(with a chuckle)* I was just considering if our guest here would like to ask a question of you.

Of course!

George: Do you have any questions Jon?

Jon: Well I was thinking on the way here—you've probably been asked this before, but people are always speculating about Mars. Is it habitable or is their life? Do you have anything to say about that?

Only in as much as what you call life is not what you would expect to hear from me. Of course, on many planets there is life. It may be basic life but it is still life. And just the fact that planets exist is a form of life energy. So that is my answer to you, dear friend (thank you). Yes, I know that man is looking for what you call 'other humans,' but they will not find those just yet on Mars.

Graham: There was once water on Mars (**yes**), and there is this idea at the moment, that where you find water, there is definitely the possibility of a type of life that we understand.

—Because within water there is so much 'energy of life'. That is why.

Graham: Is it possible for life to exist outside water.

Of course—but not life as you would recognise it. That is for another day perhaps. You have to view all of these events and happenings with the spiritual eye. Once you try to analyse with the human brain, then it all seems very complex. So, as I am always saying to you my dear friends: simplify the way you think—use that spiritual eye and you will be much rewarded.

Sarah: When Bonniol came through once, he told us about beings like 'mushrooms on one planet, and they did everything just through their 'power of thought'—through their minds; so that was what you've been telling us what we are, but much more physically simple form, but their brain—the mind was stronger probably.

I have told you from the very beginning that your mind—the power of your thought is the most important thing that you will ever possess, and that it is up to each individual to use the power of the mind in the best way that he can. But you must never forget that you *have* that power—you *have* all-knowledge, if you so desire. And you mustn't forget this.

Paul: Going back to your information about the medical advancements within the next five years—

They are happening now, but within five years there will be great advancements.

Paul: I guess gradually, the human life span is going to go up and up, with all these advancements?

That is what science is hoping for. Of course it is possible, but I would not say that it will increase by too much—not at this time; partly because of the negativity that exists in your world.

Paul: Yes, and possibly also we are so conditioned to live to a certain life span. It may take time to gradually change that mind-set.

Yes, and may I ask you why the human being would want to extend a life, when the body is not so good? What is so wonderful about keeping a diseased body on this planet?

Paul: Yes—if you were old and healthy it would be okay (yes) but if you are not—

And the way to remain healthy is to use the mind. So, you do not need all of your doctors and medicine for this.

Sarah: That's what I was going to say, you've told us we can cure ourselves with the power of thought.

You have the ability—yes. Unfortunately, people do not recognise it, and that is not to say your doctors are not needed—of course they *are*. They are healers—they are here to help others. But I would say my dear friends, think always of your own minds and what you can achieve. Are you happy with that answer?

(General agreement)

Mark: I was just wondering whether the medical advancements would be made to benefit people in general, or whether people would make a lot of profit out of them for people with money?

There is always that risk of course and that happens quite often in your world today. But any advancements in medicine should be for *all* of your people. But of course greed still exists and it is up to each individual to go forward with the right mind and generosity of spirit, in order that all people in your world benefit.

George: Yes, in a sense a true medical advancement would relate to getting us to understand ourselves better, so that we don't fall ill.

Exactly—I repeat my words: you use your mind. The mind holds the answer to all things.

Paul: I was thinking that if we can develop this mind, we won't need doctors.

In an ideal world that is what it should be, but of course being on this planet, means it is not an ideal world, and the purpose of coming here is of course to *learn*.

Sara: We can influence others (yes), but real self-knowledge, in my experience, takes a long time (of course), and children, they go through the process of learning and acquiring, and sometimes rebelling; then perhaps changing their mind. It's quite a lengthy process for most human beings, but still for those who know more, we can always influence and help and continue our own journey of acquiring more.

Yes, I would say the influence begins when the child is born, because they come to this world full of knowledge, even though it is not obvious. Children can teach adults—if only adults would listen (yes). But yes, I understand your words, and for the average human being in your world it takes quite some time (for them) to understand themselves.

Sara: Yes, there are exceptions to the rule (yes), but I agree, children are very open until a certain age—as you've said before—they are close to spirit (yes) until they're maybe 7 and certainly they show many abilities.

Yes, and then unfortunately life's influences are upon them.

Sara: They go to school.

Well, they enter the world that is around them. That is why you should nurture your young ones—allow them to be themselves, because ultimately they *know* themselves, even at very young ages, yes.

Mark: Working therapeutically with children is very eye-opening—you learn a lot from the children, and it's very sad now that children are being given drugs instead of therapeutic help these days, more and more.

Yes, but that is up to every individual to recognise themselves, and then they can help others. That is how you should live life. You should understand and you should give forth the information that you receive, in order to help others—not only children, but those who are spiritually lost within this world. Sometimes it takes only an indication and they can move forward.

George: I don't know if you can shed any light on this at all Salumet—but there has been mention in the past of a very good cure for a number of forms of cancer. And that item was listed in the United States Pharmacopoeia for many years, until the time of prohibition, when it was removed. But 'cannabis oil' was listed as a very good treatment for a number of types of cancer and a number of other medical conditions. But it has been made 'illegal'—its growing and its use. So it isn't available to vast majority. But it would be nice to know how effective that plant really is or was. And I can see from its chemistry that it would boost the protective chemistry of our bodies and would help in several cancer situations. I don't know if you have any comments on that, Salumet?

I do indeed have comment for you. First of all, I will return a question to you. And there are many diseases within your world. But the one that you mention—cancer—is one that many people still fear.

What is a cancer?

George: Yes, you have told us something of this in the past (**yes**). This is where the cells—'go mad' I think is an expression you used.

Yes, well I wish you to hold that thought, and then to let me say that all the treatments within your world, have use in some way or another. It is either use or abuse. That has always happened with mankind, that whatever has been given to them from our world, they either use for good or for something that is abusive.

George: Certainly the cannabis has been misused.

Yes, but what I wish to say is that all of these things used properly can help the human body.

George: All these herbal things—all these plant-derived things?

Yes, and the medicines that are man-made so to speak, all have their use. But what I wish to say my dear friend is that there is a much simpler answer to your diseases of the world and I am returning again to what we have just discussed. I am speaking about your *mind*. After all, as I have said previously, what is disease? Break up the word, and you have dis-ease (yes). You must look to these feelings and emotions before you embark upon a trail of medicine.

Sara: I think Louise Hay has helped people a lot, with mental affirmation to help people with disease, and I think she has helped people to correct their thinking specifically about different illnesses—to assert a more positive way of viewing their body. It's not the whole story—it's a negativity of the mind usually that causes the stress—the anxiety.

And that is why affirmations would work, because they are positive, and you are making positive statements. So yes, I would say, that is a positive thought.

Sara: Yes, I think it helps, because thinking about children again, when they go to school—I'm only conscious of this because I have a teenager who has experienced this sort of negativity at school; and I think Louise Hay talks about loving the body in detail, and it's just that this sort of thing is quite powerful, because it offsets the negative remarks that children become influenced by when they are out of their comfortable environment (**yes**). So I think the affirmations are very helpful to empower the mind.

To simplify this I would say only that human beings have two choices. Positive and negative are the two faces of the same coin. All that the human being needs to do is to choose the correct side. It is as simple as that, and I cannot make it more simple for you. But, as I have told you in the past: responsibility lies with yourselves.

Jon: When you speak of an advancement in medicine, it seems to me that *mental* health is more of a problem these days than physical health, and mental ill-health causes physical ill-health **(yes)**. So therefore, surely the way for people to improve their physical health is to improve their mental health.

That is exactly what I am saying to you.

Jon: And can I agree with you then. And currently the problem we have particularly with people in the West is that we are just being medicated **(yes)** more and more and more, and they are moving away from their spirituality or wellbeing.

That is why I say that treatments are either for use or misuse/abuse, and again it is up to every individual to make their own life choices. Of course medicine and herbs and whatever name you give to these things, have a positive aspect. But if you had the power of your mind, these would not be necessary at all. But mankind at times has the need to feel useful, when in fact all is within. It is such a simple message and I cannot stress it to you often enough.

George: Yes, so the mind approach is the best.

Yes, because if the *mind* was strong, if the *thinking* was good; then the body does not become diseased.

George: And the medical approach—

The medical approach is needed at the moment, because there are many people who do not believe in the *mind*. They cannot separate the brain and the mind—that is the problem.

George: Yes, when they can't get the mind right then the medical approach is what's left.

Yes, and sometimes it takes disease of some kind for the mind to focus. You understand? (Yes.)

Sometimes that happens in order to help that person move forward.

Mark: And I guess that's why the placebo effect is so strong **(yes)**, because they've already focussed themselves **(yes)**, then they are given the tablet and it appears that the tablet has healed them, when they've actually healed themselves.

Yes—that demonstrates does it not, the power of the mind, in those situations? Yes.

Jon: What's interesting is the doctors seem to accept that the placebo works, which it clearly does, but they don't really advertise the opposite, that if you can make yourself better you can make yourself ill. They don't seem to focus on that at all.

No—I agree, but at the same time, they are so focussed on doing their work, that they cannot see anything outside of themselves in curing people—that is the problem. But I would say that the doctors in your world mainly have a very good heart and wish to help their fellow man—you have to remember that also.

George: And the spiritual doctors—

Have a busy time!

(Chuckles)

George: —can see so much further.

Yes, *all* comes from spirit and again I will say it is again the way the information is used that is important.

George: Yes, I was thinking of those spiritual doctors who work through a medium, like St. Paul working through Ray Brown **(yes)** —they can see so much further than material doctors living on the planet.

Of course and that has been chosen by many people to do in your world. They are either accepted or ridiculed; but no matter, the spirit will work on to help humankind—that is the main task. Ridicule matters not—you cannot argue with spirit.

(Chuckles)

George: I think a factor is that such doctors are able to see the energy connections and channels of the body, which Earthly doctors cannot see.

But that is because they *are* spirit (yes). You see? There is no problem in that. Spirit sees spirit and looking at the human being, which after all *is* spirit—after all—you have to accept that it is no problem for them to see spirit (yes). But there is so much we could discuss—but what I wish to leave you with is to think again about the power of your mind. It is something that you can—when you speak with others, bring up the subject of the *mind*, because too many people still in your world think that the brain and the mind are one (yes). And when you are on Earth of course, the mind and the brain are as one, because it has to be; the mind has to use the brain, because you have a human body. You understand?

George: Yes, I feel that we should be, and some people are seeing the brain more as a biological computer (yes), which is *loosely attached* to mind.

Yes you could put it that way if you wish, but I want you to focus more upon the mind—where all knowledge is stored.

And now my dear friends I will take my leave of you. I will be with you just once more, before I take my leave for your holiday time. So, before I leave I wish to say to our dear friend who is leaving us for a short time that we will keep you safe.

Paul: Thank you! (*Paul is off travelling to Peru and Bolivia on Wednesday*)

Now, as always as I leave you, I cloak you in our love.

(*General fond farewells*)

George: Thank you so much Salumet, for being with us again. And concerning mind, I feel you have taught us well.

There then followed one who had come through previously as a rescue and wished to come back and thank

Lilian—Audio link: <http://www.salumetandfriends.org/resources/25thNov2013-previous+rescue+moreen.mp3>

Lilian: Good evening, welcome.

'Ello dearie! Remember me?

(*Lilian asked for a name*)

I can't remember the name I gave you, my name's Maureen now.

(*She added later that they don't use names much—they're not really needed. We had a few chuckles*)

I wanted to come back and thank you m'dear for helping me over.

Lilian: Oh I see.

Remember?

Maureen went on to say how quiet we are and she thought she'd come to a place of the dead! And when I said it's nice of her to return she declared:

You was a bit of trouble weren't yer.

Maureen is one who enjoys repartee and a laugh, and I think she was a lady who was living rough at the time of her passing, under a tunnel. And when we had first talked of spirits with her, there was some confusion with whisky and gin! But she now concluded:

I have to thank you such a lot—all of you.

(*She enjoys the company of others where she is*)

George: So you've met up with your loved ones over there?

I have indeed dearie, yes I have. Yeah it's wonderful—absolutely wonderful. Yeah, I can't explain it, it's just too wonderful.

(*Maureen went on to explain that she felt she must come back and thank us for the helping hand that was given. She was met by her little dog. In returning to give thanks she has of course done well, and Lilian said so.*)

George's Notes:

MEDICAL ADVANCES: In summary then, it seems that there will be a huge change within just five years. Whilst medicines are still needed at this moment, once the realisation that MIND can end illness is properly understood, then that may be the end of the medicine alternatives. That, together with Crispr DNA therapy mentioned last time and adjustments of DNA-spirit interface may have something to do with Salumet's words.

LOUISE L HAY: So affirmations work and two LLH daily affirmations are: 'Today I am moving into my greater good.' + 'Changes can begin at this moment. I am willing to change.'

The IceCube Laboratory – Amundsen-Scott South Pole Station: Extremely high energy subatomic neutrino particles from deep space are being detected in a giant ice cube positioned about a mile below the surface. The basis of detection is the 'Cherenkov Effect', named after the Russian scientist who was first to demonstrate—light and neutrinos travel at slightly different speeds in different media. Their speed is slower in ice than in the aether or air. On slowing in ice, a glow is produced so that their detection becomes possible. The path of the neutrinos (which are not deflected by matter) through space will be known so that their origins can be pinpointed. Neutrinos from deep space sources are billions of times more energetic than those emitted by our sun. This project could lead to much improved knowledge of black holes and high energy events in our universe—all part of our universe connections.

~13th January 2014~

This may well have been an exercise to hone us into good shape for the coming year—but also, in itself, an interesting spiritually guided meditation: <http://www.salumetandfriends.org/resources/13thjan2014+medjourney+thru+Eileen+10mins.mp3>

If you desire, I will take you on a journey. The purpose of the journey is to help each one of you reconnect with those in our world. So, may I begin?

Lilian: Yes, do.

I'm being asked to say 'welcome' to an old friend.

(It has not gone unnoticed that Emily, on holiday from Australia, again sits with us this evening)

I would like each one of you just to relax as much as you possibly can. Ahead of you is a beautiful blue diamond. Try to focus and to see it in front of you; and as it comes before you I want you all to slowly walk towards it—slowly, slowly; and as you do so, take a deep breath. Do it in your own time, and allow the feeling of peace to comfort you. And as you approach this blue light you should feel the warmth and the love of those who are around you. Take a moment to feel their love.

George: So we focus on the blue diamond (yes), we move towards it, we take a deep breath and we feel the love—

Yes, and if necessary, you can feel a healing—a healing for each one of you. I will leave you to discover what that feeling is. When you are ready I want you to continue through the blue light. I want you to feel how light you feel—how happy you feel—how unrushed you feel. Continue through the beautiful blue light. And suddenly you become aware that there are others around, although you cannot yet see them. Continue forward and look to either side. What can you feel? You become aware that there are others there, even though you cannot see them, but still they come closer to you. At this point, please look towards those you feel. Can you see who they are? Are they people in your present lives? Or are they people who have gone? Take a moment to discover who they are.

(Pause)

Now we come to a barrier—and here you have to make a choice. If you choose to go with the right hand side, they are people who have some part in your lives here on Earth. If you turn to the left you will find

loved ones who have already passed. You must use your free-will at this point. Do you go to the right or do you go to the left. Once you have made your choice I want you to focus until you see a face. And to begin with the face will be very dim—very obscure. But continue to look and see who is there in front of you. Now I want you to use your spiritual wisdom to approach whoever this being may be—someone here, or someone who has gone. I wish you to speak what you know you need to say to these people, and when you have achieved this, you will feel so uplifted, so glad that you have done this and spoken to them. So now I want you to absorb the love, the light which encompasses you all. Feel what it is that you have to say. You should begin to feel that tremendous love for you. And when you have, I would like you to turn around and replace your steps until you come back and you are aware of your surroundings. Bring with you the peace and the love. Feel the upliftment and be ready to show all of those people, the love and the thanks that you give to them. So when you are ready, open your eyes and feel the love. And we will remain silent for a short time.

(Discussing between ourselves afterwards, it seems that most of us chose left and had the feelings of the presence of loved ones. We sensed or saw the diamond image as very pale blue, quite large and faceted.)

George's Notes:

NEWS ITEMS: Salumet indicated last year that there would be 'influences' concerning political leaders and advances in medicine. The news items that follow may well relate:

1: Snowden Evidence: Euro MPs have voted 36/2 to invite whistleblower Edward Snowden to give evidence via live video link to European Parliament Inquiry into US surveillance by the NSA. Hopefully this will result in 'openness' that will shed light on this controversial matter.

2: Gene Therapy for Parkinson's Disease: Promising results are reported in a first patient trial. ProSavin treatment converts nerve cells into dopamine producers (which is lost in Parkinson's disease).

3: Improved Cataract Surgery: The new pulsed laser surgery is a great improvement over prior practice.

4: Bionic Eye: This can give useful partial sight to the blind—sufficient to ensure safe walking along a pavement.

5: Identifying Bacteria: Using mass spectroscopy, this can now be done in minutes (as opposed to days using prior laboratory procedure).

6: NeuroPace Device: This implanted device successfully controls seizures.

7: Hepatitis C: Sofosbuvir is a new much more effective treatment for hepatitis C.

8: C. Difficile: Canadian scientists have produced a pill that introduces appropriate gut bacteria to remedy the troublesome C. Difficile. Taking the pill is much nicer than injecting another person's faeces into the colon of the afflicted!

Other items: in the news of possible interest:

Polar Vortex: What has been described as a 'polar vortex' has been centred over a very large area of Canada and United States, reducing temperature in places to as low as -52°C, sufficient to close airports and threaten life. One cannot help but wonder if this exceptional weather situation is due to the HAARP/chemtrail attempted weather-control program that we brought to the attention of Salumet last year.

Gassy Earth-like Planet Discovered: Planet KOI-314c has been discovered in another solar system at 200 light years distance. It is calculated that it is the same mass as Earth but is 60% larger. Scientists therefore think there must be much gas involved to account for its low density. It is very clear however, from exchanges with Bonniol and confirmed by Salumet, that there is a universal law: "As the spirituality of a planet increases, its density decreases". Our astronomers do not yet acknowledge this; so what they have discovered may be a planet whose beings have spiritually evolved to a wonderful degree.

~20th January 2014~ SALUMET

Lilian: Good evening Salumet and welcome. Nice to have you back again—

Good evening.

All: Good evening.

(Pause)

As always, I am happy to join with you all once more.

George: And we are very happy to receive you Salumet, in this New Year.

Sarah: And hope you had a break and rest back where you belong.

Thank you. I feel quite—as you would say—rejuvenated (good), because as you know and understand, it is not always easy to return to such a dense atmosphere (yes). I hope each one of you has thought about my words about what you have gained in this past year of your time, and how much you may have grown. We will discuss this a little later, after I have spoken to you.

(Brief pause)

I would like to begin this time, to speak about the children in your world. So much has been said and written about what you call ‘millennium children’—that they have come with special spiritual gifts and so forth. I would like to say that at this time in your Earthly evolution—that all people, not only millennium children, take great pleasure in coming to this world at this time. Because we have amongst them so many wise souls, these children will grow and provide the knowledge and the wisdom of spirit. They feel honoured that they have been given this opportunity.

George: Perhaps it is we who are honoured. It is certainly very good news for us and for the planet.

Yes—I understand you feel that there is so much that goes on in your world—disputes, wars, famines; but let me say to you my dear friends, that this world is in a much better place than it has been previously. Besides all of your problems, this world is moving forward, and that is what we from spirit are trying to achieve. With the people who come to this world now, they will bring with them, as I have said, spiritual wisdom, which has been lacking for so long. Those like I who have come to help all of you on this Earth planet, feel that at some stage we will return from whence we have come in order that we may also go forward, and that is because of this great wave of love which is working to improve all life. I am sure, my dear friends, you will know and feel innately that this progress is a great achievement. So that is not to say that you can stand to one side and allow the children of the world to bring beauty into it. You all as individuals need to sustain that love and knowledge which *you* have gained, to help others and for those words of wisdom to pass to generation after generation. I hope that you agree with me.

Sarah: Well actually, Emily and I were just talking the other day about one of my nieces and how we felt how spiritual she was, and has she come for a purpose; so interesting that you say that now.

Yes—yes; it is not just a special group of children, as many have said or written; it is *all* who come from now on, who bring knowledge.

George: It feels to me like a big wave going forward and each and every one of us are part of it.

Yes you, as you know, waves can either carry you along or you can sink. That of course lies entirely with your free will again. So often I talk about your free will, but it is so important to you. Does anyone have any questions for me?

Sarah: I just wondered actually Salumet—you said that the world is progressing at a much better pace than it was previously. When you say ‘previously’ is that since the decline from when the world was quite a

good place, and then it went backwards. So have we caught up now to the point where we started to go down and have we reached where we were before yet?

I have used the word ‘waves’ and I will use it again to answer your question. There always has been goodness and there always has been antagonism amongst Earth people. Many civilizations had great knowledge which they have lost for many, many reasons, which we have discussed over time. But I have to say at this point in time there will be a surge forward that will not culminate in destruction as has previously happened, over the lifetime of Earth. So in that respect there has been much progress made. And of course, what these new souls bring, is a new understanding—a new way of thinking—and that applies to ALL human beings, whether they be a new baby, a small child or an adult, and of course all knowledge culminates when you leave this plane to return home. You will find over time that this knowledge will be sustained and not so much dissention from those who are spiritually lost.

George: We have another question sent in from M B, and I feel he has been helped—he becomes more rational, and his question may connect here. He is concerned and interested in where morals and morality have come from. I have felt that ideas about morality have evolved with our selves but they also connect to the love factor. I may be over-simplistic; perhaps there is much more about it. Would you care to comment on morality and where it comes from Salumet?

Morality as you know it of course is a physical feeling. So we have to separate once more, the physical from the spiritual. As you come into this world you are a spiritual being, but you come to this world knowing what lies ahead, although of course, memory is erased. Whatever pathway you take is entirely due again to your free will, whilst on this planet. So I would say to you only this: that morality becomes part of a person through the experience of life *here*. It is not something that is brought with you from spirit, because morality in spirit is not a question. You understand?

George: Yes—yes, I think that clarifies very much.

But I will just say that it is time this gentleman had time to go inward and think clearly, because he is very muddled by all things at this time.

George: Yes, I am aware that he does an enormous amount of reading, and quite possibly too much reading (**yes**) and this adds to the confusion.

Yes, he *is* confusing himself, and whatever reply is given to this gentleman; he has to find his own acceptance.

George: Yes, I thank you very much for that!

I hope that has helped a little.

George: I’m sure that will help him. I think he has already been helped quite a lot.

Yes, we can only but try. But of course, when we speak of free will, we cannot interfere too much. But I am telling you again what you already know.

Jan: With these new souls, Salumet—it strikes me that with these new souls in these children—I can see how eventually, the demise of something like the Catholic Church will happen, because innately those children would know, if I’m right—that fear is not something that they need to hold onto. You once told us I believe that this pope might be the last one—is that right?

Yes, I said the church would stumble—not only the Catholic Church but many faiths—yes.

Jan: And I can see why, with a new wave of thought and love, that’s just so clear.

People over your last many years—I have said these words before also: people now think for themselves.

Jan: Yes, they don’t need organized religion.

People do not *need* organized religion, but at one time they did, because of illiteracy and many other factors.

Jan: I can feel that this new wave of new souls, as you call them, that are coming through—that will be the wave that will no longer require—

Yes, it is almost like a cleansing (yes). It will either carry people along, which it will, but there will still remain those who falter. Your planet is still very young in its understanding.

Lilian: Would it go back to following the teacher that was Jesus—following his words?

You should really not follow any leader. You are all spirit—there is no need for a leader. If you wish to speak of the Christian religion, do they not say not to follow idols? And this applies to all of your world, no matter what religion you follow.

Mark: Yes, because religions tend to be rather limiting. They don't seem to be very outward-looking. You told us a long time ago that there would be beings coming from all parts of the universe, to help us grow.

Lilian: That would certainly help.

Mark: Yes—the religions don't really help us expand our way of looking in that sort of way—

Unfortunately, some of your religions have power struggles.

Mark: I was listening to one being called 'Bashar'—he is from another planet somewhere in the universe. He was talking about different civilisations coming together—inter-stellar unions and sharing of ideas. It got me thinking that we are quite behind really—in that way.

Jan: We are a young planet, aren't we? I wonder how old they are.

George: I wonder if I might add a little piece here, which connects. There has been a message on the Internet, supposedly from an extraterrestrial source. And they wish to know if humanity will happily accept their presence—their revealing of themselves to us. And there is a request that we will vote on this telepathically. It occurred to me that you have spoken on the matter of extraterrestrials revealing themselves, and I just felt, if from time to time they request a vote from humanity on this, it might be a logical first step towards that. I wonder if you have any comment there Salumet?

When you speak of other civilisations, they are so far advanced in knowledge that your Earth planet, to many, becomes a curiosity, if I may put it so. So if you imagine this—shall I use one of your words—'quaint planet'—

(Chuckles)

Can you not imagine that they would be interested in individuals sending thoughts that they would like to take and to use and to make contact?

George: Yes, I can easily imagine that.

Yes, but what you have to understand is that many of these civilizations are *so far beyond* your understanding that it is not—how shall I say—it is understandable that, as human beings, most of you are afraid of the idea, when all that is trying to be achieved is that they make contact and try to understand *you* as Earth creatures. So I would say if you ever have such strong feelings, and you know from our own experiences that contact—mind contact—is indeed possible (yes). Yes, again it is a matter of your own spirituality and how far you wish to go. This is something that will not be hurried (yes). You understand?

George: Yes—thank you.

Sarah: So was that a genuine message, or was that—is it a genuine message on the Internet?

You wish me to speak?

Sarah: Yes please—thank you.

(Pause)

There is genuine communication but not on this occasion (ah!). But there *is* communication taking place in your world at this time.

Sarah: Thank you for that.

As always with anything controversial, you will have *truth* and you will have ignorance. So I say only to you, my dear friends that you have gained enough knowledge now to know and *feel* what is right and what is not. But on this occasion, to the gentleman, I say: not.

George: Yes, thank you.

Mark: Could I just ask: it seemed to me that the individual known as ‘Bashar’ was a genuine matter (**yes**). He seems to be genuinely interested in helping humanity to grow.

Yes, if something feels right, then it is right, and for this one I feel it is genuine.

(At this point Lilian asked permission of Salumet regarding a lady who wishes to sit with our group)

If all are happy then we will be pleased to speak with her.

Lilian: Okay, thank you.

And it is of course, good to speak to a dear one, who has returned for a short time, and I will say to her that her life can only get much stronger—much better as you grow older.

Emily: Thank you very much.

I know sometimes there are little doubts which creep in. At moments like that you must allow the light of love to enter within you. You understand?

Emily: Yes, I do.

Now, my dear friends, I am happy to be with you, but I will leave and let our dear lady-friend begin the discussion, and I will be able to know what is being said. So, as always, my dear friends, I leave you—I surround each one of you with much love and for some, much upliftment. But to all of you, I look forward to seeing you next time.

(General thanks)

George: A wonderful evening. Thank you Salumet, so much.

Apropos Salumet’s request that we speak on how we feel we have grown during the past year, following a pause to gather our thoughts, we each made a statement. What follows is a condensed version of what was said:

Sarah: I’ve grown in my understanding—have not given as much time to spirit as I should. Emily reminds me sometimes. One can reflect and think: that could have been done a little better. But I have grown, thanks to Salumet and his teaching—with more time given to spirit I would grow even more.

Mark: In the last year I’ve been learning and life has not been so hectic and has been more effective—I have become more aware of own needs. This helps in appreciating others—more accepting of others. Like Sarah, I have become more aware of my own limitations—part of the learning. And I’m on the move!

Jan: What I think and do seems to come from a different place—spirit?—soul?—I still don’t know how to describe it. There are moments of being a bit judgemental, but the minute you’ve said it, one feels whoops! I’ve been on an incredible journey, ending this year with losing Dad. But there’s an incredible sense of growing. My spirituality is walking before me. I talk more of the wider picture. Sometimes patterns emerge. Acceptance has worked against fears. There is no need to be fearful. I can FEEL growth.

Serena: I feel more relaxed, more peaceful and more content and I do more meditation. Some people play out dramas but I am able to distance myself and not get too involved. Problems seem less real. And recently I am able to read more than I have been able to for a long time.

Emily: *Although living in Australia, Emily has been reading the transcripts and keeps in touch.* In terms of growth, there has been the learning of the meaning of ‘forgiveness’. That has been a significant step,

resulting in letting go of old things and freedom. Growth has resulted from love and ability to move forward. Finding that for me has been incredible. *And it was a rare treat for us to listen to an appraisal with an Aussie accent!*

George: The wider picture gets ever-wider all the time—pertaining to the universes and pertaining to life on this planet. I find I have a greater love and respect towards everyone, regardless of where they are on the ladder of development. I feel it quite important that there should be this ‘oneness’ with absolutely everyone being involved in that. I consider myself very fortunate that Ann has been through to us via Jan with speech. This is just a further endorsement of between-worlds interaction. For me, that was particularly wonderful.

Lilian: Becoming less judgemental has been important but becoming so much more aware of the love and help received from spirit has been the biggest factor this year.

Finally, there was a rescue—a lady was walking in the woods and lost. Lilian counselled and Jan had clairvoyance of the situation that helped to clarify:

I can't hear the birds. Where are they?

Lilian: How long have you been walking in the woods—some time?

I can't remember—a long time. And the leaves are down. All I hear is the crackle.

(Lilian explained about spirit and the need to move on to the next stage. The lady declared that she felt so well, and Lilian explained that she would feel well because she now has a new spirit body. Jan now began to receive clairvoyance. The lady had not died in the woods. She liked the woods and she, now with spirit body, had moved there. It was a first step but she now needed to go further.)

Jan: It's not where she died—in the woods ... she can't get to where she now needs to be.

Lilian: You did enjoy being in woodlands, didn't you? ***(Yes.)*** Well, if you look forwards, you should see a light ahead of you—faint at first.

Now I see many lights. I can see lots of lights.

Lilian: That's good; so quite a few people are waiting for you, to take you further.

Why don't they come?

Lilian: They will. You give them time and you'll see them more clearly.

Jan: They are waiting for you to accept. They were calling you but you kept trying to walk the other way. Maybe you couldn't hear them, like you couldn't hear the birds. The birds are there. You need to open your ears now, and you'll start to hear them. Just concentrate more on the sound.

Will you come?

Jan: I don't need to come with you. Lilian has been helping you. You need to go a little bit further sweetheart, because you've gone so far but you haven't gone far enough.

Lilian: It's what happens to all of us—we all have to die.

(Lilian went on to encourage her to move forward and to meet the other people, asking who she would like to meet)

Well there are lots of people I would meet.

Lilian: That's lovely.

For me?

Lilian: Yes.

Jan: Is there a 'Jim' waiting for you?

That's my father.

Jan: Ah right! He's definitely calling you. Jim's calling you.

Ah! I can see! Ah!

Lilian: You can see now?

Yeah!

Lilian: Try not to get too emotional. I want you to go with them.

I can see 'Patch'!

Jan: Your dog 'Patch'.

Oh! I want to go. I want to go!

Lilian: I'm sure—so we'll let you go.

You come with me?

Lilian: We shall see you probably soon, but we just have some more jobs to do—to help people like you—just a few more.

Jan: You have a nice time.

Thank you. (And to Lilian) Your hands are warm.

Lilian: Yes, I think it (energy) was drawn to warm you up.

Thank you. I've got to go, I've got to go!

Jan: Bye!

George's Notes:

So it is wonderful that we now have Salumet back with us again, and that he has consolidated the picture for us of our planet moving forward into better times. The details of Earth's extraterrestrial connections, the influx of new soul material and the 'new thinking' that pertains to all of us—already sensed by some, is indeed good news.

~27th January 2014~

Our evening began with a rescue via Eileen—as will become evident, a rescue with a difference, concerning so many young people conscripted into the carnage of World War I:

<http://www.salumetandfriends.org/resources/27th+Jan+2014First+WW+rescue+10mins.mp3>

Lilian: Good evening.

(There followed a pause and Lilian enquired if we could help)

I don't think you can. I don't know—

Lilian: You're not very happy.

I'm certainly lost and don't know where I am. I know I'm dead.

Lilian: Ah, fine.

It's what that man was saying about young soldiers. I wanted to tell him—just 'cause you're a soldier—doesn't mean you want to be fighting.

Paul: Yes I'm sure—

I was conscripted and had to do that; and I hated it—HATED it.

Lilian: Yes, I know a lot of people did—army people—

And I can't move on, I just keep thinking about it all the time—the death, the destruction—the waste of life.

Lilian: What war were you involved in?

They're all the same to me now, I think it was the first one—first big one. (First World War)

Lilian: Yes, it's just that on the Earth now it's being remembered.

Yes, I hated it with a passion.

George: Yes, we can well understand your feeling.

You see, it wasn't only the fear of being killed by your opponent—it's the fear of your own killing you, if you spoke out (yes). It's a terrible fear to live with. I can't forget it. It's like a film that's got stuck.

Lilian: Do you think it's time to move on? Do you feel you would like to move on?

I want to but haven't been able to.

Lilian: I'm sure you will be able to.

I've listened to people telling me that, but I just can't; the memories are too vivid. What can I do?

Lilian: Well, it's a case of almost forgiving yourself for something that you didn't really want to be caught up in, isn't it?

George: We have to forgive the past, that's part of growing.

How do you do that?

Lilian: Have you thought of talking to someone—another soldier who was on the other side to you, who I bet feels the same?

George: How old were you?

Nineteen.

George: Yes—

Lilian: A little bit resentful as well?

Yes.

George: Well at nineteen you've barely had a chance to work out spiritual values. At nineteen, one is told to do things by elders, by politicians or whoever. And this has been a tragedy of our earthly ways, but you can't take on the responsibility of those who TELL young people to go to war. You can't take on that responsibility.

Sara: You can't really blame yourself when you were conscripted, and were living in that age when you didn't really have a choice.

But I still feel so much hatred.

(Jan now at this stage began to have clairvoyance)

Jan: I don't think this young man blames himself, he knows that. He can't get rid of the visions. He can't move on, because he's taken those visions with him. They are telling me that he can ask to have those visions removed actually—and they will wipe that memory temporarily, so that he can move forward to the next stage. But he needs to ask to have that memory erased.

Lilian: Think of the people you are going to help on your way. You'll probably feel a lot more people like you all around you, wishing to move on like you do.

I'm not the only one (no). There are hundreds.

Lilian: Well if you can move forward and start to help other people, they'll be doing the same.

George: Do you remember the year date?

Jan: He was in the First World War, but I don't think he actually died then. This is a memory that he holds.

I survived the war.

Jan: Exactly, but he can't get past these dreadful scenes in his head. Now, he's come with at least 50 or 60 others tonight, dealing with the same affliction. This is a multiple rescue and they are to be told that they need to ask for the help.

George: And love—can we send them Love?

Jan: Yes—they have to ask collectively and they need to ask spirit that their memory temporarily be erased with love, so that they can move on to the next stage, where they can be helped, because where they are at the moment, that help can't reach them.

(Pause)

Jan: Okay? You don't need to hang onto these feelings, you know that? We understand that it's the human emotion and human memory that's preventing you from moving forward. Okay? So you need to ask those people who've been coming close to you from spirit, where you are, that you will take the next stage and be helped. Is that okay?

We all want that.

Jan: Now, I'm being told that the lady sitting next to you (*Lilian*), should put her hand on your forehead and be the first stage in that process, because that hand on your forehead and feeling the physical contact is going to help with the removal of those nasty, nasty memories, okay?

Lilian: And we do understand. So if you can do that with some help.

Thank you.

George: Yes and we understand and we feel for you all.

Paul: Yes and you have our love and absolutely no judgement.

Lilian: And imagine the ones that you can help afterwards; that will be the healing. Okay?

Yes.

One then came through Jan briefly to explain why she had to say those words, which were being given clairvoyantly during the rescue.

Lilian: Our love will go with you and we will remember you in our thoughts, which will hopefully help you along the way as well.

Thank you.

Lilian: What did you say your name was? Did you tell us?

Alistair—my friends call me Ali. You remind me of my mother. Thank you.

Lilian: You're welcome—it's just nice to help someone.

A control then spoke through Jan:

You've not only helped this person, but you've helped the others that came with him this evening. I thank you very much.

Graham: Wonderful!

Paul: Our love goes with them all.

Of course—they understand, thank you.

Some chat followed and we felt pleased that so many had been helped on their way forward. Then, following a quiet period, another was with Eileen:

Lilian: Good evening and welcome.

Good evening.

Lilian: Nice smile.

You do not know me, but I know of you (oh). Yes. My name is Beatrice, and you had connections with someone I knew (yes?), and I've been told that it is one of your Earthly birthdays (yes), and I've come to wish you 'happy birthday!'

Lilian: Oh! Thank you very much.

(It was indeed Lilian's birthday, and our friends in spirit know!)

Lilian: Can you say the name of the person that we both knew?

Leslie! How could you forget?

(At this disclosure we all spoke at once and quickly asked after our Group Founder)

As usual, he is very busy, going here, going there—working—he never stops.

Lilian: I can imagine.

George: And spending some time in the Halls of Learning, I imagine.

At times yes, and he's still rather stubborn!

(Laughs)

And I have met with his second wife—you knew?—(yes) Ruth? And at times she found him quite stubborn too. I could have told her so.

(Laughs)

Oh dear! I believe that when he came, he was one of a kind, but we had a good life together; and he has asked me to drop in to wish you 'happy birthday', to say 'hello' to all of his friends, and I was only too happy to oblige.

George: Please send our love to Leslie—we remember him well. He really started something wonderful here, when he started this group.

He started many things in his life—yes, he always was a busy person. He has mellowed just a little.

(Chuckles)

But I know how fond he is of this group, although it is not the original, but you are held close to both their hearts, Leslie and Ruth.

Lilian: Well, I am very grateful to them for explaining what we do today, to me.

Yes, so I hope you accept our good wishes to all here.

Sara: Yes, please give them ours.

I do not have to say it, they feel it (yes).

George: A number of us in the group this evening, we remember well Leslie being with us.

Yes, I was with you too, but you did not know (oh). *I refrained from this kind of work for many years, because of my family. Although my father was deeply into spiritualism, I refrained from it.*

George: Did you say your name was Beatrice (yes)? I've heard the name mentioned.

Lilian: That was Leslie's first wife.

(The penny then dropped with the full realisation that Beatrice was Leslie's first wife, prior to Ruth and prior to our participation in the group)

Lilian: Oh that's lovely!

Sometimes I was with you at your meetings. I was making up for lost time.

Lilian: I think you came and spoke once.

I did, but these good people here do not know me.

George: But I know the name—I recall the name, which came up from time to time.

Yes, but he was a good man and still is.

Sara: Well, he always spoke highly of both of his wives.

He had to, while I was there!

(Laughter)

Sara: Well I think he did anyway.

Lilian: You had three lovely children.

Yes, I had a good life—not always easy at times.

Lilian: It's not meant to be, is it really?

No, but when you look back—and I am sure that you will be the same—you are grateful for all that you have had.

Lilian: Yes, and even the bad times, you learn lessons.

Yes, even the bad times show great growth of spirit.

Lilian: Yes, I remember now about your father.

Do you?

Lilian: Yes I remember Les saying. Yes, because he was well into spiritualism.

Yes, my father was, I was not quite so into it, but of course influenced, you understand (yes). But anyway, I mustn't keep you any longer. I have done my part.

Lilian: It's been lovely—best birthday present so far!

It's been wonderful! I've heard so much about you (really?). Yes, both Leslie and Ruth have great affection for you.

Lilian: I'm very grateful.

George: It's wonderful that you've come through to us Beatrice. Please do feel free to drop by again.

Oh, it's not something I make a habit of—even now I refrain from too many of these visits, because there is no need you know—there really is not any need.

Lilian: You've probably moved on quite a bit.

Not as far as I would like.

George: Since your time we have had interplanetary communications. Would you know about that at all, or is that a detail that hasn't reached you yet?

I have briefly touched upon the subject, but I am not interested. I am only interested in what I have now.

Perhaps you could compare it to living for each day, here where you are.

George: Yes, I was merely interested in how far these things reach.

You can learn of anything, whatever subject you desire, you have all the knowledge available (yes—wonderful). Yes, so just because I am not interested, does not mean it doesn't exist for others.

George: So there is no shortage of interests where you are.

No, of course not! Of course not! (Chuckles) It's very nice speaking with you.

Lilian: Yes, it's been lovely.

George: It's been very nice speaking with you. My dear wife returned to spirit 18-months ago.

Did she?

George: Like you, there were a number of years when she didn't get to the group meetings here, but she was very keenly involved in her latter years.

I know so much is spoken about what you should do and what you shouldn't do, but after all if you are a 'good' person, you will go to the right place.

George: Yes, that's what matters.

Of course it is, that's what matters, not whether you belong to a group really; although you as groups are important. But it is what is in your mind and your heart.

(General agreement)

George: Yes, we understand the planet is moving forward at this point in time—

I hope so.

George: So groups such as this are quite useful in understanding just that and seeing just a little bit of where we are going, and spreading the news.

Yes, I'm sure you do very good things. I am sure, because I don't think Leslie would have been happy to have people who were not genuinely good. He was quite proper you know.

George: Yes, he also had a very good sense of humour.

Yes—too much of a sense at times!

Hearty laughter

I did not always approve—I'm sure he must have told you! He probably made me sound like an old fuddy-duddy.

(More laughs)

Lilian: No, he didn't, not to me.

George: I must tell you, when Leslie last came through and spoke with us, he'd obviously looked at his old house, and his parting piece was: '*And I don't like what they've done to my bungalow!*' We took that as Leslie's typical humour.

(Chuckles)

Yes—it was more than humour, it was fact!

(Hearty laughter)

Yes, he was always outspoken when needed, as I'm sure you must have realised.

George: Well, people these days, they do tend to make 'attic conversion jobs' of bungalows.

Yes, it was a sore point for him when he first came—attics, because you know that is how he passed on, don't you?

Sara: Yes!

So that remark was quite apt.

(Chuckles)

George: Well, I'm sure you would understand Leslie much better than we do!

Well, I've come to know him even better, but of course I knew him and understood. I did not always approve, as I've said.

(Laughter)

But let's face it, men and women do not always agree.

Lilian: Well, it's a miracle if they do, or they're telling a fib.

(Chuckles)

Yes, you are a lady after my own thinking! And now I really must go—I am being called and told to hurry things up.

(Thanks and farewells)

I have enjoyed every moment with you. ask my forgiveness to this lady (Eileen), I think I might be making her throat dry.

Lilian: Right, well she'll be very pleased to have had you though her.

George: We have a glass of water at the ready.

There's nothing wrong with a tippie, although Leslie didn't always approve of that.

Lilian: Although he began to make wine in his latter years.

Yes, but—

Sara: For *others* to drink, not for him.

Lilian: He had a tippie himself.

Sara: Oh, he did?

Lilian: Yes, I think so.

He did indeed yes—not too much. I think he felt the spiritual resistance.

(Chuckles)

Sarah: Good words.

Yes, that means me!

(Laughter)

Now I really have to go.

George: Thank you Beatrice.

(Pause after Beatrice departs)

Lilian: I bet he was having a chuckle!

Sarah: Yes, spiritual resistance, I enjoyed that.

(More gentle chuckles as Lilian attended to Eileen, offering her the water, bringing the session to a close.)

~10th February 2014~ SALUMET

http://www.salumetandfriends.org/resources/2014_02_10+salumet.mp3

Lilian: Welcome Salumet.

Good evening.

All: Good evening.

As always, I am pleased to join with you, my dear friends. I wish to say to you a little about words I gave to you a short time ago, about discoveries in the field of health.

Lilian: Yes, I think we all pondered on that one.

I believe already you will find that new discoveries are being made, even as I speak. You will find much information comes to you shortly. Firstly, I would like to welcome our visitor, who is a seeker of light, and I am sure that she will feel most comfortable with you all. What I wish to say to you, my dear friends, is that in coming months we wish to work with each one of you more closely, because although I have said many times, it is time for your own individual growth—still much more could be achieved by you. So in the coming months, we will take each one of you individually and help you with your own spiritual growth.

(General thanks)

George: That's very much appreciated.

Of course, we cannot interfere if you are not willing, but I know my dear friends that that is not a problem with this group. So I say only to you: open your hearts and your minds. And for this, we will begin these endeavours this evening, after I have spoken with you. So, if you have any questions this time, then please do speak out.

Lilian: How about you Jo, do you have any questions?

Jo: I would like to ask Salumet about angels—'Earth angels' **(yes)**. Do they exist? Are they real?

Of course!

Jo: I know angels are real, but are 'Earth angels' real?

There are many facets to what you call 'angels.' Yes, there are what you would interpret as 'Earth angels', because you see, my dear friend, they have the ability to change their form, and sometimes it is necessary for them to help those of you upon this Earth plane. So my answer to you briefly is: yes, they do exist. And what you must do, as I have told my dear friends here, is, you must call upon them, for help.

Jo: Yes, thank you.

Because, you see, that is the task of all angels, to help humankind.

Jo: Thank you.

George: I am not sure if we should call upon them to help with the world weather pattern situations.

Why not?

George: I think you have told us this is being worked on from spirit anyway.

Yes of course, but it does help to ask (yes). There is nothing wrong with calling upon them for extra help. They are only too happy to give service to you upon this planet.

George: Yes, I don't know if you wish to speak further about the weather patterns that are being experienced—

It is all part of the Earthly evolution. You will not change these patterns at this present time. Anything that is untowards with your weather patterns will be ironed out with the help from us in spirit.

George: Yes, well that's wonderful to know!

You understand, but you cannot stop what is part of evolution.

George: Yes, well that's wonderful to know, Salumet.

Always upon your Earthly planet there, as I have spoken on a few occasions, always there have been disasters (yes), always humankind has found it most difficult to accept.

George: I accept that much relates to planetary evolution (**yes**)—we did speak about HAARP and chemtrails (**yes**) and the way the upper jet stream—there has been attempted manipulation—

Yes, and I have told you that we are aware of all of these things, but you cannot attribute all of the patterns to these matters.

George: I think we've become very aware here in the UK, and I fancy that the jet streams have moved a little further south than that to which we are accustomed.

But it has happened before, that is what you must keep in mind.

George: So it is very largely Earthly evolution?

I would say 'largely' yes. But of course, we are aware of the interference which is happening in your world, and we in spirit are obviously engaged in trying to influence others for good.

George: That clarifies, and we are most grateful for any influence in that direction—thank you.

Yes—do not concern yourselves that we would ignore anything untoward. Is that helpful to you?

George: That is indeed and very much clarifies, thank you.

Yes. Do we have any more questions before I take my leave?

George: I certainly have another one, but does anyone else have a question?

(Pause)

George: We have spoken about pyramid energy. Now our Russian scientific friends—one of the things that they have discovered about pyramid energy is that it alters the rate of radioactive decay (**yes**). I think it follows that, while radio-carbon dating is fairly accurate for many things, it would be less accurate for assessing the age of a pyramid.

Yes, I would agree.

George: Ah yes! And that probably accounts for the fact that the Bosnian Pyramid of the Sun has been radio-carbon dated to nearly 30,000 years, and you indicate that its age is a little older than that—

I would say, if you are wishing to use figures, it is more likely to be forty (yes). Yes, that would be closer to the true figure.

George: Then the different assessment is probably due to the fact that radio-active decay is different in pyramids.

Yes, you are dealing with an energy that is slightly different—yes.

George: Well that clarifies something else for me. Thank you very much.

Now, for this time, I am going to take my leave. As always, I leave you cloaked in my love; and I would like you all to allow those (who are) close this time, to come even closer. Please speak up if need be. Please allow those souls who have become because they wish to and because they love you—allow them to speak through you.

George: How wonderful—I am sure we shall all welcome them to become really close. Thank you, Salumet.

(General thanks)

After a short period of silence, Jan suddenly became very emotional. Her father, who had passed on to spirit only four weeks earlier, came very close to her. It was unexpected, but wonderful and he was able to reassure Jan that all was well. He also said he would assist the group from their side with rescues involving children. He had apparently said that he would let her know as soon as he could! It was a quick reunion, and sometimes it can be like that. Apparently Eileen's mother had returned after only a few days, while she was washing up the dishes!

Sarah felt she was receiving healing for one of her legs which had been troubling her and for which she was grateful.

Jo sensed her grandmother close by and felt great heat.

Paul had clairvoyance which he felt may concern Margaret, a lady who was a regular group member for many years and who passed away several years ago.

Next, we had clairvoyant messages via Eileen.

http://www.salumetandfriends.org/resources/10_02_2014+youngest+rescue+5mins.mp3

Following a short pause, one—a rescue—was with Eileen saying 'Mama'. Lilian asked questions, but this one was not really able to talk. In response to Lilian's 'How old are you?' Jan had clairvoyance and said: 'Less than two—18—19 months; from an orphanage—she's cold.'

Lilian: I'm going to help you, and I want you to listen very carefully. Someone is with you who is trying to help you as well. They are putting their arms round your shoulder. Can you feel that? You are beginning to feel nice and warm. Somebody's put a lovely blanket round you.

Occasional 'mamas' continued

Lilian: The person who's put the blanket round you—I want you to take her hand and go with her. She'll cuddle you up really close. You can call her 'mama' if you like, she said. I'm going to let you go with the lady. You'll be fine.

(Contented 'Mm' sounds as the child was taken forward.)

George's Notes:

Medical advances for 2014: Prospects look excellent. The advent of 3D printers appears to make it possible to create replacement human body parts, and the 'printing' of an artificial external ear has already been demonstrated. Various groups of scientists have succeeded in printing blood vessels; also skin cells can be printed directly onto wounds. And there appears to be confidence that the ability to print a liver organ will happen this year.

Gene therapy, in which genes are modified and returned to the body to fight disease is still at the experimental stage. But this seems a likely effective way to treat blood cancer and leukaemia.

Gut microbes and how they relate to brain function and how this in turn connects with obesity is another promising area of study.

Cancer immunotherapy: There seems to be a breakthrough here—using drugs as a means of empowering the body's own defences to fight cancer.

Bionic eye: This is a clever way of giving limited sensing to those who have become blind from retinitis pigmentosa. By means of implants and connections, patients are able to identify objects and see colours.

HAARP / chemtrails: There has of course been Salumet's prior confirmation of the attempted weather control program by the US and other nations—6th May / 10th June 2013. The active link below accounts that and related data:

<http://www.salumetandfriends.org/resources/CH+2052C+HAARP+S26+ChemtrailsSuggest+heading+in+view+of+the+importance+of+this+subject+matter+S2C+chapter+20+of+our+book+in+preparation+S27A+Cosmic+Ascendancy+S27+is+being+made+available+now+doc>

Influence of pyramid energy on rate of radioactive decay: Dr Alexander Golod has built glass-fibre pyramids up to 144 feet in height, and a number of effects of the inherent pyramid energy have been studied. One

effect is an interaction with radioactivity. He and Dr Volodymyr Krasnoholovets have made serious study of the energy within pyramids, and their work in this field is clearly most interesting. Our world should applaud and take account of the important discoveries that they have made.

~17th February 2014~

One from spirit who gave his name as Simon spoke with us on this occasion:

Lilian: Good evening, welcome.

Good evening. I'm very pleased to be here.

Lilian: Have you been before?

No—now you're wondering why I am here.

(Pause)

I like to move around.

George: You like to move around—is that visiting various groups?

Yes (ah), so I am not familiar with any face here. But nevertheless, I am allowed to visit.

Sarah: We're very pleased that you've come.

Thank you. Quite a quiet place, isn't it?

Lilian: Sometimes; sometimes we get a bit noisy maybe.

Do you?

George: Do you know of us—do you have any information on what we do?

Of course I know what you do, but not specifically—generally.

Lilian: So there's quite a difference between groups. Each group is different.

Very different I would say—very different—some not always comfortable to travel to.

George: Right! This is always on this Planet Earth is it, that you visit?

Do I visit Planet Earth? Yes.

George: Only Planet Earth?

Only Planet Earth, yes.

Sarah: Do you know of our teacher who comes to us—Salumet?

I did not know he came to you, but I am aware of the name.

(Exclamations of pleasant surprise)

Sarah: Yes, he comes to us fairly regularly and has done for a long time now.

You are most fortunate in that case.

George: We are indeed most fortunate. We feel this is a progressive group, and over 20-years we have received much teaching from Salumet.

Lilian: Have you heard him in spirit?

I have indeed. Yes, but not often, because he has to come from another realm (yes) and it is not always comfortable I believe.

George: That's right (yes). Yes, he finds this atmosphere rather dense!

I'm not surprised, because I do also.

George: So you are from quite a high level?

I wouldn't say so, but far enough away, yes.

Lilian: So even in spirit form, to travel down—I'll say to first stage, is uncomfortable.

Very, very uncomfortable—only a very few would do so (oh!) Yes, because the farther you go, the farther you expand, and the more difficult it is to come to this density—because you become lighter and lighter, so I am told.

Lilian: You're at the first stage are you?

I would say probably the second (I see). Yes, I have been there for quite a long time—but time does not matter, does it? (no)

Sarah: How does it become uncomfortable? Because you don't have a physical body, only a spiritual body—

Because spirit belongs to the lightness (ah). Only you humans belong to the density. So you see, it's rather like being—how can I explain it to you?—being caught in a quicksand—you are not free.

Lilian: Yes, that's a good way to describe it.

George: Two who have been through to us have been 'Sister Agnes' and 'Rudolf Steiner', and I believe they've come from quite high levels.

Yes, there are many who will attempt to come, but it is not comfortable, that is all I am saying. We make a great effort to do this.

George: We accept that it is uncomfortable for you and we admire you for making the journey.

Yes, but the more you do it, the more refined it becomes and the more accustomed you are to the conditions.

Sarah: Salumet had quite a lot of adjustments I think in the beginning.

Yes, I would imagine so.

Sarah: Yes, I think it's easier for him now. There were adjustments to the medium you are using at the moment, as well.

Yes, that is always a consideration—which one you should use. I took my time this evening to see who I thought may be suitable.

Sarah: I think you made a good choice!

Do you?

(Knowing chuckles)

Lilian: Salumet's already done the work for you.

I see. Sometimes it happens that we change what you call 'mediums' on your side of life? (Yes.)

Sometimes we hop from one to another if it is not quite right. This is not really acceptable, but it happens.

Sarah: So have you come this time for your benefit, our benefit or just out of curiosity?

Lilian: Or for everybody's benefit—

I have to admit it is mainly for my growth, my understanding, and of course it is always pleasant to visit others whom I have not met before.

Sarah: Yes, it's always nice for us to have visitors *(yes)*, so we're pleased.

Lilian: Do you remember your last life on Earth?

I cannot. I can remember my name, and that is about it. I am Simon.

(General acknowledgement)

Tonight I am wearing a very special hat—because I always did like a hat—I do remember that.

Sarah: Is it a pointed hat with a feather?

Oh no there are no feathers for me, I am not a dandy—not that I don't appreciate feathers, but not for me.

Sarah: Not for you, yes.

(Brief pause)

But you're all very quiet I have to say.

Paul: I was trying to think what your hat looks like. Is it a top hat?

No, flatter than a top hat, with a band around the brim.

Lilian: A trilby?

I think that's what you may call them today yes.

George: And are you aware of changes happening in relation to Planet Earth?

I am vaguely aware but it's not really what I intend to do with my time—because there are much greater powers who are dealing with such things. I am a mere—I almost said 'mortal' but that is not quite correct.

George: But you are aware that such things are happening—

If you wish to know you can find out, yes.

Lilian: So can you tell us a little of what you do in spirit?

In spirit, I also travel (do you?)—yes, I also travel to places on this Earth that would have been impossible when I was alive, I think. I'm not sure, but I think I am correct in saying that. I love the feeling of freedom, and you can do whatever you wish.

Sarah: I expect you do some sort of work in spirit, don't you, as well as travelling?

I help those who first come—those, not lost, but those who like to be guided and given a little tour of what spirit is like.

Sarah: Yes, a tour guide!

(Chuckles)

—A tour guide? I like that! Yes, you may call me a 'tour guide'! So that is mainly what I do. Not with children—they have their own special helpers; but those who wish and are in awe of all that has happened to them—and they wish to be directed to many loved ones and situations.

Jan: You've actually answered my question Simon. Last week, we sat here talking about being able to visit places in spirit, like visiting countries and sight-seeing—places we didn't get to see while we were here. So you've just answered that question really—you are able to go where you want to.

Yes, wherever you wish.

Paul: So if you wanted to visit the pyramids, you would just be there instantly, would you?

You would—your thought is in an instant—quicker than an instant, your thought is immediate.

Paul: And you wouldn't have to buy a ticket!

(Laughs)

Well that is always the plus for most people—that you do not have these hold-backs as you do on this planet.

Jan: When you think: I'll visit so-and-so, are you seeing it in real time or spirit time? Are you able to be there *and* see the people that are visiting?

Yes, you can do both. You can view from spirit or you can experience time as you know it here.

Sarah: So when you are visiting from spirit, you don't feel that heaviness? ***(No)*** But if you are visiting in the way that the people are visiting it—

Well I am still spirit.

Sarah: But would you experience that heaviness that you are experiencing now? ***(No)*** You wouldn't.

It is completely different, and I am stationary here for a little while, in this confining body.

Sarah: That must be hard for you then.

Yes, well I do not wish to upset the medium, but it feels quite comfortable.

Jan: Most people say that when they have used Eileen.

Lilian: She is the channel for Salumet.

I see, I did not know this.

Sarah: That's why I said: you've chosen well.

I see, yes. You are all very kind people, I can tell. I feel quite comfortable here.

George: Oh, that's good.

And I have to be truthful and say: this is not always the case. Sometimes you come across those who have too many words to say and too much ego, which does not make for good groups.

(General agreement)

Jan: On the whole we leave our egos outside the door, we blend very well.

Yes, I can feel that, otherwise I would not have stayed this long.

Sarah: We have been told that we've known each other in previous lives, so I think we've been together for quite a long time.

Yes, well like does gravitate to like, which explains a lot.

George: We mentioned pyramids. We have a particular interest in pyramids, because the earliest ones were built by visitors from other planets *(yes)*, and so we've been very interested in those early pyramids and the energy they produce, and some of us have visited excavations that are going on.

So that is your pastime, is it?—the interest in pyramids?

(General agreement + laughter + comments)

Paul: Yes—when you visit, do you go alone or do you go with others?

I like to go alone when I travel. I have been with others but I prefer to do it by myself. I cannot comment about your other friends, who have been involved with pyramids. I have not blended with any of them as such; so I cannot really comment.

Sarah: Do you experience that energy within them that we're supposed to be able to experience?

—Energy within whom?

Sarah: —within pyramids.

Well, do you mean now?

Sarah: When you visit them.

I do not visit pyramids—I have had no contact like that (ah). That is why I say I do not recognise the energy of those who have been involved. Yes, I'm not good at explaining—I should have told you that.

(Our misunderstanding acknowledged)

Paul: Where do you like to visit?

To be perfectly truthful, I have travelled all over your planet. Of course there are some places still I would wish to go to. But mainly I travel this planet to people—to situations such as this, rather than for a place (ah right). It is a different situation.

Paul: I understand now—you're not sight-seeing.

Well, I like to think I am, at the same time. But you can do all of these things in an instant.

Sarah: And you are drawn to groups by their light are you?

Of course.

Sarah: So the ones you find not so congenial to be with—you're still drawn to their light?

—Still drawn to their light. It is only when I am with them that I can have the true picture (I see). But yes, all of you have a light—that is what attracts us to you.

Jan: Simon, you said that you help people pass over—

Yes, well I don't help them pass over—I meet them when they reach their destination.

Jan: What's the process after that? Are they sent off in different directions?

Yes, they are greeted by those loved ones who have welcomed them. Very often it is overwhelming, not only for the person coming, but those who are already in spirit (yes). Yes, it is like a celebration.

Jan: I experienced that just recently. My father passed to spirit six weeks ago, and I picked up on my granddad's emotion the night that he died (***yes***), and that was very evident in the room at the time. So nothing changes, as it were—exactly the same.

Yes, most people I would say are met by loved ones. There are a fraction of people who will be met by those they have known for ever.

George: Yes, we are aware that the sadness in our funerals is matched with wonderful happiness of emotion in spirit.

Yes, what people do not always understand I think, is that the sadness at what you call 'funerals' and their goodbyes, it's almost like a block to those of us in spirit, who wish to come very close. It kind of keeps us away—a little way, although you would never stop us waiting.

George: So sadness at funerals keeps you away?

It can create a blockage if it is overly emotional. And for most people, it is emotional.

George: So you would like to see funerals as happier occasions.

I would like personally to see them used in the way that we do—as a happy event (yes). But, as human beings, most of you are not ready for this.

Sarah: I did go to one funeral like that where there was lots of laughter. Afterwards, I felt completely uplifted—I felt wonderful afterwards.

Yes, I have been to many where there has been much praise and much singing and the whole light is changed.

Sarah: I think some of the African people do that, don't they?

Yes, many people still do that. Anyway, I believe I've been talking too long.

George: I was just thinking: how nice listening to you and some wonderful people have spoken through your instrument—two queens! Those visits were arranged by Salumet. I don't know how he managed to arrange visits from 'Mary Queen of Scots' and 'Catherine the Great,' but by some process he managed to arrange those visits for us.

I feel your excitement, but let me just say: they are not queens in spirit.

(General agreement)

So I understand your excitement, but to us it means very little.

George: It's just that that's how we remember them.

Yes, I understand fully. I am not being what you call 'flippant', but you know kings, queens—no matter—it makes no difference.

George: It was most interesting to us that they managed to indicate a few errors in our history books.

Yes, it is always interesting when people come back to talk. We understand that in spirit—we do, we understand it fully.

Lilian: We've been told we choose the life for whatever we need to learn, that we're coming back to—***That is the purpose of life—to learn.***

Lilian: Yes, well I often think to myself: Why choose to be, say a king or a queen, which in a way has no privacy at all? Why would you choose that, but I guess the lessons are there?

Yes, it is not for me to say why people choose their lives, but what I DO know is that there is a great diversity of 'People-kind' and you do come for the lessons that you can experience. Not always does it happen, but nevertheless, that is the purpose of your lives. Now—

Sarah: Can I just quickly go back to—

Madam, you will get me into trouble! But I will answer.

(Laughter)

Sarah: I was just going to say: everybody that goes back into spirit—there is *always* someone there to meet them?

No one is on their own; we are waiting for those, even before they leave this life (ah right). ***So never be afraid of death.***

Sarah: I wasn't afraid, but I just wondered—

Lilian: Sometimes they have a pet—

Sarah: Yes, that's true too.

Of course, you know full well, because I know you do rescue work, that there are those who are a little 'delayed', shall we say; but they are never alone even if they feel they are.

George: Could I just say one thing to you?

Oh dear! You are determined!

(Much laughter)

I shall have no hat by the morning.

George: There's one of our readers—he reads about our meetings—and he is absolutely fearful of the idea of 'hell-fire torment' in spirit. This is something that has been—

—drummed into him—

George: Drummed into him via Roman Catholic religion (***yes***). Have you any comment on that?

I do feel for those who suffer from such fear. It is INEXCUSABLE for any religions to teach such dire teachings!

George: Fine words—thank you!

Yes, but of course, he is living already in his own hell—because of his fear. Tell him that there is nothing worse than what he experiences now—because of his fear.

George: Yes, well that's interesting. Thank you very much for that.

Jan: We create our own hell.

You certainly do.

Jan: —While we are here.

—Whilst you are here. The image of hell in our world is not to be admired. It has to be scotched and gotten rid of. And if I am not careful I may end there myself!

(Much laughter at this jest)

Sarah: We'd better let you go!

(General thanks + invitation to visit again)

I will try.

George: You will be most welcome.

George's Notes:

So the notion of 'hell-fire torment' is once again endorsed as utter nonsense. Perhaps we should remind ourselves that the Roman Empire, responsible for blending the Christ teachings of LOVE into Roman Catholicism, had an inbuilt policy of 'suppression'. The Empire might be likened to an invading computer virus that has corrupted the pure message. Jesus' teaching, of course, centres on LOVE, and did not include hell-fire threat or crucifixion. Both are alien to spirituality.

~24th February 2014~

Following some clairvoyant messages, there was a rescue via Eileen, counselled by Lilian. This was one declaring himself to be in great pain with his arm. Lilian stroked his arm and suggested the pain should be going now:

<http://www.salumetandfriends.org/resources/24thFeb+2014+burn+rescue+8.5+mins.mp3>

Why couldn't you do that earlier?

Lilian: Well, if I had been around I could have, but you've only just arrived. Does that surprise you?

Are you a new doctor?

Lilian: Just someone here to help you. It's gone hasn't it?

I feel peculiar.

Lilian: When you say peculiar, how peculiar?

—Confused peculiar.

Lilian: Confused that I'm talking to you—it's a voice you've never heard before. Well something has caused you to die—maybe the pain in your arms—did you have a heart problem?

Well just a little bit.

Lilian: Have you ever thought of dying—what would happen to you?

Not very often.

Lilian: You probably thought that would be the finish. Well it's not the finish—we live on—the spirit lives on, and that's what's happened to you. It's your spirit that is talking to me.

Are you telling me I've died?

Lilian: Mm—a bit of a shock?

In hospital?

Lilian: If you were in a hospital—yes. But all the pain's gone, hasn't it? That's the main thing.

How did you do that? How did you do that?

Lilian: Well it's help from the people that you'll be going to, in spirit. They helped me to do that. Maybe they can explain a little more.

You must be very special!

Lilian: Not really—anyone can do it.

No—no I don't believe that. You're special.

Lilian: *with a chuckle* If you say so. But now, what you do is you move on into spirit **(to spirit?)** Yes, another life. That's where we come from and that's where we go back to.

Well I never!

Lilian: Spirit first and foremost. So you'll see a light and in the light, someone you'll recognize—maybe more than one.

There she is—there she is—my Maisie!

Lilian: That's a nice surprise.

(Eileen coughed)

Who's doing that?

Lilian: That's the lady coughing—don't worry about that.

I can't believe Maisie's here!! Will you come and meet my wife? I want you to meet my wife.

Lilian: Well I can't come at the moment—I've got some more people to help, like you. But one day I will meet her. And your name is?

Stan—Stan and Maisie. We were always together.

Lilian: Now you'll be together again.

I didn't expect to die this soon. What happened?

Lilian: I don't think any of us expect it, do we? Well you've left physical body.

Thank the Lord!

Lilian: There you go—and you've just got a spiritual body. You can have a full life.

I don't want THIS body. I want my own. Where's mine?

Lilian: You'll be okay. You'll get yours back.

What happens to the burnt bits?

Lilian: All gone.

How can it?

Lilian: I really don't know how it can, but you can; it's like shedding off an overcoat.

I see, complicated, isn't it?

Lilian: I'm sure once you get used to it, it won't be complicated at all—you're going home. I daresay you've heard people talk about going home when they die and that's literally what happens.

You meet your family—my Maisie. She wants me to go now. I'm going now.

Lilian: Yeah, well good luck.

What's your name?

Lilian: Lilian.

You'll make sure I don't have THIS body.

Lilian: Yeah—absolutely.

Whose body is it anyway?

Lilian: It's a very kind lady that lets you use her body so you can speak to someone like me, to help. That's all it is.

It seems a bit creepy though.

(Laughs)

Lilian: Well, it's helped you.

Well I believe you, so I'll be off with my Maisie now.

Lilian: Well, if you can see Maisie—

She's calling me now.

Lilian: She'll be pleased.

I can't believe it—can't believe it!

Lilian: Well, we'll say cheerio, see you again one day.

Yeah—when I'm feeling better—cheerio.

Eileen said afterwards: that was a VERY nasty burn—and to some we may well seem to be a 'creepy' lot.

There was another period of clairvoyance, and we were all advised to check our car tyres—good advice for the current UK wet and rather poor driving conditions. Then Sara talked us through a meditative journey concerning 'JOY.'

<http://www.salumetandfriends.org/resources/24th+feb+2014+sara+journey+to+find+joy8mins.mp3>

~3rd March 2014~

(This was mainly a development evening, and therefore hasn't been included.)

~10th March 2014~ SALUMET

<http://www.salumetandfriends.org/resources/10thMarch2014+salumet.mp3>

George: Good evening Salumet, welcome to you.

Good evening.

All: Good evening.

As always, my dear friends, I am happy to be with you.

George: And of course we are delighted to have you with us.

I wish this time to speak a little about you people within this room, and those who are absent this time (*six present*). I would like each one of you to think carefully, not at the moment but in your time alone, to discover—and we have spoken of this on a number of occasions—about when you come to Earth life, that you choose your parents (yes). What I would like you to think closely about is: why do you now feel you chose the parents that you did. You know we have spoken that it is not so much for the personality, but for the opportunities that that life could bring to you. So I ask you, my dear friends to think carefully and to find what it is in this Earthly life that you were seeking, and to see what answer you come with. You may find to begin with that it is a difficult task but if you persevere you will innately know what it is that you have come for.

Paul: Will we be looking for one specific thing or could there be a number—

There could be a number of reasons or there could be just one. And sometimes I have to tell you that even with just one Earth lesson it can take a whole lifetime, and sometimes you forfeit a life without learning that which you came for. So that is my task for you all my dear friends; because I feel now you have reached a stage of self-acknowledgement and renewal of self, it should come to you more easily, and I feel it would be beneficial at this time and help you along your pathway to know what it is you have come to achieve.

George: And do you wish us to voice our feelings next time?

Yes please, and then we can all share in each other's vision. Does that make sense to you?

Affirmed

Sarah: And of course, you won't be able to tell us whether we are right or wrong.

I will not?

Sarah: It was a question—

Yes, well if I feel the need or perhaps I feel you are on the incorrect pathway, I shall endeavour to help you.

Sarah: Oh thank you!—that's kind.

But that is not the purpose that I tell you. The purpose of this task is that indeed you find what it is that you are striving towards. It may *seem* an insignificant task to you—almost like a game to you. But let me assure you, my dear friends, that for you at this time in your development, it is important.

Paul: Yes, we understand I think, you wouldn't ask us to do it if it wasn't.

No of course, it is pointless to play what you would call *games*; there would be no purpose to this, and I know that by now you have come to know that whatever I have given to you, is always with a purpose (yes).

George: This may possibly connect, but I feel I am being nudged from spirit to do some further writing. And the working title of the piece should be: "*AETHER – Fount of the Physical Creation.*" Does that sound a feasible and a reasonable subject for investigating further and writing about—I realise that there is an enormous amount of reading first that I should do in that.

Yes, as always there is much contradiction about this matter. But you would not be here without the aether. You would not exist without aether (yes). So my answer to you is 'yes,' it is an important subject and if you are feeling the nudge then we are doing our work well.

George: And I feel this would be a good time to try to extend that knowledge.

Yes, because my dear friend, at this very time in the Earth's development, always you have to strive to gain more spiritual knowledge, and that is why we work closely with all of the people who are involved in trying to prove certain things—your scientists for example (yes). So it is important to voice what you know and what you *feel* to be true. And of course, as we well know, there are many things that will never be believed on your Earth plane by many. But that is not to say it should never be voiced. Of course it must, and if you are feeling nudged from our side, that indeed is the time to go forward. So I say to you dear friend: you will have our spiritual backing for your next book of words.

George: Thank you! I thought it would be an article at first, and then possibly a paper (yes), but it might even be a book.

We have always trusted your judgement, and we know full well that you are open to influence.

George: Thank you. There is one detail in connection with this where I am very uncertain and I wonder if I could place a question to you? It is about the spiritual light of the sun, which you have mentioned, and a number of other sources have mentioned also (yes). I think generally we have quite a poor understanding of this, and I would just like to say: disregarding motion, is there any significant difference between the spiritual light of the sun, and the aether?

Yes there is considerable difference.

George: Are the two related?

Everything that exists is related—let me say that first and foremost to you. When you speak of the spiritual light of the sun—all planets have a spiritual light (yes), but we know we are speaking of the spiritual light of the sun. Yes, the aether is the foundation of all life. There is a significant difference, but it is not easy for *me* to explain that difference to you (right). You understand?

George: I understand, yes.

But there most certainly is a difference (thank you). I hope those few words can help you to garner your own thoughts.

George: Yes, and that will save me quite a bit of extra time pondering that issue—thank you Salumet (yes).

Sarah: When you speak about voicing opinions, Paul sent a very interesting email through a lady (*Mary Rodwell*) who was talking about 'Indigo children' and you were talking about the children for this new millennium who are going to be special and are going to help us. One interesting thing that she said: children who have autism or similar states, which are seen as disabilities—she actually thinks they are on a different level to us and that is why they have problems fitting into this lifetime, because actually they are working on a different wavelength perhaps, that maybe we should be working on. Would you like to say something about that?

I will speak with you. Yes, I have spoken of Indigo children. I do not consider them particularly special—only that they are expressing more spirituality when they come to this Earth. Let us refer back to my question for you this evening, about why you choose your parents. These souls who come to Earth with difficulties are souls who wish to use those bodies to gain the insight that they need—the lessons in Earthly life that they need. But they are not any different from another soul who comes to work out their own pathways—only different in as much as the Earthly body is different. Do you follow me? (Yes) So I would personally refrain from saying *special* children. They are children who have come at a particular time for particular work (thank you) I hope that helps your understanding.

Sarah: Yes, I do understand that. And the children who have got autism, that's—

That was their choice. They chose to come, as all souls do—you still have your free will, and when you are about to return to Earth for an Earthly life, that choice remains with you. So you can take an easier pathway; some call it an easier pathway, I prefer to say a different pathway. I do not like when these

things are placed into what you would call 'slots.' You understand, it makes it more difficult. I feel sometimes in your world that too much is complicated—complicated by issues of thinking by humans which are wrong, but others find interesting and that is how you get these difficult words. So I would say to you: try to always find the simple pathway—the simple explanation and you will be closer to spirit (thank you).

George: Are you able to take further questions this evening Salumet, or do you wish to present a program to us?

I will take one more question.

George: There is one sent in by one of our readers. It concerns the airliner with 239 on board, which has disappeared over the South China Sea, with not a trace to be found—no wreckage and no messages. And it is wondered if there is one of those multi-dimensional points which we have talked about in relation to the Bermuda Triangle area. Would you care to—

I will say simply this, that that does not apply in this instance. There will be more information comes, but it is not to do with what you have mentioned.

George: Thank you very much.

Now, my dear friends, I hope you will remember my words and that you will, in your quiet times, ponder upon that that I have asked you to think upon.

(Agreement)

Next time I come to you we will discuss your findings. So you have plenty of time to think deeply about this.

George: Yes, I am sure we shall all be doing this—those who are absent this evening included **(yes)**. Thank you Salumet.

It would be advantageous for all of you—those who are absent also to do this.

Paul: We'll make sure they all get the information.

Yes. It is always important that you move forward—you know—that you do not become complacent in your knowledge. I have said to you in the past couple of your years I believe, that it is also important, not only to listen to what I have to say, but for your own self-expression, your own spiritual growth—that you continually do these small tasks. And with those words my dear friends, I will take my leave and until we come together once more, I leave you cloaked in much love. Know that you are loved and protected at all times.

(General thanks + words of our love for Salumet.)

A few minutes later one came through Eileen for a light chat—one who'd had a hard life as a pick-pocket:

George: Please feel free to speak if you wish.

(Pause)

Good evening Guv.

Sarah: Good evening to you.

My name's Harry.

George: You are Harry.

Yes.

George: Welcome Harry! Have you just dropped by for a chat?

Indeed I have.

George: Good.

I didn't intend to, but they shoved me 'ere so—

George: They shoved you here! Ah!

Yeah, they said: get in there!

George: Well, we're a happy little gathering and I'm sure we'll have a good chat. Is there anything in particular that you would like to talk about?

Yeah, I'd like to talk about your confidence. How d'you know it's going to be a happy little chat?

(Chuckles)

Sarah: I think George means he'll have a happy chat! Hopefully you'll join in the happiness.

Oh, I'm not known for my happiness.

Sarah: Aren't you?

No.

Paul: What are you known for?

None of your business!

Laughs and a little repartee followed that

George: We have been called 'nosy' sometimes.

Yeah, I don't doubt it!

Sarah: If you think we're being nosy, we're only being friendly, and always happy to help.

I hate do-gooders!

Sarah: I wouldn't go as far as to say that.

You wouldn't?

Sarah: No not really—yes we do do some good things, but we're just ordinary people who are caring nice kind people.

Are they? How did I get here then?

Sarah: I've no idea.

(Chuckles)

I don't bleedin' know what to say.

Sarah: What did you do when you were on this Earth then?

Not a lot—you wouldn't like to know.

Sarah: You weren't a do-gooder then?

I wasn't a do-gooder, no. You could call me a baddie—not really.

Sarah: No, I'm sure you weren't.

'Necessity'—that's what it was all about.

Sarah: Was it?

—Necessity.

Sarah: Were you very poor?

Oh yeah—yeah.

Sarah: That was very hard, wasn't it?

Yeah—not much going around.

Sarah: Did you live in a city?

I did, yes—yeah. How did you know that?

Sarah: Just had a feeling.

I didn't tell you that, did I?

Sarah: No you didn't. I just had a feeling that perhaps you did.

Aw—clever-dicks as well!

(Laughs)

Sarah: Well, we live in the country and perhaps you just came to us to tell us about your life in the city.

Oh I don't even talk about that now (don't you?). ***No!***

George: It was a long time ago, was it?

It was a long time ago—who wants to talk about that? I'm a changed person now.

Sarah: Are you?

Yeah—nearly got my wings!

Sarah: Have you? That's very good! Well, don't get them too soon, we'd like to hear from you and don't want you to fly away just yet.

(Chuckles)

There's a pair waiting, but I think they're tarnished.

(Laughs)

Sarah: So what do you do now in spirit?

I help others—especially people not so good (well done). ***I try and give them a little nudge in the right direction.***

Sarah: Well done!

Yeah.

George: Well that's good—very good.

I don't like coming across as being too good though—it's not as much fun!

(Laughs)

I'm always having little nudges saying: Think about it boy.

George: Yes, time is difficult in spirit, isn't it?

It's alright when you're here. It's when you come back to where YOU are.

George: Can you tell us how long ago it was you were here?

All I remember sir, is it was eighteen something—a while ago I think you'd say. Though being here it doesn't seem very long. It took me a long time to settle.

Sarah: In spirit, did it?

Yeah it did—I was a bit angry.

Sarah: Were you?

Yeah, 'cause I didn't really want to go.

Sarah: Did you know you'd died?

I did, yeah.

George: You had some helpers around you, did you?

I had help when I came yeah. Oh yeah, there's always somebody to help.

George: —to help you adjust.

Yeah—you soon realise it's no good being angry and having all those feelings, 'cos you still take them with you, you know—for a little while anyway.

George: I expect you were angry with dissatisfaction—was that it?

Well, I just thought I was too young.

Sarah: Had your parents already gone over?

I never knew any parents.

Sarah: Did you not?

No I was left to fend for myself.

Sarah: Oh gosh, that was hard.

George: So you had a tough time.

I think you would say that I was a 'pick-pocket—not something I'm proud of, but you know—that was the time.

Sarah: We've just had our friend Salumet through, and he said: you come back in this lifetime to learn what you need to learn. Maybe that's what you needed to learn last time.

What, how to pinch?

Sarah: Well, how to survive.

How to survive, yeah. I don't doubt it—yeah. Not everybody's life's easy, but there's benefits for that as well, but you realise that later.

Sarah: Have you met up with any of the people you pinched things from?

Oh my word! One or two, and that's not pleasant.

Sarah: Is it not—no?

No, if you've got any regrets, you sort 'em out now. Don't bring 'em over here.

Sarah: Yes, we've been told that before.

Yeah, it's not a good situation (no) 'cause you know as soon as you get here, you know everything you've done; and it's nothing to be proud of in my case.

Sarah: No, well anyway you've learnt something haven't you. Whenever you come back again you won't behave like that.

I might have seemed a bit rude when I first came, but I'm quite glad they pushed me here.

Sarah: Good! Well it's been very nice having you.

Anyway, you remember 'Harry Boy' and I'll come back another time.

George: Harry Boy?

Yeah, I'm not a boy now, but that's what they used to call me—Harry Boy.

(Pause)

Well, can I go?

Sarah: Well you can go if you like or you can stay if you'd like to—we're happy to have you a bit longer.

Well, no.

Sarah: You've had enough of us now, have you?

It's not that—they like to be in charge.

Sarah: Okay, well we'll be happy to see you again any time.

George: Any time you'd like to drop in for a chat Harry.

Thank you sir!

George: He called me sir!—I'm elevated!

(Chuckles)

Elevated—I'm the only one who can elevate!—in this room anyway!

(Laughs)

I'm starting to get a bit cheeky, so I'd better go.

Sarah: Very nice to hear from you.

George: Yes, and it's very good that you're helping people—it's an honourable thing to do. So well done!

You don't really have any choice sir over here, you either do something good or you're stuck—for a good long while, and nobody wants that, do they?—not when there's a life to live.

Sarah: That's right.

George: I guess there's a satisfaction in going forward and not being stuck.

Yes, right, okay.

Sarah: Okay then Harry boy.

George: Thank you Harry, for coming to talk with us—do feel free to come again.

Thank you very much sir—I'm really going this time.

Eileen said afterwards that she had the feeling of 'clinging dirt' and 'matted hair'. Street urchins had a hard life in those days.

Finally, one gave a short 5 minute meditation through Sarah:

<http://www.salumetandfriends.org/resources/10thMarch+2014+med+thru+Sarah-4mins.mp3>

I want to just take you through a tunnel that has been created for you this evening. In front of you, you will see an archway that is leading down to the blue light. If you follow down to this light and then turn around, in front of you, you will see a bright white light. This light is a creation of your self. It is your opposite. Now I wish you to walk towards that light, and when you are nearly there, you will see a mirror. Look in that mirror, and you will see your shadow-being. Look into the eyes of this being, and you will begin to see inside yourself. You will begin to think of something. Treasure this thought. It is important to you in the short term. Now you have this thought, turn around again and the mirror will have disappeared, and you are again—you are alone by yourself. This has been a message from those who regularly come and sit with you at these meetings. It is a gift to you. And with that, I will take my leave.

George's Notes:

The Aether: The translucent aether was mentioned by Plato in Timaeus and Aristotle, who had been Plato's pupil at the Academy, held that it was the fifth element; so that Earth, Air, Fire, water and Aether were seen as five fundamental elements of creation in those classical times. Later, aether was aptly described as a non-material something extending throughout space, through which light travels. The wave theory of light proposed by Christian Huygens describes aether as a perfectly elastic omnipresent medium of zero density through which light waves travel. The famed Michelson-Morley experiment (comparing the speed of light in two directions) failed to detect it. Hence, throughout the 20th century our mainstream science has ceased to recognize its existence, neither does it feature in the equations of motion of Newton and Maxwell or the mass-energy equivalence of Einstein. We know, however, from Salumet and from several other sources, that there is indeed an elastic and energetic medium throughout this universe and it underpins all physical creation. Further to the Michelson-Morley experiment, measurements made by E W Silvertooth (1986), using laser equipment, reports positive detection. There is also the pyramid energy that we know arises as the result of aether sweeping a pyramid due to Earth rotation. So it is time to acknowledge the reality of the 'fifth element' of those faraway classical times.

~17th March 2014~

Firstly one who gave his name as Tom spoke via Eileen with some helpful messages, in connection with future activities—concerning Graham's work and family.

Next, another spoke via Eileen who began by complimenting Lilian on her sweet voice, before carefully observing each one as part of getting to know us:

http://www.salumetandfriends.org/resources/2014_17_March-+Annabel+with+hair+up.mp3

I'm just observing each one—forgive me I do like to know who I am making acquaintance with. Yes, I will not be so rude as to say: a motley crew.

(Laughter)

Lilian: Yes, you can see us more clearly than we can see ourselves!

Yes, your spirits are bright—that is the important thing, isn't it? Not what you are clothed in at all. Yes, you are so bright, all of you.

Lilian: Well that's nice to know.

It is not always the case when you join with groups like this, that each one is quite bright. So I am going to say to you all: carry on and do whatever it is that you are doing, because your spirits are soaring.

George: Well, that's a nice encouragement.

But of course it all depends on each individual. You can keep the same or you can strive to be brighter and that is what I am observing now. I also can see little faults amongst you, but that is not too bad, but it is also something that you can work on in your lifetime.

Paul: Absolutely!

Graham: We have been reminded by Salumet that it is really important to know ourselves.

Of course, if you do not know yourself, how can you help others? Because, everything rebounds in this world; you know if you are unkind, it rebounds back. Some people seem to think that this is not so, but I can assure you that in one way or another, this is what will happen. Yes, you cannot hide from yourself—you know you have to face yourself when you come to spirit, so why not do it now? Why not make changes now? Does not that make more sense?

Paul: Yes, because in a way this is a playground—we can make mistakes and learn. We should be able to—it should be easy to correct ourselves 'here.'

When you have the knowledge you have to strive. We are not saying you will achieve all, but the recognition is the important part—the recognition of who and what you are. That is a great measure of how the spirit works.

Paul: Is it a case of sort of following our passions—doing what we love to do, and then that leads us to who we are?

I am so pleased that you have mentioned this, because so often people feel that we in spirit bring such serious remarks—serious sayings to you. Of course we want you to enjoy your lives; after all, if you are fulfilling your potential, then of course you know yourselves. But you can be happy on your way. It need not be so serious—you know—and there are so many misinformed people in your world. But yes, if you do not know yourselves, then you know no one.

Graham: I don't know how well we know ourselves, though—how we perceive ourselves and how other people perceive us, I think sometimes that may be a little different.

Yes, I quite agree that is the case. But more importantly, is the way you perceive your SELF (yes). When you get that correct, that right, then your aura to the world is changed, and then people begin to see you as you see yourself (yes). You understand?

Graham: I think I do yes.

Lilian: Yes, we mostly know when we've thought or said something wrong and feel pretty bad about it.

Yes, there's a knowledge that comes to you over time and I have to say, it is an innate knowledge—you cannot fool yourselves; you may try to, but you cannot fool yourselves.

Lilian: That's true.

Graham: You have this feeling inside you that you've upset somebody or done something you shouldn't do, and the feeling that you need to make good (yes) that situation, becomes overwhelming.

Yes, if you are thinking correctly, then yes, that is what happens. That is the Spirit Being that brings that to the fore. That is when you know right from wrong.

Graham: It's a lovely feeling when you do correct a situation or make an apology. It feels like closure and you've learnt something on the way.

And that is what it is all about (yes), learning and loving your fellow man. I know this seems overly spoken at times: 'Love your fellow man,' but really and truly that is what you must do—even those people that you feel you dislike.

Graham: I think it's called 'unconditional love', isn't it?

Yes.

—The highest goal really.

It is your aim. I am not saying that you will achieve it whilst here—a few do, but it IS a few. But as I have said, the recognition is important.

George: And with loving or feelings for people, one can have such feelings for individuals; but I think it is the collective view that is sometimes difficult—the politics—the warfare. One tends to stop seeing the situation in terms of the individual (yes) and there is a difficulty there.

There is a difficulty there, but they are the most worthwhile. To forgive an enemy or someone who has hurt another is difficult—we do not disagree with you on that. But to overcome that difficulty will lift you higher than you have ever been (yes). It is easy to forgive those you love and those you admire. But to be able to forgive like we said, love is unconditional, and that is what it must be.

(Agreed)

To harbour any kind of negative feeling to these people will only, as I have said previously, rebound back to you.

George: Yes, we need to override such feelings.

You must, if you are to achieve growth of your spirit. We do not say it is easy, I do not think anyone from our world would say so, but it is in the trying.

Graham: I think it helps when you can put yourself in that person's situation—if you were born into their circumstances or had the influences that they've had in their life, you would possibly feel as though you were that person yourself. So in doing that you're recognising the humility in the other person and I think it makes it easier then, to forgive that person if they've upset you and to feel that unconditional love towards them.

Yes, but sometimes you can analyse it too much. And sometimes it is easier just to forgive and to let it go (yes). Try not—because what you are doing then is to make judgement and you do not have the right to judge. So I say: forgive, forgive on a level which will reach many.

George: Yes, in any case I think we choose the situation that we are born into.

You do not always choose the situation, but you choose what might be.

George: What might be?

Yes, you do not always choose the right pathway, but you choose the opportunities. There is a slight difference.

George: Yes indeed.

You understand?

George: Yes.

Well, I hope I have helped you to understand just a little more than perhaps you did. So much comes from our world, and so many people are confused, but I know here with you, that your understanding of spirit has grown.

Sara: I think sometimes, the more time I spend alone, the more I think I understand people, but sometimes the less contact I seek as a result. It's not that I don't like them—it's that sometimes I would rather have some time alone.

Yes—because your spiritual light is telling you this.

Sara: Yes, I wanted to ask, because I have had a very sociable life and personality, but this year I have felt a strong urge to withdraw more from some people.

Yes, because when you are on your own, you are closer to spirit (that's why). That is why, it is a natural progression.

Sara: Thank you for that, because I have felt a little bit concerned about my personality death!

(Laughs)

Well, that is a nice way to put it, but we do not wish you to lose your personality.

Sara: No, but as long as I know it's in a good cause, which I think it is.

George: But we have an excuse for being a recluse!

(Laughs)

Well, if you have led a good life, there is no reason why you may not become reclusive, provided the contact with spirit is maintained.

Sara: But I do want to produce things to share with others, but I feel I can't do that unless I spend some time alone.

Yes, you will be guided in those moments alone—as you all are.

Sara: Do you feel it's a good choice for me—I want at the moment to create things to bring to share. Do you feel that's a good choice, as I'm feeling this need to be—

I would say only: if that feeling is strong enough, then you are being guided. It is not for I to tell you what you must do in your life.

Sara: No, thank you for that.

But I will just say: I am smiling.

Sara: You are smiling? *(Yes)* Okay, thank you.

Well, I hope I have not kept you long with words you have heard before, but they are important words to ME, and they are words that I have used often to groups such as yourself.

George: Well it's always nice to have important things reinforced. We sometimes need our little reminders.

Well, I am aware, but I do not like to say that.

(Laughs)

Paul: And it's been nice listening, because like the lady you talked to, you have a very nice voice too.

Lilian: Yes, that's true.

Well thank you! I try, and as the lady said before you, it is nice just to be quiet sometimes. So when I do come and have to use the voice—not MY voice obviously—but the lady I am using, it can be, how shall I say—not traumatic, but quite challenging. When you come from this world of spirit, back to this time, it is quite difficult for some. But I have become acquainted with it, and used to it and it, I almost said: gives me pleasure, but that would not be the right words to use.

Lilian: Well I would say it's a very useful job.

It is yes, although it seems simple words/simple advice, it needs to be told. Yes, you need to be reminded.

Lilian: We have a teacher who comes from spirit.

I know.

Lilian: I guessed you did.

I was told, which rather makes my words seem a little insignificant, shall I say.

Lilian: He always said right from the beginning that he would use simple words.

Yes, but you know, compared to his teaching, mine do seem a little insignificant.

Lilian: Well that suits me fine. *(Chuckles)*

Well, I'm going to leave now. I've had a lovely time.

Paul: Could you give us your name, just in case you come back again?

That is most kind. I didn't give my name, but it is 'Anabel'.

Paul: Anabel—right!

Yes, just for recognition, if I do come again—I will always wear my hair UP. So if you would like to check, because you probably realise, there are many Anabels in spirit world.

Paul: Okay, Anabel-with-the-hair-up. Was there a reason for you having your hair up?

Yes, it was extremely long and it was more comfortable put up. But it is just for recognition. I am not so vain anymore. Now I must go.

(Fond farewells and it was made clear that Anabel would be most welcome to call again.)

Thank you very much.

Finally, a rescue via Eileen, of one hanging from a tree, who seemed incapable of speech. But with Lilian's words and hands-on healing, he was able to go forward.

George's Notes:

Rebounding of the negative: A current example of this negative rebound is the tit-for-tat political sanction sequence that is going on in connection with the changing Crimea status. The status is the concern of course of Russia and Ukraine. But this is clearly being judged by politicians in the West; yet when in 1959, both Alaska and Hawaii became part of the US, this was considered acceptable. So this illustrates well several points raised in the above exchange.

COMMUNICATIONS PRIOR TO SALUMET ERA: You may sometimes have wondered: what of Eileen and the Kingsclere Group prior to Salumet joining us in June 1994, and before regular records began. Well, Leslie and his wife Ruth ran 2 circles for many years prior to 1994, much of which involved rescue work. A few papers have very recently emerged from that time. Eileen had several deep and lengthy meditations, and on returning she was impressed to write down what had transpired.

(1): The first of these handwritten records that we have is dated April 1989, and begins with reference to many of a foreign race dying—"Asia—many tragedies. Much is being done in the spirit world to raise consciousness around the world. Work for you is about to start—few little hiccups—many will come to you from around world—evidence irrefutable. Life will be hectic at times. Be strong enough to say 'no'. You as an instrument must take good physical care of yourself. We will help to guide you. Many stand close. Until we meet again, this is SALOU**T."

(Part of the name as written is indistinct, but I think we can assume it to have been Salumet making an early call.)

[Salumet has since referred to the many Arab peoples dying. There have been visitors from around the world and Brent (US) in the early days had computer knowledge and did valuable spade-work. It was also 1989 when Ann, Mark, Paul and I were at the Mayan sun temple in Mexico, and I received the message: "It's alright to tinker with the mechanics of the universe—try to figure things out—as did Newton, as did Einstein—it's a kind of appreciation, a kind of homage—BUT—the—most—important—thing—in all the universe—is—LOVE."]

(2): A further communication was from one who gave her name as 'Lady Nada':

"I am a composite of many lifetimes, as you are. I am not of the Earthly vibration, but I come at this time for the gathering of many great souls. Your Earth is changing for the better very, very slowly. We have gathered at this particular time, as the possibilities are there to be used, in as much as the instruments for spirit are making themselves available; therefore the plan must proceed a little more quickly. The life plan of your Earth has been a rocky one and still is. But always there is good alive and thriving, and this is what we must influence and work upon. There are many we can call upon for help, but also so many who are

blind to the opportunities open to them. Materialism has over-run to a dangerous level, and that is why we are gathering at this time. This Earth will NOT be destroyed. It will be a 'heaven-on-Earth', that is the great plan of spirit. NO man can change or transmute this law. I will be constantly with you from now on. Call on me if I can assist in your Earthly work. You have followed your life path this time, with dignity and great love, and my heart is full to see it as such."

(4): Lady Nada again came through in January 1994: I come to you this morning on a wave of love and hope. All plans are taking shape. I can say to you. I can say to you: be prepared, your whole life pattern is about to alter. The whole Earth pattern is altering too, but this has been occurring for a considerable time. I want to speak to you now on unknown things. I come with a group known as 'The Zealongis'—a name not known to many on your Earthly planet. As I have said before, we are not of this plane. We have been preparing for a very long time to come and help all you Earthly creatures who are in need of help. You have been travelling a course of destruction and disaster. You may ask a question? I'm impressing you to write down, only so you can go over what is said, without having any failing of memory. I will also speak with you when you are with your friends. Know that I am here for your benefit. I will show myself to you at any given time if you call to me. Our mission on Earth is a challenging but necessary one. You can equate it with a rebirth—a new beginning—another chance for humanity to put right all the wrongs of man on this planet of Earth.

Mother Earth has suffered, has cried out—only to fall on deaf ears. Now we have stepped in to encourage, impress and help those who will listen. I will gradually give you proof of who I am and the others, who will also become known to you.

My blessings and God's love be with you, lovely being of light.

... Lady Nada.

[Now that the Internet reveals much, it is clear to us that 'Lady Nada' is an ascended master, as are Jesus and Mother Mary. Lady Nada fairly regularly speaks via the medium Fran Zepeda in California.]

(4): We the Ascended Masters have now made contact with you. We have waited for some time now, but we realize you had to work through some Earthly problems. The one known as Margaret has become a beacon of light, and has much work to do on the lower level at the moment. We have travelled some distance to the Earth plane at this particular time. We will use you as you should be used,. We are your companions, not your users. Your extended memory will return with such visions that you have driven to the back of your mind, You are a master of light and now is the time to remember and open up to the world to give all that you can while an Earthly vessel. It is always difficult whilst trapped in a body, but it is a requirement as you will know. The people you are involved with in your group ... some have given us some cause for concern, but we feel now that we have weeded those who are unsuitable. Now is the time for moving forward. The plan must be put into action. No more time for loquacious idleness or Earthly excuses of shortness of time. Time is an extremely difficult area to overcome, when all consciousness is aware of freedom.

It is the path you have chosen, and now we meet again. Your awareness will increase, to unfold all the knowledge of the universal consciousness. We need say no more to you, but that we are happy to be reunited again. ... SALU***.

[Again, I think we have an incomplete Salumet signature.]

It is possible that these prior communications were meant to emerge at this time.

~31st March 2014~

A lady spoke via Eileen who was tentative at first. Our group was I think a new experience for her and she made it clear that she wished to blend and get the feel of us. So there was some light chat initially. She also mentioned that Salumet would be with us next time:

http://www.salumetandfriends.org/resources/2014_31_March-one+wanting+to+blend-eileen.mp3

Yes, I can see you all now.

George: I expect you find it takes a little while to settle.

Yes—yes, it feels odd—is that the word, ‘odd’? (Mm). At the moment, the more I blend the more I am aware of you. It is more difficult to blend here than it is in spirit world—there is no problem there.

Lilian: So would this be your first time of trying with a little group?

Yes—it is the feeling of the blending I am not familiar with.

Lilian: I imagine it’s the ‘heavy’ feeling—

Yes, that is what I mean when I say ‘blend’. I am trying to blend with all of you at the same time. I was told that for some it is easy, for others like me, not so easy.

George: We’re all a little different—each a little different in this group.

You have to be individuals if you are living here. Yes, you are all a little different. But I see many animals drawn to you—also children. Why would that be I wonder?

(There was some discussion of this)

George: Would the animals be cats and dogs?

More exotic!

Paul: —Like big cats?

Yes, they would not always show themselves, but they can do at times for a particular reason. And I feel it is to let ME know that all is well here (I see). Normally we would not be shown big cats.

Lilian: Of course, they’re almost top of the chain, aren’t they?

Yes—I think it is significant that all is safe and well with you.

George: Well we’ve had a very good teacher for the last twenty years, and I know he’s had a great influence on our group. There are many others who’ve had some influence as well, but Salumet, our teacher and guide of twenty years, has had a wonderful effect I’m sure.

I’m being told, yes: he will be coming to you next time. Someone has just told me.

George: Thank you for that.

You are fortunate to have a teacher!

Lilian: Very!

George: We are indeed.

Paul: Yes, and we try to spread the teachings as much as we can.

Of course there are many teachers who come, but do not always stay with one particular group of people.

George: This particular one has come as a mission, and we transcribe all that is said and send out to people around the world.

Yes—I go sometimes to listen to the teachers in my world, and it is a great blessing. There is a great feeling of upliftment and knowledge—and everything, I cannot explain it to you. It is a unification of Love. It is the best way to say it. When they speak to us we are filled with much love (ah yes), yes, it is an experience.

Lilian: Yes, we feel uplifted and certainly, as you say, he brings love with him.

I am not surprised.

George: Yes, well we all share the love factor, but as I said earlier, we are all a little different in this group. I am a scientist myself, so I'm particularly interested in the universe and what goes on in it.

Well, I am most honoured sir, to be in the company of a scientist.

George: (apologetically) But scientists on Earth have made many mistakes over the years.

Many make mistakes in your life and in ours.

George: I'm trying to do my little bit in bringing scientific knowledge and spiritual knowledge together.

Ah! Well I do have something to say when I return!

(Laughter)

I have been in the presence of a scientist! I am amazed to have been placed in such good company!

(More laughs)

George: Well, we try to be good company, but—

Lilian: Do you remember where you lived when you were here?

I have a vague feeling about it—that I lived in Italy. But you know, memory goes quickly in this world (yes). It really is not important, unless there's a good reason to remember. The object of spirit is to move forward. I know I've moved forward, but I cannot I'm afraid give you details (no), and I understand why you would wish details.

Lilian: Yes, because we are still with the Earth.

Yes, because it is important to you, but not to us—frustrating is it not?

Paul: And yet, in a way it's nice not to be cluttered with unnecessary details.

Yes, that is where you benefit, because you can let it go and just accept. That is why you have been given quite a lot, someone is telling me—because you trust and accept.

George: If you have memories of Italy—that is a country that has played a part in history; a country with Venice and beautiful cities—Rome has made its mark on the world. I don't know if you have any feelings or memories regarding the workings of the Roman Empire?

All of these things are available if you so desire, but do you know, I never have inquired—I have never looked back. And that may seem difficult for you to understand. Some people wish to gain as much knowledge about where they have been, where they have come from, and that is there for them to seek out. But in my case, I never have. I just want to become more spiritual (yes). I want to move forward and to try to do what I am doing this time—by coming back to help. The past is not important.

Lilian: No, so we have been told.

—not important.

Paul: I can really see that—even looking back a few decades ago—really it's best just to look forward and make the best of what we have now. We don't need to look back. The past is past—it had a few good things but it had a lot of bad things as well.

Many people need proof, if I might use that word, and there are many what you would call 'mediums,' who can bring back knowledge for you. That is their particular job. And then there are those of us who have moved on from those conditions and who wish only to bring a little more knowledge—knowledge of spirit rather than of the Earth, you see? So I would say, those mediums who bring knowledge of the Earth are the ones that should be speaking to you about countries and history, because that is what they have chosen to do. But I think you good people have moved past that—those conditions. But I know you still seek some knowledge, and I am sure, if you have a teacher come to you, that sometimes it is given to you.

George: Yes, I'm only interested in our past in how it points to a better future.

Yes, I understand.

Lilian: It's actually a shame that we don't forget the past more easily, because if there's a war, it just seems to me that we go on glorifying those times, instead of just forgetting it and moving to something better. ***I would suggest that perhaps you think that the past has created today. And to leave the past behind, focus on what you have learned from that past time.***

George: Yes, I think I recall our teacher saying: Forget the past, because it is past.

Yes, you cannot bring back the past. The past has just gone in a second of time.

Sarah: Just by remembering things that happened in the past, maybe it helps people to remind them for the future.

Yes, if the past is remembered to better tomorrow, of course that can only be good, don't you agree? (Yes.) But what I am trying to say is that you must not DWELL in the past. Of course, be interested in your history, but don't dwell on it. You cannot change what is past, but you CAN change what is to come.

Paul: That's the important part!

Yes, that's the important bit. Change anything that is not good—change it for the better.

Paul: Yes, I think that's becoming more—that's growing in the world today. There was probably never enough awareness of the best way to change, but it's coming.

Yes, you might be surprised by how much knowledge the Earth has gained. I don't know too much, but I know that there are many on your Earth who are out to do good. And after all, I am sure that one bright light has to encourage more.

Lilian: Yes, Salumet has said, we may not be able to see it all the time, but things are improving—spirituality especially.

Well I cannot argue, because I do not have that foresight. I am not so advanced as to tell you that. I am just learning to blend here, and that is quite enough for me at this moment.

Lilian: Is it something you would like to do?

It is something I wish to do more of, yes. And it is quite something to be able to return and blend with any group of people. It is quite a task to even blend with one, let alone a group. But it is something that I have wanted to do and am trying to do. And you have made it all so simple.

Lilian: Thank you for those kind words.

I am not saying it's easy, but I am saying, you have made it pleasant for me.

(General thanks)

Now, I will try to leave you quietly, without much disruption.

Lilian: Thank you—you're welcome to come again if you have the opportunity.

George: Thank you for your visit. It's been nice talking with you.

Thank you.

Paul: It was nice to know about the big cats.

(Chuckles).

Eileen said afterwards that there was no feeling of gender—just spirit with this one. There was a marked difference in this communication, compared to others, with Eileen having a feeling of being spread out (the blending factor).

There followed a brief period of clairvoyance, then a rescue:

http://www.salumetandfriends.org/resources/2014_31_March+rescue+7mins+elderly+lady.mp3

Lilian: Hello and welcome.

Are you speaking to me?

Lilian: Yes.

Why?

Lilian: Well, I knew that someone had just come to visit us.

I don't know you.

Lilian: Do you know where you are? Can you tell me where you are?

—In my chair.

Lilian: Right—

Who are you?

Lilian: What sort of chair did you sit in? I'm just someone who will hopefully help you. You'll understand in a moment, so bear with me. What sort of chair did you sit in?

An armchair.

Lilian: The chair that you're sitting in doesn't really feel like an armchair, does it?

George: The chair you're sitting in is a wicker chair, in fact. You can feel it with your hand. Would you like to feel it with your hand?

(Moving the lady's hand to the side of the chair)

Lilian: It's just to prove to you—

What kind of trickery is this?

Lilian: It's not trickery—it's basically just to prove to you—and I'm just going to tell you what's happened to you. Did you ever think what would happen to you when you died?

Well of course I have.

Lilian: What did you think?

Well I'd be dead.

Lilian: But you never thought of a life after the physical life?

Not sure.

Lilian: You're not sure. Well something has caused you to die, and—

No, no, no, no—no I'm not dead, I'm talking to you!

Lilian: You are talking to me. Well this is proof that there is a life after death. And where you belong now is in the spirit world, but I think you find that hard to accept.

I can't see anything different.

Lilian: You will see something in a minute. You feel lighter? Your body feels much, much lighter?

—A little.

Lilian: And if you had any pain anywhere, that's gone.

This is confusing.

Lilian: Well, what you should be doing—and this will help you. If you look forward, you'll see a light in front of you—maybe just a small light to begin with. Very gradually, in that light you'll see someone waiting for you, that's already in spirit.

And what if I don't want to go?

Lilian: Well, it's certainly the best thing to do, otherwise you'll just hang about in limbo-land.

—Limbo-land?

Lilian: Well you've got to accept what's happened. You can't talk to your friends and family can you, because they're not hearing you?

No.

Lilian: Well this is why. They may feel you around, but—

I've tried to talk to them.

Lilian: Yes, well the reason is: you're spirit now. You've left the physical body, but what you do is take on a brand new body, which is a spiritual one. And you belong in spirit—heaven. Call it 'heaven', yes? It's where we all go. It's where we come from.

What if I don't want to go?

Lilian: Well I hope you begin to think you should.

Someone telling me I've got to? Have I got to?

Lilian: It would certainly be the best plan. There's no going back. You've finished with that Earthly body. How old were you?

I'm eighty nine.

Lilian: Well there, that's a good age, isn't it?

But I feel quite fit.

Lilian: You will—you'll feel fitter now than you ever did while you were in the physical body. You'll feel great. That's part of the beauty of it.

How do you know all of this?

Lilian: Well it's something that's interested me, and I've looked into it. Now I can help—

Looked into going to heaven? Looked into going to heaven? What is she talking about?

Lilian: You just never thought of it—the physical side and the spiritual side.

George: You've been brought along here so that we can help you to go forward.

Lilian: Who would you like to see?—already in spirit—somebody who's died in your family?

Who would I like?—I would like to see ALL of my relatives.

Lilian: Well there you are!

George: Now's your chance.

Lilian: They may not *all* be waiting, but some of them will be. Now look for a light.

A light—I'm seeing some shadows.

Lilian: Yes, well that's the people waiting, they'll get clearer.

George: It takes a little time.

I've never heard of anyone delving-into-heaven.

(Chuckles)

Oh! My word!

(Realisation dawning)

Lilian: Yes, that's what we usually hear.

Oh my word!

Lilian: Now you're happy—surprised and happy.

How very beautiful! How very beautiful!

Lilian: You'll still see your family you've left behind, if you want to.

I want to go.

Lilian: Good, I'm glad you want to go. You'll be fine.

I will be fine—

Lilian: Definitely.

Thank you madam.

Lilian: You're very welcome.

And thank you sir.

George: You are most welcome. We are so pleased we have been able to give you a little help on your way forward.

(Quietly)—*No turning back.*

~7th April 2014~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As I join with you this time, I bring to each and every one of you love and upliftment.

(General thanks)

Some of you are a little depleted in energy. Therefore the upliftment I bring should make you feel a little more buoyant.

(General thanks)

George: It is much appreciated.

It is always good to see so many together (10)—to come together in love, in joy, in expectation; and so my dear friends, we will begin this time by asking what I asked you to do last time we met. I don't wish you to alarm yourselves if you have been unable to discover what it is you have come for. If you have not discovered by now, it will soon come to you. So, what we would like you to do is for each individual to speak and for the others to listen carefully and see whether they agree or not. It should be most interesting for you, and in a way it is helping you to know yourselves—because the more you know yourselves, the more in tune you are to spirit. Therefore I will leave it to our dear lady friend to conduct the speaking.

Lilian: So you will be listening with us?

I will listen to you.

Lilian: Thank you. Do you want to start Mark?—and we'll just go round?

Mark: Okay—I didn't get anything very clear, just vague things. But I was thinking about my parents who gave a lot of unconditional love, and my upbringing was pretty unstructured and not very directed—there weren't too many strings attached. It was pretty free and we lived on the edge of a village and in the woods—on the edge of mainstream of things I felt. And I found through a lot of my life I didn't really *get* the mainstream thinking. And all the materialism—I didn't really feel I fitted in with it all. I studied the social sciences to sort of make a bit of sense. Sociology made a bit of sense of it all. Studying that gave a great hope for a change I felt, but that didn't really materialise—that was back in the 1980s. I felt that the way of life was far too complicated and out of balance really—for me personally. At this stage I feel like I'd like to return to a simpler, natural way of life really—more like the one that I grew up with. But I haven't got the answer of what I am supposed to do—maybe some writing. But I know I'm not part of the mainstream and I am quite happy with that, where I am now. And that's about as far as I've got with my thinking. But I feel I want to devote much more to allowing spirit to manifest *through* me in whatever way. **I am not here, my dear friends, to tell you what life lessons you should discover. But for you, my dear friend, I will say that you have used the one word which is important in this lifetime—that you reject 'materialism,' because in time gone you were a money-lender—a greedy man—**

(Some chuckles)

I see you are amused, but that is why you have chosen this pathway this time. It may help you to understand yourself a little more. (Thank you.)

Lilian: Sara?

Sara: Well, I feel when I think about my life here, I feel a lot of similarity with Mark on I think unconditional love. It was a very rare sort of upbringing I think, because—you don't know as a child, but when you go out into the world you understand you've been given something a bit different—I needed to understand the world and how it worked as well, but my feeling is that I need to 'heal' and use my voice probably in a number of different ways to do that. And one of the problems I sometimes have is that I can't think—There are many things I feel I can do, but I'm not sure which path to pursue the most, but I usually end up doing a few things, and I think healing is very important. From the upbringing I've had I feel that to continue to try to be compassionate to people in as many ways as I can—I feel I would be continuing the legacy I've been given, but I think also, mentally, we received a lot from our upbringing, because there was a lot of humour, and we learnt to think a little differently. And because we had peace and freedom, I think we had time to think perhaps a little more for ourselves. We've had busy times in our lives too, since growing away from those years, but I think the *peace* and the *freedom* possibly has never completely left me, and I'm finding that possibly can be used in more ways now, when I find ways to express that.

Yes. I would say only to you that you are still seeking, and I would say to you only that rather than search for different things, that you just let go a little and *be* that true self.

Sara: Just let go—

Let go a little more.

Lilian: Paul?

Paul: Yes, well—same upbringing, so had the same start, being on the edge of the village, growing up with a lot of nature—and not so much of the monetary stuff. So there was a lot of opportunity for creativity and developing that side, and some independence. So developing thinking for yourself and dealing with things a little bit more independently. Then, when you get into the mainstream, there was—the challenge seemed to be to fit in, there was (*issues of*) confidence and communication and learning to—our upbringing with the four children and things—fairness came up quite a lot; fairness when looking at the world, and seeing a lot of unfairness and wanting to bring more harmony into that—learning to communicate, and the issue of trust has been talked about before—not trusting myself, but gradually the feeling is wanting to communicate more—a more fair and truthful world, but it's really just by being myself and loving myself—which for some reason I couldn't do when I was (*younger*). That's something that's been a bit difficult—feeling a bit unwanted, and things like that, but I feel that's all in the past now.

Yes—the qualities that you have gained from childhood to adulthood, have stood you in good stead, for the wish to better this world. And that is one of your aims in this lifetime—that you should be able, to help with thought, to help others, for this to become a much better world. And that is what indeed you are striving towards.

Paul: Yes, I feel that is the thing that really does get me excited, yes—wanting to be a part of this change. Yes, so hopefully, that will—I'm not quite sure how of course—how that will take shape, but I feel it is taking shape anyway.

By developing your thought patterns—that is the way forward for *you*.

Paul: Right, yes, I can understand that I think, yes (**yes**). So just by working on myself then, that's the best we can do to—that helps the world.

It is part of making a better world for all. I have said it to you all many times: that firstly you must know yourselves (Mm)—not easy, I know. As human beings you have many doubts, but it is in the striving that you achieve the most.

Paul: Thank you, yes.

Lilian: Sarah?

Sarah: I too had a very happy childhood, but unlike the Mosses, mine was much more organised for me, and I was quite happy to go along with that. And I think I was quite influenced by what my parents said to me—in fact, for a long time I was very influenced by what they said, and led my life the way they would have led theirs. Then there came a turning point when I started to think some of the things that they believe they think is right, and what they think about people or whatever, I don't quite agree. So there has been a change, and in fact I feel that partly through your teaching and partly through what I've done in my life, I was able actually to help my parents—but to tell them what I thought, and in some way I think I made them see perhaps, where *their* thought patterns were not quite right—not that I'm saying that mine were perfect; but it's been an exchange of ideas, and whereas my parents influenced me very much in the beginning, I think I've influenced them towards the end of their lives. I've also found that I do get on very well with older people. I find it easy to understand why they *are*, and very quickly help them if I can, because I understand quite quickly their way of thinking, which I don't find quite so easy in younger people or even perhaps my generation. So I think at this time of my life it's perhaps the time when I'm learning the most and perhaps gaining the most from life.

Yes, the equilibrium of thought has always been a struggle for you, but as you progress through this life you are beginning to realise: no matter what other's thoughts are—no matter what *you* feel, there can always be a balance of thinking, and that is one of your *aims*, if you like, in this time—in this lifetime (thank you). I will also tell you that in one lifetime you were a senator who spoke powerfully, and expected people to take your word and your word alone (oh). So that will give you something to think about.

Sarah: Yes, thank you. Yes, I think actually in the past I may have been a little outspoken in some cases and perhaps haven't taken in other people's thoughts, so I can understand now that I perhaps want to change all that—so thank you!

Lilian: Yes—for myself—lovely parents. They were my friends as well as being parents, I feel. They were poor, and I often think as I grew older, it puzzled me, why there were such people better-off—rich people and poor people—that was a puzzle. I also realise, partly because you've said, Salumet: learning tolerance from my mother—so I'm grateful for that. They gave me freedom in the religious way—spiritual way, whichever; which I'm grateful for that. And yes, like Sarah, I think maybe and hopefully I helped them a little the way I thought, once we'd come into Leslie's group—and with your words especially—so I hope I helped them there. Yes, so 'tolerance' and 'judgement' I feel are two lessons I needed to learn, and certainly they would have helped me there.

Yes, you have travelled well, through this lifetime. There were advantages and disadvantages, but in general your life has moved in the right direction this time. That is not to say you can stop striving, because you can never do that until the day comes when you rejoin us here in spirit (I see).

Lilian: George?

George: In a previous lifetime—perhaps it was my last, I was a gardener-monk in a small monastery. In this lifetime I found myself on a small mixed-farm in the country with loving parents. And I was able to have my own little garden and grow a few things; and this was all nicely comfortable and appreciated. BUT, the really important thing—I wanted freedom and I wanted to develop mind, which required education. The simple life on the small farm was wonderful and comfortable. A local grammar school where I could study was available and my parents were able to afford to send me there. A developing mind I realised required much learning. This became my great desire in life. I wanted to develop mind, have the freedom to do this, to think, and at the same time gather information. And I think this will help in making a small contribution to making the world a better place. So I feel that the start in life was wonderful and it took time to get

good direction; but I feel, now that I'm in my 80s I'm on the way to achieving what I wished to achieve—and that has become bringing all the thinking—scientific, political and spiritual—together, to help make the world a better place.

—And also to make you a much better person. But I will contradict only one thing that you have said: you have not completed your mission

(Titters)

—That mission of the gift of telling, will continue well beyond this life.

George: Oh! Yes indeed. Yes, I realised at several points in my life that I have much, much more to do. And it's been a lengthy journey, and as you say, it still is.

Lilian: Can I say: the channel that you are using—Eileen; she thought one of her learning curves was 'forgiveness'.

Thank you. Yes, I will impress her as to her thoughts.

Lilian: Thank you. Okay, next one?

Natalie: My childhood was quite varied and mixed, but generally it was a good one; especially as I was lucky enough to share the same family as Mark, Sara and Paul, and my grandmother was more like a mum to me than my actual mother. So I was quite blessed to have her in my life and I was at my happiest with her, and being with George obviously on the farm and my aunts and uncles; that was very important to me, and still is in a way. I find being—especially in the mountains—when snowboarding, I'm happiest just being free with nature—with the trees and snow where it's really peaceful and quiet. I think parent-wise, it's very challenging and there's a lot of lessons there, but I think generally it's *forgiveness, tolerance* especially, *open-mindedness*, and for me personally *acceptance*, especially within myself—acceptance more so this year especially. And I think also in a way, I'm supposed to be working with children, helping children—and work also towards helping women's rights and things I feel strongly about. These kinds of areas I feel passionately about. Yes—acceptance mainly, that's all I can think of.

Yes, you have become wise beyond your years. Your spirit, my dear friend is reaching a point where it will begin to soar. The difficulties that you have experienced, have led you to what you are today, and that is moving you forward in the spiritual sense. Your life ahead will be good, provided you keep focussed and look towards spirit to guide you.

Lilian: Graham?

Graham: Yes I feel, like many in this room, that I came from a charmed childhood. I don't know why, but when I was younger I was very, very insecure and very under-confident, so I think I chose the conditions of two very loving parents to help overcome that and project me forward. They were very quick to rejoice in anything I ever achieved or made or drew or whatever, and I'm very grateful to them for that. They allowed me to move forward onto things that when I was younger I wouldn't have been able to have done, because I would have been too shy and insecure. Then I felt an attraction towards the teaching profession, which I'm glad I did. I did have a look at another career in accountancy, which just didn't feel right at all. I felt so much more comfortable going in the direction of teaching, and I've learned a lot through that, and continue to do so. And the teaching profession itself does create challenges, some of which I'm not always so keen to take on, but I think in hindsight everything that's happened has been for my good. So yes, that's it really.

Yes, the early insecurities *are* what you needed to change (yes) to be loving and successful within your life, and by choosing teaching, which I can tell you, my dear friend, is what you should have done—has indeed set many challenges (yes), but those challenges are what will make you stronger, and in being stronger, insecurity disappears (yes). But there is still much work for you to do in this lifetime.

Graham: Well I'm glad about that, because I do enjoy these things **(yes)**. Yes, I've enjoyed starting another type of teaching, which you must know of course, because it's teaching adults through a meditation group **(yes)**, and I was very nervous about starting that, but once it had started, like so many things, it's just the *starting*—once you get going with it, it all seems to work.

Yes, because if you listen to spirit you will be guided along the right pathway.

Graham: Yes, yes thank you.

Lilian: Serena?

Serena: I can't remember much about my childhood—I don't remember ever being a child actually.

(Laughs)

I always feel that I've been an adult. That sounds a bit strange I know, but I just feel like I've always been grown-up. I think probably my lesson with my mum would be—not lesson, but the thing that she would have given me as a real, real gift was not really parenting very well—well she wasn't very strict, put it that way, and I think that suited my personality. I don't remember her really ever being very disappointed in me, although I think she must have been from time to time. She was always very positive about everything anybody did, including people that weren't in the family. She was accepting of people that other people wouldn't have been accepting of. She wasn't really very sociable, although she wasn't unsociable. So I think I've sort of from her, can really understand why everybody doesn't want to just go down the pub and it can make you a bit of an outsider if you don't do what everybody else is doing, but that's life.

Lilian: I think we've all kind of done that.

Serena: That's just the way it is. My interest in spirituality came through healing I suppose, but really I don't necessarily think it's spirituality only, because my interest in the Earth and nature—mother nature and things like that—it's really sort of collided and the two extremes have come together and made quite a big picture with lots of pieces missing, that I know I'm gonna have fun trying to find and put together. I sort of feel in the right place at the right time lots of times—like meeting Eileen was I was in the right place to be coming here. So I'm quite accepting of life and the way things happen. I won't say I'm not as impatient as I used to be, because I don't think I was really impatient, but I can just see now that you don't always see into the future, you just see a few days ahead, because you never really know what's ahead, and mostly it's just a nice surprise.

Yes—of course, firstly I would say ALL of you have been carefully guided towards this knowledge—the love of the Earth—the love of people. Note how often that word is mentioned—'Love'. You, my dear child, came not only to learn from your youngest days, but also to give and to support your own mother. That is a big lesson for you—that you have brought that forward into this lifetime.

Serena: Can you explain a little bit more about that?

—In what way?

Serena: Am I to continuing to support her, or was it something—

It was something that needed to happen in your childhood not now (ah okay), yes.

Serena: I do remember once doing something I shouldn't have done, but it saved her live. Was it something like that?

Yes, that is why you were there, yes. So you started off as a living loving human being. So in your search for goodness, knowledge and light, always remember you are a giver—a giver of knowledge, a giver of light; and I would say as I have said to the others: to continue to know yourselves—and each one of you *will* move forward.

I hope, my dear friends, that you have found something on which again you can think and ponder.

George: Yes, I'm moved to say Salumet: thank you so much for this exercise, and I'm sure we've all learnt much from it (**yes**). Thank you for your input and guidance.

As you know, I am not always happy to give information to you, but this, my dear friends, is just a little 'thank you' to each and every one of you, for the love and the work that you all give.

George: It's much appreciated.

And I feel, for this time, I will leave you. And think upon the words said by each other. Can you see what each one sees of themselves, or do you feel there is something missing?

George: One other thing I wish to say: my dear wife Ann who was a member of this group—she has influenced a number of us as a family, and I personally thank Ann as well for her input.

Yes, she was indeed a beacon of light to many.

(Acknowledgements)

Lilian: Yes, I'd like to thank you also—I said about rich and poor people, but when you said how we choose our parents and how we choose lives that we come to for lessons to learn and so on, then it didn't puzzle me anymore, why there's rich and poor—it's the situation that matters. So thank you for that. It was an answer for me.

And you see how you came upon that answer, without any prompting. It shows how much you have grown (yes, thank you—with help from you). Now my dear friends, I will take my leave this time.

Sarah: Just before you go Salumet, did you say: *'Could we see what was missing?'*

—In each other; I will leave you to discuss that between yourselves. But for now, I take my leave. I leave you with my love and much upliftment this time.

(General thanks)

In conclusion, Eileen having returned said: I look forward to reading all your secrets!

~21st April 2014~

Firstly a rescue via Eileen:

http://www.salumetandfriends.org/resources/2014_21_april+Rescue+being+ignored.mp3

Lilian: Good evening.

Say that again?

Lilian: Good evening—hello.

Ah! You're the first one who's spoken to me!

Lilian: Have you been waiting long?

I'm trying to find a close—Deal Close off Stuart Street. Can you direct me my dear?

Lilian: No, but I think I know why you are in my friend's house.

What? I'm not in a house.

Lilian: Yeah—you're sitting on a chair.

No, I'm walking along the street.

Lilian: In a minute you'll realise you are sitting in a chair. You need a little bit of help.

Don't be silly.

Lilian: I know it sounds silly, but it will make sense in a minute. Did you ever wonder what happens to people when they die—what will happen to you when you die?

Of course!

Lilian: What do you think?

Well, I'll go somewhere else.

Lilian: Good, well that's what's happened to you, but you haven't realised that that's what's happened. Something caused you to die, maybe suddenly, on your way to your friend?

George: So that is perfectly correct. You are on your way to somewhere else—

Who's that? First nobody wants to speak, then everybody's speaking.

Lilian: Well, we haven't died yet, so we're two people who try and help people like you to realise what's happened and then to send them on their way—as long as you begin to understand what's happened.

Well surely I'd know if I'd died? How could I not know?

Lilian: Well I think it was probably very sudden. You hear of people dying suddenly don't you? I think that's what's happened to you. How old are you?

—Seventy-six.

Lilian: Well you didn't expect to go quite yet, did you?

No.

George: Well it's quite a good age anyway.

I can't believe this!

Lilian: You've been talking to people, haven't you?

Yeah, there's so rude.

Lilian: Yeah, nobody has spoken to you.

No! You were the first one!

Lilian: That's why they haven't spoke, because they didn't realise you were there.

George: You are spirit now and they didn't know you were there. Just to show that you are indeed sitting in a chair, let me take your hand and let me place it on the arm of the chair—there you are.

Lilian: It's a cane chair.

Oooh!

Lilian: Don't worry—you're not the only one to be confused and wondering what's happened. It's happened to a lot of people.

George: It does take a little thought.

I'm in a chair?

Lilian: You are at the moment.

I don't want to sit in a chair forever.

Lilian: No, no you won't. What you have to do is to look ahead of you, and you will see a light and that light is the gateway—I'll say into *heaven*. Someone will be waiting for you, someone that's gone on before you—a mother, a father or a husband—

Well I've got to deliver something first.

Lilian: Don't worry, that will get to your friend anyway.

How do you know it's my friend? How did you know?

Lilian: I guessed it was your friend. But those people who are left on the planet Earth, will know that you've passed on. They will deliver whatever you were going to deliver.

I've never heard of anything like this before.

Lilian: No, it's very common; when you get into spirit you'll understand so much more.

And what do you call yourselves?

Lilian: Well, people can understand this, and we can help people—that's all we want to do—just help people get to where they should go.

So why haven't I heard about it before? Why don't I know these things?

Lilian: Well there's lots of things we don't know, isn't there? We can't know everything.

That's true.

Lilian: Who would you like to meet you?

My dear old Mum.

Lilian: Yeah—I bet she's there ahead of you. See if you can see the light. That's the gateway to make for, and you'll see her.

George: It may take a little time, but you'll see the light ahead of you.

(Pause)

I hear noises—I can hear noise (yeah), and I see shadows.

Lilian: Yes, and they'll become very real—which is what they are.

I think it's music. I feel like I'm moving in this chair.

Lilian: Yes, you won't stay in the chair—you'll be making a new life.

George: You'll be moving forward in a moment.

Oh there it is! I can see it now. There it is.

Lilian: Can you see your Mum?

No, but I can see a light. It's almost like it's—how can I explain? It's pulling me towards it.

George: That's good.

Is it supposed to do that?

Lilian: Yes, spiritually you are going *home*. That's the main part of you. You've finished with the body that you had, and now you are spirit-body.

Oh, there she is—my dear old Mum.

Lilian: Good! You'll have a lot to talk about.

Won't I just! Hello mum. (Uttered faintly)

Lilian: Are you happy to move forward?

I can't stop it.

(Sigh)

Lilian: As long as you're happy—I know you are.

Eileen said after: she confirmed it was a man and that she was aware of people he had been trying to talk to, and she was aware of his Mum with outstretched hand

A few minutes later, another was with Eileen:

http://www.salumetandfriends.org/resources/2014_21_april-one+thru+eileen.mp3

Lilian: Good evening and welcome to you.

(Pause)

I am not ready to speak.

Lilian: No, that's fine, take your time. When you want to speak—we'll leave it to you.

(Longer pause)

The silence is good. But still it is noisy.

Lilian: With our thoughts?

I hear you say: how can silence be noisy? In our world silence is different.

George: So—would you like us to be meditational and not with too many thoughts?

There are too many thoughts of course. In our world silence is beautiful; even though the thoughts are everywhere, they are different—the peacefulness is beautiful.

George: Yes, I guess there are peaceful and loving thoughts—

Yes, but here—I don't mean in this room—but here on your planet, there is much noise (yes) even in your silence. Do you understand what I am meaning?

(Affirmed)

George: Yes, I think you're saying: there are too many concerns—too much mechanical thinking about problems—too much of making problems—that sort of thing perhaps.

Yes, you were right in saying about being in a meditative state. That is much better, but not many of you do it here.

Lilian: I find it very difficult.

You find it difficult?

Lilian: I do.

In what way?

Lilian: I suppose to really let go to that extent.

Are you afraid?

Lilian: No, I don't think I'm afraid—I hadn't thought of it that way anyway.

I just wanted to experience for myself, the difference between OUR silence and YOUR silence. And I have to say it has been a shock.

Lilian: That's interesting.

It is something I had not considered before. Until you are in spirit world, you do not understand the differences.

George: Well, I guess it varies with the level that you are in spirit world.

I would say even those who have only just arrived, would see the benefit of the silence in our world, as compared to this one.

George: That's interesting.

Yes. And yet, as silence is so beautiful, but as you say, it is a different kind of noise.

(Pause)

Lilian: I think with me, it depends where I am—I was sat on a fence actually, nobody else was around, by a lake, and there was a mother duck with her babies—and that to me is peaceful.

Yes, with that I think you are speaking of spiritual peace—yes.

Lilian: Oh I see.

There is a difference between being quiet and spiritual peace, which comes from deep within. I know you have all experienced something at sometime, speaking about the quietness, and as you come together here, you realise the difference between coming together and being alone. Do you not agree?

George: Yes indeed, and even with the mechanical noise on our planet, certain of the sounds such as bird calls are beautiful (yes) and seem to be more harmonious with peace.

Of course, that is one of your planet's beauties, but when you arrive in our world, it is even more beautiful—so beautiful that we cannot describe it to you fully. It is something that you will perhaps remember, I do not know, but it is something you will re-acquaint yourselves with when you return home.

George: Well, that's a nice thought for us.

I know you know all of these things, but it is just that I wish to experience this for myself. And I have to say I am most grateful for your attention, in allowing me to speak and tell you what I was doing.

George: We are equally grateful for your words, and as you are here now, are you aware of the noisy thought situation generally about our planet—not just in this room?

Yes, it is not just in this room, it is a general noise pattern which comes from your planet. Of course, it has to be, but I was more concerned about having the experience of a group of people such as your

selves, that was already quiet. Of course your planet is VERY noisy to those of us who are accustomed to the life in spirit; there is no comparison.

George: Yes, well I guess that's part of our evolution.

Yes, of course, this planet has experienced a great deal. It has existed for a long time—and for a long time to come. But still we in spirit are curious and interested in what goes on in this planet, as we are in others.

George: Yes, I was going to say, are you also interested in other planets?—not just Earth.

Of course, why would be disregard other planets when they exist.

George: Yes indeed (*yes*). Yes, we've had that great privilege within our group of communicating with others on other planets.

So I have been told. It is not something I am involved in, but of course I have the knowledge; it is available to all who wish to grow and know. And now friends, I thank you.

(*Eileen coughed*)

Forgive me—I have made use of this one's throat for too long.

Lilian: She'll have a drink of water when you're gone.

George: It happens sometimes.

(*Actually, it was a rather heavy gritty voice that this one had*)

But we thank you also for coming through and giving us your words and your impressions, which were interesting to us.

Lilian: Yes, thank you very much.

I was most surprised that you recognised I was here.

Lilian: You can tell the difference in the medium you are using.

Yes, I see—it still surprised me.

Lilian explained that the facial expression is a little different

I see—you are someone of some discernment are you?—you can recognise these differences?

Lilian: I've been sitting with this group for a long time, I must say.

Ah, you are very old are you?

Lilian: You could say that, yes.

(*Chuckles*)

George: We are all getting on a bit.

Lilian: It won't be long before I can experience the silence that you've talked about—again.

You all have experienced it before—it is just that you have forgotten.

Lilian: I guess if we'd remembered we'd be coming back a bit quicker!

(*Chuckles*)

Yes—anyway, I must thank you all and I must go before I affect the lady's voice forever.

Lilian: Thank you.

George: Yes—nice to have you with us.

(*And on returning, Eileen had some water*)

~28th April 2014~

Firstly a rather strange rescue via Eileen:

http://www.salumetandfriends.org/resources/2014_28_April-fragment+rescue.mp3

Lilian: Good evening.

(*Lengthy pause*)

Is there anything you would like to talk to us about? Or have you just come to sit quietly?

(Further lengthy pause)

Do you wonder where you are, and why I'm talking to you? Are you frightened at all?

No.

Lilian: Good.

(A very whispery voice as if from far away, that we could scarcely hear then slowly articulated)

I'm watching the picture show (yes)—**lots of people.**

Lilian: When you say: watching a lot of people—could you explain a little more? Is it people in the room with us that we cannot see?

I don't know them—passing quickly. Man in yellow shirt.

Lilian: Sorry if we're disturbing you a bit. Do you know where you've come from?

Not sure—not sure.

Lilian: So do you think you are still in a physical body?

No (ah) **I'm not physical, but I'm a little lost.**

Paul: Where is it you want to be?

I am looking for one in a silver coat.

Lilian: And that silver coat would be one in spirit—

Yes. Can you help me find them?

Lilian: Someone in a silver coat?

Yes.

Lilian: Do you realise that you are talking to someone physical?

Yes, yes I do.

Lilian: I would think someone in spirit maybe could help you.

YOU help me.

Lilian: Well, we'll do our best. This is a friend of yours?

No—part of me.

Lilian: Oh, a PART of you.

Yes—we need to join (together!) **together.**

Lilian: This is something we haven't encountered before, so you'll have to forgive us for being a bit slow here.

Paul: What can you see around you now?

People.

Paul: But not the person you're looking for—

No—I'm travelling—help me, then I can move forward.

Lilian: I see, to move forward you need this other person with you—or to be part of you?

Yes.

Paul: I would think if you focus on this other person with your thought.

Lilian: Can you send love to the other part of you? You know, enclose them with your love.

I'm trying (good).

Paul: Good, well maybe we can help you—give you a little bit more energy to focus on this individual.

Lilian: Perhaps if I put my hands just on the top of your medium's head—

That's better—much clearer (good). **People have stopped now.**

Lilian: So are you together—have you joined up?

Paul: Can you feel them a little bit closer now?

Yes—yes.

Paul: Yeah, I'm sure they're drawing closer to you now.

NOW I feel complete.

Lilian: Well, that's lovely. We'd like to thank you for the help you've given us in another step forward in our thinking.

I knew you would help me, I knew and I thank you—all of you. Thank you.

Paul: It's our pleasure to help.

Lilian: And we wish you luck as you go forward.

Thank you.

Eileen said afterwards that she experienced a strange feeling of being spiritually incomplete—a fragment, and to us she seemed far off; but there was a feeling of completeness in the end. This may be what shamans sometimes refer to as 'Soul Retrieval,' involving the reuniting of a fragment of soul, which has been lost, often due to trauma. Perhaps Salumet will be able to explain this one further for us.

One who gave the name 'Sudane', popped in for a fairly light-hearted chat, which was followed by another rescue, via Eileen:

http://www.salumetandfriends.org/resources/2014_28_April-rescue+murder-suicide.mp3

Lilian: Hello—we're here to help you.

Oh my God! What have I done! What have I done! What have I done!

(Loud grieving sounds)

I don't know what you have done, but I think you are ready to get better from this, and that is why you are here talking to us.

(More semi-intelligible words were uttered and hands were placed on Eileen's shoulders)

Listen to me: we are here to help you, and you are ready to step forward now and be happy again—to forgive and to forget.

I can't—I can't.

Lilian: You will. Sometimes things happen, and they almost seem out of our control—

(More semi-intelligible words and sounds of great distress)

Lilian: Okay, but I think you'll find she is stood there—not far from you—ready to help and forgive, and put it behind you. I'm sure she's somewhere near. You've got to forgive yourself—that's the hardest thing of all. But you can do it, and she'll help you.

(The distressed one became quieter)

What can you see? We know you are in spirit as well. What can you see?

A light.

Lilian: Good, that's the first step. That light will get bigger, brighter and in a minute you'll be covered with love.

(Gulps and sighs)

Lilian: How are you feeling? Calmer?

Yes.

Lilian: It will take a little while, but you'll get there. We all make mistakes. Sometimes they're worse than others, and you've got a bigger one than perhaps some, but there're others with even worse ones. Can you see someone waiting to help you?

A hand, a hand.

Lilian: Yes, take their hand.

(Pause)

Lilian: What do you feel?

Peace.

Lilian: Good.

Peace. Help me, please help me.

Lilian: Yes, are you ready to take that hand and go forward?

Yes, I'm so sorry, I didn't mean to do it, I'm so, so sorry.

Lilian: Feelings got the better of you. But now you've got to make a new start.

I need help.

Lilian: Yes, you'll get all the help you need—much more than I can give you.

I need to go, I want to go.

Lilian: Yeah, you'll be okay.

Thank you.

Lilian: You're very welcome.

Thank you.

(Eileen said afterwards that she had awareness that this one had in fact strangled his wife.)

~5th May 2014~

http://www.salumetandfriends.org/resources/2014_05_May+one+thru+eileen.mp3

Lilian: Good evening.

Ah—yes, I have to tell you, your teacher will be with you next time (thank you). That is what I am being told.

(Pause)

Lilian: Would you like to stay and have a talk with us?

I am just asking why I am still here.

Lilian: You'll probably know in a moment.

George: You are very welcome—thank you for your message, and we'll be very pleased if you stay for a chat.

It is not something I normally do.

Lilian: I was just going to say, is this your first time of doing this?

No, not my first time, but I normally just give whatever information is needed, and depart. But for some reason I am being held here.

Lilian: Perhaps you just have to sit quietly with us and see what we are all about.

See what you are all about?

Lilian: —You blend with us.

I think I blend very well, otherwise I could not stay with you.

Sarah: That's very nice anyway—nice for us and for you.

I am also being given a message from someone here (in spirit) who is saying that you know of her and that she continues to work very hard for the women of the world—

(Several said 'Emma!')

—That is the one. She cannot come to you this time, but will do so (very nice!). She wants to bring to your attention the plight of many women, not only in the countries she's mentioned to you, but in many other countries. She said you would be aware of these developments (yes).

George: Yes, Emma has visited us on several occasions and we are aware of her mission in helping the womenfolk of our world ***(yes)***.

Paul: Who are downtrodden—

Yes—I know nothing of that, I can only pass to you what she has asked me to tell you.

George: Fine—thank you.

—But please accept that she will be with you soon.

Sarah: Yes, that's very nice. So you don't know this Emma at all?

(Sarah had referred during our initial prayers, the horrendous abductions of girl students in Africa)

I could find out but there is no need. The knowledge comes very quickly if you so desire, but we all have our own ways of helping.

Sarah: Yes, so this is what you do is it? You just go around various groups giving messages.

At the moment that is what I do. Sometimes people such as yourself expect something, and for whatever reason it does not materialize. I am therefore the messenger of such news.

Sarah: I see yes. Yes, we always hope for the one that you talk about—'Salumet' we call him—we always hope that he will come, but we know that he does not come every time. But it is nice to know when he is going to come, so thank you for that *(yes)*. So do you have other jobs to do in spirit?

I like to tend to some of the animals* (that's nice)—*especially those animals who—and I don't know if you realise that the parting from, we call them 'friends' (yes), but you would say: owners—'owners', is that the word?* (Yes) *Yes, they find separation difficult to begin with, and I like to give them my love.

Sarah: Yes, are you talking about the animals that maybe have been sold to somebody else or are you talking about pets?

Usually—yes, that's the word—'pets'; when they have passed here, or the owner has passed—I like to help those people also.

Sarah: Yes, well that's very nice.

—Because the connection between owner and pet can be as strong and as fulfilling as any two people.

George: Yes, it is a love bond.

It is the love bond and it's—I never was interested in animals I don't think before—but I find great peace from doing this work.

Lilian: I'm sure you do.

Sarah: Is that really because you realise now just how much emotion they also have, whereas perhaps when you were on this planet, you just saw them as an animal?

Yes that is possibly the answer—I'm not too sure. I only know that that is what I most like to do.

George: So are the animals mostly cats and dogs and horses?

Yes, domesticated animals. Yes, because you probably know the other animals go elsewhere.

Sarah: We've been told that you can be reunited with your pets, but normally animals go into a pool—but if you are particularly attached to an animal, it will wait for you—

Yes, because of that love. You must know of many occasions when animals have been quite—I believe you would use the word 'psychic'—while they are here with owners.

George: Yes, I think this is well noted with cats and dogs *(yes)*. I notice people these days—some of them have quite unusual pets. Do you come across other animals apart from the more often domesticated ones?

Do you mean the animals such as snakes?

George: Snakes yes.

They belong to a slightly different kind of love. They feel and understand love that is given to them, but they are not quite as attached as the other animals that I deal with—

George: That's interesting.

But they do feel love, all animals will feel love, because they are part of Spirit.

George: Yes, and I am aware of people who have a fondness for a parrot sometimes—and gerbils.

Yes, they are rather—I don't like to use this word—but no one is helping me at the moment—the 'lower' scale of love. Does that make sense?

George: Yes, that does make sense. I feel that would be right.

Yes it is right, but it's whether people accept that that is the case or not.

Sarah: I did hear a tale a little while ago of somebody who was taking a parrot for a walk, and she was attacked, and the parrot attacked the attacker! So there is quite a strong bond with a parrot and a human.

Yes, it is the only way that something like a parrot would be able to show the owner the love that it feels. Yes, all of these things can happen, when you have love.

Paul: Which animals in particular show the higher forms of love then?

I think, as the gentleman has mentioned, your cats and your dogs, because for a long period of your time, these animals have been domesticated, and feel fully the love from the human. So I would say that, and following closely, we have your horses, which are beautiful creatures and I very much love them myself. I love all of them, but I particularly like horses.

Sarah: There are people who are called 'horse whisperers' (***yes***) and they whisper to these horses, there's a real understanding there.

Yes, might I say that to any domestic animal, you can whisper whatever you like and they should understand—but yes, I am aware of what you are speaking about.

George: And one gentleman across the room has swum with dolphins.

Yes, there is an intelligence with these sea creatures. The sea creatures are highly intuitive.

George: Yes, 'intuition' and 'intelligence'—those are words in my mind in this connection.

They react more to sound—their sensibilities. Yes, you should never say any animal does not have the capability of feeling love. They do, they do.

Lilian: It probably depends a lot on the human being, who gives back love or not.

Yes, it has to be reciprocated, yes that is true. And my goodness, aren't I speaking a lot!

Appreciative comments

Lilian: Well it's always interesting to know what you do in spirit.

I think, if I may say, it is one of the questions that is asked so often: what do you do in spirit?

You can do whatever you like. It seems to be a difficult thing to grasp for you humans.

Sarah: I don't think we wonder what you've been *made* to do, but we're interested in what you actually *do* do, because I think everybody does some sort of work in spirit, don't they?

Yes, you have to remember that time in spirit is so different. I think what happens is that as human beings, you are guided by day-to-day living, and therefore you have to know what another is doing (***yes***).

Does that make any sense to you? It's difficult for me to explain.

George: Yes, time is a difficult thing to understand.

Yes, and I think that is why you are so curious about 'how we spend our time.' But 'time' is not important.

Sarah: So, at the moment, this is what you are doing, but you will be doing other things another time.

I could do whatever I wish to (***yes***).

George: So in spirit, would it be true to say you don't actually *have* time, but you have an awareness of Earthly time?

Awareness becomes richer—it becomes greater and it expands. That is what I have been told.

George: Ah! You are talking about awareness in general (***yes***). Yes, I can see that. Um, I was thinking: you have an awareness of our time on the planet.

We HAVE to have an awareness if we are to return to your time, as I am doing now. I have to be aware. It is like with your groups of people, you will find most of them are speaking in a set time, but in spirit—
George: —In spirit there is no time.

There is no time.

Sarah: When you come back, as you are at the moment, do you remember from the time that you were here yourself? Do you remember or have you completely forgotten about your Earthly life?

I personally have forgotten and was happy to forget, I think. It becomes so unimportant that you quickly adapt and leave those memories where they belong, on the Earth plane (yes). But of course, when you are constantly asked questions, it can bring it back to you, and you will find I am sure that some people may become a little distressed when the memory of Earth life returns.

Sarah: Yes, although I was under the impression that we need to know a little bit of what you did on this Earth plane, because if you are to come back again, you need to know how you can improve yourself.

You understand about that when first you pass, but you quickly forget once you have decided whether you wish to return or whether you wish to go forward.

Sarah: So that decision is made quite early on from passing over?

Yes.

Sarah: Oh right, that's interesting.

Lilian: And that might depend on what you need to learn.

It will all depend on what you expect and what you know.

George: Our experience is that the majority of people have forgotten about their Earth live before, or have nearly forgotten; but there are some, such as the philosopher Rudolf Steiner, who just loves to come back and talk about the Earth—

Because that is his choice to do that—he wishes to return and to give information. He doesn't have to, but that is what he wishes to do—to help others who are still here. That is a different thing altogether.

George: Yes, so it's purely a matter of one's wishes—yes, and Winston Churchill was another one who came through, and he loves to call on groups and have a talk about things of mutual interest.

You have to remember too that sometimes people feel they have come to spirit too early. That is not true, but they feel it, and their desire is to continue with any teachings or information they can give—to continue to do that.

George: That's an interesting thought.

Yes, so those people who feel—I almost want to say: they feel they have been—using one of your expressions I believe—short changed?

(Chuckles)

George: That is one of our expressions, yes.

They would wish to come back to perhaps fulfil what they feel they should have done. There is never just one reason, and this is a difficulty in trying to tell you what goes on in spirit.

Sarah: Do people ever make a mistake, in as much as they decide they are not going to come back, and then later on they decide they really should have come back?

If they really should have come back they will be impressed, but the decision is theirs. But I believe I am right in saying: they will be impressed to come back.

Sarah: Yes. Some people don't come back very quickly do they? They spend quite a lot of time before they come back.

Yes, because that is their choice—they have to be sure that coming back is what they really wish to do. And again we are speaking about time, which doesn't exist, so whenever they are ready—that is when it will happen. It may be one year, it may be a thousand years—who is to say when the soul is ready?

(Agreed)

I'm being told I've spoken enough and I'm quite amazed that I've enjoyed speaking so much.

George: We've enjoyed listening, and I am sure we are a little more aware of the details of spirit and how things are as a result of this. Thank you.

Lilian: You've told came through very clearly.

I'm pleased if it's helped to clarify anything for you. And of course each individual collates information differently, do they not?

George: Indeed yes.

Yes they do. And I have found this a very pleasant experience (good!).

Sarah: Well I think the feeling's mutual, because we've found it a very pleasant experience too.

George: Thank you so much, and please feel free to come again.

Well I'm sure if I do have to come again I will be only too happy to stay a little while (good).

Sarah: And thanks for the message, and we look forward to seeing Salumet next week.

Yes, that is what has been said—and I will say goodbye.

(General farewells)

George: Farewell and love to your animal friends.

Thank you.

A rescue followed: http://www.salumetandfriends.org/resources/2014_05_May-rescue_boarding+school+child.mp3

Lilian: Good evening and welcome.

(Silence)

Lilian: Do you wonder who's speaking to you?

I'm not talking!

Lilian: Why aren't you talking? I'm sure we can talk.

I'm not talking.

(Pause)

Lilian: Are you sure you don't want to tell me something?

No, cos you'll tell them—you'll tell them where I am.

Lilian: I think I can keep a secret. I hope so.

I hate this place!

Lilian: What's wrong with it? Are they not very nice to you?

No, they are horrible to me.

Lilian: Is it a school?

Yes.

Lilian: A boarding school?

Yes.

Lilian: I know that can be a bit tough sometimes.

Let me be on my own. I want to be on my own.

Lilian: But eventually you would like to be with other boys and girls wouldn't you?

Yes.

Lilian: Yes, well if you just talk to me a little bit then I can help you to be with some other children. They'll be kind to you, and the people will be kind.

Nobody does anything—nobody.

Lilian: Okay, then I'll find somebody that will.

I hate this place. I hate it.

Lilian: I want you to think of where you are now, and there's a light coming into the room—a lovely light—changing colours sometimes, like a rainbow, surrounding you. And you'll feel all warm and comfortable. You are not frightened any more. Can you feel it and see it? You'll hear voices calling you—or children's voices.

I'm scared.

Lilian: No don't be scared, because they're all friendly. Coming with the children there's a lovely lady—really lovely. You'll begin to see that lady. I think she's got a dog with her too, that likes playing with the children.

Someone's got my hand.

Lilian: Good. It feels nice and warm and comfortable?

Yes.

Lilian: Good, that's the lady I was talking about. If you go with that lady, she'll take you away from the place where you are—the one you didn't like.

Where to? Where will she take me?

Lilian: It's to a lovely place where there are other children—it's where children like you who are so unhappy and suddenly somebody realises and perhaps takes you to a better place.

And there'll be horrible kids? No more punching?

Lilian: It's far away from there you'll forget all about it. How old are you?

Ten.

Lilian: Okay. Can you see the other children too?

Yes.

Lilian: They're a nice friendly lot of children—happy. That's how you will be too.

I don't know any of them.

Lilian: No, you soon will. You can tell them your name and they'll begin to tell you theirs. Just forget where you are and go with that lady.

I am, I am.

Happy to go?—good.

(Eileen on returning stated that it was a VERY nice rescue.)

A little talk followed then Sarah said: 'Before you said that I felt there was somebody with me—perhaps she'll be back'. A few minutes later Sarah spoke of a feeling of being divided in two—another minute and another spoke via Sarah: http://www.salumetandfriends.org/resources/2014_05_MaySarahTwin+separation.mp3

I am talking on behalf of twins.

Lilian: That accounts for the separation—dividing in two, Yes.

They are speaking as one. The one was taken and the other was in mourning for the rest of his life, but now they are reunited. And the message is from now us both:

Never regret when one leaves the Earthly plane before the other, because you are never separated, and each has fulfilled what is needed for that lifetime.

We are able to again be as one, and it is the joy of this rejoining completely that brings us to you to pass on the message:

Never be sad at a passing.

Lilian: But if you were twins, then that would be a little different. They belong to the same soul unit—one soul.

But each person can be reunited with another, but we were twins who were from the same source, and yet we had such different times on your planet.

Eileen: Do you mean identical, when you say the same source?

We were not only identical, but we were from the same—the same spirit that is in—in spirit the same body, the same source.

Lilian: Yes, we have been told about that—identical twins.

Lilian went on to query the case for more than two/triplets

I can only speak for us together. And now I will return.

Lilian: Thank you for coming.

Paul: Thank you for the message about no separation, even with one here and one there.

George's Notes:

Identical twins/twin souls/soul mates: Salumet spoke on twin souls, identical twins, soul mates and doubles during the meetings of 7th October 1996 and 12th November 2001.

~12th May 2014~ SALUMET

During healing prayers Sara expressed deep concerns for her daughter's health and became tearful. We all felt for her and voiced exchanges naturally followed on. Jan also had been experiencing health problems and we also felt for Jan. Then after a short silence, Eileen's arms were raised and Salumet was with us:

http://www.salumetandfriends.org/resources/2014_12_May+Salumet1.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

Firstly let me say to those here in distress that we are not unaware of your problems. Rather than speak personally I will say only that all human conditions are caused by an imbalance of mind and body. We of course, cannot interfere with the pathway of each individual, but what I will say is that the power and the knowledge lie within each one. As far as the young woman is concerned, she will be okay. And that is all I will say in that respect.

(Thanks)

The other lady has had much difficulty, and as a consequence her body is now telling her that all is not quite balanced, and she is being positive most of the time—which indeed will help. And of course, as you know, your Earthly doctors are doing wonderful things within your scope of medicine. I would say: trust not only those doctors, but trust your inner voice. And I will leave it there for you. And of course, as always, your voices reach those who wish to help with healing within our world. No one is ever alone; so take those words my dear friends and know that we are close by each and every one of you.

(Thanks and appreciation expressed)

Sarah: I was saying earlier that Emily is a good example. She said to me just the other day that your words Salumet are what brought her through, and she is most grateful to you. And everything has happened just as you said. So that has been a huge comfort to everybody and an example of how your words actually 'work,' and it's lovely to see the outcome. So thank you very much!

She has been a young woman who has listened, and listened well, to our words. Therefore, and I do not say she will never feel well at all times, but what I will say, is that she has the knowledge and understanding to help herself.

Sarah: Yes, thank you.

But of course, the human spirit has all of the emotions that go with being human, and that is what we will try to help you all with at all times (thank you). I wish, now we have spoken about power and knowledge—I wish to say to you this time: it is all very well that you hear our words of all the mediums in this world who have a connection with spirit. They do very good work, but what I wish to say to you, my dear friend, is that it is time that each one of you—and we understand that each one of you are on a different pathway—varying skills of recognition of spirit. But each and every one of you can now seek to find that deeper inner power which you all have. In this world it has become increasingly difficult when dealing with mediums who work in trance, because of the many electrical and electronic goods that you have in the world at this time. It therefore means that those who work in trance have to be taken that little bit deeper; and I say to you: it is by going that little bit deeper that you come to recognise the true Spirit.

George: And would it also, Salumet, be helpful to switch off many electrical gadgets in the home?

If you wish to go into a meditative state, I would suggest that you do. It is all energy, as you fully understand (yes), but it is not in meditation so much that it interferes, as when you go that stage further. You understand (yes, thank you).

Sarah: How do the electrical waves affect the transmission of spiritual words?

—Because the energy interferes with the purer energy of spirit. It is a much more *base* energy—the power that is used on your Earth planet. Remember that those of us who come to speak with you, come from a place of pure Spirit. Do you understand what I say to you? It is delicate and detailed and not easy to understand.

Paul: Is it a little bit like certain *music* would also interfere?

Music can either lift the energy, or it can make it become negative. There are always two ways to look at that, and all of you must know and understand the power of *music*—and beautiful music as opposed to what young people would find acceptable to them. And I am sure my dear friends, that as each one of you have grown older, that you appreciate beautiful music much more (that's true), and it lifts your own energies. So never underestimate the kind of energy that is being used.

George: Yes, it is obvious with plants—when they have beautiful music played to them, they respond well in growth to it. But when they receive 'acid rock' music, they respond in a negative way. I have carried out this experiment myself in greenhouse conditions.

Well, perhaps I can compare you all to larger plants, if that would make sense to you—

(Chuckles)

—After all, everything that exists is energy, and you will respond either positively or negatively—but the negativity is a platform for growth; so we will not say too much about it.

Sarah: You were talking about the plants, I was just thinking today: you said we shouldn't eat animals preferably, and they have spirit, but then plants have spirit as well, and we eat them. So, what is the difference?

—In what way? There is no difference—all is energy.

Sarah: So, if we shouldn't eat animals—as you said, it would be preferable if we didn't—

—Because they are on a different plane of existence. Their evolvement is different.

Sarah: So we're not actually harming the plants when we eat them then? Well, we are, aren't we, because we're killing them?

Well, you are becoming too complicated in your thinking. The Great Divine Creator brought to us natural goods. After all, you have to sustain the human body in some way. You have not reached the point of

being Spirit; therefore the body has to be sustained and fed and watered, in the same way that the plant does. The only difference is in the evolution of both. You understand? (Yes, thank you).

Lilian: In other words, it's all there for us, whichever planet we're on. It's just eating the right things.

Yes, and of course you must remember the way in which it is taken for you. You should give thanks for all that you have—all that is supplied for you (yes). But not many people on your planet today, thank the Great Creator for all the food and nourishment that is there for them.

Sarah: I think a lot of people on the planet don't believe in a Great Creator—

Well, I will only say this to you: that we in Spirit are much happier at this present time than at any other time in existence.

(Exclamations of surprise and appreciation)

Minds are opening to spiritual matters, and therefore although you have many problems on this planet, we are happy to see such growth.

George: You mentioned recently Salumet that there would be great advances in medical matters—

Yes, I still stand by those words.

George: Oh yes, of course. I have recently become aware of what is known as the ASYRA system, which is a computerised program of kinesiology basically **(yes)**, which measures electrical human response **(yes)** and feeds information into a computer program. Three of us here have recently sampled this process, and it seems to me that it is a wonderful advancement and probably part of what you were saying earlier.

It is an old system with new words. Yes, the body energy pulses are able to be detected. But this is a prime example of how machinery can be used for good. So I would say to you, there are many things in your world which you would still term 'borderline'—I think you would say (yes)—but if it is helpful to only a few people, then that can only be good (yes). Your body tells you ALL. I only wish that human beings could recognise this.

George: Well the computer program seems to recognise this! So perhaps—

—It is cleverer than the human—yes!

(Laughter)

Do we have any questions this time?

Sara: We have to nurture the body as well—in order for it to—

You have to give thanks for all that you have (yes). Yes, even in times that are not so good (yes—more so probably!). Yes, you are correct, more so in times when the human element overtakes the spiritual aspect.

Sara: Yes, it's easy to give thanks when things are easier—yes, that's right.

Yes, but, in a way, humankind has lost that ability, of giving thanks for the most simple of things.

George: I have been reading recently Salumet, about a wonderful spirit of the name: 'Zabdiel,' who came through the Rev G Vale-Owen in the year 1913, and he describes his place in spirit as 'Sphere 10'; so I think he is a fairly well advanced one in spirit. Much of what he says is in line with what you have told us.

He is one of the Angelic Group.

George: Ah! He is Angelic! Yes, and in particular he was mentioning '*cosmic energy*' as being more fundamental than the aether; and the process of creation involving both cosmic energy and the aether, and this leading to the material Creation. And I couldn't help thinking there is so much in line with your teaching in that.

Yes, he still has a way to go, as we all do. But yes, when you speak of Creation you are speaking of '*prime energy*'. You are speaking of that Great Power who creates all things. And in creating the material worlds that he has—and I use '*he*' very dubiously—because he is '*energy*', not a person. Yes, all energy comes

from the same source; whether it is to create universes or to create a planet such as Earth. You have to realise that no matter what you call it—cosmic energy—aether—it does not matter. To us, who have come some way, we recognise it only as the God Power.

George: Yes, I felt that his medium was perhaps not quite a pure channel. He mentions 'Lords of Creation', as if there are actual beings responsible for the material creation.

I believe if you look to the name it will give you something as to why that was voiced.

Paul: —Because he was a *Reverend*.

Yes (yes!)—Still being influenced, even although he says he comes from level 10 I believe you said. I am not at one with these levels. I would prefer to say that is a *blending* at each stage of progression.

George: Yes, so it reflects that—

There is still a reflection of the medium.

George: Yes, not quite a pure channel. In the case of Eileen here, her consciousness is placed entirely to one side, so—

Yes, if you are being used in deep trance then of course consciousness is placed to one side. Whilst there remains any chance of human elements—human thoughts, then they will creep in eventually, yes.

George: Yes, so we can say that your channel is a pure channel, whereas a *partial* trance medium cannot provide quite a pure channel.

Most of the time their *channelling* as you call it, is perfectly good, but always as I have said, there is always the risk of the human mind coming into play.

George: So perhaps describing 'Lords of Creation' isn't quite right.

There are no Lords of Creation.

George: No, the Creation is simply a natural (**yes**) process I believe (**yes**). Thank you for that.

Lilian: Did you have a question Jo?

Jo: I would like to ask Salumet please: What happens to the spirit babies? Do they all go into a pool when they pass over stillborn to wait for their mums, or do they grow up in spirit world?

This is not quite as straightforward an answer as you would think. Of course, the babies who pass to Spirit, if they have had the love bond, they will be nurtured and raised in Spirit. And of course, they will know and recognise their mother, as you would say, when their time comes to pass to Spirit. There are a small element that, let us say I think you would call, when babies are aborted early. They are still Spirit, but they have never had the love connection. And those Spirits—and it is very few I have to say, will return to a *pool* of energy. But mostly they grow in Spirit, these children; they are loved and raised in Spirit by those who wish to do this work, and they know of course their parents.

Jo: Thank you very much.

Does that answer your question?

Jo: Yes Salumet—thank you.

Do we have any more questions?

Serena: I'm not sure if this has been asked, because I haven't been here all the time: The fragment of the soul that was rescued a few weeks ago (**yes**); is that the same as the *Soul Retrieval* that the shamans talk about?

Yes, exactly the same, it is as simple as that. It is something that not all people recognise, but it is there and it happens often. And remember—or perhaps you do not remember—that the soul is many aspects. Therefore it is feasible that you can lose an aspect of the soul. I do not actually like the word 'lose'—that is not quite correct. It is a disconnection for a very short time. That is what it is. You understand? (Mm)—good.

Paul: I don't think we've had a rescue quite like that one before, but there's obviously some need for it. **It happens—yes. It is nothing to be concerned about, but it does happen, and I know that you were all quite taken with that particular rescue. It is just another variance on what happens with rescues (yes), and of course we are ever grateful to all of you who are involved in rescue work.**

Paul: Have you got time for one more question?

I will take only one more this time.

Paul: I could ask one if no one else has one—*(Agreed)* We've touched on this subject before—what they call 'abductees'—people who have experienced being taken off into spaceships of people from other planets. I was reading a little more: perhaps they were actually *taken* as they appear to be—perhaps they had given their consent for these meetings to take place between us and people from other planets. And the reasons seem to be: in some cases they are being educated on these ships. In other cases, from what I read and hear, there is a little bit of investigation into their DNA etc. I'm not quite clear whether that is connected in some way to helping, possibly in the future, those from other planets to find ways to one day to adapt a bit more to living on Earth maybe. Anyway, I don't know if you can say anything about that?

Yes, firstly let me say about abductees in your world: I will confirm that this has happened. Not all of whom you call 'aliens' are of pure and goodness; they are not pure people. They are energies and people who come from other planets—of this there is no doubt. Whether you are ready for this in your world as of yet we remain dubious. But apart from those people who have mental conditions—human mental conditions, and there are some—those who have been abducted, of course meet people who are curious and wish to explore further; this is also true, but the element of investigation from others are not pure thoughts. So there is a range of abductees, and there is so much controversy in your world at this time of your evolving that this—it is too much for people to accept readily just at this moment in time.

Paul: Yes, it's a difficult subject to go into, I guess.

Yes, it is for most people, but for those people who know differently, it is *fact*. But be careful that you do not just accept everything that is written about this (yes). As in your world, there are good and bad people—so those beings from other planets—there are usually good and bad.

Paul: Yes—I suppose it could be comforting to know that those bad ones are still subject to the laws of karma (yes) just like we are, and we're also protected by our own spirit guides, not just from other humans but from everybody; so we shouldn't have any fears.

No, you should never have fear. As I have said on many occasions, it is negative; fear is negative—fear can be your downfall.

George: Perhaps we could generalise and say that such news about abductions and UFOs appears freely on our Internet, but it is not appearing on our more traditional news channels, *because* certain people in control feel that the population is not yet ready, as you suggest.

Yes, it comes down to 'fear'. It is as the gentleman has said: it is a topic still in your world which is hard to understand. But truth will always OUT (mm). Truth will always be there, and that is what you have to look to.

Paul: Yes, it's more and more opening up, we feel.

As your world has become a smaller place, so too is space. It is becoming smaller all of the time, and that is why you now hear—and of course in times past as we have spoken before—there have been visitors. But again, that would be readily denied today. So I would say on that subject: just to be patient.

George: Would it also be true for us to generalise and say that the majority of visitors who are extraterrestrial *are* of good loving mind?

Yes—of course, yes. It is curiosity at the moment with those—

George: —Because if they had not advanced spiritually, they would not be able to space-travel. Is that true?

It is not to do with their advancement of spirit. It is to do—that it is a completely different type of energy that they have; although it all comes from the same source, they live on a different type of planet. So do not assume that all from one planet are good. You are only good—not even in Spirit are all souls *good* straight away. You understand? (Yes) It takes time. So when you speak of aliens from other planets, you are speaking of just another group of people. They may *look* different, they may *feel* different, but nevertheless, they still are not Spirit.

George: They are a mixed group of people.

Yes, I hope that makes sense to you.

George: It does indeed—that's very helpful Salumet. Thank you.

Sara: Salumet, could I just ask one quick question?

—If it is *very* quick.

Sara: Is it common to hear a spirit voice out loud? I have been hearing, and have over the years heard a voice loud in my bedroom. I heard this morning, and there seems to be a lot of activity at the moment. My husband saw a spirit walk past, and my daughter started coming in our bed again. I'm guessing it's because she's sensing it. Would you be able to comment?

Of course it is—Spirits are able to do many things, and to be able to project a voice is not difficult for many. Yes, so there is no problem. The answer to that question is: yes, you can hear spirit voice.

Sara: Yes, so it's somebody communicating. Hopefully it's just a well-wisher—

It is often done when the spirit becomes a little frustrated or when the people around are not aware of them and that is one way to catch their attention—

Sara: Yes, because I've had things falling off, bangs, windows opening and lots of things.

Just be aware that it is not the emotion of the young girl that is causing these things.

Sara: Okay, so I'll just be welcoming (**yes**) and then they'll probably feel more happy.

Yes, when she is feeling happier, these things should stop.

Sara: Okay, so we're being supported really.

Yes (thanks).

Jan: My father died five months ago and there's three of us: my sister, Cheryl and myself—have all heard him. But it's not in a frustration way. He said 'hello' to my sister and Cheryl and he said 'goodbye' to me, because I believe that in my dream state, we went off somewhere together and as I came back and woke up, I took a sharp intake of breath in as I saw him, and then his voice in the bedroom was so loud, as he said '*goodbye sweetie*'. It was wonderful.

Yes, it is more common than I think you feel. Yes, it is just your awareness also that you are able to hear, but yes, to us these things are to us quite normal.

Jan: Well, I would have been very disappointed had I not been able to hear it.

Yes, and of course it depends on the strength of intent from spirit who have gone. Yes—and now, my dear friends, I wish to take my leave of you this time. I hope our meeting has brought you love and joy.

(Acknowledged with thanks)

And as I leave you this time, I leave you cloaked with our love. I ask for upliftment for all of you in your daily lives, that you have love, strength and the great knowledge of Spirit with you always. Until we come together again, my dear friends, I take my leave.

(Thanks and fond farewells)

There followed clairvoyant messages, firstly via Eileen.

(Let me state at this point that the order of seating in this corner of the room was: Jan—Sara—George—Natalie.)

Jan was asking: "George, are you having trouble with pea plants at the moment? Several plants have died."

I assured that it was not peas but tomatoes—being invaded by aphids—never known such trouble from aphids before! There was some debate, ending:

Jan: The green things I'm seeing *could* be tomatoes. And your water butt—is that overflowing?

Yes, I explained at length how in the rainy weather it has sunk into the ground so that it overflows instead of excess water continuing down the downpipe, and I must raise the butt an inch to correct this. But it seems that the one with Jan was my dear wife Ann:

Thank you very much for that long explanation! Just SEE to it!

(Much laughter all round)

George: Is it Ann?—wonderful! Wonderful that you've come through to us! I meant to ask last time about your wonderful friends and family in spirit—Are you with them?

I am.

Me being a bit deaf these days, Sara added: Mum said "I am"

George: I would like to send my love to you all.

(Now, actions can speak louder than words, and Ann/Jan leaned across and put her arms around Sara. They, with emotion, hugged each other, and the tissue box was passed across)

George: That's beautiful! Thank you for being with us again. Thank you for giving Sara a hug!

Sara: I needed that!

(Meanwhile Natalie (Ann's granddaughter) was wondering if she should speak and Ann picked up the thought)

Natalie! Ah!

(Again, actions speak louder...Ann/Jan leaned forward, clasping Natalie's hands in hers. Then my own hands were clasped while Ann managed to say: "I have to go now.")

George's Notes:

1: ZABDIEL: Zabdiel spoke with authority through Rev George Vale-Owen in December 1913. He speaks on the creation, referring to spiritual energy obeying the dictates of will of spiritual beings to create matter. He makes frequent reference to aether as preceding the material creation. And he refers to what he calls the 'aether atom'. Although the existence of aether was dismissed by our scientists through the 20th century, it is recognised by certain modern cosmologists (DSSU theory) today, and the term 'quantised space' is used. There are many terms in use, but 'aether atom' and 'quantised space' sound very much alike! Zabdiel also speaks of how energy can be transmuted. So, allowing for some understandable imperfections, this is an interesting source.

2: Purity of channel: As Salumet says, it is possible for what is spoken via a trance medium to be influenced by the medium's consciousness. We would stress that Eileen is a pure channel for Salumet, because her consciousness is placed to one side and she knows nothing of what is spoken using her voice box. And this is the essential difference between a full-trance and a partial-trance medium.

~19th May 2014~

We began with a clairvoyant message from Jan, followed by a lady with what may have been a Spanish accent spoke via Eileen. She spoke slowly and seemed hesitant at first:

http://www.salumetandfriends.org/resources/2014_19_may-help+for+Jan.mp3

Lilian: Good evening.

Hello—you wish me to speak?

Lilian: Yes, you're welcome to speak.

My name is Maria.

Lilian: Have you visited this group before?

No. I am—I am come to give the lady upliftment—

Lilian: Yes—which lady do you mean?

—The one who has been unwell.

Jan: Thank you!

I heard her speak. When you feel a little low, call my name—Maria.

Jan: I will—thank you—it's a lovely name.

You are receiving more help than you know.

Jan: I'm sure I am. I think that's why I'm so calm.

Yes. You like to cuddle your son.

Jan: I do—he's very cuddly! ***(Yes)*** He helps me enormously when I *do* see him.

His energy is good for you.

Jan: I know—I sense that. It's just a shame I don't see him very often.

But don't squeeze him so hard!

(Chuckles)

Jan: Right. For what reason must I not squeeze him very hard? Can I ask you?

You might hurt him.

Jan: *Laughing*—He's such a large guy—but yes.

He has a son who is very much like him.

Jan: He does indeed, yes.

Yes. If he was older you would say: peas in a pod. Is that right?

Jan: It is indeed—we can see it already.

Yes, anyway, call on Maria to help you.

Jan: Thank you Maria, I will.

Lilian: Would you be cheeky to say how do you help from spirit—you yourself?

We are given tasks sometimes—to focus on different people (I see) and my task is to help this lady, because she is one, like all of you, who gives themselves to spirit. You understand that?

(Affirmed)

George: Well I think we are all delighted that you are helping, Maria—thank you.

Yes—I think you do not fully understand the workings of spirit quite.

(Acknowledged)

No. I can help many people—all at once.

Lilian: I was just going to say: can you do it *en masse*?

Yes, with a little help (yes). Yes, but I just wanted to make myself known to this lady.

Jan: Ah! I'm so pleased to meet you Maria! Are you a guide or a healer for us?

I am both. Your little boy—grandchild, attracts children to him.

Jan: He does! He really does. He's got quite a little following of people. He's just so quiet and being himself, and we notice that children follow him.

Yes, he could be a healer in years to come.

Jan: Oh that's wonderful.

So I would suggest, if I may, to cuddle him also.

(Laughter)

—Not too tightly.

Jan: Rather a wriggler, but I will try.

You will have good energies from him.

Jan: Yes, I looked after him from a baby. Yes, I do understand what you mean. The bond between us is exceptionally strong.

Yes, it is a bond not to be broken.

Jan: That's nice.

But remember—Maria.

Jan: I will—thank you—you will be in my prayers—thank you.

George: Might I ask, Maria, when you say you help people with a little help; that little bit of help, does that refer to the 'energy' or does that refer to 'others in spirit'?

—To both (ah). We use energy but it is also people who wish to help others—who wish to heal. Yes, complicated isn't it?

Jan: Yes, we try to understand, but there's no way that we can understand everything while we are here.

Not fully, no. You have to place your trust in Spirit (yes). That is important. And with all of people in these kinds of groups, we are only willing to come and to help you all when necessary.

George: Then we are truly blessed—thank you.

Now I have to go.

Jan: Thank you Maria, I'll talk to you every day.

There followed clairvoyant messages via Eileen and Jan.

~2nd June 2014~

This was partly an evening of individual development. Instructions came via one speaking through Eileen:

Yes—you should all feel something around the head and the face.

Lilian: So we should sit quietly and speak up if we feel anything—then you'll know. Thank you.

Yes—and you don't mind if I just stay with this one?—(no—fine).

George: Please do. We are pleased to have you with us and thank you for this arrangement—it sounds interesting.

Yes, we just want to know if we are impressing you or not.

Lilian: Right—Let's hope we get good results.

Yes—and it may be that some may be aware of a name also.

Lilian: I see.

(Pause of several minutes as those in spirit set about their task)

George: I feel something around the head. It feels like almost a 'pressure'.

Lilian: Mine feels more around the eye area.

Jan: I am in pain with my face a lot—but I have the name 'Eric' or 'Erica'—I think it's an 'Eric'. I've got an enormous pain in my shoulder and I think it's to do with Eric. He has been trying to manipulate the shape of my face. The number 36—he belonged to a battalion or regiment or something, but it had the number 36 in it.

Mark: I can feel my cheek bones quite well—puffy, and my ears are ringing quite well.

Lilian: I've got the name of William—it's just come back twice, so I thought I'll stick with *William*.

Jan: I don't know if it's my pain or his pain, but if it's his pain can he remove it please, because it hurts.

Have the others felt anything?

Natalie: Yes, definitely something.

Serena: I couldn't feel anything around my face but I did feel something in my shoulder and when Jan asked for it to be taken away, it went away. It was my right shoulder.

Paul: I possibly got the name 'Jack' earlier on. I've had mild sensations—I couldn't really tell what was going on in my face.

The reason behind this is to make all of you more aware of the gift that you could develop. Most of you are clairsentient, but if you're here, you may have more than one of the gifts of the spirit. What you have to endeavour now is to elaborate on what spirit are giving to you. So, may I suggest that you allow those to come a little closer and to see what happens next?

Lilian: Right—are we on the right track?

It is up to you entirely to develop what is there for you. If you do not allow it to develop, then it is always there, but it is not useful to you.

George: Yes—might I say: I've been aware recently of receiving help with regard to planning a book relating to the nature of existence, and I'm sure I have been receiving help in the planning. And perhaps it is appropriate that I had a feeling of pressure about the head rather than the face?

Yes, and you are of course being helped, but what we in spirit desire, is that you elaborate upon those gifts (yes), that you do not just accept what you have. The more you listen, the more you feel—the better your communicative skills become.

George: I understand—thank you.

Yes. But all of you have gifts to be used, but I do not feel the potential here has yet reached the summit. But we cannot make you, we can only try, and continue to impress you to come closer to us.

Paul: Thank you for trying, and I'm sure we'll try—

We have not finished! We wish you now to elaborate on whatever feelings you have had—except of course from any pain. We do not wish you to feel more. So continue and see what comes to you now. And perhaps the lady will join us this time.

Lilian: That will be nice!

I mean the lady who is next to you.

That is Sarah, who is sometimes 'away'. This visitor seems to be well aware of our various dispositions! And it is so easy to drift into sleep state

Sarah: Yes, I nodded off.

Yes, you must not allow that to happen, otherwise you are not aware of what is happening.

Sarah: Yes, thank you—it's my failing on a Monday night.

Now let us see what you can find.

Several minutes passed

Who wishes to speak?

Jan: I'll start. I was asked to hold out my hands, and a gentleman knelt before me. And there was a gentleman behind him, and he touched my right hand. I believe he was a relative of mine whom I never met. He gave the name of Bert. I'm sorry if it's my imagination (***no***). He's in uniform and he had a flat military hat on. And I believe who stood behind him was my grandfather (***yes***), in his naval uniform.

One little thing to mention—even if you are doubtful, don't allow it to colour what you are seeing or feeling, because the more you accept, the more can be given to you—and you do very well!

Jan: Thank you.

(Pause)

Do we have more?

George: I continue to have a feeling about the head, and it is rather like a presence—and almost a ‘not being here’ feeling about it.

That is good. That shows that you are giving of yourself. Allow it to continue.

George: The name that comes to me is ‘Albert’.

Good—have we any others please?

Lilian: My head is nodding, which does happen to me quite a lot.

Natalie: There’s pressure on my shoulders and tingling on a line across my forehead, and I feel really, really cold.

You see what happens when you allow yourselves to be open to spirit. We can influence you so much. If only you would all allow us to; and it is imperative that you go forward and not just allow the interest to stagnate. Does that make sense to you?

Lilian: Yes, perfectly.

George: Yes, progress is always important.

Yes, you must progress—you are spirit. You can have the contact, if you allow yourselves to. Have we more?

Jan: Yes, I believe my Dad’s trying to—my Dad’s showing himself to me **(yes)**. He was here when we first sat down **(yes)**.

Serena: I was feeling a pressure as if I had some helmet on and a picture of someone in metal armour—perhaps a jousting—feeling very, very cold.

Yes again, the coldness is just an indication of the nearness that we can have to you. So never be afraid of the coldness. And I think at this moment, most of you should feel it around the lower body. Can anyone acknowledge this?

(General confirmation)

Sarah: Yes, I’ve just pulled the rug up!

It is a spiritual coldness that you should feel.

George: Yes, I was trying to think how to describe it. It is not exactly a physical coldness, but yes that fits ... a spiritual coldness.

Yes, so these are all indicators of what you can achieve when you open yourselves to us. And what you should try to do now is, if you have a name, you ask a question. If you feel, like the lady has done—that she is wearing metal—to ask for a little more detail. Just to push yourselves—that is what you need to do—all of you. Can you please now see where you go from here? Ask questions.

(Pause)

You may find that the coldness becomes more intense. If it does, do not worry.

Serena: I’ve got a feeling that I might be on a horse. The pictures I can see are me being ‘X’ amount of feet above the ground.

Yes, you are using all of your senses at the moment. That is good—anyone else?

Paul: I got a glimpse of a group of men in very dark clothing—one with a very long bushy dark beard.

And have you asked his name?

Paul: I’ll try.

Lilian: I’m picking up blue eyes—that’s all at the moment **(yes)**.

Sarah: I’ve been given the name John, but I can’t see anything.

Yes—anyone else?

Serena: Richard the Lion Heart.

You have a name. Would he wish to speak? Does he wish to say words through you?

Serena: I will ask.

(Pause)

Serena: He might, but I'm not sure.

That is fine by us—you have done well.

Communication via Sarah:

I want her to know that I am close to this one. She is blind to me but she knows that I am here

It is all too simple to deny what you feel and what you see. And as human beings, sometimes you will

say: it is only imagination. I would ask that you think twice about those words. You do not need to be

within groups to make contact with us in spirit. That is what I am trying to help you with this evening.

Each one of you has individually felt something, and in your recognition of this, you are opening

yourselves to more. And that is what you should be trying to achieve at this stage of your development

wherever that may be. Now I would say, before I leave, that each one of you will be given a name, and it

is a name that should be common to you all. Please try to allow yourself to connect with this name.

Please speak out loud, and as you do so, I will depart. I thank you for your time and I know you will

endeavour to improve as time continues.

George: Thank you so much—this has been a wonderful experience. I haven't quite felt the depth of what I have felt this time, before.

Good.

(Several names were given)

Jan: I've got to say Leslie.

Sarah: I'm saying Peter.

Lilian: Would I be right in saying it's my husband?

Whatever comes strongly to you—that is the name for you. Accept him if that is what is given.

Lilian: No I didn't get the name—it was just the feeling of the eyes.

Yes, because you are more clairsentient than anything else, because of the work that you do. You must all have a name.

Serena: I've got the name Adam.

Adam. The name may not necessarily mean anything to you individually, but it is a name being used just in order for you to connect with it. So do not try to connect names if they do not apply.

Paul: Possibly the name 'Joshua'—I don't know that name.

That is what I have said—it may not be a name that you recognize.

Sarah: Is this going to be someone that we could call upon later on?

If you so wish, you may ask. You must take the responsibility onto your own shoulders, as you would say.

If you ask us, we are only too willing to help in whatever way we can (thank you).

Serena: In meditations in the morning, I ask for a sign, but I never feel anything. What am I not doing?

If you are expecting a sign immediately, it does not work that way. In what way do you expect signs?

There are so many. It could be—how shall I say to you?—it could be a cloud in the sky—it could be in a piece of music—it could be in something you may read—there are many ways. So don't worry about it too much, but continue to ask. It will come. Can we have the others please, before I leave?

Natalie: I think I have a Frank?

Frank? (Mm—) ***You see, you are doubting.*** (Mm)—***try not to doubt.***

Lilian: The first name I had was William—I'll stick with William.

As I have said, it's just a name for you to recognise—not necessarily one that you know. It is only for the exercise, so don't be too concerned.

Paul: Yes, mine's definitely the letter 'J' I think, because I had a 'J' word earlier. So I'll stick with Joshua (yes).

George: Albert is the name that has come to me.

Albert—yes. *We have one more gentleman I believe?*

Mark: I've been seeing a purple colour come and go (yes). And sort of contours of a face, but I can't see it. But I haven't got a name.

You can't get a name? Do not worry, it may come another time. But the fact that you have all received something should be assurance for you all that truly you are connected to us in spirit. It may be small steps, but now it is up to each of you to enlarge on what we have given you.

Jan: Leslie, who I think has been sat here listening to us tonight and who would have been very interested in this—he was the group leader who started this group off. He once told us that we have to be careful about letting spirit in when we are on our own. I think a lot of us have been hesitant about that.

You must always make sure that you are protected, and that is done quite easily, with a few words. You only need to be careful, if you are—for instance, we will often be worried for people using what you call the Ouija board, or trying to contact spirit, without knowing what they are into. And there are many who attempt this. But all of you within this room have had some experience of spirit. You are protected. So don't be too concerned about that. You will immediately know, if there is someone who is not, shall we say: 'Quite genuine'. And what you do then is you block them off, and ask whoever you ask for help, to help you to be rid of them.

Jan: Can you tell me before you go please, whether the pain in my shoulder tonight, was my pain, or a pain that I was picking up from someone else.

It was a little combination actually. A little of your pain you have been feeling. We hope that as you have been sitting here, that we have been helping with your pain.

Jan: You have, yes you have. I was in lot of pain when I came in.

Yes, keep that feeling of being pain-free with you, and you will find that it helps.

(Jan referred back to a previous visit of this one and how she had been receiving help.)

Sometimes we are mystified—that is not quite the right word, but I will use it—by people who are afraid to ask for help, as if by asking for help they are committing some spiritual crime. We like you to ask for our help; after all, that is what helps us to go forward—by helping others. So please, all of you, whatever help you need, please ask.

Jan: We will.

Lilian: I was just thinking, that will help even when we go to see our doctors, sometimes we think: oh I don't want to be a nuisance—I remember your words saying it helps them too.

Yes. Well, I must go, I have been asked to leave.

Jan: Thank you very much, we've learned a lot tonight.

(General thanks)

Lilian: Good evening.

(Then a gentle voice through Eileen explained that she had been waiting patiently to speak)

I wanted just to say a little prayer for you all. Is that acceptable?

(General appreciative response)

I want to ask that each of you be given knowledge, strength and very good health—love and understanding—mostly; that you might in your everyday lives be helped, as individuals—for I know you all have different lifestyles.

So my prayer for all of you is that you be happy—be kind—be loving—be gentle—all of those beautiful words in your vocabulary, that are not used often enough. I feel your great love my friends. I wish I could express to you how wonderful life is here in spirit. It is wonderful, it is beautiful, and most of all, it is filled with Love.

I know you hear that word so often, but I would like to say that until you are here with us, you will never fully understand. And I thank you for your patience with me. I am filled with joy and with great knowledge that each of you will be helped in some way—for this we ask the Great Creator to take heed of all that we have said tonight, and to bless you all with more knowledge. Thank you.

(General thanks)

George: Thank you so much, and thank you also for your own patience in the way you have waited. Thank you so much for your prayer and your blessing.

You are most welcome—most welcome.

Lilian: Thank you, because I know your channel will have felt what you are thinking.

~24th November 2014~ SALUMET

Happily, we now resume meetings following a break that Salumet might well describe as: the mere blink of an eye—time being that little bit different in spirit. There is still some scaffolding outside the house but inside is fine, and we are all most pleased to be able to continue onward. Audio link:

http://www.salumetandfriends.org/resources/2014_11_24+salumet1.mp3

Good evening.

(General greetings)

I am happy to join with you.

George: We are most happy Salumet to have you with us.

To feel the union between you all this time, gladdens us all. I know that you feel that time has passed so slowly, but I assure you my dear friends, that what you have been up to has been known to us also. As you know, time in our world is so different, so different that it is difficult to explain, and I know that on this Earthly plain, it is a hard lesson to come to terms with; but I am so happy for you all that the strength of your love for each other and therefore for this group of people, is strong. I would like you just for a moment or two, to feel that energy that exists between you. I would like you to just feel the energy; do not think about it, but just *feel* what it is like, how strong it is. All of you my dear friends, have joined together and no matter how far you travel, or how little you come together, that union is so strong and can never be broken. So let us take this moment to feel the energy between you. If any of you do feel different, then please say so to the others.

George: Oh yes, I'm sure the energy is there amongst us all.

Lilian: And the feeling of (being) pleased to see one another.

Sara: Yes, a very comfortable bond.

Graham: It almost feels like coming home.

(Affirmed)

George: It seems almost a stronger union, for having not had meetings for a short period.

Sara: Yes, I think possibly we are hungry for each other!

(Chuckles)

There is a saying on your world about *absence* and I believe it is apt on this occasion.

George: Yes: '*Absence makes the heart grow fonder.*'

We will replace the heart and say the 'Spirit'.

(Affirmed)

Lilian: Yes, it's a different kind of togetherness, isn't it?

Yes—it cannot be seen with any physical eyes, but as I have told you many times: to *feel* rather than to *think* and it is beautiful to behold. I can tell you that all of you are shining like beacons of light. I think because it has been some time, that I will not take questions from you, but allow you just to build upon this beautiful energy, which has been created by each and every one of you. But what I *will* say to you, is that in the months to come, there is much to give to you, there is much for you to experience, and it is up to each one of you, to fulfil whatever it is that you feel your lives are about. I wish you now to take full responsibility for every *word*, every *action* and most importantly every *thought* that you have. This may sound like an easy task, but let me reassure you my dear friends, it is not.

(Agreed)

George: I have a thought Salumet. During this brief period when we have not met, I have been writing about the *Aether*, and I have felt much guidance and I am most grateful and I did not exactly do my own planning from the start, but a set of 15 chapters seem to have presented themselves one after the other and that next book on the nature of the Aether and it's part in Creation is well underway, so thank you very much.

You are a fountain of knowledge within this group, but I do have to say, although you are aware of the help we give to you, sometimes you close your ears and do not listen to us.

George: Oh dear.

Yes—not in a negative way so much, as that you have to be aware of your *Earthly* body, as well as your spiritual body. There is a very fine balance and I wish this for all of you, not just our dear friend the writer. You are influenced at all times and that is why I have said you must take full responsibility for all that you think and all that you do.

(Pause)

Yes, I do not hear too many words (*Chuckles*), but I hope it gives you some time to think and to move forward. After all, that is part of the aim of this group—not only to be messengers of Spirit, but to grow, to recognise where you have come from, to acknowledge that Spirit that you all are.

George: Yes, we must take full responsibility. But as regards—when I say 'help' from Spirit, it is as if there is a catalyst influencing thoughts.

Yes, you are being helped greatly, but you have earned that help my dear friend. You have put pen to paper—words sometimes influenced by us, but other times through sheer work—those words have been put down to paper.

George: Yes, the difficulty sometimes is bringing together the help from Spirit and humanity's scientific research and trying to combine the two.

Yes, you will never combine the two in your lifetime, but I would say you are trying very hard (Thank you). The knowledge of Spirit is still very young, although we are completely satisfied with what is happening in your world. The knowledge of Spirit is becoming greater and greater, but as with all good things, it does not happen quickly—yes. Would anyone wish to speak—not question, but rather how they have been feeling?

Sara: I feel very happy with my piano opportunity at the moment, because it's giving me a lot of pleasure and I think inspiration too. I have felt definitely the presence of helpers with me and they help me to create some more music and I hope I will allow my helpers the chance to give me more in future. It's been very joyful to have this opportunity.

Yes, you—I do not often tell you personal details, but you could help with children and your music.

Sara: Yes, I think—I had a conversation that was leading to that recently and I feel there will be scope for that.

Yes, you must remain open to it, and if you do, then it can happen. It will also benefit you, as well as the children.

Sara: Yes, I feel that would be a good development, thank you for that. I sense it's going to happen in this place **(Yes)**, because it's a good opportunity to combine the music with interaction with people as they come.

Yes, music lifts the Spirit. I know that is something that is said on your Earth plain quite frequently, but it does lift the Spirit, it raises you to another level. So you may find that is the direction that you take.

Sara: Right, yes that's fine, whatever direction, I'll be happy to flow with it—hopefully.

Yes, we can guide you, but we would wish also that you strive for what you desire, because it is an innate desire, a desire that comes from the Spirit. You understand?

Sara: Yes I do, to incorporate the music with helping children?

Yes, and yourself, yes.

Sara: Do you mean in a teaching capacity, or in a singing capacity?

I see you helping children, who are perhaps lacking in some way. The music would bring to them an expression that they cannot make otherwise.

Jan (whispered): You've got to work with autistic children.

Sara: Yes, perhaps autistic children—

Yes, I am not here to tell you your life path, but if you really so desire, it would be a good way to go forward.

Sara: A good pathway **(Yes)**. Thank you for that.

And again you see, you are putting others *before* yourself, but at the same time you are helping yourself, you are helping that Spirit.

Sara: Yes, that's right—interesting.

Natalie: I feel like I'm on the right path now, especially the last few months, I'm in the right direction—I'm not fighting anything anymore. Everything is just relaxed and kind of happening.

Yes, and when you relax and feel content, then even more comes to you. We can come closer to you, to help you, uplift you and to help you understand your life as it is now. But as I have said, it does not all happen within the blink of an eye—it could do, if you understood Spirit more fully, but for most human beings, it is a very slow progress.

Jan: I feel over the last nine months and especially since we have not met on a Monday that—well, pain is debilitating, but I feel through the pain, I have had time to reflect **(Yes)**. And I have very quiet moments of reflection, because of the pain.

Yes, and often with pain, comes the question why?

Jan: Yes, I've asked that lots of times.

Yes, and I have to reply to you: why not? But you understand that.

Jan: I do, I do.

Yes, but that does not help you on an Earthly vibration, because of course pain is negative and debilitating, as you have said.

Jan: But I've discovered it's the positivity and how you deal with that pain and I describe it—whether it's the right way to describe it or not—the acceptance, without wanting to hang onto it, becomes part of you **(Yes)**. You work through and there's a greater connection I feel with Spirit, since I've had the pain.

Yes, it is not something easily accepted by most people, when you say sometimes that pain *can* be necessary, I don't say always, but *can* be necessary for an individual to work through. That is what is happening to you, my dear friend.

Jan: I have in meditative moments realised that.

Yes, and I am sure when you go more deeply, that you can free yourself from that pain. Have you experienced this thus far? No, not yet.

Jan: No—briefly, very fleetingly—moments where I—the pain is a conscious and a subconscious thing to deal with, all at the same time, and you have fleeting moments, where subconsciously you're conscious if that makes sense—'I don't have pain'.

Yes, that is what I am trying to reassure you about—that when you reach a certain point, pain disappears, because what happens is that the Spirit comes to the fore. And for that brief second or minute, the pain seems to have dissipated.

Jan: But when it comes back—this sounds so silly, and it sounds negative, but it *isn't* negative—it's like, '*old friend, you're back.*' I mean, it becomes—

—An acceptance, yes.

Jan: Yes, it just becomes part of you and I find myself really appreciating those fleeting moments, but not feeling negative, when 'your friend' is on your shoulder again.

Yes, you are going through a learning curve and you are doing very well my friend (Thank you). In what you have said this evening, can be helpful to others who are experiencing pain, because we know from our world, just how distressing pain can be to the physical body and we try, try so hard, to help those of you to rise above any pain. It is not always possible because of your freewill. In many cases we can help, in others we cannot. So this is always a problem when people say: *Why is it when you pray your pain can disappear, but mine doesn't?* Can you see the problem? Nothing is the same for everyone—nothing.

Jan: No—not at all. There is part of the human body-Spirit, that can separate that pain and that's what I've learned. It's a very powerful thing actually, to be in constant pain. It's not something that I would—

(Choose)—choose, but it's also not something that I wouldn't have chosen.

Yes, I think my dear friend that when you come to us in this world, you will look back and say: how well I dealt with this. But of course you can still do more to help yourself and you know what that is. I have no need to put that into words. But do not despair.

Jan: No, I do try not to. There haven't been too many tears shed and not too much anger and just as I said to Sara, I've learned to accept **(Yes)** that you take time for yourself, and if you need to stay in bed all day and meditate, that's what you do **(Yes)**, and you don't feel guilty and you don't feel that you should be doing something else, because that's where you should be at that particular moment.

Yes, you must, all of you, live in the moment. We have discussed this briefly I believe, that each and every one of you should live for each moment, because that moment has already passed and you are already going forward into the next moment.

Jan: Well, I thank you very much—I thank Spirit very much for the help I'm receiving, thank you.

Yes, sometimes it is not always what you expect, but that is no reason to say I do not want to ask for help. Try always never to feel anger, because it is a very negative emotion. You know this—I am not saying anything to you that you do not already know. So we are with you (Thank you). Yes. Raphael would be a good one to have by your side. I will see what I can do for you.

Jan: Raphael, lovely—marvellous. Thank you very much.

But you must call on him for his love and his healing.

Jan: Oh I will—thank you.

Sara: Salumet, if I send the thought for an opportunity with children to come, or should I—do you think it will manifest?

If you ask—you must ask for what you want. There is no—some of you human beings make us smile. It's almost as if you are asking for something dreadful, terrible (*Chuckles*), when in fact you are asking to help others, to create goodness within your world.

Sara: What I mean is—

You need to ask for the opportunity—

Sara: —to serve them?

Yes, you must ask for the ability to recognise the opportunities, yes. But of course you must ask, yes.

Sara: Because sometimes, although it's very easy to pick up the phone and say would you like—sometimes I quite like it when situations come naturally, through—

But they have been created in some part, by you, whether you are aware of this or not.

Sara: Yes, the idea comes and it seems we have a right to ask.

Yes, but if it is what you desire, then you can achieve it. We are never going to place your feet right on the spot—we want you to walk forward all by yourself.

Sara: Well of course, I like to feel a sense of being guided.

As all of you within this room are.

Sara: I feel it's more natural to follow some guidance **(Yes)**.

George: With regard to change in the world for the better, I feel there are signs. There are groups in some of the big cities, expressing dissatisfaction in the way things are being organised. There are what we call 'whistle-blowers', who are making known things that are kept from world population. I just feel these are *signs* of a change going on and these may be signs for the better.

Your Earthly world is a complex place. I feel those words do not surprise any of you. It is a complex place. It's difficult at times, to recognise the goodness that is within this planet. The human being is in himself a complex being, who is working and seeking to return home to the whole, if I can say that to you. Sometimes in your world, it seems that all is black, all is dark, all is evil, but let me reassure you again my dear friends, that we from Spirit are well aware of all conditions within your world and the basic truth of Love, is uppermost. I have at times told you: do not focus on any darkness, any negativity, because you give it credence. I ask you in this our first meeting together again, is to spread that love, which is so much stronger, so much that fills the world with light. I ask you that you send love to *all* people. I make no exceptions, I do not criticise one or the other—ALL HUMAN BEINGS NEED LOVE. You understand and you can feel it now within this room.

(Agreed)

Again, take a moment each of your days, to let that love pour from you, to HEAL your planet, to HEAL the people who are lost, and to help the sick and the injured and the lonely and the hungry; the list is almost endless.

George: Yes, I can see this is the evaluation from Spirit **(Yes)** which is rather different from any *physical* trait that we might see.

Yes, we help all that we can, but of course I use one of your Earthly expressions: *sometimes our hands are tied*, because we are not allowed to interfere too often. We can influence as you know, but we cannot deliberately interfere with the life path of other people. It is a hard lesson, is it not?

(Agreed)

—Very difficult to accept—but your planet is full of contradictions, and that is why it is important that each and every one of you, continues to give that love. No matter what your personal thoughts are about your world, let me reassure you it is growing in the right way.

George: That's very good to hear Salumet.

Lilian: I was just thinking to myself about the words you've just been saying. I sat quietly many weeks ago now, and thoughts began to come to me. First of all I was holding the globe/the Earth, with my hands either side of this ball, should I say. And then it went to the Earth and it was a bigger ball, but there were people and we were all holding hands around the Earth and we were thanking it for what it gives us and thinking of peace and love and so on and it was a lovely moment. And you've just said about thinking of—and I thought maybe just to imagine holding the Earth and holding hands with other people—that would help us **(Yes)**. It was a bit of an emotional moment.

Yes, because my dear friend, you are 'a keeper of the world'. That is what we call you in Spirit. Your love for the world, for people, for the animals, for all who tread this Earthly path—you have a deep need to help, which makes you a 'keeper of the world', which is what you were seeing in your meditation.

Lilian: Yes, it really was a lovely moment.

Yes, you were given a glimpse of what is happening—where the world is enclosed by the help and the love of others, yes. You, again my dear friend, have earned this (Thank you).

Now my dear friends, for this time, I wish to thank all of you for coming together under this roof, to meet again, to help others with your healing thoughts, to talk about your love and your feelings and hope that each one of you can go forward. We are ever grateful to you, for the time and the devotion that you give. We thank that Great Creator, who has bestowed on us, the energy and love that is needed

to continue. So until we come together once again, I will take my leave and allow you to sit quietly with your thoughts for a few moments.

George: I'm sure one thought is Salumet that we all feel very, very privileged.

Let me say my dear friend, it is OUR privilege, that you help us in many ways and one of the reasons why I chose you, and there have been many who have come and gone—it is because of the love and the humility that you show, the love and humility that is innate within you all. I want you to know my dear friends: there are many groups who lack these things. So I want to say 'thank you' and let us hope that we can continue with a little more knowledge each time we meet. And now I take my leave of you all.

(Thanks and farewells)

Minutes passed—then Eileen returned and she had a vision—a very tall tree—a Redwood Cedar. Eileen seemed to be impressed with the feeling that it was symbolic of all of us as to how far we can reach out. In discussion, it was felt to be a 'Dawn Redwood'—an interesting and very tall tree.

George's Notes:

Dawn Redwood: *Metasequoia glyptostroboides*. This is a deciduous conifer growing to more than 200 ft/60 metres, native to China and an exciting 20th century discovery. It was during 1946 that Prof. Cheng of National Central University, China sent an expedition to a remote village—Mo-tao-chi in Szechuan Province to collect specimens. Prior to this the tree was known only as fossils dating back 100-million years, and it was thought to be extinct. Seeds were gathered the following year and distributed to botanic gardens around the world. It is a beautiful fast-maturing tree.



In Cantonspark, Baarn, Holland—beautiful.



A fine specimen stands in Kalheupink, Oldenzaal, Holland. The broad irregular trunk is typical. Fast maturing trees are now growing in botanical Gardens and parks world-wide. So just maybe the way in which this spectacular tree has re-emerged and spread throughout the world is also symbolic of the present spiritual mission.

~1st Dec 2014~ SALUMET

Audio link: [http://www.salumetandfriends.org/resources/2014_12_01+salumet\\$2BCho.mp3](http://www.salumetandfriends.org/resources/2014_12_01+salumet$2BCho.mp3)

One seemed to be with Eileen:

Lilian: Good evening.

Hello.

(General greetings)

Hello lady.

Lilian: Hello.

My name is Cho.

I not speak good English well.

Lilian: We can understand you.

Ye—I raised by English people. They call me 'Cho'. My name is 'Cho'.

Lilian: So what country was this?

I don't know. They found me as a baby. They raise me. So I wanna come to you to talk.

Lilian: Well, you're welcome.

You understand me okay?

(Affirmed)

George then tried to clarify the pronunciation of his name, referring to similarity to the French 'Jean' (with soft 'J' and lost 'n') to which Cho replied:

You can call me anything you want to!

(Chuckles)

Lilian: Names are not important, are they?

No. I like to travel—I like to help women, although I am a man. I like to help women who are downtrodden—is that the word?

(Affirmed)

Yes, I feeling quite nervous.

Lilian: Well, we hope you'll feel better in a moment.

Yes.

Sarah: You don't have to feel nervous with us—we are just pleased to have you with us.

Lilian: Can you remember the country that you were in?

I have never been told that. I was just a little baby.

George: No need to feel nervous here. We're all loving and understanding people.

Yes, I think so, yes—I think so.

Lilian: Is this your first time of coming to a group like ours?

No, but I picked this one tonight and if you like me, I will come again.

Lilian: You are welcome.

George: Yes, please do, we enjoy a chat.

Yes.

Lilian: So how do you help the women that are downtrodden?

I'm trying to help them by making them stronger and I wanted to say to you that some men in the world—this world—forget that they belong to male and female gender (yes). But lots men find either through religion—culture—that they are superior. Not so! All men, all women—the gender is a mixture or both.

(Agreed)

Yes, I am trying to help men as much as women.

George: I was thinking about men only recently and how the man features mainly in all the wars that we have *(yes)* and the men feature mainly in all the scientific development. The 'Marie Curries' are few in science *(yes)*. And it's the men I think again, who've put together the various religions in the world. So perhaps the men have contributed more to Earthly troubles than the ladies?

I do not want to denigrate men, but you are correct.

(Chuckles)

But I wish to remain—

Sarah: Neutral?

Yes, that's the word!

Lilian: Well we have a saying: Behind every *(strong/successful)* man there's quite often a strong woman—quietly there, you know?

Yes, well I just want men and women to remember they have been of different gender in times past (yes), so my message is to spread this to all people, especially those women in far countries, where they are downtrodden.

George: Yes and we understand there are indeed countries, where they are downtrodden *(yes)*, or where they have very harsh or silly rules to abide by.

Yes, but I have all the time in the world to help.

Lilian: That's very good of you.

George: But your message is the two genders belong to each other?

Each gender—male, is 'male and female' and female is 'male and female' also.

Paul: We are not really—the *Spirit* is not really one or the other, is it, it's a mixture of attributes.

True Spirit has no gender. But I know you are saying what is a fact, to people on Earth—you are understanding me? I feel I am losing it a little bit.

Paul: No, we understand perfectly.

Yes, but we all get this knowledge when we come to Spirit, but I want people to understand—

Lilian: Before?

Yes!

Paul: On the Earth.

Yes, that is my purpose.

Paul: Are you working with a team, or do you work alone?

I work with many others, yes.

Sarah: We've had another—somebody else that came through, who said she's working with the females on this Earth as well (*Emma*), so I think there are others—it's a wonderful job that you're doing.

Yes, I just want to help, as most people choose to do when they come to Spirit.

Sarah: Are you finding it quite hard, trying to get through to these men?

Sometimes—sometimes I don't make any progress, but I mustn't become down-hearted.

George: Have you come across Emma—Emma Hardinge-Britton in your work? She's one who has visited this group several times and she works for downtrodden women of the world.

Let me see (pause). Yes, she I believe is quite new to this work. I mean in TIME—quite short time. I have been here a little longer.

Sarah: Can you remember what year you lived upon the Earth?

I only remember an '8'. I have been here long time—long time.

Paul: I expect you find some countries are a little bit better—women have better equality maybe, than in other countries?

Yes, inequality in all the world?—but the difference is that some women are much stronger and as in your part of this world, they stand up for themselves. But some women on the other side of your world do not have this. They are so—what is the word?

Paul: Fearful?

Fearful—Yes...

George: Emma's work began in India (*yes*) and has extended to other countries now, but that was where her work began.

Sara: I feel that female and male energies have become polarised in India (*yes*), so that the men are overly masculine and the women are overly feminine (*yes*), and therefore the masculine doesn't support the feminine and the feminine doesn't support the masculine. So they can't enjoy so much happiness.

No, because they have their freewill taken from them. Yes, there is much fear, much unhappiness, but you have to understand that for the men, it is 'normal'—they are not aware that they are being cruel—it is not so straight-forward.

Sara: No, because you have to look at it historically (*yes*), and of course the influence of their own upbringing is very strong.

Yes, culture is a very big part of it, yes.

Sarah: And you said in this country the women are strong, but it's easy for us to be strong here, because nothing is going to happen to us, if we say we are going to (*yes*), whereas in other countries perhaps they'll get stoned to death or something, if they spoke like we did.

Yes, that is why I say it is not straight-forward. There is always some element to it that needs and seeks understanding.

Sara: So you probably have to work with couples I imagine, rather than just the female.

Yes, I like to work on groups—groups. You probably would not understand that, but it is possible.

Sara: To influence the mind-set of a group?

Yes, it is like a wave in the sea that travels over more than one little area. Bigger wave travels wider and further. Yes, so that is—

Jan: Before you go, I'm picking up some clairvoyance and I think it's to do with you. I have the country *Mongolia (yes)*, and I've been given the name *Elizabeth* and I think that's the lady who found you.

Ah—yes, Elizabeth and John.

Jan: They found you as a baby in Mongolia and they were travelling through Mongolia like missionary people. They seemed to be travelling through when they found you.

Yes, I was lucky to still be breathing, they have told me.

(Several sitters went 'Ahh')

Jan: Yes, you were wrapped up and you were very cold and I can see mountain ranges either side. They're with a group of people and they heard you crying and in those days, they didn't have to go to the authorities and ask for adoption. They just good—they were good people—

They just TOOK me, yes.

Jan: Yes, and made you their own.

Yeah, and I never give those details when I speak, because I don't feel it is necessary to know WHERE I came from, but it is good to hear love and goodness and kindness, which they were—that is what I like to do.

Lilian: That's the main thing, isn't it?

Jan: But Spirit are giving me this clairvoyance, so is this for my development or love to you?

Both—yes, that is why they called me—I can still say: 'Cho'. Yes.

Jan: She was very beautiful—Elizabeth.

Beautiful!

Jan: Very kind face **(yes)**. Well thank you for letting me pick that up.

It was so much easier for you to say! I quite like being here with you (Good!). **Perhaps I WILL come again.**

(Much enthusiasm expressed)

Jan: You've brought a lovely energy.

George: Yes, a nice energy.

Thank you.

Lilian: And you're doing a very good job. *Affirmations*

Yes, I wish you could see the energy patterns I'm making. They are—what is the word?—they are haphazard (chuckles). **So, I'm going to say thank you—thank you.**

(General thanks)

George: And do come again!

Thank you, I will. Yes, I see you on a mountain. Have you been on a mountain? (A short discussion then followed as to whether George had been on a mountain. George couldn't think of one except when skiing years ago. Cho said it was green, not with snow; and the Bosnian pyramids and man-made Silbury Hill were said not to qualify. So we wondered whether this was something to come, rather than a past event.)

Lilian: Well, it's been lovely.

Yes, I would like to stay, but I'm being called.

Lilian: Well it's nice of you to say you'd like to stay.

Sara: We'd be very happy to keep you.

George: Please feel free to come again.

Yes, I will.

Lilian: We do understand.

And my English is really good tonight.

(Agreed!)

Paul: Yes, Perfectly understandable.

Yes, I like you. Yes, good night.

(General farewells)

(Cho then stated 'South America'—referring to the mountain mentioned earlier, to which we offered Mexico in Central America as a place where George has been.)

That sounds better—I see you on a mountain.

Salumet then began:

Lilian: Good evening Salumet.

George: Salumet?

Good evening.

(General greetings)

You may be surprised—

Lilian: Just a little bit.

—Because I wanted that one to join with you quite quickly. It was important for them to speak to you and I will say that you will come to know this one quite well.

George: That's interesting.

Lilian: Can you tell us the reason?

The reason comes, because earlier I told you there would be changes for this instrument and this will be one of them.

Lilian: She will be interested.

Jan: It felt so lovely, Salumet.

A beautiful Spirit, yes. But even though we have (*he has?*) been in Spirit for some considerable time, returning to the Earth plane is never easy, when there is a new task in front of you. So I hope my dear friends, that whenever this dear one comes to you, that he can be made comfortable.

George: Yes, that will not be difficult at all.

Yes, I needed you to *feel* that energy and I know that you have.

(Affirmed)

I have said there will be some changes and after your holiday time, you will begin to see that some things will change.

Jan: Are you leaving us Salumet?

I will not leave you, but as I have said before, there will be times when I will not be with you and I will not say a *replacement*, but I will say that this dear one will also bring you much joy. (*Salumet has never said he will stop coming through Eileen—only that the regularity will reduce.*)

Lilian: So he's been in Spirit for some time?

Yes, yes.

Sarah: But he is not on the same (**no**) level as you though?

No. I bring him to you.

Jan: Cho has physically walked this Earth.

Yes. So my time with you this evening is curtailed, but I will take any question that you have. Does anyone wish to speak?

Sarah: I did have a thought a little while ago, that if we evolved from the water, why do humans and animals from the water—why are we so different in Spirit?

In what way different?

Sarah: You said that for example when we go over, the animals go into a 'pool'.

A collective pool, yes.

Sarah: Whereas we go on more separately—so why is that?

—Because their evolutionary pathway is not as great as you who are human.

Sarah: But we did evolve from animals from the water, did we not?

Yes, because that is part of the Earth's evolution.

Jan: They remained one consciousness—

Yes, yes. It is not a simple question and I know you are looking for a simple answer. I would just remind you my dear friend, that sometimes—and not within all of your understanding, can we give you the answers to such questions. Some questions will only become clear to you when you join us here in *our* world.

Sarah: Yes, you have said that before.

Yes, there will always be questions that will not be fully understood, but as I have said to you in times past, you must absorb and accept what you can. It is a complex matter. But I hope that has helped you just a little.

Sarah: Yes thank you.

Lilian: Could I ask you about orbs? We talk about orbs, and in a book that I've read they were talked about quite a bit by a man who had a near death experience. What exactly are they?

All an orb is, as you would understand it, is a ball of energy.

Lilian: That's what I gathered.

Yes, that is the basic answer for it. Within that ball of energy lies many things. It can be a loved one, it can be one of the angelic beings, it can be many things.

Lilian: Within the orb—certain orbs?

Yes, that is why when people see orbs, they either feel that they know what it is, or they are puzzled by it. But in general I would say it is just a ball of energy, which has made itself seen; in the same way as those of us in Spirit make ourselves seen to many, but not *all*. You understand?

Lilian: Yes, thank you.

Sara: Yes, we once photographed some very large beautiful bright blue orbs (**yes**) that were quite close to our energy, our aura, and I wasn't quite sure, but looking at somebody's website—Diane cooper who writes about orbs—I understood it might be an angelic protective energy.

Yes, I would suggest to you that it was healing Angels if the orbs were blue.

Sara: Beautiful bright blue.

Yes.

Jan: That's why I believe that the camera lens picks these orbs up more so than the human eye, because the camera is not—

Judgemental, yes, you are correct. Yes, as in all things, some people are more susceptible to seeing than others, but if I told you now that there are orbs within this room, would you believe me?

(Affirmed)

You would, but you cannot see them. Energy is all around us. We are ourselves if you like, balls of energy. To other beings that is maybe how we would appear.

(George then reiterated Jan's point about modern digital cameras capturing what the human eye cannot see)

Yes, many things are used for communication now and Spirit will take every opportunity that it can, to allow people to make some kind of judgement. And of course as you know, much of your media is used now—your computers and your cameras and all of these things are used for communication.

Jan: When my father passed away in January, when we were in the room; as soon as dad had gone, within a split second of dad going, his favourite saying to us as we all left their house was '*two tinkles*', meaning

let me know that you are okay when you get in. The lights had not flickered at all the whole day, but as soon as dad died they went ‘*dink-dink*’, which was his way we believe, of saying ‘*two tinkles, I’m home*’.

Yes, of course you must remember that electricity is easy for us to use. That is why you hear people speak about lights in particular flashing off and on, and televisions as you call them, going on and off — there are so many examples.

Sara: I also saw a multi-coloured rainbow-coloured orb. I photographed it next to my son’s solar plexus—a large rainbow—very beautiful.

Yes.

Mark: Could I just mention a man called Russell Brand to you? He seems to have quite a gift of communicating to people and is bringing a lot of people together at this time and I wondered if you might have something to say about him?

I would have to check on this one. I will give you an answer next time (thank you). But I would say: basically anyone who has the right motives in mind and who is working for Spirit, is always welcome in our world and yours. I will take just one more question this time.

George: Could I just place one that our old friend William has sent in? We mentioned some time back about a prophecy of Nostradamus (**yes**), about a great one—about a teacher who would be coming to this Earth and would take Monday as his holy day. We wondered at first if it could be yourself Salumet, but you assured us: no, but one would be coming. William is with a group at Knutsford, and there seems to be a remarkable young man of 27, of great knowledge, and they seem to have a mission of improving the Earth through love and spreading love. And he is wondering if this could be the one referred to by Nostradamus as a prediction? Can you say anything on that?

I will say only one thing to you. I am aware of ‘predictions’ as you call it. There will, in that prediction — there will be no one for 200 of your Earthly years. So the answer to your question—my reply is that this is not so at the moment.

George: It sounds as if it is just another beneficial teaching that has arisen —

Yes, there are so many who come to your world that you may call exalted beings. At this time in your world there are many who have come to lead and to guide your world. If you are looking for another Great Messiah—and remember that with Nostradamus, his thinking would have been influenced by his age and what people expect. But I will say categorically to you that this is not the time.

George: Yes, thank you Salumet, I’m sure William will be grateful for your answer.

Sarah: So nobody who’s living on this planet at the moment will ever get to know —

Not at the moment. Remember, from Spirit, 200 years is but a blink of your eye.

(General agreement)

That is what you have to keep in mind.

Sarah: And in fact, 200 years in human life isn’t *that* long either—when I think my father’s 91—that’s nearly 100 years, isn’t it!

Now my dear friends, I am happy to have joined with you again. I thank you for your love and patience, and also for your great love towards Cho.

George: And we are delighted that you have been with us again Salumet. Thank you.

Yes, we have missed many of your Earthly weeks, but we have still remained together, my dear friends (of course). I have sought to keep that energy pattern flowing. So as always, I will take my leave. I cloak you all in love. I hope and pray to the Great Creator that all things good may come to you.

(General thanks)

Jan: Thank you for sending Raphael to help me with my pain (**yes, yes**).

Paul: And we will continue to work with your assignment last week, to keep our words and actions and most of all THOUGHTS—to take responsibility **(yes)**.

May the Great Creator stay with you.

Paul: Thank you to you and Cho.

George's Notes:

1: Mongolian Names: On checking, 'Shona' and 'Choibalsan' are two, so that what we have written as 'Cho' could be a shortened version of one of these.

2: Time: Emma was on Earth in our Victorian era, so the implication is that 'Cho' was here considerably earlier than that.

3: Nostradamus Prophecy: This relates to our meeting of 10 Dec 07, and the note added to that meeting was: Nostradamus Prediction: Ref. 'The Centuries, II-28'. It is interesting that Salumet acknowledges the prediction and points out that that one is yet to come. That one is also described by Nostradamus as 'the penultimate named prophet', so it seems appropriate that he should appear quite late in terms of missions to this particular civilization. Time seems a little bit 'stretchy' where prophecy is concerned ... like a concertina that has accurate events printed on its folds so that the spacing may vary a little. Some Nostradamus prophecy is remarkably precise on the time scale while certain events are sometimes just a year or two out. This is one of the quirks of true prophecy.

~19th January 2015~ SALUMET

(The evening began as ever with our healing prayers, to which Salumet refers. Jan had clairvoyance that the children of the millennium era, who are only 15 this year are the peacemakers of the future)

Link to audio:

http://www.salumetandfriends.org/resources/2015_01_19+salumet1.mp3

Lilian: Good evening and welcome Salumet.

Good evening.

All: Good evening.

I am happy to join with you once again. I have listened very carefully to all that has been said this time. Yes—there is much that is unkind and terrible about your world. But again, may I just remind you all that we do not want you to focus on those things but to be uplifted within your own spirits, to allow that light to shine from you in order that darkness be dispelled amongst those who are misguided—because that is what they are—they are misguided. I will not refrain from saying that anyone who takes another human life cannot be right, and I will stand by those words for all time. But there is no need to feel powerless, but to take up arms within your mind. That is the correct usage for them. You understand what I mean?

(Affirmed)

Yes—they are in need of guidance and love. And I know my dear friends that you are well aware of all of this. These misguided souls are not without love. Every single being—every simple existence in this world knows what love is, because that is what you have come from—even the most terrible being as you may see them, has that love for someone or something in their lifetime. But what is lacking is the knowledge to guide them towards the brotherhood of man. This is the difficult situation as it stands now. So I will say only once more my dear friends: help them with your hearts and with your mind and with your spirit. That is the way forward. Remember how many are good people—as opposed to those who are misguided, and perhaps that will put it into perspective for you. I would also like to say to you this evening that you will become aware this year of your time, of new finds within the seas of your Earth, as I have spoken of before (yes)—and also within 'the heavens', as you call them—the planets and

the stars—there will also be information forthcoming, of new stars within your own galaxy. So that is something for you to look forward to—yes.

Serena: Are these new stars going to have an impact on us—because you mentioned them?

Not always, but they will be noticed (thank you). **Yes, they are not really new—just unobserved.**

Paul: But the discoveries in the oceans—will they have an impact?

They should benefit mankind—yes.

(Sarah observed that there appears to be more interest being shown on TV featuring discoveries from the sea.)

Yes, we are trying to influence those with that type of nature—that interest—and those scientists who wish to push a little further.

Paul: Is it like a new energy or medicinal?

Yes, both—it should be both and you will hear of it this coming year.

Sarah: Thank you. You have told us that all diseases will be able to be treated within the next 5 years—I don't know how long ago it was you said that, but this is probably a way towards that, isn't it?

If you look towards your medicines now, you will find that in the last few months there has been much progress in many of your diseases. I am not saying that at this particular minute all will be cured, but what I am saying is that they will be eventually, because of the research and work that is being found now.

George: It has been mentioned Salumet, on the Internet, that there is a very simple cure for cancer—a cure and preventive. The named plant for this is ASPARAGUS. Of course, we never know if this is accurate information or just someone who wishes to sell more asparagus!

(Laughter)

Yes, you, my dear friend, are raising it to a humanist situation.

(More chuckles)

But yes, look to all things natural, if you wish to cure the disease of the body. Remember what I say: Disease. I have said that to you on many occasions.

George: You have indeed. And yes, there does seem to be some chemical justification for this claim *(Asparagus)* and perhaps we should take it quite seriously.

I would not dismiss anything that is brought forward to you, because these people are working for the betterment of mankind (yes), not only in your country but throughout your Earthly world.

Mark: There's a lot of criticism on the Internet of chemotherapy being used in the treatment of cancer. A lot of people are saying that it's a very damaging treatment **(yes)**, and there's a financial gain that's keeping that going.

There is gain, there is hope, there is cure, but there are also problems. All of this would need to be refined, but I would say to you: always take the route of the most natural kind. Your body was not built for chemicals.

(Agreed)

Sara: And the mind needs to be helped with cancer, doesn't it? It is a mental help that's needed.

It is a disease of the human—yes. It does not occur in one second. It is something that builds, and that applies to all conditions (yes). So again, take those thoughts and make them strong within your mind. That is the answer to all of these questions.

Lilian: So would they be able to help all eventually—the scientists and the people who look into this help for people?

The scientists already are taking and studying cases.

Lilian: I was wondering about mental problems—depression or whatever you call it?

All aspects of humanity can be helped. Some may take longer than others, but of course, the majority *relies* shall I say, on the spirit and the mind of the being.

Sara: And some can recover from cancer (**yes**) when they've changed their thought patterns (**yes**). Some healers have very good results, with patients who are willing to open in that way.

Yes, I am sure that all of you in this room must know of someone who has survived the disease.

(Affirmed)

Yes, so you must then ask yourselves the question: why? And of course some people leave it too long within the body, and they cannot therefore expect to make that better.

Jan: It's too advanced.

It has been left too long without having been dealt with by the one. And after all my dear friends, you will be coming to us with something or other, but we would wish it to be peacefully and disease-free. But again, I am saying: it is your responsibilities.

Sara: My friend who works with people with anxiety and depression—she tells me that all the ones who do their homework and follow the teaching, always have a wonderful result and recover (**yes**)—but it's down to them, you can't wave a magic wand. They have to do the work to change their thinking.

Again, you could have a line of people all with the same condition, and each would have a different result. And again, I say to you my dear friends: you must ask the question: why?—if they are all being given the help that is needed, what is holding them back? You understand? (Yes)—yes. So, I feel I have spoken enough about that, this time. Is there anything you would wish to ask me?

George: Could I go right back to the Council of Nicaea, and recall that there was a gentleman—a teacher named Arius, who had the right idea then about Jesus—that he was a MAN who received Divine inspiration. This did not suit Constantine, who presided over the Council, and so Arius was exiled—he was put into exile. And the Roman Catholic religion that was given birth to, with the Trinity idea and a young gentleman named Athanasius, still in his twenties—he developed the Creed—both the Creed and the Trinity were down to him. But Arius, who was a most learned—

(Slight pause with Salumet apologising for Eileen's cough)

—And informed teacher, but he was exiled. And it's left me with the feeling that Roman Catholics—those who believe in that faith—would do well to study exactly how that faith began, as a man-constructed religion—at that particular Council overseen by Constantine.

I understand your question my dear friend. I am also trying to do something with this instrument. *(Slight pause)* Yes, there have been many misconceptions through the ages. There has been much belief and disbelief. There have been many tales and stories of Jesus. I have already told you I believe that Jesus was indeed a man who came to this Earth as flesh and blood (yes**). And some of the Catholic religion—they give to the world false creeds—creeds as you have said were given to Constantine—the Catholic Church. Let me tell you that the Trinity that you speak of goes even further back in time. It belongs to a Pagan religion.**

Mark: That's right.

Yes, so you have to be careful when you read these stories—biblical stories, as to whether they can be classified as true or not.

George: Yes, I think the Catholic interpretation is that Jesus and God are co-equal.

Yes, that is what they teach—but of course, we know that to be nonsense—and I am not afraid to use that strong word.

Jan: Nor are we!

George: I just feel it would be good if Catholics studied how their faith began—this would help them to see the light more clearly.

Jan: But they are not ready to do that, are they?

Unfortunately the lady is correct. You have many today—mainly young people, who are beginning to think for themselves (yes). We have discussed these matters before (yes), but there are still those who follow blindly—follow like the sheep.

Jan: That's where they feel most comfortable—they've had so much comfort from that—why move until they're ready? That's their prerogative—

Yes, there has been much written which is as I say, nonsense. How could possibly Jesus be on an equal par with the Great Creator? He had many good things to give to this world—to teach. He was indeed a great healer. He was a great teacher, but so were many who went before him.

(Agreed)

George: Thank you for that clarification.

I hope it has helped you, my dear friend (yes). And I have to apologise on behalf of this instrument for interrupting you.

Lilian: Should I take the glass now? *(water)*

Yes, if you would, thank you.

George: I hope it will help many to have that further clarification—thank you Salumet.

Jan: Salumet, I have a question that I discussed with Richard *(Jan's son)*—you know who I mean **(yes)**.

There are three young men, Richard included and his question to you is: they appear to be being brought together, forced almost in a very nice sense through work, and however much they try, they just can't actually break away from each other. And Richard feels strongly that they are meant to be together. Were they together in a previous life, or have been brought together this time, so that they can better themselves while here, as a group? In a way they are working towards a career with the three of them.

Yes—they of course have known each other in previous lives—not as a group of three as you see now—in fact one of them was probably female. But no, they have come together, as far as I can tell in this lifetime, to do work which should have been done previously. That is why they feel the pull, they feel the connection. So it is entirely up to their free will, how they progress (right). But yes, they have known each other before.

Jan: Lovely, thank you—that's what I felt, that's what I was picking up.

Sara: So sometimes if there's a feeling of urgency, it might be because it perhaps would be beneficial to do—

Not always, but of course if there is an urgency and the pull is great, I would say that is why.

Sara: It's a higher self awareness—

Yes, it is the higher self pulling you if you like, in one direction.

Sara: We all have sacred contracts, as I understand. I guess it's possible to find out what we agreed to—perhaps in meditation. Would that be possible?

It's possible but not wise (ah). That is all I will say—not wise, because why should you know why you are here?

Sara: It's best if it unravels slowly?

Yes, and then you know that you are doing good things with what you should be doing. You understand? (Yes, I think so.) Many people disagree with that, but that is how I feel.

Sara: Let it be natural—

Yes—you will find out if it is *meant* to be. But to try to *force* through meditation what you *desire*—and after all, it is only what you desire. Can you see? There is a difference.

Sara: Yes, I can, yes. A lot of people talk about secret contracts these days, so I thought I would air that one.

Yes. You know—your *spirit* knows anyway (yes).

Jan: Salumet, I know you don't like to talk too much on a personal level, but while I've been sat here and previous weeks while I sit here, the pain that I experience becomes worse when I meditate **(yes)**. And that's because—is that my soul dealing with the pain?

It is your spirit pulling it from the body (ah). You understand? (I do, I do.)

It is drawing it deep from within (yes). Does that help you?

Jan: It does. And I suppose I *did* know the answer, but it's very nice to have it confirmed, because it does get worse as soon as I sit in this room.

Yes—if you can only view it as a cleansing.

Jan: Yes, it does feel as if it's being pulled.

Yes, and although it may be uncomfortable—eventually you would find that rather than be uncomfortable it will begin to ease.

Jan: Yes, it will lessen in time.

Yes, is that helpful to you?

Jan: Yes, that's lovely—thank you.

But if it is too uncomfortable, please ask for hands-on-healing whilst you are here.

Jan: I will—thank you.

Paul: I was thinking about earlier when you said about new discoveries in the sea, and one being an energy. One of the big problems with the planet seems to be the reliance on fossil fuels **(yes)**. And I just wondered if you could give us any information about when the day will come when we will find a good alternative?

Jan: The sea!

I think you feel I may be like a calendar—

(Titters)

—But my dear friend, no I cannot give you a specific date. All I can tell you is that these things are happening *now*. There are fresh and new discoveries at all times, and what is discovered a lot of the time will not already be known. That is as much information as I can give to you (yes)—at this time anyway.

Paul: Yeah, because the discoveries are one thing, but actually getting them accepted is another—

Yes, I understand what you are meaning, but do not be too concerned. Let us first find what they have within the seas. Now, I think for this time, my dear friends, I will take my leave of you. I hope I have been helpful to you.

(Affirmed + thanks)

And let us see what this year unfolds for all of you. Yes.

(Thanks and farewells)

Let us see who comes to you now.

(There then followed a period of clairvoyant messages via Jan, with messages concerning Jean (Graham's mum) and Sian. (Eileen's granddaughter) After the clairvoyance, Jan experienced being taken out of her body, possibly allowing further healing to occur. She was pain-free for those moments while out of her body, experiencing the 'void', which Jan described as a place of real nothingness. Eileen then mentioned a further 'void' stage, but teaming with energy.)

George's Notes:

Focus on upliftment: Salumet's opening words this time indicate clearly that the 'bad' people/elements in our world shouldn't distract us. Those who are misguided are aware in principle of what love is, and we are requested to focus on love and upliftment and not on their atrocities. This is a key statement that points our way forward. We might reflect that politicians and military take very different views that only facilitate ongoing disaster until appropriate lessons are learned and love becomes more widely acknowledged. We would do better perhaps to move the power of our minds/thoughts away from these fear-based activities and instead reflect on all the good things and thereby help to grow the light, which will help to raise the vibrations and dispel darkness naturally.

New Stars in this Galaxy: Actually, bearing the same date as our meeting, the following 'Learning Mind: new post' arrived:

[Two Exoplanets Extremely Similar to Earth Found in Goldilocks Zone](#)

Posted: 19 Jan 2015 06:05 AM PST

We just keep finding them, more and more planets with similarities to Earth – two more, to be exact. Kepler 438b and Kepler 442b – both these planets rest snugly in the so-called Goldilocks zone of their own star systems. So, what is the Goldilocks zone? The Goldilocks zone This name is ... [READ MORE](#)

And so Salumet is keeping us up to date with new discoveries in astronomy!

Roman Catholic Church: How the Trinity and Creed came into existence is accounted in Chapter 13 of *A Smudge in Time*, with input from John Julius Norwich, *Byzantium. The Early Centuries*, Penguin Books, London (1988). And even the eloquent Athanasius did not escape unscathed following the Council of Nicaea. He was later deposed from office, escaped a company of soldiers and spent time hiding in a remote part of the Egyptian desert.

Asparagus and Cancer: A brief scan seems to indicate more against successful cure than for, but there is the comment that China benefits from a wider use of herbal remedies compared to the US. Google 'snopes.com: Asparagus Versus Cancer' for best reference.

~2nd February 2015~ SALUMET

Audio link: <http://www.salumetandfriends.org/resources/salumet1+2ndfeb2015.mp3>

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

As I join with you all this time, we give a welcome to that one (Martin, sitting in with us)—yes. I am happy my dear friends to join with you again, in order that we unite spiritually and with love and peace and with contentment. There is so much that is happening in your world at this time—our world is indeed quite busy, as you would fully understand, with so much destruction among human beings. But I will tell you again: do not despair—do not become embroiled in all that is sadness within your world, but rather to allow that light to travel further and further, until it reaches the very boundaries of your Earth planet. Let that love take hold, and let each and every one of you on this planet have the realization that love is the answer to all and the conqueror of all. There is no need for me my dear friends, to tell you that it is necessary for you to think about these things, but never to *dwell* upon them.

George: Yes Salumet, I feel we can't help but feel sadness for those who suffer.

Yes, but you must allow the sadness to pass—you must as I have always told you, move forward. That is not to say you must ignore what is happening, but to recognize and then to let go, as you must in your

only human. To cling to something is a little foolish I would say, but understandable because you are only human.

George: Yes, I know a number of us are rather puzzled by attitudes within the politics.

Yes, but as I have told you in previous times, that we are doing all that we can, to impress the leaders of your world to say the right words to help their peoples.

George: Yes, and we are most grateful.

It is not something that will happen in a blink of the eye, but I can assure you that there is still much more good in your world, than there is unrest.

Sara: I think sometimes people fear that if they don't discuss world affairs and the problems of the world they are perhaps ignoring them, but I tend to think it's better to be aware of them, and am I right in thinking, think of them in prayer/send healing thoughts—is that more powerful than discussing events with some sadness?

Yes, you have used the correct words when you say: 'become aware'—you cannot hide from actions that have happened. You *must* be aware.

Sara: Aware, and then use prayer would you say?

Let go in your prayers—that is the stronger help that you can give. So yes, you are correct. That is not being blindfolded to all that is occurring in your world. But if only you could see the power of prayer you would understand more fully what I tell you.

Graham: I find that when you become aware of something and then you feel sadness about it, sometimes even you feel briefly annoyed about something; I find that when you actually ask a prayer about it later on, that's a great way of releasing any sad feelings that you have, and it makes it so much more positive.

Yes, cannot stress enough to you, my dear friends, on releasing whatever it may be, so that the Spirit can soar freely, and in that way can help much more (yes). Yes, but it is human nature and we also know this, that because you are human, it is not so easy for you to do, but with practice it becomes a very strong force from within you—and in that way help is there for those who need it. Do you have any questions about this?

George: Actually, one of our readers sent in a question. Last time, we mentioned about people being misguided. The question he raised is: *Who exactly is doing the misguiding?* Are we misguiding ourselves or are there ones in spirit who are aiding in the misguiding as well as the good guiding?

Yes, I understand your question. It is an interesting question—because of course, you *can* misguide yourselves. Let us look to the word 'mis-guide'. It indicates that there has to be guidance of some kind.

Spirit from the higher realms can never misguide anyone, it can only be from truth and love. So if there is any misguidance in words said from spiritual *high*, then that misguidance comes from that individual—in the way that it is accepted or in the way that, as human beings, they react to any information. So I would suggest that for your reader, most of the misguidance comes from *within*.

George: Comes from within the individual?

Yes (yes). I hope that will help them.

George: Yes, thank you. I'm sure he'll be grateful for that.

I know what you mean by saying: from spirit there can be *misguidedness*. I would not call that being misguided I would call that 'false information', which of course does happen when there are mischievous spirits around. But that is up to each individual to become aware and to recognize what is truth and what is not. You understand?

George: Yes, so the recognition by the individual—

Is necessary, yes.

George: And the individual's free-will may play a big part.

Yes—yes.

George: Thank you, I'm sure that will be appreciated.

Have we more questions?

Paul: I was just thinking of the people that go on marches and come together to protest about something. So presumably then it's okay to come together and have a march for say 'peace' or something (**Yes**). But even better then to bring those people together and use their power-of-thought for prayer. Once you've assembled a group of people together, to then—

You can never say it is *wrong* to come against injustice—of course you have to recognize that injustice in your world exists, but what I am saying to you is that you do not continually hold onto these things. You must either do something physically if that is what you must. But I say to you: the best way to deal with injustice is to give yourself to Spirit and prayer, and in that way we have a stronger issue of inspiring others for the better. You understand?

Paul: Yes, so it *is* better perhaps to step back from it—use the power of your thought to influence the situation.

Yes, that is the most powerful way to help. If you cannot physically help another, which many people do, and to their credit, then of course you must resort to what you know to be best. And I say only that prayer can conquer all.

Paul: Yes, so we'd be better off organizing ourselves into regular prayer meetings.

I would say daily prayer.

Sara: Instead of activism, or political or even just dialogue.

Yes. But of course these things play a part in your lives—your world. So that will not disappear in an instant, but what will happen is that the influence from Spirit will become stronger. And it is happening now with your leaders, where we are inspiring them in the right direction.

George: Yes, I think some of us are concerned because there is a forthcoming election for a new government, and I know there's considerable disenchantment with the main political parties, who are seen to be *not* loving and peaceful parties. But unfortunately the Green party which is much more peaceful in its outlook, has a minor following, and I imagine this could be helped by our prayer and thinking. I don't know if it's appropriate for you to say anything on this part of our living Salumet?

I would say only that although for you in your country, it is rather a big issue, when you place it within the range of world politics it is very small (yes). If you can keep the perspective of all government—I am speaking about your world as a whole. If where your own country's government lies in its views, you of course are concerned and worried that the right decisions are being made, if I say to you, my dear friend, if every peace-loving person within your country was to offer prayers for peace, do you not feel that it could have a wonderful benefit for all?

(Agreed)

George: Oh I do.

And then you have to magnify this in all of your political agendas throughout your world. It is no simple task, but each and every person can *help*, help in a way where they do not even have to voice an opinion. You understand?

(Affirmed)

George: Yes, this is something for us to think on.

Jan: In exactly the same way as your first opening statement was to us: to take note, to absorb and then to let it go—in exactly the same way.

Yes—you cannot ignore life. You cannot as human beings ignore what is within your world. But you can help as individuals; you can, you can and you must.

Jan: Because our power of thought even impresses those leaders—they don't need to be impressed from Spirit, *we are* Spirit.

You are Spirit—of course you are, and that is something that you must never forget. It is almost sometimes as if people see themselves as separate, as human and Spirit, but you are not; you are both—you are Spirit first and foremost. I have told you this so often.

Jan: There lies the responsibility for us all **(Yes)**. We can't leave it to those, like we like to call '*above*'.

You cannot. We can help, and we can help as much as we can, in as much as we can help, if we are *asked* to help. You understand?

Jan: Yes.

Thank you. Would our guest this evening like to ask anything?

Slight pause

Martin: I find it hard to think of where to start. Maybe the best question is: what should I ask?

(Chuckles)

I see—if you want me to read your mind, well, that can be done, but not appropriate at this time. But we will leave you to think of a question.

Mark: Could I ask a question? When Martin Luther King inspired the black people in America to—they all walked to work for about I think 10-11 months, in order to get rid of segregation, and they managed to achieve it, because they brought down the bus company—went bankrupt. And I was wondering if Martin Luther King's *prayer*, and the connected prayers of all those black people—whether that was what achieved the success of that movement?

Might I pass the question back to you? (sure) What do you think?

Mark: I think it probably was—that Martin Luther King managed to unite everyone—

This gentleman you speak of came to this world with a purpose. That purpose is what you have just mentioned—that he inspired so many people to do and work towards the right thing. And of course prayer is the most powerful thing. But segregation was on its last legs when this gentleman came and inspired all of those people. *He* was the '*pin*' that was needed for this all to take place.

Mark: I see. The conditions were right, yeah.

The timing and the conditions were meant to be. So the answer to your question is: of course prayer was a very strong force. I hope that has helped you (thank you).

Now, my dear friends—yes, there are some depleted energies within this room, and as I take my leave of you, we will try to uplift you—try to comfort and *heal* you also. We give thanks once more for the unity that we have found this time. And may that Great Creative Force stay with you at all times. And so my friends, I take my leave of you this time.

George: Thank you so much Salumet for your visit, which is very, very much appreciated by us all—thank you.

(General thanks)

Pause while Eileen returns; then a period of clairvoyance from Eileen beginning with Dawn and Lilian receiving floral gifts from Spirit of snowdrops and a periwinkle to remind that loved ones are near. A light-hearted one through Jan (Buddy) helped to identify the periwinkle and joined the conversation. They also assisted Jan to release some pain. Eileen 'saw' Jan's grandma with a white apron watching lovingly over Jan.

Finally a rescue via Eileen conducted by Lilian, with a little help from Jan and Sara—audio link:

<http://www.salumetandfriends.org/resources/rescue2ndfeb2015.mp3>

Very misty isn't it?

Lilian: You can see mist. Are you outside?

Yes—very misty.

Lilian: Can you see your way at all?

I can see a house.

Lilian: What else can you see?

Street light.

Lilian: Is it where you live nearby?

I rather think I'm lost. I'm looking for Michael, my husband. He should've been back by now.

Lilian: You went out to look for him?

Yes, I'm still looking for him. Oh he makes me so cross sometimes.

Lilian: They can do, can't they? I'm going to have to explain where you are—it may be a bit of a shock—I apologise for that. But I think you've passed into Spirit, and that's why you don't know where you are.

No, no, no of course I haven't—I'm looking for my love.

Lilian: I think you'll find Michael—you'll find him.

He'd better hurry up, because I intend to go home.

Lilian: Well, first of all, I'd like you to think about what I've said.

(Jan with clairvoyance, then interjected that Michael was waiting for her in the house.)

Lilian: Did you hear that? He's waiting for you

Well, I shall give him what for—keeping me waiting and worrying.

Lilian: You'll see bright lights all around him—very bright lights.

(Jan added that she should open the door.)

Who are you?

Jan: I'm just somebody here hoping to help you, because you were lost.

Do you usually help people?

Jan: If I can—I dare say you do too.

I'm getting really irritated by the second.

(Jan reiterated that she should go to the door and open it.)

Sara: Will you do that, open the door?

Who said that? You didn't.

Lilian: Somebody else is trying to help as well.

Jan: It's a big brown door.

Sara: Can you see the door?

I can see the house.

Sara: Go towards the house.

There's too many people telling me what to do!

Lilian: Okay, okay. Just open the door into the house.

Do you want me to trespass?!

Jan: Yes.

Do you really think that I should open someone's door?

Lilian: If you look at the door now—it's nice and bright (*yes*). Well, that's a strange door. And that's the door you must open.

Why, what's he doing in there?

Lilian: Well, open the door—then you'll see Michael in a bright light. Remember I told you that you'd passed into Spirit—and you both are in Spirit. You can find Michael and go together.

In great surprise—Well I never! He is there isn't he! Very handsome! Well I never! I must be dreaming surely!

Lilian: No, you're not dreaming. It's where we all go when we die, only you hadn't thought about it.

He's very young and I'm very young—I'm not old enough to die!

Lilian: Well I'm telling you that you're dead, but in a way we can't die—we just pass into Spirit and start a new life.

—Full of sparkling light.

Lilian: Yeah, it's a beautiful place.

I can see it's beautiful. I'm just not convinced.

Lilian: You probably thought of it as Heaven—well, that's a very good word for it.

Oh look! How beautiful is that!

Lilian: So you're quite happy to go and find out more about it and see more beauty?

I do want to go, but I'm still going to tell him off. (Chuckles)

Jan: He's smiling and he's saying he wouldn't expect anything else from you.

It's that voice again!

(Chuckles)

Where's it coming from?

Lilian: It's just another one trying to help.

I like you—you're very kind. How can I let you know if I really am dead?

(Chuckles)

Lilian: It's just something I know—it happens to us all, as you know.

Well I know now—

Lilian: I just helped —I'll say I helped you through the door, into Spirit.

Yes, I am going now and yes, he is smiling at me. How can I be cross?

Lilian: Well he can explain much more than I did.

Can I know your name?

Lilian: Lilian.

Thank you Lilian, I'm beginning to believe you.

Lilian: You're welcome. Glad to have helped.

George's Notes:

Martin Luther King (1929-1968): Baptist minister and activist in the African-American Civil Rights movement, and recognized as one of the greatest orators in American history. He led the Montgomery Bus Boycott in 1955, received the Nobel Peace Prize in 1964, spoke out against the Vietnam War and was assassinated in Memphis on 4th April 1968.

~9th February 2015~

Our evening began with one who spoke via Eileen—audio link:

http://www.salumetandfriends.org/resources/2015_02_09+Emma.mp3

Lilian: Good evening—welcome.

Good evening.

(General welcome)

How lovely to be with you!

Lilian: Have you been before?

I have indeed.

Paul: Is it Emma?

It is.

Paul: Ah well, welcome back Emma!

(Emma Hardinge-Britten (1823-1899) has of course visited on several occasions, and Eileen's chair would always creak slightly and reveal her very straight-back sitting position—aiding our quick identification of the dear lady. But since her last visit the chair has been changed!)

Thank you. I felt it necessary just to update you on my work.

George: Excellent! Thank you.

Of course I'm still helping women as you know, (yes) but I am being used in a much wider capacity, and I am helping women from all over your world at this time.

Paul: So perhaps not just in the Middle Eastern countries?

All over—it is time that women recognise their own worth—to free themselves from those—may I call them 'tyrants'? Because that's what the feeling the women on your Earth have, that they are being treated as how you might say: second class (yes) and this cannot be allowed to continue.

George: Yes, quite right.

Yes, so therefore I am being shown all of these women that need help. Might I ask please that you remember them in your prayers?

(Affirmed by all)

George: Of course. We had another one through—a gentleman who is engaged in that same type of work, who's name—we understand his name as 'Cho' and I think he said: yes, he is aware of your work too.

Oh indeed! I cannot reciprocate, but I will endeavour to find out when I return. But of course, as always, this is a very short visit. I just wanted you, with your love and your kindness to remember these women and to help all that you can.

Paul: So not to focus on any one place, but women *all* over the world.

All areas of your world, yes, they all need help.

Lilian: Funnily enough on our news today, a very well known young man—one of his things was to help downtrodden women, which he's just started.

So we are making an impression on others!

Lilian: Yes—a well known character. *(David Beckham—ex-footballer)*

That can only be good, can't it?

Serena: And there's an international women's day on the 7th March, to celebrate women's strengths.

Yes, and I shall be around on that day, just to see how things go. Thank you. Now, I will leave you in peace—take myself from your company and—(Ah!) Ah? You are sad that I am leaving?

George: I was about to say: we are delighted that you have been with us. I do think of you from time to time, because your work is clearly very, very important and we are aware of the sad status of some women about the world.

Yes, well it is only when you have had difficulty that you appreciate and understand it. That is why it is quite close to me. I do not feel I can move forward whilst these poor women are being mistreated.

George: Here in England we've had our Suffragette movement, so we know our historical connection.

Yes you do, yes and you must appreciate the work that you do here too. Do not forget how much you do to help others. We in spirit appreciate it greatly.

Paul: We certainly need our reminding though, to focus on different parts.

Yes, if I might say: it is one of your little downfalls that the memory isn't always intact. But anyway, I do have to go and allow whatever is going to happen, to happen.

Lilian: Well, we'll look forward to the next visit.

George: And I know we all very much appreciate the work that you do, and we wish all those ladies about the world: very well.

Paul: And we'll remember them when we say our prayers next time.

Yes, thank you. I know you will remember, yes. I will say: good night and bless all of you.

There followed a period of clairvoyance with messages via Eileen. Firstly, the name 'Samuel' and a future career move and travel, needing a positive move, which was meaningful to Jan. Then advice for Jan's sister and the assurance that help is to hand.

Next George's father with Eileen, who picked up that he could have done more in his life, though he did have a full and happy life. George voiced that his father was a man of several parts—engineer, brief WWI naval career and farmer, with some travel in the Mediterranean. He declared Paul to be of similar mind and his message was: 'if you really want to do something, you can do it'. (Paul had expressed an interest in bringing together various aspects of spirituality) Then Eileen was saying to me: Did he call you 'my boy?'—absolutely right! And he was saying: when it's time for us to meet up again, we'll have a really good chat. Another next spoke via Eileen who initially gave her name as Mary Magdalene (a nickname we think) and going on to describe herself as a lady of the night: http://www.salumetandfriends.org/resources/2015_02_09+Mary+Mag.mp3

Lilian: Good evening.

Cor blimey, I thought you'd never talk to me.

(Chuckles)

Lilian: That's a shame—sorry about that.

Yeah.

Lilian: Nice of you to come and have a chat.

That's all right dearie, don't worry about it.

Jan: You've been with us before haven't you?

Have I? Cor blimey dearie, I've been all over the place!

Lilian: You enjoy going round to groups like ours do you?

I bet I haven't given you the name I've got today. You'll never believe it, what they called me—not now mind you—Mary Magdalene!

Jan: Why did they call you that?

I'm not her dearie!

(Chuckles).

Jan: I know. Why did they call you that?

I used to be a lady of the night. They thought it was funny, didn't they?—thought it was funny. You my dears can call me Mary.

Jan: Well, nice to meet you.

Yeah—purest of the pure.

(Big chuckles)

George: So you were a lady of the night and you are Mary—is that correct?

That's my name—yes. That's the name YOU know me by.

George: Well, I bet you've got a few stories to tell—

Never tell tales sir—you never tell. That would never do, would it? Anyways, I just popped in because I heard somebody talking about ABUSED WOMEN.

(General understanding to that!)

Yeah.

Jan: That's something that interests you as well does it?

It interested me when I heard her talk about it.

Jan: Yes, she does some really good work.

Does she? Yeah. I suppose I was one of those women, weren't I?

Jan: You were, yes.

Abused—yeah. Only trouble is I made some profit from it.

Jan: Well it's still abuse, isn't it, at the end of the day.

Yeah it is.

Jan: You had to make a living somehow, didn't you?

That's right, I did my dear—I did.

Lilian: So where did you live, in London?

Yes. Yeah I think I did live in London.

Jan: You've got a good cockney accent there.

'Ave I my dear? (Yes.) Ah well that's where I came from then.

Jan: The sound of Bow bells—do you remember that?

Vaguely—yeah I vaguely remember that.

Lilian: So it was some time ago?

George: Do you remember when it was? Do you remember who was king or queen at the time?

I think it was that woman.

Jan: Victoria?

Yeah I think it was.

(Jan's clairvoyance was kicking in)

Jan: Did you have red hair Mary?

Yeah I did my dear—very proud of my hair.

Jan: You had lovely hair.

I did have lovely hair my dear.

Jan: I can see you, if you don't mind me saying, very buxom!

I was, yeah.

Jan: Very proud of that, yes.

I was, yeah.

Jan: And you've got a red bodice on, and a black shawl!

Oh dear! That's bringing back some memories sir.

Jan: Well I can see you with that red hair and all those ringlets round your face.

Very proud of my hair.

Jan: And green eyes.

Paul: Lovely.

Yeah—quite unusual. Who said that?

Paul: Me! *(Giggles)* Yeah, well green eyes are always lovely I think.

Yeah.

Jan: That's because your dad was Irish.

Aw, don't talk to me about him.

Jan: But that's where you got the red hair from, wasn't it?

Yeah, I know—they keep telling me that.

Jan: The Emerald Isle. Did he have a temper?

Never sober, never sober and when he was, he used to chase us down the street.

Jan: And beat your mum.

Yeah—not good times.

Jan: No. Hard times—poverty made people do things—and it still does.

Surely nobody puts up with that now?

Jan: You'd be surprised—that's why Emma's doing the work she is doing.

I'm gonna go and see that lady.

Jan: She'll be very interested to hear from you.

Yeah, I'd like to help.

Jan: I'm sure you could.

Lilian: Especially as you understand as well.

Jan: You're a nice lady.

Well, you had to have a FRONT, if you were gonna survive.

Jan: You had one of them!

(Giggles)

You got a sense of humour—I like you.

Paul: Jan's got a bit of a 'front' as well.

Jan: *(Giggling)* I've got a bit of a 'front'!

Has she got a bit of a front?

Jan: Yeah, we'd have been partners in crime!

Oh my word—and what would your name have been?

Jan: What would it have been then? *(Yes)* I think I would have chosen something like 'Sally'.

Sally?

Jan: Yeah and we'd have been down the same alley.

Sally—yes! Didn't somebody sing a song about that?—not when I was around.

Jan: Was it Gracie Fields with 'Sally'?

It was agreed that would have been some time after Mary's time in London

Yeah, not much singing—only in those ale houses. Yeah—drunken swines!

Jan: Yeah, horses, drunken swines, mess in the streets—all that to contend with. Do you remember 'Jack the Ripper' then? Were you living then?

Yeah—yeah, two women he killed—two women.

Jan: You must have been scared.

George: Jack the Ripper, yes—so it wasn't that long ago that you were on the Earth.

Long enough to forget—don't want to remember really. Just come back because that's how I was—not like it now.

Jan: No, you're not that person at all are you now? Have you ever wanted to come back again? Have you reincarnated back?

No. May do if I find something of interest, but I'm staying a bit longer. I know you can, but I've never looked to it.

Jan: So what do you do then Mary, in spirit?

I'm just going around trying to help people, learning about life, (yes) popping in now and again to people like you. I'm still learning a lot.

Jan: What do you think of our way of life on Earth now?

You don't know you're living (really). You've got so much. Nobody's out on the streets much—well they are but not like in MY time.

Jan: No, I know what you mean.

It was a hard life—yeah. Don't want that any more dearie.

George: Life's very different now.

You've all got clothes and food and so much.

Jan: Do you know we've got a lot to be grateful for to your generation, because without your living through that and the lessons that we've learned from every generation, then we wouldn't be where we are, would we? It's evolution.

Well, yes, I've heard that word before. People evolving and making progress—still some naughty people about though.

Jan: Oh of course, there probably always will be, until we're all perfect and then when we're all perfect we won't need to be here, will we?

I'm trying to help young women at the moment, not to indulge in what I did, cos nobody respects you.

Jan: Well that's a brilliant job to do. We do have a huge problem, all over the world with women trafficking—modern day slavery (yes). Made to do what you did and very young women—it's appalling. And they don't have a choice.

Well I'm going to see that lady—yes. What was her name again?

Jan: Emma—Emma Hardinge-Britten.

Yes, I know where I'll find her, thank you. Thanks for listening to me dearies—you've been wonderful.

Jan: Thank you Mary! It's been great to chat to you.

Yes, anyway I'd best be off.

George: Could I just ask: did you have a good house?

A house? No, it was a hovel—a hovel.

Jan: One room?

Yeah, full of rats and stench and dirty water! I can hardly bear to think of it now.

Jan: No, we don't want you to get upset about that. That's gone, isn't it? You're okay now, aren't you?

I'm fine—it's just when you come back you take on the memories—yeah.

Jan: Well thank you for taking on those memories for us tonight.

You're a lovely lot of people.

Jan: We try.

George: We thank you for coming to see us, and do feel free to come again if you feel like a chat.

Well d'you know sir, I was just thinking, if I'd been alive today, it would have cost you a fortune to talk to me.

(Laughs)

Jan: We've got you for free!

(Chuckles)

Jan: You haven't lost your sense of humour either!

No. I'm going to say goodbye.

General farewells and thanks

Cheerio.

We chatted afterwards about her being a beautiful woman inside and out—her red curly hair, pale green eyes, porcelain skin and buxom figure. Eileen commented that she would have made a stunning lady. There seems to be a theme at the moment of connecting with women who are striving to help those poor women who are being down-trodden/abused. So perhaps it's a good moment to mention again International woman's day 7th March—and of course as Salumet might well say, send our prayers/thoughts:

<http://www.internationalwomensday.com/>

George's Notes:

Jack the Ripper: In the mid-19th century there had been an influx of Irish into UK major cities; also E. European Jews. The London area of Whitechapel was very poor with many living in slums. Many were driven to prostitution with police estimates of 1,200 prostitutes and 62 brothels. One who became known as Jack the Ripper began his murders in 1888; cutting throats of victims and inflicting other macabre injuries. Eleven such murders occurred between 1888 and 1891, possibly attributable to the one criminal who was never identified.

Farming in the 1930s: As stated, farming was very different from today. The small (100 acres) Hampshire mixed farm had chickens, dairy herd—producing milk, butter and cream and free range eggs. Crops were potatoes, wheat, oats, barley, sugar beet, clover, hay and fodder, with occasional linseed and carrots—all much more towards 'organic' than today's mostly chemical-ridden system. Trade was largely local.

Meadows had seasonal mushrooms with a wonderful range of flowers and wildlife. If any would like more on this topic, I wrote a short factual story a few years ago: 'A Memory of Farming in the Forties':

<http://www.salumetandfriends.org/resources/A+MEMORY+OF+FARMING+IN+THE+FORTIES.doc>

(And in the 30s I might add: it was well water, candles and oil lamps, a garden privy, no energy bills and no mains water bills. Those times were certainly very different!)

~16th February 2015~ SALUMET

(Lilian could not be with us this evening—we numbered 8)

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I join with you this time I see within your hearts the compassion for others, and this I hope my dear friends, will always continue—not only in this life but in any others that may come to you. Your concern and love for others shows how much you have grown spiritually, and although there may be times of doubt and confusion, it is always replaced by love and the light of spirit. Each time we come together I see the beauty of your lights, I see the dedication of your love of Spirit, and I see your love for mankind. We could not ask more of you. This time my dear friends, my visit to you will be quite short, because I would wish to work quietly with this instrument. So, if there is anything you wish to know, please speak with me now.

George: Yes—this might be an opportunity to say a little more on the subject of 'fear'. I have heard from one who has sent in questions before—questions about Mary. I have continued to correspond with him. I think his main—he has I feel become a little more rational, but his main problem would appear to be fear. So this might be a good opportunity to say a little more on that subject, which opposes love, as you have taught us. Perhaps I could read a little of what this one has said—he says: *I want to be a light-worker, and I am in some ways already succeeding*—He has a certain knowingness where computers are concerned—an intuition about them and can communicate with people about that. But he says: *I want to overflow with light. My plan after I die is to do rescue work in the most horrible hells there are. But I can't do it when*

scared like this. I have tried to answer his questions, but I don't think he accepts my answers, and he would much prefer I put his questions to you Salumet. And he says: *How is the amount, severity and length of suffering in the realms determined? Is it always a 1:1 ratio with the evil a person has done?—or can someone suffer kalpas or eons, as the Buddhists say, for things which truly do not merit this? Who or what is it that regulates this and makes sure everyone gets exactly what they deserve, no more and no less?* Well, that's his phrasing—that is the way he puts it, Salumet. But you might agree that it's an opportunity to elaborate a little on the subject of fear, if that is possible?

Yes, I understand. 'Fear' is something created by the physical brain—not the mind, but the physical. What this one is overlooking is that he is trying to find answers for things that should be seen to when he comes home to spirit. He does not and will not be able to overcome fear so easily if he is constantly questioning fear. As I have said to you all, you must deal with whatever is troubling and then to let it go. This one is not able to do so. Let me go to the question about who has full control of how long or how much a soul will suffer for any wrong-doing. My answer to that is: that individual soul is their own judge and jury. No one will point a finger, no one will say what must be suffered—only that being themselves. There is no judgement like there is on Earth, where you have others who decide what you must suffer and *how* you must suffer. He has to be rid of these ideas. He will not know the full extent and may never do, for as he says himself—eons of time. It is not something easily understood. So for that I ask him to—and why would he wish to work with those people who have, in our own words: created their own hell? There followed some discussion from sitters that perhaps previous words/transcripts needed greater consideration. And we know from past teaching that Salumet does not like use of the word 'hell'—a physical description that is much overused by the religions. In reply to our observations, Salumet continued:

No. He is looking for answers that are not there.

Jan: He is creating a problem in his mind that doesn't need to be there.

Yes, he is not quite ready. To want to help others is admirable—that I would not dispute, but why when he exists on this Earthly plane is he thinking about the situations of being in hell and suffering? When he comes to our world his thinking will be much clearer. But that is all I would say to him. I feel he is not quite ready for the truth. He will not find answers whilst still here on the Earth plane.

George: Yes, I have tried to say on the matter of self-judgement, but—

He has not accept it, because—

George: He now has that answer direct from yourself.

Yes, he is creating problems—problems that cannot be answered fully until he has come to our world.

George: Yes, thank you Salumet.

But do try again—you are patient with him, and perhaps some word or two will find a place in his heart.

George: Thank you for your advice—yes, wonderful.

I hope it will help. You see, when human beings form thoughts whilst on Earth, it is very difficult sometimes to change their thinking, because thinking comes from deep within the mind and the mind belongs to Spirit. And I feel you must know this already, because I have said on many occasions that we try to *influence*. We cannot change directly your own free-wills, but we can influence.

George: So mind would benefit from stronger contact with Spirit.

Yes, you would know the difference between the thinking of the mind and the thinking of the brain.

People even now cannot accept that there is this separation.

George: Yes, I am aware there has been much thinking with the brain.

Yes, too much—too much.

Paul: The brain is kind of—things that have got in your head through your being influenced by the people around you, I would think.

Yes, the mind needs the brain to function; whilst you are in the bodies, you need that unity. But ultimately, when the brain is dead the mind is fully alert, and that is where the knowledge lies—the understanding and the eternal love—it is the mind. I hope that helps just a little.

George: Yes, thank you so much.

Yes, and if I may leave the time with the dear gentleman here, and I will continue this time to work deeply with this instrument.

Sarah: Thank you very much for coming to us this time.

Following a pause of several minutes one then seemed to be with Sarah:

George: Hello—good evening to you.

I have been told that there is one here (in spirit) who would be able to join me in bringing together information from all of you that is resting un-used. You are almost aware of those who are around you, and you know what to expect at times. But deep within you there is knowledge that could be useful to you if you brought it to the fore. So my purpose this time is for you to exercise this unused part of your mind. We will try to help you, and the one who is helping me will stay close to me and I will not be speaking too much anymore, but the lady to my left (Jan), if she will try to coax some information from each one of you in turn, I will stay with this one as a power source.

George: This sounds most interesting and we do appreciate what you are attempting—thank you.

If you feel you do not want to speak out what you are getting, just inform the lady you have the knowledge, and you do not have to say if you do not wish. But if you want to speak, it may help the others as well. So I will remain quiet whilst the lady to my left—perhaps she could stretch her arms out towards each one in turn and we will see what we can achieve.

Pause of several minutes

Jan: Do you wish to say anything Mark—I'm coming to you first.

Mark: I haven't got anything to say yet.

Jan: Does a place come to mind?

(Mark couldn't think of a place and so continued to sit quietly)

Jan: I'm coming to Serena next. Have you anything at all Serena?

Serena: I wouldn't actually call it knowledge, but I have since I've been sitting here, seen more brighter, vivid colours.

Jan: Yeah I have colours in mind for you, it's funny you should have said that. That's good.

Jan: I come to you Paul.

Paul: This sort of figure came into my head—a sovereign queen or something—quite an elegant lady *(ginger curly hair)*.

Jan: That's fine—that's what you saw.

Paul: At first like a stone cross—like a Celtic thing.

Jan: George—anything at all?

George: Well I've just been thinking I'd like to spread more love and peace in the world, and on a personal level, complete the book I'm writing. These are the things on my mind.

Jan: Ah! That's nice, yes—appropriate.

Jan: Right, now it's your turn Dawn.

Dawn: The only thing I've had come to mind—a book—I can't tell you what book, or why a book. I'm not sure if it's just popped into my head, or not—and healing.

Jan: That's nice. Well, while I've been sat here I just felt a complete blending of us—we weren't individuals at all. We were just one entity. (*Addressing the one with Sarah*) Has our mission been accomplished?

You have achieved two goals. You have in your endeavours created an energy that will now enable you to work further on this project. You have had the beginning of something which will become much greater if you can return to it, especially in your meditation times. There is much more that you are capable of doing, but you needed to unlatch that door. So I will return, and thank you for your efforts.

George: Thank you so much for being with us and for attempting this work. We are grateful.

Thank you.

A pause followed during which we at first briefly exchanged comments, then a period of silence. Then one appeared to be with Eileen:

George: Good evening—welcome to you.

The one now with Eileen gave arm movements, but different from those of Salumet when he first arrives, then following a pause of several minutes, a deep voice:

I bring blessings to you.

Sarah: Thank you very much.

George: Wonderful! Thank you!

(There was some coughing, probably on account of the deepness of the voice)

No words necessary. Little body difficult—little voice—mine big voice. You can hear me?

Sarah: Yes, very clearly.

Blessings all of you—that's what I bring.

Sarah: Thank you—that's very nice—thank you.

George: Thank you so much. Your blessings are much appreciated.

Good friend—good friend, I leave you now.

Eileen had the impression that he was a big man and probably Indian. And when Salumet had completed his work with Eileen, she as usual as she returns on these occasions experienced the sensation of travelling backwards.

George's Notes:

Salumet really spells out on this occasion the difference between physical thought with the brain and the spiritual 'knowing' of mind. In today's scientific endeavours there is much physical thought—brainstorming is a word sometimes used. This of course has its place, but there have also been occasions when 'intuition' from 'going within' has produced a remarkable result. Examples?—Well, Rudolph Steiner's biodynamic agriculture, James Clerk Maxwell's electromagnetic theory, Albert Einstein's General Relativity and the organic chemist August Kekulé who became aware of the 6-member ring structure of benzene in a daydream, must be front runners.

~23rd February 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/23_02_2015+salumet.mp3

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

As always, we thank you my dear friends, for all the love and help that you ask for others. I would like just to say to also remember those who are left behind on your Earth plane. They truly are the ones who suffer. Those who come to our world quickly recognise what a beautiful and wonderful situation they

have found themselves in—they have returned to knowledge and to all of those who love them so. But they are also drawn back to this Earth plane, to those who are suffering at their loss—no matter how many times you tell them that their loved ones are safe and well, still so many mourn and mourn for much too long. So therefore it is imperative that you, my dear friends, remember to ask for them also in your prayers. If only you could hear the cries of those left behind, you would understand how much and how much more that they are the ones to suffer; and yet it is a mourning which is unnecessary, because I can reassure you, each one of you, that when you return home, there is so much light, so much love, so much happiness.

George: Yes—Jim who sat with us, his wife has recently rejoined spirit and I guess they are happily reunited. And I must say that I've been in touch with their two daughters, and they are much heartened by the many messages of love that they have received from their friends and relatives. And this I feel can be a nice factor relating to the Earth's feelings.

Yes, of course it is important for support and extra love at these times. But you see, my dear friends, I say sad times only exist on this Earth, not in our world. It is a rejoicing that keeps us in our world—rejoicing that another soul has departed the body and returned to the place that is much more real for them. But of course, any help that can be given to any human being, not only at a time of loss, but at all stages of Earthly life—that can only be good—yes. Does anyone wish to ask a question about this?

George: I'll just comment that it's very nice to receive that reassurance which I feel is not *generally* felt on the Earth plane.

No. I am speaking to people who have knowledge and understanding. But I say to you, the thoughts are needed for those who do not have that knowledge—that understanding. They are the ones who suffer, even although the suffering is brought upon themselves.

Sara: We can try to increase their awareness perhaps.

You may try to do this. It may not always be accepted, but—yes, to speak easily about death and passing can only bring more knowledge to your world.

Sara: I will try to do that.

We know that you all do this in different ways—a touch, a smile, a word—it takes very little to uplift the soul—yes.

George: Perhaps the people who are difficult to find upliftment—perhaps they are the ones who have benefitted from and have needed the church. We know the church has had many faults, but I guess, for some—

It is their comfort—if they find that is the place for love and comfort, then so be it, yes. But for many, they will never be convinced that there is life after death, and all you can do is to say a few words of support, and allow them to make their own minds up. That is all that can be done. Are there any more questions?

Lilian: I was just thinking, I bet in most cases where people are grieving on the Earth, there are strange coincidences which should give an inkling that the parents are okay or the children are okay—just a book I read—strange coincidences come along and make you wonder.

Yes, there will always be an opportunity given to those who are left behind (yes) in order that they may begin to think why (yes). But then, of course as you know, it is entirely up to them, whether they accept or deny. You cannot do more than to offer your love and your sympathy. But if you imagine how many have passed to spirit on this one day alone, then you will have some idea of those who are in a state of grief.

George: Yes, perhaps those who've passed to spirit in the difficult circumstances of war and politics—these are the ones who are felt for particularly.

Yes—you cannot make any difference between a person in grief. Grief is grief, no matter where or what the situation—yes. But I will say thank you once more, my dear friends, for all the love and thoughts that you send for others. Let me tell you they are well noted. Now are there any more questions this time?

Serena: Yes, I've got a question (yes). For the last three years, around about our Christmas time and New Year, my computer re-sets itself back to factory settings and I wonder if there's some different or extra electricity in the air. And also recently for the past several months—maybe longer, I get electric shocks off of different things and not just getting out of cars. So it does seem to me that the air's more charged—and I just wondered if you could help me out there?

Well, as regards to the time of your year, I believe you mentioned Christmas—there is an over-powering amount of love and good will at that time of year, especially here in your own country. But generally over your world there is goodness and more light, which in turn will increase the energy of love. This increase in energy can create many situations, and you have named one. That would explain your machinery. People often find that perhaps their phones—is that the word?—the phones? (Yes) will ring with no one on the end of it, that door knockers rap. It is all to do with increased energy, and with that energy, comes the opportunity for spirit to use it (yes). As for the electric shock—not only is the atmosphere charged and becomes more charged at times, but so too can the human body, and when the air is—I will say, 'supercharged' to suit the understanding of the words—that certain human beings feel it in many ways also. But of course you *feel* it as an electric shock, others will feel more inspired, others will feel confused and do not understand what is happening to them. But you are right in thinking that it is the energy, rather like your electricity that can come in surges. Is that helpful to you?

Serena: Very! Thank you.

Graham: Could this affect irregular heartbeats? I know a number of people at the moment, suffering from irregular heartbeats, and I wonder whether that is the same thing again?

It can be the cause—I would not say always (yes), but it can affect certain people. Yes, I have no doubt that if each and every one of you were to think of something that has happened at certain times, which is a little unexplainable to your senses, you could do so. It may be as simple as 'heightened awareness', it may be that you begin to understand the feelings of another—there is a wide range of happenings—yes.

George: Yes—we have spoken on the energy of the aether (yes). There is a scientist—Professor Reginald Cahill—who uses the term 'quantum foam', which I feel is an attempt to describe the nature, or part of the nature of the aether, and in order to get their papers accepted by journals these days, there is an avoidance of the term 'aether' and scientists tend to call it by quite a large number of different names—**Yes, whatever suits the mind of even one person, if it makes sense then that is fine by them. And I will speak from spirit when I say that there is much work going on in trying to understand your world and your universes (yes), but I have to say, my dear friends, that it all has to become much more simple (yes). Scientists are making things too complicated, because of their own logical minds.**

George: Their intellectual way of thinking (yes), yes I fully agree.

But it really matters not to us in spirit, what they call something, as long as they eventually reach the spiritual aspect.

George: Quite simply, I think you have told us the aether plays one role in up-keeping all matter in its various forms?

Everything is connected (yes). That is the simplicity—everything is connected in some way or another.

George: And there seems to be evidence for the aether being drawn into bodies in the universe—or perhaps ‘being drawn into’ is the wrong expression.

Yes, I would not like to use it in that way, but I understand what you are saying and of course, all beings have to use the energies which are part of them, which is used for existence, no matter whether it is a human existence a worldly existence or universal existence (yes). That energy is common to all things—you understand?

George: Yes, and we talk about the connection to planets and suns---and to galaxies, one might say—**No—you *must* say, not *might* say. You cannot exclude—** (*Chuckles*)

George: Yes, one *must* say, yes. And one can easily visualise a connection in the case of a *spiral* galaxy, and the form of that connection I would guess has to initiate the spiral form?

I see what you are saying, but again, you are trying to dictate that there has to be form at all times. When you come to spirit, you will lose these ideas of form. You understand where I am taking you?

George: I think so, and not all galaxies are spiral form.

No, but I do not like to dissuade people to not think, because by thinking, even if you are mistaken, eventually you can come to the right outcome.

George: I feel there’s been an awful lot of that in our scientific journey!

And much more to come of course, but all of these things are less important when you travel home. You will eventually understand more, and wonder why all of these situations seemed so complicated.

George: Yes—because we made them complicated, no doubt.

Because your own thinking has complicated them—yes. I hope that has helped you just a little.

George: Yes indeed—yes, thank you. It’s a great help to stand back—it’s like seeing things from a greater distance (**yes**), if I could put it like that.

‘Clarity’ is a word to use for all things—clear seeing, clear sensing, and then the picture begins to clear also. And we will leave it there just for this time. But, as with all knowledge, a little at a time is more beneficial, and that is what you are trying to achieve—to know and understand the form of existence. And I have to say my dear friend, it is not the kind of knowledge you will succeed in finding whilst upon Earth.

George: Yes I can accept that.

But we always thank you greatly for your efforts and to the knowledge that you have brought to others.

George: Well, I think we’re in the process of realising the Big Bang thinking was totally wrong.

Yes—but interesting.

(*Laughs*)

George: And we are changing to a ‘steady state’ theory (**yes**) which I think we’re all agreed is a more satisfactory way of seeing existence.

Yes, but there are always many who will dispute any information given from spirit, because they cannot justify it in their own minds.

George: But the gentleman I mentioned earlier, Reginald Cahill—I think I am correct in saying that he does align to the ‘steady state’ way of thinking, concerning the universe (**yes**); and I’m not sure how correct his reasoning for this has been, but I think that’s the way he is heading.

Yes, well we will only encourage those who seek to seek the truth, as you all are seeking truth. And now my friends—

George: I thank you for that Salumet.

Thank you—I will take my leave. Perhaps the lady would take you on a little journey and I will quietly return from this one. As always, I leave you knowing that my love for you all is strong, is protective; and we give thanks to all creation for all that there is.

George: I'm sure we all take pleasure in reciprocating that love.

(Thanks and farewells)

Following a pause, we were all then taken on a journey via Sara. Audio link:

http://www.salumetandfriends.org/resources/23_02_2015+sara+journey+8mins.mp3

We are going on a journey of love. We are going to try to feel the quality of love, and I want you to start in a sensory way by diving into a pool of pink water. It's so warm and you are just getting into the water and you just notice the beautiful pink colour—very gentle, quite a light pink actually; and you just gently start to swim around in this beautiful gentle pink water. And you feel so safe and so protected, and you realise that you are free to be yourself. And you splash around a little bit and you just feel this tremendously sweet, happy safe feeling of being loved and at the same time the quality of love itself. And so you keep swimming along and just being aware of this wonderful feeling, and you are thinking that, really, if you stay in this feeling for long enough and somehow carry that with you, you are going to start erupting into joy eventually, because really that's the next stage. Once you can feel that love within yourself and feel that—try to maintain that around you and give that feeling to other people and protect yourself enough and feel protected enough, that others can't take it from you—it's going to move into a different sort of state. You are going to feel more joyful generally and you are going to bubble up and be happy and transmit that happiness to other people. So it might be useful as a trigger to think of that beautiful sweet, pink protective feeling of the water—warm water around you, as you go through different experiences in your days—knowing that that's the feeling that you have to keep hold of. If you feel that—maintain that feeling of safety for long enough you will naturally start to feel and transmit that joy and happiness to others. So just paddle around in that pink water for a little bit longer and enjoy the feeling of love and warmth and peace, and imagine that others will want to drink from that and share that feeling with you.

(Pause)

There is a lightness to it—there's no heaviness or strident feeling/forcefulness—it's a light feeling. When you're in a state of love, it's something quite light and very gentle. You don't need to shout, scream or protect or defend—it's a feeling of lightness and love, but you have to also feel that way towards your own self, in order to maintain it. You have to somehow protect and defend and look after your own self a little in order to maintain that good feeling.

(Pause)

And it's sweet as well, without the strident forcefulness—that sweetness is retained.

George's Notes:

1: Sara's Journeys: On these journeys, Sara has no prior knowledge of what is to be said. She declared that there was a feeling of pressure about the head during the session.

2: Prof Reginald Cahill and PROCESS PHYSICS:



GRAVITY AS QUANTUM FOAM IN-FLOW

Reginald T. Cahill, School of Chemistry, Physics and Earth Sciences, Flinders University, South Australia (2003).

Abstract:

The new information-theoretic Process Physics provides an explanation of space as a quantum foam system in which gravity is an inhomogeneous flow of the quantum foam into matter. The older Newtonian and General Relativity theories for gravity are analysed. It is shown that Newtonian gravity may be written in the form of an in-flow. General Relativity is also analysed as an in-flow, for those cases where it has been tested. An analysis of various experimental data demonstrates that absolute motion relative to space has been observed by Michelson and Morley, Miller, Illingworth, Jaseja et al, Torr and Kolen, and by DeWitte. The Dayton Miller and Roland DeWitte data also reveal the in-flow of space into matter which manifests as gravity. The experimental data suggests that the in-flow is turbulent, which amounts to the observation of a gravitational wave phenomena. A new in-flow theory of gravity is proposed which passes all the tests that General Relativity was claimed to have passed, but as well the new theory suggests that the so-called spiral galaxy rotation-velocity anomaly may be explained without the need of 'dark matter'. Various other gravitational anomalies also appear to be explainable. Newtonian gravity appears to be strictly valid only outside of spherically symmetric matter systems.

Process Physics: This is a new paradigm for the modelling of reality—a dynamic model in which space and matter are seen to arise from a fundamentally random but self-organising system.

~2nd March 2015~

Audio link: http://www.salumetandfriends.org/resources/2015_03_02+plants.mp3

Lilian: Good evening and welcome.

Good evening madam. You look just like my granny!

Lilian: With a chuckle—Do I? What's your name?

Sarah.

Lilian: Hello Sarah—mine's Lilian (**Lilian**). On the other side of you is George.

George.

(But George was trying to adjust his hearing aids!)

You're all very well behaved.

Lilian: Nice and quiet are we?

Nice and quiet.

Lilian: Yeah, we're few in number tonight (7)—in our little group. So why have you come to talk to us?

Just because you look like my granny.

Lilian: Oh my word! Has she changed? I'm sure she would have.

No, she went before I did.

Lilian: Yes, but she would've changed.

But you remind me of her! Not in the way you're dressed of course.

Lilian: No. What sort of clothes did she wear?—long clothes?

Yes—apron—cap—nice smile like you—used to grow her own herbs, but she couldn't save me—couldn't save me.

Lilian: So how old were you when you passed?

Oh I must have been nineteen.

Lilian: Oh, very young.

Yes—I had the consumption. So, my granny tried really hard, but it didn't work.

Lilian: Yeah, she must have been disappointed.

She was, but—

Lilian: —Different now. So what do you do in spirit—apart from visiting groups like ours?

I'm interested in the flowers and the herbs (yes) like my granny was. And I like to study them, and I try to influence people who use them (that's lovely). They're still good to use.

Lilian: Yeah, it's a shame we don't more.

Not always pure, like they were in granny's day, but nevertheless they're still good.

George: Did you make a study of the flowers?

I am at the moment—I'm studying.

Sarah: 'Cos Lilian likes flowers as well, don't you Lilian? (Yes) And she reminds you of your granny and Lilian likes flowers as well.

Lilian: I like the wild ones, *(Yes!)* probably more than the others.

My Granny loved all things that grew, but especially the herbs, because they helped people.

Lilian: Yes, they still use them—

I know.

—in medicines we have today.

Yes—any medicine's good isn't it, if it helps.

Lilian: That's true.

George: I was going to say, the herbs are used as much in cooking as for healing.

Yes, granny did that too—always adding little things, always looking out for people.

George: In studying flowers, are you also interested in the insects that visit the flowers and do the pollinating?

Well of course you have to take it all into account, but no I wouldn't say I was—

George: Yes, I've been very interested myself in the way the flowers rely on the insects for pollination *(yes)*, and the bees in so doing collect the nectar for making honey.

Yes. It's all part of God's plan isn't it? (Indeed) Everything intertwines. Everything works with everything else. But my granny was a very wise woman, I know that now. I didn't at the time. I just—to be very truthful, I thought she was a little bit strange.

(Chuckles)

Paul: Could I ask a question about—I was thinking, do you think sometimes when people get ill, that some of the herbs or flowers can sometimes turn up in their gardens—the ones that are needed for the healing—do you think that can happen?

It can happen and it does happen. And it's all down to the nature spirits (ah!). You mustn't forget they have a big say in gardens and woodland and all kinds of growth.

Paul: Sometimes, certain herbs—I remember 'fennel'—when we've lived in places—sometimes fennel seems to grow very, very well—almost like a forest of it, even though we weren't particularly trying to grow it. I wondered if that was a sign that we should have been eating a lot of fennel?

Perhaps I can just say that wherever you live, if there is a glut of anything—it means that it should be used (ah). So to answer your question sir: yes, you're quite correct. It's the same with anything that is grown locally to you—it's there for a good reason. So I would suggest maybe that you think a little bit more about things like that.

Paul: Yes, it makes sense because if a plant's growing very well and strong in the area *(yes!)* Maybe to eat that strong plant helps us be strong.

Yes, yes because you're also in that area for a good reason also. Don't forget that everything intertwines—everything is part of everything else.

Lilian: Did your granny ever use dandelions?

Yes, she used lots of things; I couldn't tell you all of their names, but I remember as a very small child her trying to teach me. But of course, I was never quite as interested as I should have been.

Sarah: But she sowed the seed.

She sowed the seed! Yes.

(Chuckles)

Sarah: One thing just came to mind talking about nature spirits and plants (*yes*), if you take a cutting from a plant to make another plant (*yes*), does it take part of that nature spirit that's in that plant into the new plant or does it get a new spirit?

But the nature spirit is not exactly in the plant. The nature spirits take care of the plant.

Sarah: But hasn't each plant got its own spirit?

If you cut a plant it can suffer for a little while. It's never as clear cut as human beings seem to assume. There is feeling within all living things—but what it takes from the mother plant, shall we call it, is all the energy that it has sustained throughout its own growth. Therefore the younger plant is able to then grow strong and healthy, because it has been taken from another strong plant.

Sarah: Yes. But they do have their own spirits don't they?—plants, apart from the nature spirits around? *They all have energy—they all have individual energies, in the same way as you all have different energies. Every one of you in this room has different energies, but it is all the same energy (yes). I'm sounding rather clever aren't I?*

(Agreement and laughs)

George: I imagine our farming methods sometimes make it difficult for the elementals.

Yes. You will find where there's discord in any farmland the nature spirits—there's not as many of them, because they would withdraw a little way—not go away, but just hold back a little.

George: Yes—when I was young, *clover* was a very widely grown crop (*yes*) in the 'mixed farming' days (*yes*), but it's scarcely seen today.

—which as far as I am concerned is a pity, because it has a very strong energy.

George: Yes, it improves the soil—

Yes it does.

—It provides wonderful flowers for the bees—

Yes, you are quite correct sir.

—And it makes a superior type of hay for feeding animals.

Perhaps you can be a supporter for clover (mm).

Paul: We could grow our own clover in pots.

I think everyone knows what is right for themselves. I'm coming to the conclusion, the more I study here, that as individuals, you should have much more knowledge than you use. You know? It's innate within you and yet it is not used.

Sarah: We've been told this before that we have what we need—to get it out.

Yes, that is what I do—that is what I am interested in, and it is all down to my granny.

Sarah: Well done your granny!

Yes, and she is still working with herbs and things, even now.

George: Yes, the knowledge is innate (*yes*). But we do have unfortunate influences. Our politicians and our media like to, shall I say—shout their own views—

Yes, well if you don't mind me saying sir: I think you all have to return to simplicity (affirmations). I know you have critics who would say: how can you—that is impossible. Nothing is impossible, especially when you have the help from spirit.

Paul: Yes that's right we've got a powerful ally.

Yes and you have to use it.

Paul: We have to get on and re...

Lilian: Sow a few seeds.

Paul: Exactly—sow a few seeds, and re-establish our link with nature.

Yes. But of course, you have to remember, a lot of your modern medicine comes from the natural plants (yes). So, in a way there has been good come from it (yes) but you are moving away from what is truly the best for you, in the sense of health.

Sarah: Salumet tells us there is a balance, and this is where we've tipped the balance too much in the modern way and left the old behind, so we need to get the balance.

Yes, a lot of our teachers in spirit, always teach us that, that humankind has really grown much too quickly.

Lilian: Yes, it's been rapid.

Yes, but not always for the best.

Sarah: And of course we've got computers now, and robots that can work out things for us. So maybe that's not too good on the one side, but on the other side the computer is very useful and also spreads the word that Salumet's taught us.

That is as your free-will I believe. That is what our teachers tell us also, because we don't lose our free-will, we still have free-will here, and we know how powerful it can be.

Lilian: It wouldn't make sense if we didn't have free-will, would it?

You would have to ask the Creator that, 'cos I really can't tell you. But I think personally it is very important (yes).

George: Yes, we have innate knowledge, we have spirit, we have elementals (yes), we have free-will—it's quite a combination!

It is a powerful combination sir—it is indeed, yes. Anyway I feel I am beginning to ramble on a little.

Sarah: That's alright, we're very happy to listen to you.

Paul: It's interesting stuff, I was trying to think about—if you have a little garden, it's tricky knowing what to plant, because as you say, the nature spirits will be wanting to bring their own seeds I'm sure, and maybe we should step back from it a bit and let nature—

Why don't you just FEEL—step back and FEEL what the plants and the trees and the shrubs are saying to you. And with that good energy, then the nature spirits can help.

Paul: Ah yes! That's very good advice—

George: I think I see you as a teacher—you have come to us with quite a powerful message.

Well, thank you sir, but I certainly would not class myself as a teacher. But every bit of information that you collate, has to be used in some way. I see it all the time on your planet, where people are given opportunities and they don't take it. And when it comes to plants, think of them as spiritual energy, feeling everything the same as you do, only in a slightly different way.

Sarah: So if you like a plant or you dislike a plant—

That plant will love you back and it will blossom.

Sarah: There are certain plants that I prefer over others. So that's probably because our energies aren't the same.

Yes, you are very much connected by the sound of it. Yes, if you love a plant, if you cherish it, feed and water it correctly, that plant will then return all of that love to you—the love and the beauty.

George: Yes, well Spring is coming along and it's a good time of year for us, and the weather is getting just a little bit warmer. I've been working in my greenhouse today (*have you?*). Yes, and it's important to give the plants sufficient water. I also play them a little music sometimes.

That is really wonderful sir!

George: Some will think I'm a crackpot for doing that!

Sir, when it is your time to come to this world you will be in your element, because Spring as you say—over here is so much more beautiful and you will not need to feed and water your plants, because they already sing, they already bloom and it is all just so beautiful. I cannot explain to you how beautiful, because there is nothing in comparison on your planet. But I still love your planet, I do. If you have been to any other planets, which I know you haven't, but if you could, you would realise how beautiful this one you live on is. The colours are beautiful.

George: We have had the privilege of speaking with people from other planets (*ah right, okay*).

Paul: I'm sure you're right—the nature, the animals, and the insects and the birds are absolutely stunningly beautiful.

Yes, the Creator has been kind to this planet Earth, as on other planets too. But I am not so much interested in other planets. I know they exist, but I cannot give you information. I just know that this planet Earth is a beautiful one.

Sarah: Do you think you've been influenced by the fact that you were once here and you like it because it's familiar?

Yes, and I can remember the love and the beauty that my grandmother brought, with her flowers and herbs and how much joy and help it gave to others. That's what is important, it's not whether they get healed or not, but the joy they feel within themselves—the touch on their spirit.

Lilian: Yes, she sounds a lovely lady.

Paul: We understand that our visitors from other planets like to build pyramids—and they have done all over the Earth, on this Earth plane—built pyramids in different countries. And that seems to have an effect on the plants (*yes*). We're only just learning about it, but it seems that some plants grow better near these pyramids.

That is what I'm trying to say—this planet is a beautiful one. It has had visitations from others on other planets. This I do know and this I can confirm for you. I don't know too much, because that is not what I am studying and I have eons of time to find out details. But I do know that, yes, on your planet, pyramids that you have mentioned, and your seas and your air are all contributors to beauty.

George: Yes, with visitors to our planet, one of the first things they've done is build a pyramid to produce the extra energy that they need. And yes, we are aware that this energy also has its influence on the plants that grow nearby.

Of course.

Sarah: Have any of these visitors brought plants to us?

I believe that has happened, yes. I believe they have introduced other strains that weren't originally on this planet, but I do believe that is not known about too much.

Mark: Ah, because I did hear that some plants have been sprouting up near pyramids, which were supposed to have been extinct for thousands of years. I don't know if they would have been brought maybe?

I cannot confirm that for you, but it would not surprise me in the least. Yes, I'm sorry I can't confirm.

Mark: That's alright, you've brought us lots of interesting information.

(Affirmed)

It's rather nice being here speaking to like-minded people. Some people are very sceptical, even when we bring information from spirit, they cannot always accept it and I often wonder why not, when indeed you are spirit—you know—it confuses me sometimes.

Sarah: Well I think we've been very lucky with our teacher that we've had, and I think he's put us all on the right track, so that's helped a lot as well.

Yes, there have been many teachers come to Earth to bring knowledge I think.

Paul: ...So we are becoming more knowledgeable, gradually. I think also we don't always have gardens, but I think most of us are quite—we like animals and plants—

I think when the soul is touched, your love for all things grows. For some people it may be stronger in one direction—like animals, or children, or woodlands or whatever. But again that is your free-will, but definitely a love exists for you all.

Paul: Mm for this thing called 'nature'.

Nature—it's a rather nice word, do you not think?

(Agreed)

Nature—I like it! Anyway, I'm being told I have talked too much and I really have to leave.

Lilian: We've thoroughly enjoyed your visit.

Thank you. And I'm so pleased to see a replica of my granny.

(Laughs)

Sarah: And especially one who likes plants!

Lilian: I'll send love to your grandmother.

Perhaps she has influenced you at some time, who knows? I perhaps will try to find out.

Paul: And maybe you can pop in again some time, it's been a very nice chat.

(General agreement)

Sarah: Could I just ask how long you've been in spirit?

I don't know exactly—I think it's about 125 years or something. You must remember time is so different.

Sarah: Yes we appreciate that.

Once you come to spirit all of those mundane things seem to disappear. And I know sceptics always say: but how can you forget when you were here? It's because it's not important.

Sarah: Yes, that's right. I just wondered if Lilian was a reincarnation of your grandmother.

Lilian: Her grandmother's still there...

My grandmother's not reincarnated yet. (Oh right). No she is—I still see my grandmother as she was.

Sarah: That's right, I remember you saying, yes.

George: I think we understand that scepticism will decline and a factor in this is computers and the internet, which is providing an all-round view of things, which our traditional media—well it's one-sided, but I think more people these days are going to the internet with their computers and getting a better balance of knowledge.

Yes, your machinery, your computers do offer knowledge, but they do not and cannot and never will provide you will spiritual senses. You can read and you can gain knowledge, but to grow you must use the senses you have been given, within the physical body. You must use your mind.

George: Yes, it's just unfortunate that there are so many Earthly material influences.

Yes, but to have knowledge, even if you are materially-minded, can only be for the good. Do you not agree sir?

George: Oh yes, it is for the good if people have more knowledge—

And after all, that is why the computer came to you.

—and develop their minds accordingly.

Yes, provided it is used correctly, it is a means for knowledge.

Sarah: Yes, but of course like everything else, it gets abused.

Well, that is what you must be careful of. But I'm sorry to say I'm being called again and I can't ignore it this time.

(Thanks and farewells)

There was then a period of clairvoyance through Eileen, including a message about a bill, which needed to be paid. This seemed to trigger a merry one through Sarah. Audio link:

http://www.salumetandfriends.org/resources/2015_03_02+bill+to+pay.mp3

She declared that she never paid a bill in her life. After some light banter, she talked about her work in spirit, trying to help children who came over and act a bit 'impish' to begin with, playing pranks that go a bit too far and need to be kept in check a bit.

George's Notes:

Clover (Trifolium): Red and white varieties of clover are in fact grown today, often in admixture with rye grass and largely as forage crops; also for making silage. Clover has advantages over grass as cattle feed, providing significantly beneficial protein. In making protein, it takes in nitrogen from the air so that nitrogenous factors are not depleted in the soil.

Salumet's corroborative message: Eleven years earlier (19th April 2004 – Transcript library of www.salumetandfriends.org), our teacher and guide had this to say:

...We have spoken recently about many things but in particular about the state of your food crops. You remember? I would like to bring to you this time another thought for your *consumption* shall I say!! We have spoken much of the civilizations of long ago. Perhaps my dear friend you are not aware that those ancients called upon angelic realms for the nurturing of food crops. Might I say to you, that perhaps with knowledge growing as it is today, and the wave of thought of growing more natural foodstuffs should I say, that perhaps man might take a leaf out of the book of the ancients. There remains even to this present day a part of what was. After all even in your churches this day, do they not bless the food and ask for heavenly help; it is a remnant of ancient times.

George: Yes, I think you refer to what we know as 'harvest festival' in the churches.

But it is similar also to those people who love to be with the Earth and the growing of all foodstuff. They have a love that attracts to them the elementals of the Earth but they are slightly different from the angelic realms who are waiting for the whole of your planet to ask for help in this way.

Sarah: I think there are still some tribes today who ask for help from what they would term 'gods'.

Yes there are people still upon your planet but they become fewer and fewer. I hope my friends that you will think upon this matter and perhaps we may be able to discuss next time what you feel or perhaps even you could create your little experiments and use your thoughts to those in the angelic realms. Yes?

Sarah: It has come at just the right time for me too because I have just made a vegetable garden. I shall certainly call upon them!

Yes, try my friends. I am sure you would be amazed at how healthy these plants would be.

Paul: I should imagine you could also use them to control what we term 'pests' – I know that that is a bad word really – the parts of nature that damage the food that we grow.

With help from the angelic realms there would be no disease; the plants would be naturally healthy.

George: I think there is a certain amount of relearning from ourselves in working *with* nature instead of against.

You must not allow any negative thinking such as our dear friend has broached about 'pests'. You must believe in that power and I can assure you that all of your plants will be most healthy. Help my dear friends is always available if you would but ask.

So our visitor this evening is perfectly in line with that earlier teaching, and I think there is a growing awareness that the older ways of food production, whether it be garden or agriculture are superior. 'Organic' growing without use of chemicals that are toxic towards nature is thankfully increasing. And we should commune with spirit and elementals. This has been a powerful reiterated message.

~9th March 2015~

Firstly, a spirit helper spoke of one known to Sarah who has difficulties. This was a case for the group to send thoughts of love to improve that situation. There then followed one through Eileen:

Audio link: http://www.salumetandfriends.org/resources/2015_03_09+dev+exercises.mp3

Lilian: Good evening.

Do you know there's lots of people here?

Lilian: They've come with you?

Yes—and they all want to talk to you.

Sarah: We're very happy to listen.

There's somebody with all of you, so you've all got to listen and say what's going on.

Lilian: I see, so we listen to see what we can pick up?

Yes. Oh yes, and your teacher will be here next time.

Lilian: Okay thank you. Can you tell us your name?

You don't always listen do you—all of you?

Lilian: Probably not.

You don't listen.

Sarah: What have we missed?

What have you missed?—I've no idea.

Lilian: Do you mean while we're in the group or in our daily lives?

—In your daily lives.

(Acknowledged)

It's not always words. It can be little actions, it can be something unusual and you seem to dismiss it—as nothing.

Lilian: Perhaps a feeling?

Yes.

Sarah: So, are these spirits telling us these things, or other human beings?

Your own connections yes. For whatever reason, they speak to you on a daily basis. Did you know that?

Lilian: No, well I'm sorry if we don't hear or sense it.

Paul: I mean, we have been told we've got guides and helpers around us all of the time, but we—

But because you know, you should listen more carefully.

Paul: Yes, yep—open up a bit more then, to their influences.

Yes. They are going to try tonight with all of you. So don't be afraid to speak out will you?—even if it seems very silly. You've had this before, haven't you?

Lilian: Yes, similar. Are you going to wait and see?

I would like to if that's acceptable.

(Agreed)

George: I have felt a tremendous urge to work in the garden this last week. I don't know if that's anything to do with helpers?

Well, if it was a strong urge, then perhaps you were being influenced by your own helpers.

George: Yes, I rather felt that might be so.

Yes, if it's a very strong feeling you should follow it, and then they can give you more and more and more. Yes, so I'll just be quiet and you can all see what you can get and don't be afraid to speak out please.

(Slight pause)

I think your teacher wants you to develop more than you have done.

(Agreed)

We sat quietly to see what we were being given:

Sarah: I'm getting a ruin and I've a feeling of something about the last war—maybe burning or something like that.

So why don't you ask a question about it?

Sarah: Okay, thank you.

George: It's on my mind that I've had some quite remarkable dreams this week during sleep state. I think dreams are generally prompted from feelings rather than actual words. There might have been feelings there originating from spirit.

Yes, never dismiss that's spirit entirely. Of course, some dreams are just everyday thoughts that become jumbled. But sometimes it is inspiration from us when we are trying to help you.

George: Yes, I had the experience of a dream being mentioned in a dream, rather like a realisation of a dream within a dream ***(yes)***. It seemed very unusual, but I'd been thinking about the universe and the creation recently and Salumet has been quite adamant that we cannot possibly understand the creation while we're still living here on Earth. But I felt the dream within a dream might have been something to do with that ***(that is good)***—a dimension within a dimension came to mind as a result! So it's just possible that's something to stimulate my thinking.

Sarah: I was told that I was in that bombing in the Second World War and I was killed by fire. I could see flames—I didn't feel any pain but I could see the flames. And I was told that I was in that bombing and I asked why I'd been shown that. And they said this is why I have a good connection with the Germans—why I like Germans and their country.

Lilian: You mean that's where you lived?

Sarah: I suppose I was a German *(yes)*.

Paul: I'm not getting anything very clear, except the colour yellow.

Yellow is a colour we inspire for friendship.

Paul: It's a nice shade of yellow I must say—this one.

If it comes from our world it is a little different from the colour you would see here. There is an extra beauty about it—or there should be.

Paul: It's like a buttercup sort of yellow.

Yes, you need to expand and ask some questions. Without the questions you will not be given. Try to enlarge on why you were given that colour?

Sarah: I think I've also seen a nun. I think I was a nun—a German nun.

Yes, good. Ask for a name or something? Keep it going.

Lilian: I don't know why, but I've been thinking about my pumpkin ***(a pumpkin, yes)***. Something I've never grown.

Yes, you must ask why or what it means—some question.

Sarah: I think I'm getting the name: Hildegard.

Yes, that is a German name. How about the gentleman?

Paul: The one who got the yellow?

—The other gentleman.

Mark: I haven't at the moment.

There is just a little fear with this gentleman, although he's not aware of it. He is just a little afraid of completely letting himself go—so it will be more difficult for him. But you must keep trying. How about the lady?

Dawn: Of all the odd things, I keep thinking of an orange, I don't know why.

Have you asked the question why?

Dawn: Yes—haven't come up with anything yet. Oh, now it could be an orange on a tree.

Yes—it could be an indication of your own development—that when the orange is ripened it can be picked and used (right). I think that is what it means, but you must find your own answers (thank you). Is there any more?

Lilian: I felt the pumpkin suddenly got very huge (**yes**). I've no idea why.

Paul: I just feel I want to *bathe* in this yellow. I did try to ask and I felt it was the colour that—

Just surrounds you—

—surrounds me at the moment. It's needed as part of the development

That is good. So you see, it's possible for all of you, when you are in the correct state, to pick up what we in spirit try to give to you, and of course it is entirely up to every individual whether they accept it or not. But this just goes to show you what is possible.

Paul: Yeah well I want to thank you for it, because it's been a lovely feeling bathing in a colour (**yes**), that's just right at the time, so it's silly not to take advantage of it.

Of course.

Paul: Mm—Thank you for persevering with us.

It is quite uplifting for those of us here when we see and recognise that thoughts and inspiration have been recognised by you on Earth. It is something we can always build upon. But we cannot do it without your help and your acceptance.

Paul: And as you say, we've really got to incorporate it more in our *daily* lives.

Yes, it should be natural part of your daily life. After all, a thought takes very little effort.

Paul: Yeah and as you say, when we get these little inspirations, probably most of the time we don't listen to it—so we do need to reflect and ponder and ask questions about it, to develop it.

That is what I am being told—that so much is given to you, but you do not hear or you do not use it.

Paul: Well it's very good to have the reminder.

Now I will leave you now that we have SEEN what can be done.

(Thanks and farewells)

Sarah: You're welcome back any time.

Thank you.

Following this one's departure there was some discussion. Sarah seemed to have the name 'Hildegard' and thoughts of the WWII bombing of Dresden

After a pause of a few minutes George made the comment: Audio link:

http://www.salumetandfriends.org/resources/2015_03_09+Gardener.mp3

George: It seems that working in the garden is in three ways beneficial; it provides the exercise, that I was in need of, it's satisfying to grow organic vegetables—it's also good to do the menial task—not brainstorming all the time, but periods of doing the menial task seems to be necessary.

Lilian: And yet it's a very important task—without it we wouldn't survive! With the other tasks, we would—a lot of the other things we do doesn't help us at all. So I suppose if you think about it logically, it's a very important task.

But now another was with Sarah who joined the conversation.

The lady is right. Working in the garden is not a menial task!

Lilian: Sorry George, I've started something. *(Chuckles)*

George: Ah! For me, it's much easier and more straightforward than brainstorming in a scientific way.

Lilian: It's a pressure, isn't it?

George: But I take your point.

It is different, but not menial.

George: Yes, I take your point on that.

Lilian: Thank you for coming.

I could not allow that one to degrade the work that I used to do. It was, as you lady say, a most important job (yes).

Lilian: Was it agriculture or garden?

What I was going to say was, without those who work on the land none of us would be able to survive. So I was working on a large estate, and unusually for that time, the rich people who lived in the big house were most kind to all (that's good) ***and those who worked there were well rewarded, as were their families*** (that's nice). ***And in turn, those workers would work harder than perhaps was necessary, because they wanted to please.***

George: What country was that?

That was in this country.

George: And are you able to say when that was or if you remember who was king or queen at the time?

I can tell you it was George.

George: It was one of the Georges—

And I can remember the big windows—the ones that went up and down with a rope at the side.

George: Yes, a sash-cord.

—Because, one day I was talking to someone in the house and I put my head through the window and it came down on my back! (Ooh!)

Yes, so I remember it well. But it was a good time—a rewarding time, and necessary work for all the community.

Lilian: Yes, one without the other just doesn't work, does it?

It does not, you are right. You are a wise lady—and the gentleman is wise also, but in a different way.

George: Did you have horses on the estate?

There was everything on that estate—yes—everything that was available was there. They were indeed very rich people, but they were very kind.

George: And it was a mixed-farming system at that time I expect?—growing crops, keeping cattle and hens?

I think this was the other part. I was involved only in the garden, with the vegetables and the flowers, and just generally keeping everything immaculate around the house. I believe there was the farm, but it was not right on top of the house. So it was not something that I got involved in.

Lilian: Would you have grown pumpkins or would they have come from other countries?

I don't remember pumpkins in the garden.

Lilian: No, I just wondered how they would be used.

I cannot actually remember too well all the things in the garden, but I do remember raspberries. They were good and there was also a mulberry tree, and this was not a joy to pick this fruit, because it was very prickly.

Paul: So what do you do now?

Now, I am trying to keep all produce in a natural way of growing—not with too many of your chemicals (ah). It is difficult to influence the majority of people, but I would say that more and more people are becoming aware of how important it is to have natural foods that nourish the body well. So that is my job now. You could say that now I am the overseer—I have changed places—yes.

Paul: So you're trying to influence people to eat more natural foods, or grow more natural foods—

Yes to grow, because if they are not grown, people cannot eat them. Eating them becomes easier to buy the produce if there is more of it—yes. It is not easy, because in our world we do understand that there are many people to feed, but nonetheless, to remain healthy, it is much better to have foods without chemicals.

George: Yes, as you say, there's a greater awareness of this need. How did you cut the grass when you were on the estate in the garden?

This was done with—I believe there was a new machine that had just come in. It was quite a heavy machine I seem to remember

Lilian: Did you use a horse to help?

I do not believe there was a horse on the lawn. It was cut firstly, when I remember, with what you say—a scythe, but I have a feeling, by the end, there was a machine.

George: —And that was taking over from the scythe—

I believe so, yes. I was not in charge of the lawns. I was in charge of the growing, so mostly the vegetables, but I did do some of the flowers and the hedges as well. But I do seem to remember this machine. It was—I am seeing a sort of blade—yes. Yes it was heavy and I believe two people had to pull or push—I cannot remember.

George: I expect it had rotating blades that did the cutting—

I cannot quite remember, because it was not what I was using. But I do know that the scythe was also used in the beginning.

George: Thank you for that.

Mark: Going back to the 'organic' issue of growing more healthy food, I notice that some country's governments are encouraging more organically grown food—one being Denmark—the Danish government are planning to double the amount of organic produce over the next two years. I guess it's very helpful if governments take a bit of a lead in encouraging this.

Oh yes, if the governments become involved, this can swing the pendulum in any direction depending on how they become involved. And if it is 'pro' what you say, 'organic', then this is good. I am not quite aware of these Danish people, but I am sure you are correct—yes. I tend to stay within the country I knew. I suppose I have a good feeling for this country. I was very happy and I would like those who live in this country to all be as happy as I was.

Mark: They are doing quite a lot to try and keep the GMOs out of this country; more so than America I think.

Could you explain?

Mark: Where the scientists play around with the genetic make-up of plants.

Yes, this is not the way I would want to go, but having said that, there is the odd occasion when a little help actually can be of benefit, but not the complete alteration of the plant.

Lilian: Thank you, that's helpful.

I will leave the gentleman to continue with his menial task!

(Laughter)

And I will return—thank you for your time.

George: Thank you! It's always nice for us to hear some commentary on past life and how it connects with today, and we've much enjoyed and appreciate listening to you—thank you.

Paul: It sounds like you're doing an excellent job trying to get this country more organic.

We try.

Lilian: Yes, well do come again if you can.

Thank you.

Finally another followed through Eileen:

Audio link: http://www.salumetandfriends.org/resources/2015_03_09+Arfer+Goodfellow.mp3

Lilian: Can I help you?

Oh God—blimey, all this talk of food!

Lilian: I could see you waiting.

I nearly feel angry.

Lilian: But not quite.

Aw, I thought he was never gonna stop!

(Laughs)

Lilian: He sounded a happy man, anyway.

Oh yeah, I'm not talkin' about the man.

Lilian: A lot of questions—

Ah—I didn't intend to come, but all that food—I couldn't avoid it. Cor blimey!

Sarah: Have you not had anything to eat today then?

I don't eat today (don't you?)—or yesterday.

Sarah: Or the day before—

—Or the day before.

(Laughs)

Sarah: You don't need to, do you?

No, but the memories are there.

Sarah: Were you hungry when you were on this planet? Did you get enough to eat?

I'm afraid I was a street urchin, so anything was better than nothing.

Sarah: Yes I'm sure. That was a hard life then?

Oh I've got this stupid hand with me. I must try and get rid of it. I'll be with you in a minute. That's better.

Lilian: I was going to say, do you need any help?

It happens every time I come back.

Sarah: You were paralysed—did you have a problem with it?

Yeah I did, and my legs.

Sarah: Was it sort of cerebral palsy perhaps?

No—I was slung in that prison (oh dear)—stealing.

Sarah: Stealing because you needed something to eat?

Yes.

Sarah: That was awful (*that's right*). We were not good in those days.

Yep—proper old street urchin. ‘Arfer’—that’s me name—Arfer Goodfellow.

(Chuckles)

Sarah: —And ‘alf a bad fellow!

(More chuckles)

That’s it—that’s it, me lad! Never did remember my name, so I thought ‘Arfer’ is good—Goodfellow sounds good. But I didn’t fool anybody.

Sarah: Did you have lots of friends on the streets?

Sometimes—sometimes I was on my own, Sometimes had to be when we got chased. I had a kind woman took me in when I was a tiny tot. My mother was thrown in jail and I was abandoned (oh dear!). Oh don’t be sorry—that’s all gone and past.

Sarah: Why was your mother put into jail?

She was trying to steal. Not good times.

Sarah: No, they were bad times.

So you see why I was attracted by the talk of the food?

Sarah: Yes, I’m sure you were, yes.

So you like my name then, Arfer?

George: Yes, we know a few Arthurs.

I know a Mr Goodfellow, and I tried to pretend I was a relative but they wouldn’t have any of it.

Sarah: And was he a good fellow?

I dunno, I doubt it, but I liked the name.

George: I suppose there was no one looking out for or helping people who were on the streets?—no organisation at that time to help?

No.

Sarah: And there were so many of you weren’t there? That was the trouble.

Yes, unfortunately there was—not many survived.

Sarah: I was going to say: it’s amazing you *did* survive.

I did last ‘til I was eighteen, before I was thrown in the jail.

Sarah: And then what happened?

And then I just withered away. I wasn’t strong enough to cope with those conditions. It was a hard life.

George: You lived to eighteen?

—Eighteen yeah—which was quite a good age for us youngsters then.

Sarah: Still, it’s no age at all really is it?—just starting out on life.

That’s right. Some people were quite kind, throw you a crumb or two—ah it was a hard life—and the chill gets in yer bones—I can feel it now.

(Expressions of sympathy)

George: Was that in London?

Yeah I think so—I think that’s what we called it. I’ve tried to forget all of it, but I can’t. I’m still pulled back now and again (yes).

Lilian: Does it help to talk about it?

Well it doesn’t bother me now—it’s only when you come back and then all the memories flood back. I’m alright now. I’m not worried now. It’s just things like this silly hand keeps going when I come back. Look, it’s curled up again. But it’s all right.

(Eileen’s hand curled up as if suffering from some ailment)

George: But you know it’s going to be perfectly alright again when you get back.

Yeah, of course it is.

Sarah: Have you met any of the people who were so unkind to you?

No, don't want to.

Sarah: You don't want to?

Don't want to.

(It was suggested that he would fare a lot better if he came back to Earth life now)

I've been thinking about coming back actually, but that's a big decision.

Sarah: Another life here *(yes)*.

I've needed a rest time.

George: I suppose you would need a reason for coming back, or desire of some kind—

There's plenty of reasons to come back. It's just it takes a while—

George: But you need a reason that suits yourself.

Yes.

Sarah: Maybe you could come back with a twin, and then you could support each other. Two of you come together.

What good would that be?

Sarah: Well I just thought if you were concerned about coming back, then that would be—

Depends what I came back as (that's true). ***It's hard enough to look after one, isn't it?***

Sarah: But I think if there were two of you then you could support each other *(yeah)*. I don't think we have street urchins any more.

Mark: Well we've got plenty of people living out on the streets.

Sarah: Yes, but there is some support for them if they want it—not much but—

Yeah, it's a doddle today, compared to my time.

(There was some further discussion about the problem still existing in some countries.)

Paul: I suppose it's your guide would advise you on that, whether to come back?

There will be suggestions, but ultimately it will be my decision. And as I say, it will happen probably but not just yet.

Lilian: So what do you do in spirit now?

I come back like this to different groups, and I do visit those poor people that are homeless.

Mark: They are older these days, aren't they?

Yeah. In spirit, I have to say I haven't really done an awful lot yet. I've just absorbed everything.

Sarah: And healed!

And healed, yeah—and that can take a long time sometimes. It makes me smile sometimes when they say: ooh they passed over they'll be fine! Sometimes for some of us it's not so easy.

Sarah: Why do you think that is?

—Just because I never believed in anything.

Sarah: You stayed quite close to the Earth?

I'm not close to the Earth now, I've moved on.

Sarah: So it's easier now?

It's easier now.

Lilian: And you've had quite a bit to cope with—to sort out your mind I'm sure.

You are quite correct, yes.

Sarah: Have you met up with your mother again?

I did—dear soul she is. She's moved on now. She's coped much better than I did.

Sarah: Did she—yes. Was she pleased to see you?

Yeah—I don't think she liked the name Arfer though!

(Chuckles)

But that's my name and that's what I'll stick with. Anyway I'm off now as well.

Sarah: Well it's been lovely to have you.

Lilian: Thanks for coming.

George: And if you are visiting the homeless—yes we still have a few homeless people—

—More than a few—too many.

George: They will really appreciate a bit of help I am sure.

I quite like going to those places where they've got big bowls of hot soup—

(Knowing laughs)

—And that tempts me back sometimes, 'cos the memory's so strong, and I think: lucky little buggers! I do—I think that!

(Laughter)

Sarah: What you would have done for a nice hot bowl of soup!

Now I've been told off for using that kind of language.

Sarah: Well we understand that very well.

I don't swear much these days but I used to when I was a youngster.

Sarah: Well I can understand that.

Mark: They're making feeding the homeless illegal in some states in America—I think 33 states—I don't really understand that.

That's not right. I might have to look into that one.

Lilian: Yeah, because it's good for people to help others.

You should all help each other. Anyway, I'm off.

George: Well thank you Arthur—nice to hear what you have to say.

Oh I can tell you're a gentleman. Arthur, Arthur—me name's 'Arfer'.

George: 'Arfer'—Arfer with an 'F'.

—and Arfer with whatever—I'm off now this time.

Sarah: Yes, well you keep up the good work—you are doing well there, so that's great.

George's Notes:

Lawn Mower: The first lawn mower was granted a British patent in 1830—invented by Edwin Budding of Thrupp, near Stroud. It was designed primarily for sports grounds and extensive gardens. The early machines threw the cut grass forward into a box. It was a push-mower but it was soon realised that an extra handle was needed in front to help pull the machine along. So using it would indeed have been a two-man job! And George IV would have been king until 1830.

Hildegard of Bingen: Hildegard was a 12th century (1098-1179) sainted visionary who wrote much and founded two monasteries. Nuns of the current Hildegard Abbey in Rhüdesheim had had the foresight to copy the original manuscript of 'Know the Ways' complete with its coloured illuminations. This copy is now much treasured because the original was lost in the horrendous bombing of Dresden towards the end of WW II. With so many treasures and exceptional buildings, Dresden had been seen by many as a safe area. Any buildings left standing after the bombing were gutted by fire and the number of deaths remains unknown on account of the presence of many undocumented refugees—there is reason for supposing 35,000-135,000. The Dresden bombing was a highly controversial war episode and of course a huge loss to the world.

~16th March 2015~ SALUMET

Following our prayers there were some fine thoughts of more peaceful prospects and Eileen had clairvoyance of planet Earth—holding the whole Earth in our minds—a nice feeling, like it's shining and just needs some love. There was some discussion: thanks given to Mother Earth and all who are helping—nature spirits and life support; then a short period of silence.

Audio link: http://www.salumetandfriends.org/resources/2015_03_16+salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

My love and lightness, may it touch *all* of you.

(Thanks)

And as you have given thanks for creation, so too shall we say 'thank you' to the force of all life, for the happiness and knowledge that is given to us at all times. I have been listening to you, and already it has been spoken about new discoveries in your oceans (yes). This of course is confirmation of my words, and still I say to you, my dear friends, that it is only the very tip of knowledge. You will also find in the near future the existence of new planets. This will become much more noticeable after your next eclipse.

Sarah: That's interesting. Are these inhabited planets Salumet?

Not all of course—no, no. But it does not matter whether they are or not, it is the recognition that they have existence, and of course it is important for you, my dear friends, as human beings that you can have at least some small confirmation of all that is given to you.

Sarah: Thank you. Well, I must say I think we all agree that anything you tell us Salumet, we have absolutely no doubt it will come about, if you say it's going to—yes, but it's always nice to have the confirmation **(yes)**.

George: I imagine our planetary discoveries follow the telescope that is orbiting the Earth **(yes)** and sending back pictures?

Yes, your scientists and your astronomers are making great progress at this time of growth, because my dear friends, it is a time of great growth, whether you are aware of it or not—I can assure you that there is much upon this beautiful planet that you will find that has as yet been undiscovered. All you need is to know that the source of all life *wants* this planet to exist in a state of love and growth.

George: That's a very nice thought to hold.

Yes, it is a thought that can be utilised greatly. You can take that thought and magnify it thousands of times, and still it could not be great enough. Do you understand what I am saying to you? You are capable of so much more than you are able to do at this moment in time.

George: We can expand on the thought of 'love' **(yes)** and the quantity of love.

Yes, the expanse within your universe, it can create much more. The action from one universe to another, of course is great, and this is something my dear friends, for you to consider.

George: Yes, it would be a very nice feeling, for that love extension to extend to extraterrestrial beings who would contemplate visiting this planet. I believe there have been unfortunate problems with approaches in the past, but I feel that all that is changing—the attitude is changing **(yes)** for the better.

The time has not always been right for these happenings, but any love that can be extended, of course creates a different atmosphere of love. When the time is right there *will be* more communication. Those from other worlds are well aware of Earth and its problems, and as in all things, are trying to help in any

way that they can. So my dear friends, I say to you: be patient, but become much more *aware* of the beauty of thought.

George: Yes, it became clear to us that our friend and visitor 'Bonniol' seemed to know things about our planet and our ways that were not too well known to ourselves! And I imagine there are others apart from those on his planet who have, shall I say, been around and know of the happenings and the problems on our planet?

Of course, yes. Your visitor was sent to you to prove mind-control—mind and thought transference. Of course, there are many other beings from universes outside of your own with extended knowledge. I cannot explain to you enough of how far in the many universes that love exists—that knowledge exists, and knowledge of your planet is well known.

George: Yes—well known in other universes as well as this one (**yes**). That's a profound thought!

It is, and it is something not easily understandable to you at this time. But what I think for you is to become much more aware of the thought, the expansion of that thought and the expansion of the *love thought*.

George: Yes—where those other universes are concerned, I think of them as universes-on-different-wavelengths. That may not be quite the right way to visualise, but I can think of different wavelengths having their connections.

Yes, if that is the way you find it easier to understand, then by all means, that is right for *you*.

George: If you could suggest a better way—

Yes, I understand your words, but for each individual, their own thought patterns will bring them the knowledge that they need. So, for you, that is very good for now (thank you). But it is not quite thought patterns; that is human thinking.

Paul: I was just thinking, perhaps one reason we have a reservation, is thinking about the *size* and scale (**yes**) so our love might not reach out to all those other universes—this universe is so vast, but maybe size is a bit irrelevant with love energy expansion—I don't know—

You cannot make a size of thought. How would you explain thought to someone who did not understand? What would be your words of explanation?

Paul: Yeah, I *had* been thinking of it like physical energy, but of course it's not (**no**), it's a non-physical energy, so—

So it is the human thought—I use that reservedly—the human thought interferes with what thought really is.

Paul: So size *doesn't* come into it (**or distance**)—or distance, of course—

In the same way you cannot compare your Earthly time to that of spiritual time. If you think along those lines, then you should, I would say—'*feel*' the thought. It is not a unit that can be transmitted in the way you think of thought; that is not what true thought is. Thought is instantaneous, thought is everywhere, but your own thoughts can be expanded at any time. It is just that you do not fully understand as yet.

Paul: How to expand—(**spiritual thought**)—spiritual thought.

Sarah: I suppose that's infinite isn't it—spiritual thought?

—Instantaneous, yes. Your thought from here to other universes would be instantaneous.

Sarah: I was thinking more of—when you say expanded—I suppose I'm thinking in the physical term, but there wouldn't be any edges to it if it's thought, its spirit—I can't explain it—

I understand what you are saying, and you are making it more complicated than it truly is.

Sarah: Yes, as we humans do.

As you humans do. But that is why it is difficult to come to conclusions, because always the human brain interferes, instead of just feeling.

Jan: Would a better analogy be that we all have a beating heart—and with every beat of that heart there is love energy?

You are not aware of the beating heart in your everyday lives, until you focus upon it. Think of thought slightly in the same way that it is always there to be recognised and used. But ‘expansion’ is just a physical word for you to try to understand. All energy is expanding.

George: Yes, expansion implies involvement with time (**yes**), but perhaps it is the *generation* of thought which involves time—and that’s something that is more human.

Yes, that is correct—it is more human. But it is something for you all to consider. It is something for you all to work upon. And there will be time when we will have more communication from others—from what you call ‘space-time’.

George: Wonderful! We shall really be accepting and appreciative of that!

Yes, it is already happening, but it is not fully documented for all to know. As in all things, think carefully—know what is right within your hearts, accept what you have been given, but only accept what is right for you. You understand? (Yes) Do you have any questions about this?

Sarah: You said earlier that you want to get the planet—the whole idea is to make all human beings full of love. And when that happens, the Earth will no longer need to be here because we will have reached our goal. However, once something has been created, it never disappears—so the Earth will still *be*, but in a different—

—In a different energy form. It will go back to the energy from whence it came (right). But you are correct in saying it will never fully disappear.

Sarah: But those who have reached their goal on this planet and made the planet so that it doesn’t need to exist anymore—will anybody ever have any contact with that Earth planet that has then gone back to where it belongs, or is that the end of that association?

You have to remember the evolution of the planets. There will come a time when the *physical planet* will no longer exist. That is what I am speaking about; so of course, there is nothing to return to, because the energy will be absorbed by that—what I shall call ‘greater energy’.

Sarah: Yes, but I was thinking, we will all then be—

You will be, by that time, spiritual beings, first and foremost.

Sarah: Yes, so even if we could make contact still, with that planet, we wouldn’t need to anyway.

Yes, it is irrelevant, once that point has been reached, yes.

Paul: Going back to expanded thought—when we said our prayers earlier for the Earth, did that involve expanding our thought?

Your thoughts are taken by those in spirit who then deal with those thoughts in a spiritual way. Are you speaking of direct thought—you feel that your thought is direct?

Paul: Well, when we—

It is always noted, if it is sent with *love*. But your thought is a physical thought at the moment—that is the difference. But you can cultivate your spiritual thinking.

Paul: So would the spiritual thought, be more towards our own spirit—connecting with the spirit?

There would be no intermediary from spirit. It would be instantaneous—your expanded spiritual thought. Does that make sense to you?

Paul: So does that mean it wouldn’t be directed at a *physical* thing, like the physical Earth, but it would perhaps be spirit to the *spirit* of the Earth? (**Yes**) Um—

Yes, you sound confused.

Paul: I think I'm beginning to see it.

—beginning to understand.

Paul: —beginning to see that you're perhaps not getting involved in any of the physical things and it's for me a very much more direct connection.

Yes I feel that the human being sees thought as a solid thing, to be sent almost as you would send a letter to someone, and expect that letter to reach a specific point. But what is happening with you is that your pure thoughts of healing and love are being collected by those in spirit who then deal with those thoughts. At the moment, until you can develop your spiritual thinking and make it a little stronger—do you understand? I know it is a difficult topic.

Paul: Yeah—almost a crystal-clear thought will—

—Take its place.

Paul: And it won't need any delivery mechanism—any help in its delivery.

Yes, you have to rid yourself of the idea that it is like something to be delivered. You have to free yourself from that idea.

Paul: That's it. I'm beginning to—sort of no space, no time **(yes)**.

Jan: Living outside your head and your body.

Yes, you have to reach that state of understanding, where the thought as the lady says: until you focus on the beat of the heart, you are not even aware that it exists, but it is always there to be used.

George: Is there any difference between expansion of thought and *strength* of thought?

There has to be a slight difference—yes. I know what you are saying. Let us use the word 'powerful' because that is a human word. The more powerful your thought being sent, the more it will be used. If it is a thought—and remember your thoughts are based on human thinking—the more powerful your thought, the more it is captured and heard. You understand?

George: Ur yes—I just felt it might be easier for us to imagine the power of thought than expansion of thought.

Whatever makes it easier for you, that is what I will recommend to you. Each of you are individuals, each of you know what feels right for you. But I *do* want you to know and to understand that any thought, whether physical or spiritual—and it is both in actual fact, but the physical thought you need to understand is always 'collected' if you like, when it is sent with true love and healing.

George: Yes, something for us to think on.

Yes, it is something for you all to consider. Now, before I take my leave, do you have any questions for me?

George: Well we have had a question sent in Salumet, which I would very much like to put to you **(yes)**. It concerns two people producing a baby with what is considered medically to be a high risk of disease being involved. And there is the idea of introducing genes from a third person to reduce the risk of a disease occurring in the child. This is referred to as a 'designer baby', and the one who sent the question in, wonders if you have any comment on this.

I believe that we spoke about these designer babies at some point. What I would say to you, my dear friend, is that when mankind begins to interfere too much with what is in the natural world, there will always be the results of that interference. My own feelings on this is that anything that can help mankind in a medical way—if it is good, if the thoughts are good, if it is for the best of any individual, then so be it. But there is in your body of science *too much* interference and I feel that this is never the correct pathway to take **(yes). So my answer to you, my dear friend, is that I have reservations about this**

thing. They are already using genes for helping others and there is an element of good when it *is* helping others. But when it comes to self-satisfaction, I begin to feel a little uncomfortable.

George: Yes, I think you said something similar where transplants are concerned.

Yes, and yet it happens, but that does not always mean that it is correct. Much in your world has been misused, and as I have said, there will always be some result from using and doing these things.

Sarah: I suppose the thing is some of these designer babies, if there's an hereditary disease, they can now—

But they are playing God.

Sarah: Yes, well I was going to say: they might stop the disease, but maybe that child was meant to have that disease.

Yes—yes it is a subject that we will explore at a later date, but there is much unease in our world about what is happening in yours. And if someone is trying to help, that is a good thing, but it is not always the correct way. The intention is good and that is what will always be taken into consideration.

Jan: If it's for selfish gain, that's not—

Yes, self-satisfaction sometimes is the aim.

Lilian: I was just thinking that the spirit of the baby before it comes into the human form—

There are always those spirits who will be willing to come quickly into any body. Although we have great care and great advice from those in spirit, you still have free-will when it comes to returning to Earth (I see). So remember that it is not always the case that the spirit has chosen wisely.

Lilian: I was just thinking that in some cases it's quite brave of that spirit to agree to come back into that body.

There is no one answer to this, but you will always have spirit who is ready to jump into the human body. So does that help just a little?

Lilian: Yes. Thank you.

Paul: Have you got time for one more?

I will take one more quick question—thank you.

Paul: I don't know—I'm not sure that mine's that quick. It *could* be fairly quick.

I will take it.

Paul: I think there's some misguided information or confusion concerning a group known as 'The Illuminati'. It seems to pop up on the Internet a lot, and there seem to be some people describing them as a group who have had control of the Earth—a lot of the materialistic (**yes**) things going on—for a long time. And they even sometimes say they've got a reptilian connection, so they're not even human. I find this—I don't really believe it and I don't want to give it any credence either, but—

You are wise to not give it credence, because these people are misguided. I will not say 'troublesome' but misguided. And my feeling is that you would be wise to ignore what is written by them.

Paul: Yes, so we can rule out that—

If I may use one of your Earthly words, it would be 'fantasists'.

Paul: Fantasists, yes, I don't think we need to look to anything other than our own human weakness to explain what is going on.

Yes—all of you within this room have reached a point where you can make good judgements, and there are a lot of people on Earth who are looking for some kind of *glory* to make some kind of name, and you have to be aware of this. But yes, do not give them time of day.

Paul: Mm, thank you.

Is that helpful to you?

Paul: That's very helpful and I'm very happy that we can pass that out. Thank you.

Sarah: This isn't a question Salumet, but I just wanted to say that when you came through this time, I couldn't stop smiling, so I think you must have brought some very happy energy with you this evening.

Well I am always grateful for your kind words my dear friends. Always I am pleased to join with you, even if it is not quite as often as it used to be There *has to be* a time when the information given to you has to slow down, because however much I could say will not and cannot be understood whilst you are in physical garb. But I always bring to you my love and my light. And I would wish you to know that you are always near to me, even when I am not here with you. So in times of trouble or worry or fear, you can always call upon me.

(Thanks)

Jan: And when we have in the past, you *hear* us, or you sense us—

I *know* what is happening within all of your lives of course, but my intention is that it is better that you *do not* call upon me, if you can, because then you become a much *stronger* human being—a more informed spiritual being and a more loving being.

Sarah: You say that once the connection's been made it can never be broken; so when we return to spirit, will we still have contact with you?

If you so desire, I will be able to come to you. You will not be able to come to me, but I will be able to unite with any one of you.

Sarah: Yes, that's lovely, because I always think of you as just being an old friend now—which is lovely—you never like to lose friends.

No, there always will be the spiritual connection.

George: And needless to say Salumet, we are always most delighted to receive you. Thank you for bringing so much.

Paul: Long may it continue.

Thank you—thank you my dear friends. Now let us just say thank you before I leave you, for *all* that is brought to us—for the love and the *joy* that we *feel* together—for all the love and energy you send to others. And you know that as each day passes you are as one with that great force—that great force of love, and for this we will be eternally grateful.

Eileen's return was followed by a period of clairvoyant messages that helped to explain several quirks relating to our family histories.

George's Notes:

1: *Illuminati*: Much has been said on the Internet of the *Illuminati* by David Icke and others. Salumet spoke on this gentleman in response to a question placed on 10th October 1994. His words then included:

Mainly it is all right, but he has rather diverged a little. What he must not do, is be adamant in his teachings. By all means, he can speak of what he feels; there is nothing wrong with that. You all have been endowed with free thinking, you are all entitled to think and feel as you will. But you cannot force your views onto another person. I would say of this one, he basically is a good person, but rather confused— or shall I say, being influenced along the wrong path sometimes. But he is good at heart and that is what matters. I would say to you all again, listen; listen to what your hearts and your inner voices tell you, and you will not go wrong.

2: *Help from Others*: The key phrase here is:

"Those from other worlds are well aware of Earth and its problems, and as in all things, are trying to help in any way that they can."

It is becoming clearer by the minute, thanks to communications with our dear friend 'Bonniol' and other ET-beings, thanks to the crop circle messages, thanks to Salumet's teaching and thanks to the Internet; that

others endeavour to help us. It is so good that we have so many real friends out there. They are truly advanced sentient beings and it is appropriate that their interest in our planet should be valued by the people of Earth.

~23rd March 2015~

Following our usual healing prayers there was some talk amongst those present, mainly by parents about the needs of their children. Then one spoke through Eileen:

George: Hello, good evening to you—welcome.

What interesting conversation!

(Chuckles)

Good evening.

All: Good evening.

How wonderful to hear parents talk of children, when so many today are abandoned, abused and not under a shining light.

George: I think there's much love within the families represented here.

Yes—I would like to just say, and I believe I do have some experience in our world, because I do help young children when they come to us; I would just like to say that children—spirit does not choose the person because they are supportive, spirit chooses families, for the experience that they can achieve from that family. So yes of course, you have to give full rein to those youngsters in order that they too grow spiritually. Nothing is set in stone, you all know about your free-will and you must allow your children at least to express which direction they wish to take. I do not say this is easy, because it is not. I would just say that children on the whole, do listen to parents, even if at times they seem not to. So, yes I was most interested to hear your conversations. So I say only: do not prejudge what they may become, because you do not know. You may think you do, as all parents do—they think because they are older in age that they have more knowledge—not so—not so. So always be gentle, be kind with your words, be firm if you have to, but extend to them all the love that you can. That is my message to you.

George: Do you care for children who come to you as young children, to spirit?

Yes, I with many others help these children to grow, to understand and to help them on their way.

George: I think there's a great sadness in the war zones that we have at the moment with them; sadly, some children's lives being terminated. Does this become a problem to you?

Well, there are many in our world who help in those cases. I do not myself work in that way. I work with the children who have already come back home to spirit, but I understand the devastation that is caused to children in these areas of your world (yes). Yes, there are many who are there to help, there are many who are there to comfort and there are many there who try to teach. That may sound a little alien—try to teach; but I mean that they try to teach those spirits who have forgotten and are a little in the dark to, shall we say, see the light of spirit. We work closely with them all.

George: Well, we have our view from here on the Earth, but it's very interesting for us to hear your view as you see it from spirit.

Yes—yes, if you could but see all children as spirit first, it would at least ease some of your pain, because no one wishes to see Earth children suffer—no one! So you see, just be aware—be aware of them as spirit, and it will help you to cope with the devastation that is taking place at the moment in your world. This is nothing new—it has always happened, there has always been conflict. So remember that your prayers, your wishes, your thoughts—are thoughts for good. Thank you for listening to me.

Sara: Thank you for coming.

George: Thank you for your words.

I just felt that I needed to come a little closer because I was most interested in your conversation.

Sara: Well thank you for your words, because they're good wise words for us to remember.

Thank you. Yes, wisdom I am afraid is not available to all in your world, but we never give up hope.

Paul: Slowly, slowly.

Slowly, slowly yes, thank you for listening.

(General thanks)

A pause at this stage while Eileen returned followed by clairvoyance via Jan and Eileen, which seemed to make much sense re family connections, with messages to be passed on. And then another was with Eileen:

George: Hello. Good evening to you—welcome.

A very frightened voice replied:

You've got to help me.

Sara: How can we help?

George: Please take your time.

You've got to help me.

Sara: What happened?

Where am I? You've got to help me. Please help me.

George: Where are you?

I don't know.

Sara: We can help you. Can you see anything around you?

George: We can help you. We are all friends here.

Sara: Can you remember what you were last doing? Can you remember where you were a little while ago?—what you were doing?

(So this was a 'rescue' and Jan now received clairvoyance of a hospital light.)

Sara: I think what's happened is, you were in hospital and you died—and your spirit lives on and we can help you to go to the next place. So can you see a light in front of you?

It's dark.

Sara: It's dark at the moment—ah.

And I don't like it.

Sara: No, of course—

George: I think you'll find it will get lighter.

Sara: Don't be afraid.

George: Keep looking ahead of you

Sara: If it helps, hold my hand and you're not alone here. We are all with you and we are not going to leave you until you are ready. Alright?—so just relax.

I wanted to die.

George: I'll take your other hand.

Sara: Did you say you wanted to—were you poorly?

I cannot cope.

Sara: You couldn't cope any more—oh I understand—yes, it all got a bit too much for you did it?

(There was more confusion at this point as to whether possibly this was a suicide, but Jan's clairvoyance came to the rescue and she explained that she was in a lot of pain, and was alone when she died, and was rather confused, but she did not take her own life.)

George: Keep looking ahead and you will see a beautiful light.

I'm scared.

George: You are with friends, so there's no need to be scared.

Sara: Probably if you just take a few breaths and relax, you *will* see a light.

(Jan then asked Sara to ask her for her favourite memory.)

Sara: What's your favourite memory—can you think of something really happy that you can remember doing?—something you enjoyed doing?

Jan then added to say WHO made her happy, to which she replied:

—My little dog.

Sara: So perhaps if you think about your little dog, that'll make you feel better. What sort of dog was he?

Jack Russell—he made me smile.

Sara: And what was the name?

(Jan had clairvoyance of the name 'Bertie'.)

Sara: Bertie? What was the dog's name?

Bertie.

Sara: It was Bertie—Ah!

It's not so dark anymore.

(Jan then added that she needed to step forward, which Sara encouraged her to do.)

I can see then—sun.

George: You can see a light ahead of you—good!

Sara: Yes, and if you look into that light you should see—

And it feels warm.

(Further clairvoyance from Jan suggested a blue outline would be becoming apparent to the lady.)

George: Can you see people waiting to greet you in that light?

I can hear your voices but I can't see you.

Sara: Can you see somebody coming in that light? Keep looking.

—Shadows.

George: Shadows—yes!

Sara: If you keep looking, you'll see somebody looking out for you.

Will you come with me?

(She was ready to go but still wanted Sara to go with her. We agreed to hold her hands as she goes forward, explaining it's not yet our time to go)

George: —But you will be met by loving people.

Sara: Yes, they'll be just as nice and kind and you will feel very comfortable with them. So you don't let go of my hand until it is the right moment—okay? You are in control.

I'm moving—I'm moving.

(With further assurances, and instructions via Jan's clairvoyance, this one then eventually moved on declaring that she was happy, and we wished her a happy continuing life.)

Following a further pause, another was then with Eileen:

George: Hello—good evening to you and welcome.

There followed a lengthy pause during which there was some continued chat about toast with reference to Graham; then a loud voice via Eileen declared:

It's my name!

Sara: Ah, Graham—really?

I'm angry.

Sara: Oh dear!

I'm feeling angry—I don't want to be here. It's not fair!

Sara: Oh dear.

I said it was too early.

Jan: Is your name Graham?

Yes. Please let me stay here with you for a while.

George: Yes, you are very welcome to stay.

Jan: Did you like marmite then Graham?

I did.

Sara: And eggy toast?

And eggy toast, but that's all trivial.

Jan: Yeah I know.

It's not fair. It's just not fair I had to come so soon (ah). Please let me come back—they said I can (ah)—not yet.

Sara: But later maybe—

Jan: Would it help if you talk to us about it Graham? What happened to you?

I was run over—left my family behind—

Jan: That's what you're worried about isn't it—your family.

Why did it happen? They keep saying it was for the best. I don't believe it, and my wife's struggling with the two little baby—

Jan: Very difficult—

Well I'm so angry about it—I'm sorry—I'm so sorry—

Jan: It's understandable—

Angry, angry, angry.

Sara: Well it was a shock wasn't it?

And the poor driver's suffering as well.

(Sympathy expressed)

I know I shouldn't be angry but I am. I can't get rid of the feeling.

Sara: It will go though.

I've been told.

Jan: That's why you've been sent back to us.

Sara: But you mustn't blame yourself you know.

But I do.

Sara: No, no, no, you mustn't though, because these things do happen. And when you think about it—the number of things that we've all done, and we haven't known *why* we did them. But we did, because it's all part of being human. And we don't know why we did things sometimes. You didn't know either.

Jan: You were just in the wrong place at the wrong time.

But I'm not suffering am I?

Sara: No, not at all—and you must just let the feelings—just let them go—it's normal to feel those feelings, when you're in shock.

I just find it so hard.

Jan: Does your wife have a good support group around her? Can you see?

Yes—her other family. I see her crying all the time.

Sara: It's hard for you to see that, but she will come to terms eventually, and she will accept.

George: Perhaps you can help. Perhaps you can be an influence.

That's what I have been told.

Sara: Yes, you can probably help to calm her actually. It's just her fears probably. You can probably help her—the grief and fear.

Jan: When she's asleep, that's when you can be with her.

I can still visit her—

Jan: Just before she wakes in the morning—that's when you can be with her and make her feel happy, and to feel your presence. That will help immensely, because at the moment you are drawing back because of your grief yourself. But you can both grieve together.

She was talking about marmite this morning—that's what's drawn me here. And I know I shouldn't be here.

Jan: Well you've been sent back here for a purpose. You wouldn't be here talking to us if you weren't meant to be.

Sara: And it helps us to understand as well—what happens in these situations.

George: By being here perhaps you are being given a little help, and we all need a little help at times.

Sara: And you are helping us to understand.

George: And I'm sure you can be a good influence and send your love.

I do feel calmer.

Sara: There's actually a lot you can do in fact to help. It's difficult to know why these things happen, but I think further on you'll see a bit more good that will come from it.

There's good people here, I know that.

Jan: Have you tried whispering to her Graham?

Yes, but she can't hear me.

Jan: No, but she will, don't give up on her—keep trying. But *you* must be happy because then she'll feel that you're okay—don't be sad, you must start to feel happy. I know it sounds silly but you've got a lot to look forward to now you're in spirit—you've gone home.

I know, it's just as difficult to leave people behind—

Sara: Yes, you get drawn back again—I think it helps to actually know that you can do some good to help her along—you'll feel a bit happier then.

Yeah—I don't know why they gave me this body to come back with—

It was explained with some chuckles that he was using Eileen just so he could talk with us.

Should have had a man—

(Chuckles)

Jan: Did you often wonder what would happen to you?

I believed in another life—I'm shocked myself that I feel this strongly—it was just so sudden.

Jan: Did they explain to you before you came through the instrument that it would be a cathartic exercise to come back again and speak to people?

It was suggested and I wanted the opportunity.

Jan: And how has it now made you feel?

Different—I feel calmer and I think you've explained how I can help.

Jan: Obviously you know more than we do, because we haven't been to spirit like you have. But you are able to influence her—

George: All things are possible.

Jan: When you're calm and not upset, then she'll hear you.

Mark: Are you able to see the other spiritual help that your family's now getting?

Other spiritual help—yes, she's surrounded—but she doesn't feel it.

Sara: This is where you'll be able to help her I think, in time.

Someone's saying: come on—time to come back.

George: There's bound to be an influence, given a little time.

Well I want to thank all of you—thank you for helping me.

George: You are most welcome—we love helping people.

Thank you—thank you.

Jan: God bless then.

~30th March 2015~

Firstly one spoke through Eileen, suggesting an exercise for individual development, where we voiced our feelings and impressions. Lilian had thoughts of her maternal grandmother, with image of her watching the young lads playing football—which she enjoyed doing. She also felt a hand on her head. Paul was impressed with the image of what he described as the driver of a steam train who had a very round face. Eileen was then with us with clairvoyant messages. She described a lady connected to the letter 'B', but at first none of us were able to make a connection with the information. She was aware of heavy breathing as if one had passed to spirit with a breathing problem. Then she addressed George regarding a Bill or William who had passed to spirit during World War II. A number of people, both regular and part-time had worked on my father's farm—even servicemen on leave; and some had lost relatives; but I could not place one of that name. Eileen added that he was known as Bill—not actually a relative but close to my family. Then I remembered 'Bill Allen'. He had passed over at that time but not as a war casualty. The more I thought about this bill the more certain I became that it was he.

Bill Allen: He was truly a stalwart—round-faced and rugged countryman. I believe he had a breathing problem because his work was very dusty at times. Bill owned and drove a big steam engine—a Puffing Billy—that towed a threshing machine and elevator. He visited farms in the North Hampshire area to thresh the grain harvest that had been gathered in sheaves and stored in stacks. That was the system of the 1940s and earlier—predating combine harvester and grain-drying silos. It was a job of great responsibility and Bill was very hard working. He liaised with farmers, towed his machinery to location. The farmer was obliged to get in a half-ton of steam coal to feed the Puffing Billy. The dusty part of the job was cutting strings as sheaves were loaded into the thresher. The thresher separated straw, chaff and filled 2 ¼ cwt (252 lbs = 114.3 Kilos) sacks with the grain. A sack trolley was used to convey filled sacks to the big barn. But sacks were stored in two layers, so there was a sack hoist to lift to appropriate height. To speed the operation sacks would be hoisted, then carried piggyback-style to the barn and placed in the second layer—and there was a degree of pride in being able to do this! When Bill passed on, his younger brother Cyril continued the business.

Why are we reminded of this? Well, it is good to reflect on our past sometimes and know how really hard-working some have been in getting us where we are. It is all still clear in my memory. And it just so happens that that very morning I had mentioned in conversation that the threshing equipment had once used a particular route, since reclassified as a bridleway. This was probably the trigger—and Paul's clairvoyance fits Bill's travelling Puffing Billy entrainment quite well.

Next, Eileen declared that she had become very cold:

(Pause)

Lilian: Good evening—welcome.

I come only to say: hello.

Lilian: That's nice of you.

My name is Nahashi Wa.

Lilian: You are very welcome.

Paul: I think you've been before.

I am this one's protector.

Paul: Yes—yes.

I just wanted to say: hello.

Paul: Well, good to hear you again—yes, I remember the name.

Lilian: Yes, how do you say it again?

(More clearly)—*Nahashi Wa.*

Paul: Nahashiwa yeah—so you protect Eileen?

I help to protect and this time I protect all of you.

Lilian: Oh that's nice. How exactly can you do that?

Protect you? (Mm) Try and keep you on the right pathway.

George: I'm sure that's not difficult!

Lilian: It might be!

(Chuckles)

I not fall into that trap.

(Laughs)

George: Anyway, it's very nice of you to come through, and are you happy to have a little chat with us?

I not allowed too long—you supposed to be working.

Paul: Ah yes.

I just wanted to say: hello.

Lilian: I think our evening's coming to a close actually.

Yes it is.

Lilian: It's lovely of you to come and say hello.

I not be responsible for you not to work. Perhaps another time I speak longer with you.

Lilian: Yes, that would be nice.

George: Yes, and are you an aspect of this one?

Yes, you are correct (yes). That why I not come often.

George: Well it's very nice and it's very interesting that you've come through. So you would have been on Earth as a North American Indian I believe—

Yes.

Paul: Do you remember which tribe it was?

I not know now.

Paul: Yeah, that's not important.

—Too long.

Lilian: Could we have—I'm sorry if this is keeping you—could we have quite a few aspects?

Yes—you not know this—you not know about this?

Lilian: Well yes, our teacher that comes has talked about it, but I wondered—we've probably got quite a few—each person I mean, say sitting in this room.

Yes, you all have lived before—yes. Not all lives are extended, but some are. I choose to help this time with this one.

George: And you have memory of the days when you were on the Earth?

—A little memory—not much now.

George: I think you recognized at that time the lights in the sky were visitors to us, which we don't all recognize today. In this group we all do, but many on the Earth do not seem to recognize the visitors to it.

Man has become little foolish—needs to remember (Mm), but that not up to me to remind him—that for others to do.

George: Yes—yes.

Now, I go. I say more than hello.

(General thanks)

George: Nahashi Wa—it's very nice to hear from you—we appreciate your visit.

Paul: Yes, hope you can pop in again some time.

George's Notes:

1. Nahashi Wa: *This one first spoke with us 26th February 1996. She brought blessings from 'White Horse' and gave the message: Be good to your Earth and you will be blessed many times. Nahashi Wa and others from the tribal community were also with us on 10th January 2005.*

2. Threshing Process: *Sheaves were tossed from the stack to one on the thresher who cut (and saved) strings and fed into the machine. The machine was belt-driven from the steam engine.*



A Puffing Billy driving a threshing machine, with heavy grain sacks and trolley in foreground.

3. Ann's Visit – 23rd March: *Last week, my dear wife Ann had briefly spoken via Jan, just to say a little glycerine (glycerol) would be good for my ears. They had in fact become dry and flaky. After a week of this treatment I can now report that condition is improved and aids fit better.*

~13th April 2015~ SALUMET

A small group this evening—six of us.

Audio link: http://www.salumetandfriends.org/resources/13_04_2015+salumet.mp

George: Good evening to you Salumet and welcome.

Good evening.

All: Good evening.

The feeling of joining with you is as always of great love and upliftment. I try to bring to you, my dear friends, all the hope that you have within your hearts for your lifetimes here. I wish to say to you this time that this coming year will be one that I feel you will *remember*, because many changes are taking place, not only upon your Earth, but in all of the universe.

George: Oh!—several of us have indeed mentioned between ourselves that we *feel* this will be a very good year.

Yes, indeed it will, and upon your Earth it will almost be like balancing against all those areas of trouble which are in your world at this time (yes). Many discoveries will take place—people will become more aware. It will include not only Earthly skies, your deep oceans, but in the change within each and every person. Whether it is noticeable in all, we cannot say as yet, because, as you know, free-will plays a very big part in all of your lives. I know that these words are repeated often, but I feel it is important to say them. Not only will there be changes in medicine, but the greatest change will be in the human being. So there is much my friends for you to look forward to in this coming year.

George: Wonderful!

Paul: Yes—very good news.

Yes, I feel that there will be a settling of many of the disputes in your world, (ah!) because of these changes. So be aware, my dear friends, of these words which I have given to you.

Paul: That's like a breath of fresh air, because we have over the last, I don't know how many years, seem to be causing more problems than solutions, so finally to have some progress—

Yes, unfortunately mankind has always pretended to himself that all is well. He can no longer do this when this great surge of energy will happen in your world.

Graham: When you say there is going to be a change in humans, do you mean that our vibration will increase?

Yes—it may not always be obvious to you, but it will be subtle changes, but nevertheless it is something to be aware of. And people such as yourselves, will be much more open to it.

George: Yes, some of us have felt that the Internet is playing a part in this and knowledge is progressing as a result—and I imagine this all contributes to a better understanding of how we should be.

Yes, it is giving people *food for thought*, as you might say. It is allowing them to open up spiritually—to recognize that that is the important part of the human being, because too many still are unaware of this. There are too many who are listening to the voices of others, when indeed they should be listening to that inner voice of their own.

George: Yes, sometimes we have felt there's a lack of government understanding, coupled with heading in wrong directions, while there is a great improvement in general people-awareness.

Yes, that has been a problem, but you will find in time to come that those in power—and unfortunately it is power that attracts them to the role of serving others—not because of the love of the people (yes). But these things, as I have said, will alter slightly, only to increase the love and the light which should surround you all.

George: Yes, we've felt there's been a love of power, as you say; also a love of money, and I've actually heard the expression voiced at times: money is viewed as the god.

Yes, unfortunately power and money can go hand-in-hand—not always of course, but I would say generally—yes. It is something to become aware of, but I know I need not say this to you, because you are already spiritually aware and having innate knowledge of what is right and what is not quite so right. But I wished you to know this, my dear friends.

George: That is much appreciated.

Yes, it is hope for your future, so I feel it is good that you know these things.

Paul: Presumably, with more awareness, we will begin to take more care of the planet and maybe take a few more steps to stop polluting?

Yes, as I have said, Earth has always been a problem as far as mankind is concerned, but if you look back in your time, which I do not generally advocate, but sometimes if you look back, you can see how much you have moved forward and in doing so, you become more fully aware of what is happening in your own world. So my dear friends, I say: look inwards to your own thinking—look to your own hearts and you will be guided in the right direction (thank you).

George: Yesterday, three of us attended a lecture on pyramids, with special reference to the Bosnian pyramids, which are still not a subject recognized by our mainstream media, but it was rather nice to observe, I think about eighty people attending the lecture. And several of our readers came forward and made themselves known. This was most heartening to us.

Yes, you do very good work in allowing others to hear what is meant to be heard, so as always my dear friend, we are grateful for your time and for your efforts, because without it these others would not be so knowledgeable.

George: Well Salumet, it is a joy for us to have the awareness that so many others are hearing and reading your words—thank you!

Yes, it is indeed humbling—yes. Now, for this time, that is all I wish to say to you—to be positive in your outlook and your thinking and to see the results and the rewards of your efforts. So let us just sit quietly and then see what comes to you for the rest of your time here. We will endeavour to bring some people to you, but you must be open to them.

George: Yes, and thank you so much for drawing our attention to expectations for the coming year. I am sure many will appreciate this.

Thank you. Now I will take my leave and allow you to continue with your evening.

General thanks followed by a lengthy pause, then another via Eileen—a light chat with a lady of the theatre/stage:

Audio link: http://www.salumetandfriends.org/resources/2015_04_13+Rosamund+stage+actress+1905-London+Palace.mp3

Is there anybody there?

Paul: Um—yes, yes.

Oh blimey, it's one of them séance things!

Paul: Oh well it is a bit, yes!

I thought: nobody's ever going to talk to you girl.

Paul: Oh well, we're here now, so welcome!

Thank you very much.

Paul: What brings you here then?

Believe it or not, I like to make people laugh. And I come here and you're all like dead as dodos!

(Chuckles) (In fact, I think we were all 'away' for a time and scarcely with it)

Graham: Well we're laughing now.

Paul: We're always glad of a laugh, yeah. Is that something you used to do while you were here?

I was on the stage m'dear. Rosamund's my name.

Paul: Rosamund *(yes)*, so you liked the theatre?

I liked the theatre—yes. I was known as 'quite a buxom lass—'

Paul: Ah right—yeah.

—Attracted many a young gentleman, did I. I liked the laughter—I liked the life of the theatre.

George: The life of the theatre—

Yes, I did. Yes—very good.

Paul: Was that a long time ago, or—?

I think and I believe it was 1902.

Paul: Oh right!

If my memory is right, but you know, your memory goes—no need to remember those things.

George: So would that be the time of Vaudeville? Or were you into *serious* theatre, or entertainment?

I entertained, I sang—not much dance, because I was a bit of a heavy lass—but that didn't stop the gentlemen! Yes, I was rather a proud woman. I can see the error of my ways now, but I did like to make people laugh.

George: Yes, why do you think of that as an error of your ways?

Paul: Well, the pride.

George: Laughter is good.

Paul: The laughter was good—yes.

George: Laughter is uplifting for many.

And I did tell some jokes, which didn't go down too well at that time for me (oh), so it was a bit risky.

Paul: But that sounds good. You were maybe ahead of your time, as far as women go—being a bit more forthright—

That's a good word, I like that one—forthright—yes, that's much better than what I was called.

Paul: Ah well, we have a lady who comes through sometimes called Emma. She talks about women needing to be more forthright in certain countries—not so much here, but it's coming along.

George: Gender equality is something we have talked about much, and yes, in some countries womenfolk are unfairly 'put down' by their—

Yes, I wasn't so easily put down. I must have been quite a stubborn woman (right), but it served me well.

George: So perhaps you were an advocate of gender equality, and applied your stubbornness—

Yes, but there was no feeling greater than being on the stage—I adored it.

Paul: I think you must have had a—what they call a 'stage-presence'—some people feel at home on the stage.

Yes I did—it was my life, yes. I never wanted a husband and children. And I suppose that was my downfall, for being so selfish.

George: Aw. Did you enjoy dressing up?

I did, yes—that was part of it.

George: There's an expectation by audience for those on stage to present themselves well and it sounds like you did that.

I did, I did.

Graham: Did you work in London?

I worked in a theatre there, yes.

Graham: —That would have been the West End—I think we call that area—I don't know what it was then.

I just—we called it 'The Palace'. But I had a good life, although many women at that time did not. But I can't say too much, because I was not involved. But I just loved the laughter and the thrill of being on the stage.

Graham: Do you still do things like that now?

Yes, I do tend to come and try to help people with laughter, because laughter is very good for you and too many people do not laugh, do they?

Paul: Yes, do you have like a stage in spirit—I guess you can have everything...

You can have whatever you wish, yes—and sometimes I do it for the children. And sometimes I realise what I missed not having children, and then another time I think: no, that was the life you were meant to

lead, and I was a fortunate woman—many gifts, and as I said, many people were unkind, but nevertheless it was a good life.

George: So it's good that you can look back on it in that way.

Yes, I tend not to tell people—that's not the purpose of it—but to come back to make people laugh.

George: So what do you do now—are you planning to be ongoing in spirit and be an influence with others? *I intend to stay where I am for quite some time, to return to help others who are in need. I'm being told something now—the gentleman has a daughter and the lady has a daughter, and they are saying to me to say: 'If at first you do not succeed, try, try again.' Both these girls should be told that—I do not know what it means—I am just giving it to you.*

(Dawn and Graham express thanks)

Paul: Possible stage connections?

I do not know—it's just come—

George: I think we're all aware of competition in our world—

Yes I wouldn't like to be alive today.

George: And one has to try and try again.

Alive! Is that not funny?

(Chuckles)

Of course I'm alive—well, well, well.

Paul: That's a good joke—there you go.

Yes, well what I mean is I wouldn't like a lifetime at this particular time in history—although times were hard back then—

George: I guess life is very different on the planet today.

Yes, although you know, for one life that is happy and contented, there's another that isn't. So, it's always, always balanced somehow I feel, although I do not know too much.

George: So do you endeavour to influence those on the stage at all today?

Oh no, no I have left that all behind.

George: You've had enough of that—

I've had enough of that yes—I think they probably had enough of ME.

(Chuckles)

But it was a life of experience, shall we say. But it was the forerunner for what I do now. So, in that sense, it was a VERY good life. It was a very good TEACHING in that lifetime.

George: Yes, interesting perhaps that today we have a gentleman named Russell Brand, and he began as a comedian on stage (*yes?*). But he's become much more politically motivated more recently, and he has a very active mind. I think he receives assistance from spirit, and he's getting over some very good messages which I think are being a good influence on our way forward.

Yes, I can't say that I know this gentleman, but if you're happy, I say to anyone who is alive in your world today: listen—listen to all people before you make judgement, and if good words are said, then digest them—it can only be good for your own soul.

(Agreed)

Yes, and there is a saying in your world that I like, that if you cannot say anything good, then please do not say anything!

(Laughs and agreement)

I feel that is a wonderful saying.

Paul: Mm—I was thinking of that one recently, funnily enough.

Were you—yes, it's a very good saying (mm). Mm, as you can gather, I'm very much into sayings at the moment.

Paul: They help remind us because we've got such bad memories down here, that we forget things too easily—so to have a saying helps to remember.

Well don't worry too much, because when you come to my world your memory will be quite good if you want it to be, but sometimes it's not a bad thing to forget. Don't you agree?

Paul: Yeah—oh, to forget a lot of the...

Yes, prime examples are very small children, aren't they, where their memory is very selective. For their own sakes, I bless them all—yes. (Said with chuckles)

George: Small children with selective memory—

Yes—deliberately!

George: I've recently been writing an article, and it concerns 'reincarnation', and I became rather interested in the small child prodigies (*yes*) and how some of them seem particularly brilliant at certain things at a very early age; and one reasons that they must have learnt what they know in a previous lifetime.

Yes, not even just one lifetime. These people have knowledge from many times, many lifetimes (yes).

Yes, you all have learnt something from past lives, but these particular people you speak of are probably quite old in their time.

George: Yes, one who comes to mind is Mozart, who composed symphonies at the age of four!

Yes. We have children in spirit who are doing that also. You do not always realize.

George: Children in spirit?—Yes!

Yes. If that is what they wish to do then that is the way that they are guided. And very often then, they wish to return to show what they have learnt. Yes, it's wonderful isn't it?

George: Yes, as an entertainer on stage, you must have developed your mind and vocabulary and turn of phrase nicely—which you have now.

Well I wouldn't quite put it that way. I did have a turn of phrase, but it was not perhaps proper!

(Chuckles)

I was very good at taking off my gloves (Ah right). Are you aware of this kind of thing?

Paul: It sounds like you—at that time it would have been like the old razzle-dazzle. Did you throw your glove?

—To effect—yes, I did dispose of my gloves into the audience, yes.

Paul: Right—and that got the young men excited probably.

Well, I cannot speak for them, but yes I would say so. Yes—it still makes me smile.

George: But you are well-spoken. So did you develop your speaking style in that life on Earth, or has that come since?

No, I actually spoke like this, but to be on the stage, it pays you to be a little—oh dear—common? Yes, a little brusque, you know. So I developed that way of speaking, but my own voice was—yes, quite proper. I actually shamed my family by going onto the stage.

George: Really?!

Yes, that's almost a confession isn't it?

George: So you were from an upper crust family and they felt that going on stage was beneath them—

Most shocking, most shocking—yes. I was not spoken of well within my own family, so I had to find my own way, which was hard at times, but nevertheless I still say it was a good life.

George: Yes, good! Well, we each have our free-will as individuals (*yes*) and that is one of the rules of spirit.

That is God's way, yes so we were all given free-will, and that is as it should be (yes). Anyway, as I must leave on stage, I must leave you all now, because I have spoken to you long enough.

Paul: The curtain's about to close, is it?

(Laughs)

You are one of a kind—thank you dear sir.

George: Well thank you for coming to our stage. So this is a curtain call?

Yes, and I am happy to have been here, but I'm also happy to go.

Paul: Well thanks for the show, and drop in again.

George: Yes, do feel free.

Yes, and if I might leave you with one of my gloves?

Paul: I was going to say actually: throw us one of your gloves for old time's sake, yeah.

I've heard that many a time—yes.

(Having been 'away' at the start, George asked for a name. Our guest elaborated that 'Rosamund' was her stage-name and that's what we're getting!)

George: Well, thank you Rosamund, and we've enjoyed having a chat.

Yes, thank you for listening.

Paul: Any time you want to pop back—it's a pleasure.

And please do not forget to tell those girls: If at first you don't succeed, try, try again.

General farewells

George's Notes:

The Palace Theatre: The theatre, built in 1891, is a striking architectural feature of London's West End. Following a period as an opera house, the building became a grand music hall and was renamed 'Palace Theatre of Varieties', and later referred to as simply 'The Palace. In 1897 it began screening films as part of its entertainment programme. Herman Finck was its musical director (1900-1920) and during that period the theatre combined variety entertainment, including dancing girls, with the screening of films.

~20th April 2015~

Firstly this evening, one spoke via Eileen, explaining that 'Cho' would be speaking with us soon. They continued to chat for some time before another followed through Eileen:

Lilian: Good evening.

A quietly spoken: *Evening mam.*

Lilian: Sorry, can you repeat that?

(Paul repeated the greeting so Lilian could hear)

I haven't done this before.

Lilian: Well I can hear you very clearly. So this is a practice...

Yes—feels a little bit odd.

Lilian: Yes—being in a physical body?

Yes.

Lilian: Feels heavy?

Yes. Sounds different too—doesn't sound like me.

Lilian: Are you a man?

I certainly am.

Lilian: Yes, well you're using a lady—so you would wouldn't you...

Well that explains things, wouldn't it...

Lilian: Yes it would. *(Chuckle)*

I didn't really believe you could do this you know—didn't believe it at all.

Lilian: Didn't you? Something you'd never thought about, while you were on the planet?

No—I thought, what's the point of coming back? What's the point of it all?

Lilian: Maybe it was just to prove to you that it could be done.

Yes—it is proof to me. First of all I thought it was a trick. I had parents who thought things were funny, and first of all I thought: they're tricking me. But this isn't any trick is it? This is no trick?

Lilian: No—no, we can hear you. The fact that you are using a lady proves it's no trick.

Amazing isn't it?

Lilian: Yes, you'd never heard of it while you were here and I see no reason why you'd think any different—for a while anyway *(yes)*. Maybe somebody said something to you in spirit and you got curious?

Oh I was curious all right—very curious, but still didn't believe it could happen—and now it has!

Lilian: How long have you been in spirit? *(How long?)* Can you remember?

(Pause)

Lilian: Can you remember who was on the throne—a man or a woman? King—queen?

A king I think.

Paul: Maybe King George?

That sounds more like it. Your memory goes you know (yes). It's peculiar—some people remember everything and some of us just forget.

Lilian: It's not worth remembering really, once you're there, is it?

No. What's the point?

Lilian: From our point of view it gives us a clue—we're just being nosey really.

I can understand that too—yes.

George: So you're a spirit and you're borrowing another physical body *(yes)* and you're finding that your voice sounds a little different. That's because you are using a different throat—a different larynx. And you are finding that you're able to move your hands.

Yes I can—it's peculiar.

Lilian: Pretty marvellous though, isn't it, really?

It's wonderful! To think you can come to places like this and talk again—and you can hear me.

Lilian: What do you do in spirit?

At the moment—I was lost for a little while I think—only because I didn't believe (yes). But I'm exploring everything now—meeting people, seeing children, animals—just seeing the beauty of the whole thing.

And forgiving my parents for the joke they played on me.

George: Well, forgiveness is a great thing.

Nothing terrible—it was all in my head. I thought they were being cruel—they weren't. They just liked a little joke—not cruel at all. Do you know why?

Lilian: Can you tell us?

They gave me a name—they thought was a good name, and I didn't when I was young—because it's a name that's in the history books, and I didn't think it was amusing. Do you know the name they gave me? I still remember that—Thomas á Becket.

(Various exclamations)

Thomas A Becket—that's my name; of course I'm not the famous one, as you might have gathered. But I thought it was cruel of them, but they didn't do it out of...

George: Did they like the name: Thomas á Becket?

It was Thomas A Becket—yes.

George: So that's the name they gave to you?

Yes—I became a bit of a joke when I was young.

Lilian: So you changed it, did you?

No—what's the point? And I know now it wasn't done with any malice. But I would say to people, to think before they name their children.

Lilian: We've been told that we choose our names before we come.

You can, but it can be altered by the parents.

Lilian: Of course, yes—we've been told that too.

Yes—most people are happy with their names, because they have chosen, but there is always an element of stronger energies which can transmute and change (yes). Anyway, that is all something to be forgotten about.

George: Yes, we can understand that. Did you have a different name that you would have liked?

I wondered if I could have been 'Peter'.

George: Ah yes, mm.

I could still be called Peter if I wanted, but what use is it now? We do not need our names.

Lilian: Are you enjoying your visit?

I am amazed by it.

(Chuckles)

—And I feel almost like I've become alive again. Does that sound strange to you?

Lilian: It's difficult for us to say, because we're still used to this body.

Yes, you would not be able to comprehend I suppose. But I am satisfied now that it can happen, and it can take place.

George: You feel as if you have come alive again? **(Yes)**—so that's with the memory of life as it was when you were on the planet?

Yes, although I cannot remember too many details, I know that human existence is so much different from that of spirit.

George: Yes, we understand the memory of details going with time.

Yes, because they are not important—it is the spirit that is important; and as you said previously about past lives, I believe you said: what does it matter? What does it matter?

Lilian: I think you feel that more in spirit than we do **(yes)**. We're just curious to know a little more. But in a way, even while we're here we forget things that happened when we were young.

Yes, because of your memories—because, as you age and get older, so memory fades. In your world it fades, as I am beginning to fade now. And I must return—so I want to say thank you, for allowing me this time to experience this for myself.

George: Well, it's interesting for us—we've enjoyed chatting with you **(thank you)**, Thomas, or should I say: Peter.

I will leave that to you, I really do not mind. But I have to go. I can feel the pull.

George: Fare you well and thank you for coming.

There followed a period of clairvoyant messages via Eileen. Then finally, she experienced a most powerful unspoken presence. Hands were raised in firm gesture as if in salutation to all. She described a being wearing a golden pointed hat, sitting in a golden temple

~27th April 2015~

Firstly one spoke via Eileen, mainly giving personal messages relating to Sara and Graham's family.

Towards the end of the communication, she added a little message from Ann, George's wife now in spirit:

One thing to say before I leave, and I really must leave: she thinks and loves each and every one of you—that is the extended family also—not only you in this room.

George: Ah, that's wonderful!

But she has a most lovely smile (yes!). **Now I see her—she has come just a little closer.**

General appreciation

But she would never have pushed herself forward.

George: And yes, you're absolutely right—it's a wonderful smile.

Yes—beautiful smile. Even more so probably than you remember—she is saying something about a blue dress.

Sara: I've got a blue skirt that was hers, given me recently.

She is smiling still, so—

Sara: I've been wearing it.

Yes, she's happy about that.

Sara: And her pink cardigan today—tell her.

Okay. Now I have to leave. I wish it was longer but I have to go.

George: Thank you so much. It's been so good to hear all that you've said.

There followed a period of quite strong clairvoyance via Eileen. One was with Eileen and it fairly quickly became clear from exchanges with Sara that this was 'Connie', her grandmother (also grandmother to Mark and Paul, and George's mother-in-law). This was a most dear and well-loved lady who was exceptionally kindly towards her grandchildren.. Then, following a lengthy pause, another was with Eileen, adding a complete contrast to the happy family situation:

Audio link:

http://www.salumetandfriends.org/resources/27_04_2015-Dennis-hard+life.mp3

George: Good evening—welcome to you.

I was waiting for you (ah). **Good evening.**

All: Good evening.

George: Have you dropped in for a chat?

You could call it a chat if you want. I'm not one who's going to come and say: ooh, I miss him and her—and that and this, because I don't. I'm glad I'm here where I am. Life brought me nothing but—ooh—can't even bear to talk about it. I wouldn't want to come back.

George: You wouldn't want to come back?

Wouldn't want to—no.

Sara: It's good you haven't got to.

Well, you never know. I've heard tell that some do. I don't want to.

George: Yes. Would that be because you had an unhappy life? Or—

Yes, I did (oh). **Don't want to depress you or anything, but that's how it was.**

Sara: So you did well to get through it then, probably.

Glad when it was all over (yes). **Didn't know what I was coming to mind you, but nevertheless I was pleased to leave.**

Graham: Was there anybody who loved you?

—Don't know—probably the cat—lost all my family.

Sara: When you were young?

—When I was young.

Sara: Oh dear—that was difficult.

Hard life—I don't want you to think I'm unhappy now, because I'm not.

George: Ah, you found happiness in spirit.

Yes.

Sara: That's good.

George: You have good friends in spirit?

I've made some friends now. Some—I didn't want to know. And you don't HAVE to know them.

George: So have you been in spirit long, or do you recall when it was you were on the Earth?

How long have I been here?—it feels like forever. I don't know—got to be honest sir, I don't know. I was a bit confused to begin with.

George: I was just wondering if your difficult time on Earth related to a past time that had rather poor conditions—

I don't know about that, because you see I'm still learning (yes). I am still learning sir, I am—there's lots of forgiveness to be done, and I'm trying and I'm working hard.

George: I think we're all learning in our various ways.

Yeah—but I've just come tonight to show the difference between coming through and talking about loving families—not everybody has a loving family.

Sara: No—that's right, we have to remember that *(yes)*.

Graham: I think sometimes perhaps we take for granted.

Yes, that's what I was going to say to you sir. Not everybody's as happy as some. Some people have a miserable existence.

Sara: They do—it takes a bit of understanding really.

Yes, and even when you come here, you rebel (yes). I suppose that's hard to understand, but it's true (yes), because you're still angry (that's right).

George: Do you recall if you lived in a big town?

Yeah I did sir—where there was lots of people—I do remember that. And do you know, you can feel lonely in a big town.

Agreed

George: Yes, we are aware there was a time when there were street urchins—I think that was the name, and they had a tough time.

I wasn't an urchin sir—I just didn't have any family who cared about me. I don't know why and I still don't know why.

Graham: Did you have childhood friends?

I had one lad I quite liked, but he left with his family, so I was left all alone.

Graham: It must have been heartbreaking *(yes)*.

George: Did you go to school?

No sir, I didn't (oh)—I should've done but I didn't. Anyway, I haven't come here to depress you.—I've come here to tell you that not everybody is sweetness and light (yes). Some of us come over and as much as there's plenty of love, it's still hard to rid yourself of all of these things.

Paul: Are you gradually ridding yourself of that life?

I'm aware that I've got to work hard—I was in a bit of darkness for quite some time, only because I was confused—I didn't know what to believe.

Paul: Yes, but there's plenty of help at hand, isn't there...

Yes, there is—yeah—lovely.

Sara: It's a good thing to remind ourselves that not everybody has a happy life. It helps us to be more tolerant.

Yeah—be more kind to those who are without—that's my message to you.

George: It sounds as if you are making real progress, and that's good to hear—good for us to know.

Yes, they wouldn't have let me come if I hadn't made progress—yeah. As much as I wanted to come, I wouldn't have been allowed if I'd dragged you all down.

Sara: You haven't done that.

George: We're interested to learn, whatever the circumstances.

Can I just suggest to you all that you all keep talking, because it's a wonderful gift—to be able to have conversation.

Paul: Yes, that's true. It's another thing that we're lucky in this group—we are all able to chip in and talk — we don't quarrel, we just talk.

That's good isn't it? But you need to have friends to quarrel, don't you?—people to quarrel with.

Paul: Yeah—sometimes a bit of a quarrel is alright, isn't it—you can always make up afterwards.

Well, I don't know much about those quarrels, but there you go.

Paul: Well—you probably can't find anyone to have a quarrel with, where you are.

Well we don't quarrel here—there's no need because your understanding's much better. But it still takes time. As I say, if you've been in some kind of fog or mist or darkness—but I can't tell you how wonderful it is when you come out—when you see the light. Yes, that is the most wonderful thing of all.

Paul: I think there *has* to be a great learning in that experience. Maybe it will gradually unfold, what that learning is. It could be partly in having that really lonely life, it *must* give you the ability to see the joy of having friendship and this is what you can now look forward to.

Yes—it's not even learning—it's complete knowledge of everything here. I can't explain it to you.

Perhaps somebody can one day, but I'm not able to.

George: It's more like an inner knowing rather than learning.

That's right sir.

Paul: An inner knowing of the incredible gift of people—

You just feel part of everything. That's all I can say.

Sara: Yes, and you probably have a heightened appreciation of it really. That's the beauty of lack isn't it—that it gives you that amazing appreciation when you have access to it again.

It sounds like you all know more than I do.

George: We've got a wonderful teacher who visits from spirit and we are fortunate in that way.

Yes, I don't know about that—I don't know about that sir. Anyway—I'll get off before I depress all of you.

Laughter and general denials

George: You're not depressing us! Can I ask you about music? Were you aware of music while you were on the planet, or now that you're in spirit?

Of course I heard music—yes. Did I know any music do you mean sir?

George: It can raise your spirits sometimes—if I could use that expression?

Sometimes it can, it depends how deep you've gone. Yes, I agree. Music's wonderful over here. Have you ever heard the trees sing sir?

George: We are aware sometimes of the breeze rustling through the leaves.

Singing in the air—yes, I've heard that said too.

Sara: I think you hear things differently in spirit—in your world.

It's not even hearing—it's just being. If I could say one word to anybody still—where you are, it would be just 'BEING'. It says it all I think (yes). And I'm still happy to be learning about being. But it's been great to find some new friends.

(General appreciation)

George: You are welcome to come again if you feel like a chat *(yes)*. Ur, can we have a name for you?

You can sir if you want. My name's Dennis (right).

Sara: Well, you can come any time, so you've got some more friends here.

I'm very grateful for that—thank you.

George: It sounds like you've made very real progress while you've been in spirit, Dennis *(oh yes)*. That's good—good for us to hear.

Yes, I am making progress, yeah—and that's not said with any vanity.

(Agreed)

So I'm gonna say: cheerio, and hopefully one day I'll be back (yes). And I'll tell you what else I've discovered.

(General affectionate farewells)

Paul: Carry on *being*.

Mark: It's nice to hear about 'being' because down here it's nearly all 'doing' and 'making' and making money...and it's not 'being' at all really.

Are you not being? Why don't you make that your next project then—'being'.

Mark: Yes—thank you...

George: We've got an election coming up, and I think some of our politicians should take note of that!—be less controlling, less dictatorial—much more into 'being'.

If I wasn't learning I'd say: shoot the lot of 'em!

(Much laughter)

George: If you were back on the planet, I think you might get our vote!

(More chuckles)

Yes, right—I'm being called—I must go.

George: Thank you for joining with us.

(Warm farewells)

~11th May 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/11_05_2015+salumet1.mp3

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

We bring to you peace. We also bring to you much love (thank you) and understanding for all that happens in your world. We give thanks, my dear friends, for all the loving, healing thoughts that you send out for those who have passed. Times such as these make spirit busy, but I would wish to gently remind you that these events—these happenings—they are part of your planet's evolution, and therefore we in spirit are very busy at these times of what you call 'disasters'. I would like to say to you that so often we hear: if you know in advance what is happening on this Earth, why cannot you stop it? I am sure you know the answer to that question (yes), because of course it would be interference. We can

try to help, we can try to uplift, but we cannot interfere with that evolutionary path which is part of your planet Earth. So my dear friends, just a gentle reminder for you all to consider—to consider what is happening within your world. And after all, every event, every happening is *your* happening—is owned by each of you. But it is always difficult we know for you to understand why these events happen.

Would anyone wish to speak?

George: Yes—the natural disasters that occur as part of our planetary evolution, does that link in some way to the free-will of humanity?

Those disasters which you call ‘natural’ would happen, no matter the thoughts of many. But I understand what you are saying. Mankind can alter many things with his thought—this you know (yes), but ultimately he cannot change what is meant to be. Do you understand?

George: Yes, and I just wonder if, through free-will and good thinking, he would have the ability to know in advance about these things.

Many of these things are already known of in advance. You will find if you look into these matters that this is so. But nevertheless they are what you call ‘natural disasters’ and are part, as I have said, of the evolution of the planet (yes). Of course, mankind, as you know, has the power to alter *many* things—many, many things; especially himself. This he does not do well, but slowly, slowly you are learning. Do you understand?

George: Yes—I was partly wondering if by improving his own awareness, he could be more aware of these things coming.

Yes of course—that is the answer. But mankind has to learn that awareness—that *spiritual* awareness is what would help. But he will never be able to eradicate what is meant to be. He of course would wish to do so, but as I have said, that would be classed as interference.

George: Yes, but he might through upgrading his awareness, shall I say, become more understanding?

Yes of course. Yes, I entirely agree with you. Yes—mankind’s awareness is not great, but it is something for each of you to work upon. You can work upon the awareness to help others in many different ways. It need not be a giant leap, but some small knowing that can help your fellow man. And as I have told you in times past: if you but help one human being, my dear friends, you are doing well—yes.

Paul: Maybe for mankind, these so-called natural disasters provide possibly some *humbling* for the kind of people who become a little bit ‘power-minded’—to know that they actually *cannot* control something.

They will never control the elements—never control the elements, but what they can control, I repeat again, is themselves. They can become aware of their own humility, their compassion, their knowing what happens when these events occur—that they can help those who are left in need, and they can become custodians, if you like, of many things.

Paul: Mm, because they’re absolutely *trying* to control the elements (yes), the scientists, but—yes, it’s so outward-looking instead of trying to control themselves (yes), they’re trying to control nature.

Yes, if only they could begin to understand the workings of your world—the workings of the mind. That would be much more beneficial—*much* more beneficial, because then they would have the capabilities of helping individuals—helping people who are starving, helping people who are without homes—all of these things.

Paul: Yes, I think some of us get sad that these scientists are spending all their time trying to control the weather and things, but we don’t know how to reach them and...

They will always have some element of success—I do not say they will never achieve anything by trying. They will to a degree, but what I am saying to you is it is unlikely that they will ever rule the elements of your planet Earth.

Paul: Yes, I think that's good to know, because I'm not sure they'd rule it very wisely—at the moment, anyway.

That is why they need to become aware of the mind—of the *spiritual* aspect of living. All of you have a duty—are duty-bound to find within yourselves that love for peace—that love for humanity, which still does not exist today.

George: Yes, I think this might be an apt time to say that it is the 70th anniversary of the ending of our World War II, and there have been commemorations, memories and services all over the world, notably in Russia, parts of Europe and the United Kingdom. I was wondering how you regard these occasions—these commemorative occasions, when people remember *the end* of a major war, and clearly they are aware of the value of peace, particularly at the end of a warring period (**yes**). Have you any comment?

Yes—I would say only: if people have the awareness that what they have been through—the evil of killing another human being—if they could learn from those things, that would be something quite great I think. But throughout history, how many times have you seen war? (*Affirmations*) Have they not learned about the reactions, the downfalls—the hatred that is created by all of these unjust things?

Mark: Yes, there seemed to be a good period following the 2nd World War, in this country; when a very socialist-style government was voted in, and there was a long period of very good productivity, producing things for the many—not for the few. But it seems that thinking got lost over the years.

But you are speaking of one small island in a planet. I am speaking of the whole of your Earth, where constantly men fight against their brothers, and still it is not acceptable. And what we are working towards is 'love', 'understanding', 'peace'—that each and every one of you in this room, on this planet, are images of each other.

George: I think you imply that 'remembrance Days' are of no value, unless—
—Unless, yes—

George: —People learn from them and become aware (**yes**) and love, and begin to value 'peace'.

Yes—sometimes I feel that these events are encouraging others to be fearful—and as you all well know, my dear friends, *fear* is one thing that you should never want to possess. Again I say my favourite words to you: there is only 'love' and there is 'fear'. And under the umbrella of fear lies many of the problems of your world—you understand?

(General agreement)

So it is a case I feel, of once more, looking at the wider picture—looking with those spiritual eyes, and trying to help others in understanding, with patience and with love.

George: Yes, this is better understood and developed on a personal level than on a political level. While there have been remarkably good politicians, they seem far too few to achieve a love activation (**yes**) on a political level.

You would be amazed, I feel my dear friend, if you could see how many in our world are working with those in power, to try to bring to them that feeling of unity and love with their fellow man (*yes*). We are working very hard to try to encourage these people, but it is not a quick task; you have been so long with people who only want to be greedy, either for profit or being of some kind. It is like trying to work through what you would call a wall of steel.

George: It's heartening for us to know that those in spirit are working away.

And that is why it is important for each and every one of you to work in sending thoughts to these people—that they may indeed find their own light. That way will change your world for the better.

Paul: Yes, instead of being critical, we must be charitable towards them.

Yes, if you cannot find or give charity from within, how do you expect others to?

George: Yes, I'm sure we all agree that that works on an individual level.

Yes, these are words I have given to you before (yes), but I feel as always, it is good that you hear those words repeated, just to remind you.

(Agreed)

George: Yes, and going a little beyond the individual level, there is the Internet; and views and influences are being attempted through places like 'Facebook'—people offer views and ideas in that way—

Yes it is a form of media which is being used for the betterment, when it is used in that way.

Jan: It also creates a lot of fear **(yes)**.

George: It's rather a mixture!

That is what I was about to say: as with all things, there is good and there is bad. You must ensure that any comments made or looked upon are those of some purity.

George: And we must use our discretion **(yes)** as to which of those comments we take on board.

Jan: From what you've told us over the last 20-years, is how to actually filter those comments that are totally irrelevant. I do find myself skirting over the bits that are of no importance whatsoever **(yes)**, for betterment of myself or my fellow man **(yes)**, and that alleviates a lot of the fear in your own daily life.

—Because you are taking control of your life; that is what is happening. You have decided that those comments, those remarks which are full of fear are not what you want to see or hear.

Jan: No, they are no benefit at all **(yes)**. I read an interesting article on Facebook this morning on fear, and the author, in her opinion—which I thought was a very valid one, was that have not evolved to deal with our fear very well. When we were put on this planet and were chased by bears etc and the fight or flight—chemicals in our brains would step in. She believes that that's still there, but rather than a bear chasing us, it's now our own fear which causes the anxiety, and we've not yet learned to switch that off. And it resonated with me very well, that's that occurs in everybody's life. It is a chemical in the brain—our every choices are made out of love or fear **(yes)**, and if you take that fearful choice it's very, very difficult to overcome that obstacle, and that fear follows you around and absorbs your very being I feel.

Yes, of course, that is what fear will do—that is what I have said to you. That is why it is important that you know yourself as a spiritual being, not a physical being. I repeat this to you so often, my dear friends, but it is so true. The spirit can overcome many obstacles.

Jan: I felt when reading it, it is our—as humans it is our biggest obstacle **(yes)** because without that fear, things would just completely change.

Yes, and it has served its purpose in times gone by in the evolution of mankind.

Jan: Yes—such as being chased by a bear—

Yes and at those times the fear was used, may I say, in a positive way; because of course, even fear has a positive and a negative side to it.

Jan: Yes, the positive was you ran quickly to escape the bear, and then the chemicals in your body would settle again until the next time that you needed that **(yes)**. But we are bombarded with fear every day and every moment of our life, whether you choose to absorb that and take that fear on board—

That is where your free-will comes into play. Yes, you are quite correct. But it is something, my dear friends, for you all to think upon this time. It is such a vast *subject*, as you would say, for you to all absorb, but nevertheless it is something you should think about carefully and again come to know that spiritual being which rules over everything else in your lives.

Jan: I have another feeling on the subject. The authentic self, if you base yourself on your authentic self, then other people around you who are not in the same way of thinking—it can have a negative effect

when you feel more centred than the people around you, and you're drawn back into that fear. And that's where free-will comes into it again, but I think it's very difficult for us humans to actually stay centred — **Yes, if you allow yourself to be immersed within a pool of fear then of course you will be dragged down by it. It is a powerful—we shall call it 'emotion' because that is the word you would understand. But because you have free-will you should be strong enough to reject any situation that creates that fear.**

Jan: And dis-ease comes from the fear, as you've told us before **(yes)**, but our aches and pains, I've learned, are more from the anger side—contributed to fear anyway—comes from the core of the fear itself **(yes)** and stops you from moving forward—you literally—your spirit might be calling you to move forward, but you are stuck.

You are ignoring the spiritual voice.

Jan: Yes—my illness has come from fear **(yes)**—all of it?

All illness has a negative background, as I have told you often. And again I would say to you, that it is practice to allow your spiritual being to guide you, to help you and to keep you *free* from fear. After all, what within your lives is there to fear?

Jan: No, we're not going to be eaten by a bear any more, are we?

And if you are?

Jan: —so be it?

So be it.

Sarah: You say all illnesses come from fear-disease **(yes)**. Even things like worn-out hip, has that worn out because of fear?

Jan: The balance of the body is not quite right, so you walk on one side or the other. It has the same effect—it doesn't matter which part of the body it is—it has the same physiological effect.

In the evolution of man, your life should be one which moves smoothly, until such time as it is ready for you to go home. That is the perfect life, but we know that the Earth planet creates, as the lady has said, many fears, and that is where it stems from; and as she has already explained, there is always dis-ease—dis-ease within the body, which is unbalancing. That is the problem—nothing is balanced, so fear and dis-ease take over the body. Some may never experience this problem—many cannot understand this problem, but all I can say to you: it is a basic truth of humankind.

George: In my youth, I did conscripted military service in the army and as part of that, I did a course in parachuting. There seems to be a natural fear of leaping out into space from a great height; and it was most interesting to see how different people overcame that fear. Some seemed to have a strength of mind which seemed to get them through it; some seemed to just *freeze out* mind, become quite rigid and do their first jump; for others it was a matter of ground-training and with much repetition, being tapped on the shoulder and an instructor shouts 'go!'. So when you're in the aircraft and you're tapped on the shoulder and the instructor shouts 'go!', you go; because this has been your training. But it was interesting for me to see how different people responded in overcoming their fear.

One other thing I would say is: remember although you are spirit you are cloaked with a physical body. You have come from two parents who already have genetic faults, so you have to make allowances. That is why some people are braver than others—some people have strength of mind which others do not have—many reasons. So you are a combination in this world of spiritual and physical—

George: —endowed with genetic thoughts, as you have said. That is interesting **(yes)**.

Jan: Also, and I believe I'm right, we come into this world with only one fear, and that's the fear of falling—**That is part of the passage of birth—**

Jan: —of birth—yes, that’s right. So some people probably carry that on and never actually deal with that and others, as a baby and an infant, learn to deal with that and find it’s not so bad after all—

And there is also the fear of being born into a physical body (yes). You must remember all of these things. Nothing is as simple as it may seem.

George: So if there were no fear of being born into a physical body, then there would be much more reincarnation (yes).

Sarah: But what happens if you have a caesarean section? Perhaps they wouldn’t have that fear, *(of falling)* would they?

They probably would be more afraid of—because most babies would be born in a natural way; those who are taken from the body in the way that you describe, would have different fears—fear of the sudden bright lights, fear of the many faces which greet them; there are many, many reasons. Yes, but yes, you are correct in your assumption that there is fear from the very moment of birth.

Sarah: Going back to the natural disasters (yes)—when there are earthquakes, afterwards, some people have miraculous survival—they’re taken out of the rubble after many days and they survive. Is this because they are not ready to go, or because they’ve asked for help or is it just luck?

It could be a combination of all of those things. I would say that it is not their time—that would be the main reason. So if it is not their time, it is only right that they would be found or they have asked for help and those Angelic beings, who are so good at these times, are there to help them.

Sarah: So really, all the others who don’t survive, it is their time to go?

Anyone who goes, it is their time, (yes) yes.

Jan: How much of that survival instinct is the free-will?

That would come into play because it is part of the physical make-up. Yes, of course, your free-will (to fight—survive), yes.

Sarah: Even if it was a baby—
—Even a baby.

Jan: I can imagine their will to survive is even greater than somebody much older.

Sometimes it is more difficult, because the child would be closer to spirit—and happier to return (yes), yes.

George: One gentleman, who studied drowning at sea, was convinced that a main cause of death was panic.

It does not help. Yes of course, if you panic it is fear—yes.

George: I imagine in an earthquake situation, someone who becomes buried could panic, while another might go into a period of meditation or close to that.

Yes, there is no one answer to all of these questions. I cannot give you one specific answer that will satisfy all of you. But all I say is: remember that first and foremost you are spiritual beings, and try to place those fearful conditions to one side. I am not saying it is simple, it is not. But in the striving for it, you will find you will become stronger and better people for it and better able to help others—which after all, should be one of your goals of life. Now, my dear friends, I have enjoyed our company this evening, as always.

George: We have much enjoyed your good teaching Salumet. Thank you so much for that.

Thank you, and as I take my leave from you, know that always I am close—always I am a voice, in order that you may convey whatever you are feeling. And with those words, I leave my love with you all.

(Fond farewells + thanks)

Following a pause, one was then with Sarah:

Audio link: http://www.salumetandfriends.org/resources/11_05_2015+egyptian+eye+med.mp3

Lilian: Good evening and welcome.

I am just bringing you a little information that is not of huge significance today, but I have been part of a life of the ancient Egyptians, and I just thought you would like to know that the eye that they paint on these replicas and drawings and images, is indeed an eye that you CAN look into. And if you look deep enough into an eye, you will see another eye, and once that eye has been looked into, there will be yet another eye, and this is what the Egyptians knew—that when you CAN focus on an eye, you will see repeated eyes. That eye will never go away, and you will then find that you have arrived at a point where you are able to have knowledge that is there for you; but you have at the time before looking into the eye, been unaware of. So I just wanted to let you know that these eyes do in fact have great significance, and were not just something that were painted on for a perhaps decorative feature. They were indeed able, these ancient Egyptians, to use these eyes for much knowledge and understanding. So that is just my message—I just thought you might be interested to know that.

George: That is indeed very interesting. Might I ask about the state-of-being on looking into the eye? Would it be a meditative state?

You can arrive at achieving an eye to look into at any time. You only have to focus your mind on an eye, and you will find you will see one, and then you can work down through the eyes that come one after the other (ah). As soon as you have looked into the eye and you are focussing onto the centre you will find the next one, and so this pattern is repeated until you will find yourself in that state where you can obtain knowledge that you do indeed have, but you are not aware of.

George: So it's a matter of focussing mind (yes), and shall I say, being away from worldly thoughts—Well, I think you will find that once you start to look into these eyes, you will indeed get into a different, how can we say?—

George: A different mental state?

Yes—but you do not need to start in that state.

Mark: Would this be a similar process that people do using a crystal ball?

I think it is slightly different, because the crystal ball is just for focussing, but the eye does indeed produce something a little more than the ball—could I say: the ball is perhaps one plane, whereas the eye has much more depth.

George: —and just purely for clarification: are we talking about looking into an actual eye or a drawing of an eye?

No—I am talking about—it will be an eye—but you do not look into someone's eye. You close your eyes and you focus on an eye and it will appear.

George: Yes, that clarifies—thank you (yes).

Jan: It's your mind's eye—your spiritual eye that you're—

It is an eye that is given to you when you wish to focus on these repeated eyes.

Jan: I wonder if that's where our saying 'our third eye' comes from—

I beg your pardon—

Jan: There's a saying here on Earth that your third eye can see further than the pairs of eyes that you're given (yes). So I would imagine that that's the third eye—it's the spiritual eye, it's the window to the soul.

Yes, I believe this has a connection—yes.

Jan: Good—that makes sense, and the Egyptians had learned, hadn't they—

They knew, yes indeed they did, and that is the reason—

Jan: —for the drawings.

—For the drawings, yes.

(Jan then mentioned one of the bank notes having an eye on it—the US dollar and a little discussion re possible SF film connections.)

Paul: I think we'll all be trying it now.

That's good, because you will all gain from that.

Mark: Yeah, we certainly need all the help we can get, focussing. Thank you.

So now I will leave you and thank you for the time.

(General thanks)

George: Thank you for your explanations, and I think we understand that the Egyptian drawings are representations—or attempted representations, of this eye within consciousness.

Thank you.

(The power then seemed to fade as the communicator withdrew)

George's Notes:

THE EYE: *The Egyptian eye teaching seems to connect very well with that phrase used by Salumet earlier: That is why they need to become aware of the mind—of the spiritual aspect of living. So perhaps this is an interesting exercise that we should practice. And what has been said makes perfect sense of that other phrase: the all-seeing eye of Horus. Images of the all-seeing eye, not only adorn the Giza pyramids, but have spread into other places:*



The all-seeing eye of Horus—interestingly René Descartes described it as 'the seat of the soul.'



The sons of Horus and the all-seeing eye.



The eye with its pyramid association, as it appears on American banknotes.

~18th May 2015~

He first speaker was via Eileen—one named Cho, who was to be our new Gatekeeper:

Audio link: http://www.salumetandfriends.org/resources/2015_05_18-+Cho.mp3

Lilian: Good evening.

Hello.

(General greetings)

My name is 'Cho'.

Paul: Ah, welcome back Cho!

I will not stay long, I learning to use voice.

Paul: Ah yes. Is there anything we can help with, to help you with that?

Only good energy.

Paul: Ah yes.

I want become your gatekeeper.

Paul: Oh! Become our gatekeeper! That would be very good—yes, that's a very good job.

Lilian: Have you done that job before?

No.

Lilian: So you're learning and we're learning from you.

Yes—I wanted you to know.

Lilian: That's interesting.

Paul: So you're going to make time for that as well as your other work—with helping the down-trodden women of the world?

I want to do lots of help.

Paul: Ah yes, that's very good if you can juggle lots of things and help in lots of different ways ***(yes)***.

Jan: So what does the gatekeeper do? Do they bring the people to speak to us, or they filter?

Yes, they make sure only right ones come.

Jan: That's good.

George: It's a job of very considerable responsibility.

Yes—I ready except for speech.

Jan: Well you're doing very well.

Sometimes easier than others.

Lilian: Yes, I remember, quite some time back now—quite a few years—there used to be one; his name was Mickey, a gatekeeper—

You peoples have many over time (I see). ***That all I have to say.***

Lilian: Yes, well Mickey and you are the only ones who've given us a name and explained your job.

I work hard for you.

(Appreciative comments)

Jan: So you'll have some interesting people for us will you, in the future?

That part is not up to me. I'm not—

Jan: You are not organizing them (***no***), just stop anybody who shouldn't be with us (***yes***).

Lilian: Do you find there are many that would come when perhaps they shouldn't?

No, only how you call them—opportunists.

(Some faltering with word but agreed and understood)

Only them—not bad people, just anxious sometimes (yes).

George: Does this mean that you will be with us for all our meetings?

Not to speak (no)—***may come sometime—tell you a little more.***

Lilian: That'll be nice.

—But not every time.

Lilian: Is this the only group that you'll help?

To begin—yes (I see). ***Now, my speech needs help, so—***

Sarah: Are you having difficulty with your speech because English was never your mother-tongue, or is it just because you are coming from spirit?

I had speech defect plus I always wanted to speak my own language.

Sarah: Which was what?

Jan: Mongolian (***Yes***).

(Jan explained that she had been shown clairvoyantly that Cho had had a cleft palate and lip)

Sarah: Ah right—yes. Anyway, you are doing very well—we can understand you clearly, so that's good.

Jan: Am I correct Cho that that's what your impediment was?

Yes.

Jan: You're very good at sending me clairvoyance when you're around.

That's good, how you say—good?

(Affirmed)

Always problem for me.

Jan: But you don't have that now, do you?

No.

Jan: So it's just learning to speak. It's doubly difficult isn't it?—your learning to speak again—and using somebody else at the same time!

Yes. I told not too long now.

Jan: No, we won't tire you.

Lilian: Thank you for coming and having a quick chat.

Paul: We look forward to you popping in a little—now and then.

Lilian: We'll think of you in the background.

Sarah: And we'll ask for some help for you, to make it a little easier for you to speak to us.

I got go now.

Jan: Our love goes with you.

Paul: It's good to have you around in the background. Thank you for the work you'll be doing.

Yes, I will always give my name when coming to you.

Paul: Thank you. Yes, it's quite an easy name for us—yes, we understand—thank you.

(We know that, as a baby, Cho was abandoned by his parents and cared for by travelling missionaries. Eileen was able to give a description of him—quite a long head with black hair and short in stature.) Soon, another was with Eileen who declared that she was looking around and assessing everyone:

Audio link: http://www.salumetandfriends.org/resources/2015_05_18+-+those+around+us+be+more+aware.mp3

You know there's many people around you?—many people in this room, but not many are aware of them. Why is this?

Paul: I don't know—we've been told that before—that the room has so many in it. I wish we could be aware more fully ***(yes)***.

George: Yes, there are just eight of us material beings, and I would imagine there are rather more present from spirit—

Yes, and they are calling out names. It's disconcerting I think.

Mark: We are not consciously ignoring them, we'd like to acknowledge them.

No—I know. They like the feeling of being with you—I'm being told this by two people—Silvia and Alison.
(It was explained that they just like to be helpers sometimes and we might possibly feel their presence. Some sitters could feel their presence though were unable to 'see' them.)

If you feel the energy, that can only be good.

Jan: Well, can you give us some hints or tips on how to pick these people up?

Hints or tips?—no, that is down to each one of you.

Sarah: Are there some children as well?

There are all kinds of people.

Sarah: Because I can see some very small hands.

Yes, well that's wonderful. You need to elaborate on that. You have to ask questions; after all, if someone knocked upon your door, would you not have a conversation (yes, true). You have to let us know that you are aware of us before we can have the contact. Does that make sense to you? (yes) I am going to go around this room, and perhaps each one of you can give me something that you feel or see. A little exercise for your spirits.

Sarah: I'm actually seeing—I think it's a rose bush, but it's more of an umbrella shape, and there are lots of pale pink flowers on it.

That is beautiful is it not? But can you connect it to anything that may apply to you?

Sarah: Well I do like flowers.

Yes, and we are in the month when the roses are blooming.

Sarah: I feel actually, that's what came to mind—the spring but it's a little bit early for roses. They are really summer flowers.

Yes, but they can appear outside the normal times.

Sarah: Perhaps it's something that's going to happen. Perhaps I'm a little bit ahead of myself. Perhaps they are trying to tell me of something that's going to happen in the summer.

Yes, well you must ask the question and whoever is closest to you will try to oblige. Yes, that is what you must do. You must question us—you must be aware of us.

Sarah: Yes, the first thing that came to mind actually was a house because I'm wanting to buy a new house, and I think something might be going to happen in the summer.

Yes! Well, perhaps the roses for you will be significant.

George: I recall that 21-years ago, we were told that Salumet would be with us when the roses were in bloom, and the roses were certainly blooming most beautifully in Leslie's garden when Salumet made his first visit.

Yes, Salumet—you mean your teacher?

George: Our teacher.

Yes, well you know roses as well as all flowers, are beautiful, but not as beautiful as ours here. Yes, I wish you could see them; I really do wish you could see them.

Lilian: And some of them have a beautiful scent ***(yes)***.

Jan: I must say it, because I think the moment will pass, I think my dad's here with me in his pink jumper.

That's wonderful isn't it? Yes, and who better to be aware of than a loved one. Yes, you must listen and try to feel him and see what he wishes to say to you. Yes, that is good—anyone else?

Lilian: What came into my mind was, not many hours ago I was talking to someone, and how this blackbird comes in the door for grapes and things, to the point where I have to shut the door.

Yes—nature's wonderful.

Sarah: You were talking about Leslie—of course, he had a blackbird, that would sit on a handrail and tap on the door.

Yes, are you beginning to see the connections with all of these things? You will find there will always be continuity—yes, anyone else?

Paul: I have the image of a man—like someone who works *simply* with nature. I seem to have an image of big outdoor hands and tree-bark which seems to have a face on it, like the tree was becoming alive—almost nature waking up—seems to be relating to this man having a simple outlook—working simply—good honest work.

And can you get some more detail of this gentleman? Can you ask for more details?

Paul: I'll ask—yeah.

Yes. If you have a question, you should have an answer.

Lilian: Going back to the blackbird theme, I know my mother had one coming in as well. There's a lot to do with birds and wildlife.

Jan: I've just realised—I've got his jumper on ***(you have?)***. I *am* wearing his pink jumper.

Well, that is very good.

(Pause)

Now each one of you should become aware of a loved one in spirit—

George: When Paul mentioned about the hands, I had the thought that my father was a farmer—Paul's grandfather, and he had a working farmer's hands ***(yes)***—that thought came.

These thoughts are not random in these situations. You have created amongst yourselves an opportunity for those in spirit to come close to you. That is why I say you must endeavour to question. If you just say: I see this or feel this, and just let it go, you will never expand your knowledge; and that is what we would like you to do.

(Sarah explained that Paul's man made her think of those who made rustic items from woodland materials)

Well, I'm being recalled, so I'll leave you and allow you to think about the words I've used; and try—every day just try to connect with those in spirit, because they are all so willing to come and help and support you in your everyday lives. They truly are there ready to help.

Sarah: I know they are—if you've got two seconds: my son and daughter-in-law—she had to go to the doctor with her two babies, and it was teeming down with rain—a mini-cyclone. And I just said to the spirit friends: could you help these a little bit? And, do you know, the rain almost stopped—we got to the doctor's and back again. And I was going to take the dogs for a walk, but before I managed to get across the road, it started raining again. So I know the spirit friends definitely helped that day.

Yes—and we cannot truly help unless you ask. You know we can help sometimes without your asking, but it is preferable that you ask us, because then we know you truly, truly know that we are around.

George: Yes, I'm very much aware that my dear wife, who passed to spirit 3-years ago, is around and indeed she has been through to this group and has actually spoken as you do now (**yes**). So I'm very fortunate in having that confirmation (**yes**) of her presence.

Yes, and really there is no reason why you should not have one-to-one contact without the use of another. You are all capable of doing that (yes)—yes, all capable.

George: Yes, I have a daily—shall I say: a one-way conversation—before I go to bed.

Yes, that is a very good time to have contact—a relaxing time for most people.

George: —And I have feelings associated with that.

Yes, that is good. Now I really must go.

George: Well, thank you for being with us.

Sarah: —and for staying for just a tad longer.

Paul: —and we'll try and connect more with all these lovely people around us.

Another next spoke via Eileen:

Good evening.

All: Good evening.

We wish to try an exercise with all of you. We wish that an individual focuses on another individual within the room, and pick out some small detail that they are given. And it will help with your—

George: Is this focussing on one who is in spirit?

No, another in the room, just to see what connection you can pick up. We are happy that you choose your own subject.

So this was a development exercise for us. One at a time, another was named and focussed upon and question-and-answer exchange followed. We were advised not to dismiss anything that comes to mind, even if it seems silly. Some themes seemed to develop logically—others did not. The one from spirit withdrew and left us to it. The exercise concluded the evening.

~8th June 2015~

This meeting was to be brief because Eileen had a cough which was troublesome, but one did in fact come through who picked up on our prior conversation. This concerned the need for peace moves in the world and the apparent dearth of politicians with any genuine interest in peace moves.

Audio link: http://www.salumetandfriends.org/resources/2015_06_08-helpingworld+leaders.mp3

Lilian: Good evening. Have you been listening?

I have—I have been listening—interested to listen to all of you—interested to see how the world has changed so much. And interested to see how each individual in your world has changed also.

George: This is—changed since you were on the Earth?

Yes—yes.

Lilian: I know our teacher who comes says we are changing for the better—meaning spiritually.

I could not argue with that, because I really do not know.

Lilian: Oh I see—yes.

All I can say is that I know people are more independent with their minds (yes)—that most individuals think for themselves. But yes, I would agree that your world governments are a force that need to be listened to and also my friends helped. It is easy to condemn—

(General agreement)

Jan: But we do with our thoughts and prayers always ask for guidance of those leaders—we mention that in this group very often.

Yes, I listened to them tonight, and I am pleased that a group such as you are able to do so; because still there is the unknown factor of the true facts sometimes.

(Agreed)

So always be careful that what you speak about is in fact the truth.

George: Yes, and I believe there is a fairly new peace initiative from a scientist named 'M T Keshe', and he is launching a peace initiative which, as he states, is quite independent of politics and independent of religions—and I rather liked the sound of that; because it is not going against, he is deliberately not going against religions or politicians—but launching an independent initiative.

Yes, I think I would agree with you about that. Yes, perhaps that is something to be nurtured. But I know as time continues and you see the much bigger picture, you will all agree that although it seems almost impossible at this time, you are indeed moving forward.

Lilian: Yes, you've only got to read the history books—maybe that's not all true what they write—but yes, I'm sure we've improved a lot.

Yes—continue with your healing thoughts—that is my advice. Continue to view things individually and as groups of people who seek only love and truth. You can only win in the end. And really that is all that I come to say, because I was most interested in your conversation.

George: Well thank you for coming through and it's nice to have your thoughts on this.

Yes—yes, if only everyone could see a little bigger picture, I'm sure you would be encouraged; because I know all seems not well in your world, but I can assure you from what I know, that things are moving in the right direction.

George: Yes, and if more people are beginning to think for themselves (*yes*) and I'm sure that is part of that 'right direction'.

Yes, you are correct. Thank you for listening to me and I am grateful that you have allowed me to sit here with you, listen to you and join in with what you have had to say.

Lilian: We are very grateful.

George: Thank you for being with us.

Thank you.

George's Notes:

Keshe Foundation: It is understood that this is the brainchild of Iranian-born Mehran Tavakoli Keshe and is based in Belgium. M T Keshe is a nuclear engineer and son of an x-ray engineer. It is claimed that he has expertise in plasma energy application to anti-gravity application. His work and claims are highly controversial, but his motives—promotion of green planetary systems, no kill policies and peace in the world—are attractive.

Yes, M T Keshe's work and claims are highly controversial, but then they would be in a world conditioned towards violence, warring, towards pollution of the planet, slaughter-house meat for food and to brushing major political issues under the carpet. And I continue to be astounded by the way the UK's major issues of £1.56 trillion debt (with continued £100million annual increase) and attendant nuclear weapons expenditure, got brushed under the carpet in our recent election discussions—this in favour of 'health facilities'!

The Keshe Foundation may or may not succeed—time will tell; but its motives have merit.

~15th June 2015~

Firstly, one came through to say that Salumet would be with us next time and gave a few personal messages for sitters. A period of clairvoyance followed via Eileen with messages for Paul and Sarah. Then a child rescue via Eileen counselled by Lilian:

Audio link: <http://www.salumetandfriends.org/resources/15th+June+2015-rescue-workhouse.mp3>

Lilian: Good evening. Can I help you?

I'm not going in there, I'm not going in there. I'm not!

Lilian: Not a very nice place?

Lilian: Don't worry about it, you're not going in wherever you don't want to go.

I don't want to go in there.

Lilian: If you don't want to go, you won't go.

It's horrible—horrible place.

Lilian: Yes. Can you tell me a little bit about what you think it's like?—this place you don't want to go. Is there a name for it?

I can't read—It's got a—somebody said 'W'.

Lilian: Workhouse—or something like that?

Yeah. Papa died—Papa died—mother's taking me there.

Lilian: I see yeah, I was just wondering if it was the workhouse. How old are you?

Six

Lilian: Six—well try not to worry. You're not going in that workhouse.

It's horrible!

Lilian: Yes, of course it is. Try and forget that. You're feeling okay—you are not feeling ill or anything? You're just frightened?

I'm not very well (yes okay). My head hurts.

Lilian: Yes, I expect it does really.

It hurts.

Lilian: Well okay, you're not going into the workhouse, that's for sure. And I'm here just to help you, and anyone else that needs helping.

I don't like it—my head hurts.

Lilian: Yeah okay—if you think about it, that head should be soon getting better.

(Lilian reached across to Eileen's arm)

I'm touching you with my hand, and all the aches and pains will go away.

Are you a doctor—I haven't got any money—Mummy hasn't got any money.

Lilian: I don't want any money—I'm just helping you. Don't worry about what I am. Soon you'll be able to feel nice and warm and cosy. *(Pause)* Am I right?

Yes.

Lilian: Now you'll see a lovely lady waiting for you, and maybe your mummy as well—the two of them, maybe they're waiting—a very kind lady; you know that she's okay—this kind lady.

I don't feel frightened any more (good). My head still hurts.

Lilian: She'll make it better. Can you just see the one lady? ***(Yes)***. That's okay.

It's not my mother. Where is she?

Lilian: You'll see her soon. That lady will take you to her. What I would like you to do is to go with the lady—take hold of her hand. She'll take you to the loveliest place you've ever seen.

Why can't you take me?

Lilian: Well I'm a little bit busy at the moment (*Oh*). I was just to tell you to go with this lady. What's your name?

Thelma.

Lilian: Hello Thelma—are you happy to go? Has she got something for you—this lady?

Yes.

Lilian: Can you tell me what it is?—something you'd like?

A little cat.

Lilian: Oh lovely. Well that's your cat now.

Is it? What's your name please?

Lilian: My name's Lilian. Call me Lily for short.

I'm going to call my cat Lily.

Lilian: That's nice yes, you call your cat Lily—I shall remember that. So you're happy to go and take your little cat?—and go with the lady?

Will you come and see me sometimes?

Lilian: I won't be long—yes.

I'm not frightened now.

Lilian: Good—you're going to the loveliest place (*mm*), so I'm going to say: bye-bye.

Thank you.

Lilian: You're welcome.

—Lilian—Thank you very much.

Lilian: Bye-bye.

(The workhouse conditions must have been terrible around 100-years ago.)

~22nd June 2015~ SALUMET

Several were unable to be with us this evening but Annette joined us making a total of eight present:

Audio link:

http://www.salumetandfriends.org/resources/2015_06_22+1salumet.mp3

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As always, I am happy to join with you all this time. We would wish to extend a welcome to the dear lady who joins with you this time. She is one of our workers, but I would wish to say to you, dear lady, that even now, sometimes you doubt yourself.

Annette: You're absolutely correct.

Yes—do not fear, because many work with you who will give you that upliftment and encouragement to overcome this doubt.

Annette: Thank you very much—that's good to have that confirmation.

You have much work to do—this you already know, and I am told by your own guides that you are a dedicated and loving person. All too often we see with workers that the ego comes into play. This is not so in your case.

Annette: That's correct and that's why I believe I've been given this wonderful gift.

Yes—we look for helpers who are dedicated to the work of spirit. Now, I know you have been concerned about your family (yes). And it is natural for you, because you are of course only human. My dear friends who sit within this room with you have heeded my words over many times, and they know that sometimes it is best to just let go and to give love to those in need. This is what you must also do—give

of your love and allow the fear to dissipate (thank you). Now my dear friends, for this time, I will tell you that there is much movement in your Earthly skies at this time. Be vigilant and be aware of new sightings within the sky of your planet.

George: Mm that sounds interesting, Salumet.

Yes—I will say no more but it will come in the not too far distance, that there will be sights of other planets and other happenings. Remember my words, my dear friends.

Lilian: Well just recently, on the news, there was a couple of young lads and they'd found a planet that was sort of hidden behind two others, but they found it, which was rather thrilling for them. So that's one thing that I've heard just recently.

Yes—there is much more to come (right). Yes, but that is just a little something for you to focus upon.

George: Thank you. I'm not sure if there's any connection, but I understand that one person in particular has been doing photographic studies of spiritual orbs—energy orbs. And there seems to be detail of colour and form showing up within the orbs. There is the suggestion that they are projections from a different reality or a different dimension, and even claims that faces of beings are seen within them. I just wondered if you have any comment on that recent research by Merlina Marcan, Salumet?

Yes, I will comment only to say that yes within these orbs, which are indeed spiritual energy, as you well know, there is no reason why that energy cannot be transmuted to show the faces of others. I would rather say these beings are not from different worlds, but are the faces of loved ones gone from this planet.

George: Thank you! That's most helpful and reassuring that this research has elements of truth.

Yes, there is no doubt that the element of truth exists. I hope that is helpful to you.

George: It is indeed.

Are there more questions this time?

Serena: Yes, I often wonder when what I believe are chemtrails and the weather modification, when the sky is completely whitened out, but there's lots of activity behind whatever is in the sky—can you say anything about what that might be (yes), because there are rumours that it might be blocking out sighting of UFOs?

I would say: you know that all things have the protection of spirit. There is indeed behind all of these actions, those in our world who are trying to help. That is more likely, that that is what is happening. Do you understand?

Sarah: So are these beings getting behind the chemtrails because the chemtrails are wrong?

Yes—yes; you understand what I say?

Paul: The UFOs are trying to fix our mistakes—trying to help?

Not the UFOs—those of spirit, from our world—those who look after nature.

Lilian: Nature spirits...

Well, nature spirits are known as 'smaller beings', but nature spirits of your air are huge beings of energy, who are there to help whenever needed. You understand?

(Affirmed + thanks)

Lilian: Talking of nature spirits—I've thought about this a little bit. When we have things like the terrible earthquake that's just happened where human beings are harmed—would this affect the elementals at all?

The elementals will not be harmed. They are already in spirit. They are not human beings.

Paul: Non-physical.

Yes. You can only be harmed if you are of human existence. The elementals belong to the spirit world.

Lilian: Right, I probably should have reread what you'd said about them.

Yes, we have spoken of them in past times (yes). Do you have more questions this time?

George: Yes, there's an organisation called the 'Kesse Foundation' and it's a scientific group with a PEACE initiative. It's controversial—those who believe this is for good and those who do not. The gentleman who is organising this is M T Kesse and he is Iranian-born and maybe some political manoeuvres come into this.

But I was impressed by the peaceful motivation and intent of the Kesse Foundation. So I'm wondering if you can make any comment on this?

Only in as much as anything or anyone who is involved in peaceful happenings can only be congratulated. Always there is fear of all things new.

George: —Fear of change.

Fear of change, yes. We have spoken considerably of fear and it exists in your world in great measure. So I would say: anything that encourages peaceful events can only be for the good of mankind and to be encouraged.

George: Yes, thank you. Thank you for that—that is helpful.

(Pause)

George: One of our readers sent in a question about the name 'Yahweh', and I think I'm correct in saying this was a name given to Moses for the 'Creative Principle', which is a term that was not used at that time. Any comment on the origin and name 'Yahweh, Salumet'?

Yes—we could spend an eternity dissecting names and their meanings and we have spoken much more deeply than what has happened in your Christian religion—your Bibles. The Creator is far larger—more expansive than any questions given to us about Christianity or any other Earthly religion. All I will say is: it is immaterial—it is of no matter of these things past—what they meant. What is important is what you know and understand at this time (yes). So I am not being dismissive—only encouraging you to look forward rather than to go back.

George: So past names given are immaterial.

Yes, I would say so.

George: Yes, well thank you for that. That really does clarify.

Yes, I know and we expect you as human beings to be interested in all things past, but really, my dear friends, it is more important that you go forward and find that Great Creative Force which stands before you.

George: Yes (yes), yes, understood—thank you. Could I ask another?

I will take one more question this time.

George: Would anyone else like to ask a question? Annette?

Annette: No I'm fine—I'm enjoying listening to this.

I am always amazed that so many questions are within her mind until you enter this room.

George: I have the feeling Salumet, that suicide bombers—they are led to believe that if they blow themselves up together with other people, they will receive rich reward when they cross over to spirit. When they do cross over and see so much more clearly, it must be a huge change for their consciousness (yes). If you could comment on this it would be very good.

I have to say, my dear friends, that all of these people are misguided—misdirected in their thoughts—believing that what they do, brings them to their own kind of paradise. It is—I believe you would say in your world—heartbreaking to see such devastation, when suddenly they realise what has happened; not only to themselves, but to all those other people who have been involved in their ways of thinking. They are never alone and yet they *are* alone, because they do not suddenly change their way of thinking. This we have spoken of many times. You do not suddenly become changed—you do not suddenly become aware of everything which has taken place. So I would say only this to you, my dear friends: that they must be included in all of your prayers—not only those innocents, but these people themselves who believe that they will meet their own god. It is indeed—I think you would feel—shocking, when the realisation comes, but they are surrounded by love, nevertheless.

George: So the realisation will come to them but it does take time.

Yes, for most it takes time because their mindset is that. You know that when you pass to spirit you see what you expect to see, and so it is with them.

Sarah: You did say to us once Salumet, that when somebody does something—I know we shouldn't judge, but you might perceive to be wrong, but killing—you said that nobody should kill—but if they're doing it, believing that it's right, that isn't quite as bad as when you're doing it knowing it's wrong—

Well, what is wrong is wrong, there can be no change of that, but of course, the reason behind the action has always got to be considered as well. Do not forget that we are speaking of spirit and not the human being.

Sarah: Yes, but there again, they might kill the human being, but of course they haven't killed the spirit. No, the spirit can never die, but nevertheless their time upon this Earth has been used in 'misguidance' I like to call it, because after all, as I have told you my dear friend, everyone has love in some proportion—no one is completely 'bad', to use one of your words—and all must be helped whenever they are willing. I hope that has helped you in understanding.

Serena: So what about the people that help with 'assisted suicide—euthanasia, and perhaps people who have maybe destructive habits, like drug addiction—because that's a slow suicide, isn't it? Yes—they have to face responsibility. No one can leave that responsibility behind. That is why it is so wrong for Earthly religions to tell people that they can be forgiven by the use of a few words, and others if they do such deeds can also be forgiven and will sit by the side of what they call 'God'. So know everyone is responsible for their own actions. Assisted suicides, as you call them—people normally do it from love, but I am here to tell you that it is not right. However painful it is to watch loved ones deteriorate ***you cannot be the Creator***—you do not have the right to say who should go to spirit or when.

Serena: That opens a can of worms, because I feel in some hospitals and hospices, people are just really left to die almost (yes), given just liquid and nothing else as and when—so really that's a form of assisted suicide.

But if the body can exist without all of the drugs and everything else that is administered, then surely it is their time to go? You must also remember that in making your judgements—you understand? (Yes)

Paul: And it goes without saying that this extends to animals as well (yes). But I guess it doesn't quite extend to the plant kingdom, or should it extend to the plant kingdom?

As human beings you are limited in pure love. If we are speaking of pure love, no plant, no insect—nothing would be damaged; but that is unrealistic in the world that you live.

Sarah: —because what would we eat?

Yes, so you have to keep a balance, my dear friend—yes.

Paul: I understand that—yes.

Sarah: I was thinking about child suicide bombers, where they've been indoctrinated, and they're probably too young to make up their own minds or perhaps they don't have a chance, they're forced into doing these things. So that is slightly different is it not?

Yes, that is what I would call: using the purity of spirit in a way not meant to be used; so whoever has indoctrinated has to take responsibility (yes) for that action.

(Pause)

Now my dear friends, I hope your questions have been answered for you.

(Affirmed + thanks)

George: Thank you so much Salumet, for answering all our questions.

Yes—as always, I leave you cloaked in my love and light. And I know that when we come together once more that you will all be imbued with spiritual love and energy. And now we will allow any others who wish to come to enter this room.

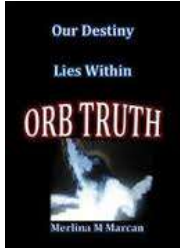
George: Thank you for that—and we shall watch our skies.

(General thanks)

A very detailed period of clairvoyant messages then followed from both Eileen and Annette for those present.

George's Notes:

Merlina Marcan and Orb Photography: Merlina Marcan is author of 'Our Destiny Lies Within Orb Truth', published 2012, published by Gordon NSW, Australia Minipublishing, 122-pages.



Merlina Marcan is the originator of what is termed 'MFT Orb and Spirit Photography Method', which is described as 'holographic energy field projection'. And here we have a small sample of her amazing photographs in which faces appear to be revealed:



I have corresponded with Merlina and she is very happy to share her photos, adding: 'I believe my research discovery will be far too important to just sweep under the carpet. Once tried & tested by scientists, this will open up "unexplored" doorways in science.' I would add: science and spirit must of course eventually recognise each other, and it is good that there are those of us on both sides of the current divide working towards this; and this will then open a doorway to what we might term 'spiritual science'. And knowledge of 'spiritual science' is what has already led extraterrestrial sentient beings to their space-travel and to their (proven) construction of energy-producing pyramids here on Earth in ancient times—a fact that is currently being swept under the carpet!

~29th June 2015~ SALUMET

Firstly there was a very brief visit from Salumet giving a personal message of guidance for one of the group's family members, indicating how Salumet caringly watches over, and not just those who attend the meetings.

George: Good evening—welcome to you Salumet.

Good evening.

All: Good evening.

My stay this time will be brief—there are others to come. What I wish to say is directed to the lady who sits alone in the chair. I would like just to say about your daughter (yes), and I would like to say also to you that life feels like a heavy burden. But for the young one, she is at the point in her life where she feels there is not too much to celebrate (yes). Yes—partly the reason for the medical condition at this time (I accept). Yes—I would just like to say: continue to try to be patient with this one (I will). She has a good heart (she has a lovely heart). Yes—try to focus upon the good things. Within the next three of your Earthly years you will see a great change come for this one. So, my dear friend, just be a little more patient—continue to be positive each time you speak with her (yes) and it will begin to shine through—gradually, but it will happen (thank you). I just felt that at this time, you are in need of a little upliftment (thank you for that). Now, my dear friends, I will leave you to continue this time with others to come.

George: Thank you Salumet for that—I know that it is much appreciated.

As this was a personal message, names have been omitted—there followed another through Eileen, with the message that there was one trying to speak through Sarah, but we needed. She went on to talk about her work in spirit:

What I normally do is look after cats. I've always loved cats—big or little makes no difference to me.

Paul: So you looked after them also when you were on the Earth?

No, I just loved them.

George: Are these cats in spirit?

Yes, they're cats who belonged to people, or they THOUGHT they belonged to people—of course they don't belong to people, but there's a connection with them and that helps them to stay as animals, whereas I don't know if you—

George: Yes, so the connection is between cats-in-spirit and people-in-spirit?

Paul: Yes, the love connection ***(Yes)***.

Paul: So that means they don't go back to the animal pool.

Oh you DO know.

Paul: Yes, we've been told this before.

I just feel very blessed that I'm allowed to give love and, you know, take them around with me.

Paul: Yeah, well they must be lovely in spirit as well—I mean they're lovely here in Earth as well.

Yes, they're special little creatures—they're full of God's love (yeah)—I think they are. So that's what I do mainly, and sometimes I come to groups such as this—and try to stir things up!

(Chuckles)

George: Wake them up when they're a little quiet perhaps...

Wake you up—yes!

Sara: Have you got a cat with you at the moment?

I have—can you see?

Sara: Is it black with white stripes? I just thought I saw—

Yes! Isn't she beautiful!

Sara: Very beautiful—very unusual ***(yes)***—lovely colour.

Yes, she likes to come with me on these occasions.

George: And is there a bond between the cats in spirit—one cat with another?

There can be, but it is not usual (not usual)—not usual but it can happen.

Sara: What's her name or his name?

Meme—it's a she.

Sara: Yes that's what I first thought.

She's purring—Isn't that lovely! (Yes) So I'm very blessed with what I do.

So, does someone wish to speak to the lady?

Sara: Good evening?

(Pause)

No one there yet? Well I shall say goodbye.

Sara: Thank you for coming Alison.

George: Well thank you Alison for coming through and jollying us up a little.

There were fond farewells. There followed a loud clear voice via Sarah:

Audio link: http://www.salumetandfriends.org/resources/2015_06_29+one+thru+Sarah.mp3

I am sorry that you were not aware of my presence earlier.

George: But we nevertheless welcome you. Thank you for coming through.

(General welcome)

My friend is always at hand when there are times like this—my friend and her cat (ah yes). We in our world join together on many occasions, to try to help those who are misguided, and on this occasion I have come because of the impending fear that there is in this country after the shootings recently. There are many who are so fearful of the problems that could arise that they are

encouraging those people to come to them. It is essential that this fear is abated, because the more fear there is, the greater the risk of trouble.

Paul: Yes, it gets attracted to them—yes.

So our work at this time is to spread much love to all those in fear and to bring together all those who are not on the best terms with each other, but who need to draw together at this particular time in your living. We are with you and we know that the gentleman will forward this message out to many.

George: Yes indeed.

—And this is my purpose this time—to try to avert any misguided beings from being able to destroy their own lives.

George: Yes—I think you refer to suicide bombers and the recent killings in Tunisia.

Paul: The terrorists...

Yes, that is correct. So we will continue to work with those Earthly beings who are in fear and we wish to thank you for your small part in making this planet into the way of thinking that benefits all.

George: Well, this is a very wonderful message that you bring, and exactly what is needed at this time. And we do consider ourselves so fortunate in having your influence in this matter—this particular problem of our times.

And we in turn thank you for your understanding.

Paul: We'll do our best to get it out on the Internet—to get people thinking in the right way.

George: Are you concerned with the religious groups who put out incorrect teachings to these potential suicide bombers?

We cannot judge these people, but my message that 'fear attracts negative'—I think you can understand that what these people are doing is not benefitting themselves or the planet. So my message is simple: Please give your love to them, and if you can pass on my message about 'fear' and trying to overcome that, will help more than anything.

George: Yes indeed—we are familiar with the relationship between love and fear and how they can oppose each other, and how fear can attract.

Paul: Yes, so in dispelling the fear we don't attract it to us, but we also help perhaps, those that could start hurting other people by sending out more love and not succumbing to fear. We literally can help the other people as well.

Yes, that is all you need to do—yes. But remember not to judge, but only to give out love. Try not to be fearful (yes).

Sara: I think it's very difficult for human beings when they watch tragic events on the news, because from what I see hysteria and panic arises in most people when they see these things, and I think that's what causes them to judge; so we just have to try to in very simple terms, explain the mental process and what we attract—so that people can understand.

It is not easy to pass on this type of message, but unless you do it, you will not achieve anything. So I will leave you with that message and we will continue to do our best to help all we can in making your planet the peaceful loving place that it should be.

(General thanks)

George: Thank you so much for your loud and clear message. We will certainly pass that on.

Paul: Could we ask for a name?

I do not have a name—I am sorry.

Paul: That's alright, I just wondered—the message is the important thing—names are not important.

Yes—thank you.

Following a pause, Sara then took us on a journey:

Audio link: http://www.salumetandfriends.org/resources/2015_06_29+sara+journey.mp3

For this journey I only want you to look at your own fears if you can. Try to, as you go through your days, try to observe your own thoughts when you can—because when you become more aware of your own fear about anything, it can come into your thinking at any time, you will see how it restricts and blocks your thinking—your opportunities—your decision to act or not act sometimes. So try to observe whenever you have fear within yourself, because when you are aware of your own fear and your own vulnerability at times, you will instantly understand and recognise it in other people. And you can more easily be strong for them or give them your strength and positivity. And behind every act of hatred or vengeance, there is always a fear. So, once we start to see this, it becomes possible not to judge—not to instantly see everything as black or white, good or bad, right or wrong; but we can understand better the thinking that has led to the darker action. And it's quite liberating for yourself when you start to observe the ways in which we restrict and limit our own selves—when we see the effect of fear on our thinking. Everyday fears usually turn into worries and anxieties. But if we catch ourselves doing that, we can stop it—we can cancel the thought and begin again with a more open mind, and this should help. So just for now, reflect a little on common fears that you may experience. It may be to do with your own self, your own wellbeing, your own health, your future. It could be your children or people that you know. Reflect on your own fears for a few moments now, and see if you can have any inspiration about that. Okay, thank you.

(General thanks)

Finally, one spoke via Eileen:

Audio link:

http://www.salumetandfriends.org/resources/2015_06_29+sister.mp3

Hello.

George: Good evening—welcome to you.

Good evening. I have just been listening—so much talk of fears and distress and people hurting others and I just felt so sad, I had to come and just say that even although I belong to a different world than yours, it still distresses me to know of what is happening, and really all I wished to say was that your whole planet are in my prayers, and I know that some of you say: but why do you still pray when you live in a beautiful world? But that does not mean we cannot show concern for those on other planets.

Sarah: That's very kind of you.

Sara: Thank you for that. It's comforting to know that you're thinking about our planet.

Paul: It is sad to still see humans attacking other humans.

Sarah: It's the minority really who are causing the trouble. The majority of people are good people—it's just these few.

Yes, I know.

George: We certainly have our problems on this planet at the moment. Are you from spirit realm of this planet or are you from another planet?

I am from Earth spirit planet—if you wish to call it a planet—but of course it is not a planet. Spirit is everywhere—intermingled with all of the planets.

Sarah: So when you were on this Earth planet, were you a nun?

I was—I belonged to a closed order—I remember that. I remember sometimes, chastising myself for the thoughts that I had, because I have always been sympathetic to all people. I do not know if that made me a good or a bad nun—I'm not sure.

George: But if you had sympathy, then you had love.

Yes, and that is what I carry with me now. I just wanted you to know—

Sara: But I think that's a good quality—that you can feel for any person.

Yes, thank you.

Sarah: But you give out a nice feeling so I'm sure you did well here. It's what you needed to learn whilst you were here.

Yes, I am still not certain that to close yourself away, such as we did—it is the wisest of things. Because you have to belong to the human family, to understand their emotions and it is not always easy.

Sarah: But at the time that was right for you I'm sure.

It was right, yes.

Sarah: So if you were to come back to this planet again, you wouldn't do that again, because you've learnt, but at the time it was right.

Sara: You probably needed to have a quiet life at the time—more peaceful maybe.

You're very kind—you're probably right, I don't know.

Paul mentioned that some of us had shared a past life as monks in a monastic order

But we were not allowed to mix with males.

George: I guess your closed order was closed physically, but it was not closed spiritually—

No. Spiritually—it was hard, to begin with.

Sara: I'm sure you had beautiful meditation times—reflections.

George: Meditation—

George: Do you recall which country you were in, in that closed order?

Sarah: Ireland—ah right!

George: And was your closed order influenced by a religion or did you tend to go your own way?

George: I'm sorry, um—

George: Yes—were you influenced by a religion such as Roman Catholic?

Sarah: Yes, but it could be in a previous life you had a taste of religion, and this time when you were a nun you had something that was drawing you closer to God...

Sara: And the reasons for your Earthly life become clear too I guess, yes. So you understand why you had to do everything that you did?

Sara: Yes, I'm sure, because I believe that a lot of the strange things that happen out of the blue—I'm sure they are connected to other lives and perhaps sometimes we're reaping good rewards and sometimes we are having to amend for something.

Our dear visitor was then saying that she really does have to depart:

And we all said our fond farewells. We declared it to have been our pleasure, and finally we were reminded to remember those on Earth in our prayers.

~6th July 2015~ SALUMET

(The evening began with a rescue counselled by Lilian. Salumet spoke later on.)

Audio link: [http://www.salumetandfriends.org/resources/2015_06_07rescue\\$2BCho.mp3](http://www.salumetandfriends.org/resources/2015_06_07rescue$2BCho.mp3)

Lilian: Good evening—welcome.

(No response)

Lilian: Have you been listening to our conversations?

(Still no response)

Lilian: Is there something you would like to talk to us about?

(Still no response)

Lilian: Would you like to just sit there quietly? You could nod your head if that would help. I'm going to put my hand on your shoulder. Hopefully that will help if you want to say something or ask a question. Does that help at all?—any difference? Have you any idea where you are? Just nod your head if you know where you are—because you're quite safe.

I'm waiting—I'm waiting.

Lilian: Yes, you're waiting. Are you being helped by the gatekeeper? *(Nod)* Good. We're pleased to have you anyway.

I'm confused—confused.

Lilian: You're confused. What are you confused about? Where you are? You don't recognise my voice?

Yes.

Lilian: But you feel safe?

Yes.

Lilian: That's good—that's the main thing. Do you know what's happened to you? Something's caused you to die. Do you know that?

It's dark.

Lilian: It's dark where you are, yes. Did you feel unwell? Where do you think you are? If it's dark, are you in a room? Are you outside in the woods maybe?

—In a room.

Lilian: In a room.

—My room (yes)—bedroom—cold.

Lilian: Did you feel unwell? ***(Yes)***—In pain?

No pain.

Lilian: No pain—that's handy. But did you know that something has caused you to die?

No—I'm not dead.

Lilian: Sorry to be rather blunt but that's why you're confused, and I'm here to help you. There's lots of friends here that will help you. If you look forward you should see a light. That light will get bigger and brighter.

I can't see one—I can't see one.

Lilian: It doesn't matter—you will. You'll begin to feel nice and warm and cosy. I'm just trying to help you go to the next life—your spirit life. You've left the physical body but you still live on in what we call the spirit world—heaven if you like. Can you see a light?

(Occasional coughs)

—Very small.

Lilian: That will get bigger and bigger, then slowly someone will be waiting for you, maybe you know them? *(Eileen was coughing a little)*

Why am I coughing?

Lilian: I think it's just that your throat's dry.

It doesn't feel like me. 'I' don't feel like me.

Lilian: You're using someone to talk to me—you're using someone's body, because you are now pure spirit. That's what you can do—I know it sounds complicated if you haven't thought about it, but it's the best way I can put it. But the main thing is, let's get you into heaven, I'll say. You see that light?

Yes—it's bigger.

Lilian: Good, and then slowly you'll see someone waiting and that will make you feel happy—very happy.

Yes—yes I can see someone. I CAN see someone.

Lilian: Yeah, you'll recognise them in a moment.

My word! It's Tommy!

Lilian: Tommy is your—

Husband!

Lilian: There you are—I bet he's pleased to see you!

Well, well!

Lilian: Something you hadn't thought about maybe—that you'd see him again?

He's been gone twenty five years! Oh!

Lilian: So life goes on—just rather differently.

He's holding out his hand.

Lilian: Good and you're happy to go? He can explain a lot better than me.

It's like something I never imagined.

Lilian: But you're very pleased, I'll bet?

Yeah, I am very pleased—very, very pleased.

Lilian: So you go with Tommy and be happy.

I will (good)—I will—I will.

This rescue had been clearly slow at the outset but Lilian persevered and the lady was reunited with her husband. Another then followed via Eileen:

Hello—it's Cho—it's Cho.

Lilian: Hello Cho—it's nice to have you with us.

Paul: Our gatekeeper.

Just say: thank you—thank you for lady.

Paul: Pleased to help.

Lilian: She's okay now and on her way.

Yes—easy one.

Lilian: Well, we don't want any hard ones please.

(Chuckles)

Yes—how you say?—I get big head?—big head?

(More chuckles)

—Not me.

Lilian: I wondered if you were the gatekeeper behind it.

Yes—I try hard—very hard.

Lilian: Yes, so from your angle you somehow point them to what they must do *(yes)*. It's not easy for us to understand.

—No—bring them good lady like you.

Lilian: Thank you! There is a satisfaction that goes with it though, I must say.

Ah, ego 'pride'.

Lilian: Is that what it is?

Yes—don't want that (no). No.

Lilian: Just makes you feel good that you've finished the job.

Yes. Well, I'm gone.

Paul: Ah! Nice to chat again with you.

Salumet then spoke:

Audio link: http://www.salumetandfriends.org/resources/2015_06_01sal1.mp3

Lilian: Good evening Salumet—welcome—unexpected, but welcome.

Good evening.

All: Good evening.

I, as always, am pleased to join with you all this time. We felt it necessary to bring the dear lady to you in order for her to move forward and also to allow your gatekeeper to help. I was of course aware of what was happening within this group. I wish to say to you all my dear friends, that there is a peacefulness and a joy within this room this time. I would like you all to absorb that peace and quietness and to allow it into your heart areas, that it may in the days, weeks and the months to come, uphold and sustain you, because the more you recognise it from within, the more help you can receive. All too often, my dear friends, you feel that happiness, peacefulness and joy coming from out and not within. This can be of course a mixture of both, but true love and peacefulness comes from the spirit, and I wish you all to develop that inner knowing for whenever it is needed. And I know that you all try so hard in your meditations and in your thoughtfulness for others; but I do not wish you to become too complacent and allow it to slip from your grasp. Do you understand my words?

(General agreement)

Paul: We need to be mindful and continue with the meditations—

Yes it is not a practice—it should be a way of life for you, by now. It should come to you naturally. That spirit, which many say is within, is not within—it is your very being. It is YOU and it is who you are. So please my dear friends, recognise this and you will be helped throughout your lives. Do we have any questions this time?

Lilian: I was thinking: if we can reach that point, would it in turn help other people that we may meet each day?

Yes indeed, because of course you then become an emissary of spirit and the light which is your spirit, shines forth to others that they will pick up naturally, because they recognise what is theirs to own. You understand? (Yes) Yes.

We wish again to extend a welcome to the dear lady who has joined us previously, and we give you peace and love.

Jo: Thank you, and the same to you.

Thank you—any more questions this time?

George: Yes, I have a question Salumet, about spirit realms. Initially I was thinking in terms of each planet in the universe being associated with a spirit realm, but conflicting with that thought, spirit is really all one **(yes)**. There are no distinct boundaries, and yet in some ways, people entering spirit realm from Earth will stay close to Earth. So could you say something about that?—and the absence or presence of boundaries within the spirit zone?

Yes, you must completely forget any boundaries. When you speak of Earth and spirit you are speaking of two separate, shall we call them, ‘places’. But of course they are not—you my dear friend are physical, but you are spiritual. All is intermingled—every planet, every universe is as *ONE*. You do not suddenly depart to another place. This is what most people cannot understand. There are many of your universes, as you well know (yes), and we have discussed on occasions. But when you speak of passing to spirit, if you were to pass to spirit it would happen here and now—you do not travel to another place. Do you understand?

George: Yes I do, and I felt that the notion of oneness—

You cannot have separateness. How can you? All is spirit. The Great Creator created spirit, but although you live on a physical planet, when you speak of ‘spiritual places’, it is the intermingling of the physical and the spiritual together.

George: Yes, and although we sometimes talk of ‘your world’ and ‘our world’ **(yes)**, it’s really all intermingled—

Yes, it becomes confused, but of course we need to use human words, which is confusing. So for the sake of understanding we use your Earthly words.

George: Yes indeed—that clarifies. Thank you very much.

Yes—yes. Perhaps if you thought of when you go into sleep state, you are in spirit basically and yet you are still in the physical bed—there is an analogy there.

Are there more questions this time?

George: Yes, there’s one that you may well be able to confirm for us Salumet. I was reading in a chemical journal this week about some investigational work regarding cloud formation—the high clouds in our weather system. And scientists have been flying into the clouds and collecting samples for analysis, and are declaring that clouds are formed largely as the result of what they call ‘condensation nuclei’. And those would be of two types: mineral dust, which can arise from agriculture, and especially the way we do agriculture today. And the other type of condensation nucleus is metal particles, which they declare would come from industry. But I feel that cloud formation is much enhanced these days as the result of our ‘chemtrails’, which we have talked about—and these put metal particles into the atmosphere, and I suspect they’re playing quite a big role in the condensation that forms clouds. Are you able to comment on that?

Yes—of course as time continues, the atmospheres of your planet alter, as you rightly say, by how mankind is treating the Earth—of course, it has to have results. But what I would wish to say to you, my dear friend is this: that for all time your Earthly planet has been a mixture of many things, and like the genes of your body, it holds onto many particles. I am not speaking scientifically at this point, but what I am doing is saying to you that you cannot use the time and space that you exist in to say these things have been caused. All of these happenings have already existed. Does that make sense to you?

George: All of these happenings have already happened in effect.

Yes—let me find a simplistic way of saying this to you: if you have a—and I know all of you here enjoy your cup of tea—

(Acknowledged with chuckles)

At the bottom of every cup of tea there are particles that you would call ‘tea leaves’ (yes)—yes—not today because I know you use paper—

(Chuckles)

But if you were, after one week, to stir your tea, all of these particles would rise and show themselves—a little like the state of your world. Although you think that a lot is caused by how you live today, a lot of the time it is stuff already within the atmosphere anyway (yes). Do you understand? (Yes) Of course it can be exaggerated at times, but nevertheless it is wiser for you to retain that your Earth has never been so different at any of its human time (yes). It can be made a little worse, but that is caused by the stirring of the humans within. You understand?

George: Yes, it is something that has built up—

No it has not built up—it has always existed, and only comes to the fore when it has been aggravated by some such condition—perhaps one of the conditions that you have mentioned.

George: Yes, changes in agriculture.

Yes—it is a complicated subject that you have chosen there—and not easy within your world to find the correct words for them.

George: But perhaps it is good that scientists are studying this at this time—

That is the purpose of your scientists is it not?—that they are always curious—that they will always seek something new. After all, if you go back to the beginning of my teachings, did I not say that all has been?

They are important words to remember.

George: Yes, I was thinking that the cloud cover seemed to be increasing, but perhaps we should see it more as a natural fluctuation—

Natural—yes—yes; I think you would be wiser to do so and to think more along those lines. But nevertheless, your scientists are here to find out as much as they can—we hope in order to help others, but not always unfortunately.

George: Yes, what comes from our scientific investigations is rather a mixed bag of items.

Yes, but nevertheless of interest to humankind, and I have to say, they have at times brought *good* to man. They have looked at many things and provided much; so we will try not to judge them too harshly.

George: Yes, we will try not to judge and try not to be fearful.

Yes, always do not be fearful.

George: And that was a very good message that we received last time. Thank you.

Yes—yes. Now my dear friends, I will take my leave this time and allow others to come. So, as I leave you, I cloak you once more in my love and light (thank you). Until next time, I leave you.

(General thanks).

George: We are so fortunate. Thank you so much Salumet.

(There followed two clairvoyant messages via Eileen, both for Graham. These concerned the location of a mislaid book and Graham's painting commissions—and that concluded our evening.)

~3rd August 2015~

Eileen returned from holiday, but it was a small gathering this time:

Lilian: Good evening—and welcome.

Good evening.

George: Welcome to you.

There's more than one!

Lilian: Yes, there're six of us this evening. Quite often there's a few more than that.

I'm here to relate to you that one is coming to you next time.

Lilian: Yes, thank you.

***I'm being told you know who that may be* (yes).**

George: Yes, that would be Salumet, our guide and teacher.

Yes, well he wanted you to know he'll be with you next time.

George: Thank you, that's nice to know.

Lilian: Are you someone that brings these sort of messages?

Yes—I like to prepare people in advance—a little like a gatekeeper but not quite.

Lilian: No, I see.

But sometimes I feel people do not always believe what they feel, so therefore it is necessary to bring the words.

Lilian: It's very handy to have someone tell us.

Yes. There's a very special feel here (good)—so quiet, so peaceful.

Lilian: We're not always quite so quiet (*you're not?*). No—we have a laugh sometimes.

You have a laugh. I like that. I like to know that people are happy. I like to know that people love life, because you know, so many people don't.

Lilian: Yes, for some it's quite a struggle isn't it?

Yes, very much so—very much so. I would wish that everyone could be happy, but in your world, that is not possible (no).

George: No, there's rather too much stress; and I think we all here have a nice appreciation of nature—appreciation of the natural world, and I feel that counts for quite a lot.

Yes, I'm sure it does and that is why it feels peaceful—because I can feel that from you. You are at heart, genuine kind people. Kindness is lacking in the world—it is and it saddens me, and many others, to find such injustice sometimes. But nevertheless you mustn't allow it to pull you down. You must allow your soul to soar in all events.

Paul: Yes—yes, I think we've been told to try to focus always on the good things—put our energy into the good things.

Someone has already told you?

Paul: Yes, the teacher (*ah*) who will be coming next week I think has mentioned. There's a word he mentioned—not to give *credence* to the bad things.

I understand—I too have had that teaching. Yes, that may seem rather unusual to you, but it is not—it is not, because—just because you pass to spirit doesn't mean we become all wise. It takes a long time to reach the situation of BEING peace.

George: Yes, you progress in spirit just as we endeavour to progress here on the planet.

Yes, I know this is not news to you, but as I am here I may as well use my words.

George: We're delighted to hear them. We had a popular song a few years back. It went: 'You gotta accentuate the positive, eliminate the negative, and don't mess with Mr In-between...' (*Yes*). I rather liked that!

I like the sound of that too.

George: I think it agrees with what you've just been saying.

Do you wish to sing it?

(*Laughter*)

George: I don't think you'd enjoy my voice singing it.

Are you saying you are not an Angelic being?

(*More laughs*)

I fully understand, but the words indeed quite true—it's wonderful.

George: Well it's partly that I'm getting on in years. I'm 84, and the voice isn't quite as it once was.

Well I am not aware of the Earth year, but your light shines brightly (thank you), ***yes, as does all of yours—yes, beautiful.***

Lilian: When you were here on the planet (*yes*), were you aware that contact could be made?

No, I knew nothing—I knew absolutely nothing; only that I believed in something (yes), ***and of course, I have done much learning 'here', as you call it—yes. But no, I was not aware of any of those things:***

George: But you had an inner feeling, of which you were conscious.

I knew there was something—that's all I can say; I really did not know what to expect, so therefore, when the time came I found it very beautiful—yes. But I know, and I'm being told that you spread the word to others about passing.

Lilian: We try.

Yes, and that is very good because so many people still are not fully aware of what happens when it comes to their time of passing.

George: Yes, we have a website—I don't know if you're familiar with computers and the Internet that we have these days?

I am aware that you have these machines—yes.

George: Yes, so we have a website that Paul here has built *(yes)* and people can visit that, and we send out regular reports on these meetings and those reports go around the world.

Yes, you are doing a very good job, I know, and that also explains the aura of these meetings. And I know from others, they too have felt the love presence within this room at times.

George: Oh good, well we do our best to get the word out to others.

Yes—yes, believe me when I say: if only a few take in the information, you have done the job very well—we cannot ask more of you.

Lilian: Some people are just not ready to accept it, are they?

No of course not. You are all individuals after all—you were all given free-will—you were all born to different people. Therefore you are unique—remember that also. Your uniqueness has much to say (yes).

George: We are concerned about the warring zones about the world. We're not depressed by it—this would not be right, but—

And it would not be quite right I feel if you were not concerned. Concern is a form of love (yes). Yes—but yes, you are right, you must not focus on it in a negative way at all. That applies to any situation in your life. It may not be wars—people against people—it may be an inner war—one that you have to fight within yourself throughout your lives—that also is a war. So, you know, there is much for you all to learn.

George: Yes, I'm a little—I'm disappointed also in the number of people involved in manufacturing arms—guns, and in exporting them to these war zones *(yes)*. I feel that is very wrong.

Yes, you all each have individual feelings and thoughts about what is right and what is wrong. I am not here to tell you what you should feel or think or consider, but I am about to say to you: if all of these thoughts are given in love to help your fellow man, then please continue, but don't allow it to become the be all and the end all of your lives, because let me tell you, each and every one of you: the lives that you have on this planet are truly beautiful. I do not speak of disappointments or heartaches or anything else which you would find upsetting, but I want you to look at your world as the Creator gave it to you—as a beautiful specimen of existence, and if you can keep those thoughts in your minds you will do well. Now, we would like to try something here tonight, because we know the numbers are less than normal.

George: Yes that's true.

Yes, but it doesn't matter does it?—because spirit will always be with you—as one individual or as many. We are always waiting for the invitation to come to you, to speak with you—to converse on subjects perhaps you like to discuss.

George: Mm, well this is always very nice *(yes)*.

Lilian: You are always welcome to come again.

Thank you. I will hold onto that invitation. But we are going to try with each of you, to give a little clairvoyance. So do not be afraid to open up to us, after all, we are not here to harm you or criticise you in any way. So allow your hearts and your minds to open and see what comes and I will bid you all: a good night.

(Thanks + farewells)

There then followed clairvoyant messages via Eileen and Jan. Jan felt the presence of Ann (George's wife now in spirit. She mentioned a celebration and also a magazine article that George would find useful. (He had been sorted through piles of them that day.) Jan also got an impression of Ann's spirit garden:

Ann was fond of water—streams. Lots of big rocks—boulders, in Ann's garden—hidey-holes—secret gardens where the fairies can play...

George's Notes:

1: 'You Gotta Accentuate the Positive...': Well, would you believe?—that was a song by Johnny Mercer and the Pied Pipers, from 1945! How time flies!

<https://www.youtube.com/watch?v=f3jdbFOidds>

~10th August 2015~ SALUMET

Included in our healing prayers this time, we had requested healing for a dear friend in Japan who has on occasions sat with us; also healing for her mother who has dementia. We in fact had received a letter from her that arrived on the Hiroshima anniversary day:

Audio link: http://www.salumetandfriends.org/resources/10_08_2015+salumet.mp3

Lilian: Good evening and welcome Salumet.

Good evening.

All: Good evening.

As I come to you this time I clothe you with protection and with much love (thanks). I wish at this time to take a minute to speak about one who has asked for healing, and to comment about the word you use—that word being ‘guilt’. I would like you, if you would, to communicate with this one.

George: We shall be very pleased to do that.

Yes—because when you human beings speak about ‘guilt’, you are in fact punishing yourselves. You are allowing spirit to become negative and we do not wish that to happen to any one of you. The lady in question should not feel guilt. She needs not to feel sorry for what the deed has done, but she needs to give of herself more love, more forgiveness—that is the help that she needs. She needs to love herself more. Can you please convey those words if you can.

Paul: Yes, we can send her those very words in the transcript—yes.

George: We’ll send her the transcript (**yes**). We shall be delighted to pass your words on to her, and I know that she will be most grateful to receive them—thank you Salumet.

She feels so trapped at times. Her spirit needs to soar a little more and I will endeavour to help as much as I can.

George: I know her mother has dementia which is becoming worse; that must be part of it.

Yes—yes she, I will use the word again, because it is the word known to you—‘guilt’. She feels guilt sometimes at the things that she thinks, but she has no need. She must allow herself to become free.

Paul: Guilt seems to not have any usefulness, in a way, as a feeling.

It is punishing the self—guilt is punishing the self. So that is my words for her (thanks).

Paul: I’m sure it will apply to others who feel guilty, too.

Yes—guilt takes many forms. It is very often used in punishing one’s self, when in fact all you need to do is allow the love to come from deep within; that love that is as yet not quite understood in your world. There are many levels of what you call ‘love’. It is a widely used word, and sometimes, to the people who use it, it has little meaning. I speak of that deep innate love which is there, whether you are aware of it or not. That deep love is the very essence of your whole being. Do you understand?

George: Yes, and as to feelings of guilt, this last week there have been the anniversaries of World War II—use of atomic bombs on Hiroshima and Nagasaki, and I know there are many in the Western world and throughout the world who have some kind of a feeling of guilt—or perhaps not exactly guilt, because they did not make the decisions. But I’m sure many in the world feel for those occasions and those people who suffered.

Of course—any action which destroys or hurts other people cannot be looked upon with great love, but at the same time, as we have just said, guilt is a negative word, and yes, there are many who are punishing themselves because of these particular events—not only the one that you mention, but many that have occurred in your world. What they should try to do is to make amends in some way—bring love to another who is in need—help others who are in need, and in some way, it helps to *atone*—I do not like the word but I use it—atone for any ah—

George: It’s a word we understand.

Yes—as always, it is difficult to find the correct word with the correct meaning. So I have to speak to you in your own dialects, in order for your understanding. But yes, I agree, there is still much guilt, as you call it—yes. Mankind—humankind, is a great supporter of guilt. Do you have any questions about this?

Paul: Just going back, you said before George mentioned Hiroshima and Nagasaki, about this deeper level of love (**yes**) that we become aware of—so because it's a *feeling* that love energy—

The love I speak of is not a human emotion. It belongs to the spirit—therefore it is innate within the spirit, yes.

Paul: That deeper level of love—I'm just trying to put it all together—

You will have difficulty, because as I have said, it is not an emotion that you are aware of—yes, it is a true love that belongs to spirit, that belongs to the soul.

George: Perhaps I could mention one who had quite an amazing perception in the first half of the last century—Viktor Schauberger. And he made the observation that man's devised processes have the character that they begin *within* and expand outwards, with a huge output of wastage of energy and heat, whereas—Hiroshima being an extreme example of this; whereas nature has the reverse processes. The weather vortex begins *without* and produces all the energy *within*, likewise the whirlpool in water begins without and the process goes within. So he made the observation that nature's processes are quite different from the man-made processes and opposite. And we with our methods are spoiling the planet, and perhaps I could quote from him and his words were: *In view of the fact that we're heading for extreme planetary spoilage—he said about sixty years ago—when the time is right and the need is great, perhaps some higher intelligence with a concern for human evolution will intervene and help us.* Well, I think that has happened, and a big 'thank you' to you Salumet, and your colleagues for helping us!

Yes, we in spirit, endeavour to try to help in any way that we can. I partly agree with the words you have spoken, but not fully. All must come from within to begin with. What exists on your planet is starting from without to go within, but when you speak of a creative force, all must start from within. You are all the *ideals* of the creative force, are you not? You are given this planet to live upon, and yes mankind has at times neglected his love and his duty of tending to this beautiful planet. But that is happening in the event of what you call 'progress' and sometimes progress is not as it should (be), but what is progressing is the thinking of mankind, and that thinking begins from within, because that is the spirit speaking. Do you understand?

George: Yes—so I feel that Viktor Schauberger made a great observation, but it's not absolutely wholly true.

Not quite correct, but I know where he was coming from in his thinking. And the other point I would like to make is that he tends to think of the creative force as some great human who has the right to interfere. That is not quite correct. As you know, the creative force is in all things, and mankind was placed upon the planet with his free will in order that he might return home without interference from that creative force. That part of existence does not include those like me, who come from spirit to help. We are not the creative force. Do you understand? (Yes) Are you sure?

George: I was just thinking: there is the matter of influencing—

Yes, but the influence comes from us in spirit. Many who have already lived upon your Earth—many of us who do not or have not. So you see, in a sense, we still retain some of the human elements.

George: Yes—I was thinking back to when you first came in 1994 (**yes**) and we had been heading towards nuclear oblivion (**yes**) and that changed course.

Again, the time was right because there was so much fear. There is fear today amongst many, but I would wish to dispel that fear, because fear, like all energy, transmutes and grows and that is not what we would desire to happen. I hope that helps just a little.

George: Yes indeed—that's wonderful; thank you Salumet.

Do we have more questions this time?

Paul: Did you say just now that the creative force is in everything; so it's within you of course—

You are part of the creative force—yes.

Paul: We're all part of it—

—A tiny, tiny speck, but still part of the great creative force.

Paul: So would the Angelic beings have a larger speck, or is that irrelevant?—the size of the speck—I suppose it's irrelevant—

Compared—yes, to human beings on this planet—yes, the Angelic beings have, for your understanding, a larger amount of creative force—to simplify it for you, yes; because they have never trodden your pathway, they are exactly what we call them—Angelic beings.

Paul: And you've described yourself as more like the Angelic beings in that you also haven't had physical incarnations (**yes**). But you're also a conglomerate of beings.

A conglomerate of beings—that is how I came—the name was given to you, if you remember, for the purpose of recognition.

Paul: Yes, but it's better to think of you as many—so it's almost—

It is not one tongue, as you would say. It is indeed a conglomerate, which means the thinking of many.

Paul: So when we say: good evening, we are saying good evening to a *gathering* of beings—

—Of thought—a gathering of thought, yes. Yes, sometimes I feel, using the word 'being', is rather confusing, because it humanises, and that is not what we are.

Paul: —Because though you're a conglomerate—in a way, you behave like one—as one. Could you say as one being?

I speak as one being—yes. I am the part that uses the voice to speak to you, but the thoughts are the conglomerate beings.

Paul: And are the other Angels also conglomerates?

No—no. They all have their own work to do upon this Earth, as on many planets, but we are more—it is difficult to describe, because we come from that little way further.

George: Would it be right to say that the shared thoughts are all Akasha or Akasha-linked?

Yes.

George: Yes, thank you.

Does that clarify it for you?

Paul: Yes, it helps build up a picture. I know some readers like to try to grasp exactly *what you are*. You're not exactly—

They will never be able to fully understand. That is why it is better if there is a name to recognise, only in as much as it can become confusing.

Paul: Yes, I think as far as our understanding goes, we probably have to accept that we can't fully understand at this stage (**no**), but it still makes me so happy to—

Yes, I feel your puzzlement, but the more you think upon it, the clearer it can become. When first I came to you I also said: if you feel there is something you cannot accept, then you do not accept it; and that still stands now.

Lilian: Well we can accept, except that we cannot understand.

Yes, and you will always find those people who will refuse to *try* to understand if it does not make sense to them, and that is up to each individual. That is why you have your free will. But each time our words are accepted—each time, the mind grows a little more—and more questions come to you. You must surely have found over these many years that each time a question has been answered, that another comes into your mind.

(Agreed)

It is a continuous progress. Now, for this time, I feel you have enough to think about, and that is always my desire—that you have something *new* to consider or to disregard—the choice is absolutely yours and, my dear friends, I am always happy with whatever outcome you choose.

George: Salumet, I think I have a short one. Have you time for that? (**Yes**) Regarding 'spirit'—non-material, and it has this oneness which we're I think beginning to understand (**yes**). Regarding the aether—that also is non-material (**yes**). Does that have a similar oneness?

Of course, there can be no separateness. All belong together. All is intermingled, so you cannot separate. I know where you are going with that, but I have to say: you have to look at ALL as one.

George: Yes, that includes the material as well.

Yes, it is still part of the whole.

Lilian: So when my mother saw what you explained was an aspect of me, through the window, did she need to see that aspect at that time? Why did that aspect appear?

You are speaking of seeing your mother—

Lilian: Yes, she saw me outside a window looking in, and physically, that's not where I was. And when I said to you—you said it was an aspect of me.

It is the spirit of you—each of you has—you are spirit and you have a physical body, which most of the time is together, but the spirit can separate from the body—not fully, until you leave to come home to us—you are attached as you know. But the spirit can travel and show of itself.

Lilian: So is there a reason behind the showing? I've seen my son as well.

It just might be that the subconscious mind is thinking of those people at that particular time. You may not even be aware of the thought.

Lilian: No, I wasn't.

Yes, but all of you travel, whether you believe that or not—again I leave it to you. But yes, you leave your bodies at night when you rest, in order for the spirit to be rejuvenated; but you are still attached to the physical body. Only when you are free of the physical body will you then be seeing spirit as it truly is. So I would suggest the reason is that the thought was there without you having the awareness.

Lilian: Yes, I thought about that and I thought: is there a reason? But yes, I see what you mean (yes). Thank you.

Now, I am happy to leave you, my dear friends, and look forward next time to coming together, as always in love and upliftment. And that is what I shall leave you with this time—upliftment.

(Thanks and farewells)

Following a pause, another was then with Eileen:

Audio Link: <http://www.salumetandfriends.org/resources/11th+Aug+2015one+wanting+to+be+an+angel.mp3>

Lilian: Hello.

Hello—hello.

Lilian: Nice to have you with us.

I didn't know whether to speak or not.

Lilian: Have you been before?

No I haven't. I heard you speak about Angels and I thought I've got to just come and tell you: I want to be 'an Angel on Earth'.

Paul: Ah, you want to be an Angel on Earth?

That's what I'm going to be. I want to come back—I want to be an Angel on the Earth.

Paul: What would you like to do as an Angel on Earth?

I'm not sure yet—that hasn't been arranged. I just want to be an Angel of the Earth. Doesn't it sound wonderful?

Paul: Helping people—

Yes, I'd like to be in the hospitals.

Paul: Well, there's much need of it, so that's a good thing to try to do.

I always thought only Angels were in spirit, but that's not true. You can be an Angel on Earth, if that's what you've planned to do.

George: An Angel on Earth with a human body?

Yes—yes, I want to come back and I want to be known as an Angel. I know it's not the same.

Paul: It's not the same as a real Angel, but it's a good aspiration.

—A good thing to do.

Paul: Like Mother Theresa—some people think of her like an Angel.

Yes, I know about her. Yes, she was an Angel on the Earth. Yes, lots of Angels—

Paul: Florence Nightingale (yes)—

George: Yes—so a human who has Angelic qualities and Angelic helping and giving—and loving.

Yes. I have been told that you have to have lived quite a number of lives, and you have to have reached a stage where you can use that word 'Angel'. So, although I want to do that, it may not always have been

possible; but I'm excited because I know that's what I'm going to do. I'm not sure about the coming back bit—I don't know too much about that yet.

Paul: You don't know which country?

No, I don't know where I'll be at the moment.

Lilian: So obviously you've grown spiritually enough to be able to want to do something, really—
I suppose so—I suppose so.

George: Yes, I was just trying to think back in our history. There was Florence Nightingale who was devoted to healing in hospitals and there was Albert Schweitzer—

Yes, but you don't have to be famous. You can just be an everyday person—and you can still be very good. I feel I want to work with children; I want to help them all I can. But I'm excited—I don't know if you can tell?

(Affirmed)

I am really excited about going. And when I heard you speak about Angels I said: please let me go and speak with them!

George: The excitement does come through.

Yes—I must remember to keep my modesty though, because I am really excited I know.

Paul: But we've been told we mustn't feel any guilt about things, so if that's what's coming from within you, then that's your enthusiasm.

It's not guilt—I don't feel guilt.

Paul: No, right—so it's what makes you happy.

Yes. I don't want to find any ego—that's what I'm trying to say.

Paul: Right, yeah—there is always the chance of a naughty bit of ego *(yes)*.

George: Have you any feeling of fulfilling a need that the people of Earth have in this?

If I'm going to be really honest with you, it's a need within ME—as well as helping others—it's a great need for ME—I don't know if that makes any sense.

George: Ah yes, I understand.

Paul: I think it does. I think that's often the way—it works both ways.

It helps you to grow.

Paul: In helping others you also help yourself.

Yes, that's what I'm hoping anyway.

Paul: In giving love to others, it seems to come back to yourself as well.

Yes, well anyway, who knows? I could even bump into one of you, who knows?

Paul: Yeah, if you get a move on and come down here fairly soon, you could perhaps.

Why, are you planning to come here?

Paul: Well no, not for at least another 50-years or so.

(Laughter)

Okay, I'll see what I can do! But of course it would depend which part of the world I'll be going to.

Serena: Most of the people we speak to are doing jobs *after* life with no thought of coming back; so are you between lives?

I am between lives—yes. I am at the moment considering when to return—I KNOW I'm going to return, I've already moved forward on that—so, yes.

Serena: Is that a different state to people who aren't coming back to an Earth life?

We all have the choice—we all have the choice and we all have guidance, but I've always wanted to come back, because I feel this need. It's—I don't know how to describe it to you. It's not a feeling I had on Earth—it's something that's happened since I've been here.

Lilian: A need to help?

—A great need to come back and be an Angel—an Angel of the people.

(Short pause)

Anyway, they're saying you're outstaying your welcome.

Lilian: Well thank you for coming back and telling us—that's given us something to think about.

Yes, I'm really, really becoming excited—I must go.

Lilian: So we'll say: good luck to you.

Paul: If you get clarification on exactly where and how and who, maybe you can pop back and tell us a bit more about your dream.

Perhaps—yes, I don't know, I'll think about that one—but it's been very nice, but I am going—I really am.

Paul: Good luck to you and lots of love goes with you.

George's Notes:

1: 'Deep Innate Love': This would appear to be an innermost feeling, and 'guilt' may arise from going against this. Clearly, guilt should normally result from the killing of another, but military training surely opposes this. Psychopaths / sociopaths fail to feel guilt for their antisocial acts—a part of dictionary definition. So can training produce a psycho- or sociopath? It would appear so, and yet, a proportion of military personnel are known to develop mental disorders as a result of what they do—so the attempted removal of personal responsibility through training fails, and guilt eventually catches up.

2: Fear and Nuclear Missiles: It seems that nuclear missile stockpiling has been driven by fear. But the object of that fear is clearly nuclear missile attack; so that cause and effect are opposed in a dangerous balance. [Perhaps we should note that the Spithead Review, with its dreadnought class battleships, was a show of British naval power which Germany endeavoured to match. And this was one factor leading up to World War I.] It is most imperative that we learn to control our fears in today's world!

3: Accentuate the Positive (ref last week): A recent study (2014) – 'Prioritizing Positivity...' by Sara B Algoe & Barbara L Fredrickson, University of North Carolina; indicates that positivity relates to improved organization and happiness.

~17th August 2015~ SALUMET

Salumet having been with us last week, we had not really anticipated a further teaching this evening. But Jean, Graham's mother, had travelled from Cornwall to stay with Sara and Graham, so they brought her along. Jean has sat with us on previous occasions. Proceedings were held up just a little at first on account of Eileen being troubled by a tickly cough. During our sessions, several use a rug over their knees for comfort, including Eileen. Eileen felt that her rug was causing the tickly cough, discarding it, she asked for another to be passed to her:

Audio link:

http://www.salumetandfriends.org/resources/2015_08_17+salumet.mp3

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

I would like to apologise for the irritation in the speaking box. At last, this one is listening to the quiet still voice. We have tried to impress upon her about the irritation caused by the covering over her knees (ah!) But now at last, she hears our voice.

(Chuckles)

Sometimes also, when we are making adjustments, the voice can be affected, but not usually to make the instrument cough.

Lilian: That's interesting.

Be aware that we endeavour to use this instrument as gently as possible, as well you all know. I felt that it was necessary this time just to welcome an old friend, and to say that no matter how long in time, those who are part of this group will always be part, whether they are in this room or not. It just shows that you are never far from our thoughts and we give a welcome to the one you call 'Jean'.

(Chuckles)

George: That's nice for you Jean.

Jean: Nice, yes.

We wish only to say one thing: as you know, I do not usually speak on personal matters, but there is something to be wary of in her home. There is a step which needs to be attended to. The step is in the

garden. Are you aware?—It is not anything substantial, but just enough that needs small repair to keep this dear one safe. Can you please check on this for her?

Graham: We will check on that, yes—thank you Salumet.

Now my dear friends, as always, it gives great pleasure to all of us in spirit to join with you, and it is also good to see so many faces this time.

(Ten of us present)

As you know, I do not always come so often, but I will not miss an opportunity when a dear one returns to us.

(Thanks from several sitters)

George: That's very much appreciated Salumet; and in just a few weeks time, we have two people who will be travelling about 300-miles to come and sit in with us **(yes)**, so it's nice to feel that you will also be around on that occasion.

Yes—I will keep them safe—yes. As I have told you on many occasions, there will be people who come and go, and that is the way of things. That is how we are expanding, although we have the spoken word on record and we have your pages of written verse, it cannot compare to being in this room and to feel the energy which is created by all of you. That is something that needs really to be experienced. I am sure you would agree with me.

(General agreement)

Now, if you have any questions this time I will be happy to answer them for you.

(Brief pause)

Are there questions please?

George: Ah yes—sometime back I asked a question about the creation and understanding the creation, and you very appropriately indicated that we could not possibly understand whilst still here on the planet—there still has to be a reason for not being able to understand. And shortly after that I had a dream whilst asleep, that referenced another dream that I'd had. And the idea of a *dream within a dream* left me with the feeling of the creation involving a *dimension within a dimension*. And if it is something like that, then I can easily see that we could not possibly have any understanding of the creation! Have you any comment on that Salumet?

Only in as much as it helped you to understand my words. Of course, all of life—all of spirit is intermingled. I know many in your world find this difficult to understand. But *all* is now. I feel we are beginning to move into difficult situations when we speak of creation because, let me tell you my dear friends that the understanding of creation will never be known—not only on this Earth plane, but in the many lives and situations you will find yourself in, in time gone and in time to come. It is a deep—a deep situation to try to explain. I could not even begin to explain it to you, because we as beings are not even fully aware of what creation means. So that gives you kind of some range of understanding that it is not a simple explanation, and as much as you would try in your world, it will never be. Your scientists are making inroads as far as the existence of planets and all of these discoveries. But it is but a point on a pin—I will put it that way.

George: I think today, we tend to distinguish between what might be called 'mainstream science' **(yes)** and the work of individuals. And I think currently, the work of mainstream relates to the material world, and—**Because that is all mankind truly understands.**

George: But there do seem to be *individuals* who are making headway with what is often called collectively 'the paranormal'.

Yes, you have to include what you call 'paranormal', which is indeed 'normal'—it is not paranormal—it is normal to many. But the understanding will never fully take place; after all, you are existing in only *one* universe at the moment!

(Chuckles)

And yet, all is intermingled—all planets, all universes, all of spirit.

George: Yes, some of us tend to think of the principle of other universes being other dimensions.

Yes, and as you say, there is one dimension within another and another and another; and so it continues.

George: Ah, yes, and the other thing is, I think you have told us our understanding becomes clearer when we pass to spirit—but that still doesn't clarify everything.

No—you will see a wider picture. You will have wider understanding; you will be much more knowledgeable about spirit. But remember, my dear friends, you are still only babes—babies.

(Chuckles)

—Babies in the *understanding world*, babies in the *collective use*—I am trying hard not to go beyond what you would understand. But yes, you will never completely understand, although as I have said, the picture will be much bigger. Is that helpful to you?

George: That is most helpful, thank you Salumet. Yes, that does open up our minds I think more clearly to the general situation.

Yes, that is all it can be—is a general situation. Yes, but I know also, that as human beings you have curious minds and it will never stop you seeking such information. But the more you learn, the more you understand—the more spiritual you will become, and that is a much bigger asset than trying to fully understand creation.

George: I think we all here recognise that many others in the universe have progressed in that direction further than human beings (**yes**), and thank you for arranging connections in order for us to become clearer on that point.

When you can become one with your own being, then your understanding is great. Think about those words this time—when you can become as one with your *own being*, then you have a small inkling of what is ahead of you.

George: That is a deep thought.

Yes. Now, it is a short visit this time. I hope my words have given you food for thought. I know my dear friend, you work so tirelessly to give the word of spirit, and for this we will be always grateful to you. Continue, but sometimes allow yourself just to *be*—to be still and to listen to that quiet voice, and all will continue to be well.

Sara: Could I have one more question Salumet?

Yes, of course.

Sara: When we consciously invite Angelic presence into our experience, would you say it's more common to have synchronicities and coincidences?

Yes, when you invite Angels into your lives, it is the way they communicate with you.

Sara: Ah!—because I have experienced a lot recently, and it helped me to make decisions (**yes**) because I was amazed by the synchronicities.

Yes, it is their way—there are many ways in which they can communicate, but the synchronicities, are I would say, one of the most often used ways.

Sara: Ah—interesting! Thank you so much.

So I would say: continue, and not only be aware, but to listen in your quiet moments; because if you have called them forward in one way or another, they will always reply to help you.

Sara: Yes, thank you for that.

George: And I shall endeavour to have more quiet time and seek in that quietness.

Yes, you all need to do this. I know some of you are good at doing it, but others may be a little lax. So as I leave you, my dear friends, I thank you for your presence here this evening. We also thank that Great Creator for all the love that is given to us. And so, as I leave you, I cloak all of you in my love and in light.

(Thanks and farewells)

A period of clairvoyance then followed—information concerning Sara and Graham's family. This was followed by a meditational guided journey via Eileen:

Audio link: http://www.salumetandfriends.org/resources/2015_08_17+Eileen+journey.mp3

Okay—I want you gathered together as a group; and it's a beautiful, beautiful summer's day, and I want you to feel the warmth of the sun on your body and your whole being. And on the start of this journey I

would like you all to slip your shoes off and step onto the grass, which is soft and silky and it feels good on your feet. And as you get used to the feel, I want you then to move forward—slowly and happily and to look at one another, and appreciate the bond that all of you have. I want you to carry forward and look around—look at the sky, how blue it is, how green is the grass and see where you are. Are you in an open space? Are you in a woodland? Are you by the sea? Each one of you will find your own destination. And as you continue on this journey, you begin to feel very light—lighter than you’ve ever done before—and you continue forward. And as you look at the fields ahead you see many things and you can see many people. I want you to carry forward, and suddenly you can’t feel your feet in the grass. You feel so light, lighter than you’ve ever been before. And as we go forward there’s a small rustle in the trees, and the smell of wherever you are; whether it be the sea or the woodlands or the open space. Just stop, just smell what is around you—and feel yourselves being absorbed by Nature, and you’re feeling really, really good. You’re feeling relaxed, you’re feeling happy and you’re glad just to be alive. Now as you move forward, before you there are another crowd of people, and whichever pathway you’ve chosen, you will find the group of people that are known to you. So slowly, slowly go to meet them. And suddenly you’ll recognize within this group that there is someone you love or you recognize from other times and you can’t wait to meet them. So continue forward and stop a while and see who that person is. You will recognize them and they are coming towards you. Take the time to recognize and to feel the love that they bring towards you. And as you get closer you become as one. You talk to the person that you have met, and you discuss how you feel and how glad you are to meet them again. And I want you just to be still, to feel that love, to feel that light, before you return back to where we started. So take your time and see just what happens. Feel the peace, feel the lightness, feel the joy and the happiness; and know that you’re more uplifted than you’ve ever, ever been. And whenever you’re ready, you can return in whichever way you want to; and I shall meet you all back at the beginning.

(Pause)

Now, we’re back at the beginning, please remember to put on your shoes, to feel the ground, and yourselves to feel grounded and happy about where you have been. So gradually return and come back. Thank you.

Everyone back?—did you meet anyone you knew?

Some discussion then followed about the various friends and relatives who were met.

George’s Notes:

Paranormal: The Concise Oxford Dictionary gives a succinct definition—‘Events or phenomena supposedly beyond the scope of normal scientific understanding’. So it is a supposition (assumption) that the paranormal is beyond normal scientific understanding. And normal scientific understanding is considered by mainstream science to be a material construct and testable as such. The term paranormal must eventually be discarded when scientists in general seriously accept the non-material—the spiritual and aetheric parts of reality. And as Salumet declares: the paranormal is indeed normal!

~24th August 2015~ SALUMET

Whilst Salumet does not speak at every meeting, he nevertheless watches over and this was to become clearly evident on this occasion. As we settled, there was some discussion of the problem of ‘addiction’, and this attracted one to come and speak on this. There was some difficulty at first and it was a slow start:

Audio link: http://www.salumetandfriends.org/resources/2015_08_24+Miriam+addiction.mp3

Lilian: Good evening—welcome.

(Pause)

Lilian: Can I help you?

(Pause)

Lilian: Do you wonder where you are?

(Pause)

Lilian: You are with a group of friends who would like to help if we can.

(Lilian extended a hand to Eileen's shoulder to see if energy adjustment might help. Jan received clairvoyance regarding a name, which she suggested might be Joseline.)

Lilian: Is that right?

George: You're very welcome. Do you wish to speak with us?

(Pause)

Lilian: No need to worry. We're here to help.

(Still no response but Jan's clairvoyance now kicked in)

Jan: Try Mary-Ann or Marian.

Lilian: Does that mean anything to you?—Mary-Ann or Marian?

Lilian: A bit confused at the moment—who are all these people chatting away to me.

(Pause)

My name is Miriam.

Lilian: Miriam—that's a nice name. Can you tell us why you're here to chat to us? We're here to help or listen.

Only because I listened to you talking about addiction.

Lilian: I guessed you were—so you're here to help us?

No—I'm here to help me.

Lilian: You want to talk about your addiction—what happened to you ***(yes)***. Well we're happy to listen, if it helps you to get it off your chest—well, we'll be pleased.

If only I could help others, it would be a blessing.

Lilian: By talking about what happened to you, I'm sure that would be a great help.

(Pause)

Lilian: You know you're in spirit? ***(Yes)***.

George: Are you concerned about any particular type of addiction? There seem to be a number of addictions on our planet at the moment, with alcohol, tobacco and drugs—

Yes—and violence. I think the one who spoke about all of you having addiction is perfectly correct.

Lilian: I guessed that.

But it is a weakness in the being who struggles to help themselves and do not have the back-up of knowledge in their lives.

(Pause)

I apologise for the slowness of my speech.

George: No worries, that is perfectly acceptable to us.

It has brought back to me how destructive it all is—not only for the person with the addiction, but for all who know them.

Jan: That's right—it extends out far and wide ***(yes)***. When you spoke of—I think you mentioned the word 'support'—you can give all the love and support you can give, but unless that person wants to get better and wants to accept the help—

Yes. They do not listen to that—

Jan: —Inner voice...

—inner voice. You are correct—they say they want to, but they are weak. All you can do is to send up thoughts for them, because although they may be full of good intention, it is so easy to fall backwards, as well I know.

Lilian: Yes, very easy I imagine.

I just wanted to say: I hope I can bring all of you some love and upliftment for yourselves or anyone that you are aware of who has such addictions.

Jan: As you can now see it from spirit side—and as a *survivor*—that's the wrong word, isn't it? You yourself went through an addiction while you were here ***(yes)***. What would be the best piece of advice you could give for those helping others with an addiction?—apart from love and patience?

—And to listen to the inner voice.

Jan: —Our inner voice or are you telling the person—

—*The addicted.*

Jan: —Telling the addicted person to listen to the inner voice.

—*Because, no matter how much love is given, they are ignoring it.*

Jan: Yeah, they don't accept love.

No, and unfortunately, when they come home, they will be faced with all that they have done and I can tell you only how I felt—and I was ashamed. And even now, coming back to the conditions of your Earth, I am being bombarded with memories. That is why I speak as I do, because my speech was one thing taken from me. Therefore I hope for all the love you have sent out this evening, that if only one or two of those people are touched, you have done much good.

Jan: Oh that's good to know.

George: Listening to the inner voice is a very personal thing *(yes)*. Have you any recommendation as to how one might encourage people to listen to that inner voice?

Each and every one of you knows what your inner voice is. That is why so often with addicted people, they are full of hope that they will beat the addiction, but because they are weak, they cannot sustain it. But you cannot help someone who has given up on life, because basically that is what they are doing.

Jan: The substance, whatever the addiction is, and I mean a vast array of addictions *(yes)*, when they're taking it, when they're in that state, that's when the inner voice is completely switched off from them *(yes)*. It's only in the cool light of day, do they feel remorseful and are not going to do it again *(yes)*, and then as soon as that substance is touched, it's cut off...

Yes, but no one MAKES them do these things. So if they refuse advice and help, then unfortunately there are consequences (yes).

Sara: Presumably we can pray for help *(yes)*, for them to perhaps listen *(yes)*—we can pray for spiritual help to encourage them to listen to that inner voice *(yes)*; perhaps Angelic help also, to bring to their attention—we can try maybe.

That is all you can do (yes). *But what I find, or did find upsetting, was that those people who loved and tried to help ME, I treated them abominably—and they are the ones who are supposed to love. It is a selfish act, I'm sorry to say.*

George: On the other hand, those who are addicted to violence are trained into being that way. I refer to the military system. So many are *trained* into *(yes)* violent ways in such a way that they do not have to accept personal responsibility—

But they DO—no matter whether they are military they have the right to say 'no' or to abandon their way of thinking. Of course, when they pass to spirit, the reasoning behind the actions are always considered, but nevertheless, every individual on your Earth plane is responsible for their own ways of thinking and their own actions.

George: Yes—they are trained into acting under the orders of another, which has the effect of removing personal responsibility—but I take your point that in the final analysis they *must* be responsible.

They have to be, there is no getting away from it—no matter what the addiction, they have to have their own personal responsibility.

Sara: I think we all make choices every day, don't we?—in a way—but you mustn't blame yourself, because it was a—

But yes, you do blame yourself.

Sara: But we all do things—we only learn unselfishness usually through being selfish first. I think that's how all human beings probably discover many—

No, I cannot agree with you on that we do not need to learn from being selfish. Selfishness is an act of the being who does not extend love.

Sara: Ah yes, yes I see.

It is difficult sometimes I think for you to understand.

Jan: It's very like when somebody takes their own life—it's that type of selfishness.

Yes, although most people would feel sorrow—yes, of course you feel sorrow, but what harm has that person done? Of course, the state of mind is taken into play, but at the end of a life, you become very responsible for that life.

Sara: True—yes, I see. I don't mean to say that we can't feel responsible, but I suppose we can only feel compassion—that's all—for others.

That is why—this is only MY feelings—why it is important for mothers and fathers to teach love in their small children (yes).

George: And I guess *demonstrate* love.

Demonstrate love to all people, to all creatures, to all of your Earth.

George: To all creatures, yes; and in the animal kingdom we have what we sometimes call the herd instinct. In order for that to be, there has to be a love between those animals?

It is a different kind of love (yes) ***from human being's kind of love. But of course, you only have to watch an animal in nature nurturing its young, to know that there is a bond there of some kind.***

Sara: True. Did you come to understand how your addiction started? Did you understand?

I thought it was fun to begin with, but it is not fun—it is destructive, it is wrong and I cannot in any way, knowing what I know, condone it at all. And now I'm being called.

George: It sounds to us that you have made a very good journey since you have been in spirit.

I am happy and I am conscious that I made a lifetime of foolishness which now has to be paid for, and that is not in the sense that humans would understand. It is not a punishment, but it is—perhaps I will use the word 'education'.

George: Could also say it's a self-recognition of what is required?

When you come to spirit—I cannot answer sir, I am being called.

(Thanks and farewells)

Following a pause with a little discussion amongst ourselves that centred mainly on 'greed' and the code of practice that has been with us for a very long time called 'The Ten Commandments'. Then, to our surprise and delight, Salumet joined us:

Audio link: http://www.salumetandfriends.org/resources/2015_08_24+sal1.mp3

George: Welcome to you—Salumet?

Good evening.

All: Good evening.

I had to join with you this time, listening to you speak about what you should not do. What, my dear friends, out of those Ten Commands do you think is the most important one?

(Jan and Lilian quickly responded with: 'Love one another—love thy neighbour')

Yes, that encompasses all others, because if you love your neighbour as you love yourselves, there would be no harm done to any other people.

(Acknowledged and enthusiastically agreed)

So, we need only one command. I had to step in just to say these words to you.

Jan: Thank you for that.

Paul: That clarifies it—yes.

Lilian: It's very simple when you think about it **(yes)**.

Jan: I was talking about them in the context of the other person who came through—Miriam—the selfishness—teaching people how to be more selfless **(yes)**. That's more to the point why I raised the Ten Commandments—each one is something to do with not being selfish, but doing things only in love. That's how I read them.

Yes. To speak as you do, my dear friends, brings harmony not only to yourselves, in your discussions, but you leave this room thinking a little deeper each time. And that in itself is something you should cherish, because if you do not think about the deeper matters of life, what is there to think about?

Jan: Very true—it's all trivial.

Yes—you are wise, my dear friends, and my only hope is that the words that you spread help others to gain that wisdom.

Jan: We do our best.

Yes—now, for this time, unless there is a very quick question, I will leave you to finish this evening in whatever way is for you to do.

George: I would just like to comment that we're back to that song again with the title 'Love is All You Need'. *(All you need is Love—the Beatles)* We've mentioned that before and I think you approved that title.

Yes, I indeed did approve, because the words say it all—yes. With 'love' you have everything.

Jan: I do have a really quick question about addiction. When I was washing up tonight before I came out, I was thinking about—before they come back to Earth, or this is their first time on Earth, but normally they return to Earth, and this time around they had an addiction; would they know in advance that they were going to be an addicted personality and it was something they would have to do this time?

They would be aware of the pathway of life—whether you walk a straight pathway or whether you deviate from it—that is entirely up to your free will (yes), but I will say that some—but it is not the normal for these people to choose to have addictions. It is normally something which happens within the lifetime. You know and we have spoken many times that you can bring things from another time, but with addiction I would say not. Does that help you?

Jan: It does, thank you.

George: Salumet, could I just say that we know of two young teenage people who are very interested and seem very keen to sit in with this group. One of them I know to have clairvoyance. The general feeling has been in the past I think that young teenage is a little young for sitting in séance. Would you have any comment on that?

There is no problem with young people in séance, provided they are accompanied by wise mediums. If it is just a question of seeking, then of course a medium would help very much in their learning. If you are speaking of a group such as this, which has taken many years to develop in understanding, it may be a little more difficult for the young one to understand. But I would welcome their presence as long as it is an evening of just helping them cope with questions. It would not be an evening where I would speak, and because that may be something they have not as yet encountered.

George: Ah! Not an evening for advanced teaching.

No, but they would be welcome to the group to speak to others, who would help—not myself.

Sara: So we could perhaps devote one evening for them to listen to others.

Yes, a discussion evening with perhaps some light-hearted people—because they are very susceptible to spirit. Some are okay, some are fine and some I have said could come; but these I feel are not quite ready for deeper stuff.

Jan: Christmas time, at the end of our year would be quite nice when the children are around in spirit.

Yes well, I believe you said one is acquainted with spirit anyway, but even so, if you all remember back to your first séance meeting, you can imagine what a young mind can be—

Jan: They're so vulnerable to different thoughts at that age (yes). I think it's far too young personally.

It is not young if they are the correct people; if they have encountered clairvoyance and other mediumistic—ah—

Sara: One of them is my daughter, and I think she has a lot of questions, because she has had a lot of experiences. Even though she's young she's seen a lot, for example, clairvoyantly (yes), and she still does—it's been going on for five years. But she also has experienced a lot in her short life, in terms of clairsentience. And she's heard a lot of things too—experienced a lot of spirit in the house and I think she will definitely develop when she's older, because she seems so sensitive.

Yes, all children have the gift of sensitivity— whether they use it or not is a different matter. But I feel that it would be best to have a question-answer circle rather than to have the usual sittings with me. I do not feel they are ready for deeper matters yet.

Sara: Yes I'm sure that's good advice.

(Paul then asked Salumet for any advice for a friend, who was suffering badly from arthritis)

Yes—is she close to the mother?

Paul: Um, I'm not sure if she's close to her.

Yes.

(Pause)

Yes—there are underlying issues here. That is all I will say at this time. She needs to separate a little more from the mother. Just to ask for help—that is my advice to her and there are many who would be listening. I will try and see what we can do to help her.

Paul: Thank you very much—thank you.

Yes—we may speak of this on another occasion, but for this time I am going to take my leave of you all.

(Thanks and farewells)

Finally, there was a period of clairvoyant messages via Eileen. These concerned a dog known to Jean, Sara and Graham; travel and family for Jan; and an observation for Natalie—all of which made perfect sense.

George's Notes:

1: Inner Voice: So we all have that inner voice to guide us, and so we each are responsible for our actions in the final analysis. Habitual drug-taking will it seems with certainty be regretted. And military training to transfer responsibility to another who gives orders is no excuse—the inner voice is still there, so personal responsibility therefore remains. Perhaps that is why mental problems sometimes occur in the Earth life following the killing of others.

2: Love and The Ten Commandments: It is both disappointing and sad that the man-made religions, the majority of our governments and those who vote them into office have ignored and continue to ignore that most important commandment. That is why Earth has had Inquisitions, crusades, witch hunts and wars. And that is why we still have highly aggressive governing bodies, Middle East war zones plus the enforced migration from those war zones, weapons manufacture to supply those who fight, drone and aircraft bombing, suicide bombings, nuclear missile arsenals, and an electorate who vote governments into office that initiate and conduct this love-starved status quo.

3: Séance and Young Teenage Sitters: The advice is that, for the reasons given, young teenage who express interest should be encouraged. They are best introduced to discussion and question-and-answer sessions in which understanding mediums may be present. The deeper ongoing teaching conducted by Salumet would be inappropriate for the younger mind—that journey should be reserved for later.

4: Addiction: Before Miriam came through, we had been discussing addiction and Paul had been describing an interesting piece of research into the nature of addiction, known as 'Rat Park', which you can read about here: https://en.wikipedia.org/wiki/Rat_Park

~31st August 2015~

On this occasion Eileen felt that we should experience a 'temple meditation' with musical accompaniment that she had on CD and it was played at the start of the evening. Then, following some discussion about our feelings during the meditation one joined us from spirit:

Audio link: http://www.salumetandfriends.org/resources/2015_08_31.mp3

Lilian: Good evening—welcome.

Hello.

Lilian: Hello. Have you come to talk to us or—

I'm just a messenger.

Lilian: I see.

I've come to talk about coincidences, and tonight was no coincidence. The lady thought that she'd picked the music/speaker, but in fact it has been planned from last time. Remember when you were speaking last time, when there were so many? And you were speaking about many different things, weren't you? Well I'm here to tell you that many people listen to meetings such as this—you're never just on your own.

Lilian: No, we tend to forget that.

Do you?

Lilian: Sometimes—we're often told there are people listening—they even come through like you have.

It's a strange thing to say isn't it?—'come through'. I always think: what am I coming through? It seems odd, doesn't it?

Paul: —because you're there anyway—you don't need to come through.

Yes, in an instant. But I suppose it's just a way of expressing.

Paul: —because we're not quite aware enough yet, to know who's around us (*no*). So we have to have these chats like this through mediums (*yes*), to find out who's around.

Well anyway, I'm being told to tell you that you needed this evening—all of you, for a little upliftment (yes). And so the music disk was not really for music, but for upliftment—that's why it happened. But it was all planned, speaking last week.

Lilian: Yes—we forget that (*yes*).

Paul: I kind of thought: if that's what we were going to do, it must be the right thing to do.

Yes, we always try and provide what's right for you at the time.

Paul: Yes, you look after us very well I think.

Yes, it's a two-way thing, isn't it? You—all of you help us to work and we try to help you in any way.

Quite simple really, isn't it?

Paul: Yes, we're all trying to help I think. You're trying to help and we're trying to do our best.

Yes, but anyway, I haven't really told you what the connection was. The connection you were speaking about last week was what you call 'the third eye' in the centre of the brow. And did you notice that was brought up in the meditation? (Yes) So that was the connection from last time—so just something to think about.

Paul: Yes, we also had an exercise, maybe a month or two ago, about eyes—the 'Egyptian eye' I think—how you can visualise that eye, then you see another eye, and then another eye. That seemed to be another way to—

Yes, if I might just say: really, I think it's best to find your own way. But you should know that it comes with practice—practice.

Paul: This opening up the third eye?

Yes—and the lady over there said this evening about pressure. That's when the third eye is opening.

Dawn: Right.

George: That's interesting.

Yes, but people have different experiences. Sometimes it is just there and people don't know why they have the sense—it is just there—and for others, it takes much work

George: Yes, we are aware of all the help that you bring to us in various ways—the speech during these evenings and the synchronicities during our lives (*yes*), and I know I get help with my writing and—

Someone's just saying: you're getting much better—at listening—much, much better. That's wonderful isn't it?

George: That's good to hear—thank you.

Paul: We'll give him an extra biscuit tonight!

Ur, he thinks you're a dog!

(Laughs)

George: So we're most grateful for the various ways in which you help us from spirit.

We are so glad that we find people such as your selves who are willing to open up and present the truth whether people believe it or not. It is not always easy when people regard you as not quite sane.

(Acknowledged and well understood!)

This happens on many occasions I know.

George: We are well aware that some people are just not ready for the truth yet.

Yes, but most of you are quite wise in your choice of words with other people, and for this we can only be grateful to you. Yes, but anyway, I have delivered what I came to say and I thank you all so very much for allowing me to speak with this one.

Paul: Thank you for the message.

George: We're grateful for your words.

Yes. Now I will just leave and perhaps another time...

Lilian: Yes do—can you give us a name?

My name is Rosalind. I do not mind giving my name. I know so many say it doesn't matter, but I still feel some identity, so therefore I do not mind giving my name. So I am known as Rosalind.

Paul: Thank you Rosalind—yes we still work with names of course.

Yes, it would be most confusing wouldn't it, if you did not have a name to be recognized by?

Paul: Yeah, we're not quite ready for that yet.

I like names—I like the different names that people give (mm).

Lilian: Do they have a meaning? I mean I can pick out a rose in yours.

Well, I'm not too sure about that—what the meanings are. I know we pick our names when we're coming to Earth—or we try to influence the name—perhaps that is a better way to put it. And some people don't like the name when they come here, and they change them. What is the point of that?

Paul: Yes, it does seem a bit odd. Because presumably they chose the name in the first place—or maybe they didn't quite manage to influence—

It's the influence that goes wrong I think. You do choose your name, but circumstances also change, and also you have to contend with the parents who are going to raise you; they may not be influenced enough to accept.

Paul: And also I think a lot of film stars, celebrities and musicians like to change their name, possibly a little bit for marketing purposes.

Yes well, as long as it does not harm anyone, that's alright I think.

Paul: Yeah, I guess it's not hurting anyone—yeah true.

No, as long as you never hurt another, then it's really not important. I just like names. Anyway, I really must go—I'm being beckoned.

(General farewells)

~14th September 2015~

This evening there were two speakers through Eileen. Audio link:

http://www.salumetandfriends.org/resources/2015_09_14+first.mp3

Lilian: Good evening.

Good evening.

(Pause)

My name is Gamehl. I wanted only to say that, although you feel that your planet is upside down at this moment in time, I wish to say that sometimes it is necessary in order that the results are a betterment for mankind.

(General agreement)

You may not feel this to be so when you are actually living on the planet at this time of change, but I can tell you not all is doomed. You must keep within your hearts the lightness of spirit and allow others to speak what they feel. But for all, for each and every one of you to be honest with yourselves in the way that you feel about all things in your world, whether they be personal or whether it be global—honesty from the heart is the right pathway to go. I just wanted to convey those words to you.

George: Yes, very nicely put—thank you. And I guess, for some of us, we need to observe errors in order to understand better our way forward—

It is good that you try to look at others with love in your hearts, no matter what your thoughts may be of them. You of course cannot be the judge—only the Creator has that right to say what is right or wrong. What we wish from all of you is that you keep your hearts open to ALL men. I know these words at times seem too simple for you, when there is so much going on. But I believe you have already been told that all you can do is to extend your love to all people.

(General agreement)

Yes, that message still stands—and that is all I wish to say.

Paul: A timely reminder. Thank you. Yes, it's so easy to lose focus down here, but I understand what you mean.

You will never fully have an extended view in the same way as we do here in spirit—it is impossible for you to have that overall view.

George: Yes well, the extended view is something for us to look forward to when we return to spirit.

Yes, hopefully it will be much better BEFORE you join us.

George: Ah! Yes, well that too is a beautiful thought.

Paul: We'll try to think with our hearts a bit more, and not be critical of things but to be more understanding of the process of change.

Our visitor had withdrawn—we felt that this was a wise one who understands our process of change rather better than we do!

Audio link: http://www.salumetandfriends.org/resources/2015_09_14+2nd.mp3

Lilian: Hello—Thank you for coming.

Hello.

(The voice was indistinct and Paul enquired if it was Cho)

No. I came with the man. I am being helped with my own forgiveness. I have spent much time with not being able to forgive. I could not forgive. (Spoken tearfully)

Lilian: But you're managing with help now, are you?

Yes—yes, I am being helped. I am now ready to forgive.

Lilian: That's good—not easy is it?

No, even here, many cannot forgive. I know—I have been told: most people let go. I could not—could not forgive.

Lilian: I think there must be some things that are really hard to forgive—really hard, but I'm glad that you've come through in the end.

I wanted to say: there is always help here; but to not forgive hurts yourself.

George: Yes, and I guess it's important to remember to ask for that help.

Yes, I was wallowing in my own hatred and unforgiving; so I just wanted you to know.

Lilian: Yes—because the person it hurts is yourself, isn't it really?—I've thought about it.

That is what I now recognise, and I am being helped in order that I may help others.

Lilian: Oh that's a good idea.

There are many, many people now on Earth, who also cannot forgive.

Lilian: I'm sure there's quite a few here and maybe still struggling in spirit.

Yes—yes, but I will endeavour to do all I can when I am ready.

George: I guess with the fighting—the warring that goes on, on our planet, there are many who are seeking forgiveness in relation to their hurting of others in the warring situation—

I am told that when souls return to spirit, that mostly they recognise quite soon what they have done, and also, those who need to forgive, forgive quite quickly. But then you have those such as myself who hold on to this unforgiveness—this hatred which, as the lady says, eats at you constantly. So no matter your station in life, always remember: forgiveness is part of loving. That is my message to you all tonight.

George: And I imagine it's very good if we can learn that process of forgiveness while we are still on the planet here.

Yes, that is when it should happen; before you come to this world, try to forgive those who have wronged you. You will be the better one for it.

(Short pause)

Now, we do not wish to make your evening so gloomy, but know that when you leave tonight that there will be much light and upliftment around you. We would not wish you to be feeling gloomy.

Lilian: No, I'm sure we won't.

George: We thank you for that...

Lilian: Wise words.

Paul: Very wise words—yes.

George: That is very much appreciated and we also thank you for coming through and speaking with us on this matter.

Thank you, thank you very much.

In our follow-up discussion Eileen declared that she had the feeling that this one was associated with the holocaust and there was the feeling of broken fingers. And there was the strong feeling of the lady having been a German Jew of mixed blood.

It has been a spiritual teaching that before you judge another, look within yourself. And there is a saying (looking at your hand): for every finger that points, three point back! And there's the Jesus quote: forgive them for they know not what they do.

~28th September 2015~ SALUMET

This time our number included two visitors from Maidstone, Kent. It transpires that Gwen, accompanied by Chris does grand work as a platform medium, and like Eileen, often operates in full-trance mode.

Audio link: http://www.salumetandfriends.org/resources/2015_09_21+sal.mp3

Lilian: Good evening.

Good evening.

All: Good evening.

As we join together this time, we give thanks to those who have come this evening for their love and their light which they have brought with them. As always, my dear friends, we are happy to join with you once more. So much is happening in your world at this present time, so much so that there is fear, there is confusion and there is great unhappiness. But as I have often told you: you must not concentrate on those things, but to concentrate on the Love and the Light which you can send to all of those people who are in despair. I feel this evening that a little upliftment is needed for some of you, and this we will endeavour to do.

Lilian: Thank you.

I do not know, my dear friends, if you are aware of the knowledge that is coming to man from many things under your seas—great strides are being made there, and I would ask, because I have told you previously of these things—be aware of what is coming. That is all I wish to say on that subject.

George: Might I ask Salumet: does that embrace a number of underwater discoveries of structures—of stone structures, that have been made in the past, before the sea levels rose?

It entails all knowledge that has previously been missed. It will be of benefit to mankind to obtain this knowledge. But there is much that can be useful to you so be aware my dear friends. Now, for this time, I will take questions from you if you so wish.

Lilian: Two new sitters, have you got any questions?

Chris: Yes, thank you very much. Yes, good evening Salumet (**good evening**). Thank you for being present this night for our visit here to this group—we are very grateful for that. I would like to ask you about 'knowledge' (**yes**)—the knowledge that we might have when we come to the Earth plane from the realms of spirit (**yes**). Do we have access to all the knowledge that we might hold as soul-beings before Earth incarnation?

It is available, but I would say it would not benefit you to know *all* of the information, because you have come to this Earth to learn and to be guided. Therefore, to have access to *all* knowledge, would not I feel (be) of benefit to you.

Chris: I see—thank you.

I hope that helps you.

Chris: It does indeed yes. Thank you very much.

(Pause)

We are very quiet this evening.

(Chuckles)

George: Yes, well I do have a question. Some information was recently sent to me, in fact the recording of an interview with one Graham Hancock. His writing has always impressed me as being or as containing much which is close to the truth. One part of that interview concerned 'psychedelic drugs'. Now it is sadly the habit of many in the western world to overdo things such as tobacco, asbestos usage and drugs usage, but where psychedelic drugs are concerned there have been a number of reports from the Amazon rainforest in particular, about the controlled one-off and rare usage of a psychedelic drug which can open the mind to psychic and spiritual things; it's described as like opening a doorway. One drug in particular mentioned was 'Ayahuasca' which is a vine extract which is used in combination with another plant extract has been cited as having this effect. So I'm wondering Salumet, if you would care to speak on the possibility of *sensible* usage of a psychedelic drug such as ayahuasca for opening that doorway in consciousness?

I understand. I would say only this to you: there are many ways of opening the mind; and there are many, as you have mentioned, which use natural products. But this is not to say it is the correct way to open the pathway of the mind. Remember that the mind belongs to spirit, and sometimes the use of these drugs gives false impressions. Who are they to say that what they say is spiritual? It may seem so to them, but I would not advocate the use of them. And yes I understand when you speak of overuse in the western world, not only of drugs, but of alcohol and such things. I would not use any of these to open the mind; that should come naturally to you, because, as in all medicines—and that is the word I will use—all medicines, there are effects which are not beneficial to the body. That would be my only concern. But as we have spoken on many occasions about free-will, then I have to say to you, my dear friends, that whichever road you take, you ultimately are responsible for. So I can only say: if people feel benefit from these things, then that is the pathway that they must take. Do you understand?

George: Yes—yes, thank you—yes, that's a comprehensive answer.

It is always better—more beautiful, to see the mind open naturally.

George: Yes **(yes)**. Yes, I was particularly interested because I had an experience myself, 26-years ago **(yes)**—and I was keenly interested in the Mayan peoples **(yes)**, and I was in receipt of the most amazing sequence of synchronicities which led me to the wonderful Mayan temple site of Palenque; and I conducted what I considered to be a scientific experiment at the time, with what is commonly known as 'magic mushroom'—

But you see, my dear friend, *your* experience was a very good one. What of those who have not had such a good experience?—of those you know nothing?

George: Yes indeed—my experience was a good one **(yes)**—I received a spiritual message **(you did)**. And it set me on a spiritual pathway.

—which can only be good for you.

George: It certainly worked for me, and that is the only time in my life **(yes)** when I have had recourse to a psychedelic drug.

Yes, but of course, as you know, all of your society relies on drugs today, as you would call them 'medicines', and of course, they have their good points—I will not deny this for you, but on the other hand, I have to say, my dear friends: what is better than to heal from within with that clear mind?

George: Yes, perhaps this is something I lacked at that time, but I think what was particularly relevant was the extraordinary sequence **(yes)** of synchronicities which led me to that occasion.

Yes, well as I have said, that experience for you, was a good one, but that is all perhaps I wish to say.

Each one of you has a pathway to tread, and it is up to each individual to choose in which way they go.

George: Yes, thank you for that, that's a very clear answer, thank you.

Lilian: Well, you've talked about medical advances **(yes)** that we shall be seeing in the future—in the near future.

There have been many in this past year.

Lilian: Yes. Will it happen that we won't need—or they'll discover something—that we won't need to take so many drugs for medical reasons? Will they slowly die out or be not needed?

That I cannot see for a very, very long time, but the possibility is already here. It is just that people have forgotten how to heal themselves. Do you understand? (Yes) Yes, and today your bodies have been adjusted and become dependent upon all of these drugs, which are made I hasten to add, from natural products. But that does not make them good. You understand?

Lilian: Yes I do understand.

I am not trying to tell you that you should never take any of these medicines—that is not what I am saying—after all, the doctors in your world are being influenced from spirit. They are the healers of your world at this time. Therefore my words to you, my dear friends, is that, do not always be so hasty to take these medical products, but firstly to put into place, the state of your own mind. I hope that helps you all and gives you food for thought.

Lilian: Yes, thank you.

Jan: It's certainly something that I feel I've experienced over the last 18-months—not taking all the drugs that the doctors have prescribed for me.

Yes, and you are beginning to win that war—

Jan: Yes, I am healing thank you—I can feel it every day.

We have been helping you my dear friend.

Jan: I know, thank you very much. I understand it entirely now—the words of the 'human spirit can heal the body'—entirely (yes), if that's the right way of putting it.

So many people would say: but that is not common sense. What is not common sense is that they do not think for themselves.

Jan: No. I think I know what caused mine—I know I'm lucky to have that—to be able to go within and find the answers to why I was in pain, and I know a lot of people aren't as fortunate.

And I hope, my dear friend, that I have taught all of you to think more clearly for yourselves, and I know that spirit are so grateful to all of you for the work that you do, and we will endeavour at all times to help those who try to help themselves.

Jan: It's very powerful—so powerful—to be able to help yourself.

Chris: May I ask about the *etheric* body (yes) that we each have, as far as I understand? (Yes)—and how that might link with our *physical* body, and the etheric body experiences we might have in our sleep state?

In what way do you wish to know the connection? You cannot have one without the other if you intend to live upon this Earth. The etheric body is a powerful image of the Earthly body which, if you are speaking of leaving the physical body at night (yes)—that is what you are asking I believe? (Yes, thank you) Yes, all of you leave your body at night to be rejuvenated and to help the physical to still exist on Earth. Is that what you wish to know?

Chris: Yes, I was very curious, because I've been reading an interesting book written by a medium who was on the Earth in the 1930s and 40s—Gladys Osborne Leonard, and she experienced the moving within the etheric body, in her *conscious* state you might say (yes), to meet up with her husband who passed into spirit—

You can be free from the physical. It takes practice for most people, but it is achievable.

Chris: Is it to be recommended do you think Salumet, or not particularly?

I would suggest caution, once the etheric body is free from the physical. I do not feel that you would come to much harm, but you can go further than you should. I hope that is helpful.

Chris: Very helpful—thank you very much.

I will take one more question this time.

George (*looking around*): has anyone else a question?

Mark: Mine's quite a quick one. I bumped into a woman who happened to have worked in the Bosnian pyramid, and she seemed to think that there was extraterrestrial communication going on from there currently, which sounded quite interesting. I don't know if you'd be able to comment on that?

I would have to consider this one. It does not feel quite right to me. I will return with that question to you next time (thank you).

George: Can I place one more concerning the Graham Hancock interview?

Yes.

George: He has studied the writings about what is termed the 'Ark of the Covenant'; and it seems that it's considerably pre-Christian era (**yes**), it is mentioned in a number of spiritual writings, there is a replica of it in 20,000 Ethiopian churches, I gather—so it has a very serious place. It also seems to have been feared, and it is claimed to be present in one particular church and people are denied access to it. And he seems to have reason for considering that it relates to, shall I say, a lost technology from a previous civilisation. Would you care to comment on that Salumet?

I will comment quite quickly, and yes I would agree.

George: You would agree that it is a technology from a previous time?

Yes, it is no doubt—and again, much longer than has been stated.

George: Yes (**yes**), that was my feeling about it (**yes**). Yes, it's interesting that you are able to confirm his contention that that is what it is.

Yes, there is no need to go deeply into this, but yes I fully agree.

George: Thank you—that's very nice to know.

Now, my dear friends, I thank you for your presence as always.

George: And we certainly thank you for yours, Salumet.

Yes—as always, I will take my leave. I leave you with my love as always, and I hope that the upliftment given to each and every one of you will be felt as you leave this room. Until we come together once more, I will leave you in my Love and my Light, and take my leave of you now.

(General thanks)

Following a pause while Eileen returned, she had clairvoyance with a message for Serena regarding her family, and this was quickly followed by commentary from one speaking via Gwen. In fact, a number came through, each speaking rapidly with a different accent, one following the other in quick succession. The first had a slight cockney or perhaps Australian accent. It was a light-hearted opener with lots of chuckles throughout:

So may we say good evening to everyone!

All: Good evening.

We've come along tonight because we thought it would be rather nice to talk to you, you know. We're strangers, or so you think, but we know all about you—we know all those secrets, you know, that you keep hidden.

(Chuckles)

Though not to us, because you see, we can see right through. We know you're nice people, 'cos there's a nice light here you see. And there's a great big healing vibration, as you would say—we call it a power—right in the middle of the room and it spreads right out to every one of you. So we thought we'd come along and say congratulations, you know. We don't often do it quite like this, 'cos we're more sedate, but you're a friendly lot, so we thought we would come through, if it's alright with you.

(Agreed)

There're a lot of us waiting here just to talk to you, if you will listen to us, if you'd like to talk to us that is, 'cos we wanna be polite you see, we wanna do things in the right way, 'cos it's different with everybody you know. At some of the places we go to they're a bit snooty—

(Chuckles)

—others are just like you, very friendly and very nice people. So we thought we'd come and say: how do you do.

Chris: Bless you.

Eileen: So could we ask your name?

Betsy.

Eileen: Betsy—that's a nice name.

Well, it's alright, isn't it—it'll do for now, you know. I might change it later on you know.

(Chuckles)

Eileen: Well, you'd be welcome to change it.

George: Well Betsy, you're obviously a very nice person too.

Well that's kind of you.

Eileen: Have you been doing this for long Betsy?—coming to groups.

Oh, for a long, long time dear, you know. 'Cos she's getting an old lady now. She doesn't like to hear it, but it's true.

(More chuckling)

So, we've been around for a long time, but she didn't know it, you see. But you see there's a lot of us that come around her and Christopher (Chris) and we try to help out and we try to help other people, but they're not very interested, you know, really.

Eileen: Are they not?

Not really, you know.

Chris: Well, some are surely Betsy?

Ah yes, but what do they want to know? They want to know who's gonna marry who—

(Knowing laughs)

—how much money they're gonna have—

(More laughs)

—and it's lovely, 'cos that's what life is all about. We don't have to stand on a high horse, or pretend to be something different to what we are, 'cos we're just ordinary people and we have to earn a living when we have a body—it's a blooming nuisance, but there you are.

George: Are you saying, it's not so much laziness, it's more the materialism?

Well, that's always been like that—it hasn't changed you know. 'Cos there were the toffs who had the money and there were those who did the work—and they (the toffs) didn't—it's always been the same.

(Affirmed/chuckles)

Eileen: And it still is.

It doesn't change you know. Don't expect your world to change and you know, you move into the spirit realms and you're just the same where you were, you stay there for a long—but you're always the same, you don't change one bit—a long time. Why should you, you're happy, aren't you?

Lilian: Mm—so have you been there a long time, in spirit?

At this point a different speaker with a more refined English accent quickly continued through Gwen:

Indeed my friend. Good evening!

Eileen: Good evening.

Good evening—yes we have—many of us have been this side of life for some considerable time and we move around you know and we converse with different people on different subjects—nothing terribly serious at this stage of life, but it's all very interesting and we come across some remarkable occurrences, you know; and people have the funniest of ideas about the spirit realms. But you'll be most surprised and delighted when you leave behind that overcoat and come into the spirit realms. There is warmth and there is love and there is hardship and depression; it's just the same as it is in the physical body. My dear friends, you don't change for a considerable time. But we thought we would just come along, you know. Each one of us is a little different and, my friend, you'll understand if we say the 'Americans' are here this evening.

Chris: Lovely.

And they might come and talk to you if you're very lucky.

Chris: Oh good.

And that would please you immensely, wouldn't it?

Chris: Yes, it would indeed, yes.

But you see, you're all very nice people and you're all very interested in the different aspects of the spirit 'life', shall we say, but can I—if I may just say: Be very interested in the life that you have NOW—that is most important, for you're in that physical body for a very, very short time and during that time, make the most of it! Enjoy every minute. Try to help other people of course—in so doing you help yourself, you know—as you give, so you receive. And tonight we want to say that it's a joy to see you all gathered

together in harmonious conditions and that light goes out and you'll attract many, many other selves from the spirit realms and beyond, we can assure you. Love and peace prevail when there is a mutual interest, and you have that interest, one with another and it's delightful. My friends it has been a pleasure to come and talk to you.

George: It's been a pleasure to listen to you.

If you will allow us just one moment, there is another soul who would like to come forward, if you would just—one moment please—

Paul: Absolutely.

Short pause, before a powerful speaker through Gwen, in what sounded like an old Abraham Lincoln style American accent:

We want to say that great strides have been made in this pathway of life—that you have indeed opened the door to greater knowledge and as you receive and you act upon that knowledge, a lot of help can be given to the nations of your world. To consider that you are in a physical body, and it rather lacks something like—we can understand this. But you have within you a tremendous power—the power of almighty God, and if you will realise that and utilise that to the fullest benefit, mankind can change the path that it is walking upon at this moment. It can change tremendously, that man will come to realise that he is a power himself and as he radiates that power, peace will prevail. Many of you attend your churches and your synagogues and your mosques and various places of worship and your ask Almighty God in the wisdom that you have, to eradicate the hardship which exists upon your Earth and we want to say to you tonight: my friends, with the greatest of sorrow, we have to say it is a waste of time, unless you are willing to do something yourself; for you are the power of Almighty God and that works through the man who walks in the physical body. Now there are many in the spirit realms who are working as you would say 'overtime' to radiate that power of healing to the Earth and other places, but we need YOU, we need your hands, we need your light. Do you understand?

(Affirmed)

That united you can go forward and eradicate all the hardship which exists upon your Earth. Yes, it will take time, but it needs someone to start the 'ball rolling' as you say. When this happens, much can be achieved. We wanted to come to you tonight, for it is a great and wonderful honour to be able to be within this little group tonight, to help you to radiate that power, to say to you in all honesty, YOU are the instrument that we use. Remember this in your moments of depression, remember this in your moments of—troubles and tribulations.

George: This is a stirring message—

Realise you are that strength, you are that power and you can do so much to help mankind. You are the instruments my friends and we offer you a great and wonderful blessing from the spirit realms, that each one of you will feel within you the upliftment of heart and to know that the generations that are to come after you, will live in peace and harmony. God bless you my children.

There was a gentleman who wanted to ask a question we think?

George: I just wanted to say: this is a stirring message and thank you very much for that.

It is a message of HOPE and REASSURANCE to mankind.

Eileen: Thank you.

It is a message that should be given to all the people, wherever they are. And now you have heard the words, now you will be able to give these to others and encourage them, will you not?

(Agreed)

God bless you, thank you.

George: This message will be circulated through the Internet that we have now and that is in itself I believe, having a great effect. It is great being able to reach people via the internet and your message will certainly go there.

(Agreed + thanks)

There then followed a much softer spoken one through Gwen:

Now that's nice, isn't it? You see, these things do happen, you see. We weren't sure that we could manage it, but we did try you know—

Chris: You did really well.

—joined together and there's lots of us here and we want to say 'how do you do?'—to each one.

(Thanks expressed)

We shall remember you in our prayers and in our thoughts and if you have any doubt, you know, about the continuation of life, then stop for a moment and think about Nature as a WHOLE. The beautiful trees, for they are about to go to sleep for the winter—and in the spring they will come back to life again. And my friends, one day you will put aside, lay aside that overcoat and you too will march forward into the realms of spirit, and once again live with freedom, with joy in your hearts. We do hope you will understand this message.

(Affirmed + thanks)

Another then followed through Gwen after a short pause:

Can we just say to you that to be able to come to the fore and speak to people of a like mind is very pleasant, you know.

(General agreement)

It is very good and we do thank you for allowing us to come. It is a great and wonderful privilege to be with such people, to be with such light. You understand?

Eileen: It's a privilege to meet you all.

It is very nice—tonight we decided that we would do a little work. There's somebody else who wants to come and if you can allow us a few more minutes, it would be rather nice.

(Affirmed)

It just takes a little while sometimes to change over you know—not usually, but tonight is a bit different you see, because there's a lot of us and they all want to come and say 'how to you do?' Now they can't all come, but just for tonight, just for one moment please—

(Pause)

Another then began through Gwen, who, like an earlier speaker had an American accent:

Well now, we thought we would come to the surface as you'd say and speak to the good people, with the good will that you have. You've heard us before my friend.

Chris: Yes, my American friend—we so welcome to you, thank you.

Yes indeed. It's a joy to be able to come into this 'chapel of rest' I was going to say—it's not quite that is it?

Eileen: No, not yet.

(Chuckles)

We got the wrong term my friend—but this delightful atmosphere. If there's anybody wants to ask a question, because, you know, we're here and we bring a lot of power, a lot of love and many of us have spoken to you tonight—a few of us anyway—and they all say the same thing. So if you'd like something different, just say so.

Eileen: So you'll put in a good word for us, will you?

(Chuckles)

There's no question about that my friend. You know very well you have the power, you have the incentive, you have the joy within your heart, you connect with the spirit world—you don't understand ALL of the knowledge, of course you don't, but then you're inquiring all the time, and little by little and you gain more and more and more and that's how it should be—that's how it should be. So when you eventually emerge into the spirit realms, then my friends you'll be overjoyed at that which you have created, by all the work that you've done here and all the joy that you've given to other people—that will be with you in the spirit realms; it'll be a glorious day. Anyway, power's going a little, because we're a little tired, but if we could say 'God bless you all', and maybe God willing, we shall meet again one day.

Eileen: That would be lovely.

Bless you all. Thank you my friend (Chris) for the help that you've given.

(General thanks)

George: And we seem to be receiving from a group in spirit. Might I ask how many of you there are?
Innumerable people in the spirit realms who've joined together and there are all nationalities; some have been there a great length of time—many, many—shall we say thousands of years—and some have only been there a few hundred years. But we are a group and we have those in the physical body, who are instruments of this group. These are just two (Chris and Gwen), but in truth, you are all instruments of this group, because we all work together to create the atmosphere which allows spirit people to come to you to the Earth, to give upliftment and to bring the great and wonderful knowledge of the continuation of life. That is the sole purpose of our connection with the Earth, to teach people to put aside that great and wonderful fear that they have, that has been nurtured within them for so long, of death—it is quite ridiculous! No-one ever dies—you move into the spirit realms—life is continuous. And that is our message to mankind, to put aside all the rubbish that they have been taught, to bring about this new idea perhaps—this great and wonderful knowledge that to live within the physical body is a great and wonderful blessing that has been permitted—to live within the physical body for a very short space of time. And then you imagine you move into the spirit realms—that is wonderful—you reap that which you sow.

(Affirmed)

You will notice that we have changed places again.

(The accent had indeed changed at some point earlier, as another from the group in spirit had slipped in, replacing the previous American speaker)

Chris: Yes—you're very good at that.

(Chuckles)

We do this repeatedly—yes, we're very good, we're improving all the time my friend, we're improving all the time—yes.

George: And a recent teaching of our guide Salumet is that ALL is intermingled and I think that you epitomise that.

Yet another accent change as another slips in, with possibly a hint of a German accent:

All—you sit in your circle—whenever it is possible, you radiate a wonderful power to the spirit realms and there's no difference between one group and another really. They all want to say to you that we are all warm and happy and loving people and we wish you well. The difference is in the physical body my friends, where everybody has a different religion and they're always right and you're always wrong—

(Chuckles)

It's quite ridiculous you know, because all religions, all pathways lead to—the medium always says that they all lead to the summit. Well perhaps that's the best way of putting it—it's acceptable to most people.

George: But unfortunately all the religions that we have are *man-made* in a sense and they don't quite get everything right sometimes.

Do you know my friend we want to say to you that it doesn't matter in the least whether they are right or wrong; it doesn't matter whether you are a Roman Catholic or a Jew or a Hindu or Muslim, or a Spiritualist—it matters not at all. As long as you are the BEST Spiritualist you can be, the best Muslim that you can be and you follow that pathway in Truth and in Light. That is good.

(Agreed)

Chris: Good message.

You live in this area of your world. It is a Christian area, so most of you were brought up in the Christian faith, yes?

(Affirmed)

If you lived in the Eastern countries you would be brought up as perhaps a Muslim or a Hindu or a Jew—it depends really on where you live. So how can you possibly say one is right and one is wrong?

Mark: That's right. Gandhi used to say: God has no religion.

That's right!

Mark: But equally you could say God has *all* religions.

That's right. And so you see we agree, do we not?

(Agreed)

With this we say goodnight my friends. It has been a great and wonderful pleasure and a privilege to talk to you tonight, to listen to your great and wonderful guest. We do appreciate the privilege that has been extended to us. God bless you all.

(Blessings and fond farewells)

George's Notes:

1: Ocean Floor Structures: All around the world there are submerged rock structures suspected by many as being man-made; also pyramids.

—Yonaguni monument off Okinawa: Graham Hancock and others have investigated these submerged columns and steps. Hancock reports details in his documentary 'Quest for the Lost Civilisation' and in the Joe Rogan interview. It is reasoned that the rockwork must predate the last ice age when sea levels rose substantially.

—Bimini Road, off Bahamas: This has the appearance of a road about 0.5 miles long.

—Structures off Cuba: A submerged city with buildings and pyramids?

—Gulf of Cambay, West Coast of India: Another submerged city? This has radiocarbon dated items indicating 9500-years.

—Pavlopetri, off Laconia, Greece: A post ice age city that probably became submerged during an earthquake.

2: Ayahuasca: Ceremonial use of this psychedelic drug goes back a long way with Peruvian rainforest people. It seems that DMT (dimethyltryptamine) requires the presence of MAOI (monoamine oxidase inhibitor) to be effective, hence the admixture of two plant extracts. Traditional sources say that instructions came from plant spirits (elementals).

3: Magic Mushroom: *Psilocybe caerulescens* Murray, variety *Mazatecorum*—a paper on this subject published by a Mexican doctor was by chance passed to me for my possible interest, just a few days prior to my wife and I left for our Mexican adventure.

'There are the 'veladas' or sacred mushroom evening ceremonies. These were outlawed by the Spanish Inquisition following the fall of Montezuma and for the last four centuries such ceremonies have been conducted covertly. Maria Sabina (1894-1985) was during much of her lifetime, a revered practitioner and guide to proper use of the mushroom. And it must be stated that an important part of Mayan tradition is that the mushrooms should only be taken under guidance (either spiritual or Earthly) and for proper reason.' —From chapter 6 of *A Smudge in Time*. The complete chapter which includes all synchronicities leading up to the magic mushroom experiment is separately attached.

4: Gladys Osborne Leonard: (1882-1968)—an adept UK trance medium from an early age. She did valuable work with the Oliver Lodge family and for the Society for Psychical Research from 1918 onwards.

5: Ark of the Covenant: It is said that the ark is within the church at Abu Gosh and there are small replicas of the ark in 20,000 other churches throughout Ethiopia:



The information that the ark is technology from a civilisation dating from well before the Christian era leaves me with the thought that perhaps it has connection to Atlantis. We have the as yet unpublished testimony of one Vincenta Moog, and I sincerely hope that it will be possible to publish when the time is right. Vincenta has powerful visions of a time when in past life she was High Priestess of the Brotherhood of the Light in Atlantis. She gives wonderful descriptions and speaks of a gateway with lasers of a golden hue criss-crossing it. These generate a kind of force field. "Only a suitably advanced soul could walk through it unscathed. Spiritually impure souls would literally be thrown backwards through the air, never to be invited back during that life." Food for thought!



One of a number of illustrations from the literature that depict the Ark of the Covenant.

~5th October 2015~

Audio link: http://www.salumetandfriends.org/resources/2015_10_05+Jeani.mp3

Lilian: Good evening—nice of you to come along.

I didn't realise you knew who I was.

Lilian: I knew you were there, but I'm not quite sure who. Should I know you?

No—I just meant that I thought you knew I was here (yes). **Yes, I'm always attracted to peaceful places—peaceful quiet people and I think that describes all of you.**

George: Certainly we're peaceful and peace-loving.

Yes, I do admire people today who have their own minds—who can discuss things in a peaceful quiet voice—yes.

Lilian: Yes, we might disagree, but we're fine together.

Yes, I never was quiet. (Oh!) **I think today you would have called me a 'bible basher'!**

(Chuckles)

Yes, I know that has brought some response.

Lilian: Were you a parson or—?

Oh my goodness no!—I belonged to the Methodists (yes). **Yes, I did—my parents were very strict, and you know, it was the biggest regret of my life.**

George: I was going to ask how you view that now from spirit—

Completely different and I now see what I've missed, because there was a young gentleman who wished to marry me and I wouldn't—because he was a blasphemer—quite against the rule of God. And anyway, my parents would not have approved—and now I can see what a wonderful life I've missed.

Lilian: Have you met this chap in spirit?

I have and he just laughed, and in fact he passes a joke and says: 'It was a narrow escape!'

(Laughs)

Isn't that amusing?—yes absolutely, yes.

George: So I guess you needed the spell in spirit to view all this and think about it some more.

Yes, you do—you see things differently—you see everything more clearly. Yes, I was quite shocked to tell you the truth. I thought I was a perfect little human being. Now I know differently—yes. But nevertheless, it is good to see that religions are more open to change.

Lilian: Yes, very much!

Yes—you're not about to be rid of it just yet, but nevertheless, it is nice to see that people are speaking out and people can now disagree (yes). I was forever quoting to my young gentleman, but there you go, that was part of a life where I learned a lesson.

Lilian: Yes, I was going to say: we are here to learn lessons. That's the main thing isn't it?

Yes, unfortunately I did not learn whilst I was there, but now I have.

George: Yes, I think we all feel that the religions of the world have been so much man-made and state-affiliated, and your Methodist one, as you imply, has been too rigid.

Yes, all are too rigid I think, but nevertheless, it was part of life and I now accept that.

Paul: Yes, we've been told that they still provide a useful sort of 'scaffolding' for people.

Of course, if that is what you people need, who am I to say differently?—if it makes you a good person—

Lilian: I was going to say, if they're good people, that's the main thing isn't it?

Yes—my father, he knew every word—he had an answer for everything from the book—yes, but nevertheless, he was a very good man.

Lilian: Yes. Did you have brothers and sisters?

I had two brothers, yes—hard working, yes. My father could be a bit cruel I think at times, but it did not seem to harm them (yes). So that is why I've joined you, because you are quiet and peaceful.

Lilian: We're glad you came.

George: Have you any plans for another Earth life?

Not at the moment sir—not yet—I'm enjoying life too much (yes). I'm finding out information and I am content at the moment.

George: Oh good—that's nice to know. And how do you view people—or how much awareness do you have of people in the world today?—the Pope for example—have you had any thoughts of him?

Well not particularly, but I think he probably is a good man. The trouble is they become too involved in what has been said in the past (ah yes). That is not their fault.

George: No, but as you say, I feel many see him as a good man.

Yes, he IS a good man—don't let anyone say otherwise. He is a good man, but I would say: a lot of the leaders in the religions are a little misguided. That's all—not that they are bad or cruel or evil—just a little misguided.

George: Yes, as are a number of political leaders today, I think—we must agree—there are interactions between political leaders and religions and how people have developed through not really understanding their religion—

Yes—I really didn't really study much about what you call 'politics'—never have, and thus far I haven't been able to acquire more knowledge—only in as much as I have not wished to. But I am sure the time will come, I'm sure as it comes to all, that you have a much wider field of vision.

George: Yes. I'm afraid our Middle East area is in a state of confusion at the moment (yes)—that's what I was thinking of.

Yes, I know there are problems in the world that you live in, but I'm more concerned about religion (yes).

That's not very helpful for you is it? But that is the point I'm at, at the moment.

Lilian: Yes, well you had a lot to do with it while you were here.

Yes, I certainly did!

Lilian: Can you tell me what part of the world you came from?

Paul: America.

Yes, that's right sir. My parents—I suppose today you would have called them 'pioneers' Yes—I don't know.

Lilian: So quite a long time ago—well longish—

—Long yes, but—yes, that is where I would have lived. But that is of no concern now, because it does not matter who you are, what your name is, where you come from—it's all very unimportant.

Lilian: Yes, the planet is a small place.

It is—it truly is. That is something that you will be surprised by—you will, you will. And I really must go—I've so enjoyed myself, I really have.

George: We've enjoyed your visit and it's been a pleasure talking with you—thank you!

Thank you sir—I won't say: God bless you—'cos I know there's no need.

(Chuckles)

Lilian: So feel free to come again.

I truly will, because I feel so comfortable here.

George: Well, you'll be most welcome.

I will leave my name, if that is convenient.

(Agreed)

My name is 'Jeanie'—and hopefully we can meet at another time.

Lilian: Yes, I'm sure we do.

George: We'll look forward to that.

Yes—perhaps I'll have a better view of the world and give you a little more information.

Lilian: Yes, that will be nice.

Paul: Yes, that would be interesting—thank you.

But as I said, I am focussed on my own—

Lilian: Growth really—

—Growth, yes. I wish you all 'farewell'.

Paul: Farewell to you Jeanie.

(General goodbyes)

Next followed a 'rescue' of a blind lady—audio link: http://www.salumetandfriends.org/resources/2015_10_05+rescue-blind+lady.mp3

Lilian: Good evening. Can I help you?

I can't find Percy—I don't feel well.

Lilian: You don't feel well and you want Percy—

Yes, please find him.

Lilian: Is he your husband?

Yes.

Lilian: I will see what I can do.

Please help me—do not leave me.

(And the lady held out a hand to be guided)

I can't see.

Lilian: You're blind? **(Yes)** Well, we can sort all that out and you'll be able to see again by the time—

No—just please fetch him.

Lilian: And that's your husband?

Yes—I feel so unwell.

Lilian: How old are you—can you tell me how old you are?

I'm eighty—please get him.

Lilian: Right, okay—let's find Percy first. I think he'll be waiting for you when I tell you what's happened—he'll be waiting for you. Did you ever wonder what would happen when you died?—where you go to—spiritually? Did you ever think of your spirit?

Yes.

Lilian: Yes? Well you've left your body behind.

No—(yes)—no I'm still here.

Lilian: It feels like that, but no. You're still *you*, but you need some help to go to Percy, because he's gone already and he's there waiting—he got there before you. You've been asleep for a little while and now you're ready to join him.

Oh—I'm confused.

Lilian: I'm sure you are. But you're eighty and that's a good long life, isn't it? But something has taken you—well you said you felt unwell—and something has caused you to die and leave that body behind. So you're talking to me spiritually. But you're still you—you're still the same person, but you will take on a new body.

George: It's very understandable that you would be confused about it.

Lilian: You'll be really happy in a moment. But now you feel nice and warm—you feel surrounded by love. You think about it. You feel that love, don't you?—good. Now what I want you to do is look forward and you'll see a light. Eventually in that light you'll see someone you know, which I suspect is going to be Percy.

It's dark.

Lilian: Yes, but you'll be able to see again—remember that—you'll be able to see perfectly—any disabilities will disappear. So if you look for the light. *(Pause)* Someone's holding out their hand to you?—good. Who do you see? *(mm)* You see Percy? And you can see him, can't you? And if you're happy to go—

It's him.

Lilian: Yes lovely. Well, you'll start life afresh—

It's him!

Lilian: And he's pleased to see you—well off you go—and be happy.

The experience left Eileen feeling shaky and she needed a minute or two to clear the residual feeling. When Eileen first saw (as did the rescued one) it was beautiful colours, which is unusual—before more normal vision took over. Perhaps this related to the lady having been blind. Eileen felt it to be a nice rescue and he was waiting.

The evening was concluded with clairvoyant messages via Eileen for Natalie, Mark and Serena. Serena had cold feet and Eileen was actually aware of one giving her energy about the ankles.

~12 October 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/2015_10_12+sal1.mp3

Lilian: Good evening.

(Pause)

Lilian: Have you been listening to us talking?

(It then became clear that this was Salumet)

Lilian: Welcome to you Salumet. I guess you *have* been listening.

Good evening.

All: Good evening.

As always, we are aware of your conversations as you come together. Still my dear friends, you find yourselves absorbed with the ways of your Earthly world. I wish to say one thing: to remind you of what each individual's life should be, no matter where their status lies; whether it be, as you say, with too many Earthly gifts or whether you belong to those who suffer and are without the very fruits of existence. I say to you all my dear friends: what has happened to *living in this moment*?—because whilst you are concerned about all of these matters you are foregoing your own lives. Do you understand?

(General acknowledgement)

I would like you all to think a little more deeply about this matter. I have told you so often: all really that you can achieve and what you should do is to give your thoughts and love for all—not to distinguish between your brothers, but to love *all* people, no matter the circumstances. And for yourselves to live in the moment, and in this way you move forward with knowledge and with love. I hope that makes sense to you.

Lilian: Yes it does.

(Affirmations)

George: It does indeed. I know that some find it more difficult to love those who are involved in the fighting and the bombing. But I know your statement also refers to those soul aspects.

Yes—you must allow each and everyone to exist within this world, whether you agree or not. This is a very big ask of anyone. But I want you my dear friends, to think about the words I have said to you and begin to understand that what you must do is place all of these difficulties into the Creator's hands. The answer therefore lies with that Great Creative Force. And mankind at this moment in time is refusing to listen to that inner voice. We know and understand, my dear friends, the heartache that is caused, and of course we would wish for a good life for all people; but that is not for you to pass judgement upon. Your love must surpass all things. You must turn to the Great Creative Force and allow that force to take care of all that happens within your world.

George: Yes, unfortunately it has been a human trait to when hit (**yes**) strike back (**yes**), but I recall a phrase from the Bible about turning the other cheek, and perhaps that would be more appropriate.

Yes—again, we have to—there is so much still to do within your world. But my dear friends, I wish you to continue, to be uplifted, to feel love for all of your fellow man—not just those people that you feel deserve your love, but for *all* people, for all those—especially those you feel have done wrong; they too will need your love and your prayers. So think about these words this time and see how your discussion goes; when you really feel and become part of this Earthly world with all of its, what you call 'problems'.

George: Yes. One feels there are certain people who have worked themselves into a position from which they are able to make improvements within our world. And I've always felt that it's appropriate to give those people support. How would you comment on that?

There is nothing wrong in giving support, but what you are doing my dear friend, is making selection, when indeed that should never happen. What you are doing is passing judgement upon many others. Do you see what I am saying to you? (Yes) You are selecting those to have your backing and that is never right. No matter how harsh these words may seem, I feel that I have to say to you: love for mankind is for *all* of mankind—there can be no exceptions. After all, the Great Creative Force is *all* love.

George: Yes, that would seem to imply also, a neutrality—where the workings of society are concerned. Yes, mankind should be working towards unity—not whether one side of people are evil and another is good. There is good and evil in all men. I do not hesitate in saying this, but that is why you need to find the spirit which you are, with that all-unending love that is within it. Only then can you look to yourself and say that you love all of your fellow man. I do not say this is easy my friends—it is not. I understand quite well the workings of your Earthly world. But I wish you to think about it. It is easy for me to say what you must do, but by now you should *feel* that burning within your *heart* for ALL of mankind—ALL of mankind. It is easy, as I have said in the past, to love those people with whom you feel there is a unity, but it is not so easy to love what you call 'your enemies'. After all, if you had two children, and one was very good and one was very naughty, would you make the distinction of loving the good one more? Of course you wouldn't—your love would go to both of them and you would help whoever is in need, with love. I am making that very small comparison in order for you all to understand. And I am going to leave you with these words this evening, because they mean a great deal and there are many of those from spirit who are here to help your world. And they need your help—they need your thoughts, they need your prayers to create love and unity for all of mankind. But do not leave this room feeling so downhearted; instead you leave this room feeling uplifted and hopeful for the future.

Paul: Yes, that seems to simplify it beautifully.

Again my dear friend, simplicity has all of the answers.

George: It is a clear message which you have endorsed with us Salumet—I hadn't really thought too much about the neutrality that has to go with this 'love'—and 'non-judgement'. Thank you!

Yes, you see my dear friend, too many come to our world who are full of regret. Is it not better that they change whilst they are upon your planet? Of course it is, and that is what we are endeavouring to do—to help them while they are here. No one says it will happen in a second—of course it will not. And today, mankind is much more used to his brain being superior, instead of allowing spirit to be superior.

Jan: Some of us on this planet over-think and over-complicate it with our mind.

Yes, but do you see how words, when they are spoken, can change the way that a person thinks, so quickly?

(Agreed)

But I could only say it to a group such as yourselves, because you are full of love and compassion, my dear friends. And it brings me great joy each time we are united, to speak of these things.

Jan: That statement you've just made that we're full of love and compassion—I think that one of the greatest lessons is recognising it in yourself—

You have to love yourselves—of course.

Jan: To know that you possess that. Modern day life tends to bombard us with so much information that, like as you were saying, it's very easy to understand what it's like to be human here, for us—but if we could only remember that first—

If ever you are in doubt you must go within. You must allow the soul to speak. You must have that outward knowledge that spirit is eternal.

I hope my dear friends I have given you a little to think about this time. And I will take my leave and allow the evening to continue. I as always, with all of us in spirit leave our love and upliftment for all of you. May your daily lives be filled with love, may your consciousness be true and may you allow that Great Spirit to touch others.

(Thanks + farewells)

That's quite a big message—quite a lot to think about. And very much at variance with our TV news bulletins—I have to say that, and as Salumet says, it's something he can say to a group such as this—Our discussion on this in relation to a rapidly changing world continued for 10-minutes or so, before Cho spoke—audio link: http://www.salumetandfriends.org/resources/2015_10_12+Cho.mp3

Lilian: Good evening and welcome.

It's 'Cho'.

(An enthusiastic welcome from all)

I'm going to be your gatekeeper.

(Acknowledged)

That's what I'm here for. There's lots of you tonight.

(Agreed)

George: Yes, there are twelve of us here tonight.

Not as many as I've got!

(As expected!)

George: I hope we're not overworking you.

No fear!

(Laughs)

No fear—I'm not here to talk, I'm here to guide some through. Can you understand me?

(General assurance)

I've been practicing.

Sara: Very good.

If anyone wants to speak, speak up!

Paul: I was wondering about these people that are with you. Are they going to come through tonight?

—If you let them.

Paul: Well we'd like to.

It all depends on you.

George: I thought it depended on you!

(Laughs)

No—you naughty!

(More laughs)

—Not me. I got to go.

George: I think I notice more clarity in your speaking ***(yes)***. Well done!

Yes—I still trying get Cho—hard.

(Appreciative comments)

Paul: Yes, but it's coming along nicely.

Somebody come for YOU, lady.

Jan: Let them come through—Are they with you now?

No YOU!

(Realisations that Jan was to be used for speech)

—I'm Cho, I let them through. That rhymes, doesn't it?

(Laughs)

'Cho' and 'thru' ... I'm off!

Lilian: I was going to say are you going to stay with us.

Cho then left to allow others to speak. Cho had a speech defect in Earth life and is learning to get speech articulated and flowing.

Eileen commented that there are a few around and we waited to see what would happen next

Eileen: Have you got anything Dawn?

Dawn: No but there's a lot over here.

Eileen assured there are those over there between Dawn and Jan. We waited in silence, then one via Jan, who after a brief introduction, began to talk about what they used to do on Earth:

Audio link: http://www.salumetandfriends.org/resources/2015_10_12+Bob+the+Thatcher.mp3

Sara: What did you do Robert, or should I say, what do you do with yourself?

Which one do you want to know?

Sara: Well, whatever you want to tell us.

I was a Thatcher.

Mark: Whereabouts did you do that?

Dorset.

Mark: There are not many around these days—thatchers.

No—lots in my day, but then—lots of thatchers. *Chuckle*

Mark: When was your day then?

1860—something like that—a long time ago, isn't it?

(Agreed)

Eileen: Must have kept you very busy.

It was a good living—not a bad living. You know, it put bread on the table and paid the rent. It was cold; we had some bad winters then—really bad!—you don't know what bad winters are really—not now with all this global warming and things warming up. It's true—it has. We had some terrible winters. You could have snow on the ground for 4 or 5 months, in the winter—it never went!

Mark: Did you still thatch in the cold?

Oh, you had to—you had to—very difficult mind. Them metal things—what were they called?—it's so long ago—the blacksmith would make them, they looked like half a ring and when you put them in ... ah blimey! Your skin could stick to those—when it got cold it was like a burn, you know?

(Affirmations)

You know what I mean by the metal things?

Mark: Yes. I bet there were some accidents, weren't there?

Well, I fell off the roof a couple of times—yeah! You couldn't really thatch when it was very icy, or if there was a lot of snow on the roof, you'd had it. We had a hard life, us country folk really—well, we all did—those in the city I understand didn't have it much easier really. At least we had a privy down the garden—they had to do it in the street!—Awful in'nit?

(Agreed)

Mark: I suppose you had a bit of cider down in Dorset, did you?

(Chuckles)

Have you been there then?

Mark: Yeah!

Well, not so much Dorset, was it? The 'scrumpy' (cider) was Somerset—Somerset made the scrumpy.

Sara: Nice countryside in Dorset.

Oh yes, it still is. I love it. I have a look now and again. I can still recognise the coast—the coast you know, it hasn't changed.

Sara: Lulworth, the lovely rugged place.

Yeah, that's still—and Durdle Dor.

Lilian: Chesil beach.

Chesil! Oh I say—they still fish that stretch like there's no tomorrow—yeah.

Graham: What do you think of modern thatching now? It is the same skills?

Same—well actually I think they're a lot tidier than we were. They take months!

Eileen: Did you use local thatch or did you buy from somewhere else?

Reeds—we didn't use the straw then—that's not Dorset—it's reeds.

Eileen: Right, okay.

They're different—reeds are what holds the warmth in, in the thatch. Yeah, we was busy—not so many now really. All gone—even public houses were all thatched—that's all gone, isn't it.

Sara: But we did see the other day—we were driving and we did actually see some brand new houses that had thatched roofs.

Graham: That was in Lulworth.

Sara: We were there last weekend and we saw these thatched brand new houses.

Oh, so I suppose you applied for a job—

(Chuckles)

Perhaps I should come back and show 'em a thing or two—no, I wouldn't wanna do it again.

Graham: What do you do now then? What's your job now?

I haven't got a job—you don't need a job, do ya?

Sara: You've got a bit of a job talking to us!

(Chuckles)

I'm just being funny—I know what you mean—have I got a job? Well, I suppose it's the same as everybody else really. You've just got to do the best you can—help other people.

Eileen: You've done very well tonight.

Do you know what Cho said to me earlier on—that once I started talking I wouldn't be able to stop—I think he's probably right.

(Chuckles)

He's pulling my jumper. 'Ere—get off!

(Laughs)

I'm alright here, you leave me alone!—I'm alright now. He's laughing—I know I gotta go. I'm quite comfy now though, it's not so warm. It's nice, I like you lot, you're alright.

Mark: You'll come back and see us again then, will you?

Yeah, I'd like that—just call me 'Bob' next time.

Agreed

Robert's a bit stuffy, innit? I'm coming! (Directed at Cho the gatekeeper) Oh dear, oh dear, oh dear!

(Chuckles)

Eileen: Is that so someone else can come?

I don't know—he's pulling me. What's going on? Oh well, I've gotta go, he said—I better go. Love to everybody.

General farewells, then another via Jan:

Audio link: http://www.salumetandfriends.org/resources/2015_10_12+second+thru+Jan.mp3

I'm so sorry about that.

Sara: We enjoyed it.

I'm glad you did—he's a character!

(Chuckles)

No one have any questions?

Sara: Can I ask your name?

I knew that was coming, I just knew it—someone would ask my name. My name's 'Betty'.

(Said with a merry chuckle)

Dawn: That's a good question to start with.

It's polite isn't it—we've all done it, haven't we?—we all do it. Even here in spirit we say, what's your name? It doesn't matter—I'm sure you've heard that before—it doesn't matter, but it's still nice—to be addressed with a name.

Sara: Have you been before Betty?

No.

Mark: Did Cho have to push you in?

(Laughs)

I volunteered.

Lilian: Have you been to other groups?

No. The little group of us here—this is my first time.

Sara: So what do you like to do Betty?

I sew for the children. I like children—I like the children—always been happy around children.

Eileen: What made you want to come to us Betty?—to visit us.

Well, we're working on 'rescues', regarding the children; and so, to instruct children in rescues, it's important that we experience for ourselves. I can't ask a child to speak through an instrument unless I've done it.

(Acknowledged)

—Or guide a child. Do you understand?

(Affirmed)

Sara: You're doing it very well.

That's lovely.

Mark: So you don't feel it a bit warm then—in here, like Bob did?

No—very comfortable, thank you.

Mark: That's good.

So it's been wonderful—and I'm going to do this again.

Eileen: Were you nervous to do it?

Mm, it's a bit like going up in front of the headmaster!

(Laughter)

—Very nervous—silly really, but yes; it's out of your comfort zone.

Sara: Yes, anything new is a little bit out of the comfort zone, isn't it?—we find that too, with everything we do.

I know—but isn't fear silly?

Sara: Well it's worth facing it sometimes isn't it?

We hang onto it, don't we—even in spirit we hang onto that fear—not in a negative way you understand, but you know, you're still shy and hesitant. There's no need is there?

Sara: No there isn't, not really.

What's the worst thing that can happen?

Mark: You just look a plonker, that's all—but it doesn't last.

(Chuckles)

I love that word!—I'm going to use that.

(Laughs)

Sara: Well we don't have to worry about cabbages being thrown any more do we, or things like that?

I came after than dear—yes. Oh this has been nice! I'm a friend of your mums.

(Warm appreciation of this)

Mark/Sara: Give her our love.

She put me in touch.

Paul: Did you know her on Earth?

No, we've become friends.

Sara: Ah yes, because she loves the children too?

Yes.

Graham: That's how you met—is she with you now?

No, she isn't—she IS of course in spirit isn't she—of course she's with us. But not WITH me.

Sara: Not at this moment.

No—Anyway, I too am being pulled back now, okay?—so lots of love.

Sara: Thank you for coming Betty.

I hope to come at your Christmas time, for the children.

Graham: Ah that's very special.

Bye-Bye for now.

(General farewells)

Finally, one via Eileen:

Audio link: http://www.salumetandfriends.org/resources/2015_10_12+light-hearted+one.mp3

Hello there!

All: Hello.

I'll be the last one.

Lilian: Nice to meet you.

Yes—I said to Cho: I'll come on your first visit, after those two have spoken—I thought it might be a good time to step in.

Lilian: So what news have you got to tell us?

—Nothin'.

(Laughs)

I'm not bringing news—I've just come to help Cho out. He's new to this (yes). I said: I'll step in—I've done it before. And I have listened in at times—even though you don't know me.

Sara: What's your name?

My name?—Barnham.

Sara: Barnham.

Yeah—lovely name.

Agreed

Mark: Unusual name—around these parts.

—Around these parts?

Mark: Yeah—Barnham—I don't think I've met a Barnham before.

Oh well, you can call me what you like sir—don't matter.

Mark: I'll call you 'Barnham'.

Call me what you like.

George: It's nice to have a name that's a little different.

You speak for yourself!

(Laughs)

George: Well, my name's George, so—pretty common I think.

(Chuckles)

—Yeah, quite common. Well I'm sure you're very nice sir—don't mean to be rude.

George: We try.

Just my manner you know—people take me all wrong. Quite nice—I quite like the ladies as well.

(Laughs)

George: So what part of the world are you from?

Well it's called 'spirit'.

(Guffaws)

George: I don't know whether to call that a big place or a small place!

I can assure you sir, you can go anywhere you like here (yes). *You don't need transport* (yeah)—*don't need wheels—don't need anything.*

Lilian: Much quieter.

Much quieter?

George: —Quieter—yes. What I really meant was—

I know what you meant sir (yes)—*I'm not actually that daft!*

(Laughs)

George: I'm sure you're not, Barnham.

I don't even discuss where I'm from—

(Laughs)

I'm just an awkward geezer!

(Laughs and a cough)

Was that me making you cough?

George: No, I've got a funny throat.

Oh, you need to get that sorted or else you'll be joining us.

(Laughs)

George: Yes, well I'm getting on in years, so I might be joining you in the fairly near future!

No you're not—no you're not. Don't you be trying to get out of your job!

(Hearty laughter)

I know what these men are like.

George: Well, you say it's nice and quiet where you are?

It is—it's great. Where's the little lady gone?—she's gone all quiet on me.

Lilian: Me? I'm just listening.

You're supposed to be talking to me!

Lilian: Am I—sorry about that.

Anyway, I've done my bit—that's good enough—yeah—alright.

(The last bit being as an aside to Cho)

Lilian: Well, nice to have met you.

'Cho'—'e can't talk properly either can he—keeps saying 'Cho' ... who wants a bleedin' name like 'Cho'?

(Much laughter)

George: You've had words with Cho before you dropped by, have you?

Dropped by?!—You're a bit of a comedian sir!

(More hearty laughter)

George: Well, he is the gatekeeper, so I wondered if—

He's in charge—I'm only joking with you sir. I don't mean to be rude, but it's just my nature.

(Chuckles)

I've got to go.

George: I'm sure you haven't really got a rude nature. You have a touch of humour.

Is that what you call it?

(Chuckles)

I just wanted you to all finish on a bright note. I'm not really this gruff.

Jan: Do you know Bob quite well—do you know Robert quite well?

Sara: 'Bob the Builder'?

What? Who's Bob the builder?

Lilian: m—Bob-the-Thatcher.

(Laughs)

She makes me laugh!

Sara: 'Bob-the-Thatcher'.

'Bob the Builder'—who's 'Bob the Builder'?

(Laughs)

Jan: He's a child's TV character.

Ah, somebody's just telling me—that was funny wasn't it? Yes, I know Bob—he's a nice kind character.

We all know each other. Anyway, I got to go, 'cause Cho—

(Laughs)

Sara: —Is he pulling you back as well?

He's just saying: get a move on—time to go.

Lilian: It's nice of you all to come.

I think so.

Paul: A lovely evening.

George: I know who Bob is?—Bob's your uncle!

(More laughs)

Bob's—your—uncle? Now you've really got me confused! Bob's your uncle—Bob the Builder?

George: It's just an expression.

I should think it is—oh blimey, what I let myself in for! Anyway—you folks all have a good time—I'm going off now.

Lilian: Thanks for coming.

(General farewells)

George's Notes:

1: Bob's your uncle: A very English expression meaning: everything is alright or a successful result. The origin is uncertain but likely to be political, relating to Prime Minister (1895-1902) Robert Arthur Talbot Gascoyne-Cecil. As 'uncle Bob' he appointed his nephew Arthur Balfour into favoured political positions, and the word 'nepotism' is derived from 'nephew'!

2: Plonker: At first used from mid-19th century meaning something large of its kind, but now refers to a silly person.

3: Modern Thatching: Traditionally, thatching in the UK is a local art using local materials—water reed, combed winter wheat straw or a combination. As such, it was always expedient and economic as well as nicely insulating. Combine-harvesting of wheat now makes quality straw much less available and local building regulations have added their difficulties. And reed often has to be imported from Europe. In general, reed lasts longer than straw, but the latter is used for the roof ridge because it is more flexible. The ridge is likely to need replacement every 10-20 years. The reed is likely to last around 50-years, but while wheat straw has a shorter life it need simply have a fresh layer laid over the old as required. While there are now modern competing systems, thatch still has popularity because it is good insulation, in reality carries very little fire risk if done properly and it has attractive appearance. But as Bob says, it now takes much longer (and is also more expensive).

~19th October 2015~ SALUMET

On this occasion, Sarah who has been caring for her elderly father was able to be with us, and our dear friend Jette, on a visit from Denmark, also sat with us:

Audio link:

http://www.salumetandfriends.org/resources/2015_10_19+salumet.mp3

Lilian: Welcome to you Salumet—nice to have you with us again.

Good evening.

All: Good evening.

We welcome back our dear friend who has been absent for a short time.

Sarah: Thank you very much—it's good to be back.

Of course, you know that we have never been too far from you.

Sarah: No—thank you very much.

—And also, as always, we wish to welcome your guest this time. It is always good to welcome those who have a connection with spirit. As you well know, once that spiritual connection is made, there is no one who can sever it—only the individual themselves. But although this happens very occasionally it is not the normal way of things. Therefore we are grateful, my dear friends, for all the love that is brought to this room—many who have visited and those of you who are dedicated to spirit. I cannot of course thank you enough for all the work that you do. If there are questions to be asked this time then please speak out.

(Pause)

George: Do you wish to ask a question Jette?

Jette: Yes please—it might be a big one. I am wondering Salumet, why does our beloved father-mother God always want to be in omniverses/universes, and all us people and the grass and the leaves—I wonder if it's for fun and for creativity, please?

—For fun and creativity. We desire, those of us in spirit, that those who abide upon this planet make the fullness of life, which is their entitlement. Who are we to deny happiness and joy, and 'fun and creativity' as you call it; but human beings themselves tend towards negative views so often, and this we in spirit struggle with constantly. So I would say that each individual, each individual on this planet has a responsibility to live life to the full, because innately as individuals you know what that is, even if you are not consciously aware. But I say that the Great Creator, who knows all things, knows each of us, because we are part of that great creation—knows what is best for us; and because we are part of that great creation, then it is up to us to fulfil all of these things whilst on this planet. Does this help you just a little?

Jette: Thank you very much.

You are ever seeking, my dear friend—constantly looking—constantly feeling—constantly questioning, but for you that is part of this lifetime for you—that these questions and answers are of so much importance. It is the pathway that you walk. But let me tell you, my dear friend, that you are supported in every step that you take and when your time comes to leave this Earthly planet, you my dear friend, will look back upon your life and be happy with what you have achieved. We know that you crave more information but, as with all others, you have to be a little patient. You understand?

Jette: Yes, very well—thank you so much. I am so pleased with the messages—thank you.

Now, have we any other questions this time?

George: Could I just add to that—positive creativity—yes, this clearly is our best and proper way forward, while negative creativity is so sad. Perhaps it sometimes has its place in helping us to become more positive. But as you imply, it's the positive creativity that we should ideally all be seeking—

Yes, as always there are always mirrored sides to all of these conditions. In the same way that you experience sadness—how can you know happiness if the experience has not been felt? Too often mankind dwells on the negativity, as you say, but it is our work, it is our gift to The Creator to try to uplift those who have negative fears—who have negative lives, and to turn that energy into positive occurrences; as it is your task, my dear friends—your task, my dear friend, has been to spread the word of spirit, and you have done this admirably. And for this, spirit will always be indebted to you (thank you), not only for the work that you have achieved here, but in giving the help to those in spirit when it has been needed. So you see, my dear friend, you are creating positive energy at every step of your living (thank you). We thank you deeply for it—for all of you within this room, who come and succumb to give their energy in order that we may speak with you.

George: It is also appropriate that we thank those in spirit for standing by and for assisting. I'm sure their assistance is of great value to the total way forward.

Yes, you will never stand alone. I am sure that many of you have felt this to be—that sometimes you feel you are guided or uplifted, or a thought or idea enters your thinking that moves you forward for the better. All of you have experienced this, and whilst you are dedicated to the work of spirit, there will always be the help, but remember that I have told you in past times that you must ask for our help (yes), especially those beings in the Angelic Realms who have a little more vision and are able to come closer to you.

(Pause)

Are there more—?

George: I wonder if—following your teaching last week Salumet—I find I am often analytical of the various political ramifications that go on. And although one sees both positivity and negativity—with rather too much of the latter—I find I can still love everyone concerned and recognise that they are each on their own pathway at, shall I say different levels; but regardless of being analytical, I feel I still love everyone concerned and recognise where they are. Would you have any comment on this?

Yes—you have been endowed with a brain which thinks sometimes perhaps more than others. There is nothing wrong in analysing any situation upon your Earth. Yes, I have given to you the knowledge that love outlives all negativity. Love will always come to the fore. And yes, I totally understand why you say the words that you do. Of course, you can be analysing situations, but still love your fellow man, as long as you do not allow the negativity to creep in and allow your views to be changed too drastically in the other way. You understand?

George: Yes, thank you, that does help—

Yes, as long as you are clinging to the love of all men, then there can be no question that you are following the right pathway.

George: That's very reassuring—thank you Salumet.

You live in a world that at times is angry, at times is cruel to other human beings, and of course there has to be some order, but what I speak of, my dear friend, rises above all human happenings. The love I speak of comes from that part of your spirit which is all-loving and all-giving. You understand? (Mm—yes)—that is not to say you must be blinded and not understand what is happening in your world—that is not what I was saying. I was telling you to look inward and to find that deep spiritual love which comes from spirit—and understanding that is greater than any that you could have as a human being. I hope that helps you.

George: Indeed—yes, from deep within with no judgement.

Yes, you must never make judgement—after all, none of us are the Great Creator. Therefore, you must find that deep abiding love within.

George: Yes, thank you so much.

Now—I feel I have spoken enough and reminded you of why you are here and what your lives are about—about never harming another human being—to never pass judgement, because you do not have enough knowledge to do so—and to find that deep love within you; and it is within each and every one of you—and to let that love grow and you will automatically do what is right for yourselves and for your fellow man. And now, I will withdraw this time and allow whatever is to come next. I leave you as always my dear friends, with our love, with upliftment and with we hope a little wisdom.

George: Wonderful!

(General thanks and appreciation from all)

Following a pause of several minutes while Eileen returned, she and Lilian had clairvoyance of a group of happy people of mixed nationalities, all waving. The impression was that they were ex-holocaust but now a very happy group. After another pause, one was with Eileen:

Audio link: http://www.salumetandfriends.org/resources/2015_10_19+Sister+of+Mercy.mp3

Lilian: Good evening.

Good evening my child.

Lilian: Good evening and welcome.

I wish to join with you if you would allow. I have listened to your every words. I feel your pain. I feel your anxiety—I feel all that you feel. When I was here upon this Earth I spoke to God every day (yes), but now I know that God is not quite the full picture; so I would like to take you and say a prayer for all of you.

Lilian: That's very kind.

—To ask the Great Creator that you may all be blessed with upliftment—that you be blessed in your everyday lives—that you do the best that you can in that life; and goodness only knows how difficult it is at times to deal with life. We are not unaware of the trials and tribulations which humankind suffers from. Therefore my prayer for you, my dear children, is that you have the knowledge and wisdom to take you forward in all aspects of your life, in order that you do what is necessary for you to do. I extend to you great love. I extend to you the understanding of mankind. And I extend to you all, the knowledge that there exists a much greater life for you when the time is right. So as I come to you all tonight, I wish that you feel the love of spirit—to wrap around you, to comfort, and to love you, each and every moment of your existence.

George: What a lovely prayer!—thank you so much for that. Might I ask if you were with a religious order whilst in Earth life?

I was indeed, and I still revert to some of the—as you see, my hands are often joined together (yes), when I return. It comes from a remembrance of who I was, but as you know, it is of no concern any more. And of course, you are right—I indeed spent a lifetime as a Sister of Mercy.

George: Ah—wonderful! Thank you.

Yes—thank you all.

Next, following a brief period of clairvoyance from Eileen, she asked Jette if there was anyone speaking to her—audio link: http://www.salumetandfriends.org/resources/2015_10_19+Jesus+via+Jette.mp3

Jette: Well—Yes—it's my good friend—and everybody's friend—a wonderful man.

Eileen: What's his name?

Jette: Yeshua ben Yosef—who walked the planet over 2000-years ago.

Eileen: Is there anything he wishes to say?

I greet you (thank you). Beloved brothers and sisters, I'm honoured to be with you.

Eileen: And we're pleased to have you here—thank you.

I just want to say a few things through this, my friend that I know so well for many years.

Eileen: You do?

I really only want to say one precious thing—(yes?)—and listen well now.

Eileen: We're listening.

Nothing happens outside of YOU. Can you comprehend that?

Eileen: Nothing happens outside of us.

No—it is your perception that forms your whole life—and I know it is too hard to take in, but you might take it out in your daily life. One day you will know that it is right. And we are gathered—a huge amount of energy here to see your light. And let me tell you one more thing of the truth: we see your mastery. We see that you are about to have the full awareness of your masterhood. You are all ready to become the Masters that you once were—from the beginning of time. YOU have been there with your love, and we honour you, as your beloved Salumet does—we bring our blessings to your forward, re-membering to your mastery again.

Eileen: Well, that was wonderful—thank you. Thank you for those words.

Paul: Yes, thank you—wonderful message.

George: Yes, we are much indebted to you for those words—thank you.

Paul: It gives us a lot to think about.

I leave you now because—and with the strong, strong connection that we are all one with the 'I am' presence. Amen.

Paul: Amen.

Eileen: Bless you.

George's Notes:

1: Yeshua ben Yosef: This is deemed to be the original name of Jesus of Nazareth, prior to AD 30, and means 'Yeshua', son of Joseph. 'Jesus' is actually a misspelling of the Greek version 'Iesous' that was later Latinized to 'Iesus' under the authority of Emperor Constantine who presided over the Council of Nicaea. The letter 'J' did not enter into the English language until the mid-17th century. All relatives and friends knew this one as 'Yeshua'.

2: Analysis of Political Ramifications: A current example of 'cause and effect' analysis that appears to be non-existent in media news reports of today, is the sudden huge immigration problem with which Europe struggles to find a solution. But it is so clear that people are being driven from their homelands by the warring conducted by people who are 'foreigners' to their country. These 'foreigners' use and supply mega-weapons (drones, bombs, aircraft, guns, rockets etc) that destroy homes and create a living hell from which people flee in terror. This is clearly the cause that produces the effect. So the obvious solution is to stop supplying munitions—stop the warring. And if necessary, very heavily penalise any firms and countries that dare to continue to promote and support aggression in this way. The above is an analysis of a highly problematical situation. But as is amply borne out in this meeting transcript—WE ARE ALL ONE, and ALL ARE LOVED for individually believing in what they do—and all are part of humanity's evolving consciousness. And our collective consciousness will ever approach a greater perfection; so that we may later look back on these more primitive decades, see them as such and wonder why all that happened. But we must never ever lose sight of the fact that WE ARE ALL ONE.

3: Further Commentary re Jesus: A question had been placed regarding Jesus during the meeting of 13th August 2001:

George: I wonder if I could also ask about—I was reading Edgar Casey on this, and he mentions past lives of Jesus and a number of past lives of people known to history and I imagined Jesus evolved to his state of perfection as a result of a number of past lives on this planet.

Of course—and may I say to you that the essence of the one you call 'Jesus' still exists. Does that surprise you that the essence of this being is present here upon your Earth at this time? (Yes.)

Lilian: In a physical form?

Yes. Remember what I have told you, you are not one being. Would it not seem natural that Spirit as developed as the one you call Jesus, has trodden many lifetimes and continues to do so? Remember there is no perfection that you know of. Do you understand this, my dear friends? (Yes.) He has been revered as the greatest one, but he is but one of many. If you can hold this in your thinking, then you would understand more. The being known as Jesus upon this Earth, does not wish to be revered. He came to do work which he had chosen to do. Mankind has placed him upon a pedestal; but the essence of his being still continues to do good within your world.

George: One particular reincarnation that has been mentioned is that of Akhenaten in Ancient Egypt. If that indeed were an incarnation of Jesus at that time, it would solve a number of historical riddles for us.

Yes, you see, there is always problems when what you call 'religion' interferes. The Spirit is always present, the Spirit will return to continue work, and I can tell you that the one known to you as Jesus, has returned many times, not just one part, but many, because in his own development, he has achieved much.

Lilian: So would he still be a teacher of sorts?

He would be a spiritual teacher, yes. He has attained the knowledge to such a degree that he cannot return to what you would call normal life. He would always be in some form a spiritual teacher, whether it be in the form of male or female. Do not forget this, because it is important. I can tell you that he is at this present time a female. Is that helpful to you? (Affirmations + thanks)

George: So would it be his same soul aspect, as opposed to, in the case of the Dalai Lama, different aspects of the same soul?

Always it is an aspect of the soul. It is never the same aspect.

~2nd November 2015~

Our first visitor was one with fidgety feet:

Audio link: http://www.salumetandfriends.org/resources/2015_11_02+Olive-architecture+etc.mp3

Lilian: Welcome to you.

Hello.

(Pause)

I'm always amazed you sit so still.

Lilian: Well we ask for healing for anyone who might need some help, and then we just sit quietly and wait to see who might come from your realms.

I know but—it just amazes me; I never could sit still!

(Chuckles)

Lilian: It's not always easy.

No it isn't—especially when you have itchy feet! So, have you been doing this for very long?

Lilian: —for myself—yes, quite a long time.

—Quite a long time—

George: More than 20-years.

Oh that's such a long time! Let me tell you: that is but a blink of the eye.

George: But a blink of the eye—

But in your time, I know it's a VERY long time.

Lilian: Did you used to sit in a group like this?

I tried, but I was too fidgety—I didn't have your composure. I was too, I suppose, nose-y. I didn't want to miss anything—I wouldn't shut my eyes.

(Chuckles)

Yes, you may well laugh. It was amusing to me but not the others; so I decided: no, that was not for me.

So that's why I'm interested now—yes, so I just come back and look. Not all are as good as you are.

George: So did you find alternative interests whilst on Earth?

I just used to pray—that's all I did; and I just found there was a calmness when I did that—a peace that I managed to hold onto. But to actually sit quietly and not say a word, well really that was like purgatory to me—yes. As you probably notice, I keep chattering now, don't I?

Lilian: Why not?

Yes. But I don't bring any specific message to you. I just wanted to say how I admired you all.

George: Oh, that's very kind (yes), but as to describing yourself as 'fidgety', well I can only say: it takes all sorts!

It certainly does sir—all kinds—yes.

Lilian: And it's nice you come through to talk to us—that's why we meet.

Oh I really know the reason why you do it (yes), of course I know—I do know that.

Lilian: It's nice to chat to someone on your side.

You like to call on us do you?

Lilian: Yes, maybe find out what they do in spirit, and so on.

Anything you want—anything you want to do, you can do in spirit. I'm sure you've been told that before (yes). Yes, of course you have. You're not silly people, are you?

Lilian: Can you tell us what you do?

What do I do other than visit people like yourselves? I'm still learning—I'm learning an awful lot; and sometimes I work with the children, sometimes I work with animals, and another time I study architecture (oh!). Isn't that interesting?

George: It's quite a mixture!

It IS a mixture, but whatever you want to do, you can do—and I bet you can't say that here!

Lilian: Not really.

No, I know you can't.

George: So you have an appreciation of architecture—

Well I am (interested) in spirit, because the materials are so different (ah yes). Yes, there's no heavy weight like there is on the Earth—no heavy bricks—nothing that's too dark—everything is light and beautiful; and yet, you can create this beautiful building and it's just amazing.

Lilian: Have you done that yourself?

I'm studying light structure at the moment. Yes, that you visualise light and it can become a structure of anything you wish.

George: Yes—I've been reading about Atlantis recently (yes), and there are wonderful Edgar Cayce accounts of past lives of people on Atlantis (yes), and wonderful descriptions of temples—their architecture, built with red, black and white stones.

Yes—we wouldn't have red and black in our structures, because it's of a different ilk—is that the right word—I think?

Paul: Yes.

I have to say this before we continue: will you apologise to this lady, because I can't stop moving her feet—

(Laughs)

You see, that's the problem isn't it? Sorry sir, I interrupted you. Yes, our—shall I call them bricks just for recognition? Yes, these bricks are constructed from light, and as you know, light has beautiful colours—shines through beautiful colours, in the same way that the water does. Have you seen anything like that? Have you been aware of anything like that?

George: I've been aware of Mayan temples that are made of limestone blocks—
Yes, that's closer to it.

George: At night time in certain conditions, you can see a wonderful violet glow from them.

Yes, that's right—you can. Well, you'll have a wonderful surprise when you come to us—all of you will. Yes, and by then I'm hoping that I've built my own structure. But I've got a lot to learn, and of course the problem is keeping two feet to the ground for any length of time!

Paul: Do you have to learn to materialise each brick?

You can think—the thought creates. Yes, and as that thought becomes constructed, there it is.

George: You began by saying you did not come to give us any particular message, but you're giving us a very nice message about your architectural pursuits.

Oh! I am so pleased! Perhaps I'm not such a scatterbrain.

(Laughs)

Oh, if only these feet could stay still—I'm so sorry.

Paul: Oh I don't expect—I'm sure it doesn't bother the lady.

Well I do hope that you give her my apologies—I've already said 'sorry' but she's not responding.

(Chuckles)

George: Did you wish to interject Lilian?

Lilian: No, no—that's okay—

Lilian? That's a pretty name!

Lilian: Thank you. What's your name?

Olive.

(Several repeated 'Olive?')

Yes! You can't eat me though.

(Chuckles)

George: Yes, well 'Olive' conjures up very nice thoughts: the olive branch, peace and love.

Well I strive to be all of those things, but I have to say I'm a bit naughty—I did have a very funny sense of humour and I still struggle with it.

Mark: Well, that's a nice thing—it's a nice thing to have a sense of humour.

Well, I believe some people can find it most irritating. But I do know when to stop.

Mark: Ah, that's good.

George: Well, I think we all appreciate a little humour.

Yes, it glitizes the day, does it not? Yes of course it does. Yes—oh well, I can hear my friends calling to me—saying: get those feet moving in the right direction!

Lilian: We're just pleased you've come to visit.

Yes, it's been a great joy—I've really, really, really enjoyed it.

Lilian: Come again if you can *(yes)*.

George: Yes Olive, please do come again.

Yes—well, you know there's so much to keep us occupied. I'm always amused when people say: what do they do in spirit?—as if it's all or nothing. You know? We are very busy if we want to be.

Paul: It's so interesting.

George: I think we understand that the main life goes on in spirit and this Earthly existence is just a top-up really—

Yes—don't make me feel sorry for you.

(Laughs)

Now I really do have to go. I give my thanks to all of you for allowing me to use my fidgety feet.

(General thanks)

Lilian, as requested, passed on apologies to Eileen for fidgety feet, and this of course had been no problem to her. Eileen had been aware of the very light and crystal-like colourful stonework. Our dear friend Cho then spoke—audio link: http://www.salumetandfriends.org/resources/2015_11_02+Cho.mp3

He explained that he would like to come and tell us more about himself another time and he had a little joke with us before he left:

So, I have to tell you one thing: I visited a group like this and when it was time to leave—they said: 'Ciao Cho!'

(Laughter)

I wondered what they were saying to me! 'Ciao Cho!'

Paul: Ah yes—you know what it means now though, don't you—

Yes—I thought you would like to know that.

Paul: Yeah, we can use that one sometimes—yes.

Yeah—I have to go.

Paul: Yeah okay—bye for now Cho.

(Eileen said afterwards that the side of the face felt in some way twisted.

'Ciao', pronounced 'chow' is the Italian 'goodbye / hello' but has become more universally used.)

There followed a period of clairvoyance from Eileen. This included reference to 'itchy eyes' that three declared they had. This it seems was just to let us know that there are those in spirit who are aware of our lives. And a fleeting shadow that one had seen was not imagination—and there would be more. And then a rescue:

Audio link: http://www.salumetandfriends.org/resources/2015_11_02+rescue.mp3

Lilian: Hello.

(Pause)

Lilian: Do you wish to talk?

No.

Lilian: Feeling a bit cross?

Yes.

Lilian: Well it might help if you could talk about it—sharing it with someone helps sometimes.

I didn't let you in.

Lilian: Well, I crept in, but I'm quite friendly.

You don't go creeping into people's places!

Lilian: Well, I think I've crept in to help you.

Where's my stick?

Lilian: How many sticks do you have?—one or two?—to help you walk around?

I don't believe this—walking into my house—who do you suppose you are?

Lilian: Well, I'm here to help—that's the thing you need to remember. If you could tell me your—

Are you that new nurse they promised me—they promised me, they did.

Lilian |: I'm just someone to help you.

—Do what?

Lilian: Well, to show you—or at least to tell you what's happened and why I'm here. Did you feel unwell all of a sudden?

I'm always unwell dear.

Lilian: But did you feel even more—a little bit faint perhaps?

Yes.

Lilian: You closed your eyes?

Just for a second—but I'm fine now—you can see I am.

Lilian: Yes, I know you're fine now. But had you ever thought what would happen when you died?

Of course.

Lilian: What did you think?

Well, they'd bury me.

Lilian: —and that would be the end of that!

Yes.

Lilian: Right—well it's not the end, in fact it's a new beginning, and that's the bit that you hadn't thought about. I'm just here to tell you that we live on.

No—that's a lot of tosh!

Lilian: Well, you feel perfectly well?

Yes, I'm fine.

Lilian: Yes, you feel nice and warm, and do you feel a lot of love around you?—think about it. You feel a pull towards love? And that seems to be pulling you forward (*mm*). You feel happy.

I feel—yes, I suppose I do—yes, I suppose I do, in a way.

Lilian: And ahead of you, you can see light?

I can't see anything.

Lilian: Well you just wait a little while and you'll see a light—a light that again, will draw you to it. And you'll see someone waiting. And that someone is waiting to take you forward into spirit. Although you hadn't thought about it, it's there and we all have to go the same way—to start a new life.

This is too much to take in.

Lilian: It is—I understand—if you hadn't thought about it, it's just a bit too much, but it will make sense to you as you move forward.

Oh!

Lilian: Who can you see?

Like a little star—pretty little star—mm.

Lilian: Getting bigger?

Mm, yes—I'm really confused now.

Lilian: Try not to be confused, but what can you see in the light?—in the star?

It's like sunshine—big rays of sunshine, and it's almost—

Lilian: Who would you like to see that has passed on before you? Is there anyone you'd especially like to see?

Well, I don't want to see that husband of mine.

Lilian: No well we'll forget him then.

I didn't have any children—

Lilian: No—did you have a pet?—a pet dog or cat?

—I 'ad a cat.

Lilian: Would you like to see the cat again?

Oh—not too bothered.

(Pause)

Oh yes!—it's my good friend (yes?)—from years and years and years ago!—I should have married him!

Lilian: Oh! Now you can be friends and have a good old chat about days gone by.

Well, well!—he looks like a young man!

Lilian: And that's what you'll look like quite quickly.

—A young man?

Lilian: No—but you'll feel a lot better; as long as you go forward—that's the main thing—I've done my job then.

I have to move forward—

Lilian: Yeah, towards your friend.

Well, it's like he's coming to get me (good). **Well—do you know something?**

Lilian: A nice surprise?

No—I LIKE you!

Lilian: (with a chuckle) Good.

Oh, this is lovely!

Lilian: Yes, the main thing is you've listened to me and that's all that matters.

I never would have believed it could be so lovely, and I'm not in that old chair any more, am I?

Lilian: No, you won't need it.

I'm free (yes). **I'm free, yes I'm free!**

Lilian: And you're happy to go—I'm sure you are.

Bye—good bye.

Lilian: Bye.

(It was a wonderful turnaround and Eileen said afterwards that she could feel her smiling.)

~9th November 2015~ SALUMET+Cho

Audio link: http://www.salumetandfriends.org/resources/2015_11_09+salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

Once again I am happy to join with you.

Lilian: Yes, we are pleased you've come.

I bring to each of you, upliftment and much love from our world. There is some need of it in different ways with you all, for this to take place. My dear friends, you should by now be aware of the tremendous strides being made in your medical fields. Much is happening in your world at this time; much is being discovered by those who seek relief and help and cure for many of your ailments, and this, my dear friends, I am pleased to tell you is taking place at a great speed. I hope you are aware of some of these happenings.

Jan: Yes we are.

Lilian: Yes, things are certainly changing and they're finding out things very quickly.

Yes, those of us in spirit are working hard to impress those people in knowledge and also to help to bring comfort and upliftment for many who are suffering. It is a great part of our work at the moment—in this moment of your Earthly life. There is no need for me to make details, because I know that it is widely spread throughout your media when these things occur. So I say to you, my dear friends: be thankful that the Creator has allowed these things to happen at this time in your lives. There will be eradication of many diseases—not quite all, but many, and it is not as far away as you may think. So, my dear friends, that is a message I wished to impart to you all. Be hopeful, be kind, be caring to all those in need, and of course be thankful for yourselves that the Creator has given you this opportunity to exist in this lifetime.

George: Yes—this is a wonderful statement; and I imagine when you say: not *all* will be cured—I imagine those conditions to be those that we make ourselves, through smoking, bad diet and asbestos—

As always, I will remind you that a great responsibility lies within yourselves (yes). That part does belong to you and as such, as we have spoken previously, those conditions can be helped by yourselves; anything created by you can be gotten rid of by you. You understand?

(Affirmed)

But that is not to say that life will continue forever, because you are made that the physical body will at some time release the spirit.

George: Possibly one (*condition*) that we do not understand too well is stress, and the stress-related conditions.

Yes, there are always instances that you can recall. But yes, the very lifestyles that most of you lead, creates much stress. Yes, it is a human condition—stress, and as such, can be diminished or made

greater by you. It is one of those conditions, where the mind becomes too much involved in its own issues. Whereas with the people who suffer from stress—if only they would open their hearts to a wider audience, then they would find that love flows into themselves—love which would bring you happiness and upliftment. So the answer to stress, my dear friends, is that you dismiss it as a form of fear and let it go. I hope that has answered your question.

George: Yes indeed—a form of fear—and let in love.

Yes, and allow the love you feel to extend its arms to those others—not only within your own circle of friends and family, but to those who are in need. In the same way as within this room, you send healing thoughts to others—others that you do not know personally, but who nevertheless occupy your thoughts. You understand.

(Several acknowledgements)

So my dear friends, that is all this time that I wish to convey. But again—few words trigger many thoughts, and that is what I endeavour to do for you all this time. So as I take my leave, I want you to know and to understand how much love there is that surrounds you in this room. Get to know that feeling of contentment and peace—and LOVE. And safeguard it when you leave this room this evening. Hold onto that feeling of peace and you will, all of you, be uplifted. So I leave you now, again cloaked with love and upliftment.

George: A wonderful message and teaching—thank you Salumet.

(General thanks)

Audio link: http://www.salumetandfriends.org/resources/2015_11_09+Cho.mp3

Lilian: Good evening and welcome.

Hello! It's Cho (Oh Cho!). Just a quick drop in—say 'hello' to the lady—not here last time—know where I born?

Jan: Hi Cho.

I have lady here, not wanting to speak, but says that she's making great steps in India and in Africa. She wants you to know. I give you the message because I'm not staying long.

George: I wonder if that is our dear friend Emma?

Yes—she's touching her hat.

George: Oh she loves her large hats!

Yes, but she's not coming to speak this time, but she wants you to know.

George: We wish her well, and it is very good that she continues her work.

Paul: Good work, yes.

Yes, she working all the time, she's saying, but she's been to Africa as well, making great progress.

Jan: Oh that's good.

But her heart is with India still.

George: Yes, I believe she began with India.

Paul: Working with the downtrodden women—yes.

Yes, she's doing a good job.

George: And the way the words are flowing, I think you're making very good progress too.

Yes I am—you noticed—yes; not that I am proud or anything. I found my way to laugh as well—that's probably the way you will recognise me.

(Laughs)

Because I feel I want to smile. But anyway, there are other people waiting, and I wouldn't be doing my job if I stayed here talking.

George: So you're going to let them through—

Yes—perhaps a little push now and again.

Jan: Lovely to hear you.

But I promise I will be coming soon, to tell you a little bit more about me.

Paul: That would be nice, yeah.

George: Well, thank you Cho, and perhaps we should say : 'ciao Cho!'

No! Not that again!

(Laughs)

No, no—you naughty!

(Laughs)

But if you want, I say: ciao! Yeah, goodbye.

(General goodbyes)

(Pause)

I back again!

(Laughs)

You want me to say: I ciao or Cho? What would you prefer?

Jan: Cho.

Cho—shall we have a vote?

(Chuckles)

Mark: Democratic!

Okay, I come back next time—‘Cho’.

It very smiley here—I can’t leave—I will be in trouble.

Paul: Well, you’re the boss of the gate, so you can stay as long as you like!

I may close the gate if I—

(Laughs)

I am going this time.

Paul: Well, come back soon.

George: We look forward to that.

There next followed a period of clairvoyance via Eileen:

There was some discussion as to whether my dear wife Ann was at birth, going to be called ‘Marion’, and I was unable to confirm that at first—but on reflexion, I think that may well be so—and the child of a close friend was given that name; so I think ‘Ann’ became the choice of her parents. This is stretching memory back to a conversation in 1955!

Eileen could see Ann wearing a blue dress and I was asked if I preferred the paler or deeper shades. I responded that the paler shades suit very nicely, and:

George: I recall the old Bing Crosby song: “Moonlight becomes you, It goes with your hair; you certainly know the right things to wear...” It seems to fit!

Ann was also talking about her mother and her interest in fancy lacework—which she showed to Eileen.

Paul and I agreed that she (Connie) had that appreciation and talent for intricate lacework. Ann’s granddaughter Natalie was also present and she had a word for her about looking after her knees (They are apt to get a bit roughed up in her work as a ski and snowboard instructor and Eileen had in fact been giving her healing). Eileen was shown a bottle (could not read the label). I suggested it might be a favourite Cider—which I gather made Ann smile. I volunteered that I had recently attempted a between-worlds conversation in which I inquired what she had been doing ... Enjoying the colourful flowers, especially the blue delphiniums. Ann went on to say:

‘George, you should see the colours over here—what we’ve been told is perfectly true.’

Eileen: *She loves the colours. And when you go over—when it’s your time, you can both go to ‘the waterfall’, which is all beautiful colours. She said she’ll be looking forward to that!*

George: Yes, well I’m not looking forward to death exactly—but in a manner of speaking, I will certainly look forward to that!

(Chuckles)

Eileen: *Yes, she says: don’t be silly!*

George: There are just one or two things I would like to do first.

Eileen: *She’ll be there with you, she says—don’t worry.*

George: Wonderful! That is very cheering and reassuring.

Eileen: *I do get the feeling that she is with all of you still quite a lot. It's as if you are all very united and she's in the middle.*

George: Ah—I have that feeling myself.

Eileen: *And she's pleased about the dress. When you talk to her, you can think about her lovely dress. And as she goes, she's just saying a little 'thank you'.*

George: Oh, thank you love, for being with us again and I think, being with us all-the-time.

Eileen: *She's throwing a kiss to all of you.*

George: I send her one every night.

Eileen: *She's returning it George.*

It was a beautiful warm exchange that kept us chatting for several minutes. How the lacework was so intricate and Connie had been creative in several ways.

There was further clairvoyance via Eileen regarding progress of Jan's grandchildren—and a cautionary message for Dawn about someone running on the stairs.

George's Notes:

Anything created by you can be gotten rid of by you: *How very true! So in order to be rid of:*

—Lung cancer from smoking – we stop smoking.

—Lung cancer from asbestos – we stop using it.

—Dietary illness – we review and improve diet.

—War zone injuries – we stop warring.

—Warring – we stop making and selling weapons.

—Drug afflictions – we ban production and sales.

—Toxic air afflictions – we must use clean fuels.

—Mental disorders – we must endeavour to keep the mind free of stress and let in the love.

These are our responsibility, and so it is up to each one of us to exercise our free-will wisely—and set the good example to the collective humanity. If we stopped using drugs, manufacturers would soon go out of business, likewise cigarettes and likewise lethal weapons.

~23rd November 2015~ SALUMET+Cho

On this occasion, Jo was able to join with us again; also Sally and Ben were sitting in for their first time experience—audio link: http://www.salumetandfriends.org/resources/2015_11_23+salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As I join with you this time I wish to welcome our dear lady friend on her return to us; we also welcome those here who wish to learn just a little more. There is with them just a little apprehension, especially the dear lady. Do not be concerned because within this room you are surrounded by much love and upliftment. It is always good for us in spirit to see those who wish to gain a little more knowledge.

Sometimes we forget that not everyone knows as much as we do here, but it is uplifting to know that still we have seekers of truth who are forever looking, who are forever wondering what spirit holds for them. As usual, when we have guests, I will take any questions that they have. I will allow the dear lady here next to me, to conduct these questions to me.

Lilian: Yes, okay.

Ben: I have a question please—um—I recently lost a relative of mine, who passed away, and they were a 'Jehovah Witness' and quite a devout follower of that religion—I wonder if you would be able to comment on how they are getting on in the spirit world?

Yes—I will say this to you: that there are so many religions within your world, no matter what title you choose to follow, whether it be the Christianity or any other—all peoples are destined for the same place—with that, I mean the world of spirit. Your dear relative, if they were happy to be, as you call them: Jehovah's Witnesses, was happy with that life—was happy that they had a good life, that they harmed no one nor pressed another to take their point of view, then they will of course come directly to

spirit, but what happens sometimes, is that when they are so set in their ways or have such strong beliefs, that they are drawn to the same kind of people. You may not realise that this can happen and that everyone intermingles, no matter who or what they are. If their religion was so strong that they would still retain it for a while, then your relative will be with those like-minded people, and what eventually happens is that they begin to recognise that there is no need for religious names—that each one is in the image of the Great Creator, no matter who or what they are. This is what is important. Sometimes it takes a while, but what I would like you to remember, my dear friend, is that each and everyone is entitled to the love of those that they have known. So I can truthfully say to you, my dear friend, that whoever this being is—and you must not use them in the past tense, they are still with you; they will have been loved and guided from the minute they passed to spirit. So I say to you: if you are involved in any way with those who become a little fanatical about their religions, just to gently remind them that we all came from the same place, and we will all return to the same place. Has that helped you just a little?

Ben: Yes it has—thank you.

Yes.

Lilian: So would a like-minded person be waiting to greet them when they pass over?

Those with strong thoughts of what they expect, as you know, my dear friend, will *find* what they expect (yes), but if the feelings are still so strong, they will gravitate to those of like mind. You understand? (Yes) It may only be for a very short time or it may be longer. It depends on the individual and how deep is their religious belief. But as you know, if they have lived a good life upon this Earthly plane, there will always be someone who lovingly greets them.

Lilian: Yes, only last week there was a rescue and for the very first time as I remember, I was saying: you'll see someone in the light waiting for you, and it was an angel! But I guess really they were seeing the light of spirit, were they?

Yes, sometimes with traumatic passings that—they become confused (yes—), especially if the passing is very quick—they become confused. And do not forget that they are still very close to the Earth plane.

Lilian: Yes, but he was frightened too—a little bit frightened.

Yes—because he obviously had not thought too much about what happens when the time comes for them to pass. You understand? (Yes)—yes.

George: Yes—those who have been severely indoctrinated by the older Roman Catholic teaching of really heavy punishments (**yes**)—they may have an expectation of heavy punishment on passing to spirit. But I think I would be right in saying there are many who are looking out for them and wishing to assist and influence?

As you know, because you have dealt with some rescues, that those of that religion sometimes pass to us confused, because many believe and fear of the place called 'limbo'—which causes confusion, but always there will be someone to greet you, whether it be angelic, whether it be someone who has been close—mothers, fathers, sisters—all are there and ready to help. But sometimes it is those beings who have always been with you throughout time, who will meet you if there is great difficulty. And the question the lady asked: why an angel?—because that would be one association that the gentleman would have recognised. All children are taught about angels and good people, and that would be a thought within their thinking. You understand?

George: Yes—yes, thank you.

Do we have more questions please?

Jo: Salumet—I thank you for coming and talking to us. I would like to ask you about spiritual healing, when we are being used as channels. Do you get the right person for the right person, if you know what I mean?—the right spiritual person for the healer to pass on their healing?

Yes—it depends rather a lot on the spirituality of the person who is being used, i.e. the person who is giving the healing (I see). We can only give as much as that person is able to relay (I see). Yes, there will always be those in spirit whose desire is to help with healing, and it is imperative that the right one is

blended in order for the best healing to take place. So—yes, there are no mistakes within that healing for someone not to have the right spiritual healer behind them (thank you). Does that help you?

Jo: Yes it does—it answers my question. Thank you.

You feel you are growing still (yes)—yes.

Jo: Very much so.

Yes, you have made quite a lot of strides forward.

Jo: I hope so—I really hope so.

Do not hope—I am telling you that you have.

Jo: Yes (yes). Thank you very much.

Any more questions please?

George: Do you wish to ask a question Sally?

Sally: No—not at the moment thank you.

She is still a little apprehensive, but we are helping her.

Lilian: I think we all are when we first sit in on something like this.

Yes—I would not like to say: they have thrown you in at the deep end.

(Chuckles)

Sally: I don't feel as if I've been thrown in the deep end!

No.

George: We have spoken Salumet, about the 'crystal skulls'. I have recently received information indicating that they originated in Atlantis (yes), and I just wondered if you are able to confirm that—

I have no doubts about confirming that that is so (thank you)—none whatsoever.

George: Oh, that's very nice to have that.

Yes, there has been so much spoken about these things, and again I have to tell you that as Earth beings, you do like to complicate matters.

(Chuckles)

But yes, I can assure you, my dear friend, that it is so.

George: That's very nice to know.

I want to just say something to you, my dear friend: I do not want you—and I am going to use one of your Earthly sayings—to burn the candle at both ends. I know you become a little enthusiastic about your writings, and we are indeed grateful for all the good work that you do. But, as I say: just be aware that you do not over-tire yourself. This is not a reprimand—it is encouragement for you.

George: Actually—yes, I do welcome that, and again, it's really another confirmation, because I have indeed felt the need to slow down just a little.

Yes, your energy is a little depleted, and I am not speaking of Earthly energy my friend, as you may well know (yes), and it is important for us in the world of spirit to help you maintain tip-top conditions.

George: I thank you for your concern and advice—yes, thank you.

Lilian: Better remind him Mark (Mm).

(Chuckles)

(Pause)

We are very still and quiet this time.

George: Salumet—we do have a question that has been sent in by one of our audio-link listeners—from the other side of the world, in Tasmania (yes). I know we have spoken on the subject of 'global warming', but he was wondering if you could speak any further on that. Are there any updates, and the thought was sparked by the governor—or he found out that the governor of Florida has banned use of the term 'climate change' throughout his state—this has sparked his thinking in that direction, and I think he's looking for a little hope for our world in this respect. Are you able to speak further on 'global warming'?

I believe I have told you that all of these things that happen within your world—all of these concerns and worries are in the whole unfounded. Your world—your planet—has to evolve, and this you know and understand (yes). No energy is static. All is movement, and that includes the changes in your weather. I know the words 'climate change' has been thrown around your world for many years now. I would

rather that you concentrated, my dear friends, in developing the love of each person rather than what is happening at the moment with the structure of your planet; because, as I have said, you cannot stop the evolution of the planet. That still has to take place. So my words about this subject are these: yes, there are changes to your climate. I think you would be foolish to dismiss them, but I do not wish you to focus upon them so greatly that you become concerned, because that is the fear behind this question.

George: So we should simply accept and not be disheartened.

Do not be disheartened. You know my dear friends: that is my message at all times. So I would say: stop being so concerned. I am not saying do not think about these things, but we in spirit of course are much aware of what is happening on your planet, and are doing all we can to help those in power to understand the need for all of mankind to understand what is happening. Is that helpful to you?

George: I'm sure that will clarify the thinking **(yes)** of the correspondent and it's so nice that someone on the other side of the world is picking up the communications that we have here and is giving some serious thought to this **(yes)**. Thank you, Salumet.

Yes—now—now you are all so quiet, I will take my leave this time and allow whatever else is coming to you. I leave you as always, my dear friends, with my love, my upliftment and know each and every one of you that spirit is here to help you all—but you must ask for that help. You deserve the help that we give you. We thank you and are grateful for all that you do.

George: That's most reassuring. Thank you Salumet, so much.

(General thanks)

Audio link: http://www.salumetandfriends.org/resources/2015_11_23+cho.mp3

Hello!

Lilian: Hello.

I Cho.

George: Oh Cho!—welcome!

I very honoured tonight—I very honoured.

George: You're very honoured **(yes)**. And why is that?

—Because you've got different people.

(General acknowledgement)

George: Ah yes indeed!—yes.

(Lilian explained to our guests that this is our new gatekeeper who has recently started with us)

Lilian: We get on well don't we?

Yes—I like you—and my friend.

George: Yes, we have two who are sitting in for the first time this evening and—

I can see that! I'm not stupid!

(Chuckles)

George: No, you probably know much more than I.

Oh no—no—Cho know.

Lilian: Did you hear anything of Salumet before you came through?

No, I not allowed—I work to do, looking after you lot.

(Laughter)

George: Oh well, that must be quite a difficult task!

It is! No, I pleased to be here. I'm not speaking about myself tonight though. Are you disappointed?

Mark: Yes—we're looking forward to that!

Good.

George: Yes, we'd always like to hear a bit more.

I'm coming one time, to tell you all.

George: Do you still have memories of Mongolia?

Few, a few—hard enough speaking to you without remembering that as well!

(A chuckle or two)

George: Yes.

You're very subdued—this lot! You need to cheer them up—or else they'll be joining with me!

(Laughs)

George: Well it's so nice for you to come through to us from time to time Cho (*yes*)—we do appreciate that.

I've got a lady here—keeps standing behind me—she's so anxious to speak to the lady across from me. You—hello! Yes—she 'Cho', somebody tell me!

Lilian: Jo, it's for you.

Jo: Yes I guessed it's for me.

YOU have the same name as I do—Cho! But you're not a man.

Jo: No, I'm not a man.

No, you're a lady—a very nice lady (thank you). Yes—this lady saying you're one of God's angels. That's nice isn't it?

Jo: That's wonderful—yes (*yes*). That's wonderful.

I can't see your wings! (Ah) I only joke!

(Laughs)

I only joke.

George: Well it's nice to have a joke.

I need to tell jokes—no one else is! You all very subdued tonight. What's the matter?

Lilian: No I don't think anything is the matter—sometimes this happens, you know.

Are you just quiet?

Lilian: Just quiet.

I'm glad you don't live with me.

Lilian: We're not *always* quiet.

But she is—that Cho (Jo) is one of God's angels. She does good things.

Jo: That's wonderful to hear Cho, thank you very much.

Yes, you're a good lady, yes—and you come again. I haven't met you before, have I?

Jo: No, I haven't met you before Cho. No—I would have remembered.

I'm unforgettable, is that what you're saying?

Jo: Yes I am.

That's nice.

George: No, Jo has been with the group before, but a long, long time ago.

Yes, I'm a newcomer—I'm a bit of what you call 'chatterbox'.

Jo: Same as me Cho.

A new language for me—it's been quite hard, hasn't it?

George: But you're coming along extremely well with it.

Yes—yes I am, aren't I? I want you to laugh before I go and get on with my job.

Jo: Tell us a joke then Cho.

Oh no, can't do that—I don't know any.

Lilian: So what's the job you're going back to?

I'm the gatekeeper!

Lilian: Yes, but when you leave here, that's what you're going to do with another group?

Yes—no—I'm doing it with you.

(Laughs)

Lilian: —when you leave us—

When I leave this—

Lilian: —are you going to another group?

No, not at the moment—I will go back and I want to do something else. I want to be a gatekeeper, which I've started as you know (yes), even if you don't laugh at my jokes.

George: Well, when you *do* go Cho, perhaps we can say: 'ciao Cho from—

No—you said 'ciao Cho' last time!

George: But it's 'Ciao Cho from Jo' this time.

Ah—'Ciao Cho from Jo!'

Jo: Absolutely!

That's amusing isn't it Jo? Ciao Cho from Jo—I'll remember that one sir! You could be my partner in crime!

(Laughs)

I'm really happy to talk to you all—now I am being called. 'You've said enough' they've said. I'm supposed to be the gatekeeper!

George: You have a little chat with Paul sometimes, but he is away in Thailand, so—

I know!

George: —so he's half-way across to Mongolia.

I went with him—I travelled with him.

George: You travelled with him! (Yes) Oh very nice!

—To make sure he got there okay.

George: Was he aware of your company?

I doubt it—no.

George: How lovely that you travelled with him!

Yes, you'd be surprised what we all do with you lot, just to keep you safe. We know all your little habits.

George: And he will receive the transcript of the evening here, and he'll be quite surprised and pleased that he got a mention of your presence.

He'll be surprised at my presence—of course he will! Yes—okay—all right I have to go—I'm being called to go. Cheerio then!

(General fond farewells)

A period of clairvoyant messages via Eileen followed. An intriguing one was for our visitor Sally from her sister 'Marj' in spirit, who began by saying: 'What are you doing here?' It was a lovely message for Sally, and of course, Marj would only be known to Sally and Ben, and no other sitters. And the exchange, we understand, made perfect sense to her. Then there followed a rescue via Eileen.

Audio link: http://www.salumetandfriends.org/resources/2015_11_23+rescue.mp3

Lilian: Hello.

Hello dearie.

Lilian: Good evening.

Have you come to make me a nice cup of tea?

Lilian: That's what you'd like, is it?

Yes, and something round my shoulders; because I'm very cold today.

Lilian: Are you? (Yes). Can you tell me how old you are?

I'm ninety-six.

Lilian: Well! That's a good age isn't it?

Yes, everybody says it.

Lilian: You should begin to feel nice and warm all round your shoulders.

Mm—that's lovely dearie—lovely. But you just toddle off and get my cup of tea.

Lilian: Well first of all, let's have a chat—did you feel unwell?

Well I feel unwell all the time—

Lilian: Yes—it's a good age isn't it—and I expect you're tired—

Yes, I'm fed up now. I keep asking to go, and nobody comes.

Lilian: Do you? Well I've got a surprise for you—you have passed into spirit.

Oh no dearie, no, I'm still here.

Lilian: You're not. Did you have long hair or short hair?

I had it in a bun—I never wanted to cut my hair. Why are you asking?

Lilian: If you could put your hand up and touch your hair now, you'll find you've got short hair.

(She discovers Eileen's ear decor))

Oh!

Lilian: Don't worry about it.

What's that in my ear?

Lilian: That's an earring (**oh!**). Okay, now I'm telling you that because something has caused you to die—old age probably, and you've had a good life. And you are just using this lady so that I can talk to you and tell you what's happened.

Oh, where am I? Where am I?

Lilian: It's okay, you've just come back for a minute or two so that I can tell you what happens. You are all nice and warm.

Yes it's lovely dearie—yes.

Lilian: And you feel really comfortable and surrounded by love. Can you feel that?

I can dearie, I can. I'm just worried about my cup of tea.

Lilian: Never mind about your cup of tea—you'll get one in a minute.

George: Yes, shortly you'll be getting something much nicer than a cup of tea.

Oh no, I don't touch that any more. (Referring to alcohol?)

(Chuckles)

Lilian: You're going to get a nice surprise. If you look forward—I want you to just look forward and you'll see a nice bright light, as though it's beckoning you towards it—a really, really bright light.

Oh yes—a beautiful day—it's beautiful!

Lilian: And in that light, you'll see someone waiting for you—somebody that you'll recognise who has gone before you.

Oh my goodness! It's Wilf! It's my Wilf!

Lilian: Well, that's lovely. And you're happy to go off with Wilf.

I'll say so!

Lilian: So you understand when I said something caused you to die? We don't really die—we just go to another life in spirit.

Well if this is dying, it's great!

Lilian: Good! I'm pleased about that. You tell him you want a cup of tea and see what he says.

He'll tell me: go and make my bloody own!

(Laughs)

Oh well, it's lovely dearie—it's really beautiful.

Lilian: And you're happy to go with him? (**I am**) Good. Well it's nice to have met you.

What's your name dearie?

Lilian: Lilian. What's was your name? **Greta.**

Lilian: That's a nice name (**it's okay**), and you're happy to go?

I'm gone already.

Lilian: Good—anyway, nice to have met you for a short time.

Thank you—thank you.

Lilian: You're welcome.

George's Notes:

1: Crystal Skulls: Our Salumet meeting of 10th November 1997 refers to the crystal skulls. On that occasion it was made clear that our modern technology would be incapable of making them, and Salumet described them as pre-Mayan.

2: Climate Change: This subject had prior mention at the end of our 14th January 2013 meeting. It was made clear that all planets have their own evolution which must continue.

~30th November 2015~

Our evening began with a few words from Cho—audio link: http://www.salumetandfriends.org/resources/2015_11_30+Cho.mp3

Lilian: Good evening.

Hello, it's me again.

(General greetings)

I need to cheer you all up.

(Giggles)

George: That's good.

Some of you a little down—yes. I'm not here to stay—just cheer you up—then I go.

Graham: That's very kind of you.

Lilian: Okay.

I got to tell you: the one you expect will be here next time (thank you). We would like the dear lady to do some work this time if you would.

Lilian: Do you mean—which lady?

Dear lady next to you.

George: Oh Sara.

We always catch you, don't we?

Sara: Yes!

(Laughs)

Anyway, that be a little later—people here waiting, so I have to go.

Lilian: Thank you for popping in.

Where's my friend ciao now?—where's my friend ciao now?

(Turning to George)

Oh, there you are! You no speak to me?

George: Oh sorry! I'm a little bit deaf and I don't always catch the right word.

That no excuse!

(Laughs)

You always say: see you again ciao now, don't you?

George: I did last time—yes (**yes**), it was 'ciao Cho from Jo' last time.

The fact is I (George) usually miss a few words, especially with Cho, and I at times hold back, simply to avoid the risk of making a gaff. But Cho is so perceptive, and his word-power is so improved that at times I wondered if it was still indeed him!

Yes—you my friend.

(Chuckles)

George: Oh and it's very good to hear you again Cho—um—

I'm not staying—just cheer you up, now I go.

Lilian: Thank you for cheering us up.

George: You have a cheery voice, and we're so pleased that you're really getting to grips with the language—the words.

Yes, I getting very good—yes. You're so slow tonight—what's the matter?

Lilian: I think we're half asleep.

Half asleep? What does that mean?—half asleep? One eye closed—one eye open?

(Laughter)

Mark: It's winter now, and we're sort of hibernating a bit, I think.

Lilian: That's what it is Mark.

I'm not going to let you.

(Laughs)

Really, I am going.

There followed a period of clairvoyance via Eileen—firstly concerning a hardback book with blue cover containing two lines that had really impressed the reader. Serena had been reading a White Eagle book recently, which fitted the description and there then followed a very nice message for Serena indicating that she could be used for inspirational speech.

My dear wife Ann was then with Eileen with a bunch of snowdrops—a favourite of Ann and family. Sara, Mark and Graham were present and Eileen described how Ann held them under the nose of each of us:

Sara: Thank you.

George: Ah lovely—we shall certainly appreciate the snowdrops when they flower. But the seasons seem to be changing a bit. So they may well come earlier this year. We shall see.

Apparently, Ann was tapping me on the shoulder when I was deciding which tie to wear recently—but I wasn't aware! Eileen explained that sometimes she gives a little peck on the forehead, but he doesn't even feel that! Sara also has taps and has been aware and it felt wonderful that Ann was very much still around and with the family.

As she feels more at ease coming back to us all, it seems that it may well be that we all sense her a bit more. She added that next time, she'd pick George's tie, which brought laughter.

We spoke of love, and she reminded us that there is a difference between 'sensing it' and 'actually saying the words'. It was a heartfelt exchange, concluding with her lovely smile.

And there followed a family update message for Graham, showing that they were keeping a caring eye on the family and knew what was going on.

Sara was next invited to guide us in a meditation. This was spoken via Sara as a set of quite well-spaced statements, following a pause to see what was to be forthcoming—audio link:

http://www.salumetandfriends.org/resources/2015_11_30_Sara+med.mp3

Just think about the word 'love' and what it means to you. Just spend a few moments thinking about the word, and see what images come to your mind. You may get a picture—you may get some colour—you may have a few words. Just sit for a few moments and see what comes to you.

So later we can talk and we can share what we've found about that. And when you hear the word 'love', how does it make you feel?—just the word—to hear it?

Think about the people in your life who behave in the most loving manner. Think about what's special about them—why you feel that they are so loving. There are many different expressions of love—many ways of showing love to others; because everybody is unique and everyone has their own special gifts and strengths. They express love according to their unique way. So the expression is very different with everyone.

And now think about when you yourself are feeling at your most loving. How does that affect you?—how does that make you express yourself and how do you behave towards others?—and how do you think when you feel that you are at your most loving?

And then have a think about what makes it possible for you to one day feel that way?—what conditions are there that make you feel more inclined to be loving to people around you?

Try if it's possible to think about what causes you to open up and expand and open towards others, and what causes you to close down.

And now if you could imagine a rose in your heart-centre—just imagine it is a rose bud, and watch it in slow motion opening and see if you can feel an expansiveness as the flower opens slowly.

Now just imagine yourself filled with a beautiful love and peace, and just imagine that that is what you will give to all the people who cross your path this week.

Try to just imagine the lightness that you feel when you are consciously filling yourself with love and opening yourself to others—just try to feel that lightness.

Thank you.

Finally there was another through Eileen—audio link: http://www.salumetandfriends.org/resources/2015_11_30_Thomas.mp3

Lilian: Hello.

Hello.

Lilian: You are very welcome.

I am Thomas. I have been listening to you discussing 'love'. I was unfortunate, that whilst I lived, I did not feel any kind of love.

George: Oh that's a shame.

Lilian: —Towards you or towards other people?

—Towards me.

Lilian: Oh that's a shame.

But it doesn't matter.

George: Have you felt more love since?

I have felt such an abundance of love here. But I had to come and say to each one of you, that to understand love fully you must understand it in yourselves. If you do not love yourselves, you will never love at all. So I hope that this evening and the talk about love has touched each and every one of you—that all of you will be able to express love and to be aware that that expression of love is being felt by all (yes). It is a sad world where love does not exist. And I know I need not speak of the state of your world, where love is sorely lacking. That has not been my purpose this evening; but to speak as you as individuals—to love and to be loved—not only physical love but spiritual love, and there is a great difference. Physical love is fleeting—spiritual love is for all time.

Lilian: Yes, I think some of us have been lucky to feel it sometimes—love, which really we don't understand here.

People's expressions of love vary so much. It is as diverse as people in your world are. People feel that they love when in fact they do not nearly understand what true love is.

George: Yes, I think spiritual love has grown with me since my dear wife has been in spirit, and that love between us seems to—and we know that she is still around—and that love between us seems to just grow and grow.

Yes, but you can only feel it from the physical side. She is helping you to express the spiritual love (ah yes). It is so much different from the physical love that is expressed upon the Earth. True love is unselfish. True love is when you wish to give and not to take. There are so many expressions of love. But spiritual love is something you will understand when you come to the spirit world. So if nothing else, I wish that you would take with you this night some thoughts, some expression of the love that surrounds you within this room. That indeed is spiritual love which encompasses you each time you come together. And I know that most of you feel it at some time (yes).

George: Yes, I think that feeling has deepened this evening and we so much appreciate the meditation through Sara and your words that follow up. Thank you so much.

You are most welcome, and I Thomas will take myself from your presence, and thank you for listening to those words. And please be full of gratitude to that Great Creator who has allowed each of you to feel the blessing of that deep love.

George: Yes, I was only thinking earlier today about this beautiful world that we have and nature, and all that can only have been created in love.

Yes, and remember: you are all a very small part of that great creation—a very small part.

(General thanks as Thomas withdrew)

George's Notes:

'...Your world where love is sorely lacking': Clearly, in the Middle East there is turmoil. There is love—expressed especially by those bereaved who mourn the loss of their loved ones. But it is so clear from the teaching that comes to us direct from spirit, that to kill another is spiritual crime. Many should reflect on this—those who kill, those who incite the deed, weapons suppliers and all in faraway places who share responsibility. Warfare must eventually go, but first we must recognise and feel the LOVE that will heal all.

~14th December 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/2015_12_14+salumet.mp3

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

I am happy to be with you all this time (thank you). As you probably already know, this will be my last visit for this, your year ending (yes). It is time for me to withdraw, my dear friends, to the part of spirit where I am most comfortable. I of course will be with each and every one of you over your holiday time (wonderful!). I wish for you all much love much upliftment and much joy in your lives.

(Thanks)

Know that I am only just a few words away, and I know that you fully understand.

George: Most reassuring—thank you Salumet.

You must know that the Great Creator's love is *always* with you, but sometimes you forget to ask for that happiness. All of you, my dear friends, deserve happiness, if only for your dedication and your deep love for all those in need; and this I know is a *continuing* thing. It is not a fleecing, fleeing and objecting to what is happening, but an acceptance of what your lives are all about. Therefore for this time, for a short while, I will take any questions that you may have, and hopefully we can conclude this, the end of your year, with much satisfaction, much hope and much love, because my dear friends, I want you in this coming year to feel more positive about your lives in general—not only you, but for all the population of this planet. You do so much for others, let this holiday time be time for yourselves; to gather with families, with friends, with children. And you know that next time, there will be children to visit as usual, because their love is love of *purity*—so remember this, my dear friends. And now, I will try to help you with any questions.

George: Could I ask one Salumet which is in a way topical, concerning 'charities'? I have the feeling that these have got somewhat out of hand, in that there are many people making huge sums of money from advertising their charities. The top executive, who receives the highest salary, receives £850,000 per year, and of the top 100 executive salaries, the average figure is £208,000 per year. So many, many people are paying into institutionalised charity organisations and I believe are unaware that much of the money donated is going into the charity organiser's bank balances. And in addition to top executives, there are managers, sub-managers and trainee managers and they *all* get very good salaries (**yes**). So my question is: is it better that we give on a personal one-to-one level instead of involving these institutionalised charities?

I understand your question, my dear friend. Of course, these people who are not genuine needed to be exposed; and of course, they have been exposed, otherwise you would not be aware of this problem. I can only tell you, my dear friends, that your own conscience will tell you what is best for *you*. As much as there is hidden agenda with these people, there is still a great deal that is done to help others and this we cannot doubt, but of course, if one-to-one giving is there and acceptable, then for most people I would say: that is the way to go. But when you are dealing with so much money, it is necessary sometimes to have some kind of organisation. I can only say to you, and I hope it brings comfort, that these people must face what they have been doing when the time comes. They have to face themselves—they have to know that what they are taking from other people is very negative for their own souls. And I know that at the present time that may seem like no kind of consolation, but let me assure you that no one on this planet can do any misdeed without having to face themselves. It is a difficult problem for you I know, but I would suggest that you go inwards and find the right solution for yourselves.

Sarah: But of course it does actually, even though those people are taking, in our eyes, far too much money, it doesn't take away from the fact that people are giving—and that is in essence the good part about it.

Yes—again, we have positive and negative; all throughout life we have this, but the awareness and the knowledge of what is happening is the greatest weapon to have, because then these people can be dealt with by those in authority. You understand? (Yes) I hope that is helpful to you.

George: Yes, that's a wonderful answer, and it will help to give this exposure (**yes**) which I feel the problem is; and it also has its nuisance value, in that through mailing shots and TV advertising (**yes**), it's been calculated that every one of our population here in the UK, receives 200 asks for money through the year.

Yes, again it comes down to a personal level with each one of you. You can only give so much. You cannot change your world in a heartbeat, but if it is right for you, then it is right for many. I say: think upon it and do what you feel is right, because my dear friends, you have that innate knowledge of what is right for you.

George: That's a lovely answer—thank you very much Salumet.

Sara: It's not a problem to screen out a lot of this—a lot of people who are asking, and just select just a few ways of giving—if they're enjoyable then—

Yes—underhanded deeds will always be ousted, in many different ways. As I say, once the knowledge is in the open, then people can then deal with these individuals. And of course, that is not the end—they do have to stand and see themselves as they have been. That is a little cautionary note for all of you, my dear friends.

(Chuckles)

Because we know, being human, there are good thoughts and not-so-good thoughts, and it is as I have said, individual responsibility that must take charge. I hope it is helpful.

George: Yes indeed.

(Pause)

George: Does anyone else have a question?

Ben: I have a question please? **(Yes)** It occurred to me that a great number of people complete their human experience and return to spirit without becoming enlightened or even curious during their time here on Earth. As we are sent to this planet to evolve, isn't it a shame that some people spend their time chasing wealth at the expense of others?—or spend their time going to wars to kill others? Why are there so many wasted opportunities?

Each and every individual upon this planet—and I have already told the others in this group this on other occasions—that you cannot *make* people understand and know what truth is. You cannot make them be the same as you are—in the way that you think or hope or help. Because you are individuals with free-will, it is not always easy to follow the road of goodness. After all, this is a planet where there is good and there is not-so-good; I use those words again, rather than 'bad'. A lot of individuals are just misinformed sometimes or naive about existence, or who neglect to even sit and think about their lives. So I say to you, my dear friend: if the opportunity arises, then of course you can offer words of hope or knowledge to another, but you cannot make them listen. That is why they have come—and there are many individuals who change throughout their lives.

(Eileen coughed and there was a pause here)

When the soul decides to come to this planet for another lifetime it is well aware of the opportunities that will be open to them. For most people there is a graduation at the end of their lifetime, where they have grown in knowledge, grown in love, grown in understanding. But for many, this life is exciting, for many, they can only focus on one part at a time, and for these individuals, they are the ones who regret the lifetime that has been wasted. But it is *their* waste, not yours, not anyone else's. And they have to again, face up to the fact that any opportunities they have had has been wasted. Do you understand so far? *(Affirmations)*

Yes. When this knowledge and truth comes to many, their desire is great to inform other people. We understand this, because when the spirit is touched, all of the body is touched—and then we have happier lives, healthier people, more knowledgeable people about where they have come from in spirit. So you must allow people to evolve in their own way, in their own time. And do not concern yourself too much about others in that way, because whilst you are focussed upon another, you are missing the moment in your life. And my dear friend, to live in the moment, as the others now know, is the most important thing that you can do for yourselves. Do you understand?

Ben: Yes—thank you.

Sarah: That reminds me of you saying you shouldn't judge. I was thinking of a Japanese man and an Englishman—a Japanese man during the war had treated this Englishman appallingly—it was really not very good at all. And after the war, the Japanese man was full of remorse and he got in touch with the Englishman, and it gave the Englishman the opportunity to forgive—and the other man also to be sorry for what he'd done. So it actually gave them both an opportunity.

A very good indication of what I was saying that people graduate to better things throughout a whole lifetime. They may start off as being selfish, non-caring, and just some little incident like you have expressed is enough to change them—yes.

George: Could I refer to the Vietnam War? There was a very highly toxic chemical use, called 'Agent Orange'. And it has horrific effects, causing deformities in birth, and these deformities pass across

generations, and there are still people being born in the world with terrible deformities as a result of their ancestors being contaminated with Agent Orange. Those in spirit who decide to take an Earth life—it is difficult to fathom the reasoning regarding what good they can do by taking such a deformed and often very short life. I wonder if you have any comment on that—

You mean the individuals who have been damaged, yes?

Mark: The descendants I think, of those who come in from spirit in a deformed body.

—Why they have chosen those—yes.

Mark: Yes.

Well, that is a difficult question, because who are you to know how much that soul has grown? When you come to spirit—you have returned to spirit without any bodily disease or harm. We are speaking on a different level. When the soul decides to reincarnate, it decides for the benefit of the soul, not what the physical body will be like, and it is easy to judge others—*too easy* to judge others, and although your understanding is not quite as secure as it might be, I can only tell you, my dear friends, that understanding of spirit takes many eons of time. You will never understand fully whilst you live one Earthly life. It is an increase in spiritual knowledge, lifetime after lifetime; and even then my dear friends, I would say to you: the answers will never be what you suppose them to be.

George: It is wonderful Salumet that the Vietnamese people of today do not seem to have recrimination in their temperament.

Yes, and that is one of the good aspects that has come from disasters such as this. There is always a plus and a negative to all of life. If only you could look upon life as being that way, it would help to ease the grief that exists in these human actions. And as I have said: not all actions are fated; there are many people in your world who indeed have lost their way—and that is when you have events that happen that distress the majority of people. But on the other hand, you are not the Creator—you are not to know why, and I can tell you my dear friends, that in all of these cases—all of these human beings—their spirit has lifted them higher than you could ever imagine. Does that help?

George: Yes—thank you.

Graham: I was watching a television program yesterday about Germany—has accepted 800,000 refugees from Syria and other countries, and it was just following the story of a couple of families, what they've come from and where they are now, and it was incredibly heart-warming (**yes**)—the reaction of the people in that area and how the Syrians were helping the Germans a little bit on sport and how to dance, and the Germans were showing the Syrians a German Christmas market, and to see the women smiling and the children not afraid any more (**yes**)—it was very, very heart-warming.

Both peoples have gifts of knowledge to each other (yes), that is how it should be in life. I do not tell you, my dear friends, that your lives are easy. We all know do we not, that life sometimes is very, very difficult for those of you who live upon the Earth plane. It is difficult to see one day follow another, especially when your media is so quick to report what is happening in different places of your world. I would suggest to all of you that you take a step backward before making any criticisms about either sides for whatever reason. Stay partial, impartial, whatever is best for you and focus on yourselves. In that way you are doing the best for your own spirit, and after all, your spirit has to be wise before it can progress. I hope that has helped you (yes).

Now, my dear friends, I feel that we have spoken enough for this time. I know you will join me in saying that I hope all of you on your Earth planet will find that this new coming year will be greater in happiness, in love, in upliftment and with newfound joy for all people.

(Agreement)

So as I take my leave of you, know that I leave you, my dear friends and all of those absent ones, and know that I will rejoin with you in your New Year.

George: That we look forward to.

(Agreement and thanks)

Our friendly Gatekeeper Cho then followed—audio link: http://www.salumetandfriends.org/resources/2015_12_14+cho.mp3

Hello.

(General welcomes to Cho)

Cho! I am not staying—I'll be next week with the children.

Lilian: Oh lovely!

Yes—it feels very nice in here (thank you).

Lilian: Yes, we've just had our teacher come through, and maybe what he leaves behind is really good—he leaves a good feeling.

(Cho then asked after another sitter who wasn't present this evening)

George: How do you find us this evening? Do we need cheering up? **(No)** No, I think we're nice and relaxed following Salumet's teaching.

(Cho, as if searching for a motive)

You just want me to stay, don't you?

George: Well, that's always very nice when you can stay for a chat.

Well I can't!

(Laughter)

I chat to you next week, okay?

George: Yes, that'll be good.

It will be VERY good.

George: You know in advance—or is that conjecture?

(Ominous pause with a few chuckles)

George: —Or is that rather a big word?

What does that mean? Will you try to trick me?

(Chuckles)

George: Is that how you *imagine* it will be, or do you just *know* it will be good?

I KNOW it be good!

George: You know—yes.

I know! Just know! Cho Knows!

(Laughter)

George: It isn't just a guess? That's what I meant.

(More laughs)

Guess?—I sort this one out next time.

Lilian: That's a good idea.

George: You'll sort it out—right.

No—sort you!

(Laughter)

Lilian: So you'll be bringing the children along?

I'll be letting them through (I see). **I'll be your keeper next time** (yes). **I didn't have to let that other one through—I was kept out.**

Mark: He's got his own key, has he?

—Pardon?

(Chuckles)

Mark: He's got his own key—he can open the door himself.

Ha! Ha! Very funny, isn't he?

(Laughs)

George: Well, he has a wit on occasions—yes.

He's trying to steal my—thunder! Is that what they say?

(Laughter)

George: Thunder!—a good expression!

Stealing my thunder!

George: : That's a good expression. When you let the children through, will you be letting them through in a batch or one at a time?

You're very noseey, aren't you?

(Laughter)

I'll be letting them through if they behave—and they won't be behaved, so it will be a struggle

Lilian: They get too excited.

They get very excited. I let some through a few days ago, and do you know what happened?

Lilian: No, you tell us.

The tree in the room toppled over!

(Laughs)

I don't think they were amused. The CHILDREN were, but the lad wasn't.

George: I don't think the tree toppling over was down to the children, was it?

(Whispered)

Yes it was. They pushed it.

George: Really?

Yeah—we can do all kind of things you know (yes), we're not silly! You seem surprised. We can even push people.

George: Well yes. When my wife taps me on the head, I don't feel it—but children pushing a tree—it falls over.

I'll tell her to do it harder (yes).

Sara: I often feel taps on my shoulder—probably more than anything—seeing—

Yeah—we can do all kind of things, but only with love—not naughty. The children didn't get scolded—I did. No—I only joking—we don't get scolded—anyway I'm not staying.

George: When you come through Cho, Paul should be with us then.

(Cho of course was aware of this)

Okay, nobody wants to say anything when I'm here.

Mark: I was going to say: maybe you could get the children to shake the tree a little bit, so that we can see it move a little bit?

Shake the tree?

Mark: Just so we can see it move a little bit.

Are you sure?

Mark: Yes, as long as they don't knock it right over.

Oh right, well something probably will move—it's up to you to look, okay?

Mark: And play with the light?

Play with the lights?

Sarah: That's not a good idea.

You all complained the other week when the lights went funny.

Lilian: Yes, they did go up and down. Wow! That wasn't the tree—

That wasn't the tree, no. But I'm going now.

Lilian: See you next week—well, *hear* you next week.

Well you won't SEE me will you? I can see you, but you can't see me.

George: Well thank you for coming through and talking with us.

I like coming here.

Lilian: That's good *(Yeah)*. We all like coming here.

Yeah—will you tell that lady who hurt her leg that I've been around—'cos she was my friend as well.

George: Yes, that's Jan.

Yes—just to watch out, because I might be a bit naughty there as well—okay?

(Laughs)

Lilian: Yes I will, I'll pass that message on.

George: Yes, Jan will be pleased to hear your message *(yes)*.

(Jan slipped on mud and broke a leg)

Lilian: Yes—unfortunate, but there we are.

There is someone else waiting, so I have to go.

Lilian: See you next week, or *hear* you next week. **Yes.**

A period of clairvoyance followed via Eileen, with messages for Serena and for Sarah, that all made good sense. And Eileen could see one standing behind Sarah, suggesting that she might be used later. And the one via Sarah followed—audio link: http://www.salumetandfriends.org/resources/2015_12_14+thru+Sarah.mp3

Lilian: Good evening.

Good evening to you all.

All: Good evening.

It has been a great pleasure to be here with you, listening to your words. I do quite often listen in, but this time I have been much closer to you.

George: Ah, that's interesting.

I always try to bring something to a meeting, whether or not you are aware of what I am trying to do. So this time I thought I would come to you, just to let you know that I do come and bring upliftment and HOPE to you all at each of your meetings.

(General thanks)

George: Upliftment and hope—how wonderful! Thank you very much for that.

I am always happy to try and help those who are trying to learn more about spirit. I can tell you that when I walked this Earthly plane, I too was helped by spirit, and at the time I was here, I was in much need of upliftment and hope, and it is for this reason that I wish to bring the same to you all.

Graham: That's very kind of you.

There are I know, many who are in need of these thoughts from me, but I do find that it is so much easier when I focus on a smaller group and those who have understanding of spirit, so that I can come that much closer.

(We numbered 10 on this occasion)

Graham: I can imagine that would be true—yes.

At this time of year it is my gift to you and I hope that you will all have much love and joy in the next coming weeks.

Graham: That's very kind—thank you.

George: Yes, thank you—can you say when you were walking this planet? Was that some time in the past when times were difficult?

I can tell you it was during the reign of Queen Victoria (thank you). ***I remember this very well.***

Graham: Lives were very hard in those days. You hear the history of how people struggled in those times. I think we are much more comfortable in many ways than we were then.

Yes, you do not or cannot imagine what it was like to have nothing.

Graham: Gosh!

Lilian: Were you aware of spirit? Did you sit in a group like we do?

No, I did not—I used to sit by the roadside and hope that someone will give me something, and it was at this time, when I was feeling so low and so wretched, that I became aware of the help that was being given me (that's lovely). ***It was also a time when I began to become grateful to spirit for the help and love they were giving me; and also at that time, someone would put something by my feet. So I was being helped both spiritually and physically. And it is something that I am eternally grateful for.***

Sara: Would you say that you made the link between the gratitude and the offerings that were given to you?

I think there was a link there. It was a way of them helping me in such poverty that you cannot imagine that the smallest offering was of help. So yes, I was grateful on two counts—for the love and the comfort that I received and for a little physical help—yes.

Sara: So was it a short life that you lived?

No, it was not particularly short, and it was in the beginning, extremely hard. But as life progressed, I cannot say it was easy, but it was much easier—yes.

Sara: Did you always live like that?

How do you mean—‘always’?

Sara: Did you live a long time on the streets?

I was not exactly living on the streets, because I did have parents and brothers and sisters—but we had nothing. And as time went on I was a little more comfortable, and I did manage to get some money by working. So I did move on a little, but it was still hard work (yes), and it was still only just enough to prevent me from dying.

George: —And your becoming aware of spirit was really a turning point for you. Do you see it like that? *I would say it was such a comfort to me that it was something you could not forget. It was always there if I looked for it—it was always there, and this was the comfort—and I believe it was the comfort that helped me to keep going. Yes, so now in spirit there is no problem, but I sometimes come back to give some love to you who, I have to say, do not struggle in the same way that I did (no). But it is nice to come back and feel the comfort of humans who have understanding of spirit, and that is what I am attracted to.*

Graham: Sadly, there are still people around who are very, very poor, on this planet—*—And there are many who are around them helping them, and if they could look to them, they would get the same comfort as I had when I was here. You are never alone, even though you think you are—yes. And we all have jobs or wishes that we like to do, and I feel this is something I like to do at this time. Maybe later, I will branch out and do other things, but at this time, I feel this is how I like to come back and try to bring a little more upliftment, especially in times when you think you are struggling, but in fact you are not really.*

Lilian: —Not to extremes.

Graham: It must be awful if there’s not enough warmth and food and shelter. There must be—we’ve never known that. I can’t imagine how it must feel—

—Or not enough clothing or shoes when it’s cold—yes.

Graham: Gosh—yes.

Sara: The comfort that you were talking about was the sort of invisible cloak of love, that you felt. Is that right?

I’m sure it was the love—yes. That is what it was.

Sara: I know someone who compared to all of us is really poor and very lonely, and she has told me that she has felt enfolded by Angels and uplifted. At times she can sense and feel them around her. She prays a lot and I think she has that comfort.

Yes—yes, there are always people around you—you just have to open yourself up to them. And now I will return, but I have enjoyed being with you and making myself, or making YOU should I say, aware of my presence.

(General thanks)

George: Well, thank you so much for coming through to us and explaining so much—thank you.

Thank you.

And then another via Eileen—audio link: http://www.salumetandfriends.org/resources/2015_12_14+via+Eileen.mp3

Lilian: Welcome.

I felt I had to come—I had to speak to you, because you will be the one to remember me. Do you remember Sister Agnes?

(Lilian and George quickly acknowledged)

Well, it is I. But I only come to tell you that I have now moved on, and I have been able to rid myself of the religious garb! And I am so pleased and I just needed to tell you.

(Expressions of congratulations)

George: Oh well that’s wonderful news! And we older ones do recall Sister Agnes.

And Sister Anna, you remember Sister Anna?

George: Sister Anna—yes.

The lady will remember Sister Anna.

Lilian: Anna—ah yes.

You remember. Yes, but I had to come and tell you.

Sara: How did it happen? Was it just a gradual process?

It was a gradual process. But in the understanding and the relief of releasing religious garb was quite strange, because although I've been in spirit, I still kept to those religious aspects of my life, and although I was quite happy, it was not the thing to do.

George: Yes, I was thinking about that recently: the religions of our world—they are all man-made with some spirit connection and affiliation to the state; but what comes to us *direct* from spirit—well that must be the more pertinent truth.

Yes, but you see, as nuns, we were in constant touch with spirit, but didn't realise the significance. We always spoke just to God.

Sarah: You were a silent order, weren't you?—you didn't speak with each other?

No, not a silent order—I long ago gave up the silence, but I could not let go of the garb (yes). And now, it's beautiful and I feel free—and I wanted you to know.

Sarah: Well that's very good news.

And I really must go, because I am stopping the closing of your meeting.

(Appreciation + congratulations expressed)

George: Well we are very pleased to have your words. Thank you so much!

But nevertheless, I'm going to say: God bless you!

(Laughs)

Sarah: God bless you too!

George: Do you still have the name 'Sister Agnes'?

No, I've dropped 'Sister' now. That was only my religious name: 'Sister Agnes' (yes). I've actually chosen the name of 'Miriam'.

George: Ah—Miriam!

Sarah: That's pretty—that's very nice. So next time you come to see us Miriam, we'll have to remember your name.

I came partly because I will be moving forward now.

Sarah: Ah yes, so you won't be coming to see us anymore.

No, I won't—I spent so many times coming to see you, didn't I? (Yes) Well, we all did—but I am thrilled.

Sarah: Good—that's very good.

Yes—I am thrilled—I shouldn't really say that—that's very immodest.

(Laughs)

Sara: You're allowed to be!

George: You're a lovely lady—thank you.

Yes, God bless you all.

(General thanks)

Sarah: Thanks for coming and telling us.

Eileen commented afterwards that she felt she had been around most of the evening and she had difficulty in keeping her hands still.

George's Notes:

1: Charities: Internet figures indicate that there are 189,000-195,000 registered here in the UK that receive a total of £80 Billions per annum. Through the year, this means on average, 200 asks for money from each of us. It is understood that the highest paid top executives receive 850,000 (London Clinic) and £770,000 (Nuffield Health). Some charities employ quite large numbers of staff, each receiving a salary of £60,000 or more; examples being 'Cancer Research UK' - 189, 'Save the Children International' - 184 and 'Marie Stopes International' - 59.

When one views the system as a whole, there are some further effects that should perhaps be noted.

Unfortunately, any rogue charities cast doubt on others who do a good honest job; and their allowed recovery of funds from tax revenues, of course, has to be balanced by higher taxation levied upon the rest of the community, so perhaps this should be questioned as a possible flaw in the system.

2: Agent Orange: Agent Orange is a mixture of chemicals with very long names shortened to: 2,4-D, 2,4,5-T and 2,3,7,8-TCDD. Sadly, it was quite extensively used in South Vietnam as a warfare defoliant. Soils and crops were contaminated and many people developed deformities and there have been dreadful ongoing birth defects, including additional fingers and toes, cleft palate and absence of brain.

3: Sisters Agnes and Anna: Sister Agnes was with us prior to Salumet, and in the early days of Salumet, Leslie often mentioned her. She helped prepare the group for what was to follow. We have dates for Sister Anna, who visited us during the evening of 24th July 1995 and again on 27th September 1999. There was mention of 'others'. These would be Sisters Marian, Marietta, Rosetta and Veronica, for whom we have recorded visits—all truly dedicated and loving ladies.

21st December 2015~

Children from spirit visited us as usual at this seasonal time. Some of us had vague impressions but Eileen could see them quite clearly and kept us well informed. One commented that the tree was pretty but not very big and declared he likes big trees.. Cho came through to say that we are not trying hard enough with our sensing—and there are six children in the room. He declared: I don't know why you don't see them (clearly). Sara was able to give some description and Paul pointed out that they seemed well behaved. Cho replied that he prefers it when they are noisy and full of mischief. We would like to have seen the children shake the tree a bit, but this group seemed far too well behaved for that.

Sara then took us on an inspirational journey—audio link: http://www.salumetandfriends.org/resources/2015_12_21+sara+journey.mp3

We're just going to go on a short inner journey. Think about what you have achieved this year—think about the year; and try to think of the things that you feel pleased about—some progress you have made within your own self. Perhaps with people that you know well—perhaps you've helped in some way—what do you feel has grown positively this year. Just think about the areas you feel proud of, and you feel have been beneficial and good for you. Think about what you may have done to bring those things about; and perhaps give thanks for all of them—for all those things you feel grateful for and for the people that you have been a help to. And as we come to the end of this year, perhaps it's a good thing to think about the following year to come—that you are hoping to improve in that year. Think about the Christmas tree and the branches coming out, and imagine yourself standing and imagine your lights and your energy coming out like the tree. Think about that energy that you give out to others and feel that openness that you feel when you give of yourself. When you look at the tree with the lights and beauty, imagine yourself in that act of giving with your arms out. And your energy is going out to those around you. And think of the coloured lights—think of the beauty and the light, twinkling brightly—shining. Think of your own self in that way too this Christmas. Think of yourself as a light which shines and gives light and twinkles—that is bright, is warm, like the rays of the sun—and just reflect on these words: 'beauty', 'light', 'love', 'peace', 'happiness', 'Joy', 'laughter', 'smiles' and be joyous.

The children were still with us and some were around the tree. It was felt that there was very slight movement of the tree, but nothing very positive.

In conclusion, an old and dear friend spoke via Eileen:

Audio link: http://www.salumetandfriends.org/resources/2015_12_21+emma.mp3

Good evening.

All: Good evening.

I wish to take this opportunity to thank you all for allowing the dear children to join with you this time.

George: That's very nice—they seem to have been a very good party of children.

They would have to be whilst I am present!

(Understanding chuckles)

But I wanted to take the opportunity to join with you this time, because I have not joined you for quite a while. It is I—Emma.

(All responded with delighted recognition)

George: Welcome to you Emma!

Yes, it is a very short visit this time, just to thank you and to wish you all a very happy festive season. I also wanted to update you all on my progress, and I have to say: it is wonderful and progress is steadily being made, not only in India, but in Africa too. And I just wished you all to know, because you have always been so kind to me.

George: Well, it's very nice to have that news, and I think in the Gulf States also, women folk are coming more to the fore (yes) and better recognised.

Yes, it is worldwide. But of course, you know my passion was for the women of India.

George: Yes, that's where you began.

Yes—so, I'm SO happy to join with you. And please take my love and good wishes for ALL of you, and thank you once more for allowing the children to join you.

George: Well, thank you for coming through, and we'll certainly pass your message on to others who unfortunately are unable to be with us this evening.

Yes, I know that you will—yes. Thank you and goodbye.

(General farewells + good wishes—to our dear friend and champion of women's equality.)

~11th January 2016~

Following our healing prayers, one spoke via Eileen about healing:

Audio link: http://www.salumetandfriends.org/resources/2016_01_11+one+thru+Eileen+on+healing.mp3

Lilian: Good evening.

Good evening.

All: Good evening.

I've come to speak a little on what you call 'healing'. If only you could see the cascade of energy which is your healing thoughts. The amount of energy which comes from your planet when others are wishing help and love and security for another, it is the most beautiful of sights—the most beautiful of colours; and I wish that I could endow upon each one of you the vision that we have. We are so grateful for those of you who take the time and the effort in your everyday lives to help another human being. For most people it is a natural action or thought, but for many it takes just a little nudge for them to understand how much is needed—how much love for another human being when they are in trouble. When children come to your world as newborn infants, they have already all the ingredients of love—of healing. They have the sense of touch, to feel, to look, to speak and to give love; only because they are a being from spirit. So you see, even from the birth of the human into this Earthly world, you are all endowed with the gift of healing. But it is in groups such as yours that we truly see and are grateful for that spiritual love which you send, because you see my dears, the love that you send from groups such as these, is indeed spiritual love. I just wanted to tell you that those thoughts—those actions in your everyday lives—your deeds—everything; we are most grateful for. And I just wish to say to each and every one of you: we return that love threefold. You may not even be aware of it, but I can assure you that this is so.

George: These words are most reassuring to hear. Yes, thank you for them. Are you able to say how this compares with our standard medical health service? I imagine both are needed and sometimes the two aspects of healing would be concurrent I think.

Yes, I believe you have already been told, so I am being informed, that the medical profession as you know it—those people who have desire to help another—they are indeed healers in their own way, and that must be appreciated also (yes); but so many of you are healers, without even realising it. The spoken word is a healing, listening is a healing—the very gifts that you have come to this planet with—you have been given that great gift of healing.

Graham: It's interesting what you said about very young children, because there was a remarkable case in America, where two babies were born together as twins. They were premature and very weak. But after a while, one of them started to not do very well, and the other one was much stronger. And the doctors became very, very concerned about one of the babies. And somebody had the idea about putting the healthy baby with the baby that was failing. And they put the little baby's arm around the other baby and

the transformation was almost instant. The failing baby started to recover and eventually was fine and grew to full strength.

Yes, when you speak of babies who you class as twins, there is an energy between them that shouldn't be broken. That is why, as you say: as soon as the energy was felt again between the two, there was an equilibrium.

Graham: Yes, it amazed everybody in the hospital and it went onto the Internet. This was just a remarkable thing which I think people were in awe of.

But for you my dear friend, it should not be surprising (no), because such as yourselves who are developing their spirituality, everything about themselves, allowing the spirit to be the stronger part of the being. You should never be surprised by anything that happens in your lifetime.

Sara: And touch itself is so very healing.

Touch, yes.

Sara: To feel the human touch.

Yes, all human beings have the capability to heal. Of course, there are some in your world who take it a little step further and who are working with us in spirit to help others. But this in itself takes a little dedication.

Sara: You mean to work with the energy?

Yes, you all have the ability, but again, you also have the choice, and not everyone will make the same choices.

Sara: Sometimes it's quite hard to choose.

I'm sure it must be, but know only this before I leave you: that if there is love in your hearts for other people, that love will grow and become stronger. So therefore the healing factor becomes stronger (ah yes) and I am sure you must be aware of people not known to you who have had some impact and have allowed you to help them with your words. I am sure everyone in this room has experienced this (yes). Thank you for listening. I did just feel it was time to say a little about your healing thoughts.

General thanks

Sara: Can I just ask, are there any colours—you say you see a cascade of colours—

—A cascade of energy.

Sara: —Energy—Are there any colours you would associate more with healing thoughts than other thoughts, or is it quite a wide spectrum?

It is a wide spectrum, and different colours may be used for different conditions. That comes when you work with us in spirit. It is not as straightforward as a lot of people think. They tend to choose colours for specific complaints when in fact the unity between you and us can make a complete difference to which colour is to be used. But colour healing is most helpful.

Sara: I have had the experience when sometimes I've been giving reflexology to someone that I've felt that I've been impressed with colours that would help that person, so I've communicated that sometimes, when I've felt really sure.

Yes, and if you are so sure, that knowledge is coming from our world.

Sara: Yes, it's only when I feel certain that I say it—if I see it, as well.

Yes, do not become too rigid in how you feel about certain colours—be changeable if you must—you will be guided (yes).

George: And some are versed in the use of crystals. I imagine that crystal use also relates to colour—

Yes, crystals are full of colour. Crystals are pieces of energy—little understood even now. But yes, crystals can be used quite successfully for healing—and many other things. But before I leave I am to tell you that the one known to you as 'Salumet', will be here with you next time.

George: Thank you—thank you for that—for both your timely messages (yes).

Paul: I'm sure we will be doing more healing with our thoughts and trying to send out more healing, after your inspiring talk.

I sometimes feel that the purest healing is when you yourselves are unaware that you are giving it, because then it is given with pure love. Now I must leave.

Paul: Ah, that makes sense, yes—thank you.

General thanks

There followed clairvoyant messages via Eileen for Sara's family and Sarah's family, with assurance of help from spirit. Then following a pause, one was with Sarah:

Audio link: http://www.salumetandfriends.org/resources/2016_01_11+one+thru+Sarah+-+xmas+tree+planting.mp3

Lilian: Good evening and welcome.

Good evening to you.

All: Good evening.

I have brought a Christmas tree with me (oh). It is one that has been used by the children in spirit. They have been grateful to you when they have visited you at Christmas time, and this tree is a reconstruction of the one that they visited last time, but it is now a tree that is being brought to you that is full of life. It is a tree that is giving of all that Nature needs and because of this, you will also benefit from this tree. This tree will be planted in each place where you are. It is a tree that can be divided and divided and divided, but it is a tree that will bring much love to all of you. If at any time you see a tree that makes you feel what a wonderful tree this is, it is because you have been influenced by the tree that has been brought to you by these children (mm). It is their way of giving thanks to you for the time and love you have given them.

Sara: Lovely gift!

Paul: Yes, our love goes to them—lovely thoughts.

Some of these children had never known Earthly happiness, and your kindness to them has meant so much, not just to them, but to all those who care for them. So I will leave, giving thanks and love to you all, and this tree that can be divided will be planted near to each one of you.

George: What a wonderful gesture—thank you so much for that!

General thanks

I will return.

Another then spoke via Eileen:

Audio link:

http://www.salumetandfriends.org/resources/2016_01_11+Cho.mp3

Lilian: Good evening.

'Allo.

Paul: Cho?

Cho.

General enthusiastic hellos:

I hope you like who came.

Sara: Yes—very nice! Thank you.

Paul: Yes, it was a lovely idea.

I just want to say: thank you for letting me speak again.

George: You are most welcome.

Yes—just to finish off this evening, I thought I will speak.

Lilian: Yes, I thought of you maybe behind the scenes.

Did you? That's because I sitting beside you.

Chuckles

Lilian: Before that.

Before that, yes. I am pleased that you enjoyed this evening. I think you had very nice people come.

All agreed

So now I'm going to say: it's time for you to go and to drink that stuff you drink.

Laughs

It's a strange name isn't it?—'tea'. Yes, anyway, I go now. I'll see you all again.

Cordial agreement

George: Thank you for your few words—thank you for closing the evening.

Bye.

Bye-byes

Afterwards, Eileen declared: he's been nudging me while the one was with Sarah, saying: how long's she going to be?!

~18th January 2016 ~ Salumet

Our prior conversation concerned some of our planetary problems, problems arising from our plunder of the seas, animal extinctions arising from climate change, the need for and likely benefit of upcoming generation etc:

Audio link: http://www.salumetandfriends.org/resources/2016_01_18+salumet.mp3

Lilian: Welcome Salumet.

Good evening.

All: Good evening.

As always my dear friends, it is good to join with you again.

Sarah: It's good to have you, thank you.

Lilian: It's wonderful for us as well.

If only you could realise how many listen to your conversations before we begin, you would indeed be surprised; but that is not new to your understanding—of course you know. There are many changes in your planet that are happening right now, and we have spoken of some of them. I wish to say only that: please do remain optimistic in all of your thoughts and dealings with this planet. No matter how dismal events may appear, I want you my dear friends, to look beyond that and to look to the positives in life. In that way you expand and you grow. So just, my dear friends bear this in mind. On this, another of your coming years we will not dwell so much on the negatives, but on the positive aspects of living and of development of yourselves. For a number of years, we have begun the year saying: we must develop our own selves. But my dear friends, these things take time, and no matter how slowly, as long as the steps are clear and you know where you are going to, this can only be good. So once more I will say to you: to look forward to your future; of course, you must accept what is happening in the world, but we have always had problems. So, therefore my dear friends, be positive in your own individual attitudes to life and you will find that the rest will follow. Someone mentioned children—children are indeed the future of this planet, and yes it would be wise to try to guide and steer them in the right direction. It is not always easy, because they are surrounded by *so much* negativity, but if every individual parent were to take on board that job for a child, there would be great changes made upon your Earth. I wish you my dear friends, to go within, to listen to that still quiet voice which you all have. It is that part of your spirit which is mainly subdued whilst you live your Earthly lives, but I would like you to sit whenever you can and listen to those who are trying to help. The more you do this the more you will hear their voices—those helpers—those Angels—those teachers who come from our world; they are all waiting to help. Now I do not wish to sound as if I am preaching to you—know that would never be what I intended. Therefore I will say only: if you have any questions, then please let's discuss them now.

Serena: Could I ask a question about what was mentioned last week, about the healing?—'if we could see what our healing thoughts are doing we would be surprised' **(yes)**. *How* is the best way to send them and what should we really do to get the maximum effect from our endeavours?

Your thoughts must be made in love and dedication to the knowledge that it is being received by those of us in spirit who wish to help with the healing. I would say 'love' is the utmost thing to have when you are sending thoughts for another.

Serena: So we send to spirit and spirit sends on, rather than sending to the individual?

Spirit will deal with the thoughts—yes—yes. I hope that that helps you (yes).

Sarah: Did you want to say something Lilian? Did you want to mention to Salumet?

Lilian: Yes—so, we do ask for healing, ask for thoughts, for my youngest grandson, who is being a bit of a worry, especially to his mother at the moment. Are we doing the right thing? Is there anything else that we can do to try and make life a little easier?

If you are not trying to change the life plan of that young person, then of course all thoughts will be taken into account. You must remember also my dear friends that it is not permissible to interfere with another's life once you have come to the Earth plane. But yes of course, loving thoughts are always dealt with; but as I have told you previously: you do not always have the results that you want. When we receive healing thoughts, whatever is best for that person will be fulfilled, and that is not always what you would wish for; you have to understand—you understand, don't you?

Lilian: Yes (yes)—it does seem hard at times, but—

Of course, that is part of your life's pathway. When things are difficult for any one of you, do not immediately say: why me? Because why not you? There is a whole world of people, and most I would say have encountered problems and troubles at some stage of their lives. We in spirit are here to help, I have told you often that you must ask for that help before we can give out the help that is needed—you understand? (Yes).

Let us for example take: if everyone is praying for someone who is ill, and you have interfered with the passing of that loved one. That is not what you would desire would you?

Lilian: Well I hope not, no.

No—so therefore it is best to give the loving thought and allow us in spirit to deal with it.

Lilian: Yes I see.

And I wish to say one more thing about this, that it takes only one loving thought, if it is genuine and sent with love, for it to be dealt with. There is no need for the repetition of thought (ah!). You seem surprised my dear friend—

Lilian: Yes, sometimes you feel a little bit desperate, we do tend to—

Then what would happen is that those who are dealing with loving thoughts would try to help you also, because you have difficulty with accepting what is to be.

Lilian: Yes, I know my daughter has a bit of a tough time.

Yes—I hope that has helped you (thank you).

Paul: Yes, I was slightly surprised as well, because I wondered if it was—part of sending prayers and thoughts to someone who's got an illness or a disease—you're sending—okay, love—which is an energy; and it might take—some illnesses might take several 'sendings' to help—

If you have sent one genuine loving thought, it is received. If you continue to ask for help over and over and over, do you not see that you have created a doubt?

Paul: I see yes—you've mentioned that before (yes) about not asking for 'help' as such (yes) but just sending love—

And to trust in that Great Creative Force that they know what is best for that person.

Paul: Yes, that does make sense now—so once should be enough.

Yes, but we understand that you are human, but if you are to be doing it day and night and on and on, it is wasted energy.

Paul: I can see that that could show your own inner doubt (yes).

Sarah: And also I remember you saying that repetition just becomes something you're saying, so you're not getting that same in-depth feeling, because you just think: I'll ask again—so you're not doing it with the same energy as the first time.

Yes—it is a little like the religions of your world who are constantly repeating the same words (yes) and after a while those words become a little meaningless.

Sarah: Yes, I remember you saying that—yes.

So it is good that I have reminded you my dear friends, of words that have been spoken.

Lilian: She does see lots of lights around him.

Yes—which to you should indicate that the help is being given.

Lilian: Yes, I'll tell her—

George: I guess the repetitive prayer is more suitable for praying for planet and planetary conditions and for large groups of people who seem to require more awareness—

No!—again, one prayer, if it is honest and loving and truthful should be enough. What would help is if you have a group of people sending that love energy to us. That is helpful.

George: The one prayer from a group of people—

Yes, it has a little more what you may call ‘strength’ behind the thought (thank you).

Sarah: So what we do at the meetings, asking for help for people—that’s all our energies going into that one thought—

Yes, but also not to be disappointed. So often you human beings are disappointed when your thoughts are not used in the way that you think.

Lilian: Yes, it doesn’t go our way.

Yes, so trust—trust in the Great Creator that things will be utilised for the better.

Paul: What happens with the thought when we just occasionally send out a thought—just send my love to wherever it’s most needed?

Yes, it will be used to help the person named and then it will become part of the energy field.

Paul: Right—so if I don’t name a person, I just allow those Angels of Thought—

—If you can *feel* the person. If you do not know the name; if you can feel that person’s energy then that is acceptable.

Paul: What if it’s just a general thought to all humanity?

Then we in spirit will use that thought. Yes, it is all to be used. I have told you previously that energy can be transmuted. You have to remember all of these teachings to fully understand. Do you understand my friends?

Paul: Yes, so presumably if it’s a general thought for all humanity, it will—

It will be accepted—yes.

Paul: —and it will be put to some use (yes) perhaps in a troubled area—

Yes, a loving thought—and this is the important word—the ‘love’ behind the thought will never be wasted or changed to be meaningless.

Paul: Yes—(yes). It’s simple really—we just get a bit—

You forget my words my dear friends—yes.

Sarah: Yes, we do need a little jog from time to time.

Yes, but I hope it clarifies for you again, how we use your thoughts.

Sarah: You have mentioned once before Salumet I know, but all these people that have been murdered by terrorists—were they really just in the wrong place at the wrong time?—or do they perhaps know that this was going to happen to them?

You know we have discussed this before too—you cannot make a clean sweep of all of these events.

Some will have been, but it depends on what you call the ‘terrorists’ as well—how their life path has changed or altered, as to whether the person killed, as you say: is just in the wrong place or it is meant to be. Be careful that you do not put everything together as being fated—that is not quite correct. And there are many explanations that you would have to try to understand. It is not quite as simple as it may seem.

Ben: Can I just ask about negative thoughts and how they are dealt with in spirit?

Negative thoughts would be transmuted into a positive thought. Remember that in spirit we are able to do such things, whereas you people upon the Earth do not have as such that knowledge yet.

Sarah: So what you’re saying is: if somebody sends out a bad thought to somebody—

Let us first clarify what is a thought. I told you from the very beginning that a thought is the most powerful thing that you will ever possess (yes). Yes, so the thought that comes to us has to be dealt with, and there are many souls who work with thought energy. Thought is just energy, whether it be negative or positive—you understand? (Yes). Yes, so when we receive thoughts that are negative, we then utilise that energy and it becomes more positive. You would never allow, if for example a negative thought

sent to one in spirit—we could never allow that negativity to touch the spirit of one in our world; so it has to be dealt with.

Sarah: I know you've said it's like a boomerang—thought (yes), if you don't use it wisely it comes back on you. But if you were to think something bad about a certain person—

You are harming your own spirit.

Sarah: But you are not changing that thought on this planet, or are you?

Again, it depends on if there is interference in the life or not—there are many factors to it. You are trying to make it black or white and it is not.

Sarah: it makes it more complicated—

Yes, it is not simple.

George: Well Salumet, I was *going* to say this evening that our view is so much narrower than yours (yes), while we live on the planet—

Yes, we would not expect you to have such an open view.

George: I was comparing that with *your* view, which is so much deeper and wider. And you clearly have full knowledge of past and present, which leads to—perhaps I could say: very firm impressions as to how the future will be. But you also are so well aware of what is being done and what can be done from those in spirit (yes), to aid the Earth, whereas the vast majority of us living on the Earth, do not have this knowledge. And I was going to say: is that a fair evaluation, and if you would care to elaborate further—but I think you have already elaborated as much as is reasonable for us this evening!

You see, my dear friends as you know, your knowledge is limited—it is blinkered in a sense that you can only take in so much—you can only understand so much. And yes of course, my vision of your world is much greater. But it is not my pathway to show you these visions of the future, but instead to help you as individuals to become 'greater spirits' if you like. You are already are spirit—you know that (yes), but what we would like is for you to develop more whilst in your physical path. That is why, occasionally I say to you: you must develop yourselves because with that development comes greater knowledge; and my dear friend, as I have said to you previously: really the past is irrelevant—the past has gone. You cannot change the events that have already gone by, but you can in some way, on your planet, influence your future for the better, and that is what is important at this time. But you will never fully understand what is happening.

Sarah: You did say to us that the past, present and future is all one.

It is, but that does not mean you focus upon the past—that is unnecessary.

George: Where past knowledge is concerned, another question I would like to place is: if by any chance when in spirit, I wanted to read books in the old Alexandria library, would I be sensing the thought-behind-the-words as it were, so that translation would not be necessary?

Let me say this first: whatever you desire is possible—whatever any one of you desire is possible, but you have to be in that state of spirituality where these things can happen; so yes, whatever you desire, my dear friend, is all that I am going to say. If you wish to look in these books, is that not possible?—yes it is.

George: And translation would not be necessary?

Translation would not be necessary. The understanding would be instantaneous.

George: Ah yes—it's a sort of semi-technical point. Yes, thank you for answering that.

Yes, I hope it has helped you.

Serena: Could I ask another question re healing? If you visualise someone that's unhappy but you visualise them happy—or you visualise them in a better state; is that the same as sending healing thoughts, or is that another way of helping them?

That is another way—you could call it 'healing'—of course it is a healing in a sense, but it is slightly different in that the 'visualisation' belongs to you, so there is a slight difference. But all of those things are good. Is this something you would be able to do?

Serena: Well I do try and do that.

—Because I feel that you would be very good at it.

Serena: Oh, thank you—I'll continue then!

Yes, yes. But what you must never do is visualise someone in a different position; that could bring disruption to them or interference in their lives. That is what you must be careful of.

Serena: I just tend to try and see them smiling rather than unhappy.

Yes, that is good—I would commend you for doing that.

Now my dear friends, are you happy at the start of this New Year?

George: Yes indeed and we're very happy with your evening discussion with us **(yes)**.

Lilian: Yes, the words have been most helpful.

Yes, I would say that working on the Earth plane is interesting in as much as the words are repeated time and time again!

Knowing chuckles

And it has been a great joy to all of us who come close to you, to join with you this evening (thank you) and until we come together again, I leave you all my dear friends, cloaked in the love and the light of the Great Spirit; and until we come together again, I will leave you.

General thanks

A brief period of clairvoyance followed Eileen's return, and then another was with Eileen. As will be seen, there were a few difficulties with this one!

Audio link: http://www.salumetandfriends.org/resources/2016_01-18+rescue+toes....mp3

Lilian: Good evening.

Hello.

Lilian: Hello—nice of you to drop in.

Drop in where?

Lilian: —to say: hello.

Are you new? I don't know your voice.

Lilian: No, probably you wouldn't recognise my voice, but you're still very welcome. We could have a chat.

Very welcome? Who are you?

Lilian: You're welcome to the house.

You come to do my toenails?

Lilian: Is that what you want done? **(Yes)**. I see—and you're waiting for someone to come and do them—

Like little knives in my toes.

Lilian: Yeah—okay. I think we can soon have—

Where's Doris? Where's Doris?

Lilian: Is she a friend of yours?

No! —stupid girl!

Lilian: Is she your wife?

Oh my God—do I look like a man?

Lilian: Oh sorry! *(Chuckles)* I'm not doing very well am I?

Somebody needs to get rid of you!

Lilian: So you think you're in your house waiting for someone—

No! Where are you getting this drivel from?

Lilian: I'm just trying to find out where you are, or where you *think* you are.

In the lounge—everybody's here, can't you see them? Can you see them?

Lilian: Who are they? Can you tell me their names?

There's George over there (yes), Michael, Amy and Clive.

Lilian: I see, and you all live together **(yes)**. Lovely, but have you been feeling a bit tired and unwell?

I've been feeling dicky for years love.

Lilian: Did you ever think what would happen to you when you die? Did you think that that would be the finish?

Well I won't be sitting here will I?

Lilian: Well, you *are* sat there and that's what I've got to tell you.

I'm not going anywhere till you've cut my toenails.

Lilian: Well we'll see to that, but something has caused you to die; but you think you're still in your home, don't you?

No—this IS my home.

Lilian: Yeah okay, but something—did you feel unwell for a moment or two, or did you just feel tired?

Yeah, tired—I'm a bit tired.

Lilian: Tired—and did you—have you never thought what would happen when you *did* die. Did you think about going to heaven?

I'm not sure if I believe all that stuff.

Lilian: Well it's true, and that's where you are going to have to go now.

How do YOU know?

Lilian: I just know.

Who—what's your name? (Lilian) I think they should throw you out Lilian!

Chuckles

Lilian: Perhaps they will! But if you'd listen to me—you're beginning to feel nice and well and fit and your feet don't bother you anymore.

Attitude changed

Well I'll be blessed—how d'you manage that?!

Lilian: Like I say: something's caused you to leave your body. You've finished with that old body and you've taken on a new one.

About time!

Lilian: Yes, and if you look ahead of you, you'll see a light, and in that light you'll see someone you'll recognise. Give it time. And you'll begin to feel really good and peaceful.

Oh it's lovely to have my toenails cut—I know that. I don't know about all of this.

Lilian: You'll soon get used to the idea.

Oh my word!

Lilian: Who do you see?

I see Jim!

Lilian: Lovely—he's waiting.

He's my brother you know—Jim. Good friends we always were. What's he doing here? —Because he IS dead.

Lilian: Well that's what I mean—now you've got to join him. He will explain much better than I can.

Oh my word!

Lilian: We can't die really—the spirit can't die. We leave the old body behind and take on a new one—a spirit body.

Well it can't be any worse than the old one, can it?

Lilian: It should be better!

Are you coming with me?

Lilian: No, I've still got a few jobs to do before I join you.

Oh look at Jim—he's got that waistcoat on—never did like it.

Chuckles

Oh my word!

Lilian: And you're happy to go with him?

I tell you what: I feel good (yes)—I feel lovely (good). Oh—what's your name? (Lilian) Lilian—well—well I never—Jim. I AM going to go with him.

Lilian: Yes, that's right—a grand reunion—you'll have lots to talk about.

And a little tipple (yes).

Well, thank you Lilian (you're welcome). I don't know you, but thank you!

Lilian: I'll probably see you one day.

George's Notes:

1: Salumet's need to repeat some words. Some of those words that need repeating have been around for a long time—'Love thy neighbour', 'Thou shalt not kill' for example. But as Salumet says, frequent repetition can devalue, and looking at the world's war zones, it is as if those fundamental tenets of religion no longer exist!

2: Terrorism—not a simple matter. So many motive considerations must be taken into consideration, so that there is not one simple black-and-white answer. And perhaps we should define who exactly is a terrorist—those who instil terror? That surely includes those conducting thousands of airstrikes? Terrorism, as Salumet says, is not a simple matter—neither, I would say, is it simple to define!

~25th January 2016~

All remained silent for about 10-minutes. Eileen then indicated that the room-energy needed slight adjustment, and requested that we all hold hands for 2-minutes. One was then soon with Eileen:

Audio link: http://www.salumetandfriends.org/resources/2016_01_25+Joseph.mp3

Lilian: Good evening.

Hello.

General welcome—pause

Lilian: Can you tell us why you've come? You are very welcome.

I can tell you this is the first time I have ever done this.

We assured our visitor that he was coming through clearly

Yes, I have been told this, but I wanted to come and speak with people of like mind on my first visit (wonderful). That was the reason for the hands to touch—in order that I could be more comfortable with you.

We indicated our understanding of this

Sarah: Do you feel comfortable?

I feel very comfortable, thank you—yes. By the way, my name is Joseph.

George: 'Joseph'.

And I know most people say names do not matter, but I am afraid, for me it is important—only in as much as I wish you to recognise me if I should come again.

Sarah: I hope you will.

This coming together is not as easy as you would imagine. There is much to consider and many people will not even entertain the thought. But me being me, I had to do it.

Graham: I'm glad you did.

Lilian: It's a challenge.

Sarah: I know there's no time in spirit, but in *our* time, did it take you a long time to come through?

I believe so from what I am told, but if you are speaking about time in general, it feels but a second to me (yes). But I am told this is not so. It is something I am still trying to come to terms with.

George: You speak very well and your words are coming over very clearly.

Yes—I was not sure which instrument to use—that too caused the problem at the beginning, because everything is so finely tuned normally (yes). But I was not sure who to use. I know there are a couple here who I could quite easily speak through. But this one does not seem to mind.

Agreement/encouragement

Have you anything you would like to ask me?—not that I know too much, but I am willing to try.

Lilian: How long ago did you live on the Earth?

Well I am not entirely sure, but I've been told about 200-years. Does that sound correct?

Sarah: Yes, it could be. Do you remember much about your life?

No not now—no.

Sarah: So you don't know what you did or even if you—were you Joseph then?

My name has always been Joseph. I do remember that I was given the opportunity to change it but I decided that Joseph was a good solid name.

George: Yes it is indeed.

Yes, and even as I say it, I feel that old pride, which I used to have—

Chuckles

—And which is not really forgivable now. But I like the name (yes).

Sarah: So what made you want to come back?

I found the interest when, someone who was close to me decided to do the same, and when they returned, they were as you might say today: full of it!

Laughter

George: They set an example—and that's nice!—that's interesting.

Graham: Have you had a chance to look around the Earth? It's probably changed a little bit since 200-years.

I believe so, yes. We can find out whatever we wish to (yes). **I have not been so much interested in that as in coming back to offer some guidance. That seems more important to me, yes. And that is why I felt it necessary to keep my name.**

Sarah: Yes—so have you got anything you wish to tell us to help us?

I am afraid I am no scholar. I am but a mere man who wishes to try to help.

George: Have you any memory of the part of the Earth in your previous life?

No, the lady has just asked me that question.

So he clearly considers that Sarah's earlier question embraces this

Time means very little to me at this moment.

Lilian: Can you tell us a little, apart from visiting us, what you do in spirit?

What I intended to do was to—I always wanted to teach people to some degree or other. Mathematics I think is the only thing I can remember, but that is very vague (yes), **but all changes when you come to this place—not THIS place, the place I come from** (yes), **yes.**

Sarah: What are you doing there now?

Many things—I am still learning. I am still interested in all that happens, and I am very interested in colours and light and time.

Sarah: Sara here—she likes colours—spiritual colours.

Yes, you should all be aware of your own spiritual colour, but I know that is not the case.

Paul: We were all told once I think—well, not everyone in this room actually, but the people that were *here* that evening were told their spiritual colours at the time I think—

Sarah: Do they not change?

Yes they do—they do change. They change with how you are feeling—health-wise—lots of different reasons, you change colour. But there is one shade that stays with all of you. Did you know that?

Sara: I'm not surprised. I felt an affinity with one myself. I always like it and want it, and it's a blue—a royal blue **(yes)**. Am I right?

Yes, a heavenly colour—the deeper the colour *HERE*, the lighter it is in spirit.

Sarah: Ah, it's the opposite, is it?

It is the opposite yes—a more spiritual colour.

Sara: So it's a deep blue—

Yes, but there is always—I will call it a shade of pure light that is with each of you all of the time, yes.

Sarah: So you said: the deeper the colour, the lighter it is in spirit. Is that also the reverse—the lighter it is here, the darker it is in spirit, or not—it just gets lighter and lighter in spirit?

Well, it is just that the spirituality of the person shows the colour. It is not so much just colour. There is more to it than that I think—yes. Well I'm really happy—I'm really, really happy to have joined you this time.

General convivial response

George: So can I ask: do you take an interest—do you observe the happenings on the Earth at the present time, and do you have any impressions or helpful comments you wish to pass on?

I am not well endowed with the facts of your world, if that is what you mean. I am not so interested in that at the moment, but of course we can know whatever we wish to, and I do believe your world is in some little turmoil at the moment (yes).

George: Yes turmoil and it's a period of change I think.

Yes, I am being told that that is what to tell—the world and many other worlds are changing at this particular time, and of course although there are many troubles, do not concern yourselves too much. There have always been many troubles on the Earth planet I think.

George: Yes, and I think I understand that there can also be very good outcomes from those troubles.

So I believe—so I'm being told. But it is not something I am well versed on.

Sarah: You did say just now: 'many worlds', so our world and many other worlds are in trouble?

Yes! Why would you only accept that this one would have troubles?

Sarah: I just thought you might have meant it was like a sort of time when there's trouble and then you get times when there's not trouble—but it's just an ongoing thing on other planets just the same.

It is called my dear 'evolution' (yes). Yes, that is a word you need to remember (yes). That is what I am being told. But I am no expert upon what is happening in your world.

Sarah: I don't think any of us are experts!

Yes—I am so happy to have joined you, but I am feeling a tug. And I do believe that is what they do when we must leave.

George: We are also pleased that you have been able to do this for the first time.

Yes, it will be easier next time.

Lilian: I was going to say: we look forward to the next time.

Well I do not promise it will be here. I only wanted for my first time to have people who have a little knowledge (yes), just to make it more comfortable for you and for me—and I do believe I made a very good choice!

General thanks and appreciation

Sarah: Well, if you come again, you could come with your friend.

My friend is much more on the way to advancement than I am; so I do not know about that. It always amuses me when I hear that people think because we are in the spirit world that we suddenly know everything—that is not true (no)—not true. Anyway, thank you for allowing me, and I really—the tapping is getting sharper!

George: Please feel free to come again Joseph—we shall be pleased to have you with us.

Thank you. Thank you and goodbye my friends.

General farewells

Next, one via Sarah:

Audio link: http://www.solutetandfriends.org/resources/2016_01_25+Ung+Kulla.mp3

Lilian: Good evening and welcome.

Good evening.

All: Good evening.

It is a long time in your years since I last came to you, but I wish to visit you one more time, because I said I would do just that. I don't know if you remember me?

Lilian: I remember the voice—

Paul: Yes, it seems familiar—

Lilian: Sorry, but we're not good at remembering names.

Yes—I'm Ond Kulla. Yes, it makes me a little sad to come back at this time, because there is so much trouble in my old country. But I am doing what I can to help all those who are suffering and who are perhaps not doing what they had planned to do—yes.

Paul: Would it help if we sent some prayers for this country—was it Egypt?

It was indeed Egypt, and always all thoughts that are given to us in spirit will be listened to and acknowledged. And there are those who are 'selected', if you like, to work in certain areas, and my choice has been to help those who are from the area that was so much part of my Earthly life. Although it does not matter where you come from in the Earthly life, sometimes you do hold on to just a little of what was. And it makes me a little sad when there is so much turmoil.

George: Yes it does make us sad too. In fact, much of what we call *the Middle East* area is at the present in some degree of turmoil.

Yes, there is much unrest in many areas, but as I said to you before: It is my wish to do what I can—my small part in the big world. There are many like me who choose certain areas and this is mine. I do remember when I came last time that you seemed to be interested in my life upon this Earth and it is why I decided it was time to come back, just to let you know that I appreciated your time, and thought you might be interested to know that I am still working for my old land.

Lilian: You were on the planet when the pyramids were just being built, did you say?

Yes, it was that sort of time.

Paul: And you worked on the land as a farmer—

Yes I did indeed, yes.

Lilian: So with your thoughts from spirit, you hope to help the people in these dark places.

Yes, I try to help—not to change their lives, but to bring peace to the area.

George: Could I ask a deeper question? In your farming at that time—your farming procedure, were you aware of any influence in that from the previous Earth civilization of Atlantis?—or is that not part of your awareness?

That was not part of my awareness. When I was on this land, I was aware of spirit in my own way as a mere labourer, but I was not in any way one of those who had in-depth knowledge at that time.

George: Ah yes, I understand.

So I have been glad to return as promised, and now I will take myself back and continue with my spiritual work.

George: Well, we are most pleased that you have been back. Please do feel free to return to us again if you so wish.

Paul: We'll remember Egypt in our prayers—yes.

Thank you.

Paul: Yes, thank you for coming back again Ond Kulla.

Thank you.

And finally, another was with Eileen, to take us on a meditative journey:

Audio link: http://www.salumetandfriends.org/resources/2016_01_25+med.mp3

Lilian: Good evening.

Good evening. I've been asked to come to finish your evening—to let you leave this place with a feeling of love and of upliftment.

George: Ah, how nice!

Lilian: Lovely!

And I know that we usually use the dear lady across from me (Sara), but this time I am instructed to take you on a little healing journey. So, if you would my dear friends, gather together, sit back, close your eyes and I will take you on this short journey. If each one of you will just take that deep breath and let it go, and then we will be ready to do our journey. If at any time you wish to stop or it seems too difficult, then please quietly return, open your eyes and feel your feet firmly on the ground. So let us begin:

'You gather together all of you in the most beautiful summer field—the sky is blue, the air is clean and you feel happy, and each one of you look at each other and smile. And each of you feels good about this new day; and as we go on our journey, slowly at first but all together, we are thinking really about nothing at all but just to feel the soft breeze on your face, the slight wind in your hair and you feel good about your lives. So as we move through this beautiful field, you see ahead another field that is absolutely filled with the most beautiful flowers that you have ever seen. I want you to enter this field and each one of you, pick that special flower that is yours alone. Let us take a moment for you to choose that flower.

Pause

You all have your flower, look at it—see the colour—look into the middle of the flower, and there you will find a feeling of great love and a feeling that you must travel forward into the next field. So I ask you

to continue forward, still looking at your beautiful, beautiful flower. And as you reach the next field, ahead of you seems to be a little misty. I want you my dear gentle friends to move through what is not mist, but a beautiful cascade of water—water that has every colour you could imagine and more. And this water, my dear friends, will cleanse you as each one of you moves through. So continue, and as you pass through, you are not wet, but you feel uplifted. Each one of you go through this cascade of beautiful coloured water, and you begin to feel much better. And we have one more field that lies ahead. And now you feel light, you cannot feel your feet upon the ground—it is as if you are floating, and yes my friends, you should be. You feel light and happy and uplifted. And as we go into the next field, you stop, and I would like you to look around for a moment or two—and if you cannot see someone, I know that you will feel or sense someone—someone who is associated with you. And I want you to reach out for that person—to feel the joy and the love that they bring to you. I will leave you for a moment, just to draw in that deep, deep breath.

Pause

I hope, my dear friends, that you have found someone, but if not, do not be too concerned as long as you have the feeling of love. And in your own time, I would like you to retrace the steps that you have taken—to come back through that beautiful coloured water, to see the flowers in the field, and to meet each other at the very end. And when you are ready, you can open your eyes, and you should feel as if all of life's burdens have been lifted from your shoulders. I will leave you in the field to open your eyes as you wish and to feel that great love.'

In conclusion, we discussed our feelings, our chosen flowers and whom we met. It was quite an experience!

George's Notes:

Ond Kulla: There is reference to the Egyptian farmer Ond Kulla in our transcript of 5th December 2005, and it was during our previous meeting that he spoke with us.

~1st February 2016~

This was the first evening that Jan was able to be with us following her leg repair. After some discussion about medical matters, the evening began with clairvoyance. One was with Eileen who passed family information to Sarah. Then another spoke via Eileen:

Audio link: http://www.salumetandfriends.org/resources/2016_02_01+Cho.mp3

Lilian: Good evening.

Hello—me Cho.

General greetings

I come quickly say hello to the lady: 'hello'.

Jan: Hi Cho! Thank you for being around me a lot—

Yes—yes. I think about you all the time.

Jan: And me you.

Yes, and I will come back another time and tell you what I promised—a little bit more about me, but this time I'm very busy (okay), but I just wanted to say lady: pleased to see you again.

Jan: And you—I know you're around me a lot.

Yes—you helped me at the beginning—yes you did.

Jan: Yeah—lovely to hear you.

Yeah—I'll be back sometime—tell you a bit more about me.

George: If you're busy Cho, does that mean that we are going to be busy?

I hope so, I can't promise—yeah, anyway thank you lady talking to me.

Jan: You are more than welcome—lovely—our love goes with you.

Thank you. Ciao Cho.

Jan: Bye.

Farewells

Another followed via Eileen:

Audio link: http://www.salumetandfriends.org/resources/2016_02_01+message+4+Sally.mp3

Lilian: Welcome—nice of you to come—hello.

Thank you—I wanted to come. I want the lady who you are calling ‘Sally’ to know that I am one of her helpers, and I want her to know that in any time of distress I will come close to her. But although it is not necessary, I wanted her to know of me (yes), and she can gain comfort from knowing that she can call upon me at any time. My name is ‘Martha’ (Martha). Yes, I hope she will accept my presence.

Sally: Yes—yes, absolutely—thank you very much.

Yes, you must ask for some help. Don’t be afraid to ask for help sometimes, because everyone needs a little help in their lives at times, and I feel quite uplifted coming to talk to you here. I think it is because you are a group rather than an individual. It is very pleasant.

Lilian: Good, it’s nice to know you feel it, as you say (yes).

Ben: Do you look after other people as well?

Of course, yes, it would not be quite right to only help one person, but each of you have helpers at different times throughout your life. And I do understand this dear person and it was my desire and my wish to come to help sometimes.

Ben: How do you choose who to help?

You just know by the light—of course there is guidance if you do need some. But ultimately the decision is mine. I feel a great affinity with this dear one; so it does not have to be people that you know. There is a misconception that all those people who wish to help are either family or friends. That is not quite true. Of course, they wish to help if they are family, but there are those of us who have known of each other for quite a long time.

George: Yes, part of our teaching is: we are all *one*, and this seems to bear that out.

Yes—yes, we belong to a much greater light, and that light attracts us to others that we have previously known. It is not always necessary to make yourself known whilst on the Earth, because as human beings you are so curious, and sometimes it is unnecessary.

Sarah: So actually are you saying that you’ve known Sally before, perhaps in a previous lifetime?

Our energies have been connected at some point—yes (that’s nice). Not so much that we have gone through a lifetime together, but just that our energies blend so very well, and I have decided at this time to make an appearance—yes.

Sally: I’m so glad you have—thank you. I really appreciate this—thank you very much.

Just know that my love is always with you and I am on hand for whenever you need me.

Sally: Thank you. Thank you very much.

Thank you for listening.

A further period of clairvoyance via Eileen concerned the possibility of a forthcoming marriage

There was then a ‘rescue’ with Eileen:

Audio link: http://www.salumetandfriends.org/resources/2016_02_01+rescue.mp3

Lilian: Hello.

Don’t you be talking to me!

Lilian: Why don’t you want me to talk to you? You don’t recognise my voice?

No—don’t like you.

Lilian: I’m sorry about that—why don’t you like me? Who do you think I am?

YOU know who you are—don’t like you—want you to go.

Lilian: What do you think my name is?

Well, you wouldn’t like what I call you.

Lilian: (With a chuckle) well you tell me what name you think I am.

Susan.

Lilian: Well, my name is ‘Lilian’, not Susan.

She sent you here, didn’t she?

Lilian: I must be somebody different.

No—you want me to get out of my house and I’m not—not going.

Lilian: I'm not going to do that—I'm not going to do that; but I'd like you to tell me if you're not feeling very well.

—None of your business—coming in here interfering.

Lilian: Well it *is* my business, because then I can help you.

Where's that Susan gone then?

Lilian: She's gone. We don't need to worry about Susan. How have you been feeling?

Pretty awful—she twisted my arm you know (oh dear)—yeah. That was rough.

Lilian: Was she some kind of a nurse or something? A carer?

Yes—supposed to come in and help me.

Lilian: But she wasn't very kind—

No kind of bleeding help, is she?

Lilian: How old are you?

—Ninety three.

Lilian: Oh my word, that's a good age, isn't it?

—Too bleeding long—yeah.

Lilian: Are you fed up with the life?

Yes, I am.

Lilian: And you feel ready to go to the next life, because there *is* another life.

I know that! I don't need you to tell me that you young whippersnapper!

Lilian: Well that's where you belong now—you've left this life and you have to move on. We call it 'heaven'—where you've got to start living is in heaven.

Jan: Does he know a Phyllis?

—My dear wife.

Jan: Well I've got Phyllis here with me.

What's she doing there with you? Who are you anyway?

Lilian: She's waiting for you—that's why that lady's saying that.

I can't see her.

Lilian: You will—you will. Is it quite dark where you are at the moment?

It's kind of hazy at the moment.

Lilian: Well that will begin to clear and it will be nice and light.

Jan: Phyllis wants you to look into the mantle mirror.

—Into the mirror?

Lilian: Who do you see?

Oh my God!—Oh my God—it's Phyllis!

Lilian: And you also begin to feel a lot better.

Yeah I do.

Lilian: Good, so you're quite happy.

Well I never!

Jan: There's a big light around the mirror now. It's all lit up, and Phyllis says you should go through the mirror like Alice in Wonderland. Just go—just keep looking at the light round the mirror.

What's she think?—I'm a magician?

Jan: Probably.

Lilian: You'll be okay if—

She looks beautiful, she does—like my young Phyllis.

Lilian: Well she'll be very pleased to be reunited with you.

Jan: You just keep concentrating on your light.

How did I not know?

Lilian: You just needed a little bit of help.

Why—you're a nice lady! (Good.) What's your name again?

Lilian: Lilian.

Lilian—I'll remember you, Lilian.

Lilian: Thank you. But you're happy to go and join Phyllis?

Yeah—if I was a little bit younger, I could take a fancy.

Chuck

Lilian: It won't take long, and you'll begin to feel a lot younger.

I'm feeling as if I'm just floating through this mirror.

Jan: Bye!

Thank you—I'm gonna go.

Lilian: Be happy—you'll be happy.

I'm going.

Lilian: Go and be happy.

Jan: Phyllis says 'hello darling'—

Hello my dear.

Spoken via Jan: Hello!—told you I'd wait.

Isn't that just beautiful!

There was some discussion about that rescue. Then another was with Eileen, followed by one via Sarah:

Audio link: http://www.salumetandfriends.org/resources/2016_02_01+Henry+and+Sol.mp3

Lilian: Good evening—welcome.

Jan: Are you Henry—or Harry?

Lilian: Can you tell us your name? It would be a help.

Good evening.

Jan: Hello.

My name is Henry, and I've come just to tell you that the next time, your teacher will be with you. That is the message I bring tonight.

Lilian: Thank you very much. So you're a messenger—

I am indeed a messenger. Someone is trying to use the lady across from me.

Lilian: Yes, I guessed they were *(yes)*.

George: Very nice to have your message Henry. Thank you for that—we look forward to that *(yes)*.

Lilian: Anything else you'd like to—

I would like just to stay for the rest of your evening, quietly.

Lilian: You're welcome.

—Helping you to blend together (thank you).

Lilian then approached Sarah:

Lilian: Good evening—and you are welcome too.

Thank you. I was drawn to you because I heard my name, but then I realised you were not talking to me—because my name also is Henry. I used to help many people whilst I was on the Earth plane.

Lilian: In what way did you help?

I was a doctor, but I have to say to you that the methods I used were certainly not the same as you use today.

Lilian: Can you give us a clue as to what the year may have been?

I helped treat the other Henry—your King Henry.

Jan: So you're the *leach* doctor—

I used many methods to try to help this man, but now I am no longer on the Earth plane, I can see that the treatments we gave were not always very helpful.

Lilian: Not very pleasant.

Jan: But you didn't have our knowledge of today's medical practices—so you did your *best*.

The best thing about my work was the thought behind it.

Jan: Yes—the intention.

I wished to help these people to get better. And I can see now also that I did indeed help the many people I treated (I'm sure you did)—*not physically but spiritually.*

Jan: So you were aware of that spiritual healing? So you were unconventional for your time?

I was not aware whilst I was on the Earth plane (Oh I see). *But since I have returned to spirit, I can see that my passion for helping, did indeed help, but not in the way that I had intended.*

George: Perhaps we could call that 'inspirational help'—

I do not know what words to use.

George: You seem to have inspired people with the thought of getting better.

Yes, when you say 'inspirational', it also was down to the patient, because if the patient had faith in me and was prepared to let me help them, the help which I now know was spiritual help, was greater than those who fought against me (yes) *and I can tell you that the other Henry, in the beginning, was willing to let me work with him, but it did not last long.*

Jan: By today's standards, was Henry diabetic? Would he be classed as diabetic today—and am I right in saying it was gout that Henry suffered from, which is a form of arthritis. Do you know that now?

Yes, he did have gout and he did have many other problems relating to his diet (diet—yes), *but I do not know if he was, as you would say: diabetic* (no)—*I cannot help you on that one. But I can tell you that the diet he had and his mind-set, all contributed to his demise.*

Jan: Yes—great king I believe though—great man!

He had his moments, but he also had, as you would say, his free-will, and perhaps if he were to come here again in the same role, he might do some things a little differently (yes).

George: Can you say which Henry this was?

Jan: Henry VIII.

George: It was Henry VIII, yes—thank you.

Lilian: I just wondered if you are interested in the medical matters of today—

I am very interested and I follow what is going on very closely; in fact I am very near some of those who are, as you would say: at the cutting edge.

Jan: You like to watch the pioneers at work, don't you?

I do try also to influence them a little. So that is all I wish to say. I heard my name and I came.

Lilian: Well, I'm glad you did—

Jan: Fascinating to talk to you.

—And very good to talk to you too.

Lilian: It would be nice if you could come again.

Jan: Do you know Henry, that the use of maggots is still very much used in today's medicine?—and they're beginning to realise just how much they do actually work, because they went out of fashion, as it was, for a long time. They're using insects and maggots and spiders again, which your medical books were full of at the time—those types of 'natural' healing.

Pause

Jan: Has he gone?

Eileen: Not quite, no.

There are many who are influencing all your doctors and medical advances, and those who helped promote the use of these insects and other live—I was going to say 'beings', but I cannot find the right word. However, those who influenced them to use these leeches, they are still around and helping all those who today search for the best cure. So it would be inevitable that if there were to be something that worked, we would not let you forget it totally.

Jan: No, but there are cures for cancer etc and other diseases available to us, but for some reason, part of the human element of the corporations that run these things, want to keep it from us. Is that something that in the future will disappear? I hope so—then we'll be able to use things like cannabis oil.

Can I say to you that many of those who are running the businesses are afraid—

Jan: Yes, we understand.

—And fear, as you know, does not bring out the best. So I can say to you: please send love to all those who have these powerful positions; and all will 'be let loose', if you can understand that phrase (yes).

George: Do you imply fear of losing their profitable industries?

Yes, and they also have fear because they are afraid that the simple things in life that work so well can be better than the ones they have found or thought to be the right ones—and they do not wish to lose face.

Jan: Yes I know.

George: We well understand that—thank you.

Paul: Yes, we'll send them love in our prayers—thank you for reminding—

Be assured that there is much help being given to all in the medical field, as there is those who are in need of this help.

George: We are most grateful for help.

And now I will return.

Paul: Thank you Henry—

Jan: Lovely to meet you.

My name is not Henry. Henry has already gone back. My name if you wish for a name—it's 'Saul'.

Jan: Thank you—I did wonder. It's still lovely to meet you Saul.

George's Notes:

1: King Henry VIII: King of England 1509-1547. He broke from the Church of Rome (1534) and became head of the Church of England, and oversaw the destruction of many religious buildings. He is noted for having six wives, two of whom he executed; he also had mistresses. Henry was responsible for many executions during his reign. He increased the navy from five ships to around sixty and established coastal forts. The Treason Act forbade anyone to predict the death of the king, and so doctors did not tell him of his approaching death.

2: Simple Cancer Cures: (a)—A step that seems to have been overlooked is: what about those countries that have low cancer incidence? Perhaps we should move towards their diet and lifestyle. Example: South East China, where it has long been thought that the Chinese pearl barley featuring in diet is the reason. Recent clinical trials have proved this to be so.

(b)—Canadian scientists report that DICHLOROACETATE (DCA) is an effective remedy. Trials have been successful. DCA is a simple substance and requires no patent.

(c)—TETRAHYDROCANNABINOL (THC) from the plant cannabis sativa is a proven cancer cure that reduces tumour size. There have been twenty scientific journal articles that report its successful use.

These simple remedies are very, very much less costly than current standard treatments and surgery and they work! And there are those dedicated to getting the word out to everyone.

~8th February 2016~ SALUMET

At the outset, Eileen had a tickly throat and was coughing. Salumet quickly dealt with this.

Our prior conversation had included the mention of surgical procedure updates and the news that 'hand transplants' should be available from April onwards; also 'head transplants' were being seriously considered following experiments with monkeys:

Lilian: Good evening Salumet. Welcome to you.

Good evening.

All: Good evening.

Coughs

Lilian: Would a drink help?

I am dealing with it. I am happy—

More coughs

I think it should be okay now (oh good). As always my dear friends, I am happy to join with you; and again, those of us in spirit have been listening to your conversations. As humans, you always will have had many doubts about advances in your world. Remember how we discussed about transplants of the heart and how our comments helped many of you at that time. I wish only to say that these things are never clear at the time of speaking about them. All I will say is that advances in medicine will always be taking place and sometimes it may not be to everyone's agreement, but still you have to allow these

things to advance. I of course see a much wider picture and have to this time in your universe, been aware of many changes. I will say to you my dear friends that continue to question whatever you will, because in that way you will surely for yourselves reach the correct answer. We do not come to tell you what you should think—that, my dear friends, is entirely up to you. But I want to reiterate this evening that I have indeed come to you in the name of truth. That is what I have always stated. My message to you has always been simple. I try to bring to each one of you ‘love’, ‘understanding’ and many of the qualities which make for a good human being. Your understanding sometimes takes you too far from the *simple* truth, and I wish only to say to you this time that love, understanding and allowing spirit to help you at all times, that other gifts that I bring to you; but again, I offer them to you this evening. But when you leave this room, you will *feel* that love of spirit, you will have understanding of your fellow man, even if you do not fully agree with him. You have to allow this planet to evolve, because that is what is happening all of the time—that this planet and many, many others are evolving at the same time. So I would like you my dear friends, when you leave this room tonight that you think about that simple word ‘love’. It is a small word in your vocabulary but it is of great magnitude for all. This is what I ask you to do this time, my dear friends. Do you have any questions for me this time?

George: I think I am right in saying how the steps on our way forward, are as your words very strongly imply—are an important part of our evolution.

Yes, and for your own spiritual development; after all, with your mistakes in your lives, you learn so much do you not?

George: Indeed (yes); with the thought about head transplants, I feel so sorry for the monkeys, who are being experimented on.

Yes—yes, and you must hold those thoughts at all times, but as we have spoken of in the past, you do not know the reasoning behind all of these things. But yes, of course you must have love for all of the animals. It is never right to create these conditions with the animals. So I am in agreement with you that it is not always suitable. I cannot say more than that at this particular time (thank you). After all, humans and the animal kingdom belong in this planet with equal rights (yes).

Lilian: We use—it’s quite a hard one—thinking of the animals in the experiments.

Yes, but again my dear friend, when you do this, you are thinking in the moment. You do not see the wider—

Lilian: Yes, the bigger picture—

After all, there was so much outcry when you had the first heart transplants, and people were saying that it must have been their time, but no, you humans as human beings can—shall I say?—make a mess of your lives (yes). You create situations that are wrong, and create ill health from within the body when in fact the body should have remained healthy. You must think along all of those lines before you make criticism.

Lilian: Well I know when I was facing operations on my heart—it did worry me about the animals that would have been used, so I defend them in my way.

But today those animals would say they were grateful that they could have helped, if they could use human words. That is what they would tell you.

Lilian: That’s lovely.

George: That’s interesting.

Jan: As you mentioned monkeys (yes), are there things in their consciousness—of the monkey involved (yes),—because they can see the bigger picture from spirit. Would they not see it as—

—A gift to humankind? (Yes.) That is exactly right; and that it is always difficult when we are trying to explain why these things happen—of course it seems horrific and of course we do not wish harm to anyone—animal or man. You must look to the wider picture of this.

Jan: Yes, because in my own little world I can imagine—like contracts between species almost—spiritually being drawn up, but it is for the betterment of mankind, but who knows that that medical advancement may help the animal kingdom in return at some later stage?

And also, when the human has received, not only from animals but from other people, whatever the transplant may be, it has allowed that person to grow—the one who has donated; but also it has given more time to the person to whom the transplant has been given (yes). It has given that person time to look at his own spirit, and where perhaps he may have gone wrong in this lifetime. So you see there is never one clear message.

Jan: No, not at all—no, even regarding the eating of another animal, I was reading that the animal kingdom; although they wouldn't really like us to eat them—but because a vast majority of them also eat members of the animal kingdom, it's a gift—really, when they go back to spirit as one consciousness, they really—how can I put this?—there's an acceptance.

Yes—yes, you have to understand that, from spirit, we are looking at everything in much more detail (yes)—yes.

Jan: Well they prefer that we didn't eat them *but* they understand why—that's the main thing.

Yes, but of course we do know and understand that the Earth is not a perfect place (no), neither are those animals who exist upon that planet. So, again I say to you my dear friends: be careful in your judgements.

Jan: Yes because some of the animal kingdom just literally kill for fun (yes). So yes, we shouldn't judge one another at all.

George: Perhaps an extreme example is: during World War II, a thriving rabbit population became (in UK) a very important food source. It certainly increased thought that there might be on Earth a certain gratitude in relation to the rabbit, for the service given. It was certainly appreciated by humans at the time.

Yes—yes of course, and you have to remember you all belong to the same energy—that when you leave this Earth plane, you will all return to that energy that you know as the Great Spirit. So whatever is happening in your world today, I say to you my dear friends: analyse if you wish, but keep your hearts open to all of the things that are going on around you. Remember the word 'love' and it will carry you through, no matter what conditions you may come across.

George: Perhaps one more difficult one to think about is a technical consideration. We are all familiar with the Galileo telescope based on the convex lens that enlarges our view of the universe and matter. I have recently read a report on what is called the 'Santilli' telescope, which is based on the concave lens, and designed for revealing, not matter, but antimatter—antimatter based on antiparticles.

I would only say this to you my dear friends: if there is matter, there is always antimatter.

George: Ah! Well that in itself is very interesting—

Yes, because you always have to have a balance.

George: Yes, it has been rather conjectural.

Yes, but just keep that in mind about matter. There is much you do not know yet and much for this planet to find out.

George: I understand the digital camera is able to photograph images from the Santilli telescope.

Yes—but do not forget also that they are being helped by us from spirit.

George: Yes of course.

Yes, all things that happen have been helped by our world in some way or another.

George: So this is another part of evolution on our way forward—

Yes—yes, of course. Now, are there any more questions this time?

Jan: I do have one from Richard, but I feel at this time it is probably not the right time to ask you. At the end of our discussions—he wanted to know, regarding the 'missing link' in the human chain of evolution—

Yes, do you feel that there is only one missing link?

Jan: No, Richard suggests that there are more than—quite a few actually that we haven't had answered.

Yes, you are at the very beginnings of discovery of your planets. So yes, I will say to him: he is right in his thoughts (yes). Yes, there is not just one missing link.

Jan: No, he mentioned to me at least three that he was aware of in the chain that they haven't lined them all up yet, but—

As the planet progresses and evolves, you do not get the answers to the questions. The questions become greater—that is what you have to remember also (yes). As you answer one question, another one arises (yes), and that will always be whilst you live on this planet.

Jan: I think he, well I know he is extremely interested. His main question to himself is: were we engineered in some way—that we don't appear to have evolved from the ape, that they say we do. I'm not quite sure what he's read up to, but were we engineered in some way by ETs?—that was his question.

I know where he is going, but at this time I will say to him 'no', you have not been engineered in the way that he means.

Jan: Okay, thank you.

George: I have another question regarding the final disappearance of Atlantis. There is very good evidence that this has been accompanied by 'climate change', and quite a marked climate change—in that in Siberia, there are areas that are now icy tundra—were abundant grasslands supporting thousands of mammoth, woolly rhinoceros and sabre-tooth tigers—quite large as well as small animals. But at the same time as the final disappearance of Atlantis, there seems to have been this huge climate change, which has caused these animal extinctions. So again—part of our planetary evolution—

Yes of course, there is so much you do not understand, and it is futile to try to explain what has already gone. Remember I have said to you: you must go forward—you must look forward and can't look backwards. But yes, there have been many changes in this planet, as there are in others, but you will never come to the end of wondering. But I understand why, as human beings you are so curious, when all you should really be striving for is the beauty of your souls and the beauty of spirit when you return to us. All of life seems so complicated does it not?

Jan: I wonder if that's one of the reasons why humans are inquisitive and so curious about the past?—is it because the answers are moving forward sometimes?

—Not at all (no?). You do not make the past to move forward.

Jan: No, I know that, but we all seem to be wired in that way, where we're all looking for answers from the past. Why is that?

I will just say and call it the word you used: 'just curiosity'. You have been endowed with free wills which includes curiosity—that is why (I see). And there is no harm in trying to find about the past, but what I am saying my dear friends, is that you must not allow it to take precedence over what you should be seeking. That is all I am trying to say.

George: Perhaps it helps to colour our impression of planetary evolution, but yes, I fully accept what you say—

Yes, but there is no harm in doing so. It is entirely up to individual's free will—yes.

Jan: Children are also very, very curious, they are closer to spirit than we are and we've all had this—especially the little boys—amazing curiosity and eagerness to learn about dinosaurs. It's really *the* thing to learn about when you're aged six (yes), so I think there's no harm in being childlike—

Do not forget that the genes retain memory (yes). You must look to that source as well—yes. Yes, there is no harm, but my wish for all of you is that you look forward, that your spirits soar, that it becomes imbued with all of the knowledge that you need to grow spiritually; after all, that is the main objective of you being here—to love each other, to change what is wrong and to go forward.

Jan: When you say 'changes', what sort of changes?—to change what is wrong within ourselves?

—Firstly, and then in your societies—yes.

Jan: —because obviously you can't change society if you're not prepared in yourself, it seems to me.

Yes, that is correct—that is correct.

George: Yes, an area that sorely needs much more love at the moment is the country of Syria; and there would appear to be six foreign nations conducting a war in their homeland (yes), and driving immigrants to other places—which is a natural thing—I think many would run away in that situation (yes). So the immigration which many simply see as an isolated problem is really very much of our own making.

There is no doubt that in the world you inhabit this day, that there is ignorance to 'within', there is hatred, there is all sorts of negative feelings which need to be obliterated. But it is still part of the

planet's evolution, of this there can be no doubt, but that should not stop all of you sending out love for all people, all those who suffer and for those who are committing terrible deeds, each to the other. Yes, there can be no doubt that the world in certain places is in turmoil, but it has happened before and I can only say that until each Earthly individual finds in their own hearts the love of the Creator, we will always have some problems. That is why it is important for each and every individual to give of themselves with love. I will never tire of using the word 'love' because that is the very core of your beings. Do you understand my dear friends?

George: Yes indeed. Yes, I think of this as a basic essence.

Yes—yes. If you can reach into your own hearts and spirits, you can make this world a much safer and much more loving place. And I know to many, it must seem like that is an impossibility. I sit here with you my dear friends and tell you: it is a *possibility*. And now, I feel I will take my leave this time. I just wanted to reiterate to you all, what love can do for each and every one of you, and to never forget that that is the very, very deepest part of your being.

Jan: May I just take this opportunity—I would like to say 'thank you' for the love and help I have had over the last couple of months (**yes**). So I thank you.

All of you are loved and we try to help and uplift you at all times. So as I leave, again I enclose you in my love and leave you feeling uplifted—until we come together next time—I will leave you quietly.

General appreciation and thanks

Following Eileen's return, there was a brief visit from Cho:

Lilian: Hello.

Hello—hello.

Jan: Hello—I knew it was you. I could see you above my head.

I coming next time—tell you little bit about me.

Welcomed by all

—Next time, okay?

Jan: We look forward to that.

I was helping this time.

Jan: Are you able to help Eileen come back?

No, I just know—she ready to talk.

Jan: I see.

I come next time—ciao!

All: Ciao!

Jan explained that she could see him—what he looked like when in Mongolia—cleft palate, round face, thick set, very short and with a crop of black hair.

Next, a brief period of clairvoyance via Eileen, with Jan's father letting Jan know that he is still around and commenting on her business accountancy—"You make your own lottery!" And Eileen could see him placing their old money box on the table in the middle of the room. There was some nice humour in this, and he was encouraging Lilian to spend a little of her money and "Buy yourself a nice cake!"

George's Notes:

1: Santilli Telescope: The data on this item was sent to us by a reader in Australia. Thank you Emmanuel! Dr Ruggero Santilli is highly regarded and has in the past had Nobel Prize nomination. The telescope or a pair of telescopes are able to reveal intelligently moving objects in the universe that are otherwise invisible; also likewise, entities in Earthly domain. It is expected that this step forward will achieve much.

2: Warring in Syria: Apart from the foreign nations actually waging war and supplying the arms being used (U.S., U.K., France, Russia, Turkey and the mixed-nationality ISIS), other countries named on the Internet for supply of arms are: Iran, Qatar, Saudi Arabia, Libya, Lebanon and Croatia. Well, it all adds to the turmoil. The news that it is planned to end hostilities within just a few days is welcomed news indeed—perhaps the prayers of we ordinary people are being visibly answered at last!

~7th March 2016~

Eileen was on holiday last. Our first visitor this evening was Cho—Audio link:

http://www.salumetandfriends.org/resources/2016_03_07+Cho.mp3

Lilian: Good evening—welcome.

Pause

Hello.

Several 'hellos'

Lilian: Is it Cho?

Cho.

Lilian: I remember you said you would be coming.

Pause

I just looking for the lady.

We suggested that would be Jan, with the leg problem

Yes.

Paul: Her leg's still a bit too bad, so she hasn't come this week.

George: She is having a problem with the broken bone knitting together, so Jan can't be with us this evening.

We try to help her.

Appreciative comments

Paul: How are you anyway?

Cho very happy—(that's nice) Yes.

Lilian: Were you going to tell us a little bit about yourself when you were here?

I am—I'm just organising first—people to come—yes—I cannot remember too much, but I will tell you what I know.

Paul: That will be nice.

You all seem a little reserved tonight.

Sarah: We are just quiet so we don't miss anything.

Ah—nosey!

Laughs

Yes, I understand, yes. I believe you know that I was saved by two people—

General response—'yes—missionaries—yes

I am sorry?

Paul: We call them 'missionaries'.

Yes, I was found as a baby. I only remember '8', so I believe it must have been your year of 18s? Does that make sense?

We agreed it makes sense

Unfortunately I was not a well baby. I could not hear, I did not see very well, and I was physically handicapped. That is why I was abandoned.

George: That's a very tough start.

Yes, so you see, Elizabeth and John had much of my gratitude when I realised what they had done for me (yes). They obviously could not take me with them, because they travelled quite a bit. Are you understanding me?

General positive response

I know my language is getting stronger and stronger.

And general agreement to that

Yes, but sometimes I revert to not saying any words—it is something I am still dealing with. I know I do not need that problem, but it still comes. Elizabeth and John were good people. They were 'childless'. Is that correct?

Cho was assured that the word was correct

They gave all their love to me. I don't know if it was pity or it was immediately love. Knowing them as I do now, I would say: they fell in love with me.

Understood

Yes, and because they had to travel all over the place, I was given to an elderly couple first, but I did not make a connection with the gentleman and I have to say: I was a difficult child. I cried a lot because of the many problems that I had. But I want you to understand that even when children are handicapped, they have a knowledge which is strong—their senses become stronger (yes), and I sensed that this older gentleman found it difficult to deal with me. When Elizabeth and John returned from their travels, they always took me to different places. They helped me to become nourished, not only in body but in my mind. They gave me every opportunity that they could at that particular time. I would not say my life was hard, but it was perhaps harder than most children (yes) and I could feel myself growing to love them, the older I became. I was passed from couple to couple, and they paid for my—‘upkeep’, I think you would say today (yes). So you see, my story of that lifetime was quite simple, but I experienced love, whereas I could have easily passed to the spirit realm. I was saved by that dear couple. And today you know, they are still helping deprived children.

Sarah: Is that deprived children in spirit or back on this Earth?

—On this Earth, yes. They travel back to here to help deprived children. So they have spent a number of lifetimes in helping others and I do see them occasionally.

Sarah: Are they still together on this Earth?

Not on this Earth, no. They come from spirit.

George: They are in spirit but they are still together—
Yes.

Sarah then clarified that they were helping children on Earth, but from the spirit realm

So I carry on in spirit, trying to help others. That is why I wanted to be a gatekeeper and that is the reason I have worked so hard with my words.

Sarah: Well, you’ve done very well.

Yes, and people know me now as ‘Cho’.

Sarah: Do you understand now why you came back as a handicapped child?

Yes I do—because I was a much stronger spirit than I thought. Yes, I understand now that the choice was mine (yes). Yes I do. That is a very tough thing to understand when it is happening.

Sarah: Yes I’m sure.

But I was fortunate, was I not?

Paul: Yes, well I suppose fortunate—we are told that we choose our parents, so perhaps before you reincarnated you sort of chose the situation with Elizabeth and John—

I know I chose the situation, but I was not aware of Elizabeth and John. I knew that someone would save me in that lifetime, but I was not aware of all of the details—yes, and they are wonderful people.

Lilian: So how old were you when you passed back to spirit?

I believe I was in my what you call ‘teenage’ years.

Sarah: That was quite young.

Quite long—

Sarah: Quite young I would say!

You say ‘young’, I say ‘long’!

Laughs

Sarah: You’d obviously learned all you needed to learn in this lifetime then when you went back—

Yes, they were my eyes and my ears. Yes, I do not pretend it was an easy lifetime—it was not. But I do remember Elizabeth saying I was always smiling.

Sarah: Oh well, that was nice—you were very happy with them, that’s why—obviously.

Paul: And you’d come to the Earth already with a strong spirit **(yes)**.

Sarah: I think Salumet mentioned to us a while back, that many of the people who come back as handicapped people are actually ‘old spirits/souls’.

You have to really WANT to come back as a handicapped human being—yes, but I can only say that your spiritual growth from occasions like that is so powerful, when you realise how you have lived, and how other people pass through human living so easily. Yes, it is a strength of spirit.

Paul: Yeah, you had a greater challenge perhaps—

Yes, and I was prepared to take it. Anyway, I hope that has given you a little insight into my life before.

General agreement and thanks

Now I just want you to recognise me now as ‘Cho’ (yes).

Sarah: Do you still have contact with Elizabeth and John, did you say?

I still see them at times.

Sarah: Yes, that’s nice.

They have decided not to reincarnate for a while. They are happy to be doing what they are doing, and of course, we do get together at times.

Sarah: Yes, that’s nice.

George: I’ve been thinking lately about gender inequality, and how the female is generally loving and caring while the male is more aggressive and warlike. How did you manage with the various couples you lived with? Did you usually find that the female was more loving and caring than the male?

I was only aware of the first one, where I felt the gentleman was not in connection with me—even as a small baby I felt that. But I would only say that it does seem to be that way, but in fact female and male gender should balance each other out (yes). That is what it is about.

George: It’s very nice when there is the balance, as there was with Elizabeth and John.

Yes, because they had a deep love for each other and for humanity. Yes, you all have that deep love, but sometimes your everyday living creates a strength in one side of the gender or another. A woman can be masculine as a masculine can be feminine. Does that make sense to you?

Agreed

I know what I am saying.

George: Yes, I think we are aware it *can* be like that.

Yes, but I understand, in general man is a little more, let’s say ‘forthright’.

George: There are times when I have thought that if men were banned from taking part in government, then the world would be a much more loving place!

Chuckles

Well we would like to think so, but I tell you something: I am not so sure.

Paul: No, I think probably what you need is the *balance*—human beings who are *balanced*.

Yes, there are times when you need the strength of a male energy, and there are times when you need the gentleness of the female. But we have all been created in human life to be balanced in both. And of course it is your free will in whichever direction you wish to go.

Paul: And I think whatever gender you are, you *should* be capable of expressing the both sides—the strength and the gentleness.

Yes—the Great Creator has made you that way.

Paul: —because spirit is neither—is genderless

The spirit has no gender—the true spirit. And when gradually you move through spirit, we are supposed—and I have not reached that yet—but gender does not matter.

Sarah: In fact there are some animals—I think mainly from the sea, that actually *change* gender in certain circumstances—they can be male or female...

Yes, and in a sense, that is what you as human beings can do.

Sarah: It depends on the challenge doesn’t it?

It depends what is feeling the strongest pull for you at any given time.

Paul: Sometimes I feel it’s a great pity when you get a child that grows up—I think there’s a name for them—is it hermaphrodites?—where they’re not really clearly one or the other.

That is because at the time of reincarnation they have jumped too quickly into human form, before allowing themselves to think deeply about what is happening.

Paul: Ah!—I was wondering because quite often they then decide later on to have surgery one way or the other, but in a way—

In a way, that decision should have been made before they entered the human body.

George: Yes, Salumet has talked about this. He said they are too rushed in, pushing their way forward.

Yes, you see, when spirit decides to reincarnate, it is not quite a solitary decision. There are always those who are wishing to help them make the right choices. But they cannot be stopped because of their freewill, and often it is too rushed. It is not a fault, it is just part of how it all works.

Sarah: Too eager to get back—

Yes, or sometimes because they are hesitant as well (oh right!).

Paul: Are you still Cho?

I AM Cho.

Paul: I just wondered because you're beginning to sound a little bit like Salumet.

Understanding chuckles

No, I can never sound like Salumet—only Cho. I can only tell you what I know, and there is much I do not know.

George: And you're telling us very well. Your word usage has improved immensely.

Yeah, I feel the energy is good here.

Paul: Yes your words were flowing so well I just thought maybe—

I am very pleased you think I am Salumet.

(More chuckles)

Sara: That's right, he words are very fluent—

Well, I am pleased that you have enjoyed me talking to you, and of course you know I am your gatekeeper at times.

Paul: I'm sure Jan will be very happy to read this one, because she likes your chats.

Yes, I will endeavour to be with her as much as I can.

Lilian: She's not having an easy time.

She recognised me when first I struggled to come.

Paul: Yes, she tuned into you well.

Sarah: When you say you're our gatekeeper—are you the gatekeeper for this group or for us individually?

For the group, but I have a special bond with the lady. That is why she was able to tell you a little about me (oh right!)—***I was able to tune into her energy.***

Sarah: Why have you got that bond—just because you were able to tune in? Had you known each other before?

No—no.

George: I guess it's just that Jan's clairvoyance ability suited well—

Yes—like all of you, you will bond with one person more than another. It does not mean it is any better or any worse—just that the connection is right.

Paul: Is it something to do with vibrations or an affinity?

All energy—it is to do with the energy, and you are attracted like-to-like spiritually.

Sarah: So you are on the same spiritual level—

Yes, on the same spiritual wavelength.

So, I am grateful for the help; it allowed me to come and to grow strong, and so be able to use my words more strongly—because when first I came I struggled.

Lilian: Are you aware if in spirit there are any more—I'll say 'Salumets'?

Many more Salumets? There is only one Salumet.

Chuckles

Lilian: Spirits like that—teaching—

—any more spirits like Salumet. No—I know there are teachers here on different levels, and it depends on what level you are able to go to. You never can go forward—higher—they must always come down to OUR level to teach.

Lilian: They teach in your halls **(yes)**.

Sarah: But gradually you start to go a bit higher as time goes by.

—Only after eons of time (oh right)—and that is only if you do not wish to reincarnate (oh I see). We can be in spirit for a LONG time—a long, long time before we move forward or we come back. I do not wish to come back just yet, but I know at some point that I will. Now—

Sara: Is there something you would like to experience in the Earth life if you were to come back again?

I would have to discuss that with MY teachers—what would be best for me as spirit—what I would gain from the experience. But there is not one thing I can tell you now.

Lilian: And when you come back, it would be another aspect of the aspect you have just told us about? Am I right?

Pause, then quietly

I am still here. I am being called.

Lilian: Well, nice of you to come and chat to us.

Kindly words and farewells

Next, a difficult dialogue followed between one via Eileen and Lilian. This turned out to be a ‘rescue’ of one who worked in the ghastly sewer tunnels who was calling for his partner Jimmy and who brushed away the occasional rat. At one point he said to Lilian: “You’ve a soft hand for a man!” Lilian replied: “I’m a woman.” His reply: “Ah—get off!” It all worked out in the end and he was met by Jimmy who had already passed on. He had thought that the spiritual basis of life was a ‘load of rubbish’ and that is what had been holding him back

Audio link: http://www.salumetandfriends.org/resources/2016_03_07+Rescue-Jimmy.mp3

~14th March 2016~ SALUMET

This evening began with clairvoyant messages from Eileen to Jan, all of which made perfect sense.

Audio link: http://www.salumetandfriends.org/resources/2016_03_14+sol.mp3

Lengthy pause

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

There are many who are with you this time, so I will not stay too long, because this my dear friends, should be a year of much more awareness to you all as individuals. I have said this to you in past times and the development that is with you has not always been achieved. So this coming year of your time, we will endeavour to come ever closer to each one of you, no matter your circumstance, no matter what you desire, know that we in spirit will be very close. We will try to sustain and uplift you in all matters of your daily living.

Lilian: That’s very kind.

You know my dear friends that life can be harsh at times, but all I wish to say is that these hard times make you much stronger—the spirit grows stronger, and that is what I would like you all to focus upon.

Lilian: Yes, I’ve tried thinking that and I’m sure when a better time comes along and we realise maybe how we’ve grown **(yes)** and got through the bad times—

Yes, it is only by surviving the harder times of life that you appreciate all of the goodness in your lives—that is quite correct. So, that is all I wish to say to you at this moment in time. So if you have any questions, I will be happy to answer them for you.

Pause

George: This Salumet, may be an inappropriate question. It comes from someone we have mentioned before. He is seeking, and his name is Tom Kerr and to those in spirit he is known as ‘Uncle Tom’. He is inquiring—I think he is seeking the meaning of those in spirit who have ‘all knowledge’. He says: ‘Do you know who he is and what circle he is with?’ His medium is known as ‘Douglas’ and his wife ‘Nell’. And I understand his medium is in Australia; and Tom Kerr is here in the UK. So it may be an inappropriate question, but he is inquiring if you know of these people and their circle.

All things are known if you desire. But what I do not do, is apply for those who seek information that they can discover for themselves. So, in that sense it is inappropriate to ask me to help them. They know very well what they have to do or who they have to contact if indeed their medium is a true one.

George: Yes, I felt it would be something like that.

Yes, that is all I wish to say about this. There are many, many mediums upon this Earth who are in contact with spirit, all to varying degrees of knowledge. So whatever degree of knowledge the medium has through those in spirit—that should be enough to sustain, to uphold them to inquire further. And I have not come, as you know, to talk to people on these matters—matters that can be found for themselves (yes). So I hope that is helpful to you.

George: Well, that answer I well understand (yes)—thank you Salumet.

George: There is another question—there's been much talk on the planet about 'gender equality', but of course, genders are not equal. The female is naturally—for the most part—loving and caring. The male—for the most part—is or can be aggressive and of a warring nature. We have discussed this a little and we feel that the blending of the male and female energies is important. And I just wondered if you would care to elaborate a little further on this?

Yes, I was about to say that this had been discussed before, but you have to remember when we speak of gender, it is a *physical* instance (yes). When we come to spirit, gender is immaterial; it is important for a short while again, for recognition purposes, but nevertheless it is unimportant in the spirit world that you remain with a certain gender; after all, you are made up of both male and female. Therefore it is unnecessary for you on the Earth to become so interested in what is happening with male and female. I agree that upon this planet it is assumed that the male is more powerful—more warlike, but I would like to dispute that with you. You must remember, my dear friend, that at certain times you will find that the numbers of the female or the male gender outnumbers the other; and this is part of the human being's quest for living, and it is also part of the Great Spirit's intent that all must remain balanced at all times. So I hope this helps you in your equation of both male and female.

George: Yes, and I sometimes feel that government would be more successful with more female representation.

Yes—are you not aware of the many female warriors that have existed in your world?

George: Yes indeed.

Yes—so therefore be careful not to cloak them all in the same garb.

George: I speak of majority numbers.

Yes—yes. So I hope that helps you a little. But in general I would agree, the female does *seem* to be more gentle (yes), more refined; but within the breast of that female lies the same energies as that of the male (yes). Yes, you must try to see them as non-male or female, but try to see each individual as an individual and as a spiritual being.

George: With both qualities.

—With both qualities, yes.

Sarah: Salumet—is the male and female beings on this planet—practically all nature is male and female—is this peculiar to this planet, or is it the same in all the universes that we have?

Whatever the planet—whatever form the being takes, these are *energies* we are speaking of. So, yes I would say you would have to have a balance of both energies. Does that help you?

Sarah: Yes thank you—yes. Yes, because I was thinking: they're a lot more advanced than us—you've told us (yes) and in spirit you don't need male or female. So I just wondered if they were advanced, if they had some other way of reproducing than we do.

There are many possibilities, and many that you as yet do not know of. But yes, I have told you in previous times that energy can be transmuted; so that perhaps would give you the clue as to how these superior races have worked in the past. It gives you something to think about.

Sarah: It certainly does yes—thank you.

Jan: Salumet, going back to what you initially said this evening on development (yes)—please may I have the name of the type of clairvoyance that I have when I sit in this room?

Yes, you have a mixture of ‘Clairsentience’ and ‘Clear hearing’. You may not be aware of the hearing yet, but it is there to be developed (right) and that is why I say: each one of you in this year to come, should work upon the awareness that you already have and develop what is your potential.

Jan: So in my quiet moments, when I’m not in this room, is there anything in particular that I could be doing within my meditational quiet times to enhance those feelings?

—Only to give of yourself freely, to allow yourself to open naturally, and just to allow those who are close to you to help (right). What you do not do enough—all of you within the room, is to ask for our help enough—We are there to help in all manner of ways.

Jan: We’re very good at asking for help when we need it for our own—

—For others, yes, but not for yourselves.

Jan: Yes, not for ourselves or our own development—that certainly gets missed out quite a bit.

Yes, and also for your health you must allow others to help you. If you have a blockage we cannot come close enough—you understand?

Jan: Yes.

Good. Now, my dear friends, I will take my leave of you and allow each and every one of you to feel who is close by. I would like you this time to speak out about what you feel, and I assure you that there are many within the room waiting, to be allowed a little closer to you. So my dear friends, as I take my leave, I cloak you with all my love, and until we come together once more I leave that love with you.

General thanks and farewells, followed by a period of silence

George: Perhaps I should mention this: I have a Spring-time scene—wonderful snowdrops.

Eileen: Continue to sit quietly and we’ll see what happens.

Sarah: I don’t know who it is, but I saw these jewels and gems. Somebody’s giving them to me, saying that they belong to me, but I don’t know who it is.

Pause

Eileen: We’ve been shown a name; it’s William Sawyer.

There was some discussion regarding the possible significance of the name

Jan: Sarah was right—they left for India in 1947 (right)—they said the British were signing over India’s independence, still worked for the government, and they were sent to India. I think we’re all being given one thing that’s tying together.

Sallie: I don’t know what’s going on but I’ve had this man in my brain for the last ten weeks or so—‘Ronald’.

Eileen: ‘Ronald’—you don’t necessarily have to know them—you just accept.

Pause

Eileen: I’m being shown a train—

Pause

Eileen: This train’s green and I can see the word ‘EXPRESS’.

Sarah: It’s connected with India again, I think.

Eileen: Is it?—don’t know much about trains.

Jan: I got the word ‘Delhi’ come up in big letters when you said the word train—I’m still with the Indian connection here. I’ve just got a tremendous feeling of expansion—my heads growing.

Sarah: I’ve got a feeling that something not very nice went on in India—I’ve got very cold..

Paul: I started off with a small golden object—a bit like a toffee with a shiny wrapper, but it’s now more like a gentle golden light shining on the face—very nice. There seems to be a man there as well—in working jeans, sort of dungarees.

Jan: That’s the train driver.

Sarah: It’s all past now, but I think I died out in India actually.

Eileen: So you thought you were William Sawyer?

Sarah: No (no?). I think I was a woman—I think I was an Indian woman.

Eileen: Have you got any more Jan?

Jan: No, the expansion has stopped. I have a feeling that I've been impressed to see something that happened on this particular train journey. I've still got very much a connection with India and the train. They're showing me a person similar to what Paul described—dark denim dungarees—as the train driver, and I have the feeling that something quite horrific that they will have encountered.

Eileen: Are you are having the feeling that it could have been a train crash (yes).

Eileen: Yes—that's what's just come into my head now that there was a very severe crash. Does that connect with you Sarah?

Sarah: I've got a lot of goose pimples, so it probably does (okay).

Ben: All I could see was lightning—like a storm.

Jan: It could tie in with the fact that I'm being shown that the train was attacked. This could be what we know today—we call it a terror attack, but it's part of—the 1947 bit is really quite significant—there were a lot of killings around that year.

Sarah: I did get the feeling that it was something nasty rather than an accident. I didn't know what it was at the beginning, but I did get that sudden feeling that it was something that wasn't very nice.

Jan: I think we have people in the room with us on that were on that train.

Sarah: Actually, you saying that, I think the people that are in the room are the people that did it and have come to say 'sorry'.

Jan: You are going to have somebody with you in a minute. (*Meaning a rescue*)

Pause

Sarah: So whatever it was, they've gone now.

Eileen: I think to clear that I think you should be seeing a loved one of some kind, showing themselves to you—perhaps you'll let them come forward.

Pause

Eileen: If you don't see anyone, you may have a touch or something of that kind.

Jan: I've had mine.

Sarah: I haven't seen anybody, but I have got a feeling that it's actually three people. I think it's a mum, her mum and her mother's mother—all 3 of them.

This seemed to conclude the Indian clairvoyance.

Eileen then stated: I hate to tell Sally, but I think she's sitting on my husband's knee!

This caused laughter and lightened the mood.

There followed a further session of clairvoyant readings for Jan via Eileen that made perfect sense for her. This was followed by one for Mark from Ann.

George's notes:

1: Salumet's Mission: At the outset in 1994, Salumet declared his mission to have two parts—(1) to divert us from nuclear oblivion that we were at that time rushing into, and (2) to teach the truth of spiritual existence. He has also made it clear that he can only teach to the ability of the pupil (that changes), and he does not teach details that we had best discover for ourselves.

2: Gender: It is now made very clear that we each have both male and female energies, and so it is unnecessary to dwell on the attributes of one or the other. Balance is important, and there may be a semblance of loving partnership in spirit just for an initial period.

3: 1947 Indian Express Train Disaster: On 22nd September 1947, the train carrying 4500 Muslim refugees was attacked by armed Hindus and Sikhs at Amritsa station. The train was fired on for 3-hours. 3418 were killed or missing and 1328 wounded.



Indian Express 1947.

~21st March 2016~

It was about 10 minutes into the session that one seemed to be with Eileen.

Lilian: Good evening.

Pause

Lilian: Do you wish to sit quietly or have you come to say something?

Pause

Lilian: I'll just touch your shoulder and that will help you.

Pause

—I'm sorry.

Lilian: Can you tell us your name?

Freda.

Lilian: Linda?

Freda—Freda.

Lilian: We've had a Freda before, but this is your first time?

Jan: Are you alright Freda?

Lilian: So this is your first time to come through and talk to anyone is it?

Yes, I'm our Freda.

Jan: Your mine?

No.

There seemed to be something wrong with the transmission

He's not letting me through.

Paul: She needs a bit of help coming through.

Lilian tried giving energy by touch, but to no avail, and the attempted transmission terminated. When Eileen returned, she felt it concerned a memory from her very young childhood, and the lady had drunk herself to death having lost a child and there was no stopping her—not a nice feeling for Eileen, and it was Eileen who decided to terminate the transmission.

Then Ruth, Leslie's wife in spirit, spoke through Eileen.

Audio link: http://www.salumetandfriends.org/resources/2016_03_21-Ruth.mp3

Lilian: Hello.

Hello Lilian.

Lilian: Hello.

A few familiar faces here tonight.

Jan: Is that you Leslie?

Not Leslie—Ruth. Yes—I've been with you recently Lilian—pottering about.

Lilian: Doing things I shouldn't.

Chuckles

Doing things you shouldn't?—I'll say what Leslie always said to me: You can't be doing that because you're needed too much.

Lilian: That's very kind of you.

It's very nice to see Dawn here.

Dawn: Hello.

Hello Dawn.

Dawn: And how are you doing?

I'm doing very well. I'm working hard and of course I see Leslie—not all the time, but I see him.

Dawn: Can you tell us what you both do now?

Oh, he's doing so much as usual. You wouldn't think he'd come over here for a rest!

Chuckles

George: And does he spend a bit of time in the Halls of Learning?

He does—all the time; and he's very often with you.

George: Oh!

Yeah—with your books and your information.

George: Ah, yes, that's good! Yes, I find bits run smoothly at times and I feel I must be getting a little help.

Yes, well, he found the same when he was there. You know, never had enough time for anything. And you're a bit like that sometimes, aren't you?

George: Yes.

Chuckle

Yes—not enough daytime.

George: Yes—I'm slowing down a little bit now. Well at 85 I'm getting a bit tired at times.

Well, I can understand that—yes.

George: Yes—only to be expected.

And I understand Lilian's pain sometimes, because you know, I had a bit of that—and you were very good and kind—I'll always remember you Lilian.

Lilian: Thank you—glad to have helped.

And you helped Leslie when he needed it.

George: Yes, please send our very best regards to Leslie. He is much thought of here.

Yes, and I want to come here just to give the lady Jan some upliftment.

Jan: Thank you Ruth.

Yes, that's okay Jan—we're going to help as much as we're allowed to.

Jan: Thank you—with my face and my leg—

Yeah—well, it's more your spirit that we're concerned about.

Jan: Yeah, of course.

Leslie still uses people for healing—he couldn't give that up and he still does it.

Lilian: Yes, in spirit as well as helping back here—

Yes—he actually uses Eileen sometimes—I don't know if she's told you. But I don't think she likes the way he catches her breath—because the breathing goes—as soon as he comes back, it's off. I know you must all find that really difficult to believe, but it happens.

Leslie had breathing difficulties whilst on Earth, which of course in spirit no longer trouble him at all; but when those in spirit return to the physical, these conditions sometimes return.

Jan: No—because we've seen it so much, haven't we? *(Agreed)* So it makes sense.

And I want that Dawn to stop worrying so much about her family. Yeah—give them a little bit more reign. Yeah—just a little bit—but they'll be fine. (Pause) She's like the grandmother of the world, isn't she?

Giggles

Dawn: I feel old before my time.

Chuckles

Lilian: Just at the moment it seems like a rocky road all round.

Yes—what's better than to see a rocky road become smooth?—nothing better.

Lilian: Yeah, you know what that's like.

Well, I'm nearly going to call it a project; it's not a project, but I'm helping people who've felt resentful—resentful in life and how it affects them. It's really interesting (agreed).

Jan: They carry that resentment with them then Ruth, for some time.

They can do yes, for a very long time.

Sarah: Do you mean you're helping them in spirit or you're helping them here?

Both—when I get the opportunity I come back—

George: Resentful—is this at a personal level, or does this extent into politics?

Any resentment—any resentment isn't good, because it affects your Soul; doesn't it? (Agreed)

Sarah: I think that's where Hitler started, isn't it—resenting things; and look at the trouble that caused—

Well I know what resentment was, because I resented my first husband.

Sarah: Oh did you?

Yes, I expect Lilian might tell you a little bit about him, but I definitely resented him—not just for the way he treated me, but for the way it affected my children (yes).

George: I expect it all helps you to understand the principal of resentment.

I understand it NOW, I didn't then.

Sarah: Do you think it affected your Soul very much?

A little—I was fortunate to have met Leslie, who helped that process. He was the beginning of the process—of letting go.

Sarah: Yes—that's good.

Lilian: I sometimes still see Michael, you know, your brother-in-law.

Yes, he's okay at the moment.

Lilian: He's got slower, like the rest of us.

Well I'm afraid like most people, that's what happens.

Sarah: And are your children alright now?

My children?—I'm fairly happy with them. As always, you never know what's in people's minds. You know, I could look around this room and give you a different picture of what you present. But what I do want to say is, try not to resent anything or anybody, because in the end, it's you that's affected.

Sarah: Because it's a negative thought and it comes back on you, doesn't it?

It is—that's exactly what it is—it's negative.

Well, it's lovely me talking to you. I think I've had my allotted span.

Lilian: Well it's been lovely. Come again a bit quicker—it seems a long time to us—not to you possibly.

No, I know—time's a strange thing to come to terms with. But I'm glad you're all looking so well—even the ones I don't really know here—or DIDN'T know here.

Sarah: No, I never met you Ruth.

But you heard quite a lot.

Paul: Yeah.

Sarah: And we saw pictures of you.

Yes—oh I'd rather they didn't exist.

Laughter

Sarah: Well, maybe they don't any more—I don't know—anyway you looked very nice!

At least with Leslie I smiled a lot more.

Sarah: That's good.

Well, I'm going to say cheerio.

George: Do feel free to come whenever you can.

That's very kind of you George.

Lilian: And give our love to Leslie and to you.

Oh, he knows everything you're up to, don't worry.

Sarah: He must be pleased that the group is still going.

He's thrilled, absolutely thrilled that some of his words have outlasted him.

Lilian: Yes, he started a very good road for us to travel down (agreed) and you of course!

Jan: Thank you Ruth.

You're welcome and bless you all.

Jan: And our love goes with you.

General thanks and farewells

Oh and by the way Lilian, I still go to the church to listen to the songs.

Lilian: Do you!

I do, I still love it—isn't that strange?

Lilian: Yes. They're changing—the music is lovely, but—

Every now and again I just go back.

Lilian: They get together much more now, which is nice—the churches around.

Yes—I know you've had little conversations about me, but no, I wasn't hedging my bets—I just like the songs!

Lilian: Yes, I remember Les saying that you liked the singing.

Yes, anyway I really must go.

General farewells

Notes:

Ruth was Leslie's second wife, his first having passed on. They were a devoted couple, sharing in the work in the early days, and Ruth did valuable work as a medium. Eileen, Lilian and Dawn are known to Ruth, but the rest of us are newcomers.

~11th April 2016~ SALUMET

Lilian: Good evening—welcome.

A substantial pause followed before it became clear that this was a Salumet visit—audio link:

http://www.salumetandfriends.org/resources/2016_04_11+sal.mp3

Good evening.

All: Good evening.

How happy I am to join with you once again.

Lilian: We're very happy to have you with us.

As always my dear friends, your love for your fellow man is obvious to all. You ask for healing and upliftment for many, and (for) this we are always grateful to you; but I have told you this on many occasions, and I will continue to do so as long as that love for your fellow man continues. I was listening to you all speak before I came to you and I wondered, my dear friends, if you realised the complexities of communication which take place. Because your energy is so light I find it a little easier than once I did to join with you; but always I knew this to be so. So many people are confused by communication with us here in spirit. They believe it is just like looking at another person and all will be said and all will be shown. I have to say to you my dear friends: there are complexities with communication, but we have achieved it well and we have very few problems when I come to you now. And of course, each and every one of you play your part in the giving of your loving energies. So I thank you all, whoever may be here and to those who may be absent this time, I say: thank you.

Sarah: We should thank you too Salumet, because I think you've had to adapt as well to be with us, so I think it's probably a combined effort.

Of course, I would not be here without your love and your energy. No doubt you remembered in earlier times when the words were difficult to convey, and that is no longer the case. I believe I still speak more slowly than many who have addressed you, but that is only because I have come a little further.

Sarah: But it's also good for those who don't hear so well when you don't speak so fast.

George: I can vouch for that!

Sarah: So it's just right!

George: Yes, it's good that your speech comes through clearly and not hastily and I thank you for that.

Yes, there is no need to give thanks to me. The thanks lies with all of you—it is a joint effort, and the work that you have given to others in describing the work—and believe me my dear friends, it is a work

of spirit that you have created. We give thanks for all of it, and thank you so many times when we hear your thoughts and your words for other human beings. You know of course that the word 'love' is the one that I have used most often, because without love, what would we be? And there is love missing in your world today. But we strive at all times to be positive and to help those who live in negativity and are negative about their own way of living.

George: It surprises me just how much militarism is in the world (yes). It seems to me that there is so much purely physical thinking and lack of love in that.

Yes, the negativity would dissipate if only people allowed the spirit to come to the fore. I believe you all know and understand this, but a great number of people in your world are afraid to speak of what is deep within their hearts, and you know, without love there is cruelty—cruelty from human kind to one-another, and this we should not tolerate. We should always give out love. Do you remember my words and that of many people within your scriptures who say: give love?—yes.

George: And this of course is the only effective way to counter what I have referred to as 'militarism'.

It is the best way to counteract all of that negative expression that is being used. But of course you know, I always try to bring to you, my dear friends, the message of being positive. That will always overshadow the negative side of your lives. So, not only must you try to achieve this positive energy in your own individual lives, but you must send it throughout this Earthly world—out into the reaches of other universes; after all, you are not just people of the Earth, you are spiritual beings that are part of the many universes that exist. You understand?

(Affirmed)

Paul: And I think you've said before that the love you give out comes back to you (yes), so what's given to these other universes—there might be more exchange of this beautiful energy.

It is like the circle of life—the more you give the more you receive—the more you receive the more you give. If you can think of it in that way, you can see how this love energy grows and multiplies.

George: I think this might be seen as the essence of creation—

Yes, of course—of course. I am always surprised, when I have to use physical words to express something that is not physical. But I know my dear friends, your understanding has grown so much that it is unnecessary for me to constantly remind you. But for this time I needed to let you feel 'love' that surrounds you in this small place of union. I know you can feel it and the more you feel the more you give. So that is my message for you this time.

(Thanks expressed)

So, do you have any questions this time?

Lilian: Yes, could I ask one for Eileen, your channel? Last week, she went on a journey into spirit—she was carrying something heavy. That's about as much as she could recollect—she was carrying something heavy. She wondered why that was, and also when she came back she had a slight headache, for which I gave her some healing, and I felt I was maybe pulling something out—I don't know if that's just imagination. Could you explain that a little please—where she was going, or why?

Thank you—yes—yes, I believe that you had been taken on journeys as individuals (yes), where you were given someone to recognise or something—as is my understanding. Because she is a little more experienced in the communication side of life, her journey was not a meeting here upon the Earth. Her journey took her a little further than she has been before—different from when I use the instrument, because she is placed to one side when I speak. This journey she was aware of, as you mentioned; and it was I should say—the word you would use on Earth would be 'honour' that she was allowed to take this journey whilst still in the physical body. The heaviness she felt was the heaviness of the Earth whilst her spirit soared. Yes, that is the reason why she felt that she travelled backwards. It is a great joy in spirit that this is easily done by those who allow themselves to leave their bodies; after all my dear friends, each and every one of you leave your bodies when you are asleep; whether you realise it or not, the spirit leaves the body and the spirit is free for a certain amount of time. I am sure some of you may recall feeling lightness at times. That is when the spirit is released; and the reason why she would come back with a headache—you said— (yes) yes, was: the experience ended a little too quickly, because it was the

first time for this kind of experience. Although we were completely in charge of her spirit, we allowed the return to the physical to be a little too quick—that is all. It was not dangerous as some people seem to think. We often have thoughts on: should these things take place? I say to you always: if you are in that condition, you are well looked after by us here in spirit. It was a journey she will probably not ever forget, because it is given to only a handful of people. So you may tell her my words (thank you).

Sarah: So she should be able to remember what happened, should she?

Yes, she was able to remember.

George: And what a wonderful clear explanation. Thank you for that Salumet.

Yes, she remembers what happens, but she did not know the exact reasons why. I hope that is helpful.

Sarah: Yes, so what was Lilian doing when she thought she was pulling something out of her?

She was dealing with energy. There was a lot of energy still to be removed.

Sarah: Ah, okay.

Now my dear friends, I will close and allow others to come if they so wish, and I have to tell you: they come more and more, in greater numbers, because of your goodness, your kindness and your love for others. Something to think upon this time: what would you be or who would you be without love?

I leave you all now with my love.

General thanks and farewells

(Long pause) Then Lilian explained just a little of what was said to Eileen

Cho, our Gatekeeper then came through Eileen. He mentioned a Jessie in spirit, who passed suddenly, but none of us were able to connect with this and so it was put to one side. Cho then began again:

Someone has ringing in ear.

Lilian: Yes

Yes—who's that, the nice lady?

Agreement and chuckles

Lilian—I remember Lilian. Okay, lady here for you—ringing in ears. 'What do you think you're doing?', she says. She won't speak—I have to speak for her. 'What do you think you're doing in the garden?'

Laughs

Lilian: Yes, is it my mother—can you say?

Yes—she annoyed with you (yeah?) Not really—not really annoyed.

Lilian: No, I know—she knows I like to be outside.

Just looking after you—she says you never stubborn when little girl—only as you get older—yes.

Lilian: Yeah—perhaps we *all* do.

No, she never thought she was stubborn.

Lilian: Well—

She's laughing—

Lilian: No, we had a good relationship.

Yes—she's smiling. She's calling you her baby (yes) yes—nice. Oh!—you were little bit of a daddy's child, she says (um). Yes you were, she is saying.

Lilian: I might have been when I was little.

Yes, but she says: 'He was very proud of you—but not many words to say.'—not speak perhaps.

Lilian: I always felt quite safe—it's difficult to put it into words.

She's been around a lot, she's saying—not so much you, but your children (yes)—looking out for them—yes.

Lilian: Yes, she did enjoy the grandchildren and the great-grandchildren.

She wants you—this is what she wants to say—I don't know why she doesn't want to speak, but she doesn't. She said you need to treat yourself more often.

George: Ah, that sounds good.

Treat yourself more often—that's what she wants to say. Oh—Gentleman come now, next to her. I think it's your father.

Lilian: That would be wonderful!—he was a quiet man.

They were together straight away, when they passed to spirit—straight away.

Lilian: Yes, I can imagine.

She's rather proud of you doing this work. She might have been a little hesitant before, but now she knows better.

Lilian: She didn't understand.

No, she's saying, but now she knows, and she wants to leave you now. She's smiling and taking his arm.

Lilian: Love to them both and see them again one day (yes). Thank you.

A period of clairvoyance via Eileen followed, beginning with her impression of two rings—one sapphire and one amethyst. These may well be indicative of a forthcoming engagement. This was followed by one via Sarah—

audio link: http://www.salumetandfriends.org/resources/2016_04_11+Sarah4Eileen.mp3

Lilian: Good evening to you.

Good evening.

All: Good evening.

My greetings come to you from my tribe. We have again gathered together and are visiting you as a group. We were from an Indian tribe, and there was one from this group who was a member with us. This lady is very welcome back in our tribe. We bring greetings to YOU and wish to leave with you a feather from the chief's headdress. This feather has been coloured, especially for you. It is a bright green feather, and it will remind you in your quiet time of those who you were together with whilst we were a tribe on this planet.

George: Excuse me—might I enquire if you are 'Chief Gran Mancha'?

I cannot tell you, I am sorry—I do not know. All I know is that the lady was one of us.

Eileen: Can you say which lady?

You, my dear lady (ah yes).

Eileen: Nahashiwah?

Nahashiwah. You are, my dear friend, SO welcome, and we are all rejoicing at this reunion.

Eileen: Thank you very much.

When you come back to us, your friends here will also be made most welcome.

George: Oh that's lovely to hear—thank you.

Paul: We've all been blessed to know 'Eileen'—as she's known now.

And now my message has been brought to you, and I wish to thank you for allowing me to come.

George: You're most welcome—thank you.

Eileen: Thank you very much.

George's notes:

Nahashiwah: Nahashiwah and details of the complex tribal situation that existed around 2,000 years ago are given in the communications of 10th January 2005 and 28th February 2005. We were then with the Gor-Rukka Tribe, within a group of many tribes known as the Boa-Ba. In the tribal language, 'Nahashiwah' means 'Small Body, Great Spirit'.

18th April 2016~

The evening began with a rescue via Eileen that was very slow at the start—

Audio link:

http://www.salumetandfriends.org/resources/2016_04_18-rescue--farmer.mp3

Lilian: Good evening.

(Lengthy pause with no response)

Lilian: Would you like to say 'hello' or would you like to sit quietly? You're very welcome.

Who's this?—who's this?

Lilian: My name's Lilian—I've come to talk to you.

You shouldn't be on my property. Who gave you permission to come on my property?

Lilian: Well, I crept in when you weren't looking. I'm quite friendly. I don't wish you any harm.

Cheeky lass! Dratted fog!

Lilian: It's foggy.

Yes—won't clear.

Lilian: But you're indoors—

No—how can I be indoors when I'm talking to you?

Lilian: I wondered if you were looking out of the window at the fog, or if you were actually *in* the fog?

No—dratted weather!

Lilian: So you're walking in your garden?

I own the farm lass!

Lilian: I see, yes—fog could be a nuisance.

Who ARE you anyway?

Lilian: Well my name's 'Lilian'.

Lilian who?

Lilian: Never mind who I am, but I'm here hopefully to help you. Did you feel unwell? While you were working on the farm, have you felt unwell?

No, I tripped and banged my head, but I'm fine now. You can see that!

Lilian: I know you're fine NOW, but did you wonder what would happen if that fall had caused you to die?

Of course I didn't. Why would I?

Lilian: You never thought about life after death or what would happen?

Not yet—not yet.

Lilian: Not yet. Well I've got a little bit of a shock for you—that fall and the bang on the head caused you to die.

No, no, no—that's rubbish. I'm perfectly okay.

Lilian: I know you're perfect now. You think about it; it was really part of our plan and that's what's caused you to die; but although we're finished with the physical body, we take on a spiritual body. Did you ever think about that? We go into the spirit world.

I don't believe in any of that rubbish.

Lilian: I think you're going to have to change your mind.

Don't believe it—don't believe it.

Lilian: Is it dark where you are?—or is it nice and light?

Dratted fog! Fog all everywhere—

Lilian: Well that fog will clear and it'll be like the sunshine coming out—but even nicer than the sunshine.

They let you out from that mental hospital?

Lilian: I hope not!

Well my dear, you talks a lot of tosh!

Lilian: Well we'll see—we'll see at the end who wins.

(At this point Jan asks Lilian to find out who Sylvia is)

We don't need to be talking about that my dear.

Lilian: Why is that?

—Because it's none of your business. Of course I knows a Sylvia—she helps me on the farm.

Lilian: I see.

And a nice little thing she is too.

Lilian: Ah that's good. But let's concentrate on the sunshine.

—sunshine, mm...

Lilian: Yes, and the bright light ahead of you. You should see a really bright light through the fog—the fog is beginning to lift. It feels really peaceful and happy and so on—

So it does my dear, so it does.

Lilian: Good! We're beginning to be friends, aren't we?

Jan: That's why he hasn't seen Sylvia, isn't it?

You wonder where Sylvia's been. You haven't seen her for a couple of days have you? **(No)**. No—that's why you haven't seen her.

Lilian: Now what you'll do is, you'll see someone else that you'll recognise ahead of you—a friend or a relative.

Jan: Who's Bert?

Who are you?

Jan: I'm a friend of Lilian's helping you. Who's Bert?

Bert's my brother.

Jan: That's what I thought. Bert passed away, didn't he?

He did, yeah—silly old fool, yeah—liked the old drink too much, he did.

Jan: Yeah—something about falling in a ditch. Well, Bert's going to meet you.

Well I don't know my dear; I'm still not believing all this rubbish.

Lilian: Well let's just help you a little bit. Can you see the bright light? **(Yes)**. Now, who can you see in that bright light?—someone waiting—I think you know who it is.

I can see someone (good), you're right—again.

Jan: He's doing this—he's waving a cap at you, like this. Can you see Bert waving his cap?

Who are all you women, by the way?

Jan: I know—aren't you lucky!—surrounded by us lovely ladies?

You've got the cheek of the Devil, you. You carry on my dear—she's stealing all your thunder, she is.

Lilian: I'm waiting for you to see Bert. Maybe he's got his dog with him.

You're a couple of know-alls! I'll say that for you. I do feel lighter.

Lilian: We're just trying to help.

I know. I'm a stubborn old fool as well.

Lilian: Because you hadn't thought of what happens when we all die. We've all got to die sometime, and you hadn't thought about it and it's come as a bit of a shock. But you'll soon get over that.

Well if this is dying it's not too bad, is it?

Lilian: No, I think you'll find it's better than being in the physical body. You just live on—if you think what a waste of time if we just died and that was the end of that—it would be a waste of time, wouldn't it?

Who's going to look after my cattle?

Jan: Sylvia is.

Lilian: I think that'll be fine—

Jan: Don't worry about the cattle, they're fine. Lilian: It's you who needs to see—

Ah there's Bert—are! Are there he is! I can see him now in his silly cap. 'Come on', he said, 'come on'.

Lilian: He can explain a whole lot better than me.

No, he said you've done a good job missus. Yeah—and the other one; the one who's stealing your thunder.

Chuckles

Lilian: Well we all chip in.

Who are you all? I'm not going till I find out.

Lilian: It's a group of people that try and help people like you.

No it's not—it's you two nosy women!

George: Well there are twelve of us altogether

Laughter

George: There are twelve of us in the group.

Lilian: We are just interested in the fact that we are physical *and* we are spiritual.

Good job I'm dead, he nearly gave me a heart attack.

Chuckles

Lilian: You've got a lovely sense of humour.

That's not humour, I'm serious. There he is, he keeps saying, 'come on behave yourself—behave yourself', that's all he says. Okay—and he said say 'thank you' to those ladies, because they've done you a good turn.

Lilian: Well we know you'll be okay.

You do? How can you know that?

Lilian: Well we just do.

You been up there, have you? Is it up there?

Lilian: Well it's where we come from and it's where we go back to.

Yeah, but is it UP THERE?

Jan: It's everywhere—it's anywhere you want it to be. You'll be going *home*.

Well that's daft, isn't it?

Lilian: Yeah it is really, but it's true.

Jan: You wait and see. Just go with Bert and he'll show you the ropes.

Lilian: You've got quite a lot to find out.

I have, yeah.

Lilian: And you'll enjoy it.

I'm beginning to believe you—I am now. Okay, thank you ladies—and you gentleman. I'm off.

Chuckles

Lilian: You'll be fine.

A period of clairvoyance via Eileen followed which included useful advisory data for Paul.

Next, our dear gatekeeper Cho stepped in through Eileen, with a message for Jan: 'I watch over you lady'.

*He went on to say that there were others around but we weren't talking to them. Jan agreed that she sensed her dad (Ted) was around and asked Cho to give him a push/encouragement to speak. Eileen then began to receive clairvoyance regarding Ted, to say 'Thank you' to Jan for helping him over. He gave reassurance to Jan and said he would come back and speak another time, when feeling stronger. As he departed Eileen felt he left a big **pink heart** shape surrounding the family.*

Finally, there was another through Eileen, who seemed new to this form of communication and was interested to come for the experience. We chatted pleasantly for a few minutes and Lilian then asked her what she did in spirit.

Audio link: http://www.salumetandfriends.org/resources/2016_04_18+lady+via+Eileen.mp3

I'm rather interested in materials—of course material isn't the way you would understand it to be. You can feel, but you know sometimes your fingers just go through, like it's nothing there. And the colours are beautiful and material is almost like very special silk; and I'm interested in all of that—yes.

Lilian: So do you wear any of this material?

Personally myself, I have one robe that I have, which is in actual fact a multitude of the colours available and it's almost like a healing robe. Do you know of our healing robes? I know a lot of people talk about the healing waters, but I prefer it to be a little more—solid is not the correct word—but for your understanding I will say: a more solid material. So we blend all the beautiful colours together and create, I will call it 'fabric'.

Graham: Do you use your minds to create the fabric?

That's correct—that's exactly what we do. You can create whatever you wish, be it either another being, or something material, or an animal or a house—whatever—it does not matter. Yes, but we use our robes for healing; especially those who come to us and are very shy and don't quite understand where they are. When they don these robes they feel a love they have not experienced before and it helps them to adjust.

Paul: So is that to do with the robes being imbued with certain healing energies when they're being created?

Yes, because every colour is an energy in its own right' and in spirit it is even more so.

Jan: It reminds me of our saying, 'Cloaked in Love.'

Yes, yes you could say that, because that's exactly what is happening—when these healing robes are worn, it is a cloak of Love—yes.

Paul: And are the patterns as the colours are used—

They're interwoven—

Paul: And are there any symbols?

There can be, depending on who is using and who is wearing the fabric; it is a very individual item. So my interest lies there, dear lady, to answer your question.

Lilian: That's interesting.

Sara: Do you have many colours in your cloak?

—All colours if you wish or one colour, but all colours blend together—they are images of each other—yes.

Jan: Are they on different vibrations the different colours, like they are here?

They can be, but as I said, they are attuned to the individual.

Jan: Right, so you intuitively know, spiritually—know what colour that individual—

You could say we are like a hospital, which knows exactly what to do for the individual—yes.

Sarah: When you create these beings, are they—

Beings?

Sarah: —you said you could create people—

Yes—if you wish to see another being, you can.

Sarah: Are these people—

—it is just a thought.

Sarah: Right—are they people that you know? Or how do you know how to create a being if you don't know them?

Well, it is a blending of your spirit. Be careful that you don't become tangled with physical thought. Yes of course, most of the people that you think of will be people that you have known or wish to know.

Sarah: Yes, and am I right in saying that if you create them, you can see them, but they don't necessarily have to see you?

If they do not wish to see you, no—that's correct.

Sara: But you're calling them to you, in a way?

Yes and everything is known, in the same way that we in spirit know your thoughts down here and we understand what you feel and think. Yes, so in spirit it is so much easier.

George: We have spoken to people who live on other planets and I guess we would equally have sight of them, if we wished?

If you so desired and it was allowed, yes of course. There are limitations of course, but perhaps you may not know of, or indeed you may know of. That perhaps—shall we take your beings on other planets—it may be that that would be an interference in their progress in spirit and it would not always be possible to actually SEE them. It depends—it is not so simple. But, because you know people gravitate in the same way, on the same levels—you understand that, do you not?

George: Yes—I imagine it helps if the people on other planets also wish to reciprocate.

Yes, they may not wish to do so, you see. And even although you wish to see them, if they are not happy then it will not happen, because you would be encroaching upon their spiritual journeys. Can you understand?

George: Yes, I see that, yes.

Yes, so there ARE times, but they are very few.

George: Yes, and you say that you are still learning, but the words are flowing very nicely and I imagine you do not find this interchange at all difficult.

I have found it fairly easy to be truthful. Yes, I know some people do not like to do it, and others wish to do it, and then decide not to. I am just a curious being—I just wish to know what is happening still.

George: I share curiosity with you.

Yes, and I do know the Earthly saying, of 'what happens with curiosity'.

Laughs

And I would not wish to be blamed for anything like that, would you?

Agreed

Sara: Talking of cats, two days ago my daughter said to me, 'I'd love a kitten, mum'. And I said instead of buying one we could make friends with one that visits the house (**yes**), and then the next day a cat walked in and wanted to spend lots of time with us. So that was a very quick manifestation!

Yes well, you know they are very close to us in spirit, these animals, especially the cats—and I hope every one of you, if you don't mind me saying, will listen to what I have to say about animals: that you have to THANK them with your every breath, for being part of your lives, for BEING with you. And that cat or kitten picked up on the thoughts of you both.

Sara: Yes. Well, I can't keep it, because it belongs to someone else, but it was lovely to have her company and I hope we have her more—she came again today.

It is not unknown for cats to have more than one home, because they just feel the love that comes, when people give it.

Sara: This cat was very receptive.

Yes, try speaking to your animals without words and you will be well rewarded when you come to spirit, because the same can happen here. If there is a love bond, you will have lots of animals.

Sarah: I think sometimes animals understand us better than we understand them.

Well, I didn't like to say that—

Chuckles

I did not wish to offend in any way, but I would agree. So anyway, I hope I have not interrupted too much.

We assured her that she was most welcome and said our farewells

~16th May 2016~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/2016_05_16salumet.mp3

George: Good evening Salumet and welcome to you.

Good evening.

All: Good evening.

It gladdens us all when we see such dedication as you provide within this room. I would this time, my dear friends, just say to you that however you feel about the state of your world at this time, and it would seem that there is always strife—I want to still reassure you that we are doing all that we can to bring love and peace to all people. We do not wish you to become despondent, because that would not help any situation. So be reassured, my dear friends, that with your help and the help of many others in this world, we will come at some stage to a more natural and loving situation here.

Paul: Thank you—yes, I think there are positive little ripples and signs. It's slow, but it's slowly changing.

Yes, and that is what we still need to do—to have positive attitudes, all of you. I would wish to just say to you this time that even your scientific world is changing slowly, that their doubts are a little less than they were ten of your years ago. So in this respect it is a good sign that there are changes happening.

George: Yes, there is one gentleman who is basically a chef, and he is conducting a campaign to teach better food values in schools to young children, and this is something that at last is coming to the fore.

Yes, you will find that over the next two of your Earthly years, as I have said with your medicine, so you will now find that the scientific world will make discoveries that they until now have dismissed as not

ur—

George: Yes, I would like to speak with you on that later, Salumet.

You may speak with me now.

George: Ah, well—we have recently spoken of the 'Santilli telescope' and the observation of an anti-matter universe (**yes**). You suggested I might think further on this matter (**yes**). Well, my physical thinking is rather like this: The aether plus its mode of transmission governs the *speed of light* to this planet. Its mode of transmission has been described as torsional or twisting, and this controls the speed of light until it strikes

matter and transfers its energy to that. And thinking physically on this, if we consider a single twist, if it goes further to a *break point*, it will produce a clockwise part and an anti-clockwise part, which might suggest matter and anti-matter. Anyway, the aether represents a stage in the production—the creation of matter, and there seems to be good evidence for an anti-matter universe. And the present scientific community is aware and acknowledges that their reasoning leaves a large part of the universe unaccounted for. The anti-matter universe would contribute to that part which is not at the moment acknowledged. I would be glad of any further commentary you might have on that Salumet.

Yes, I understand what you are saying, but to simplify it for the others, it is not as complicated as it may seem. There will never be a full understanding with your scientific world, but it indicates to us how much knowledge they are beginning to gain. Always I have told you there is plus and minus in all parts of life, and this applies to the matter of the universe and the universes further afield. Of course, I would say that your scientists are dealing very well with the information which is being fed to them from our world. That is the first step I have to make to you.

George: That is very nice to know.

They would have no knowledge at all if some of it was not coming from us. You know and understand that all of your life is dependent upon being spiritual beings. And when you speak of the aether—of course, it is the most important part in gauging how the rest of the universes work. But I feel for this time, your scientists need to remain uncomplicated with their visions. Do you understand?

George: Yes, I see.

And allow more knowledge to come from us, which would then gain *them* more knowledge, here on this Earth.

George: Yes, and it would speed this process up if **(yes)** more of them went within and—

Yes, and listened to that still voice; yes of course it would help, but although in times past I have said almost they are a little ignorant of all that is happening. We have now reached a stage where some of them are beginning to listen—to work out for themselves that information, and to define what it is all about. But they will never have the full answer, not whilst you remain upon this Earth plane.

George: Yes, and would you agree that the aether plays a major role—

It is a natural role—it is not something that is *made*, it has always been.

George: Yes, it plays a major role in the Creation **(yes)** and a major role in—
—existence.

George: Yes, and in controlling the speed of light.

—And that also, yes, I would agree with you on that one point (yes, wonderful). Does that help you?

George: That clarifies very nicely, thank you.

I hope that the others have understood, because you are a gentleman of much wisdom but it is not always easy for the others to fully understand your questions, but we are grateful for them.

George: Well thank you. Well, I'm writing this book on the aether **(yes)**, and it may well be that it will be beyond a few people, but I hope that some will find it of interest.

Yes, we can assure you there will be interest.

George: Oh thank you.

We thank you, my dear friend, we thank you for all the good work that you have done—the words that you have printed, and many people have come to know just a little more of the life that continues.

Mark: I believe you told us over a year ago about the discovery of more planets and that's come to fruition—they announced that about a week ago I think.

Yes, I am always happy to hear that our information materialises for you, and that you know that the words that I give to you are made of truth; we thank you for that.

Serena: Could I ask a question slightly related to George I believe, about Adamantine Particles **(Yes)**. What are they?

What are they? They are made from the substance of all life—if that is a simple answer for you.

Serena: Because they're very, very, very small, aren't they?

Minute, I would say—is the word that I would use. Yes, they are part of existence. I do not know how else to explain it to you—yes.

George: We respect that what comes to us from you Salumet, is truth **(yes)**. The generation of that truth, one could almost say, is a ‘feedback process’ from all knowledge that has been gained from this and other planets in the universe **(yes)** and other universes, I believe you have said in the past.

Well you see—all of your world is never still. It is evolving in the same way as you are, and mankind is a curious creature. He forever seeks answers to many things. Sometimes these questions are irrelevant to your spiritual growth, but we understand that, because of the curiosity, you like to ask more and more questions. The question, my dear friends, I would wish you to ask is: how do we become more spiritual whilst in the human body? That is the important question. Do you understand?

Natalie: On that note, at the beginning of the year, I had an experience in this room that I hadn’t felt before—like I wasn’t here **(yes)**. Like my heart was bursting out of my chest, and I felt like I was being pulled back somewhere and it was weird, it’s like I could just about hear, in the distance, someone in the room like I wasn’t quite here, but I was here. I wondered if you could clear that up—

Yes, it was part of your development, it is part of the spirit separating from the body; and we know you found it a little uncomfortable at the time. So we try never to—what is the word you would use—to *hold* that someone would feel uncomfortable? But indeed, it was another step in your own development (thank you).

George: I guess the main thing is a going within to see what we can receive—but exercises such as we had last week would also help to develop this.

It would help each one of you to develop in your own individual ways. After all, you are each individuals and although you come together in love and peace, in your daily lives you are very different, but that makes no difference to the spirit; so yes, you must go within if you wish to be in more contact with the spirit. I find sometimes it difficult to explain that you are all *one* at the moment. You *are* spirit and yet you have this human body, which sometimes causes you and your minds to become a little cluttered. So when you go within, the spirit becomes freer. That is the time that as individuals, you should ask your questions, and you will receive your answers—maybe not exactly what you want to hear, but still it is your own spiritual answer.

George: And I think I would be right in saying that you Salumet are part of that oneness, because you receive so much from everywhere and recycle it.

Ah, that is a very good way to put it. I have never been called ‘a recycling bin’.

Hearty laughter

So I will remember that my dear friends, yes. Recycling—I must remember—

Laughs

George: But do you regard yourself as part of that oneness?

I do. I am part of many parts that is a whole. And again, we are going to a subject which is a little complicated for the human mind (yes). But yes you know, and I told you from the very beginning that I speak as a conglomerate of beings, and that is still true today.

George: So can we see a conglomerate of beings as—

You can see a conglomerate of being as a universe of Truth—the University of Truth, if you like.

George: —A collection of parts, or is that putting it a bit too physically?

I think for understanding that is a good way to put it—yes—yes, and parts which have never existed as humankind, and parts which *have* existed; but as a whole we are just bound in love and existence.

George: You say ‘and parts that *have* existed’?

—In some form—yes, have existed in some form. But again, what is important is the truth that we bring to you. I hope that is helping you.

Paul: Yes, it widens the picture a little more, and I just had the thought: maybe it helps the *whole truth* that you’ve got—you’re a conglomerate with formless beings and those that have *had* form, that no longer have form—

Yes, but not form as you would understand. That is why I say it is more complicated than words can say.

Paul: Right—so they wouldn't have been human.

No.

Paul: But yes—some form—it gives us something to go on.

It is something for you to consider—yes.

George: Would any of those forms be physical?

No.

Ben: Salumet (**yes**)—when we pass to spirit, we sometimes take on a form of how we looked when we were on the Earth I believe—for recognition purposes.

Yes, when you pass to spirit you mean?

Ben: Yes, so when we pass to spirit and if we were to call upon you for a conversation, how would you appear to us?

I can take—I can be transformed to the form of a human in order to teach on the lower levels, but I only come so far, so often. There are many teachers in our world who are prepared to teach those who have questions. It is not something that I do with regularity, but if you were to call upon me whilst in spirit, you would find that your answers will come (thank you). Is that helpful to you? (yes) There are many teachers in spirit and there is much you can learn when first you take your place there. But the others understand this, do you not?

Paul: Sort of—sort of, I think, in the sense that there're vast 'libraries' if you like—and teachers; and you know that the truth is *there*, as opposed to on the Earth where—

You will no longer doubt the truth once you have returned to spirit. After all my dear friend, you are returning *home*. Nothing will seem strange (that's right), so all will seem familiar and you will feel boundless love (yes)—unlimited love.

Paul: Yeah, I guess it's like you get beautiful days on the Earth, but that's not the norm usually, but they're probably just small compared to in spirit.

Yes, I would say that in comparison, a beautiful day here would seem very hazy in spirit. It would seem dull, although, as human beings, you would think it a most beautiful day. The colours—everything about spirit is—I don't know how to explain it to you properly. I can only say the beauty will astound you.

Paul: Yes, I think we can get the gist, but until we experience it *again*, we won't know for sure.

George: Perhaps we should think in terms of a beautiful summer's day here being a less-than-halfway stage in beauty.

Yes, although it is beautiful to human beings, to us it seems a little dull—yes you are correct—yes.

Paul: And yet, for many, even though the learning can occur as you say, on that side, many will choose to come back here. It almost seems—*why* would you choose to come back to the very hazy place at the best of times? But I suppose you do get the *focus* for certain lessons perhaps—

Yes, always the choice remains with the spirit. Of course, some are not quite so keen to return too quickly, but that is their free will and that is always respected. But there is advice from those teachers in our world who will offer guidance and love. And let me say to you all, my dear friends: you never return to a lifetime unless the decision has been made by you. So never feel that it is something that you *must* do—it is something that you have decided is right for the growth of your spirit. And after all, that is what these lives are about—the growth of your spirit and returning *home*.

George: Yes, it's a growth of spirit and not just a retrograde step!

Yes. No, you must never look upon it as that.

Ben: Would we have the chance to reincarnate onto a different planet, or will we always be human when we reincarnate?

There is much discussion about this that you can return—energy can be transmuted, but I would say: no, you will not do that. You will not inhabit another planet in that form. And I know there is dispute about this, but that is my answer to you (thank you). Have you more questions this time? No?

Pause

George: There is just one, which probably has a negative answer. You said at some stage that a new energy would be forthcoming from the sea (**yes**). One gentleman seems to have worked out a process for making alcohol out of seaweed, but I don't think that's what you had in mind.

Well, I thank you for the information, but no I was speaking of benefits to mankind in general and not seaweed drink. Although I must say that the seaweed in your seas can be beneficial—yes. But there are many things happening in your world. As I say: people, although it may seem that all is going wrong, it is not my friend, it is almost like a *cleansing*—a cleansing of the soul in order for you all to move forward.

Paul: Ah, that's a lovely way of looking at it. It does feel like that—this year and the last few years.

Those of you who are sensitive to spirit would see the difference, although many people with negative thoughts would see only the 'unhappiness', the 'wars'—the negative stuff in your world. But keep positive my dear friends—keep positive on all matters.

Paul: Yes, it's kind of a detox—you have to get rid of all this stuff, but you have to get it out first, so it's coming out isn't it? (**Yes**)—we're seeing it in the media.

The more 'sensitives' we have, the better the understanding will become. So I leave that all with you, my dear friends, and hope that it has given you a little food for thought.

George: Yes indeed! I feel this has been a wonderful evening, which has taken us further forward and I'm sure it will be of great interest to many of our readers (**yes**), thank you Salumet.

I thank all of you my dear friends, I thank you all for your love, for your dedication and I wish you could see the growth of your own spirits since first we met; you would be surprised.

So I leave you now, cloaked in my love and in the love of those here in my world, until we meet once more.

George: And I'm sure we send our love to you all in your world—thank you.

General agreement and farewells

Following Eileen's return, there was quite a detailed clairvoyant message via Eileen regarding a friend of two of us now living in China. Then a brief visit from Cho, who it was that had brought the information to Eileen—audio link:

http://www.salumetandfriends.org/resources/2016_05_16-Cho.mp3

Hello!

All: Hello Cho!

I very pleased I brought that one—very pleased (ah).

George: Yes, we're very pleased, because it's been a wonderful evening with Salumet.

I'm very pleased.

Paul: Was it a lady who brought the message for Jeremy?—or—

No—no lady—one of his helpers (ah), *yeah—looking after him—yeah—man called John.*

Pause

Who's got a broken bicycle?

Paul: Me actually—I've been working on a few things. The gear cable's broken and it needs new tyres.

Yes, someone's saying: *watch your finger.*

Paul: Oh right! Watch my finger (**yes**). Okay, yes I'll take extra care, thank you.

George: A finger can be easily nipped between tyre and wheel.

Paul: Yes, it is actually—getting them off was.

You look after your finger.

Paul: Ah—thank you.

I sound more Chinese tonight!

Laughs

I look after my lady tomorrow (Jan).

Paul: Oh yes—well done. Jan will be very pleased to hear that—we can pass that on.

It's not favouritism you know!

Laughs

Paul: She needs it at the moment—yeah.

Okay, I go.

General thanks

There followed a further period of clairvoyant messages via Eileen, including one very specific one for George. 'Someone has a door that's not fitting very well.' Well the previous day the greenhouse door was having quite an overhaul. It now opens freely, but the advice given was that one particular pane of glass with a crack needs to be replaced. How very true—absolutely spot on! And thanks.

George's notes:

1: Matter and anti-matter: What follows is intended to bring the more general reader up to an understanding of that highly technical question to Salumet concerning matter and anti-matter. This follows a first mention of the Santilli telescope in a question to Salumet on 8th February. Salumet's statement at that time was: 'I would only say this to you, my dear friends: if there is matter, there is always anti-matter—you always have to have a balance.' This is the invention of Dr Ruggero Santilli that actually reveals (and proves the existence of) an anti-matter universe. So it should help the general reader enormously if we begin by considering the nature of waves, beginning with water waves:

Waves on water: We are all familiar with ocean waves. They are clearly visible, they travel slowly and they have their energy, which they give up on reaching a coastline. This energy transfer is apparent when we see shifting sands and cliff erosion.

Sound waves in air: This is a compression wave with alternate compressed and reduced pressure parts. Sound waves travel very much faster than water waves—around 340 metres per second (but with dependence on temperature, humidity etc). Just like water waves, sound has energy which is given up when it strikes a surface. If that surface happens to be our eardrum, then it vibrates the eardrum and that is the basis of our hearing ability. It is possible for extremely loud sounds to knock down walls and to shake machines to pieces. So in these cases, the energy transfer is well demonstrated. We must bear in mind that both water wave and sound waves are entirely physical involving physical media through which they travel.

Light waves in the aether: Light waves are very, very much faster again than sound waves—almost 300 million metres per second (186,000 miles per second). A reason for this is that the aether is non-physical so that the travelling light wave has no weight to shift. An important thing is that just like sound waves one can see it as units comprising pressure and reduced pressure parts—or each part may be a twist (torsion)—and Professor Ervin Laszlo makes a strong case for this—or it may be both. But whatever the structure of the light wave, the important thing for us to observe is that just like water waves and sound waves, it carries energy which transfers to the surface that it falls upon. When that surface is our skin, it produces sunburn. When that surface is dark, the absorbed energy makes it hot. Lighter surfaces reflect more energy and that is why sunhats are usually white; so all these waves have the common feature of carrying energy that is given up on reaching a material surface, and the understanding of one type of wave should help us to visualise another.

The aether: The aether is a universal (non-physical) essence that has several functions: (1) It conveys sunlight and starlight to this and other planets. (2) It sustains life on this and other planets. (3) Aether has an essential role in the creation process—a half-way stage between spirit and matter. (4) Matter and anti-matter are produced simultaneously, and there have been several references to the fact that this is so. These details lead to the conclusion that there is indeed an anti-matter universe. This is claimed by Dr Rerrero Santilli and is confirmed by Salumet.

Bio-fuel from seaweed: Whilst the question as placed was really seen as a means of making bio-fuel, several sources see the process of ethanol fermentation as a way of making wine. So it is understandable that Salumet's reply relates to winemaking.

Teaching children food values: It is to Jamie Oliver's credit that he conducts a number of significant campaigns. One recent campaign is to teach the value of food to young children in schools. This should be very useful since so many begin with poor diet that often continues in later life.

[No meetings on 23rd or 30th May, on account of Eileen being away and UK Bank holiday.

~13th June 2016~

The evening began with notification of Salumet's next visit and an excellent discourse on the subject of 'self-healing' by one via Eileen—audio link:

http://www.salumetandfriends.org/resources/2016_06_13+self-healing.mp3

Lilian: Good evening.

Good evening.

All: Good evening.

Firstly, I am asked to tell you that your teacher will be here next time (thank you).

Pause

I pause because I am trying to gauge the energy in this room (yes). **There are some of you whose energies are a little depleted, so we wish to say that we will endeavour this evening to help those who are in need of any kind of upliftment.**

George: That's very nice—thank you very much.

Yes, it is almost impossible for you all to have equal energy at the same time—so we will help.

Lilian: Thank you. That will be very nice and we're very grateful.

Yes, I would also like just to say that most of you do not attempt self healing. I am correct, am I not? (Yes).

Lilian: Do we need to do more than just asking for help?

You can self heal, but as always it is only practice. But with the amount of time you have been together, you should be able to at least help yourselves in some small degree.

George: Yes, perhaps we have too much reliance in our doctors and medical services?

Well, you know that your doctors are healers, but in a different way from those healers that we use directly from spirit.

George: Yes, that would be in much more *physical* ways.

Yes, but do not dismiss your healer doctors.

Lilian: I think we should be very grateful for the help we do get.

Yes, after all, their healing desires come from their spiritual senses.

Lilian: If I think of self healing, what I do—and I don't know if this is right—I put my hand on the spot that needs some healing and ask, and ask that way.

You have almost taken the words from my mouth. If you wish to try self healing, let me try to show you. When you speak of placing your hands, that is what anyone will react and do to themselves if they have pain. So yes, but what you need to do is to go into the quiet time, allow your mind to be free; if you wish to place your hand on any spot, please do. But you have to feel and see the energy reaching the troubled spot (yes). **But you need to do it on a regular basis** (right). **If you have pain in your arm, then you focus on that one place; you feel the energy go to that particular spot. Would you like to try it now?**

Lilian: Yes—you mean all of us?

Yes, you may not have troubled spot, but you should—a group such as this, be able to feel energy.

Lilian: Right, we'll give it a try.

Let us use the forearm: Place your other one upon it, quieten your mind if you can—and that is the part that people find difficult; you ask for God's help, or whatever you wish to call God or Great Spirit—whatever is your desire. You should after some time begin to feel perhaps a little warmth, a comfortable feeling within and you have to focus the energy to that spot. I am being very quick, but with practice you will feel heat.

George: I feel we are very fortunate in having the two possibilities—the healing from spirit and the physical healing from doctors.

Yes, because all of healing comes from spirit (yes) **and most of your doctors, they feel a compunction to heal others.**

George: Yes, and there's the further variation of a healer from spirit, working through a medium (**yes**). I'm thinking as an example: St Paul, who works through a medium called Ray Brown.

Yes—yes, there are a few of them working in that way now, but most healers that we use—their HANDS. (Sic) For example, it is because they are able to allow their minds to be set to one side and allow those of us in spirit to heal.

George: Yes, returning to Ray Brown; I understand that the one who works through him is able to actually see and adjust the energy flows.

Because he uses a body physically, but he is spirit animated in that physical body. That is not the most common way, although many, many healers are working under trance conditions (yes). But it matters not how it operates, it is the results—it is the results of what you take in spiritually—then healing takes place. But if you listen to me about energy, you should after a while feel that energy in the spot that you have asked about.

George: I shall certainly use that self healing technique myself.

Yes, it is practice, but can any one of you feel anything now?

Paul: Yes, certainly, there's a nice pleasant warmth.

That is the beginning—just the very beginning.

Sarah: I actually saw like a cone coming down from a hand and it was swirling around.

Good, yes you may all experience different things, but I just want you to KNOW that it is possible to self heal.

George: Yes, I would imagine that doesn't have to be when sitting in the group, but as an individual.

No, as individuals, probably much better for you, because your mind is more focussed (yes).

Serena: What about if the pain is emotional or mental?

That may be a little more difficult, but not impossible. The emotional pain is still pain and I would suggest self healing plus the help of the healers in the world—yes.

Serena: But where would you put your hands, because you can't always identify where it hurts—

You do not always have to place the hand, if you are more comfortable just with the visualisation of the energy. So whatever would feel comfortable for emotional healing—perhaps around the heart area; the top of the head is an important healing point, but would perhaps not be too comfortable to maintain. But I would suggest that you just focus on energy rather than placing your hand anywhere.

Sarah: What happens in the case of Sally, who would normally be at this group, but she has terminal cancer (yes)—when the doctors say it's terminal, is it terminal, or can she heal herself?

Yes, we go into different situations when disease has captured the body to that degree, then it becomes a little longer, a little more difficult, but possible. Nothing is impossible when it comes to spirit. But that dear lady has suffered with this condition for quite some time (yes). Yes—the time to start self healing, if there is any condition, is when it is first noticed.

Sarah: Yes, okay—thank you.

But I thank you for listening to me, because sometimes, and in groups such as yours for development, will always argue that it is God's will that these diseases must continue. That is not so. So please take these words as I have meant them to be, with love and healing help.

George: Might I say, while you've been speaking on this—well, one of my problems has been a tension and tautness in the calf muscles of the legs (yes), and I've had my two hands on one of them and it has become more relaxed already.

That is good. That shows you, although it is a small thing that it can be used—the more you become aware of that healing spiritual energy. You are after all healers, whether you believe that or not. You are—you are spirit and you are capable of much.

Lilian: And I think we really cause most of our illnesses ourselves, don't we? Maybe doing something silly—the wrong thoughts—

Life on your planet is not easy and you know you all have diseases knocking at your door (yes) and sometimes these diseases are taken to be outward conditions. But I've been told that as a group, you have been told what a disease is. It is dis-ease.

General acknowledgement

Yes, it is something to remember. So think about what I have said and it is up to each of you to try to help yourselves.

Paul: If you've got more than one issue, would it be best to just focus on one thing for say a week or so and then—

I would suggest you give all of yourself the opportunity to heal (right). ***Yes, they are not separate issues.***

Paul: Ah yes, of course.

Dis-ease of the spirit, of the body is a combination of all things.

Paul: So you bring—

You place yourself

Paul: —healing to the whole body—

Yes, yes.

Paul: That's a lovely thought to go away and practice on—it's nice and simple the way you've explained it.

It is simple, but being humans, you make lives difficult for yourselves sometimes.

George: Yes, could I say at this stage that we live in a world which has various germs and bugs around ***(yes)***. Some people use products that kill them off and they're living virtually in sterile conditions. Would I be right in thinking that they're more susceptible to bugs if they've been living in a sterile situation than if they have some degree of contact with germs and bugs?

Yes, that is why you have all been given immune systems, but all things should be together, after all, your planet has its own evolution, which includes bugs, as you call them; all creatures on this planet have their time and their place.

George: Yes, they shouldn't be—

And it, in some cases, depends upon the strength of your own immunity.

George: Yes, there may be justification in some measure of control, but they should not be eradicated ***(no)***. We are all one, as it has been said.

Yes, it is not up to mankind to decide how this planet should operate. You humankind are responsible only for yourselves and to be able to live in harmony—harmony.

Sarah: But mankind's already done quite a lot of damage on this planet.

But you must not look back—look forward. Sarah: Yes—thank you.

Now, again I thank you for listening to me.

George: Well, we thank you for giving us what amounts to valuable information. Thank you very much.

Please try to use and develop that energy which is available to you all. There are no exceptions.

Paul: Yes, I think that's going to be a great help to a lot of us, and for those who read the transcripts too.

Thank you and goodbye.

General farewells

Next came a rescue via Eileen—audio link: http://www.salumetandfriends.org/resources/2016_06_13+rescue.mp3

Lilian: Good evening and welcome

I don't like you.

Lilian: Well that's a shame. I'd like to get to know you.

I don't like this place.

Lilian: Will it help if I told you my name?

No.

Lilian: Would you tell me yours?

Might—okay—Laura.

Lilian: Laura.

I don't like this place.

Lilian: Where do you think you are?

It's dark.

Lilian: It's dark?—night time?

I don't know, it's just dark.

Lilian: Okay, don't worry about it. What I'm going to do is to try and help you to come out into the light—a lovely light, nice and bright.

I've lost my little brother.

Lilian: That's a shame—but don't worry, we'll find him.

Mummy will go mad, she will.

Lilian: Well, I'll tell mummy and then she won't be mad will she, if I tell her first?

Who are you?

Lilian: But—can you see a nice bright light ahead of you with a lovely lady standing there waiting to help you. She might be holding something that you're looking for.

My little brother!

Lilian: She may be holding his hand. Can you see?

I'm not allowed to talk to strangers.

Lilian: Well this stranger—she's lovely. She helps all sorts of children. What can you see now?

Trees—I'm scared.

Lilian: No, try not to be scared (***I'm scared***). I'm here with you—Come on, I'm here with you. I know you're a little bit scared, but try not to be, because there's no need to be. Have you looked at the face of the lady that I was telling you about? What a lovely face she's got.

She's smiling (yeah). ***And she looks all white.***

Lilian: Like an angel? (***Yes***). She is—let's say she's a lovely angel. And the more you look, the more you want to go and be with her—and she will help you.

What about Joey?

Lilian: Could you see him with her? (***No***). He will be. Can you hold her hand? (***No***). I think she wants you to hold her hand. I think she's trying to say to you that you'll find him together.

I feel funny, I feel all funny.

Lilian: You're beginning to feel happy—could you say you're beginning to feel happy as well?—not quite so frightened?

No, I'm not scared now.

Lilian: You're not scared, that's good—that's very good. She wants you to go with her. There'll be lots of other children as well (***look***). Yes, what can you see?

There's a big, big white light behind her. She's nice (good). ***She's nice.***

Lilian: Well if you go with that lady—

No, you come with me.

Lilian: I won't be far behind, but there's someone else I have to help as well. So if you go with that lady and she'll look after you until you can find your little brother (***yes***).

Lilian: That's a good girl.

I do like you.

Lilian: Oh good! (*Chuckles*)—I'm glad we're friends now.

I'm sorry I said—I was very scared.

Lilian: It doesn't matter, of course you were.

And now I'm gonna go with the lady.

Lilian: She's a very special lady, so I'll let you go with her.

Finally, we were conducted on a journey by one, again via Eileen, starting along a woodland path and similar to ones transcribed during previous sessions. Those who practice meditation and understand how/when to meditate safely may wish to listen to it—audio link:

http://www.salumetandfriends.org/resources/2016_06_13+med.mp3

~20th June 2016~ SALUMET

We began with quite a lengthy Salumet session—audio link:

http://www.salumetandfriends.org/resources/2016_06_20+1salumet.mp3

George: Good evening Salumet and welcome to you.

Good evening.

All: Good evening.

It always feels good to join with you all once again, my dear friends.

Sarah: Thank you, it's good to have you back.

I have been aware of your conversations this time, especially the dear lady speaking about her bones. Last time you had someone speaking to you all about self healing (yes). This is just a continuance of that talk. When you have separateness of anything, there is disharmony. That is why the lady has been told that it is necessary for the bones to be closer and united. This I will relate to separateness from that great energy or God, as you like to say, when as human beings you wonder why perhaps your energies or your life may not be travelling in the right direction. It is when your spiritual energy is not united with God; and I hear you say: why should this be, when we try to do all that we can to make connection? Yes, you do, but I have to tell you my dear friends that you must forget about yourselves as you are. You must allow the power of your energy to grow within, and with the help of meditations you become united as one with that great power. Do you understand what I am saying to you? (Yes). You do?—you do not seem convinced.

Jan: What you are talking about I presume is the power of prayer, and the power of—

All of these things together, allowing yourselves to take time to become part of the God that you recognise. I will use 'God' because it is the common name for humans to use.

Jan: I think it was the word 'God' in this room that maybe we like to—with your teaching, it's more of an energy isn't it, it's more of a life force-power?

Yes, it is power, and it is not power as strength as you may imagine. It is the power of energy which builds within to create the unity that you need to be with God.

George: Yes, I think we understand, but the difficulty I think sometimes is losing the connection to the physical.

Yes, you must forego all thoughts of physical if you are to be united; after all, you are only just sparks of goodness, which you need to cultivate in any lifetime that you may have. Yes, I do not say that it is easy and I do not say that you will always capture it in one lifetime—you will not. But that does not mean you do not have to strive towards it. So, be aware of all things, but mostly have that quiet, peaceful time to rebuild the power and energy within.

Paul: Yes, I think it's such a valuable time and from the talk last week, to be able to sort of add to the meditation time and then perhaps do self healing (yes), maybe afterwards or during—

Just take small steps at a time and you will be amazed how quickly you feel the difference in your energy within the human body and the connection that you make to spirit. You are all capable of it, but of course as we know, these words 'self will' always appears, does it not? Paul: Yes, it's *our choice*.

Yes, but I hope it will be just a little guidance for you.

Sarah: It's very nice when you tell us these things and remind us of what we should be doing.

It is all too easy in everyday lives to forget who you are, and I know I repeat words often, but I feel it is for your benefit (that's good). Now—

Serena: Could I ask a question on healing? (Yes). Is it better if you're doing self healing or even healing on other people to use the finger tips, the palm? Is touch better than a slight distance away?

There should be no difference in the result, but what you may find is that by the touch, people will react a little differently, will feel a little more secure—and then you have others who are a little afraid of the touch, so then you can use that healing power by *not* touching, but I know you are speaking about the energy in these places—yes.

Serene: Yes—thank you. I've also been told that if you massage in a circulation motion, you *generate* and if you do anticlockwise, you *de-generate*, so you could take away inflammation or you could add healing—

I would suggest in that instance that you be guided. That is why it is most important to have the connection to spirit first, then they will guide you in the correct manner (thank you). But yes, in a clockwise direction you are helping what I believe you all call the 'chakras' (yes). Yes—anticlockwise has

a different job to do, if I may put it so plainly. But my answer to you my dear friend is always to be guided by those with superior knowledge (thank you). Have we any more questions?

George: We've had one sent in by a reader, Salumet, and I think I'd best read his letter to you.

This is a person of conflicting ideas.

Jan: So George doesn't need to necessarily read it to you?

Yes, I will listen.

George: He says: "I have been reading a rather interesting book—Secret journey to Planet Serpo—a true story of interplanetary travel, which documents an exchange program. According to the book, in 1965, twelve U.S. military people were sent in an—he uses the term 'alien'—spaceship to a planet 40 light-years away in the Zeta Reticuli star system. The journey took ten months and they were on the planet for ten years. In 1978, eight returned, two had died and two decided to stay on the planet. The material was sent in 2005 to a UFO site by a former U.S. military officer involved in the project anonymously who wanted the information to be released before he died. I was wondering if you could ask Salumet when you next meet, to confirm the story."

Thank you. Again we touch on topics that have interested mankind for however many years. We have spoken quite a lot about space, about 'aliens' as you call them; I prefer to call them 'other people', because that is what they are. They may have different form, they may not speak as you do, but their existence is for all to behold. And yes, you upon this Earth, as I have said before, you are quite a *young planet*, and have you not my dear friends, had some proof of 'aliens' in different ways?

George: We have indeed!

Yes—so it is not necessary to always continue to try to prove. I would say to you: think about this Earth planet first, and allow those whose interest is so strong to continue to find out details of what is beyond. I can tell you in simple words my friends: there has been space travel for a long time—centuries and centuries and centuries; it is nothing new to us. Whether what these men having contact is true or not—that really is not the question. But what I would say to the gentleman asking the question is: if he so believes, then so be it. I am not here to tell you or to say 'not' what is true and what is not. I will say this to you that if this gentleman who wanted something printed is genuine, and I believe him to be, then that is his pathway.

George: Yes, thank you and we've certainly had ample evidence that others (yes) are able to live on planets that are not their own.

Yes, this is just one small story. From time immemorial there has been space travel. Whether you wish to believe this or not—that is entirely up to you. But I am more concerned for 'mind travel', as you know. That has always been my quest for *you*. But please do acknowledge the gentleman and thank him for his question, and just to say that Salumet can say most definitely that many planets and much life continues on them.

George: Yes, I'll certainly do that. Thank you Salumet.

Any more questions?

Sarah: On the subject of self healing, there's quite a lot of 'radon' gas in this country and probably many countries, and it can if you live in an area where there's a lot of it, can cause cancer. If you happen to live in an area with high radon, if you ask for protection for yourself and those around you, would it be alright to live in that area?

If you have asked for protection, then we would hopefully help in any way that we could. Yes, you have the strength within you as human beings to rid yourself—and I am going to use our favourite word 'fear'. If you fear a substance, then it will take hold of you.

Jan: So that's the same as if you fear a certain disease, you're likely to contract that disease?

Yes, because the thought becomes reality (yes). Always remember this, but if you have asked for help from God or the angels or whomever, hopefully you would be guided in the correct way (thank you).

Jan: Going back—I'm not struggling with what you said about self healing, but regarding what happened to my leg, I remember you once saying to me to put your trust and faith into the doctors; well I did.

Yes, but they are human.

Jan: They are human—I know that, I understand that. I understand I had to have intervention, and then self healing after that would speed the recovery. But in this instance, even if I had all my energy and all my belief into self healing that leg; with the intervention that happened, I don't feel I would have been in control 100% of that.

Therefore there would be no healing.

Jan: Well they told me my leg wasn't healing.

No—that is the problem, but it is a human problem, but with self healing, you need as I said at the beginning, that you need to make sure there is no separateness. In the same way as your bone has separated, so too in some way have you separated yourself from the unity of God.

Jan: Before it broke, or after, or—

I would say to you: quite some time before. That is another thing that I feel as humans you do not quite understand. Disease is not instant, it can very often happen years before the occurrence.

Jan: I've been 'soul searching' for want of a better word (yes), and I believe that I know where and when it occurred.

I would say to you: if you have meditated you would have united and closed that separateness to increase the energy within your body, which in turn will heal your physical being. You understand?

Jan: I do. I lot of the non-healing on my side probably did come from fear (yes), and I believe that that non-healing on my side may have even come from a previous lifetime—

If that is what you feel then work upon that. You have the capability to do so. But that is what self healing is. Last week there was someone here to try to help you *feel* the energy for healing, which I believe some of you did. Yes, it's not a simple matter, and sometimes the words to describe what you need to do, is not always easy.

Jan: No, we go back to the word 'balance' again, don't we?—mind, spirit, physical—everything in balance.

Yes, but you must learn to place all of those things once there is balance. You have to unite yourself with the energy of spirit, and that is the blending, healing light.

George: Yes, with the heat from that healing, it didn't seem to me to be like a physical heat.

No it isn't. It is a spiritual energy (yes). If you are healing properly you have to be guided by those with more knowledge, and when you have that unison that togetherness, then healing is simpler.

George: Yes, to use a physical word in attempting to describe it, it seemed to me to be like a 'misty heat' and not physical.

Yes, it need not always be a physical sensation, but there may also just be a feeling of great peace and understanding and a oneness with all things—that is a true healing. Perhaps that is a better way to describe it for you (yes), to become as one with the Great Creator, and then you see that energy builds within the human body and all things can be healed. But being human, I don't want you to think that it is as simple as that. I am more interested that you have the understanding of it, in order that at times you can help yourselves. But I would suggest to you my dear friends that diseases and illnesses do not happen within five minutes of Earth time.

Jan: Yes, the culmination of thought (yes) can be a long time, even from infancy.

Yes, and you know I have always said to you: the power of your thought is the most powerful thing you will ever possess. And I'm sure you could name instances in your lives when you feel that has happened.

Now—

Jan: It's more feeling powerless for other people that you care about, and even though you can think of positive good thoughts, which we've spoken of before and visualising for them (yes), it's not a quick fix, because like you've just said, you could actually be battling—it is really like a battle. Your thoughts could be the complete opposite of the person you're trying to help.

Yes, and if it becomes too fearful or does not feel right, then you have to leave it; you have to step back and allow that person, whoever it may be, to continue on their own pathway, because there comes a point sometimes when there could be interference and we do not wish that to happen. Each and every one of you has trodden this Earth with a pattern of life, and it is not up to other people to interfere in

any way, unless they are on a destructive pathway which then calls for help from those higher beings—and that I believe is what you are speaking about.

Jan: It is—so I should really be putting my asking for help—

That the right and correct help be given (yes). Yes, that is right.

Sara: That helps to remove the anxiety within us.

Yes, because you're giving it up yes—and that applies to yourselves as well as others.

Jan: So some part of our self healing is the same—is to give up—

To give yourself, yes—to become as one. Yes, that is the easiest way to put it.

Sara: It is disturbing when loved ones are behaving in a way that seems self-destructive—it's quite disturbing, but I think probably we can only really detach.

But you must always, each of you, show by example. That is why as individuals you have to build your own strength, your own energy, your own knowledge—before you can help others.

Sara: And I think follow your own joyful pathway **(yes)**, because if you somehow stay in your own bubble of joy, the things that bring you joy personally, that brings its own detachment **(yes)**, which is also an example at the same time, even though you don't know if they're taking any notice **(no)**.

Jan: It's keeping that negativity at—keeping yourself secure from other people's negativity as well that can be so destructive to—

You can protect yourselves at all times when you are in the state of meditation. Those are the times when you ask for help for others, because in the proper state of meditation you are united with the God force (yes). That is the time to ask for help.

Jan: Not when you're doing the washing up for example, like I often do!

Chuckles

No because although all thoughts are caught, there are some much more powerful than others.

Jan: Yes, it's not the right conditions to send for help.

No, but your thoughts are never ignored or wasted.

Jan: Just not quite as strong in the signal strength-wise **(yes)**.

Sarah: When people are at the end of their lives, do sometimes spirit help them on their way by making—I'm thinking of my father actually, because he did say he felt insecure and afraid when he was dying, and he probably created the **(fear)** problems he had—

Yes, but they are never left alone, so do not be concerned that that fear will last for any length of time.

We would always reassure, and you should understand, because you do rescue work that they are never left alone when they are ready to come to us.

Sarah: I just wondered if spirit was helping him on his way. I think he was afraid of going **(yes)** and maybe the problem he had was enough to tell him now he actually wanted to go.

Yes, there would have been with your father—your mother was there, as you well know.

Sarah: I'm sure she was.

Yes, she would have assisted him.

Sarah: Ah that's kind, yes. I saw her to the left of my face **(yes)**. There was also a hare in the garden. She liked hares and we never have hares in the garden—and I'm sure that was mum as well.

Yes, we always leave some kind of sign for those who are left behind, because it becomes a comfort to them, and after all, being human you all need to grieve for a short time—and mark my words: a *short time*.

Sarah: And then be happy for them that they've gone back to where they belong.

And then be happy that they are happy. And in turn, they will look after you as well whilst upon the Earth.

Sarah: That's nice to know. Thank you for confirming that mum was there, because I was pretty sure she was around.

She was there to meet him, as was another lady.

Sarah: Are you able to tell me who that was?

No, you can ask that question for yourself!

Sarah: Yes I will. Hopefully dad will come back—I've told both of them to please come back to the meetings, so hopefully they will.

Yes, he will need a little time for rest. Sometimes people are under the impression that you just pass very quickly and you're there and are happy and glowing like an angel, when in fact, some people need to rest, especially if they have had illness. But I can assure you that your father is doing fine.

Sarah: Thank you—yes. That's very nice to know, thank you very much.

Yes—now I think I will leave you my dear friends, unless there is any more urgent questions.

Sara: Could I just ask one Salumet? **(Yes)** A friend passed me a website recently **(yes)** called 'channeling Eric', about someone who took his own life, but now works with his mother and sister to bring channelings through, of various people. I just wondered if you could comment on the veracity of that. Some of it strikes me as—there is a lot of overlap but the boy, who was about 20 when he took his own life, gives the impression that his suicide was meant to happen, so that he could then conduct these channelings with his mother even though it was painful for her. That's the bit I don't accept—

No, I will stop you there. Suicide is never right.

Sara: That's what I thought—

I cannot say otherwise. What they are doing is playing God.

Sara: That's what I thought actually.

Yes, so I would say 'no'. Perhaps he feels now from the spirit world, it was meant to be, because he has found out that he can now help others, but the actual act is not acceptable.

Sara: Yes, I felt that he wasn't completely sitting in his own truth **(no)** yet, but he may come to it.

To him you see—we are touching on another subject—to him, it may be *his* truth, and it may be something that he has to work through.

Sara: Yes, I think when I read it I feel he is working through things with his mother about it.

Jan: So it's his justification for his actions **(yes)** at this precise moment.

Sara: Yes, it's a form of coming to their own healing I think.

Well we hear so many cries from your Earth about people taking their own lives. I have spoken on this before and it is never right to take your time before it is due.

Sara: There were a lot of channeling of spiritual masters, such as Buddha, Jesus, Sai Barber and various actors and actresses that were well known. I wasn't quite sure how true they were, but it's a difficult one to know. I haven't listened to them. I've only read the transcripts. I don't like to suggest that some of the material isn't good, because I feel there's a lot of overlap with some of the information.

Remember my dear friend—I have said this to you also in past times, that teachers or whoever comes to you from spirit, that you must be prepared to accept what they say. But if you do not, then do *not* accept it, because they can only give you what they know. That does not mean it is true or untrue, only that it is their way of telling you what they know.

Jan: Your first instincts are always normally the correct ones—if it doesn't sit well with you, you don't have to let it—

And it is a form of learning to distinguish between what is right and what is wrong for each individual.

You are all at different stages of development. Remember this also.

Jan: Even though we blend as one in this room, every one of us is at a totally different stage.

Pathway—yes of course.

Well, I will take my leave of you this time and see what is about to come to you. I leave you all as usual, cloaked in my love. I hear your every word, I see your every deed, and I hope my dear friends that we come together quite soon.

Thanks and fond farewells

Eileen returned to a period of several clairvoyant messages, all of which made perfect sense. And then Cho came through giving us a nudge that people were around us within the room. He also had a quick message for Paul about needing to finish writing a letter that he'd started to write earlier—audio link:

http://www.salumetandfriends.org/resources/2016_06_20+Cho.mp3

Finally there was one through Sarah called Jane, who announced that she liked to play jokes on people. She then gave us a little exercise involving a ball that we were to attempt to feel and move the ball with feet, passing it around the circle to each sitter. We tried to describe the ball in terms of size and shape. Jane said afterwards, that it wasn't quite a round ball—more like a flat balloon shape—audio link:

http://www.salumetandfriends.org/resources/2016_06_20+feely+ball.mp3

George's notes:

RADON: Chemical element no. 86—a quite rare radioactive gas originating from radioactive decay.

~1st August 2016~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/2016_08_01+salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always I am pleased to be with you all, my dear friends.

Sarah: pleased to have you back again Salumet—thank you.

It would seem that some upliftment is needed amongst you this time. Firstly I will welcome our visitor this time and we feel just a little nervousness from her. What I would like you all to do this evening my dear friends, is to take just a few minutes and attempt to give yourselves some healing. If you have no physical problem, then allow the healing rays to help you overall. Are you happy to do this altogether?

Enthusiastic agreement

Firstly, imagine from the tip of your heads that there is a gateway; and I would like you my dear friends, to open up this gateway and to feel the healing power of spirit entering it so. I want you to feel where it goes within your physical bodies; direct it to the area that is troubling you and feel the rest of the energy throughout your body; but focus—see it clearly, the part of your being which is in need of spiritual healing. I will sit quietly and allow you a few minutes to try to help yourselves.

We sat quietly as instructed

Feel the warmth and the upliftment. Know that those healing rays come to you directly from spirit.

Long pause

I hope my dear friends that you have felt the healing that has come to you. it is something that you can all practise, within the confines of your own homes.

Lilian: Yes thank you, that's good advice.

You can discuss it amongst yourselves when I have gone, to see what each one of you could feel. We send healing to your world and to many others. This could also become a daily task for you all, to heal your planet. Now my dear friends, are there any questions that you wish to ask me this time?

Paul: There is a question that George suggested I put to you. It's one sent by someone called Tom, who has given a question before. In a way the answer perhaps is a little bit obvious, but I'll ask the question: Tom mentioned before that he believes that the world is in fact flat. He was asked to 'go within' and he has tried to go within, but he still gets the response that it is flat. Is it possible that even when you go within, you can still get the wrong answer?

Of course; when you say 'go within', when I speak of 'going within', it is to that place which is all spirit, where human consciousness is placed to one side. What I would suggest you reply to the gentleman, is that he is not totally in the state of medication. (Salumet occasionally confuses a word)—meditation I hasten to say—not medication! And that he is not fully receiving what he needs to. There can be no proof for him at this time and whatever he receives, he is take as being 'gospel'—I believe that is your term (yes). But I can assure him that what he is receiving is not quite correct.

Paul: It is a little bit odd—there is a website still—there are a lot of people who still cling to these ideas.

Yes, and once you have formed the thought, you understand that it becomes their reality. So the more the thought is put out, the stronger it becomes that it is real.

Paul: So you begin to sort of build up (yes) a story around (yes)—and you look for evidence to support that theory.

That is correct—in the same way when you hear of mentally ill people who swear that the voices are telling them to do something, when in fact it is an illness and not spirit. There are many examples that could be given, but all I can say to this gentleman is to just continue to meditate, to go more deeply and perhaps he will find the truth (thank you). **So many people can so easily be misled by the words of another or even by their own thinking.**

Paul: Yes, it's quite common, even in so-called 'science'. They've got terms like 'Experimenter expectancy effect'.

Yes, yes, whatever you expect, that is what you will receive. That is why you have to be open-minded. When you come to this kind of work, you begin to regulate yourselves in a way that is pure, in a way that can only receive truth. But that is something every individual needs to work upon. And I'm sure that in this group, where you have united for such a time that you would know and feel immediately when something is not quite true—but it is an individual thing. I hope that will help him, but I fear not.

Paul: Yeah, so often it's personal proof—you can never give...

And why should people expect to be given personal proof. They are only but one small person in this Universe. Why do they feel that they should have special treatment?

Paul: Yes! That's a point.

Truth is there for *all* to take, but mankind has a way of twisting words, or twisting truth; and it is up to each individual, as I have said, to clarify what is the difference.

Sarah: So there are some people who could be given messages, or are there not?

Of course, if they are in the right state of being—of course there are. That is what you do here, when you have someone to speak, or someone is used, that comes from spirit and if you are an established group, we immediately come to you as soon as you sit down.

Sarah: Yes, but this Tom, he's getting these messages, but some other people who are out there that get messages, maybe there right, are they, or...

Of course! I would not say they are all wrong, but in this particular case, the information being given is wrong. But people are being drawn it perhaps from interest, perhaps just curiosity, but they are not in the correct frame, to say that this is true or this is not. Perhaps they do not have the spiritual knowledge to help them.

Sarah: A friend of mine, who lost her husband a little while ago, has twice said she's woken up and said he spoke to her. So that probably *is* right?

Yes, when someone goes over to our side, it is their way of reassuring loved ones that all is well. Yes, that is quite common in your world, because the love bond as you know does not disappear and it is only natural that they wish to tell those loved ones that they are well and happy and so glad to see them; it is for comfort of course. And as you know, there are many psychics and clairvoyants and mediums in your world—enough to supply your world with truth, but they are not always accepted by the majority of people.

Sarah: I think some people who were sceptical are beginning not to be quite so sceptical (**yes**) and there was this programme on the television about detectives who can't get an answer and they've found an answer for them—so they've been converted.

Yes, there is always different ways to be convinced. Sometimes it is a personal little something that convinces someone who has been against the truth, **but you can never convince anyone. Your task whilst in this physical body is to find the truth for yourselves. Do not rely on another's words if you can help it (thank you).**

Paul: Probably all of us have found truth, not by necessarily meeting someone who's explained it to us, we've just gradually had it unfolded.

Yes, you feel it from the heart, you know instantly if it sits well with you or not and I have always said to you my dear friends, if you are not happy with any words that I say, then you are not ready for them, so do not accept them; but the time will come when all truth will be available to *all* in this Earth world. You understand?

Sarah: We've got a little way to go before that happens.

Quite some time yes, but I do not wish you ever to be despondent, because great things can happen, people can suddenly become aware that their thinking is not perhaps the right thinking and can change. That is what we work for in my world that all of mankind be gentle and kind to his fellow man.

Paul: Yes, I think people say to me sometimes that there's a lot more people out there than we realise who are certainly believing a lot more in spiritual ideas—they're not quite open about it, so we don't quite know the numbers.

Yes, I would say to you that at this moment of time, in your world, many, many people are believers that there is more to life than what they feel—yes.

Paul: Would you say the majority?

I would not say quite the majority yet, but it is heading that way and of course there are many people who refuse to acknowledge what they know, whether it be from fear or afraid of ridicule—there are many reasons for this; but the knowledge is widespread throughout your world, not only in this country that you inhabit, but throughout the whole of the Earth; in all nations, in all religions, there is a knowing that will only grow stringer.

Sarah: My father used to say that you had one 'God', as we would call it, at the top of a cone and it didn't matter which part of the cone you were at, at the bottom, you were all looking up at the same one, and I think that was quite a good...

That's a good analogy, yes. There are many pathways as you all understand here—I am not telling you anything new or unusual, but yes, people choose their own pathways, whether it be good or bad, but ultimately it all leads to the same place. So that is why human beings must be tolerant of another's view, of another's religion, of another's way of thinking—you have to be tolerant because you are brothers, you are human beings who are trying to do the best that they can.

Paul: I had thought recently that everybody plays their part, even the ones that we feel are being cruel or aggressive or whatever—they seem to have a part to play in the overall scheme and it certainly stimulates things a lot when people behave as we might term 'badly', it creates an opportunity for others to discuss it.

Yes, it creates a union of people who want to do better, and of course, it is only when, as you would say here, 'look backwards' that you see what benefits there have been from your world—and there are always disasters in this world, whether it be caused by man or nature, it matters not. But to strive, to do the best you can, you can ask no more of yourselves. To speak to that Great Creator, to help others in need—that is the brightest of gifts; and it is something that you all can do.

Paul: A very uplifting thought!

I wish always my dear friends, to encourage you to think for yourselves, to look for the truth at all times, to see the good in mankind rather than the evil, as you call it; to always seek the balance of good and evil, and then you understand the workings of your world. But I know for a lot of people it is very difficult to see only good.

Sarah: Yes, especially at the moment, these people who have been indoctrinated and are just coming and killing random people. That's very hard for a lot of people to feel love for the murderers really.

But who needs the love the most?

Sarah: Yes exactly!

That's what you must ask yourself and although it can never be condoned, the killing of another human being, you have to feel love for all of mankind.

Sarah: I suppose you could take Jesus' words, 'Forgive them for they know not what they do.'

Well that was a pure statement. Unfortunately a lot of mankind today, they do know what they are doing, but nevertheless they still need your love and your prayers.

So, is there any more questions before I leave you this time?

Pause—Lilian had thought of a question, but couldn't quite recall it now.

I must say to you all my dear friends, I always want to smile, because so often in your daily lives I hear, 'We must ask Salumet', and when the opportunity is here,

It is silence.

Giggles

Paul: I was talking to George before we came tonight, and I forgot to say, he said if you come, give him my love—and to everyone here as well.

We will send all of our thoughts to the dear gentleman, yes (thank you).

Lilian: Yes, it's better to write down the questions.

Jan: Yes, we'll have to write them down Salumet—we definitely will **(yes)**. They all seem so relevant and so important at the time...

Yes, well I do try to communicate with you when the thought is voiced, but unfortunately you have not reached the stage where you feel the replies.

Sarah: Actually, now that we're aware that's what you're doing—we probably don't give ourselves a chance to get the answer, so next time we have a question, we'll perhaps be a bit more conscious.

Yes, your daily lives control a lot of what you feel and think.

Agreed

Paul: There was just one thing that I was talking to someone about and that was obesity, which is a big problem. I sort of answered that I think a lot of the time, what you eat and the amount that you burn off from what you eat—you have to get the balance right, between the exercise and what you eat. I know others have other ideas as well and probably there are other factors; it's not just what you eat, but it's a growing problem in the west.

Yes, all I can say to that is, each and every person in this room or out of this room, wherever, has the innate knowledge of what is right and wrong for their bodies. So therefore I say to you, the responsibility lies with every individual. No matter how much you preach, no matter how much advice, never will some individuals accept that they are doing something that is not good for them. So you cannot say that everyone should do this or that or anything else; you have to say to them that they have to accept responsibility, not only for their bodies, but for their thinking.

Jan: When these type of epidemics happen on a grand scale, which obviously is what an epidemic *is*, when you were talking the last time you came, regarding time that you may not be connected with spirit, I'm wondering—I don't understand the epidemic proportions, only the fact that we have too much greed and far too much food produced, which is a different matter altogether; but is the fact that we aren't listening to our bodies, is a disconnection between ourselves and spirit **(yes)**, even on a nutritional level?

Yes, it is a disconnection from spirit, because if you were attuned properly and you realised that obesity was a problem, you could quite easily correct it. The problem is that a lot of people don't want to and if that is their choice, then that is what you must accept.

Sarah: I think sometimes in today's lives, you know they can be very stressful situations **(yes)** and when you're stressed, you're actually not behaving in the way you would normally behave if you weren't stressed. So I think sometimes that can...

Today in your world the word 'stress' is recognised throughout the world. Today I would say people do not allow themselves time to think, they do not allow themselves time to make, as the lady has said, connection to spirit properly.

Jan: No, they allow those external influences of noise, pollution, everything else to overshadow **(yes)** the important things...

...what is important, yes. That is correct.

Jan: So I wonder if eventually we'll be teaching our young Primary School children meditation as a natural course of their development—it would be nice to think so!

Yes, it is something for the future. You are looking for the perfect human beings and unfortunately you have not reached that stone, but the striving is what is important.

Sarah: I think there is one school where they do start the day with meditation.

Yes, all people should meditate. You would find an improvement in health, in the way you conduct your lives, the way you think—so many benefits from it.

Jan: And I think meditation makes you feel valued and that must make a huge difference.

In meditation, you are becoming united with that great power which you are; and you are just one part of that.

When you return and reconnect, then you become whole, you understand?

Jan: It's almost like a rechargeable battery—that's our recharging.

You need to push the plug a little further, yes—that is a good way to put it.

Sarah: I was watching one programme also on the television and they said it depends on your gut bacteria as to what makes you fat and what doesn't. So for one person, if they ate a cream cake they wouldn't put on weight, whereas another person would.

Yes, that is all...there is also part physical conditions. If you have been born to parents, it may be that you need to experience that for a short time, but if it becomes unhealthy, then that is when you must look more deeply. There is always a reason why people do as they do.

Jan: It's just come to me as a light bulb moment, but that connection is what's missing on the epidemic of obesity (yes), because it has a perpetual motion—one person becomes obese, they talk about it—another one, another one, another one. It's almost...

Yes, it's becoming reality.

Jan: Yes, whereas they are just missing that connection. They are bombarded with medical advice and dietary advice and everything else and yet if they were just to be able to connect, and that goes for all of us including myself, the answer is there, the answer is inside.

You have an innate knowledge, which most of you do not tap into. Even people such as yourselves, who have knowledge of spirit, who put trust into spirit; but so many people do not understand this.

Jan: No, it is the answer to everything, absolutely everything.

It is and that is partly why I came to try to help people in your world today. With just a little more knowledge, people can be so different.

Sarah: And of course we all have our free will, don't we, so that's another...

...powerful part of the human being is their free will and remember that does not disappear. When you come to spirit you still have your free will.

Jan: I feel there's free will and on the flip side of that there's the trust part and I'm learning to trust spirit. Yes I have my free will, but the two working together—it's so difficult to explain—I feel it more than put it into words. It's putting your trust into that big...

You see what you are speaking about really is that there is a fear that holds you back.

Jan: Myself?

Yes.

Sarah: Is that part of the reason why her leg isn't healing?

There is a fear and a focus is upon the area that is not healing. Please do the meditation and the healing and to actually see those bones healthy.

Jan: I will, but you've just spoken about something that I wasn't trying to explain at all, so you're telling me something that I wasn't even asking—I didn't feel I was even asking.

Yes, but you need to know.

Jan: I thought I'd started to get better with the fear of moving forward.

You have my dear friend, but not quite enough. You have to be positive in your thinking, you have to *know* that that is what you want, not as so many human beings do, and use the word 'but', but...

Lilian: Yeah that's the difficult thing.

Yes. Do you understand what I am saying to you?

Jan: Not from where my statement was coming from, no.

What do you not understand?

Jan: My statement that I made was that we have free will (yes), but spirit—I was trying to say also, putting your trust in spirit (yes), guides that free will in the direction that it should be going. Am I correct, or am I not correct? If you go about your daily life and you're listening—what I should be doing/what I shouldn't be doing—you listen to yourself, so you're putting your trust, not only in your physical, but in spirit, to be able to tell you which way you should be going.

But you must ask spirit for health, you should not just expect. You must ask—we are here always to help those who ask, but if you do not ask, we cannot interfere in your lives. So when you speak of your free will, you should have beside that free will, the innate knowledge that spirit is there to help you. Do you understand?

Jan: Yeah, but isn't that really what I was saying?

No, you were saying that you thought that spirit would just automatically help you. That does not work and in a sense that is caused by a little fear, again of using the word, spirit are there, 'but'.

Jan: Ah I understand now, yes.

I am sorry if my words have not been clear.

Jan: No, it now makes perfect sense. It's not having the fear to have to *rely* on, by saying 'I will' and 'I'm going to...'

Yes, you must have the *positive*, because once you allow any kind of negativity, then you change the whole course.

Sarah: And also when you're talking about having an innate knowledge, so surely when you have a problem, you can't always just rely on spirit, you should be going within and getting the knowledge that you know yourself that's in you.

Yes, all of you have innate knowledge about all things and you should use that, but of course we are here to help in any way that we can and I suppose in your world, you could say that spirit was your 'back up'. Does that make sense?

Agreed

But of course you should use your innate knowledge that is why it is there—in all things, not just health or what is happening...

Sarah: Inner knowing...

Yes, you all come to Earth with this inner knowledge, but you have to tap into it.

Jan: I know *exactly* what you mean now, because since you've said that I'm sat here thinking, 'oh dear, I haven't necessarily got spirit all the time telling me what to do—I've got to make my own mind up! I've got to make my own way—and there comes the fear!

Yes.

Lilian: Yes, it does with all of us.

Yes, you see, as much as you know and understand, fear and negativity are so powerful in your lives.

Jan: ...and intertwined.

Yes.

Jan: It's just—the penny's just dropped!

I am pleased you have understanding now of my words.

Jan: It just takes me a little while to internally, you know? **(Yes)** But there again, that's that innate knowledge, that you're able to decipher and connect and the knowledge come to you. **(Yes)** So your discussion tonight—the experience I've just had.

Sarah: Yes, and of course the more fear you have, that fear becomes reality—so you've got a double whammy.

Paul: That's the importance of meditating regularly.

Yes, it is no good to meditate once in—I don't know, what is your expression?

Sarah: Blue moon.

Blue moon, yes.

Now my dear friends, I hope my words this time have been helpful to all of you in some way and it gives you just a little more food for thought.

Enthusiastic agreement

Sarah: Yes, we don't need any more food Salumet.

Chuckles

Yes, I take your words, yes. Now as I leave you, as always I cloak you in my love, I ask the Great Creative Force for good health and happiness throughout your daily lives and until we come together again, I say goodbye.

General thanks + farewells

Sarah then sensed that Eileen had an Angel around her and Eileen confirmed that it was Michael who had just arrived and who was often with her and that it was good that Sarah had sensed this.

Eileen then began to receive clairvoyance, mentioning Pepperoni, which linked with Dawn's son who liked it on pizza. It was sensed that he had recently been staring at a photograph of a lady and that this lady, now in spirit, was trying to help him. His problems related to past times, which was why he sometimes seemed teary/frustrated and not knowing the reason why. This lady wanted Dawn to know that she was around and trying to calm him.

Notes:

Experimenter expectancy effect: Also known as Observer expectancy effect, where the bias of the observer influences what is observed. Back in the 1960's there were numerous experiments involving worms learning mazes. There was a popular theory at the time, that if you fed the brains of these creatures to other worms, they would be able to learn the mazes quicker than worms who hadn't been fed the brains. This was replicated several times by top western universities, all getting the same results, before they finally realised they were victims of the experimenter expectancy effect. (Scientists now use methods such as the 'double blind technique' to avoid this.) Similarly Salumet tells us that our thoughts create our realities, so if we believe the world is a certain way, we may draw to us evidence that confirms this—the power of Thought again...

Note from George: Following much wonderfully dedicated work by experts at Chichester NHS, I am declared terminal, but much more comfortable, and have excellent prospect of completing the book. This has been my objective. Two of the expert team are keenly interested and urge me to complete—also the daughter of one. So in greater comfort, all bodes well.

Best Wishes,

George.

~15th August 2016~

The evening began with clairvoyance from Eileen suggesting George is in good hands, particularly with one of the nurses that pops in to see him most mornings—Christine—she also heard the name Cristobel. The feeling was of a really lovely person, kind and gentle and George is picking up the good vibes from this one. Eileen also got the name Ernest in connection to George which was George's father's name (as well as George's middle name). He wanted to say that he'd been around for a while, which made perfect sense, Paul's grandfather/George's father watching over his family from spirit realm at this time. He also had a message for Paul:

He's proud of the man you've become.

Eileen also picked up that he used to gently tap Paul on the head as a youngster, which she sensed him doing now. (Paul expressed his thanks.)

Next Eileen gave a message to Sarah probably from her mother's mother, who had a distinctive head nod, saying she needed to look after her feet.

Eileen also gave the message that someone was talking about an incident at Selby. None of us could give any meaning to that at this time.

Finally a brief message for Natalie probably, who needed to cut down on cheese. The message seemed to be: Too much dairy blocks your passages. (a few giggles at this)

There then followed a rescue though Eileen—audio link: http://www.salumetandfriends.org/resources/2016_08_15+rescue-Stuart.mp3

Lilian: Good evening.

I'm looking for Gloria—GLORIA.

Lilian: Yes—what's your name?

My name?

Lilian: Yes, could you tell me please?

I think it's Stuart.

Lilian: Where do you think Gloria may be?

I don't know. She's just left me.

Lilian: I was just going to say, were you waiting for her? *(Pause)* Do you know where you are?

No.

Lilian: Right—well let's see if we can help you to find Gloria. What do you remember last?

Dinner.

Lilian: You were having dinner?

Dinner—dinner—where's Gloria? I want Gloria!

Lilian: Yes, okay we'll find her. First of all, let's get your hands better, shall we?

(It became clear that this rescue involved a person who was both physically and mentally handicapped.)

Lilian: Right—just sit quietly and all these problems that you've got will begin to go.

(There was further discussion about Gloria, who was probably his Carer. After a short time, Stuart seemed to be calmer with the healing being given.)

Lilian: How are the hands feeling?

I don't know.

Lilian: *I little bit better?*

That's nice!

Lilian: Good! What can you see now? Can you see a light in front of you—a nice bright light?

Light, light—I see a light.

Lilian: You should see someone in that light waiting for you.

Gloria! Gloria!

Lilian: Is it Gloria that you can see?

No.

Lilian: No, but you can see someone—someone that looks rather like an Angel—a lovely person.

Sss—star—star!

Lilian: It's someone who's going to help you.

I'm scared—I'm scared.

Lilian: You don't want to be scared. It's a lovely person waiting and they will tell you how to find Gloria. But you need to get better first don't you—really, really well?

I like you.

Lilian: Good—I like you. How old are you?

Old—old? I don't know.

Lilian: Never mind. You're not a little boy any more.

No, no.

Lilian: No—a long time ago when you were a little boy...Let's think about this person who's waiting for you. You'll begin to feel really well and a lovely warmth, you'll really want to go with that person; that's the feeling you will be getting—and that's a person that can help you.

I hear them, I hear them.

Lilian: Good. They're asking you to come along?

Yes. (Good.) I want a cup of tea!

Lilian: Perhaps they'll give you a cup of tea. ***(Yes.)*** We always want a cup of tea, don't we?

Yes, I like a cup of tea.

Lilian: Will you go with that person? I would if I were you.

Yes I will—I said I will...

Lilian: Good—yes, you're gonna be fine—better than you've ever felt before.

Yes, I'm going now.

Lilian: Yes okay, I know you're gonna be fine. So I'll say cheerio and see you again I expect.

There was then one through Sarah—audio link: http://www.salumetandfriends.org/resources/2016_08_15+one+thru+Sarah.mp3

Lilian: Hello. Thank you for being with us.

Hello and welcome to OUR group. We come to you as a group, because we have in the past sat as you sit today.

Lilian: How interesting.

We have known much about you, because others have told us and it was partly for the interest of us and partly because we wish you to be interested in us as OUR group. We often visit groups like yours and I have to say that we do feel very comfortable here. There are ten of us and I am standing and the others are sitting on the floor with their legs crossed. They are holding hands and this is a symbol of the contact there is between you as people in this group, who blend together and can make contact with us in the spirit world. This joining of hands together increases the energy flow that each one of you has, but it is enhanced when the hands are joined. What I would say to you is, if at any time you feel the need as a group for a little upliftment, this would be a good way of getting that goal, because the increase in energy that is created can also attract those from our world to you more readily. So this is the first message I have to bring to you. The second message is a little more simple. We wish to blend our energies with you this evening and I would ask that you not hold hands together, but that you hold your own hand. Each one from our group will come and touch your hands and this will be our gift to you of upliftment for this evening. So we will do this for you and then we will depart.

General thanks

So just put your hands together and see what you will get. Thank you for your time.

Lilian: Thank you.

Notes:

Some sitters sensed a tall Native American Indian, even though there was no accent in the voice and Sarah said that this was her impression also.

~5th September 2016~

After our usual healing prayers, starting with prayers for our dear George, one called Maureen spoke via Eileen. She seemed a bit confused at first, because she was expecting someone called Martha to be here, who she explained was very good at changing the atmosphere in rooms. She complimented us on the non-egotistical nature of our group, which blends well with spirit. Maureen was deciding she may have to leave, when Martha arrived via Sarah—audio link:

[http://www.salumetandfriends.org/resources/2016_09_05+Maureen\\$2C+Martha+and+Cho.mp3](http://www.salumetandfriends.org/resources/2016_09_05+Maureen$2C+Martha+and+Cho.mp3)

Martha: Yes, don't leave, don't leave, don't leave—I've come!

Maureen: At last.

Martha: Yes.

Jan: Where have you been? Why were you finding it difficult to come through?

Martha: Because this one was not ready for me.

Jan: Ah, of course—yeah.

Martha: But I'm here now.

Jan: Well, nice to have you here with us.

Martha: *Yes—we do normally come together.*

Maureen: *But I'm quite forgiving, aren't I?*

Lilian: You're like me, I do like people to be on time, but that doesn't always happen.

Maureen: *Well, we are not governed by time, but in this plain you are governed by time, yes. And now she's gone quiet!*

Martha: *I am just getting more energy now. Yes, it is very nice here, and I don't know what my friend wishes me to do this evening, but I have a feeling she is expecting me to do the work and she is going to sit back with her feet up. Is that true?*

Maureen: *It is certainly not true!*

Martha: *Well I got that wrong, didn't I?*

Maureen: *And I can tell you are on the Earth plain because you are fibbing!*

(Chuckle)

Martha: *You may have to speak up a little because this lady is a little deaf.*

It was explained that the instrument (Sarah) needed to hear as well, because Martha was using her ears—communication would still be possible without the hearing she said, but the speech would come a little more slowly.

Martha then said that she also was a little confused as to what was going to happen this evening. Cho, our gatekeeper then spoke through Eileen to explain things:

Cho: *Hello!*

General welcomes to Cho

Jan: You were laughing—he was laughing!

Cho: *They thought that they were so good—yes—no, I know what has been happening; don't be afraid, don't be worried, it is just Cho's little joke.*

Chuckles

Cho: *Yes, I am still in charge, do not worry. Yes, you need to laugh you people—you need to be lighter and happier.*

Lilian: Well I think there're quite a few problems with most of us I think.

Cho: *I am not concerned about your problems, I am concerned about your spirits and THEY are the ones that should shine and laugh and be happy.*

Paul: More so probably at these difficult times.

Cho: *Yes, you are quite correct—that is what should be happening and we are only trying to uplift you all.*

(Thanks expressed)

Cho: *Are you still happy with me to be your doorkeeper?*

(Resounding 'Yes' from nearly everyone)

Jan: No, no, no—I think you should disappear.

(Joking)

Cho: *I think that is my trouble-maker—yeah, I can tell. Have you been behaving yourself?*

Jan: I think so—I think I have, what do you think? I think my leg's healing—I think I've been healing my leg.

Cho: *Good! That's what we have instructed you to do—yes, that is good.*

Jan: So, I've been healing my leg regularly and not saying the word 'BUT'—no buts—and I feel really positive.

Cho: *You continue to be that way and things will be fine.*

Jan: Good—I will.

Cho: Otherwise Cho will come and—oh no I cannot say that—oh no, I am not allowed to say that!

Jan: I know what you were going to say, so it's just between you and I. (Chuckles)

Cho: Okay—you need to sort this one out.

(More chuckles from Jan)

Cho: Yes—Okay well Cho will go and let your evening continue.

General thanks and goodbyes

There followed some clairvoyance via Eileen concerned someone called Stuart. She was being 'shown' papers, money and sensed irritation. Sara and Graham were immediately able to relate this information to an Accountant friend by that name. The message was that impatience and irritation were not good and if not careful would lead to health issues. Spirit was clearly aware and Sara agreed to help in this matter, perhaps via the wife who she was friendly with.

Next, another spoke through Eileen with message for Jan that she should allow Lilian to place her hands on the leg as she has very good healing hands. Lilian and Jan both agreed that they would do this. They went on to say that sometimes when there is a bond, a human connection, healing isn't always quite as good, because of the emotional side, but sometimes it works the other way and in this case it was felt it would be good, even though there was a connection. They also gave the name Thomas for Jan to keep in mind.

Lilian then said she'd actually had the thought of putting her hand on each head, to which the one through Eileen encouraged her to do and not to doubt the thoughts that came to her, which she pointed out, as she was sitting in a group such as this, all thoughts would be coming from spirit.

Lilian then went around the group placing a healing hand on each head and most reported afterwards that they could feel the energy being given.

Next there was further clairvoyance via Eileen, concerning a relative of George's known as Grace, who was standing behind George at this time. Ann (George's wife in spirit) was also around presenting small yellow flowers to Sara. Eileen's clairvoyance made perfect sense mentioning a favourite jacket and a handbag, which had recently been rediscovered. For a joke, Sara had passed it onto her daughter, expecting her to dislike it, and was rather surprised when she immediately liked this old-fashioned handbag, which produced laughter as Sara retold the story.

Finally, one spoke through Sarah—audio link: http://www.salumetandfriends.org/resources/2016_09_05+queens+handbag+sarah.mp3

Lilian: Have you been listening to the noise we're making?

Yes I was and I was amused, particularly because I used to like handbags as well. Yes, my uncle used to make handbags and so I was always allowed one each year, of my choice. So as you can imagine, I had quite a collection of bags, but I have to say also that they were well used and by the end of the year, yes I was ready for a new one—yes.

Lilian: Can you remember the year?

I can remember that Queen Victoria was on the throne. It was a time when people used to dress up a lot more than they do today. Sometimes when I look around I think 'Oh dear'.

Chuckles

Lilian: They don't wear very much, some of them.

No, and it is not very smart I would say—no hats, no gloves and very few nice handbags.

Lilian: But the Queen we have now, she's always got a handbag with her.

Yes I have noticed that and I have also had a peep inside the bag and there is not very much in there. I think you will find she has just a lipstick in there and sometimes a little mirror, but she does not even take a comb with her. She does have a nice linen handkerchief in there as well, but that is about all she has. Yes, she does not need to take her purse with her.

Chuckles

Sara: Or keys, mobile phone...

Natalie: I.D....

Paul: Credit card...

Sara: Bag of almonds...in my case...

Jan: I once read that she does carry a few little treats for the Corgis in her handbag. Did you see those?

I did not on this occasion, but then when she is dressed in her finery, she does not have the Corgis with her, so it would be pointless to put them in those bags.

Jan: Yeah, when she's more off duty she probably carries the treats for the dogs.

...In her pockets, yes. Anyway, I just came by because I was interested in the handbags, but I think I will return and see what nice things I can find where I come from.

General thanks and farewells

~12th September 2016~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/2016_09_12+salumet.mp3

Good evening.

All: Good evening.

As I come to you this time, I am aware of a mixture of emotions. We welcome our dear friend who has not been with us for some time, but we are always pleased to see her.

Jo: Thank you.

Spirit has been close to you for quite a long time and we know that you are aware of spirit and all that we can do to help. My friend, once connection is made with spirit, it will never disappear, even if you wish it to. So I say to you, be rid of any doubts or fears which you may have had. I will say only that there are those who stand *behind* you at all times, and of course, you may not always be aware of them. As for all our regular friends, we know when life is harsh for you all, and we do our utmost to lift the spirit; and yes, you are correct when you say much help is given to you.

This evening, when I have finished speaking to you, there will be by each one of you, a loved one from spirit, who will be here to give you that upliftment which you seek. It may always be one that you recognise, but I assure you that you are well known to them.

I will say about the dear one (*George*), our dear friend who is missing this time, but indeed he is not missing, he is with us for some time during your earthly day—a time, when the body is rested and the spirit too is preparing for that journey. So I say to you, allow our dear friend to be the judge of what is best for him, at this particular time. I can reassure you that he is surrounded by many loved ones—yes, and I know there are many here who would wish him a safe and lovely journey when he is ready. I can only say to you, my dear friends that this one has helped you all in some way, during your times together and for this we in spirit are eternally grateful to him. After all, each one of you play your part in allowing me, and those with me, to come to speak to you. therefore my dear friends, for this time I will take any questions that you may have and then I will allow you all to feel the love and the spiritual energy of those who will be by your sides. Do you have any questions this time?

Jo: I would like to ask, are the Angels close by?

Yes, the Angels are always close by; as soon as you call them they are by your side.

Jo: Thank you.

Yes, and it may be that some of you will have your helpers and your Angels with you, but that is for *you* to sense and to feel; but trust in your Angelic friends, they are always close by to take heed of whatever is needed for you.

Jo: Thank you.

Paul: Thank you for that message about George, I know it will really help the family.

I have a question about a book I read recently. It was a channelling from quite a few years ago by Charles Simpson, a medium, who had a Doctor Lascelles, come through on many occasions I think (a group that were called The Seekers) and I was fascinated by one thing he said about the dawn chorus and the birds, when they're all singing together, he said it was like all the vibrations—the songs, actually helped the Earth itself to awaken, like setting up a chain reaction of vibrations.

Yes, I would like to tell you my dear friend that not only is the dawn chorus from the birds of your world, they are accompanied by the Angelic Beings in our world, which, if only you could be aware, you would see the strength and energy and how the Earth can be transmuted from darkness to light.

Paul: I thought the Angels must have something to do with it.

Yes, it is a whole choir of not only the physical birds and energies of the world, but also from our world; they are united, they are in unison with the vibration of sound.

Paul: Mm, because we've talked a bit about sound before, and I thought that's a wonderful working example **(yes)** of how these—it's a beautiful sound the dawn chorus...

And I would say to you that sometimes when people are ready to return *home* to us, they will often say they hear music; that is part of the changes that are made within your world by those of us in Spirit. It is a sound, an energy that is more beautiful than you could be aware of here. But yes, that dawn chorus, as it has been named, is a most beautiful happening within your world and within ours.

Lilian: So that's why the early morning, the very early morning is really quite beautiful?

It is, is it not?

Jo: Before everybody gets busy.

Yes, there is a quietness—in that still time, there is a quietness of Spirit when most people have been resting and the Spirit has been allowed to be free in order to rejuvenate the body. So of course, it is a most beautiful time, as also at the end of your days.

Paul: That's right, they do sing at the end as well, don't they.

Yes—is that helpful to you?

Lilian: That's lovely.

Paul: Yes, it made me wonder if there must be a benefit—I'm not always up at the dawn chorus, but there must be a benefit to be *present* and *hear* it, for us humans.

Yes, you will have the benefit even if you are unaware of it; it is for *all* to benefit from it. But yes, if you have that sense of knowing, you will of course be much more aware of it.

Paul: I just wondered—maybe this wouldn't help, because as you say it's the Angels who we can't hear as such, but it wouldn't help to record it and play it sometimes?

I would say that is a very *good* thing to do, because in listening back, you sometimes catch the vibration which is not audible to the ear sometimes, but in the replaying of it, these tunes or notes as you say, would be available to you. The more you listen, the more you *capture*.

Paul: Mm, because I also thought—it says in the book that certain parts of the world where there are no birds, so there's no dawn chorus, they're often very barren places **(yes)**, so I thought well maybe you could *play* some of these dawn choruses...

You smile my dear friend, but that is not a bad idea. Yes, the lack of beautiful spiritual energy in these places is quite tangible sometimes, and it would be wonderful for thoughts to be given to those pieces of land which are barren, although I have to say, nowhere is completely barren. They are not always neglected, because Spirit would never allow that to happen.

Paul: Would it improve even maybe the fertility of the soil of the Earth?

Yes, along with the thought of the humans, who would wish to cultivate in some way. The thought has to be powerful enough, you understand?

Paul: I see, yes—maybe that could help some of the desert areas. **(yes)** Thank you, that's very interesting. **Of course a lot of these places have been manmade, with the neglect of mankind in thinking about the whole Spirit of the place. They just see the land as something to be disregarded and disrespected. So mankind has some answers to give.**

Paul: Well, I'll cherish even more the sound of those birds in the morning.

Yes. Become a part of it; you *can* become part of it, if you allow your meditation to take you with it. But of course you have to forgo your bed!

Chuckles

I hope that has helped you just a little.

Paul: It has, it has, thank you, yes.

Are there any more questions please?

Lilian: When a woman is expecting a baby and you think the baby is safe and cosy inside the lady. If there's an upset and the mother is terribly upset about something that's happened in the family or whatever, does this in any way affect the baby? Can the baby pick up the feelings of the mother?

Of course—the baby and the mother are living as *one* and any emotional turmoil will show itself in the baby. They are united by a cord of life, and yes, in the same way as a child has connection with the mother at birth, so too is that connection with the baby within the womb. I am sure there are many who could tell you stories of how the baby can become agitated or active, whenever there is some disquiet in the woman's life.

Lilian: Right, so when they're born, they would have forgotten that, would they?

It may remain, it would depend on the spirit—it may remain with them or it may be forgotten, there is no actual definitive answer to that one—yes.

Lilian: I see, thank you.

Pause

So, I can see you are all so weary of questions.

Smiles

Lilian: Any questions Sarah?

Sarah: No I'm afraid I missed some of that. I would just like to say—it's not really a question, but that dad came through—I saw him put his hand out to me. So, both mum and dad have been through, so to thank you.

Yes, you are fortunate that they both wanted to come. Not always do people wish to make communication so soon after their passing. People are always a little wary when they are told this and will often say, '*But we were so close*'. It would depend on what spirit feels, whether they truly believe that communication even is possible. So, you know, I would say thank you to both your parents, who have come to you so soon.

Sarah: Yes, I was grateful. I did say to them both before they died, to come back and say 'hello'—so they have done that, yes—I was very happy to see they both.

Yes. If only people would develop that side of them, where they would not need mediums, or people of that kind, where they could make communication of their own, because my dear friends, you all have that capability.

Now, as I take my leave of you this time, I say thank you for your love and your patience, which allows me to come to you at certain times. I will leave you with our dear lady, who will take control after you have sat quietly; and please to let each other know what you feel and who is standing by your shoulder, because I can reassure you that they will give you upliftment and much love this time. So my dear friends, until we come together once more, I leave you cloaked as always within my love, with all the help that we can give to you, and to please unite yourselves each and every day, with that Great Energy.

General thanks

Sarah: We're grateful for you coming Salumet—it's no hardship to wait for you to come Salumet.

Paul: We'll try and have more questions for you, because it's so lovely to listen to the answers.

Lilian: That's where we miss George, isn't it—he had so many...

We then tried to tune into those around us as instructed earlier by Salumet. Eileen said she had two Angels with her either side—Michael and Raphael. Raphael was telling Eileen that she asked too many times for people and that she should trust him more. Salumet has said in the past that we only need to ask once in our healing thoughts and prayers and that asking many times can be negative...it takes only one loving thought, if it is genuine and sent with love, for it to be dealt with. There is no need for the repetition of thought...

If you have sent one genuine loving thought, it is received. If you continue to ask for help over and over and over, do you not see that you have created a doubt? (18/01/2016)

Other sitters mentioned deceased friends and relatives. Sarah got an impression from her grandmother that some of her thinking wasn't right whilst on the Earth and she's glad Sarah is not thinking in that way and that she is helping her to think in the right ways. Paul felt a similar connection with his auntie Sue, who got angry at worldly events at times, when it would have helped her to step back a little more with forgiveness. Paul said he had a similar issue sometimes.

Finally Eileen had some clairvoyance for Natalie concerning a trip to India, with possible connection to name Marikka. Jo also got clairvoyance regarding a small man in a flat cap, who was familiar to Sarah from the past. There was also the name Percy and the number 12. Eileen was also given the message from her mother to check on her brother, who says he is okay, but in fact is not. Eileen also had a message for Jo from her mother that her husband's knee needed checking out. She also said Jo took after her dad with her love of the countryside. She said Jo had managed her life very well and she was proud.

Finally there was one through Sarah:

I have come because you have all missed those who are not just beside and behind you, but there are several in front of you as well. The ones in front of you are those who have more recently passed into spirit. They are not quite so strong as those who are standing to the side and behind you, but I wish to make you aware of them, so that you can try and connect—and that it my message to you.

Thanks

Finally Eileen said that Michael who was still by her side would protect everyone on their way home tonight, which seemed a lovely note to finish on.

Notes:

The Dawn Chorus: According to Wikipedia, "The dawn chorus occurs when birds sing at the start of a new day. In temperate countries this is most noticeable in spring when the birds are either defending a breeding territory, trying to attract a mate, or calling in the flock."

Wikipedia is a work in progress of course and in time the vibrational awakening of the Earth may perhaps one day even be considered the main purpose of the dawn chorus as outlined in 'A Pilgrimage with the Animals.'—A Seekers Publication

<http://www.theseekerstrust.com/>

~19th September 2016~

This was a short evening which began with prayers as usual. There was then a rescue via Eileen involving an eleven year old who was caught in a fire at home—audio link: http://www.salumetandfriends.org/resources/2016_09_19-rescue+11+year+old+fire.mp3

~26th September 2016~

After our usual prayers, a gentle one spoke through Eileen. It seemed particularly apt that this evening's theme should be beauty in spirit. Perhaps this was an example of orchestrated love from spirit realm, helping to remind us of the wonderful journey our dear George was now taking, having passed a few days earlier—audio link: http://www.salumetandfriends.org/resources/2016_09_26+flowers+sing+and+dance.mp3

Good evening.

Paul: Good evening.

Lilian: Can you tell us your name?

Miriam.

Lilian: Hello Miriam—I think you've been before.

I'm looking around—it's very quiet.

Agreed

Lilian: There's only 5 of us. We're just a very small group tonight. **(Yes)** It's quite unusual to be so small.

Sarah: We normally keep quiet, so that it gives people a chance to come through—they don't feel they're interrupting us.

Yes. I like quietness—I've always liked quietness.

Lilian: Yes, I can agree with you there. Sometimes I like to be with people, but yeah, to be in the garden and quiet is very nice.

Do you speak to the garden people?

Lilian: I do forget—In fact I'm glad you've said that.

Why do you forget?

Lilian: Why indeed! I haven't got a very good memory. Though I *do* thank the flowers—things like that—maybe that... especially when they've come to the end of their life and you know, thank them for the flowers that have been...

Yes; you've seen nothing yet!

Lilian: No.

There is a lot to see and flowers are some of the things that a lot of people are taken aback by; not only their beauty, but their scent—yes.

Lilian: Can you pick up their thoughts as well?

They dance! They sing! So yes, you should be able to know what is being said. It is almost—I believe you would say a choir!

Lilian: Amazing!

Have you ever stopped in a garden and wondered why? Or just enjoyed the peace? But when you hear the flowers sing, it stops you in your tracks.

Paul: That's a lovely reminder for us to spend more time in our gardens.

Yes and the flowers are never separated in our world—never apart—always mixed.

Mark: Like a meadow...

That is good yes. Meadows in your world have their own significant song. Did you know that?

Mark: No—they have a much more sort of...

...Basic sound.

Mark: Yes, because they'll allowed to form more naturally without so much human interference.

...interference yes.

Lilian: I've just had a thought, can they communicate with bees, flies and so on?

Everything that is living has the ability to communicate, yes. That is why when you walk in a beautiful garden your spirits rise and you feel so good. So imagine when you come over here, can you imagine how greater that joy is; to see the colours, the flowers, the singing, the swaying—everything...

Paul: And even in a winter garden in this country there are—some things remain flowering and seem to be alive still I guess—well, they're always alive, but they're still in *flower* often.

Sarah: There are winter flowering plants, are there?

Paul: That's right.

The Great Creator has thought of everything. Yes of course, there is a different kind of beauty in your world in the winter time; but yes, you have all of those flowers too—it is a sight to behold and one that leaves people in awe.

Paul: We just need to have a little more time and to open ourselves a little more to these things, don't we? ***You do, but you are doing well if you tend your gardens well here; you are at the beginning of a beautiful journey.***

Sarah: I remember the one who comes through known as Salumet, he told us we should actually really look at the plants, look at the flowers, look inside them and just see the beauty in them—and it's absolutely true!

Yes, and speak to them, yes, and listen—listen.

Sarah: Yes, I hadn't thought about the listening part of it. ***(Yes)*** When you say they're singing, what are they actually doing? Are they singing?

I just say singing—it is a vibration, a higher vibration than you would be aware of here; and the different vibrations together is the most beautiful thing you will encounter.

Paul: I remember when I was walking in a lot of nature on my own in New Zealand. I could sometimes clearly tune into some kind of—it was like a choir of Angels, you could say, singing. I wondered if it was coming from the river, but I couldn't say for sure where it was coming from, but I was walking along this river. There was some kind of wonderful orchestra of music and sound.

Yes and you were privileged to hear that in this world. That is why when you encounter beautiful quiet areas in your world that you should take the time and appreciate what they have to offer you, because it is indeed beautiful.

Sarah: All things are wonderful really; I was actually watching a programme on the telly about the *singing sands* (**yes**) and they get so hot they start to move and then it creates this noise, but actually you can hear that, you don't have to be in trance to be able to hear it.

Yes, it's wonderful, isn't it?

Agreed

And the whole of your Nature on this planet is wonderful.

Agreed

And I'm afraid it's little appreciated by many.

Sarah: Mankind has done it's best to destroy it!

Yes, but there are those who work towards re-educating man; that is going on even now as I speak.

Paul: It feels like a bit of a battle sometimes, between the big money corporations and those who are trying to protect the wildlife, but I hope we're winning—I hope we're gradually persuading people.

Yes, good people such as yourselves, with insight can only help those of us from spirit who wish to correct all of these wrongs. We try to influence as much as we can.

Sarah: You're doing a very good job, because are beginning to talk a lot more about it now (**yes**) and things like the ivory trade—there is no point in killing these wonderful animals just for their tusks (**no**) and the general public is becoming much more for the animal and against the people who are doing the trade.

Yes, it takes people some time to become aware of what is wrong and what is right. It does not mean they are bad people, only misinformed or misguided; but education is a wonderful thing.

Sarah: And also when people are very poor and struggling in life, you can appreciate that some of the people do this because they just need something to live on—they haven't got anything.

Yes, they need just to be guided away from that form of self-survival. But yes of course, it is understandable why it has happened in the past, but once people become more educated there is not excuse—there is a limit to making excuses for people who do damage to other, not only human beings, but your animals. They are loved dearly in this world.

Yes, so it has been most pleasant to have a few words with you and I can assure you there is much—whenever your time may be, you will be amazed.

Paul: Mm you've inspired us and I'm sure you'll inspire others who listen and read these words.

Yes.

Sarah: Paul and Mark's father (*George*) has just passed into spirit and he learned a lot from this group, from the ones that came through and he was a keen gardener, so I'm sure he's thoroughly enjoying all the beauty...

There is so much beauty, not only plants, everything that you have on Earth is just multiplied. You cannot really imagine it until you see it, but I just wanted you to know that the peace and the quietness also benefits the wildlife—the plants and all of those things.

So I am going to say goodbye to you all and perhaps we can have another talk another time.

Enthusiastic agreement + thanks

Yes, and I'm sure the others who are usually here will be told of the beauty that I have described.

Agreed

Lilian: Thank you again.

There then followed another through Sarah—audio link:

http://www.salumetandfriends.org/resources/2016_09_26+sarah+naother+in+beauty.mp3

Lilian: Good evening and welcome.

I am finding this quite difficult to breathe in this atmosphere.

(Lilian approached and placed a healing hand on Sarah's back—this lasted a minute or so, though the pause has been edited from recording)

Lilian: Is it getting better?

Yes, thank you. I was wondering whether I should come to visit or not and when I decided I would, I began to feel that tightness.

Lilian: Yeah, the heaviness of being back again.

But I have become a little more used to it now. Thank you for your help.

I was listening to you speaking and I was interested to hear the chatter again of human earthly beings—how different in spirit our chatter is, because we do not have the burden of your earthly life to contend with. I was drawn also to you, by the one who was telling you how beautiful everything is in spirit, and indeed it is; but there are some beautiful things on the earthly plane as well.

Paul: Yes, we're blessed with some beautiful flowers and animals and Nature things.

I too was here, but I used to live in the forests and at that time we did not have the pollution that you have today and when I returned the air did not feel clean.

Mark: Yes, in the forest it would have been much nicer air, I'd imagine.

It was a harder time, but life was a lot purer, everything was purer; and then when you return to spirit, you realise that what you thought was pure on Earth, was not as pure as when you return. So I have not come for any reason other than I was drawn here, but I would like to say to you and reiterate what the other one said: Life in spirit is so wonderful and the beauty is outstanding. So when your time comes to return, you will indeed feel overwhelmed by the beauty, but in a short time you will remember that this is how it used to be.

Acknowledgement and light chuckles

Paul: And is it still the case as here that beauty is in the eye of the beholder, so perhaps the more aware you are, the more beauty you see in spirit as well?

I think to an extent it is true, but not as true as on the Earth plane. When you return to spirit, you cannot help but be aware of everything that is around you. So I think really there is no hiding from it, not that you would want to do so. But I think here, you maybe have to look a little harder and then you see—that is a little different.

Paul: That makes sense.

Yes. Well I have accomplished my mission; I have returned and I was so pleased to come to you as a group, but now I will return and thank you for allowing me to have this experience.

General thanks

Paul: Yes, it's been a beautiful evening!

Notes:

Developing the Senses: In 22nd August 1994 Salumet said:

You need to redevelop all of your senses—your eyes, your hearing, your smell, your taste, your touch. There is so much you need to relearn and it would take such a short time of your day to do that.

Les: Right. Could I ask you what you would recommend? You'll probably say meditation and quiet, which I understand. Is there anything else you could recommend to guide us into the best way to develop these lost things within us?

You, of course, could not regain *all* so quickly. You need to do it a stage at a time. Let me take the eyes for looking. How often do you really look, stop and look? Let me take for example, a **flower**. Can you really describe a flower to me? Can you close your eyes, can you smell it, can you **feel** it? If I was going to bring a flower into this room, were you blindfolded, if you had gloves on your fingers, if your nostrils were blocked, that would be the state of your senses. You could not tell me what the flower was like. That flower is a living energy, as you too are. Take a flower from the garden. Sit, **hold** it, there goes the development of the touch. Look at it with your eyes, study it. Look at it's shape, it's form, it's colour. **Feel** that living energy from it. **Then** you begin to develop.

George: So George passed very peacefully at home where he wanted to be and we had a most joyous, celebratory and at times wonderfully light-hearted funeral in the lovely natural burial and sustainability centre in East Meon. It's comforting to know that George is now with his beloved wife Ann, who passed a few years earlier and is now enjoying those wonderful, beautiful and awesome gardens in that amazing world we call spirit realm and Salumet calls our true Home.

Thank you so much wonderful George—you've worked tirelessly for spirit. Enjoy your beautiful journey home. So much love goes with you and when the time is ripe, it would be lovely to hear from you at the group sometime in the morrow.

In the meantime, we will do our best to help finish George's book and I'm sure he'll guide us in the right direction with that. And of course, all our beautiful individual journeys continue and the work of this group will continue, towards Light, Love and Truth...



~10th October 2016~ SALUMET

The evening began with a brief visit from Salumet—audio link:

http://www.salumetandfriends.org/app/download/5029432/2016_10_10+salumet.mp3

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

It is good to join with you this time.

Sarah: It's good to have you back here too Salumet.

I wish to say to all of you that our dear friend, and we are aware of his loss to you, he has arrived home safely. And having the inquisitive mind that he had, he is now beginning to seek for some answers.

Gentle chuckles

This I know would not be news for you, but I wish you to know that there are so many on our side of life who will keep him 'engaged', shall we say, for some time. He has expressed a desire to meet with the other gentleman who started this group.

(Delighted whispers of 'Leslie')

Of course, if that is his desire, then that will be so. And of course to meet with family and friends again is just wonderful to him. He may not come to you directly himself, but he may use his voice through another for a short time; so be aware of this. And our dear friend who is sitting next to me, (Ben) we have been aware of all that has happened in his life also and we wish (him) to know that any friend from this circle is always gladly received when they return home to us; (Ben's mother Sally also passed recently) the connection becomes much stronger.

Yes, I have one more thing to tell you that someone in our dear friend George's family said to him in a quiet moment, would he please return quickly to us. I wish only to tell you that he was aware of all things said to him and he will be pleased to return when ready—also with his dear lady. (Ann)

Paul: Wonderful!

So my dear friends, I say to you, be a little patient, become aware of any presence around you, or anything that he may try to do to attract attention—and the same with our dear friend here. (Ben)

Family always finds it difficult when there is a passing, but as you know, we gather around to uplift and to support you and all of you at some time have encountered bereavement in your world, whether it be a loved one or a friend or even a stranger.

We shall continue as always. We will always welcome those who wish to come to these meetings, if they are looking for the Truth. And as some go, then some will come; I have told you this previously that you ARE like a circle of life—as one leaves one enters into the group.

So my dear friends, I do not intend to stay this time for long, but next time I hope to bring you some more information that will make you stop and think. So I take my leave, and know always that you are surrounded by much love.

General thanks

George's bio-degradable coffin we had joked looked a bit like a parcel and guests at the funeral wrote messages of love on the cardboard surface and it was even addressed to Heaven, so we joked after that the package had arrived OK. We discussed how great it was that George was already asking questions and seemed up and running so quickly.

Eileen then began to get clairvoyance regarding a friend of Ben's late mum called Jerry, who had a middle name that he was not at all fond of. It seemed Sally was trying to nudge this man, though he seemed unaware of her at this time.

Eileen then turned to Jan with the names Valerie and Alice, concerning a daughter of a great grand parent, (perhaps one of 12) who'd passed very young.

Eileen then felt a connection to Sarah, who had been sorting through her late father's old coats. Sarah was in the process of moving house and her father had a little advice for her that she didn't need to keep so many shoes and also that she needed to keep her chin up.

Jan also felt her dad come close and saw his train set, and the message that there wasn't as much as she thought to sort out.

Next Cho spoke via Eileen—audio link: http://www.salumetandfriends.org/app/download/5029433/2016_10_10+Cho.mp3

Hello.

All: Hi Cho

I told you, you need reflective evening.

Lilian: Yeah, very quiet, at times

I said I'd be quiet if I come.

Lilian: You join us in quietness.

Paul: Yeah, a lot's being happening, so it's good to reflect a bit

Oh, I not like reflect-ive, I like noise.

Chuckles

Paul: Ah yeah, I think we've probably done enough reflecting anyway, we can get a bit noisy *now* I think.

Yes, you need pick up happy—happy people.

Paul: Yeah, we've got so much to be happy about really.

Yes you have!

Sarah: I think sometimes when you're being reflecting it doesn't necessarily mean to say you're being unhappy.

No, I not say that lady.

Chuckles

You trouble as well as my friend.

Sarah: Yeah, big trouble.

Jan: I'm quiet tonight.

Very quiet tonight.

Jan: I know. Did you, well, you'll know anyway, the good news about my leg—it's started to heal! I've been healing it myself!

Good.

Jan: Isn't that brilliant?

What about me?

Jan: What about you?

I told you I'd be with you.

Jan: You did—I see what you mean! You know half of it's healed.

You must not stop, you must keep on.

Jan: I am, I'm going to.

And also let the lady help you. (Lilian)

Jan: Yes, we did healing tonight.

Good. She got very good healing hands I'm told.

Jan: Yes, we'll carry on with that.

Sarah: Thank you Cho for helping her.

Jan: But I had to do the work myself didn't I as well?

Yes you did.

Jan: That is what I realise, that's what my friend Serena said tonight that it was just the realisation that I couldn't leave it the chance

You see, you becoming very wise. You soon will be too clever for me.

Jan: I don't think so

I don't think so either!

Chuckles

Jan: You know far more than we do

No—Cho only joke with you; I like coming here cause you laugh at my jokes.

Chuckles

You know people think we not joke, just because we live in another place...how silly.

Jan: Don't they laugh at your jokes on the other side of life then?

Not always.

Jan: No?

Sara: It's like here then, isn't it?

Some people not like my jokes—other people laugh.

Sarah: Some people just don't like jokes, not necessarily yours, they just don't like jokes.

But it's not a problem because they don't have to come to see me, if they don't like my jokes.

Sara: That's right.

Now it's all gone quiet.

Jan: I feel the energy in the room, sort of—even though you're here, it's quite heavy.

Sara: It's peaceful but it is sort of—it's almost as if we're being held in it.

Jan: Yeah. Are there lots of people here tonight with us Cho?

Not as many as usual no. because you needed reflective time on your own.

Jan: Yeah. I definitely feel the atmosphere tonight is different.

Yes, yes. That is good when you feel the difference in the energies; you should all try to develop that awareness. Anyway, now made me serious, and I'm going.

Sara: Ho dear! We can't have that.

Jan: No, we can't have you going serious—just laugh.

I'll see who I can let come to see you; there's a little queue—not much.

General thanks and farewells

Sarah: Are you still there Cho?

I still here.

Sarah: I was watching a program on the telly about a very ancient civilisation in Peru, a little before the Incas, and a little while ago, somebody came through me and spoke in a different tongue, and it was a group of people who had been taken over by the Incas, and I keep hearing this language in my head. I forget how long ago it was that one who came through me—I'm just wondering if that actually was the place where these people came from? I suppose you wouldn't know that would you?

I not know that now, but I can find for you, and let you know another time.

Sarah: That would be very kind.

But it sounds like it probably is correct.

Sarah: Yes, oh thank you.

It not surprising people want to have their words heard—I find out for you, and let you know.

Sarah: Yes, thank you. This group of people they built their houses were round, they didn't use so much material and also protected them against earthquake, but I didn't think, when I saw them on the telly that didn't strike me, but I can hear this language going around in my head.

You are probably correct.

Sarah: Thank you. Anyway, it would be very kind of you if you could find something.

I will go and find out for you from someone who understands and knows. You know when people say when you come to spirit you know everything? That's not true, we have to learn the same as anyone else. So don't let anyone say you suddenly become all wise. Anyway I must go now ciao.

All: Ciao Cho.

Our discussion continued on the Ancient builders of the houses Sarah referred to, which seemed to draw the one through Sarah—audio link: http://www.salumetandfriends.org/app/download/5029434/2016_10_10+Round+houses-Sarah.mp3

I am happy to be with you today.

Lilian: We're happy to have you.

I am being brought to you because we are able to give you information about these dwellings. They were built with help from the spirit world. It would have been most difficult to have been able to build the way they did without help from spirit.

Lilian: It was certainly very high ground that was for sure.

Those people who lived in those dwellings were advanced beings who had returned to this Earth planet on many occasions. They have since returned to a spirit and will most probably never return again to this Earth planet. They were able to finish their earthly lives on this last visit. They were known to each other from many previous lives, and this was their final visit.

Paul: It must have been a very special gathering of advanced beings then on the Earth.

They were aware of much more than you people at this time on planet Earth. They are helping with those who are trying to advance themselves in spirit and that is now their mission. There will be some more information that mankind will find about these people—but not too much.

Paul: Did they have a specific name these people?

They were known as "koltich-ka".

Paul: Thank you.

And, this one who asked about the language, she is correct; but, this language was also spoken in other parts, not just in that one particular dwelling place, but it was also taken over and the language has disappeared.

Mark: Is there is another language that it was closer to that's still around?

That language has completely disappeared and it was quite different from any other that was spoken in that region; and there is now just a message from the chief of that dwelling and he wishes to let you know that we on this planet here—I say 'we' because at this moment I am here, but, he wishes to let you know that what you do find out about that people and the buildings, will be of great use to you in this modern time.

Paul: Ah thank you, we will do our best to collate all the information we can.

It will be your scientists who will be giving out this information.

Paul: Ah right.

And now my message has been delivered, I will returned.

General thanks

There then followed one called Betty through Eileen who took us on a short meditative journey—audio link: http://www.salumetandfriends.org/app/download/5029435/2016_10_10+short+med+via+Eileen.mp3

Notes:

On 1st August 2011 Sarah did a rather amazing channelling of a pre-Incan language no longer spoken on Earth, which Sarah refers to in the transcript—audio link:
http://www.salumetandfriends.org/app/download/5029436/2011_08_01+pre-incan.mp3

~17th October 2016~ SALUMET

During our usual prayers, we often include those in group needing healing and this time Lilian was in our prayers for her arthritis. We laughed chuckled at the thought of inventing a new word: De-arthritisification, which someone commented would be an excellent scrabble word.

Salumet began shortly after—audio link: http://www.salumetandfriends.org/app/download/5029437/2016_10_17+salumet.mp3

Lilian: I thought it might be you coming Salumet. You're very welcome.

Good evening.

All: Good evening.

As always we welcome your guests this time. (It was only Laura's 2nd meeting and Sabine's 1st)

Several 'thank you's

I am always happy to see so many of you at one time. I would like to tell you this time my dear friends of something that will happen in your world in quite few years time. There will be coming to your Earth planet many children, who come to try to sustain peace without (*throughout*) all of your countries. These are special spiritual beings taking the form of children, making their mark in your world. Within the next **4 years of your time**, the first of these children will be born into your Earth. Take note my dear friends of these words.

Lilian: This would be in most of our countries?

Throughout the world these children will appear. They will become known for their **peace** and their skills of being able to talk and calm. Let there be no mistake that this is a great gift from spirit, but I wanted all of you, my dear friends, to know of this knowledge now.

Thanks

I hope also that it gives you hope for your futures, because although many of us are telling you that things are becoming better, in your everyday living it must feel that that is not so. So I hope, my dear friends, that this little piece of information will raise your spirits and give you a little knowledge for your futures.

Thanks

Jan: Are these children here to help the children of the millennium that you also spoke of?

No, this is completely—this is something—this is a special gift from spirit.

Ben: Was this always planned or was this emergency help?

Nothing is an emergency.

Laughter

I can tell my dear friend is one of the newer members—yes. All is planned, there are no mistakes. So you must accept that the time will be right for this to happen.

Serena: Will they have any identifying features or mannerisms or marks?

Only in the look in their eyes; it will be obvious to all that these children as they grow have special, special gifts for all mankind.

Jan: Are they mostly reincarnated souls?

They are spirits of longevity in the spirit world, who have agreed to return...

Jan: Contracted?

Yes, to help humanity.

Jan: Many hundreds of our years ago, or more recently than that?

There are variations, depending on which part of your world is chosen for them. So I cannot give you a specific detail there.

Natalie: Will they all cross paths with each other and work together?

They will be working together, but not necessarily have the knowledge whilst they are here. To begin with, they will be just as small children, but the light will shine from them strongly.

Jan: Where their free will comes into play, might there only be a small number that eventually follow their true path while they're here, or will we see many?

These are spirits who know their pathway and I would say that none will fail at this task.

Jan: That's wonderful. Has this happened in our history many times?

Not in this way—we have always tried to help as you know, we always tried to encourage.

Ben: Why now?

Because the time is right for your Earth. You must always remember that it is not only *you*, but other worlds, other planets that are evolving at all times.

Sara: Yes, so they are enlightened souls?

They are indeed—only enlightened souls could take upon themselves such tasks.

Paul: Would some of them be finding jobs in governments, or places like that of power?

That will all be decided already, and yes, of course because parliaments and people of power have such a big say in your world; so it would seem to me that it is the correct placement for some.

Mark: Will they be speaking openly about their spiritual quest from an early age?

Yes, that will be one of the divine—*(slight interruption as Eileen coughs)* as they grow, they know what their tasks must be.

Jan: Can you say if any of us here will have any immediate contact with one of these children?

No, no.

Lilian: I was wondering if the teachers that teach these children when they're young, would they notice something special—some of the teachers?

I would say that as these children grow, it will become obvious to everyone around them that this is a special child, and as they continue to grow, it becomes ever more evident—yes.

Serena: How are the parents chosen?

They will choose their own parents, as always, but of course they *know* which ones to choose already. This is a plan for your Earth, so there are higher energies involved. Those who become the parents of these children will indeed feel as if they have been blessed, and that is of course very true.

Lilian: So the parents need to be...

The parents will not have information beforehand that they are special children, but they will soon realise.

Mark: They won't be 'terrible twos' then?

Chuckles

Well, they will be normal children also, so you cannot expect them to be completely prefect.

Laughter

They will come to the Earth as small children with all the problems that small children bring.

Mark: Yeah, I was joking a bit.

Yes, I am beginning to understand jokes.

Chuckles

Mark: Yes, the 'terrible twos', they're not being terrible at all really, are they? They're just being...
...themselves, yes.

Serena: Is this the same as Jesus then?

Sorry?

Serena: Would this be the same as Jesus born as a normal child?

Just a normal child, yes—Jesus, as you say, was a different story, he was there for a different time and was indeed a very good medium.

Are there any other questions?

Graham: Is this an appropriate question to ask, how many of these children there will be?

There will be in every country throughout your world one of these children.

Sara: How wonderful.

Graham: That is a true gift, yes.

Yes. It has to be so, because when you think of not only numbers, but the differences in languages, cultures, all of those things, there would have to be one child for each country, or maybe even more.

Sara: It does give hope, doesn't it?

Graham: It does yes—it sounds like a huge...

Undertaking, yes, but I wish you my dear friends to take comfort from this.

Graham: It does give enormous comfort.

Sara: It does.

Paul: I would imagine that even—when you say the first one in the next 4 years, even as they begin to incarnate, though they won't obviously be adults for a long time, it may give the Earth a boost, just having their presence.

Yes, because their energy in itself will be an upliftment to begin with; but as you say, children take time to grow and their beauty and energies will take time to show itself.

Graham: Is this knowledge being widely spread across the Earth at the moment through groups like this one?

There will be a few, but not many. I wanted you to know, because I cannot give enough thanks for the dedication and the love that you send to others; and the dedication of coming together, I feel most humbled by it, and felt that it would be a gift for you also to know in advance.

Agreement + thanks

Graham: It's so exciting—gosh!

So, if you have no questions, I will take my leave.

Lilian: I think you've given us something to think about, thank you very much.

Yes. I give my blessings to the young lady who is new to us this time.

Sabine: Thank you.

Laura: Thank you.

She has much love energy and we thank her for that.

So my dear friends, with that little piece of information, I will take my leave; I leave you clothed in my love and know that whenever you need the help on this Earth that to please call upon us. We try to help you in many ways.

Now, until next time.

General thanks

Next, Jan began to get clairvoyance from our dear friend now in spirit:

Jan: *I'm going to feel really silly, but I've got to do this: (Jan made an emphatic gesture with hands slapping knees and then palms up high)*

She then said I've got to say:

"Hey guys, no batteries!"

(Giggles)

(We were amused, but didn't understand the reference) Eileen tried to clarify:

Eileen: Are you looking for some batteries?

Jan: No, I don't—come on, you know! No batteries!

Mark: No batteries for your ears...George!

(Delighted chuckles as we understood this referred to hearing aids that George wore due to quite severe hearing loss.)

Jan then seemed to be having a dialogue with George, who seemed to be in exuberant mood. He said that he didn't want to talk yet (speak via a medium), but being a keen scrabble player, he couldn't resist mentioning Lilian's triple word score. (de-arthritis—as mentioned during our prayers).

(More laughter)

At this point Eileen became aware of Ann's presence and commented that Ann was quietly/gently shaking her head in background at the spectacle.

Then, probably referring to his easy transition to spirit, Jan added:

Jan: He's saying he didn't need a boarding pass and reached there in record time!

Eileen: Ann's still here and says he's still got a lot to learn and she's still shaking her head patiently.

Jan: But I've got rid of the batteries.

(More chuckles)

At this point we thought they'd both withdrawn, but George had other ideas and Jan found herself blowing kisses to each sitter as a goodbye gesture. Jan also said that George was pleased that we had picked his apples and were sharing them around. (4 large bags were sitting in Eileen's kitchen to be distributed after the meeting).

Jan felt that in fact George was still there and reluctant to leave. The lamp at this point which we kept on very dimly during meetings, began flashing and we understood that George was having fun. Eileen, who was still with Ann, mentioned that George used to have nicknames and Mark confirmed one was the 'Toad', which seemed fitting this evening with George's exuberance, though he hadn't gone by this nickname for many years as age had perhaps mellowed some of these more zestful traits. There was further discussion about George's mannerisms and traits, which Jan had picked up on so well, even though some of these related more to earlier times, rather than as we'd known him in recent years.

Jan said that George wanted us to guess when he was coming next time, by these mannerisms, such as the slapping of the knees.

We were delighted and amazed at how soon George was able to return and how youthful and fun he was again.

Finally there was a rescue via Eileen. This was a deaf and mute person, so there wasn't much dialogue, but nevertheless Lilian was able to give the help that was needed to allow this one to move forward.

Notes:

Children bringing peace: There are about 196 countries on the Earth at this time, which means at least this many children arriving to help unite this beautiful Earth in PEACE.

George: A wooden 'toad' figurine on our dear George's mantelpiece, given to him many years ago.



George is truly home now and seems so much more alive than he's been for a long, long time.

~7th November 2016~ SALUMET

We began with healing prayers, which led to a discussion about the rise in food intolerances and Diabetes.

Salumet picked up on our thoughts—audio link: http://www.salumetandfriends.org/app/download/5030288/07_11_2016+sal.mp3

Paul: Hello.

Good evening.

All: Good evening.

As always I am pleased to be with you.

Paul: It's lovely to have you back.

It always brings interest to us when we hear of your questions amongst yourselves. Firstly let me say welcome to the dear one who has not been here for some time.

Martin: Thank you

Because my dear friends you have been asking questions, perhaps this would be an appropriate time to ask them out loud now.

Paul: Good.

Mark: Yes, one of the questions was: There are so many digestive related problems around at this time and we were thinking that some of them could be to do with psychological intolerance, some of them to do with unnatural processing of food; but the worrying thing is there seem to be so many, more and more incidences occurring. I don't know if there is anything you would like to say about that?

Of course—to consider, to ponder is good for you, but it is a complex issue with not just one answer for all. As human beings, you came to this life knowing that it was an imperfect planet. So it should not be surprising to you that the complexity of life will in some way affect the physical being. Some people are much better at living the human life than others. And so it brings me to say that if you associate the human body with the conditions that affect it, you can see that there is a sequence of events, that there is an explanation for many of the things that happen to the human body. We have spoken some long time past about some of these problems. I believe we spoke at one time about people who have repetitive back problems. If you compare it to what is happening within the mind or how that person is living, you will see that very often there is a rigidity, a *rigidity* of thought, a rigidity of thinking, which then would show itself in that painful back. Can you see that this is the possibility of many things?

Mark: Yes, I can.

You were already speaking of the sweetness of life, but there is also the other side of lack of sweetness, but too much sweetness. This is relevant in your world today, especially amongst your younger generation. It is important that you maintain a loving and peaceful diet, and by that, I do not say what you would commonly expect that you are told what is good for you. I say to you, my dear friends, use your instinct for what is good for you. What is good for one may not be very good for another. And so often we hear: 'But we are all made the same'—so why are there differences? That difference my dear friends, is within the THOUGHT BAND—the THINKING. That would be your first step of creating perfect health. I have said this on many occasions, in many different ways, but it is true.

Mark: Thank you.

Does this make sense to you?

Mark: It does, yes, perfectly—thank you.

So, you are correct in your thinking and trying to do what is best for the body, but first and foremost you must do what is best for the SPIRIT, and *thinking* belongs to the SPIRIT. I have been saying this often too, but as human beings, you want very quick answers.

Agreed

Yes, if only you would take the time to not allow these things to happen in the first place, your lives would be so much better. And also in your world today, the pace of your living, the lack of quietness in both the body and the mind also has consequences. You call it Karma, you call it many names, but, the basis of this is, there is a restlessness and the lack of love within your own bodies; therefore the body then creates dis-ease, that word again my dear friends—'DIS-EASE'. So I say to you, think carefully about this in your quiet moments, listen to the body and it will repay you in GOOD HEALTH.

Mark: Thank you for those wise words.

It hope it give you all something to think about.

Agreed

Paul: Yes, I remember once you said, in the future, doctors will be known as '*Tutors of the mind*'. **(Yes)** It illustrates beautifully, I think, that the emphasis is mostly on the *thinking*.

That is why it is imperative for you as adult human beings to be teaching these things to your next generations. You can take command of your body, but unfortunately it is usually left for too long or too many years, when actually the body *can* be helped quite quickly, if the mind is in the right place.

Paul: Yes, we've got to get the—as you say, mostly the lifestyles and the lives we live are just so busy, **(Yes)** it's difficult to find the space and the time to live what we call 'good' lives.

But my dear friend, why would you not make the time?

Paul: I agree, I agree, this needs to be put at the top...

It has to be part of your daily living—it has to be that part of your life which comes naturally to you. You should not have to *think* about giving those thoughts and that body time to recuperate, it should come naturally to you.

Paul: It is more important than food really.

Yes, yes. So when I come to you next time, I will ask that each of you tell me what you have discovered about yourselves in the meantime.

Agreement and thanks

Now, are there any more questions this time?

Pause

Again my friends, you go quiet!

Laughs

Paul: On the subject of health then, I don't know if this would be an appropriate time, but the friend Pia from Helsinki in Iceland, (*meant to say Finland*) I mentioned in the past who's still struggling with arthritis, **(Yes)** and you mentioned a little bit, and you said that you could possibly say a little more later. I don't know if there are any more words for her at this time?

She struggles—yes. Again, I would say there is a simple explanation: that the mind is not quite in the right place. With people with arthritis, very often, there is a *regret* of some kind, a regret which twists the body in pain. So again you see where the connection with the mind comes into play.

Paul: Yes, yes.

So I would say only that this person continues to strengthen their thoughts and their thinking and, there are many remedies used by your doctors today, which can help to alleviate this problem. Do not be afraid to accept their help; after all, they are doctors from spirit too. You understand?

Agreed

So I would say, continue, and have ABSOLUTE BELIEF that it can be helped.

Paul: Right, yes—much like Jan and her leg, I think.

Yes, she is an example of how it can change even when doctors give diagnoses of '*nothing can be done*'.

Agreed

There is always something that can be done; to what extent, there is no *one* answer.

Paul: Absolute belief then, in...

You have to have that strength of thought, yes.

Paul: Thank you.

Sara: And sometimes an affirmation might help to repeat. **(Yes)** I did say that to Graham when he was ill, to say every day: "*I know that I can be healed*" and to repeat the thought, because...

Ah, can I stop you there?

Sara: Yes.

That is one of the negative thoughts, "*I can be*"—that is almost like saying "*can I be*". So you say: "*I AM healthy*".

Sara: I am healthy, yes, yes--even better.

Did you see the difference in the words?

Sara: Yes, I think we used to say: "*I know I'm getting better*" everyday—they were the words, but "*I am healthy*", is better.

Yes, "I am WHOLE", because it is not just the body, it is the mind; so, "*I am whole in body, mind and spirit*", that is the better way to convey the message; and the more you say those words, the more you feel the *strength* in the body—the workings of the body, because it is a marvellous contraption that you have been gifted with—I know you would agree with that. So, my dear friends think upon these words and put them to some action.

Agreement and thanks

The best doctor for each of you is yourselves.

Graham: When I wasn't very well a few years ago, somebody said to me, when I went for some healing, that you should say thank you for the condition that you have, **(Yes)** because it is giving you an opportunity for growth **(Yes)** and that I found very strongly resonated at the time. And, when I took those words in, and really reflected on them, I found that I did start to improve.

The recognition is so good for you, because it means that you are beginning to understand yourself.

Graham: Yes

You see? Yes.

Graham: I enjoyed saying 'thank you' for the condition, because it did open new doors and my life went in different directions as well, so I used to call it my '*gracious condition*'.

Yes, you have done well, in your condition—not quite perfect, but you did do very well, yes, so it shows again what is possible; and then you become like an example to other people, you become that light which becomes even brighter. So you see, in becoming well, you are affecting others.

Graham: It makes other people *believe* that it's possible.

Yes, and it is that knowledge, that strength of thought, which will continue to help each and every one of you. There are so many questions, so many contradictions, that I understand why you all become confused about illness. But although there is no one answer to anyone's illness, I would say that that one person is the best physician for them. So remember that also.

Paul: Are there exceptions where, presumably you've agreed to—some people have ongoing illnesses throughout their whole lives.

Some have agreed to come back with illness, misshapen bodies—all the things that people say: '*Why would you choose to do that?*' Those who choose to do that are teachers in their own right. They come to this Earth to show others. And how often do you see these incapacitated people with smiles on their faces?

Agreed

It is because the spirit is shining from within.

Mark: Yes, we once had an England football manager who got into a lot of trouble, because he was open—he said that we shouldn't pity these people for their condition and he was completely misconstrued, which was rather sad; but our media has a tendency to take things wrongly and broadcast things in a bad way; but Glen Hoddle was very much badly treated over his talking about this issue.

That is why again, my dear friends, a thank you to that Great Creator is necessary, because you do not know what you will encounter in your human lives and to have that connection with the Great Creator is something *wonderful*. So those people who come—and I answer the gentleman's question: Yes, they come for a purpose. And they are the ones that will never receive healing whilst they are here, because that would be interference in what they have come to do.

Paul: But for the rest of us, to achieve 'full health'—I expect most of us have got a few little what we might call 'niggles' and things that are wrong with us—but to achieve full health is certainly well within our capabilities... **(Your capabilities)** ...and it would be advantageous on our spiritual paths to get to our peak, I suppose.

Yes. If only I could get you to understand that *everyday thoughts of your thinking*—because that is the beginning of good health—if only you would treat that as you do making your breakfast in the morning, or your dinner in the evening, because that comes naturally to all of you, because of *hunger*; so why not FEED YOUR THOUGHTS? Why not make it a regular blessing, to give thanks and to strengthen your own thinking?

Paul: Right—because as I said those words, those '*niggles*' are quite possibly...they ARE relating to our negative thoughts.

Yes. You can always find an answer for some discomfort in the body; and sometimes of course, those problems have taken a great hold on the body. That is why you have some illnesses which are so strong and are quite difficult to fight, unless you know what you are doing. That is why I say: Teach your children well. But we do all we can from spirit, as you know. (Yes) If the thought goes out for help, then that is what we will give.

Sara: I think having enough peace of mind—enough peace every day—that's important, because then you make the choices that are going to make you happier, because if the spirit's not happy, you're going to be sad and that's going to bring down your health, so...

Well, you must remember that the spirit inhabits the body; so, would you put a young puppy in a cage which was twisted and dirty and gnarled? No you would not. So why, why do you neglect your thinking and your body? It is a lot for you to think of and I look forward, when next time I come, for you to all have some insight into your own, own selves.

Paul: Yes, we should maybe write down if anything comes to us. I'm sure it'll be very valuable to look into that.

Because also, being human beings, do you see yourselves as others see you?

Sara: No you don't.

No, that is something again to think of—to think about.

Now, I think I will take my leave this time; but know that your thoughts for all those mentioned this evening have been received and we will do all that we can to help them.

General thanks

So, as always, I will leave you cloaked in my love—another very strong and powerful word: LOVE.

Agreed

So until we come together once again, I will say goodbye.

Goodbyes and thanks

As Eileen returned, she began to receive clairvoyance:

Firstly the name 'Ester' was given, who was known to Graham. Information was given by 'Ronald' in spirit, a brother of Ester, who was concerned for her health.

Next, the name Sandra was given and Eileen became aware of discomfort within the mouth. Sara knew exactly the Sandra Eileen was referring to, who indeed was having problems with her mouth. Eileen said that one called Edward (in spirit) was saying she's not having the right treatment. Sara agreed she would try to get Sandra to explore other medical opinions/treatments.

Eileen then was being shown a book about Space and this turned out to be a message for Sara and Graham's son who is called George, like his grandfather. It seemed this young man may one day be drawn in the direction of something relating to Space exploration. Eileen felt this guidance was being given by an uncle who resembled young George, both in looks and personality.

Finally, Eileen felt that we should all be aware of somebody around us. Most sitters then voiced who they felt were with them. Some 'saw' someone, others 'felt' them, and Sabine 'smelt' her late father's perfume. Mark also mentioned he'd clearly felt a tap on the shoulder whilst in bed recently. Eileen suggested we repeat this exercise at future meetings in order to become more aware of those around us.

Notes:

Exercise: Salumet states: ...if you associate the human body with the conditions that affect it, you can see that there is a sequence of events.

We have been asked to report what we have discovered next time. As Salumet says: ...the body can be helped quite quickly, if the mind is in the right place.

All 'dis-ease' is curable (absolute belief) and we should explore the connections between our thoughts and our bodies. Our bodies, which house our spirit, need to be nurtured/loved to achieve perfect health, and good thinking is the most important key to good health and needs to be at the heart of our DAILY living: 'Feed your Thoughts'... 'I AM healthy'—'I AM whole'—'I am whole in body, mind and spirit'. (Bless yourself!)

Graham's illness: Graham suffered from Dystonia, which was diagnosed at the time as 'incurable'. However, by going within, as mentioned earlier, he was gradually able to heal himself/be his own physician...

Previous transcripts—Doctors as 'Tutors of the mind'—28th Sept. 2009:

When it is recognised—the power of the mind—then, a lot of hospital work, as you call it, will be unnecessary. Doctors will become 'tutors of the mind'. Is that not a wonderful thought?

Enthusiastic sounds/wonderment.

That would be doctoring in its highest degree (yes). But of course, that will not happen overnight of course (mm). As always on this Earth, time as you know it passes much more slowly. It takes much time for all human beings to be of one mind.

Arthritis + food allergies—1st Feb. 2010:

When you speak of arthritis, it is an inflammation within the body—an inflammation—what is inflammation, but an anger? Can you see that? It is an anger that has come from somewhere.

Lilian: Yes, I wondered if it was worrying about the family at times and not going forward.

Yes, that could be! Because when it is affecting your joints, it is stopping you from movement, that free flow of movement. There is something burning within you that has not been recognised.

Lilian: If I can sort them out, I'll be okay!

You then have the tools with which to work.

Sarah: If, as in Lilian's case, it's in her knees and ankles, it's stopping her from—

Moving forward—

Sarah: Can it also be that you have the problem within you, and, if you abuse the joint in any way, um—

Yes, that is the cause-and-effect aspect of which I speak (yes). Or if you ply the human body with food that it does not accept or like, then there will be an effect from that. You have to look at all aspects of your living.

Sarah: So, in the case of Emily, who has 'Food Intolerances', that is also something that is not right within her body that is causing the food allergies then?

Yes, it is a *dis-ease* of her spirit and her human form. Yes, each one has to go within.

Lilian: It is very difficult to get it right.

But, if you so desire and your desire is strong enough, you can free the body. You can free your body from all pain, but, I do not say to you, my dear friends, that this is easy, because, as I have already mentioned, it is not something that happens to you overnight.

Sarah: So, the longer it takes to arrive, the longer it will take to go!

Not necessarily. No!

Sarah: Ah right!

George: And we're considering ourselves as individuals when we do this, and I think this would suggest we are looking at ourselves as individuals and the way we are *fitting into society*.

Yes! Yes, as in all disease, you will have people who will recover and those who do not. That is the strength of the inner knowledge, and that comes from your spirit. Spirit and the human form should be equally in balance (yes).

Sarah: So, those who do not recover—for some of them, is it because that is what they need in this lifetime?

It may well be for some, but not for all. You cannot generalise too much. You cannot place everything on what you might call 'fate'. That is wrong. It is up to each and every individual in your Earthly world—(each) has a responsibility to take care of the housing of the spirit. That should be the most important aspect of your lives.

~21st November 2016~

After healing prayers, Eileen spoke about a friend of Lilian's who had been asked to help a lady with what appeared to be a ghost in her house. The details were a little sketchy, but it seemed that there was a ghost of a lady in the house, which had been accepted for many years, but now the lady wanted it to be gone. However the friend of Lilian's who had been asked to deal with it, had been unsuccessful and had phoned Lilian for advice.

We sat quietly and some sitters began to get clairvoyance. Sarah saw some Teasel (a tall prickly plant) Eileen fetched a notepad and began to make notes, which could later be checked with Lilian's friend. Eileen was shown a lady in a white mop-hat and felt the word 'Teasel' had been the old name of the house, before alterations. She sensed that the lady heard piano or some form of music in the house and there was the name Marie.

Paul saw a pale whitish elephant figure and then Sarah was seeing only one half of a fireplace—possibly due to house alterations. Eileen felt that the lady visits the church and wasn't resident as such, but comes and goes and seemed quite happy. Sarah then saw something like a bakery, but on a small scale, with perhaps rolls and scones, possibly connecting with the fireplace she saw earlier. Eileen was aware of the date in the 1800's and a small child, though wasn't sure how it connected. Paul then saw some sugar mice sweets, perhaps relating to the small bakery.

After some time, it was clear someone was with Eileen—audio link:

http://www.salumetandfriends.org/app/download/5722370/2016_11_21+Nahashiwa.mp3

Paul: You're very welcome to speak if you wish to.

Thank you. I have been waiting for you to speak.

Paul: Oh, sorry we were a bit slow getting to you.

It is Nahashiwah.

Happy responses

Sarah: Nice to have you back.

Yes. I felt it necessary to come, because when you open up to energies you are unaware of, it is most important that you surround yourself in a bubble of protection. So I have come and done that for you.

Sarah: That's very kind, thank you.

Always remember this please.

Sarah: Yes, I had forgotten.

Yes, because it is almost like being an open door.

Sarah: Yes we have been told that before, but like many things we tend to forget them.

Yes. Just call on your protectors and they will be there with you.

Sarah: Thank you—thank you for looking after us.

You are all important to us, to continue to do the work that you do and as you know, this instrument I have been with for quite a long time of earthly years.

Sarah: Yes that's right.

That is all I wished to say.

Sarah: Thank you. Well we might have forgotten that we should have surrounded ourselves in protection, but we didn't forget you Natashiwah.

Thank you, thank you.

Paul: Yeah, thank you for coming and reminding us.

Eileen said after that she always wants to cry when she comes.

We discussed how opening up to this is quite different to the rescue work we sometimes do as a group, where spirit guides bring the person to us and are always overseeing and in charge. Here, we need to exercise our free will and ask for protection as this is a slightly different area of work and we need to exercise caution when opening ourselves in this way.

Eileen then suggested that Sara take us on a meditative journey—audio link:

http://www.salumetandfriends.org/app/download/5722364/2016_11_21+Sara+journey++powder+blue.mp3

I'm being shown some bright blue colour and a paler blue too and I feel I'm being told that we need to sink in some peace. So I think the colour is there so we can drink this feeling into our being.

So take deep breaths and breathe in that nice blue—as you breathe take the blue colour into you.

Pause

And feel it flood your whole being from top to toe.

Pause

And this is something quite simple that we can do whenever we feel a little bit anxious or a bit agitated by something.

You can try to remember the blue colour and drink it in—breathe deeply. And it will slow you down and it will help your mind to become calm again. I feel that the colour is changing to a sort of powder blue colour. Maybe the 2 colours have blended together—the sort of stronger one and the paler one. So it's a nice powdery blue.

And still continue to breathe that in.

Breathe out through your mouth.

Pause

You should be beginning to feel extremely calm now—very tranquil.

Pause

And going more deeply into that peace and you almost become that powder blue colour.

Pause

It's a bit like when you stand in front of the sea and you almost become the sea—and it becomes you.

Pause

You can remember this any time that you need it. If you need help in resisting becoming drawn into something which is not very peaceful, try to remember this and breathe deeply.

Pause

Try to remember this feeling of calm.

Pause

Some people might find it easier to remember it as a jumper that you put on—a pale blue jumper of calm.

Pause

Thank you

~28th November 2016~ SALUMET

We discussed last week's meeting and Lilian's friend was able to confirm some of the impressions we had received, but the important thing was that the atmosphere in the 'haunted' house in question was reported much improved. Much like with rescue work, the details are unimportant; what is important is that help is given. We then sent out healing prayers before Salumet arrived—audio link:

http://www.salumetandfriends.org/app/download/5789835/2016_11_28+sal+edited.mp3

Lilian: Nice to be together again.

Good evening.

All: Good evening.

I delayed speaking because we have been listening to your talk. I can confirm for you, my dear friends, that the child spoken about is indeed one of our helpers on Earth. (Ben had told us about the nursing home where his wife works, where those who are within a few days of passing often talk about a little boy visiting them)

Jan: That's lovely.

So it is always good for you all to discuss these things, because with the knowledge that you already have, it begins to make more sense for you. I have come this time, as I have said, to let you all speak; I hope that you have remembered well, those of you that were here, when we were discussing healing and healing oneself. Do you remember? (On 07/11/16, Salumet asked us to explore the connection between our thoughts and our bodies in relation to self-healing)

Affirmed

Yes, it will be most interesting for us to listen to each one of you; and I want you, my dear friends, to be very truthful and to speak about those deep inner feelings and knowledge. Before we commence that, do you have any questions for me?

Graham: I was reading as book a while ago now, where the author was saying that our Higher Self is in fact our Guardian Angel. I might be wrong, but I didn't think that was the case, I thought that the Guardian Angel was an angelic being quite separate from our Higher Self. I was wondering if you could confirm that please?

Yes, there is some confusion about this. Your Higher Self is indeed the quiet voice within. Your Guardian Angel is an angelic being who has always been with you throughout all of your lives. So I say to you there is a separateness and a wholeness about this. (yes) You cannot separate the two, but in general terms the Higher Self is just that inner voice.

Graham: Yes that's what I thought you were going to say—I thought there was some confusion by the author over that,

(Yes) because I know that not everything we read is the truth, but people do write down their own truth...

Truth comes from within the person who is speaking or writing and they can only discuss what they know. (Yes) It does not mean that it is untrue, only different.

Graham: Yes—thank you.

(There followed a bit of whispering while Sarah asked Paul for clarification about the 'healing oneself' discussion Salumet had given previously.)

I do like it when you whisper.

Chuckles—Lilian then suggested Paul begin:

Paul: Yeah, I could start if you like, I did start to make a few little notes. One thing I thought about the 'Disease'—I've got quite bad circulation—cold feet and things, and I gave it some thought about why that was manifesting and I felt possibly that could connect with in the past, but also today, I think I don't circulate too much with people. And circulating—I tend to have—perhaps I find sort of groups of people and I don't perhaps circulate as much as I could. I don't communicate quite—like some people just naturally go to lots of different people. I tend to be a little bit—not circulating... so I just wondered if there's a connection with my poor circulation and my slight lack of circulating with different people. I also have—we talked a bit about food allergies and I have certain ones I think, certain allergies that sort of block me up, block up my nose and I feel irritated and blocked and I felt that was kind of connecting as well, feeling, communication-wise, being a bit blocked up; not with certain people I know well, but with people I don't know well, the communication isn't perhaps there.

And I wondered—just sometimes I feel a slight sort of almost an ache in my heart area just occasionally and I wondered if that was like a regret or something—literally like a heartache at *not* having the communication or the circulation. I'd *love* to be 'at one' if you like and in great harmony with the whole world—animals and ALL people, but my human part of me isn't quite there yet. I have good love connections with certain people close to me, but the love connection just isn't there with strangers or even some neighbours and people. And so, I've got that to work on—I need to love everyone and everything.

But in finding this you have already begun to free yourself. Circulation is the life force within you, which is pushing you forward at all times, and when you speak of blockages that is when the problems occur. But you have done well, my dear friend, to have reached those conclusions.

Paul: Thank you, thank you...

I do hope that you take it forward and work upon yourself, in as much as you gain more knowledge of how you react to this 'dis-ease'.

Paul: So, would you say then that it is partly (yes) a case of embracing all things and all people—loving everyone?

The circulation, when it flows freely, creates good health—of course. That is the spiritual aspect of the human condition. You understand?

Paul: Umm...

Not quite.

Paul: Not quite—so my poor circulation, how does that relate to the thought process?

You would have to free your mind, you have to trust completely that you can allow your circulation to flow freely throughout the human body.

Paul: Right, ah—sounds simple!...

I told you last time I believe, it is not simple. As human beings you find it almost too easy to block yourselves from what keeps you in good health. But in recognising the problems, you have taken the first step forward. So, I will say to you well done.

Paul: OK, thank you.

You must use your *Mind* to clear the dis-ease.

Paul: Right, so I will work on that circulation.

You cannot expect, my dear friends, to pray as you say, to those of us in spirit and to expect a miracle without some input from you.

Lilian: That makes sense.

You are in 'charge' shall we say, of the human body. After all it does house your spirit and it is your responsibility to treat it in the very best way that you can.

Lilian: So, would you say the biggest problem with human beings is their thoughts?

Of course! It is the thoughts—even if you accept that or not, if you have perfect thinking you will have the perfect body. Until such time you need to return home, and then your journey will be peaceful and quiet, without illness and all the many conditions that afflict this world.

Pause

Who else will speak?

Sarah: I wasn't here actually when you asked that question of us. I did know about it, but I'm afraid I haven't worked on it. But listening to Paul, it's quite extraordinary listening to him, because all the symptoms that Paul has, are exactly the same as I get and I'm actually quite happy with my own company. I do probably mix a bit more than Paul does, I don't know, just with my activities that I do, but certainly I'm quite happy being by myself. So, it was quite extraordinary—everything he said was exactly the same as I get as well.

But sometimes you hold back on the emotional stuff in life. You speak many words, but sometimes you hold back; and when we speak of circulation, it is ever free flowing. It should never be interrupted if you are to remain healthy. You understand?

Sarah: Yes, so I too have to work on that.

All of you, everyone within this room. That is why last time I said to you about teaching your young children. Teach them from a young age, help them to speak about inner feelings, not just the everyday trivial matters, but deep, deep searching of how they feel.

Sarah: The other thing that has been very much—I don't know if this is quite relevant, but I've been thinking a lot about it; I bought this house that I began to feel that maybe I'd made a mistake and then I thought to myself, no, I haven't made a mistake—what this house has given me has made me search within myself and my thinking has become actually quite different since I've been in there, because it's *made* me change, it's *made* me think differently. So, I think actually it has been the right move. Maybe it perhaps isn't quite the right *place*, but the actual *move* has made me change and think in a more positive way about lots of things, so...

Of course, not all as you term 'mistakes' are bad, because as you have said, you have grown a little strength from these experiences. It is the *recognition* of what you do that is important. You understand?

Sarah: Yes I do, yes.

But you must all work on your *thinking*.

Sarah: Thank you.

Pause

You are in no hurry to speak with me.

Chuckles

Graham: About 3-4 years ago, I noticed that my knees were beginning to give me a bit of jip; on staircases and when I was cycling and when I went skiing on the dry slope I found it was affecting my ability to ski. And I remembered your words about thinking and all of that and so I tried to analyse my thinking and trying to identify where my strongest thoughts were—perhaps *negative* thoughts—and it had been in fact all that was going on in the Middle East and all the outrages that were going on at the time and I was allowing my thinking to become very negative and I think that that was manifesting, that sort of critical thinking, was actually manifesting in my knees. And I remembered your words and I started trying to work on myself, trying to *transmute* those negative thoughts and then, as you've said, you should obviously pray for the victims, but perhaps you should equally if not more importantly, pray for the perpetrators of the outrages, because they are struggling and in their own way they're doing the best they can and in their own way perhaps believe that they are creating an ideal world in their parameters of whatever. So, when I started catching myself getting negative—and I'm not perfect and I'm not perfect now, but every time I try to remember that if I ever allow my thinking to go negative, I've tried to stop that and my knees have, over the last year, almost completely recovered **(yes)** and I just wondered if there was a parallel there?

Yes, again it is a sense of moving forward; (yes) legs, knees, ankles, feet—all of those are indications of movement. So, when you have negative thoughts, the disease or dis-ease of the body shows itself in the way that it recognises. So, of course when you free the mind, to *let go* of these *negative thoughts*, then that is when healing suddenly becomes possible, when the mind is in the right place. (yes) So, I say to you, my dear friend, continue in this way and you must be always your own successful physician.

Graham: Yes! I think there was a wonderful book, which was called '*The healing effects of illness*', **(yes)**, or words like that, which I thought was rather splendid in a way, because your illnesses do show where your problems are.

Yes, it is whether you deal with the problems or you allow them to become *stronger*, and that is what happens in your world, where illness takes over, becomes stronger, because the negativity has not been properly dealt with. You feed your bodies, you feed your cars, why is it that you do not feed your *minds*? (yes) It should be a natural occurrence for you, but it is not in this human world.

Graham: I think it was wonderful when you said, when you feel negatively towards a region of the world, you are actually adding to the negativity of the world **(yes)** and that was a *big* motivation to me to stop doing that as well—*chuckles*

Yes, you must know Love, you must have compassion, but you must also know yourselves. (yes)

Ben: Then can I just ask about George, who developed cancer, **(yes)** and I would think of anyone in the group, George was advanced and evolved in his spiritualism, and yet he still...

But you do not *know* that my dear friend. You are passing a judgement. You are living one lifetime now; you do not see the full picture of your own spirituality until you return home. Then you will understand there are many people who have lived lives, which you would term probably 'cruel', which I term a little 'misguided', but because you have lived one good lifetime, and who is to know what is within another's heart and mind? You cannot. So—but I understand why you say these things—in this time he was a good man; but he also went through times when there was negative thinking.

Sarah: In this lifetime?

In his lifetime, yes, when he was a young man. But you cannot pass judgement, you can only do what you want to do. That is why you have all been given freewill, to use it as you must, and not always wisely as you know.

Sara: Did the period as a youth, did it affect him later on? Was it stored in his body?

Yes, you must not always feel that illness comes upon you in a flash. It is a slow eating...

Jan: ...process

Thank you, yes.

Jan then began, but Salumet wished to return to Ben:

Ben: I think I was just surprised maybe with his illness, and obviously, I passed a judgement on him without realising. **(yes)**

Sarah: But his wife as well, I mean in all the time I knew her she seemed to be a very good woman and yet she had cancer as well.

Ben: Yeah, I wonder how much of cancer...

Cancer, let me tell you my dear friends now, cancer stems from some form of *regret*. Whatever that regret may be, has quite a hold upon the physical being. And as I have said, it does not happen in a second. All illness grows; that is why it is important for you to know yourselves very well, to be able to change the thought patterns, as our dear gentleman has just spoken about. You have to deal with them as they occur.

Ben: With cancer, would some of that be environmental impact as well?

Yes, there are many conditions. Once the body becomes a little less immune then many things take place, yes. But initially it is a thought process which has happened in *all* illnesses.

Ben: So, in the case of young babies or young children born with leukaemia or some form of cancer, that might be a hangover from a previous life?

That would have been their choice. If they are born into this life with a condition, it is something that comes with them, or something they need to experience for a very short time, yes.

Sara: So, we can heal our bodies in the *present* of wrong thinking in the past? **(Yes!)** We have the power to do this now.

You can *transmute*, as the gentleman has said, you can *transmute* the energy of thinking, from negative to positive. How many illnesses in your world that people become well from—how do you suppose that has happened? Does there not have to be a reason? Yes.

Sarah: Then there are these epidemics too—Ebola and all those things.

Yes, there will always be diseases in your world, but if you have a strong, clear, open mind and a clear body with immunity that is so strong that none of these viruses or whatever you call them, can invade.

Jan: That is why some people contracted Ebola and others don't.

Yes. Those are the questions you need to ask of yourselves.

Mark: I've got a bit of arthritis in my elbow, which I guess is a rigidity...

Yes, it is a form of rigidity

Mark: ...rigid thoughts. **(yes)**

Jan: I read only today that pain in the elbow can often be a sign of anger from somewhere.

Yes, yes—anger also can show itself within the joints of the body. It is almost like in those areas it is a clenching of the mind. Try to always compare what you *feel*—the body and the mind, the differences and the changes; that is what I am trying to convey to you all.

Mark: I was trying to think about it, and somebody, very recently, told me an exercise I can do. That's a physical treatment, but I wonder if that can actually help?

Jan: You'd be better concentrating on your mind...

Mark: Yeah, I know that too, but I was thinking in a way maybe it can be a double—two pronged?

Of course, you can exercise as much as you like, but if the mind has not been worked upon as well, there *will* be no healing. I have told you many years ago that until the soul is *touched* the body will not heal.

Sarah: So, if the mind isn't clear, that's when, for example, just ordinary wear and tear of the body, if your mind was thinking—was *right*, you wouldn't *get* the wear and tear of the body

Exactly. Once you have allowed it to come into the body, then it becomes a little more difficult for you.

We understand that in spirit, and we know you live in stressful times on this Earth, we know there are

many things that happen, that make you feel angry, hurt, etc. But, you have to rise above all of that if you are to remain strong.

Sarah: I was also thinking about Lilian's heart (**yes**)—that's the same thing then

Lilian: The heart was ok, it was the cholesterol.

Yes, which is partly because of food that has been eaten and the fact that the mind has not worked upon that problem, or there's been no *change*. I am trying to get you to understand a fuller picture my dear friends; you're a complex being.

Lilian: Yes we are!

Mark: I'm guessing that because it's my right elbow, and not my left elbow, that that's significant. As I'm right-handed, I suppose I do more with my right. (**Yes**) So, therefore my right is more involved in life, so that's why it would affect my right more than my left, would it?

You see, I can tell you all of these answers, but what I want, my dear friends, is for you to go inwards and find the answers. YOU ARE IN CHARGE OF THE PHYSICAL BEING. The physical being houses your spirit and it is entitled to a good healthy body. You understand?

Agreed

This is why I say to you, why do you not feed the mind? Why is it not a natural happening in your everyday lives?

Sarah: Because we're human, I suppose—*giggles*

But that becomes an excuse.

Agreed

Serena: I think sometimes, well most of the time, people don't actually realise what they're thinking.

Oh, I think they do on a deeper level.

Serena: Quite often if you say to people, what are you thinking? *'Oh, I don't know'*.

You are talking about the physical brain.

Serena: Yeah.

Yeah, when we go to spirit, the mind belongs to spirit and your spirit knows *much more* than you could imagine. But I understand what you are saying; yes, people are so involved in everyday living that they have forgone all the *beauty* and the thinking that belongs to them. You understand?

Agreed

Jan: May I go now—may I speak now? (**Yes.**) I have always joked that I was born guilty, which sounds rather a flippant comment, (**No?**) but the way that I was brought into this world, I have always felt guilty in some way, and I lived my life with that guilt and I did things and said things that I shouldn't have throughout my life, purely I think to myself, to compensate for something. And then as a child I began to have growing pains in my legs and always pains in my legs, and I now know for sure, that that was the fear. Fear stopped me moving forward and has done, up until this year, and that culmination throughout my entire 56 years was the break in my leg. I wasn't fearful at that time at all, in fact I was so calm the day I broke my leg, I surprised myself. And then it was your words Salumet, a couple of months ago, that I thought, I've got to stop saying: 'I need to put this into the hands of Spirits', 'I' need to do this. And then, that night, my whole idea of mending this leg, it was just like a light bulb moment and it got stronger and stronger and it's healing—I know it's healing, it's going to heal, there is no two ways about it. It might take longer than the medical people want, but it is going to heal, because I am healing this leg. And something happened on that coastal path, that took away a lot of the fear that I have held within myself for past misdemeanours or whatever you call it, and the way I was as a child, the way I was treated as a child.

I would say one thing at this point: Can you look at the break as being like a new beginning?

Jan: Yes, that's what I think I was...

Breakages are always about new beginnings.

Jan: Yes, there was a lot of cleansing that seems to have taken place. I've got a long way to go, I mean I'm no way perfect, I tend to take on a lot of other people's negativity and I need to work on that—I allow that...

But you have recognised it, my dear friend.

Jan: I do—a lot of my health issues in my head etc., are all taking on other people's negativity, **(yes)** not my own and unlike Paul, when I was much younger, I craved people, I craved having people around me. Now, I *love* people, I absolutely love people and I get such a buzz out of spending time with people, but I also love my own space and spending time with myself, which I *never* loved before. I love ME—I think that's what I've learned to do.

And all of you *should*; and when you have reached that state of knowing, then we in spirit, that is when we can step forward and really help, because there are no obstacles in our way. You understand? (yes)
Yes.

Sara: I can relate to what Jan was saying, because I think I've always had a special ability to communicate and I can empathise easily with people and connect with them easily, but in the last few years I've been learning also to love myself and enjoy silence more and peace and it has become very important to me; but at the same time I feel that I'm building up to a new role, where I can connect just as easily as I always have done, but in a very purposeful way—with more purpose than I did when I was younger. So, I think I'm going to bring the two things together—the ability to be silent and peaceful and hopefully the ability to communicate, and find a good role for that that's perhaps a bit more than it is currently, but I think it's coming and I'm using my creative abilities hopefully as some sort of platform for communicating. **(Good)** But, yes, similar to Jan, I have felt the need to be more peaceful recently and go within more.

Yes, that should come more naturally to all of you, only in as much as the conditions that you meet under, that when we come together such as we have this time that the mind will take over. I'm sure you all experience within these walls a sense of *peace* at times...

Murmurs of agreement

...much needed peace sometimes, but I am glad that you recognise that you need to go within. It will not blot out the everyday worries of life, but when you change your way of thinking, then you are on the road to good health.

Sara: And in my sleep-state I felt I was being given a message. I saw myself drinking a green drink—turquoise-green colour, and I had the word 'Amaranth' given to me. I've looked it up, I didn't know what it was before, and it's something you can grow and it can be a sort of salad leaf that you can eat, but I felt I was being told that this would be beneficial, because it felt like a message—strongly visual and I heard it as well, the word.

Yes, you must always pay heed to those who come close to you in sleep-state; that is when your connection is strong; but the strongest part of all is when you are in a meditative state, but also still alert. That is when you realise that you have connection with the Mind and the Mind of those in Spirit. So, listen closely, my dear friend, to what is being given to you.

Sarah: Serena, do you want to say something?

Serena: I haven't really to be honest thought too much about it, but a health problem that I have—it doesn't relate to my *health*, it's discomfort of heartburn, **(yes)** and what I—I can't really make out why and I can't put it down to food, because it's not dependant on what I eat or when I eat.

Again, this is an emotional problem. (right) If you think of the word 'heart' and you think of the word 'burn', there is a disturbance within the Mind, which is causing this. You will know and understand in your quiet times what that is. You may have to *seek* for it, but it is there for you to find. And if you do, I would say, *speak to the heart, speak to the body*, and if you do you will have results. I hope that is helpful to you.

Serena: Thank you.

Jan: You haven't spoken mum. **(yes)** You haven't spoken Lilian, have you?

Lilian: No, I've just been listening. I can't really think of anything that I'd like to say.

Yes; but all of you my dear friends, I do wish that you will think differently, think differently about being in connection and I will use what the gentleman said earlier about your Higher Self; your Higher Self will always listen to you, in order to help you also. And I have not heard from the young lady who sits by me. Do you have anything to say?

Natalie: Um, I wasn't here either, but I got the general idea. **(yes)** There were two instances, probably in the last year—and I thought about this a few months ago when it last happened, when I had this flare up of tonsillitis, and at the time I was really angry at my mum and I wanted to tell her how I felt about something, but I knew it would result in an argument that I didn't want to have, so I withheld that anger and then I got this throat thing **(yes)**—at the time I thought that was probably that, because I haven't told her how I feel. **(yes)** And then also within the last year I had these two—I've never had it ever in my life, a debilitating kind of trapped nerve in my back. And the first time it happened I had no idea what it was and it was horrible pain and I just couldn't move and I was just basically in bed and I couldn't do anything. And I think that's also—I don't know why necessarily the first time, it could be in relation, but the second time it happened was the day before my granddad passed away and I think it's like an exhaustion, but also when I know people are demanding of me in some way—various people and I don't want to talk or see people, and it's almost like my way of avoiding people, because I physically debilitated myself, **(yes)** and then I don't have to leave—it's like an excuse, if you know what I mean—I've sown a seed and then **(yes)** I'm almost paralysed, I can't...

You have explained your condition yourself. The throat is the power of speech, power of communication to others. What you have done wrong this time is not spoken what you truly felt, and you have to at times be true to your own self. It is not being unkind, it is not being angry as you say, but it is just allowing people to know how you are feeling. If people are upset by what is said to them by another person, that fault lies with the—within yourself. And if someone is hurt, that is their problem, because they do not always understand that you are being true to yourself by speaking out. I do not say to you that you use harsh or unkind words, but always be true to what you feel. (OK) You understand? (Mm) That is why the throat will suffer. You can understand that, can't you? (Yeah)

Jan: I think I've just realised why my daughter suffers with so many problems inside her mouth. **(yes)** And between us, I know I don't want to hear the real truth and I skirt around it a bit and that's probably why she's still holding onto these throat problems, because I'm really the only person that she can talk to.

Yes, however hurtful it may feel to you, she is being honest in wanting to speak. (yes) Therefore, the fault lies with you, my dear friend.

Jan: Yes, I've just realised that.

Yes, think about those words. It is all quite complex for you I know, but it has given you much to think about.

Jan: Yeah, because it's not a judgement, is it, when you recognise in somebody else, that you not only have an innate knowledge about *yourself*, but you can start to *see* and *feel* where other people's blockages *are*.

Yes, when there is an openness, then it can be dealt with fully. If there is something you dislike, and this is words I have used back many years since, if you do not like something then look to yourself *first*, because the problem will always lie within yourself...

Jan: ...as you why you don't like what you're hearing...

...as to why you do not like either what you hear, see or what someone else has done.

Sarah: When a child has been traumatised by mostly an adult and then for the rest of their lives they struggle with what's happened to them, is that because they are then not letting go of what's happened? **Children need to be helped, only in as much as until they reach adulthood, they cannot figure this for themselves.**

Sarah: No, but once they get to adulthood, and they're still holding on to what's happened to them...

Yes, they must let it go.

Sarah: So once they've completely let that go then...

...their health will be on the mend, if you like.

Sarah: So, can that take a lifetime to happen?

Yes, and sometimes people will pass to spirit and it has never been sorted.

Sarah: So they really need to work on **(yes)** letting go as soon as possible. **(yes)**

Jan: I think that lovely word 'forgiveness' comes into play.

Forgiveness, yes—love...

Jan: Love and forgiveness comes first, before you can move on from anything like that.

That's right, that's right, and having the recognition of what is happening and why you are feeling as you do, why your body is reacting as it does. All of these are important questions to ask of yourselves.

Ben: I think personally I've always had quite a strong fear of loss and I think that's led to me being quite indecisive at times, and also avoiding conflict **(yes)** and like Natalie I had many years of tonsillitis and ended up having them removed **(yes)** and I think that's probably connected.

There is always a way in difficult situations for words to be kind and loving. So never be afraid to say what you feel to another human being. Do it with love and kindness in your hearts and you will not go wrong.

Sara: I also have often had a fear of conflict and dislike of it and used to have a lot of sore throats—and bottled up—and I can even remember as a child desperately wanting to sing beautiful songs of love and, you know, nice words at the piano, but I couldn't—I didn't feel comfortable to do it; it was just my own, you know, blocking myself. **(yes)** And then later I was able to, through more experience and travelling, I was able to then open up my throat to do what it wanted to do; and even now, if I don't sing for a long time, I feel sad, because I want to express that joy and the depth of the feelings inside me—I need to do it for my health really, **(yes)** it's part of my spiritual health I think to do these things, because without that expression, I'm only expressing a very small part of who I am, **(yes)** not the whole of me.

Sara then mentioned a personal issue which was resolved through communication. Sara continued:

So, communication I think is very important—open communication with people, because quite often we can bottle things up.

Yes, which again creates dis-ease, yes.

Sara: Yes, it causes problems not just for you, but for other people too, who need things to be talked about sometimes.

Jan: So collectively, we're able to not only heal ourselves, but we're able to heal each other.

Yes, that is an important point. You not only bring self-esteem, love, all of these great words that we use, but you also help another, and it is like a rolling ball that continues on and on and on.

Jan: I can only talk for myself, but I realise now from what you've said tonight that I hold onto this fear, **(yes)** which is a fear that what I'm going to hear, I'm not going to like, so you block it out **(yes)** from somebody else and you draw back into yourself, thinking, well, if I'm over here that can't hurt me.

Whereas in actual fact, to heal *both* of you, you've got to hear it—you can't go on until you do.

And when you withdraw from one person, you are showing to another a completely different person. So you could also be damaging another in a sense, because you are not free to respond.

Jan: And you're not being your authentic self actually, **(no)** by withdrawing in that way, just to protect the negativity.

That's true.

Jan: So it's being able to *protect* yourself from the negativity, but have the compassion...

It is an instinct within the human being; fear, anger, all of these emotions are part of spending time on this Earth plane.

Jan: Yeah, they were our flight or fight responses originally.

Yes, but there comes a time when you must go inwards, you must be open to others, you must give love.

That is why as I end this talk with you, it is important for you to guide the young children of today.

Sarah: I was just thinking, my brother used to have a lot of tonsillitis when he was quite a little boy and he was a very happy child; but he was a child, so why would *he* have had all that tonsillitis? Is that something he brought with him from a previous life?

Children can have negative thoughts also! You do not always know, unless they feel free to speak in love and openly what they are feeling. And children are more prone to anger outbreaks, only because of their immaturity in this world.

Mark: Yeah, I had my tonsils out quite young—or adenoids, I can't remember which now, but it is quite common, **(yes)** so I guess in a lot of families, children can't quite express.

Or they are told to be quiet and not allowed to express themselves. If they are allowed to express themselves in a good and loving way, there would be no such thing as tonsillitis.

Sarah: That's interesting, because I didn't really think my brother suffered in any way at all. He was the youngest and he had a very easy life.

But you do not know how he felt within.

Sarah: No, that's true.

Sara: They don't show feelings unless they feel it's safe to.

Jan: Richard, my son—everybody knows Richard was part of the group—he was born with those sort of problems; from 9 months old and earlier, he had huge tonsils and was deaf until he was three almost. So, maybe Richard brought that with him, or...

Sarah: Maybe he was mourning it, because he was a twin, wasn't he?

Lilian: I was just thinking that.

Murmurs of agreement

Well, I give thanks my dear friends for listening to you. I am so pleased that you listened to my words last time. And as I leave you, know that I leave you cloaked in love and upliftment.

General thanks and appreciative comments

~12th December 2016~ SALUMET

During healing prayers, one of the group had to move their car and there was some discussion about problems of parking and we sent healing thoughts concerning the problems of parking in the world, among various other stresses and work pressures and the need perhaps for a more gentle, natural way. Salumet followed—audio link: http://www.salumetandfriends.org/app/download/5930215/2016_12_12+salumet.mp3

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

I apologise if I have interrupted the conversation.

Several uttered: 'No—not at all!'

As always it gladdens my heart to see how, as individuals, you take stock of all problems within your world. I come this time, as usual, to say to you as your holiday season approaches, I too will withdraw to that which I call 'home'. I also wish, this time, if I may, to work quietly with this instrument; and the others of you will be used appropriately by others who will come when I withdraw.

Thanks

As always I know the dear children will wish to come to you next time.

At our next meeting, Eileen will have a Christmas tree in the room and spirit children will gather.

I hope, my dear friends, you have been looking more deeply within yourselves, as we have discussed last time. I would like you to continue with this practise and you will become more knowledgeable about who and what you are.

Thanks

I will allow just one question this time, before I work with this one.

Graham: I've got a question. You've mentioned many times over the years about a person can be healed when their soul is 'touched', (yes) and I was wondering what exactly that meant—whether it meant they'd reached the moment of enlightenment that their current condition was moving them towards, or whether it was Karma had been paid, or all manner of things; and there could be very different reasons—whether it's an external intelligence that had deemed that person to be ready for the next stage and therefore to be recovered? I was wondering what you meant by the words, 'the soul is touched'.

Firstly you have to understand that the soul is the part that continues. (Yes.) It belongs to spirit, not to the physical. It is the physical that is governed by the soul. (Yes.) So when I speak of the soul being touched, of course there are many reasons why this happens. I would say with health, and we have discussed this quite deeply recently, that when the body is healthy, then all is in unity—body, soul, spirit,

I am sure you have heard. (Yes.) Yes, when someone who may not believe, comes to a healer for healing, only when the soul is ‘touched’ will the healing take place; yes, (yes) you understand that. The soul may be at that moment in time, where it needs to be helped to heal; and there are two ways of healing. There is an understanding of the physical being, that they must be in touch with their inner-selves—it is a knowledge and an understanding which comes to them; but they are not guided or directed as *you* have said; this understanding comes from within. Is that a little more helpful to you?

Graham: Yes, yes.

Yes, I know it seems confusing when people are told that the soul must be ‘touched’, or *feel* that ‘love spark’—that is another way of putting it to you. (Yes.)

Sara: But is it that the soul’s understanding that comes from within, causes some sort of openness to being touched—is it connected to an *openness*?

The physical being houses the soul; so there is dis-ease when there are problems with the physical body. It is not the *soul*, but the physical being that has caused the problems. The soul is *pure*, the soul belongs to spirit. Does that make sense? (Yes.)

Sarah: Actually I haven’t quite understood myself—so when the soul is ‘touched’, does that mean that the *physical* has come to the realisation, or is that the innate knowledge coming through?

It can be a blend, but I would say that the physical being comes to a realisation of what is happening. (Yes I see.) And in that way then the soul can step forward to help. It is the same as your absent healing, when you call for someone who is not present; the soul *has* to help, but only when the time is right.

Pause

Are you sure that you understand?

Sarah: So, if that person who has got something the matter with them, if the soul *isn’t* touched, then they would perhaps go on to die, because they (yes) ...yes—and would that be, in some cases, that actually they are *ready* to die and that’s why the soul isn’t being touched?

That is also true. It makes no difference how much healing the person receives—if the soul is not touched, there is no healing. And of course, the physical body comes to a state of not *understanding* really what is happening to them.

Sara: So would it be true to say they sort of choose to go, rather than stay—they can’t really *embrace* the whole healing that’s required for the things they need to do.

On a spiritual level the soul already knows.

Sara: Ah right; because to give an example, when our father was dying (yes) a few months ago, we felt that he was resigned to it. (Yes.) We did have many, many cures that we wanted to perhaps try if we were able to, but he wouldn’t accept all of them—though he did try some and we sensed that he was resigned...

...Because he took responsibility for his own soul. (Right...) And when the time comes, no matter how much healing is given, if your time upon this Earth is here, there is nothing that will keep you here.

Sara: Yes, he did say: ‘It is my Time.’

Yes, and that is *why* he took charge of what he knew to be true.

Sara: Right! So he was reading the situation correctly.

He was listening to that inner voice.

Sara: Right, yeah we did feel that very strongly.

Yes, yes—it makes the transition to spirit much easier if the human being would only let go when the time is right. (Yes.) All too often, as human beings, *fear*—that word I use so often, fear comes into play, and although it may keep your loved ones here for longer, it is in a way, a little destructive for the soul.

Sara: Yes, he seemed to know his own mind very well (yes) and he shared some insights as the time drew near. He shared things that he was seeing, (yes) such as a white door, and he seemed very confident at times.

There are many people in your world, who can choose the day of their passing. How do you suppose that they have reached this point? It is because they know from within that it is the time and they *allow* the body to slip away quite easily.

Sara: Yes, we were quite—I did feel admiration for that—for how he he embraced it and seemed to *know* and yes, he did seem very peaceful for a lot of the time leading up to it. **(Yes.)**

Ben: I think that's the same for my mum as well.

Yes, once there is a knowledge of spirit, it is difficult to break that (yes) and it does help when the time of passing comes.

Sara: Yes, and he was so drawn and he actually said: '*I need more—more than this.*' Meaning he needed more than what we could give him or/and Earth plane; he needed to pass on.

Yes, the draw to spirit at those moments is *great* and the time comes when the *pull* of the Earth no longer has meaning.

Sara: Yes I felt that when he was feeling it and they talk about a certain euphoric moment **(yes)** and I could feel his euphoria at wanting to go.

Yes, because they have the realisation that they too are returning *home—home* to more loved ones, *home* to the knowledge that is innate within them, but has never been used upon the Earth plane.

But now, my dear friends, I wish you a happy holiday season. I hope when we return that you may all be refreshed and looking forward to more of your earthly lives. So I leave you as always, cloaked within my love and I will work quietly with this one, whilst the rest of your evening continues. I ask only that there is a little subdued speaking, in order that this one may not be disturbed.

Paul: Yes of course.

Sarah: And we wish you, if I can say it this way, a good trip back to where you belong. So, we hope you enjoy your time there.

Paul: That's right yeah, and we definitely look forward to next year.

Yes—thank you.

We sat quietly for some time. Jan got the feeling that hot-cross buns were connected somehow to Ben's mum, but Ben wasn't able to think of a link at this time.

*Lilian was reminded of a program about Water-lilies being one of the first flowering plants to evolve and how the lotus flower is often seen in Buddhist temples. Lilian then picked up that Eileen was returning from a deep trance state. Eileen described seeing a golden arch with light. She also saw a really **big 'S'**. Eileen asked if someone had been talking about food and we mentioned Jan's hot-cross buns. She wanted to say: Sally lunn bun. Then Cho jumped in—audio link: http://www.salumetandfriends.org/app/download/5930217/2016_12_12+Cho.mp3*

Hello!

All: Hello!

Jan: I knew you were around. I was sat here thinking, '*no Cho?*'—yeah, he'll be here! How are you?

I like it when I come see you.

Jan: Good, we like it when you come and see us. How are you?

Well, I don't have a body...

Jan: I know—that's true!

How are you?

Jan: We're all okay I think, aren't we? *(Murmurs of agreement)* And I'm fine.

Why you not working?

Jan: Not working?

No—why you all sit not working?

Jan: Oh I see.

Mark: We're being lazy—we were yawning earlier, but we're not yawning now at least...

Jan: No, we were just waiting. Perhaps we were waiting for you—we didn't realise.

I bring two people, you not see them—you not working...

Jan: Oh I see what you mean now. Well, I haven't picked up anybody, apart from a lady called Sally. Have you got Sally with you?

No, I not got...I bring two people—you work, see who it is.

Jan: Oh okay—so two people.

Lilian: So we should know who it is—or some of us... **(Yes, yes.)**

Sarah: Are they people we know, or have we just got to get their names?

No, not people you know, people like to speak.

Sarah: I did get the name Anna.

Yeah...

Sarah: Yes?

I not tell you, you do work!

Chuckles

You not expect Cho work!

Pause

I like little lady here—this little lady here.

(Natalie)

Yes, she make me want to smile.

Murmurs of agreement

Sarah: Maybe it's the hat?

Oh, we got this funny lady now talking—she like your hat. I'm going to leave you now. (Oh) Yes, you've got to work!

Jan: We've got to work, okay.

Sarah: Are you going to come back and tell us if we've worked properly?

No, no, I come another time.

Jan: Well it was lovely of you to come and see us Cho and I hope we work well for you tonight.

I let you know!

Jan: I'm sure you will—you'll let us no. **(yes)** So, are we to expect someone to speak, or—you're not going to tell us, we've got to work it out.

Yes—two people—I not tell you, that not working...(OK) You should ALL be seeing now.

Jan: We'll do our best Cho.

Paul: They're not people that we know...

Jan: They're in spirit, two people in spirit. **(yes)**

Sarah: We don't know them, but do we know of them?

Maybe, I not tell you—naughty!

(Turning to Jan)

I still help you lady.

Jan: I know you do. Am I doing well?

You're doing very well.

Jan: Good!

You keep up, you be positive.

Jan: I do try.

I not like try, I like (love?).

Jan: I am being positive **(Good.)**—yes, they're not going to operate again, because I don't need to have an operation again, because it's healing. **(Good!)** So, there you go. It does give me problems at times, but I know it's only *because* it's healing.

Lots of people here your friend, help you—they all help you.

Jan: I know—I'm very lucky, I get lots of help, lots of healing; yes, I have been very fortunate.

One man say you be stubborn sometimes.

Jan: Oh, lots of times.

Chuckle

I think your daddy.

Jan: Ooow! Hi daddy!

He not here, he just tell me.

Jan: Oh, why's he not here? Is he still shy?

No! He come another time.

Jan: I hope so, I hope so. He's been in the background lots of times I think.

Well sometimes you too stubborn he say.

Jan: To help myself?

Yes—he help you too.

Jan: Oh, thank you dad—yeah. Give him my love, won't you?

You give him your love! You all want me to work, don't you? I'm not here to work.

Jan: You can be my postman.

Chuckles

Goodness me! I'm not allowed to get annoyed...

Sarah: ...but you are!

Chuckles

Yeah—you're my troublesome group.

More laughter

Jan: But you love us really.

Well, I suppose...anyway I go now—you've got work.

Thanks and goodbyes

We then sat in silence and tried to see who was around. After a few minutes, Jan seemed to have George with her:

Jan: Hi George—'Hi gang.'

All: Hello.

Pause

Eileen commented that it had gone cold in the room. Paul got the impression of a man with grey hair and possibly a sailor's cap. Natalie got the name Elijah. Jan then seemed to be being urged by George to sing Supercalifragilisticexpialidocious. Sarah felt her head turn towards Paul, which used to happen during visits from Bonniol—but there didn't seem to be anything definite happening with Paul. Sara wondered if a nun was trying to come through and Eileen had the name Francis, which Ben mentioned was his mum's middle name. Eileen saw an 'H' connected to Francis. She then got 'Howard'. Eileen was then seeing a scone, which perhaps connected with Jan's hot-cross buns earlier. Eileen then saw a ring, with a purple-blue stone. This seemed to be one of Natalie's and the message was that the stone wasn't quite secure and needed attention.

Note:

Sally Lunn Bun: It is a sweet bun, originating from Bath, Somerset.



*******19th December 2016*******

After our prayers we focused on the children who would be visiting us this evening, as is usual on this, the last meeting before Christmas. Eileen's room now had a beautiful silver Christmas tree with white lights.

Cho began—audio link: http://www.salumetandfriends.org/app/download/5984234/2016_12_19+Cho.mp3

Hello.

All: Hello.

Sarah: Nice to have you back again.

I bring children—yes. You feel them, you say, yes. They say you need to find the child within yourselves. I not know what that mean.

Sarah: Maybe it means the memories of how we were, or...

Yes—how you felt as children.

Graham: I still do feel quite childlike sometimes.

Chuckles

Do you?

Graham: Yes, it's nice to be able to play and get the same sense of fun that we did when we were children—it's in us!

Sarah: I think it's a male thing too.

Graham: Oh absolutely, boys don't grow up! We know that.

Chuckles

They say, 'naughty boys'! (Chuckles) You not naughty boys. Anyway, I go and let the children come when they're ready.

General thanks

Lilian: Happy Christmas to you.

Well, we don't celebrate like you do, but of course we know it goes on. Anyway I see you next time.

General thanks + farebyes

Paul: Thanks for all that you do Cho. **(Yes)** It's been a fantastic year.

Turning to Jan:

I say my friend, you listen to me talk in your ear. (Yes) I help if I can.

Jan: Thank you. Did you hear what I spoke to you today?

Yes, I listening—yeah.

Jan: Thank you Cho—yes, I know you're around me; thank you so much. **(Yes)**

Pause

If you feel anything, they say you say. I think they may even pull your clothes—just to notice.

Graham: Will they play with the Christmas tree?

If they want to, but I tell them not knock it over!

Chuckles

Graham: OK.

You may even hear a little bell ring, although there is not one on the tree.

Sarah: That's nice.

So, anyway my friends, I am going.

General thanks

We then tried to tune into the children. Eileen became aware of a beautiful curly-haired boy called Alistair, who seemed more interested in playing with Eileen's bracelet. She picked up that he really wanted a train when he was younger, but died before Christmas came.

Jan sensed twin girls (Sarah and Louise) who had been stillborn and now appeared around 9-12 months old. They had never experienced Christmas before.

Eileen then saw a ring of children going around the table in the centre of the room. One of the girls had bright red shoes.

The name Annabel had recurred in Eileen's mind several times throughout the day, and Eileen now understood that one of the visiting children was in fact called Annabel. She made herself known to Eileen, saying that she'd come because she was cheeky. She had a beautiful glow and Eileen sensed that she wasn't really a child—perhaps she liked to appear as one, though she was in fact more adult-like.

Jan felt a pair of hands behind her, covering her eyes and became aware of Sam (a girl) who wanted to say "Hello" to everyone.

Eileen said they were going to place their hands in ours and we should try to be aware of this.

Jan then said there was a giggling William, 8 years old, who declared himself to be 'the boss'.

Natalie then got the name Angela. Sara got a Hazel in a blue dress. Graham also sensed a William. Jan then sensed her right hand being patted and Eileen noticed one stroking her fingers.

Annabel asked Eileen if she could touch the tree, which Eileen agreed was fine.

Lilian then spoke, saying that if we stand back from the children that were close by, there were gathered children from around the world. Paul said he'd actually just seen an African-looking girl with a beautiful smile and Lilian was getting the song, 'Wonderful World'. Jan also became aware of a little Chinese boy at that moment, who seemed to know that she had not been feeling too 'bright' lately and needed a hug.

Sara felt energy around the head and felt that the children were giggling, which made her want to giggle too. Paul then got the name 'Rebecca', who just wanted to say a big "hello". Eileen then got a high-pitched ringing sound, which only lasted a short time and may have been the bell that Cho had referred to earlier. She felt her eyes were closed shut and could not open them to look at the tree, though she wanted to.

Jan then mentioned that a lady stepped in to say that Christmas is a time to watch small children on Earth, because it's a time when spirit comes closer.

Paul thought he got a whiff of chocolate and Natalie felt a tap on her back. Eileen felt she was riding in an old-fashioned train, with a blond boy in front driving, which felt most peculiar. Eileen then asked the children why they liked to come to Earth at Christmas time, when they can experience so much in spirit.

They said they just like the energy produced at this time of year, especially with the children—they know they can have what they want, when they want it, but it just feels different to them.

Sara then got an image of seals jumping out of water and felt they wanted her to make seal noises, which she tried.

Sister Anna, an old friend then spoke via Eileen—audio link:

http://www.solumetandfriends.org/app/download/5984236/2016_12_19+Sister+Anna.mp3

Lilian: Good evening—welcome.

Good evening.

Greetings

You do not recognise me?

Pause

No...

Paul: Are you one of the Sisters?

Yes indeed, it is Sister Anna.

Warm recognition from some sitters

You know I moved forward such a long time ago;

(Lilian and Paul acknowledged this) and I found that my vocation, in a sense, was to be with small children. So now I work with them and I can tell you, they are still mischievous in our world. In fact when first I made contact, they would pull on my rosary beads; (Chuckles) and it has brought great joy to me, because being in the closed order, of course there was no contact with children. I just wanted to take this opportunity to speak with old friends; and I felt sure that the good people that you are, would remember me and make me most welcome.

Paul: Yes, we certainly remember you.

Lilian: It's good of you to come back.

Sara: Yes it's lovely that you came back to say hello.

Yes, it does not happen often, but not only have I been helping with the children, I was most touched by your conversation—and that is also something close to my heart is helping other people. I must say that the energy here with your good people and the energy in this room is quite magnificent this time and the children are so happy.

Sara: That's good—it's nice to know.

Paul: The lady you're using was just saying why the children get attracted back to the Earth from spirit this time of year, when it must be lovely in *spirit*—but they still love to come, because it's a special time of year.

Yes, it is an experience for them, because many passed to our world quite quickly—not all but some, and it is an opportunity for them, for their soul's growth, to come to play with the Earth children—and not only the children, but their toys.

Several sitters: Ah!

That is an attraction for them.

Paul: Even though they could have toys in spirit realm of course.

Yes, it is the experience that they crave and the laughter and the colours, because some came to us when Christmas was not quite so celebrated in the way that it is today. But I feel joyous in having joined with all of you and I want to take this opportunity to say thank you, not only to this instrument (Eileen) of old times, but to all of you a big thank you and may all that is within your lives this Christmas time, be of Love and hope and upliftment.

General thanks

Paul: And wherever you are, I hope you...well, sometimes I wonder if it's a bit like Christmas everyday in spirit realm.

Well, that makes me smile. Ah...I would not say so, but it is joyous.

Lilian: So although you've moved on, the children move on as well, to where you are?

No, I come down to help them. They cannot join me where I belong, but it was my choice to help them. As I say, I did not have that opportunity whilst on Earth last time, and although I have to say it was not something I wished for then, but I can see now it was a part of life's growth that I did not experience. Anyway, I place a blessing upon each and every one of you.

General thanks

Sara: And our love and light goes with you too.

Thank you.

As she left, Eileen noted that the children had now gone and presumably had left with Sister Anna. Eileen recalled that there were 3 very dear and gentle Sisters who used to regularly visit the circle.

Finally we discussed how children grow in spirit and the need for them to still go through all the stages, even though of course, time would be different in spirit realm. Adults on the other hand, when they return to spirit, generally choose to be in the 'prime' of their previous life, until eventually they go back to being energy and are identifiable by their light.

Notes:

Sister Anna: Sister Anna had been a familiar visitor before our formal records began. On 24th July 1995 she gave an emotional farewell, saying she was moving on, but on 27th September 1999, she again spoke via Eileen on the special occasion of Leslie's passing to spirit. So though we progress to higher levels in the spirit realm, it is still possible to return, as indeed Salumet does.

Christmas on Earth: So an Earthly Christmas experience can be attractive to children who are now in spirit and for some reason didn't get to experience Christmas here or perhaps didn't have such a happy one. It is reassuring to know that these opportunities are available and shows another way in which this physical Earth plane existence and the spiritual planes are all connected and are in fact as one.

Perhaps it's good to finish on a few of Salumet's past words regarding this time of year:...You are beings of love; therefore, feelings of peace and goodwill to all men should be natural to you, but, of course, being human beings, makes it a little more difficult, but that is why you are here. But, I would like you to always retain those words in your minds, and, whenever you encounter upsets and troubles in your lives, remember those words, and automatically, you should find that that spirit within will come to the fore and uplift not only yourselves, but all of those people you know, so my message to you, at this your festive season, my dear friends, is to shine within that love which is eternal; feel that love—feel the peace which emanates from that love, and I will tell you, now, my dear friends, you will experience the utmost love and joy in this your everyday lives. I hope you understand my words this time, and I am saying to you and to all of creation: PEACE AND GOOD WILL TO ALL.

Salumet (2011_12_12)

PEACE AND GOOD WILL TO ALL

SALUMET — 30th January 2017

The meeting began as usual with individual prayers and then focussed on the United States of America's new leader Donald Trump, with thoughts of trying to be non-judgemental and positive to perhaps help in that arena. It was felt that in some way, ultimately all these experiences are providing much learning, which will lead to balance eventually. Salumet then spoke—audio link:

http://www.salumetandfriends.org/app/download/6326649/2017_01_30+salumet.mp3

Lilian: Good evening.

Good evening.

All: Good evening.

Jan: Good evening Salumet.

It is good to join with you this time. We have been listening to your conversations and I would just like to say, my dear friends, that my words on non-judgement have been well taken and it is good that you can all sit together and discuss these topics; and that is as it should be, without personal commitments and judgement. I only wish there were more people in your world who would *listen* rather than to talk, because when you listen, my dear friends, you not only hear, but you feel and understand the words and thoughts of others. This is an important part of not judging; far more sensible to listen and allow others to speak. But what I do wish to say to you is that your planet at this particular time, where you are concerned about many issues: Do not be so afraid my dear friends, it is part of the planet's evolution. You may never stand still, there will always be change, there will always be difference of opinions; but that is all good, because it works to bring balance, as someone has already said this evening. So you see, continue to listen, continue to discuss and continue to *Love*—that is what you must do. You are entitled to personal opinions, of course you are, but what you are not allowed to do is to decide what another should do. And I know this can be difficult in these times in your planet, but this unrest lies not only here, but in other universes too; even those who are not inhabited, those planets still undertake an evolution.

Jan: Salumet, can I just jump in here and ask you a question please? **(yes)** Last year you mentioned to us that everybody on this planet would feel a shift in some way. Is this one of those feelings that you're talking about that we would *all* be aware of?

Yes, you are fortunate, my dear friends, that you have an understanding and a knowledge of spirit that you can allow these thoughts and feelings to take their proper place. But for so many they are completely at a loss as to know what to do about your planet. There is only so much you *can* do and you must allow the planet to grow—to work upon the balance that it needs. It is a big issue, I understand, for you to take in.

Jan: No, I don't feel it *is*, for me, no...

That is *your* understanding and that can only be good for your soul and for those that you wish to talk about, because *if* it is done in love, there is never any harm done. It is only when harm comes to another that you should stop and not to question another human being, but to question *yourselves*; therein lies the problems. Do you understand my dear friends?

Sarah: You were just saying if something is done in love then it's not wrong, but if for example—you've always said that you should never take your own life—and if somebody allows a loved one to be killed—the loved one wants to die and the other one actually maybe kills that person—puts that person out of that suffering...is that wrong too then?

Yes, you cannot 'play God', as you say; that is not the purpose you should be looking towards. Yes, no-one wants anyone to suffer, we understand, but in that suffering, there is *growth* and that is what you must try to understand. You can give love, support, help in any way, but also you cannot stop the free

will of another. So, if someone wishes, and I would not use the word 'kill'—in most experiences, it is done because they feel they love the other person. (yes)

Jan: Are you talking about assisted dying?

Yes, but that still does not make it right. (no)

Sarah: When you say somebody—if they're suffering that's *growth*—I don't quite understand...

...because the soul comes into its own just before death, and I am sure you may have come upon occasions when someone may speak about their passing, who has never even given a thought to it before; that is the soul coming forward and recognising that there is more to what you call life.

Jan: It's a very beautiful moment to witness.

Yes, it *should* be, but what happens when someone is assisting another to take their own lives—you have to look at it from all vantage points.

Jan: Mm, the job hasn't been quite done from the person **(yes)**—not from the assisted suicide, but the person wishing to commit suicide **(yes)**—the journey hasn't been completed.

Yes, and it is hard, we understand—no one says that it is easy decisions, especially if it is people you love, but I have to, in all truth, have to tell you my dear friends, it is never right.

Jan: No, and nor is it for animals. **(nor for animals)** Natalie gave a really nice, touching ask (*prayer*) for her cat, when we first sat, and having had the experience of putting dogs down when I shouldn't have done, I know now that that wasn't the right choice—however much in pain and discomfort they were in I would always now allow that animal to slip away.

That is best to give and ask—ask for help from spirit and to send out love to that creature. That is what you should be doing. But no, we understand, we *fully* understand the pain there is in being a person upon this planet; but I do say to you, my dear friends, there is so much growth that comes from these difficult decisions.

Sarah: Salumet, what happens to the people who haven't completed their lives properly? Does that mean they have to come back again to do it all over again in order to get to that...

They would make the decision whether to come back or not, but mostly if something is left undone, they *will* return for whatever length of time is necessary.

Sarah: And is the same true of people who are murdered or who've been killed by a government or whatever—they're lives wouldn't have been completed or would they have been, because they might have known that was going to happen to them before they came back?

Yes, this one is not quite so straightforward; you cannot murder or hurt another human being without there being some return. Murder can be a result given for the person who commits the murder—they are the ones in the wrong most of the time, but there are occasions when someone comes to this world and usually for the sake of another soul, will allow their lives to be taken from them. It is not quite as simple as it would seem; but killing another person is not a spiritual act.

Jan: I'd like to talk about abortion really, because I aborted a baby 30+ years ago, and at the time it was aborted for medical reasons—the doctors were unsure whether I would even survive another pregnancy. It's not something that...I think about that person from time to time, but for me at the time it felt *right*, because I had two other children that I wanted to look after.

Yes, and you were allowed to stay and look after them (yes)—yes, you must look to that direction for your answer. There were things that you had to continue in this life, therefore it did not work out unless you aborted the child. So, I would not worry too much, it is not always the *act* which is so important, as the *reason behind* these decisions.

Jan: So, I always refer to the fact that the intention was done in love, **(yes)** so rather than...

And that unborn child would have already agreed to that before it came. So I would say to you, my dear friend, to anyone who has undergone it, we would look, or *you* would look when you come to spirit *why* it was done, *why* it happened and *why* you made that decision.

Jan: She has visited me actually while we've sat in the group.

Yes, unborn children grow up in spirit; don't ever doubt that and even if you are not aware of what happens in spirit, know that these children will greet you on your return home.

Jan: That's nice to know **(yes)**—which it should be, yes. **(yes)**

Sarah: You have also told us that some children, that's all they need, they don't need to come right into this life, they only need that first part, **(yes)** so they would be aware that that's what's going to happen anyway.

Yes, yes, there are many, many reasons.

Lilian: But would that be more for the parents, a learning curve somehow for the parents?

It may well be; there would always be, we have used the word before: 'contract', because it suits the explanation. There is always a contract between the souls, before they come to Earth.

Lilian: Because when they come for such a short time you wonder...**(Why, yes.)**...it's got to involve the parents too.

Is it not such a large word: 'Why'?

Agreed

Yes it is used so often in your world.

Jan: My sister has lost 11 babies **(yes)** and we always believed that those 11 helped path the way for the two that are now here and I've always really thanked those 11, because without those, maybe the two living would have been in the same—**(yes)** you see what I'm saying? So, they were a gift from the other 11.

Any child, whether it aborts or is born is always a gift from the spirit world; always remember this, no matter what the circumstances may be, and I would say probably your sister was not ready to have a viable baby; she had to wait until the time was right. (yes)

Ben: Can I just ask a question as well? **(yes)** This may have been asked before, but I was wondering at which stage the spirit enters the baby? Is it at conception **(yes)** or is it later on?

I understand you have not been in the group as long as the others, and yes this has been discussed and there is much controversy over this, but I can assure you that the spirit is at the time of conception.

Ben: OK, thank you.

Others I know dispute this and say you wait so long...I can only tell you what I know to be true.

Sarah: Could it have been Salumet that those 11 times that Jan's sister lost babies, could it have been the same spirit that kept coming back until it eventually managed to get to this Earth?

It could or it may not—that's all I can say. It depends on what has been spoken of, if you like, in which way that would work, yes.

Jan: One did manage to be born, but he was stillborn.

Yes, yes, I would say she was not ready at that time.

Jan: No, that makes sense to me.

Yes, and because you are human and full of emotion, all of these subjects are distressful to you, but you must look at it from a higher point; always think Love on every subject first; as I have said, even with those you cannot commit yourself to agree with, it is still easy to send love to them and we in spirit are always waiting for those prayers.

Jan: Do you know, I think the act of love is such, like you've said before, it's so much easier to do than even have feelings of hate, because that's such a heavy, heavy, negative emotion **(yes)**—it's *draining*; it's far easier isn't it, the lightest vibration being love is much easier, not to even focus on the other side.

If only people would realise it, yes, yes. Love shines like a bright light and in your world from our viewpoint, you can see areas of darkness and light, yes. But yes, continue to give love to the planet—not only this one, but all planets, and know that at this time evolution is continuing, which would explain much about the upheaval that you all feel at the moment.

Jan: Yes, there has to be a cause and effect doesn't there, **(yes)** and if the planet is evolving and looking after herself, **(yes)** then as beings and spirit, we're going to feel the effects of that.

You're all part of the same love, yes, yes.

Well my dear friends, I am so pleased to join with you again.

Jan: And us you...

...and I will take my leave this time.

Lilian: Could you just take one small question?

If you are quick, yes, if you are quick.

Lilian: OK, well it's a lady who lives in the village where I live and she's seeing so many spirit people in her house, especially at night, and she is doing the right thing in saying: 'please move on' and 'leave the house' and 'go to the light', but she really is quite, I'll say 'frightened' of this happening, she doesn't really want it; and me and another friend—she's tried clearing the house—we really don't know what to say to the lady to comfort her.

She must have someone who has full knowledge of spirit. If they are constantly with her and she needs them cleared, you need a medium you can speak to them directly—no good in a general manner, as you have said; this must be done on an individual scale.

Jan: I have two cousins that I feel would be able to help...

Yes, this is what it needs, it needs someone—and you see with her fear, she is creating negativity—so they are building upon that negativity. Do you understand?

Lilian: Yes, thank you, thank you for that. As I say, my friend has tried to clear it and she has always had success, but this time...

Well, sometimes there are more difficult 'clearances', I believe you say in your world to do, and I think this is one of them.

Sarah: It must be, because if she is frightened she's attracting not very good people, which probably makes it more difficult to be rid of them.

Yes, it's possible that the building is on again what you term a 'ley line', or even in times long ago has been like a cemetery...

Jan: The stocks were there I believe.

Yes, you see that would create an energy, which would carry on. (Thank you.) I hope that will help.

Lilian: Sorry to leave that question to just when you were ready to go.

I leave you all as always cloaked in our love, and I hope, my two friends, that you call upon those of us in spirit whenever you need us.

General thanks

Paul: Our love goes with you.

SALUMET — 13th March 2017

After our healing prayers, Eileen mentioned the British astronaut Tim Peake and how it was interesting to hear that he misses seeing the Earth from space.

We sat in silence and Eileen soon noticed a feeling of unsettledness within the group and after enquiring, a sitter mentioned she had been feeling stressed. Help was given to this loved one and Sarah soon noticed that there was one with Eileen. This one didn't stay long, but simply stated they were helping to clear conditions in readiness for the one who was to come—to our delight, Salumet followed—audio link:

http://www.salumetandfriends.org/app/download/6630664/2017_03_13+sal.mp3

Sarah: Good evening Salumet.

Good evening.

All: Good evening.

Sarah: It's good to have you with us, thank you.

As always, it is good to join with you all again this time. It was just a little necessary to clear the conditions, but we have been dealing with that and I wish to say to the young lady, we will help her to clarify things in her mind, which of course will help her in many ways.

What I would like to say this time, my dear friends, there was talk of your planet Earth and how an individual was keen to see that picture again. (Yes) All planets are beautiful, but your planet has an extra sparkle about it; that is why your astronauts are so impressed with where they come from. I wish to tell you, my dear friends, that your astronomers are making great strides finding more knowledge and relating it back to the public people. At one time it would have seemed impossible to talk of such things,

but now it is becoming a more occurring theme. There are discoveries still to be made, to satisfy the curiosity of the human mind. And you will become aware of this; in the same way as your seas are giving knowledge, so too is the vision beyond your planet giving knowledge. So I say to you, my dear friends, take heed of these words, take heed that all that is said will occur. There are many more planets in this solar system to be discovered.

Paul: It seems like there's a very bright outlook in lots of ways with these discoveries to come, in lots of fields of science—new energies. There's a lot of hope for this planet to get cleaner and...

Yes, it is the responsibility of all of you humans to play your part. We know you cannot all be astronomers and men of decision, but you can send those good thoughts to all who dwell on this planet that they may make choices that are good for all. (Yes) It is a great responsibility—having knowledge is a great responsibility; but this you know, but it is up to each one of you to endeavor to make these things come to fruition. Paul: And it very much has to be like a peaceful revolution of non-judging and gently persuading. Well, '*persuading*', maybe that's not the right word, but encouraging everybody, including ourselves—working on ourselves to *share more* and *give more*.

I would say only this to you: As you love one another, take that love and allow it to behold the beauty of your world. Give it as much love as you would a small child or a loved one; don't allow it to become a separate issue.

Graham: I think people are developing a sense of awe about our planet as our understanding about our planet increases **(yes)** and the extraordinary things, such as the just amount of water on this planet; **(yes)** if there was less it would be absorbed into the rocks and would be chemically bound and if there was more there would be no dry land—and the amount of difference between those two extremes is tiny; and the fact that this planet lives in the '*Goldilocks zone*', between being too hot and too cold and many, many other things, people are beginning to realise with awe, just how incredible the gift this planet really is.

Yes, it is the perfection of the Creator; (Yes) there can be no mistakes when this work is at hand—that is what you must remember. You may say we live on an imperfect planet—no, I disagree, you are living in a perfect planet with little hiccups.

Chuckles

And those hiccups again are your responsibility. (Yes)

Sarah: A perfect planet with imperfect people living on it.

Well, I cannot fully agree, but yes of course, the inhabitants of Earth have been given great chance to alter many things, which have gone wrong in your pasts; but if you take the opportunities offered, it could be so much better.

Sarah: I think people are becoming more aware of the planet now and want to look after it more now than before **(yes)**—I think we were abusing it a lot, **(yes)** but that's getting better and if we can just keep peace that would be even better still.

Yes, it is the positive side of all—if you can focus on the positivity of life you can only go forward with much better footsteps, yes.

Mark: There seems to be at the moment very big pressure going on in many countries to satisfy the needs of industry and productivity, and it's affecting the way we're running of schools. They're cutting out subjects which they see as irrelevant to material productivity, like Music and Drama and DT (*Design and Technology*), and things which give children a bit of breathing space and creative time to use their imagination and it seems to me a rather sad way to go.

Yes, but when you say you feel sad, you are allowing the negative feelings to come to the fore. Always there will be struggles in your world, this I cannot deny, but as you also know, think of it as a pair of scales finely balanced, sometimes down, sometimes too far up, until the balance is reached and people reach the understanding of what is best for them. (Yes) You must always find the *balance* and you know you cannot have balance unless you have—I will use the regular words of 'good' and 'bad', you understand? (Yes) Whether it be behavior, whether it be the children of the world, it matters not, but the balance will eventually reach that point of perfection. It may take many hundreds of your years, but

you only have to look at this last hundred years in your world, to see how much progress has been made.

Mark: Yes there's been great progress in tolerance of people—people tolerance—there's a lot more of that...

...to come, yes.

...different kinds of people, **(yes)**—that's definitely got very much better.

So you need a little 'cup of patience', as you may say in your world; yes, you cannot make things right in a second of the clock. You understand?

Agreed

Now, if you have any questions for me I will take one or two.

Sarah: I was just interested actually because there's been a case of—this isn't the only example, but a man who, I don't know if he was hit on the head, or he went into a coma, and when he came out of the Coma, he could play the piano. He'd never learnt to play the piano before and he couldn't play it before, but then suddenly he could, so what is happening there?

You have to remember you are a body of genes, you understand? (Mm) Yes, genes also hold memory and you can go back many hundreds of years and still retain the memory within genes; and I believe you said a knock on the head...

Sarah: Yes, I'm not quite sure, but I think he did. **...yes, was enough to 'un-trap' that knowledge.**

Graham: Good heavens.

It is more simple than you would imagine.

Graham: That's fascinating. **(Yes)**

Paul: So it *wasn't* a past life then that somehow got...

Sarah: It must have been.

It—no, it is memory that is inherited all through the generations. A memory does not disappear.

Sarah: So it's not what *you* have done in a previous life, it might be what one of your ancestors has done?

(Yes)

Sarah: Ah, right OK, thank you for that Salumet.

Sara: Can I ask, do you know if my musicality comes from my genes?

It has to have some effect—when you are here in a lifetime, to have that knowledge whilst you live has to come from recent times, but the case the lady is speaking of can go back hundreds and hundreds of years. So you see what perfect specimens you are!

Laughter

You just do not realise it.

Paul: There must be another way to unlock it then, rather than a knock on the head?

We would not advocate knocking each other on the head, no.

Laughter

Paul: Is there a more gentle way?

It is not meant to *be* really; it is better that you come to life with no knowledge really—you understand?

(Yes)

Paul: To focus on *this* lifetime.

That is what you are meant to be doing.

Sarah: Because there are children who are what we call geniuses, they've come with some knowledge.

Yes, and they may not be physically able, but within spirit they can, and they can bring it forward.

Sara: Yes, like the children at Graham's School—some of them—savants. **(Yes)**

Yes, you are all intelligent beings—don't ever doubt that, but as the gentlemen has just said, you are here to focus on this one life time. It does not matter what has gone before, unless it is causing you a physical problem; and I have said to you, my dear friends, if that is the case then you can do something about remembering that troublesome time, as our dear friend sitting next to me already knows.

Sarah: Yes, that's right.

(Salumet was referring here to Graham, who healed himself from the supposedly 'incurable' Dystonia)

Sara: Could I ask a question about something else? It's a friend of mine who recently told me about Sun-gazing and she discovered some health benefits if you gaze at the Sun but with closed eyes at certain times of the day. Would you comment on that?

Yes, your Sun is so important to life on the planet—that is not disputed. When you speak of feeling better by gazing at the Sun—and I hasten to add, WITH EYES PROTECTED—what is happening is that you become more aware of the energies and the rays that exist in your planet, which come not only from your Sun, but many planets, many moons; they are invisible energies, it is only when they are focused upon that people realise just how powerful they can be.

Sara: She felt her eyesight had improved (Yes) since practicing this regularly.

There is nothing wrong in feeling those energies; in fact all of you would do well to focus more upon energies outside of yourselves. That is why people hug the trees, people lie prostrate in the grass—many things that humans do, is to build their energies, you understand?

Sara: And relating to that topic, she also mentioned that she thought some Indian Sages were keeping themselves alive with the energies of the Sun, whilst going without food and water. I know we have touched on this many years ago, (Yes) we talked about 'Breatharians' not being able to last for long in general, but I wondered if it is possible with the energies of the Sun?

They can last longer, but there comes a time when they have to go; that is all I can say.

Sara: Yes, that's what I thought you would say, thank you.

Yes—yes that will never change, they may extend their lives—it matters not which way they choose to do that, but it is possible until such time as they must return home. All of you have a little 'leeway', I believe your word would be; (Yes) yes, when the time comes to come home, yes—but I hope that has helped you.

Sara: Yes, thank you.

Now I am going to take my leave of you, my dear friends, and allow others to come to each one of you, and they will focus on some thought or feeling that you have had. So, as always, I ask that you speak out so each of you know what is happening; it helps not only you, but those in spirit who are trying to impress you.

Thank and farewells—we then tried to sense, as instructed, what was being given.

We were quietly discussing these impressions and how they connected when Eileen noticed someone was with Sarah—audio link: http://www.salumetandfriends.org/app/download/6630677/2017_03_13+candles.mp3

Good evening.

All: Good evening.

I'm going to try to bring to you a candle each. This candle is symbolic of the light that we wish you to take to a place of your choice. This is a spiritual gift to each one of you that you can use as your way of helping another. It is entirely up to you how you use this light, but I would just say to you that once you have the flame alight, the strength of this light is very strong, so please use it to the best effect. So I will withdraw and give each one of you a candle.

Sara: So it's to give another person light?

Pause

I will just continue: When you have this candle, focus on the wick and you will find that it will light. It is at this point that you can use it in whichever way you feel is the best and the most effective. So, thank you for your time and I will stand back whilst each one of you receives a candle.

Paul: Thank you very much for this gift.

It will not necessarily be a white candle, it will be of a colour that suits your aura.

General thanks

There then followed a period of silence whilst sitters received their candles and then placed them somewhere in the world. (Some sitters chose to wait till later to place their candles)

Sarah said afterwards that she'd seen the colours of each candle as it was given to each sitter in turn.

Notes:

Genes: Here's a link to the man who banged his head and then found he could play the piano, as referred to in Sarah's question: <https://www.youtube.com/watch?v=GTHDuZo7G3Y>

Savants: An example of Savant syndrome is where a heavily autistic child demonstrates brilliance in a specific area, such as rapid mathematical abilities, vastly superior to others.

Sun-gazing: It appears that this practice can aid our awareness of energies, though the eyes must be protected of course and perhaps it should not be seen as an alternative to food and water, but could be practiced whilst also eating/drinking sensibly.

Concerning 'Breatharians', who sometimes do go without eating or drinking, Salumet has stated: *Those of you who are clothed in earthly garb, have to survive with a physical body. In order for that Spirit to survive within that earthly body, the soul would have to use that body wisely and, although many people would claim to be able to survive on what you call 'life', I would say to you that it would be impossible, unless that soul has existed before and has come to this lifetime with a particular purpose in doing so. After all, your earthly body needs what you call water to survive. There are I would say, a very few masters in your world who could survive for some time, but not all of your earthly time without sustenance. Does that answer your question?*

Sara: Yes, thank you.

What happens, if I may continue, that when the body is deprived of earthly food, earthly water, that is what is needed to sustain the body, the soul then retracts and you become aware—you are in a higher state of consciousness, and many people attempt this in your world. That is no bad thing of course, but the soul has to return to the earthly body to survive upon your earthly planet, therefore it is not wise to neglect the human body for too long. If, indeed, that lady you have mentioned has succeeded for so long, she risks the health of the bodily overcoat and she may find that her lifetime expires more quickly than indeed it should do. (23/10/2000)

Tim Peake—The British astronaut recently stated he missed the view of the Earth from space, ahead of his second



mission to the International Space Station.

Interestingly, Bonniol, our dear friend from Planet Aerah, has said: We feel that your astronauts are not bringing you the full picture of space. When you fly from one planet to another, or to the moon, there are some wonderful lights ... well not quite lights ... layers around the planet...

George: Would 'aura' be a good word?

Yes, that is a word we could use here, yes. But its character would have these layers more easily visible, when you are flying away from them or towards them. They should be visible with the naked eye from your spaceships, and they would not perhaps, be photographed. We are surprised that this one (Paul), does not have information on this (in memory) ... the auric patterns around your Earth, that your spacemen have, or may have observed. (19/12/2005)

Salumet has also affirmed: *If you spoke with your astronauts who have travelled in space, they could tell you much, much more than they have already divulged to the ordinary people on your Earth. (10/10/94)*

Yes, there is much more known on your planet than the ordinary man and woman is allowed to know, but the time is fast approaching when mankind's thinking will not be stifled. (12/01/2004)

So we shall hear much more as time unfolds and our knowledge and our responsibilities surrounding that knowledge grow.

Salumet also gives us an exercise to work on in our daily lives: *As you love one another, take that love and allow it to behold the beauty of your world. Give it as much love as you would a small child or a loved one; don't allow it to become a separate issue.*

SALUMET — 27th March 2017

After prayers, Eileen sensed someone around Mark not feeling quite well, who needed healing prayers.

Eileen then picked up an unsettled feeling within the room, around one of the setters, which was quickly smoothed out. Salumet then began—audio link: http://www.salumetandfriends.org/app/download/6723780/2017_03_27+salumet.mp3

Paul: Good evening.

Good evening.

General welcomes

I am happy to join with you once again.

Sarah: Thank you—happy to have you.

Firstly, let me welcome another seeker of Truth—the dear lady who joins with us this evening, we welcome you.

Di: Thank you.

Now I wish to speak to all of you, because it is true for all of you that over the past few of your earthly years there have been many changes, and these changes are ongoing. It may not always be, my dear friends, what you would want or wish to accept, but let me say to all of you it is what is best for your spirit. (Yes) So, no matter how uncomfortable your lives may feel at times, I say to you find the acceptance, accept the knowledge that we in spirit come to try to uplift and uphold you at all times. I would like you all, my dear friends, to think about your individual situations, to recognise, if you will, what is happening in your earthly lives at this particular time. Dear friends, do not forget to ask for help—none of you are very good at it; somehow you feel that it is good to ask for help for others, but not so much for yourselves. After all, are you not emissaries of spirit?

Agreed

You work diligently, quietly and for this we are always grateful to you. So, I ask again that you think upon these things.

Sabine: Thank you for reminding us.

Yes—I will take questions this evening.

Paul: Thank you—Di, do you have any questions?

Di: I can't think of any at the moment—it's all a bit new to me really. I've been reading the books that I've been given by Serena, which I've found absolutely amazing that it's all chronicled and documented and I do think it's an amazing way that we can pass on to other people what's happening here and because I know there are some people that think it's all a bit potty, but there's such a lot of actual fact in there that even the most cynical people can realise that you are Salumet a spirit from the light.

Yes, if only more people could understand more, but you all are developing at different rates, so all that you can do is to provide what you know and what is the truth and it is up to every other individual to find their own pathways. If only more people could *sense* and *feel* rather than *think*. Do you understand? (Yes) Allow themselves to sense what is being given to them, rather than to analyse all of these things; but every individual on your planet is at some time given the opportunity to look further and to understand. Hence why people such as yourself dear lady, feel the need to look just a little further than where you are at this moment in time.

Di: Yes, thank you—it's so true.

Sarah: I think we've been extremely lucky having you Salumet and I sometimes feel with people that once they've been given the little bit of snippet of information then they do go ahead, but it's just finding that person or that book that's going to give them that little bit of knowledge to help them on their way, because I do find a lot of people I speak to, and I normally try if I can to bring you into it, and it's surprising how many people actually take it on board and are already on that sort of beginning of those pathways. So, I think we are changing as a population, beginning to look more spiritually again.

Yes, like all good gardeners you need to nurture those seeds; when they are given to others it needs to be nurtured and looked after, but that is up to every individual, that becomes their responsibility. I speak often of responsibility, because having free will creates responsibility. That is why you cannot judge another, because unless you can see into their hearts, you cannot know them truly. But you know and I have said often, how grateful those of us in spirit are to *you* for spreading the word of truth. If people wish to deny it or do not wish to try to understand then that is their right, and you must let them go and not continually try to prove anything to them.

Sarah: I think you get a feeling (yes) when you're not going to get there and you just think well OK. Yes, that is the time to let it go.

Di: That is very good advice for me, because I know my partner thinks there's just this life and that's it, **(yes)** so it could cause a lot of problems if I kept trying to...

Yes, you must stand back, (OK) drop the seeds occasionally and you will find that eventually one little part may start to germinate and grow.

Ben: It's quite sad in a way though that so many people go through this human experience, without finding that truth—so their lesson, that we all come here to learn—whatever their lesson *is*, they won't really get that is the benefit of that until they return back to spirit?

Every individual in your Earth planet is given the opportunity to *grow*—because of their free will, they will either accept and go forward, or they will remain in the same position. It is normally, I would say, fear, fear of the unknown, fear of not understanding what they are being told, or just disbelievers, who will try to prove a point to you that what you say cannot be correct. Send love to those people, send them light and joy and love, because that is what will activate the spirit. And after all, whether they accept it or not, they are already spiritual beings. So, yes, as much as I understand the frustration of not being able to convince another human being, that is their choice.

Murmurs of agreement

Mark: There's quite a lot of encouragement in *wrong* directions as well. I was talking to somebody today about how quite a lot of children quite naturally don't like the taste of meat and don't want to eat it, but they're encouraged to eat it and they develop a taste for it and then that's quite difficult to undo later on. **Yes, but that child when it is older has the ability to think for themselves.** (yeah) **It may be that in their young years they are encouraged to do what is not natural to them, but they do not stay as children forever. So, all you can hope and pray for is that those adults do the correct thing by those children; that whatever they are taught or given or suggested that the child is strong enough that when it is older it will make the correct decisions for itself. You understand? (I do) Yes.**

Sarah: I was just thinking of the balance in life that you always tell us about, and just recently a man has killed several people in London driving very fast over a bridge and knifing a policeman; and one of the people that was killed was an American tourist who was celebrating his wedding anniversary. And the whole family say that he would never want any bad feeling to go towards the killer and they all feel the same way and I thought well there is that balance between the two. I was also wondering, he seemed like he was a very good person and he always wanted everybody to find the best in everybody and his life was taken from him—was that a timely death for him or should he really have carried on living?

I will say a few words. (Thank you) I have spoken to you about darkness and light and the attraction that light has for those in darkness; this is what causes all of these events. I am not here to judge anyone and I try to teach you also, my dear friends, never to judge. Only those who know, know the hearts of those two individuals—and I will say only one thing to you, that we in spirit would never condone the hurt of one person to another—no matter the reasons, or what people think should happen, or should not happen. It should never be that one individual takes the life of another and that is something that they will face when they come home to spirit. You understand?

Sarah: Yes, I'd forgotten about the light and...yes, I understand that part now.

Yes, you need to always remember that all of life, all of creation, is a balance of light and dark, and it is getting a perfect balance. I hope that has helped you.

Sarah: Yes, thank you.

Jan: When you said tonight about asking for help, **(Yes)** I'm a little confused as to probably *when*, because I also remember you talking to us, I'm sure it was yourself Salumet, that said that it's not always necessary to ask all the time.

No, if you *truly* bring it from your *heart* and *soul*, why would the Great Creator need to hear it more than once? (Mm) But what happens is like all religions everything becomes monotonous and the feelings and the love behind the words are not there.

Jan: Right, I think I know where you're going.

I know you understand, but, yes of course, you must ask for help whenever it is needed, but if you truly ask for help...

Jan: ...it's a genuine asking for help to come from the heart, isn't it?

Yes, like I have said previously here, you need to *sense* rather than think—that is the way of prayer. I hope that has helped you.

Jan: It has, that's clarified that, thank you.

Sarah: Jan's leg is going backwards a little bit and I think that's...

Yes, I believe there will be a few words when I have left. He is not allowed to come through just yet, but he is anxious to speak with this lady.

Murmurs of delight as we understood Cho would have some words for Jan.

Jan: He's my friend.

Chuckles

Yes, I cannot allow him to come whilst I am speaking to you.

Jan: No, of course not, he must learn to be patient.

Again, a word of tonight, 'patience', yes.

Sarah: I don't know if I mentioned this last time Salumet, but you said to us that we would need to look to the sea—we would learn a lot from the sea (**Yes**) and I read the other day that they're putting fish skin on burns. They sterilise the fish skin and they put it on people who've been badly burnt and then it adheres to the skin and then when the skin has healed underneath the fish skin just comes off, and normally they would have to bandage the burn and treat it every day, which is very painful, but they put this fish skin on and the burn heals beautifully and there is far less pain.

It is a prime example of humans listening to the information that we give to them, and yes, there is still much to come, many discoveries from the seas of your world; but it is confirmation of what I have told you previously that there will be many discoveries.

Jan: ...including the main source of energy, I understand?

Yes, there is much for human beings to learn.

Jan: But we do need to ask for help and the responsibility to look after our seas if this is the case, (**Yes**) because there is so much happening at the moment that's not good for the seas and the creatures within it.

Yes, I do feel that now people of the Earth are beginning to realise what damage they have done and are still doing, but as long as you have those who listen to Spirit, there will always be good work (Good) and although it seems unnecessary for some of the happenings, I would say to you, my dear friends, again patience and love and thoughts for all good men.

Jan: Yes, but sometimes we have to learn the bad to reap the good, to be balanced.

Yes, again it is light and darkness together, yes, now—well, my dear friends, I will take my leave of you this time. As always, I leave you cloaked in my love and I ask dear friends also that you love *yourselves*.

Jan: Definitely—that's the place to start.

Yes—you have all grown in wisdom, even if you do not feel it, I can assure you, my dear friends, that your light is ever-brighter in your understanding of our world.

Thanks

Paul: We're like little baby co-creators, I guess.

Chuckles

Thanks expressed

Cho then quickly followed—audio link: http://www.salumetandfriends.org/app/download/6723826/2017_03_27+Cho+and+Cleo.mp3

Jan: Hello friend.

Hello!

All: Hello.

Jan: Nice to be here with you again.

You no listen me!

Jan: Oh Dear, haven't I been listening?

No, you not rest!

Jan: Oh, now I know! It's true, it's true, I've done too much, haven't I?

You done too much, you not listen to Cho.

Jan: I'm sorry, I will take it much steadier.

Good!

Jan: You have told me, yes—I started to feel much better, so I thought...

I know, I help!

Jan: I know you did, I know, and I thought, well I can do this, but I obviously can't. It's not ready yet

You know you—independent streak.

Jan: I know, I know I have, yeah—I struggle to...

You not know you have, 'cos you keep doing it.

Chuckles

Jan: Well, I suppose that independent streak is...

...OK sometimes.

Jan: Yeah—you think you are doing right by everybody else, but in actual fact, you're not.

You no looking after yourself. (No) ***You never mind anyone else, Cho comes to look after you and these other people.***

Thanks expressed

Jan: Did you see me walking on the beach?

I see you all the time!

Jan: Did you see me—yeah, you so me on the beach then. ***(Yes)*** I was struggling on the beach to get back.

(Chuckling)

If I wasn't told, I could have been quite cross, but I not allowed to get cross.

Jan: No, you mustn't get cross with me.

But I do.

Jan: I'm sorry, and you did so much with my leg and helping me to heal it, and then...I apologize, I will take it steady.

Good.

Jan: I've been told

I'll be watching you.

Sarah: Has she done any harm to it?

She 'll be alright if she listen to Cho now!

Jan: Right...OK...Mm.

We don't want you suffer.

Jan: No, it has been very painful.

I know, I know—anyway.

Jan: I will listen to you, I promise, ***(OK)*** I'm going to start resting it again and elevating it, instead of carrying on thinking everything's normal.

Not too high, you might get stuck.

Laughter

Jan: Oh, you *have* been watching me—yeah, I get stuck all the time!

You listen to Cho.

Jan: I will Cho, yeah, thank you.

That's all, I'll go and see who else wants to come now—I not allowed to take too much time.

Sarah: It was nice of you to come, thank you.

General thanks—Cho then said someone would be speaking through Sarah. Cho then had a little chuckle:

Jan: What's funny Cho?

I have one here very funny, he's not allowed to come first, so I told him.

Jan: ...“buzz off”, did he listen? ***(No)***

Sabine: Who's listening to you?

He might come through the lady I expect. I say, 'I'm in charge', he say, 'that's what you think!' Anyway, Cho got to go.

General thanks—as Cho was leaving he got the old nursery rhyme: Sing a song a sixpence—the guest then began through Sarah:

Hello.

All: Hello.

Jan: That was quick.

My friend told me to come.

Jan: Oh, really, who's your friend?

Cho.

Jan: Of course, yes, he brought you with him. **(Yes)** Have you come to talk to us about anything in particular, or just to chat?

Nothing in particular.

Jan: No, that's all right

Cho then spoke again through Eileen:

Cho: **Who said I was your friend?**

Chuckles

Well, I didn't want to upset you here, so, that's why I said that; but you are really aren't you?

This turned into a light-hearted evening, with lots of laughter and giggles. Cho's friend's name was Cleo, and it became clear that she assisted Cho at times. Cho explained that they are very good friends and although they act silly at times, they just want to make people happy. The full dialogue is on the audio.

(length 15 minutes)

Notes:

Asking for help for ourselves: As the example of Jan and Cho demonstrates well, there are many happy to help us heal ourselves. We perhaps need to exercise our free will a bit more and if we ask deeply, from the heart and soul, this becomes more powerful.

Dark and Light: This topic has been discussed previously: 14/08/2000, 19/02/2001, 05/03/2001.

Remaining positive through life's challenges: Sarah's question about the gunman's victim's family, is an amazing example of how even when faced with such a test, it is still possible to show compassion:

<http://www.independent.co.uk/news/kurt-cochrane-london-terror-attack-victim-family-utah-khalid-masood-no-harsh-feelings-us-tourists-a7651881.html>

"Last night we were speaking as a family about this, and it was unanimous that none of us harbour any ill will or harsh feelings towards this," his sister-in-law Sarah Payne-McFarland said.

"We can draw strength as a family from that. His whole life was an example of focusing on the positive, not pretending that negative things don't exist, but not living our life in the negative and that's what we choose to do also."

Fish skin heals burns: This is a nice example of new discoveries from our seas:

<https://www.yahoo.com/beauty/burn-victim-covered-with-fish-skin-for-pioneering-new-treatment-165114174.html>



And Salumet has indicated several times that there is much, much more to come and it is reassuring to note Salumet's words this evening, concerning the health of our seas/planet: I do feel that now people of the

Earth are beginning to realise what damage they have done and are still doing, but as long as you have those who listen to Spirit, there will always be good work and although it seems unnecessary for some of the happenings, I would say to you, my dear friends, again patience and love and thoughts for all good men.



After prayers Salumet spoke—audio link: http://www.salumetandfriends.org/app/download/6927695/2017_05_01+salumet.mp3

Graham: Good evening Salumet.

Sarah: welcome to you.

Good evening.

All: Good evening.

As always, I am happy to join with you all once again. (Thank you) As I come to you this time, I would like to say to you, my dear friend, a little about the conditions of your world. (Thank you) I do not make an individual case for this planet that you call Earth; what I wish to speak about is the larger and bigger picture. We know and are aware of the fears within your world—that you feel so many things are wrong. My message to you this time is to say, and I wish you to accept my words, that this planet Earth is on its correct course and is only part of the whole picture. So, although there is fear and dread in your world, I would like you, my dear friends, to consider the bigger picture and how small you are in all of existence. I have spoken many times to you, but the evolution of this planet is on course; hard as that may be for you to hear, I can assure you that it is all part of what is happening in every other universe, in every other part of existence.

Sarah: Could you just repeat that Salumet, I didn't quite understand. What's happening on the Earth at the moment...

...is part of the evolution of the planet (Yes) and although it has created fear and anxiety on this planet, I wish to say to you that it is just part of its evolution.

Sarah: Yes, and how it fits in with other...

Yes, as part of other planets, of other universes, it is but a small—I will not say in...

Paul: It's not insignificant?

Yes, yes, so I don't want you to be continually fearful of what is happening in your own world. (Thank you)

Paul: Some people are fearful because there's certain world leaders with nuclear weapons, who seem to be... **Have we not been here before?**

Paul: That's right, I was going to say, you *did* reassure us in 1994 (**Yes**) that the planet would not be destroyed in that way, so...

What concerns us for you as human beings is that all of these actions create much more *fear*, and that is what we don't want; we do not wish to create negativity and more fear; but you understand, my dear friends, what I am telling you? (Yes) Since time began on this planet there has always been some kind of friction—that is happening. I would like you all to try to understand just a little more and to take that mind, that powerful mind that you possess, and go further afield in becoming aware of what is happening around your world. You understand?

Paul: Yes, it's a bit like what they call the Second World War—it was done, but so much good came out of it—all kinds of medical advances and peaceful conversations and the fact that people realised that war is a really bad idea. (**Yes**) That stayed with people for a time, until perhaps those lessons were not exactly forgotten, but...

Sarah: Took a back seat?

Paul: Yes, but nevertheless there *was* a lot of good that came out of it and we can see that today's struggles are the new pathway to learning.

Yes, in the same way as your space travel has brought to you many good aspects of knowledge. Always look to that wider field, my dear friends, always look further and allow your mind to be aware of what is happening elsewhere. I know that for some of you it is almost impossible to go to that place, but let me assure you that nothing is impossible if you so desire.

Sarah: So, you're saying the planet needs all these troubles, in order to move forward, to get to the right place?

It does not need them, but it is part of the change; with it will come, as the gentleman has said, more understanding, more knowledge of what your own planet is all about.

Graham: I think we're getting better at recording events now through history, **(Yes)** and all of this information will be passed on to future generations; **(Yes)** so, mistakes of the past are more likely to be learned in the future.

Yes, and that is what you must focus on—focus on what good will come from all of these deeds.

Sara: I think also the common man is finding a voice really, because of all the government changes and camaraderie and a sense of community—I think all of these things will become stronger.

Yes, it may seem such a small thing to say, but in fact it is a big step forward. **(Yes)**

Sarah: But all the strife that goes on, there's an awful lot of innocent people who suffer.

But you cannot individualize everything. (No) Again you must forget, and I do not mean that in a harsh way, but you must forget the small world that you are living in and you must see the bigger picture.

Sara: Because we can't carry all of the burdens; **(No)** there are many who would perhaps like us to, but you can't actually contribute anything positive, unless you...

You can only use your minds—that is why it is imperative that you *do not* allow fear to overrule. I know all of you, my dear friends, understand these words and I apologize if I repeat them so often, but it is necessary I feel for you all to understand.

Sarah: What I was going to ask, actually Salumet, I know you were saying this is only a small thing, but the people who *are suffering*, were they aware or did they come back knowing that, or you can't generalise like that?

You must not generalise in that way, otherwise it becomes—your vision becomes clouded and that is not what we wish. Of course, we would wish that all human beings could live together in peace and in harmony. From time beginning on this planet there has always been disturbance of some kind; even before the human being was here, the planet was in turmoil. So, try again, as I have said, to read that bigger picture.

Paul: That's interesting that it is was already in turmoil **(Yes)** before we got here—that makes us feel a bit better.

Chuckles

I am glad, my dear friend...

Sarah: A *bit* better...

...a little better.

Mark: Which beings would they have been then?

Graham: It was the Angels, wasn't it?

Sarah: The planet itself...**(Yes)**

Pause

Mark: I was wondering where the turmoil was—who it was between?

In the land, in the air, in the seas—there was a gathering together, trying to neutralise and to bring love to all things.

Paul: So, there wasn't fear though then, I suppose?

Not in the sense that you would recognise—no, there was not that.

Sarah: Was it because it was such a young planet?

All planets have turmoil to begin with; some just are better at going forward with love, going forward and accepting knowledge.

Sarah: You have told us that we are the least intelligent beings in our universe...

Paul: Well... *'bottom of the ladder'*.

Yes, I would rather say, 'bottom of the ladder'. Perhaps intelligence—that indicates physical attributes, so let's just say as far as planets and life goes, you are quite young.

Sarah: Yes—are the other planets in the universe—they too are going through struggles?

They will be having their own problems—I do not like the word 'problems', but it is for your understanding, (Yes) because we are speaking of complicated matters here. Every planet struggles to go forward.

Paul: Yeah, I mean it's a bit like childbirth I suppose—it can be painful and a struggle, but it's a necessary process.

Yes, and the result comes further along the way in time—yes, that is a good way to say it, yes.

Mark: So, when a planet's in turmoil, is there some kind of debate going on there, some kind of argument about direction?

Within the planet? (Yes) I would not say so, I would not say that, it is a natural progression. We are looking here with physical minds and making assumptions about what is happening elsewhere, when, in fact, it is a simple progress in all of creation; it is a very, very small part of going forward on every planet that exists.

Mark: It makes me think of the yin yang symbol with the movement (Yes) and the white and the black and the little dot in each one.

Whatever comes to you and helps with your understanding is perfectly fine, and there are many situations in human life, where you can come across happenings that help you to understand, and that is good by us.

Sara: So, it's an evolutionary pattern really? (Yes)

Graham: Going forward in time, there are planets in our universe we know are millions/billions of years older than this one, (Yes) where life has so much more time to pass through these changes and evolution; (Yes) so there must be some truly amazing civilizations in our universe.

There *are*, but that is not for you to know of at this time; but, yes, if you can look upon it in that sense, then you come a little nearer to understanding all of creation. (Yes)

Sarah: You did tell us some time ago Salumet that the beings on this planet were actually more advanced than us at one time and we went backwards. Have we begun to catch up with that time now?

Yes. (We have?) Yes, the understanding of ignoring what was given has returned, although very slowly, yes.

Sarah: And you did tell us—I forget how long ago it was you came—in 4 or 5 years we would be able to treat all known diseases, and now they're able to treat an awful lot more and every day practically you hear them saying, (Yes) we can now do whatever, so...

Yes, and I am sure also that you are aware of the discoveries being made from your seas, as I told you.

Sarah: Yes, that's right, yes.

Always, always be positive; there is so much good on this planet and hence my talk to you this time about *acceptance*, because really that is what it comes down to: acceptance of the evolution of your planet.

Paul: And it was very comforting I think, early this year I think you mentioned that there would be children coming—special children, the first to be born within the next few years and *they* would be able to sort of be able to steer the leaders of the world into better directions.

Yes, we are always trying to help, help you to become a better place, better to become better human beings, who will then go forward and be in spirit, yes.

Paul: Yes, we really do have—there is so much help available and yeah, I think—I certainly feel in very safe hands, (Yes) with it all.

Graham: There's a lot to look forward to in the future.

Yes, and that is what we would like you to do: be more positive and you will feel in your own bodies, in your own mind that power and that strength; it will come! And you are beginning to see it within this

circle of friends, where spirit is trying very hard to make contact in order that you go forward and help others.

Sarah: Well, I certainly do feel that I've been helped and guided, **(Yes)** and Paul was saying the same...

We will always try to protect those who work for spirit.

Sarah: We're very grateful, thank you.

General agreement

Now, I feel that you are quite happy with my words

(Strong agreement) **and please do meditate upon them, because you will be surprised what comes to you. (Thank you) So, I will leave you all again with my love; I do hear your prayers sometimes and cries for help and let me assure you once again that your prayers are always heard.**

Thanks and farewells

Cho then followed, amusing us with a quick chat about how he was trying to keep those who had gathered this time, in order—suggesting they were a bit of a rabble etc. He said he would leave it to us again to see who was around. We then recapped methods of protection as discussed last week, particularly as Martin had not attended last week—audio link:

http://www.salumetandfriends.org/app/download/6927722/2017_05_01+Cho%2B+protection.mp3

Eileen then had a message for Natalie. A friend had lost a watch recently and it was said that this would be found. There was then a message for Sabine, concerning Beatrice, who'd been complaining about her shoulder—there was also the letter 'M', which was the initial of Beatrice's grandson. Eileen also enquired if Sabine's grandfather had an interest in trains. (This could not be verified at this time)

We then sat in silence for around 5 minutes before Eileen enquired how individuals were feeling. One through Sarah then spoke briefly, giving advice—audio link:

http://www.salumetandfriends.org/app/download/6927738/2017_05_01+Sarah+info.mp3

Good evening.

All: Good evening.

Your energy in this room is not quite as strong as sometimes. I would suggest you do not try to seek for those who wish to come to you, but relax, because when you get tense, you push the energy away. So, I will return and hope that this information has been helpful.

General thanks

Sara then said she felt the urge to make a sound like a chicken. Eileen replied that we should do whatever we feel. After a short pause, Sara indeed began to cluck like a hen, which made everyone laugh and served to lighten the atmosphere.

Sarah was then seeing the image of a caterpillar emerging from the ground. Mark then recounted a story of when Russell Brand met the Dalai Lama. Apparently, they were both so happy to shake hands that neither wanted to let go and they carried on until they ended up in the next room still shaking hands. The mentioning of the Dalai Lama seemed to connect with the one with Eileen. She sensed this was a powerful holy man. He was in prayer position, though the hands pointed downwards towards the Earth, instead of upwards and the head kept changing from male to female. Eileen was not able to get the name clearly, though it was something like Kalamon/Kahamon/Kahamoun...At this point Sarah was seeing a temple complex. Eileen then felt very tearful. She explained that this Master was trying to show her the Book of Life, but she was unable to look—it was simply too much at this time and so she had to close the book.

*Sara suggested that the symbolism of the caterpillar emerging from the Earth, the temple and the Master bringing the Book of Life were all connected with what Salumet had been saying earlier about the evolution of the planet and the transformations that were ongoing at this time of change. Serena added that the Akashic records are sometimes referred to as the Book of Life and we discussed the world at this time in a new light, where the problems and tensions were actually lessons and evolutions—all has been written in the great book, no need to get bogged down in the details. As Salumet once said: **All things are known, all things have been. But do not forget, you are on a cycle of time. Therefore, without being too complicated in my explanation, I will say only this: What is to come, is past, what is past is the future; we are on a never-ending cycle of events.***

Salumet 4th July 1994

Notes:

No nuclear Armageddon: Salumet stated emphatically On 18th July 1994: Many Masters have come to tread this Earth plane, at this particular time. There will *not* be a nuclear holocaust. That is our mission at this time in your evolution! That will not occur.

Book of life/Akashic records: U-Tube link: https://www.youtube.com/watch?v=EjDBU_3Hf6Q

SALUMET — 05th June 2017

During healing prayers, our thoughts reached out concerning recent terrorist attacks. We tried not to judge anyone involved. There was next, for some reason, a period of much giggling, which became contagious around the room—Salumet then spoke—audio link:

http://www.salumetandfriends.org/app/download/7161348/2017_06_05+salumet.mp3

Sarah: Good evening to you and welcome.

Good evening.

General welcomes

It is always good when we come together again my dear friends. We have listened carefully to your talking this evening and we have spoken about the troubles in your world at this time, and that it is all part of the planet's evolution; but, I was happy to hear you say how much good has come from these tragedies, on both sides of the coin: the lightness and the darkness—remember, I have told you that the darkness and the light need each other. I do not want you to forget those words; I will say only this to you: that the darkness will NEVER overtake the light, the light of LOVE, because that is what it is. And all of these happenings, my dear friends, in some strange way, you may feel, it brings some kind of unity to people, because it is allowing them to think more deeply about life and what you call death. And it will only be when this understanding becomes greater, will there truly be PEACE among mankind. So, I say to you again my dear friends, be joyful in all that you do, in the same way as this evening you have found laughter and joy in your hearts, and I am sure, each one of you, has felt the better for it.

Agreed

TEACH YOUR CHILDREN LOVE, teach them UNDERSTANDING, teach them TOLERANCE OF OTHERS, tolerance not only in the religious sense, but TOLERANCE FOR ALL HUMAN BEINGS who are different from yourselves. When you can do that my dear friends, you are acting in God's name. The Great Creator has allowed you to be upon this Earth at this time, and why do you think that is so? Because you have the capabilities to show Love and Understanding to others. So I say my dear friends, take yourselves forward in your lives today, live those lives as best you can in Understanding and in Love, but firstly, you must remember that you must love yourselves; because if you cannot do that, what hope is there for others? So, think again my dear friends, as I have done and asked you often to look deep within, and when you shine brightly, allow it to touch the many others who come into your lives, especially those people you find difficult to be with; you do not have to even speak, but you can send out Love. It is such a small word is it not in your English language? And yet, it has such powerful meaning. Now, if you have any questions for me this time, I will answer some.

Paul: There is a question from a reader—sorry I'll have to put a bit of light on to read it out. (*a reader from Tasmania—David*) He was reading the transcript where Sarah mentioned about mankind being the least intelligent beings, then I said, '*bottom of the ladder*'—that was the phrase I think that you've used many years ago to describe humans on the Earth at the moment; and his question was: "In consideration that many other planets in our universe are populated with life that is of an infinitely higher intelligence than our own, does it always imply that a much higher intelligence level is associated with beings of great empathy, compassion, understanding, a great level of *spirituality* if you will".

Yes, I understand, and no, advancement does not always mean spirituality is higher, let me say that to you firstly.

Paul: So technological advancement does not mean...

Yes, yes, you understand this, (Yes) but yes, just because a planet has many abilities not known to you on Earth, does not mean they are superior in the words of Love and Understanding; in the same way as upon your Earth many human beings are intelligent, but not always sensible. So, the answer to your question is no that is not the case.

Paul: 'Intelligence' is a word some people struggle to define, (Yes) I like—I think once you defined it as: 'Intelligence is life itself'—is understanding...

Yes—it has to be intelligence for *all* existence; and yes, you are quite correct, let us define what intelligence is: are you speaking of intelligence as being a brain pattern? Are you speaking of intelligence as being a spiritual attribute? Or, how do you define? It depends how it is defined before you can use the word.

Paul: That's the problem, (Yes) I think on Earth, a lot of people look to these so-called intelligence tests. (*IQ tests*)

Yes, it is all connected with the human brain—that is what most people would understand by using intelligence; but, I would say we have to go much further than that. Of course, there are planets in existence who are far superior to mankind on this planet Earth—of course there are, it would only be natural, don't you feel, for this to be so? (Yes)

Sarah: When you say 'superior', you mean superior in intelligence, or superior...

That is why we are trying to define that word; if you are speaking of intelligence of the brain, that is different from spiritual intelligence, which encompasses the whole of existence and is able to use the energy of all existence. It is quite a complex matter to be speaking of.

Sarah: So, would you say—I mean, if all existence has intelligence would there be superior and inferior worlds?

I do not like the words 'inferior' and 'superior'.

Sarah: Neither did I when you said superior just now actually...

Yes, it creates difficulties, but because that is the way of the human tongue, it has to be explained in those ways, those terms; but let's just say there is a difference in all of the planets and you would not be aware of what is happening, because you do not yet, have their full understanding.

Sarah: Ah right, yes, that sounds better.

Yes, I knew you were struggling with those words. Sarah: Yes, I was.

So I hope, my dear friend, you can reply to the gentleman, (Yes) and that it may help him a little.

Paul: Yes, thank you very much.

Graham: I wanted to ask a question about life itself and what the *end game* is, in the sense of, where do we ultimately become and what do we ultimately become, and I was thinking perhaps that, as our understanding and our spirituality deepens, our Love deepens that eventually we become so refined that eventually we may become part of the Great Creative Force itself, in the far, far future and perhaps in some ways we already are?

That—you have touched upon a good point, my dear friend. Of course we become much more refined as time—we will use the word 'time', but again, it is a word that cannot be explained fully. As time continues, let us say, the spirit becomes more and more attuned to what life is all about, (Yes) and I will say to you only this, that life itself is meant for returning to the Great Creator, that is the purpose of ALL LIFE, in ALL SPACES, to become part of that Great Creator from which we came. (Yes) You cannot say to anyone when this will happen—I cannot even tell you that. So that is something that *will* happen eventually, but it will take eons of time. (Yes)

Sarah: So, are you trying to say that *everybody* and *everything* will become part of the Great Creative force?

I am saying that is what everything is striving towards.

Sarah: I remember once you said to us that we would never—I can't remember the exact words—we would never get *near* the Great Creative Force—something like that.

You become part of it—there is no reason to think you become close to, you are putting a name to something that cannot be named. Do you understand? It is a blending that goes on for eons of time.

Sarah: But once that's happened, when everybody and everything is blended with the Great Creative Force...

It is for ever-increasing, it never ends.

Sarah: I was going to say, there's always going to be somebody or something that's striving to get there.

It is never going to happen for all things and all people to reach that stage at the same time.

Sarah: At the same *time*, OK, right.

Graham: Going back then, you have said that we are all inside us, we carry the spark of divinity, **(Yes)** which I think means that we were once part of the Great Creative Force, **(Yes)** and that in some time in the past we have splintered away to go on the pathways that we have.

Yes, you have put that very succinctly, (Yes) yes, that is a good way to describe it in a simple manner.

Graham: And has this happened, the breaking away to something we will eventually return to, happened? Has it happened *because* energy always has to keep moving?

Energy is always transmuting, yes, it has to continue onwards, but this is a very deep subject my friend.

Graham: Yes, it's one I've pondered on...

Yes, I know, I know, but it is a subject many people will pull away from, because it is too powerful for their understanding; but yes, I will say to you, we are all sparks of the Great Creator and that is the reason so many people say: 'why am I here—why do I return to the Earth?' It is because you are trying to attain that journey forward, to become part of what is the Great Creator.

Graham: Am I right in thinking that the reason that we split away is because of energy always moving?

(Yes) Otherwise nothing would ever happen...

Yes—no, energy is always moving, always changing, always expanding.

Graham: Yes, because I've tried to imagine the Great Creative Force that there was never a splintering away *from* the Great Creative Force—the spark of divinity never happened—then there would be nothing happening, in a way. Because we do splinter away from the Great Creative Force, that enables all this learning to happen.

Yes, yes you have thought this out very carefully, (Yes) I can tell.

Graham: So is this, in its own way, that the Great Creative Force itself progresses?

It is how it expands, (Yes) that is the way I would put it, it is the way that force expands, and further than that I cannot explain it to you, because we have not reached that point yet.

Graham: Yes, I can understand that.

It is difficult for me to say something that I do not know. (Yes)

Paul: Could you look at it in another way: we are sparks of it, the Great Creative Force, this is how the Great Creative Force *reproduces*? We are the *offspring*?

You are offspring, if you wish to put it that way, but it is all part of *energy*, you are all *energy*; you may have physical bodies, but you *are energy*, you understand that?

General agreement

And energy is always changing, but the purpose of life is to try to attain that level of existence, which comes from being part of that great force.

Sarah: I can imagine the Great Creative Force having a nucleus that is stable, and then the rest of it is, as Graham said, making it better, I don't think the nucleus could get any better...

There is no nucleus; that is all I can tell you.

Sarah: Right...I don't suppose there *is* one, but you could think of it like that, but it's not like that?

I would say to you, allow your minds, and I mean the spiritual mind, to go deep within and ask of these questions, you may find that you have your own answers. But I hope that has helped you with your question, my dear friend.

Graham: Yes, thank you—it's something I've been pondering on for a long time, **(Yes)** because it is fun to think about these things and it lifts you to a higher vibration just thinking about these things.

Yes, that is why I say: ask the questions and you will find some answers.

Graham: It helps put everything that happens around us into some kind of perspective.

Yes, so many of you, as I have said, puzzle why you are here, why you have numerous lives, what is it you are trying to learn and to achieve? But if you realise there is something to strive for, shall I say, it gives you purpose in your lives.

Graham: Yes, it certainly does—yes, thank you Salumet.

Sarah: I remember you telling us we could liken ourselves to a diamond that you dig up out of the ground—it looks like nothing when you dig it up, but you take an aspect of it and you polish it up, and that's what we're doing here, we're polishing up that aspect. **(Yes)** When that complete diamond is sparkling, is that when we blend back into the Great Creative Force?

No, that is when you move forward. (Oh, right) **You will not become part of the Great Force at that stage. There are many stages to existence—yes.**

Sarah: That's interesting. **(Yes)** So, when we move forward, when we've got that diamond all shiny...

It may be, I know your question, it may well be that you could return as I do to teach and to help, and sometimes it is not possible to return to live an ordinary life, because you have reached a level, a degree of knowledge, which does not allow you to return. Do you understand?

Sarah: Yes, I can understand that, yes, because it's only actually with *you*, you're a conglomerate of beings, **(Yes)** it's only an aspect of you that's come back as well.

Yes, do not forget that, my dear friend, that I come as a conglomerate of beings, so the knowledge you are given is not from one single entity or one single power, but the knowledge of many.

Graham: Yes—is your conglomeration increasing with time as you go into the future are you becoming a bigger conglomerate?

As of now, I would say no, because there are many who have work to do at this time. Until I return and others return to that conglomeration, it will remain as it is and I can tell you, it will remain for some time, (Yes) sometime of existence.

Well my dear friends, I hope I have helped you just a little and I will now take my leave of you all, knowing that I leave you cloaked in my great love.

General thanks

Sarah: Yes, you always help us Salumet when you come through, thank you.

Yes, remember I am with you all.

General thanks

Next one spoke through Sarah—audio link:

http://www.salumetandfriends.org/app/download/7161378/2017_06_05+control+via+sarah.mp3

Paul: Hello—you're very welcome to speak.

Thank you. (Some heavy breaths)

Graham: Were you here before?

I have been trying to come to speak with you briefly.

Paul: Ah yes, sorry we didn't notice earlier.

I know you were busy with other things, that is quite OK. My reason for coming is quite simple; we have been watching you all this evening and have seen how much you are all progressing. We hope that you will all join together one more time this evening, not trying to feel what we are giving you, but that love from within we wish you to pour out to each other. That energy that will be created by this action, will uplift you all and when you leave this meeting of yours, you will take with you an energy that was depleted in your being and which we hope you will pass on to others.

Paul: Yes, so how do we go about it, we send our love to each person individually within this room?

I would say concentrate on an area in the middle of the room and let that love energy then disperse to all.

Paul: OK, shall we all try that now?

Graham: Sounds like a lovely exercise.

If you would be so kind as to wait a few moments, (Yes) so that this instrument can also join in with you.

Paul: Yes of course, yeah, thank you very much.

And thank you for your time and understanding.

Generals thanks

After the exercise (approx. 10 minutes) Eileen kept hearing the name Samuel. Jan immediately replied that Samuel was a slave (1 of 12) on a ship, shackled in chains. This was a rescue via Jan. There was no speech, but Jan was able to receive clairvoyance regarding the situation and Eileen then was able to guide Samuel towards the Light and home—audio link:

http://www.salumetandfriends.org/app/download/7161388/2017_06_05+Slave+rescue+via+Jan++Eileen.mp3

Eileen suggested we then send healing thoughts to those other slaves on board the ship.

We then did the usual checks to see if everyone was back and feeling OK. Sabine was still feeling her hair being pulled and so Eileen suggested she ask whoever it was to leave now. Jan then got clairvoyance that this little girl was Arabella and she had taken a liking to Sabine, but that Cho was waiting and it was time to close.

Notes:

Darkness and Light balance—Salumet spoke about this on 14/08/2000: Many expressions are used within your world. You say ‘angels of light’ and ‘angels of darkness’, or you use the terms ‘good’ and ‘evil’. Let me tell you this my dear friends: Light and darkness are but reflections of the same vibration. That is not contradictory, but it is life itself, it belongs to the scheme of life. I hesitate here because I want you to absorb those words. Light and darkness co-exist, because they belong to the plan of all existence. After all, can you not see that perhaps the darkness—and we will use those words in order that your understanding is there—light and darkness—we will hold those words— without the darkness, which you feel to be destructive, yes? Am I right in that assumption, that you mainly feel darkness to be destructive? (Yes) What if I say to you my dear friends that clearing out, destroying, is sometimes the forerunner for rebuilding and recreation. Would you then view it in the same way? (No) No, then you understand that the vibration of darkness is necessary. The light and the darkness in your world needs to be finely balanced. We have spoken that darkness always seeks the light and that is because balance is necessary.

This is perhaps also why Salumet has asked us in the past to send our love to terrorists, paedophiles and those who seem to be in spiritual darkness, as they need the balance. (of dark and light) When there is balance, there can be peace. 17/09/2001 It gladdens my heart that not only were your prayers and thoughts with those who, after all, have come home to our world and are perfectly safe, but it gladdens me to hear that your thoughts have been with those that you call the perpetrators, because you see my dear friends, they too need help.

Intelligence: Salumet distinguishes between ‘brain intelligence’, which is perhaps associated with intellectual knowledge, and ‘spiritual intelligence’, encompassing the whole of existence. And having great brain intelligence, doesn’t necessarily imply high spiritual intelligence, compassion etc. So, there are 2 forms of intelligence and this may be why Psychologists over the years, have struggled to define and even measure intelligence. Perhaps IQ tests are some measure of ‘brain intelligence’, but even that has been debated by academics. (Salumet also spoke of intelligence on 30/09/96)

Great Creative Force—Salumet has discussed this much over the years and it was Leslie who first broached the subject 09/10/1995: Of course, I have spoken many times of energies—many, many times. I have spoken of the many religions within your world, I have spoken on the differing names that each peoples call the one they so worship. All of these names matter not, because you see, the very life-force which you call God, is an intelligent force. How could it not be, how could there not be a perfect energy, to have created all that we have?

Les: This is what prompted the question I thought there must be an intelligent energy.

We go on to deep matters my son, but let me say this to you:

No one, *no one* has ever attained such perfection, as to come before this ‘Intelligent Force,’ as you have called it. Let us use the term to supply these answers to you question. Within spiritual worlds, there has to be perfect laws, there has to be an intelligence behind them, for it to work, can you not see that?

Les: Of course, yes.

I am pleased you can, because so many cannot. You all are very sparks of this *Intelligent Force*, all of us, whether of this world or not, all of the cosmos comes from the *Intelligent Force*, as you call it.

It cannot be otherwise, *it cannot be otherwise*. But rather like each drop in the ocean, each drop can never fully understand what part it has to play, within that greater thing, can you understand?

Les: Yes, I have used that analogy myself.

All of you are so important—it is that very spark within you, that reaches out for that *higher intelligence*, which you call Spirit, which is in fact only another word, for the truth of a search for that returning '*home*,' of which I have spoken.

Les: Quite and to follow through what you've said, it requires all the drops to make the ocean, otherwise the ocean couldn't exist.

There has to be perfection, there has to be that reaching out for attainment from you all, to create the perfection of you all, can you see?

SALUMET — 31st July 2017

Our healing thoughts were directed mainly at suffering caused by wars, past and present and we prayed for peace around the world. Salumet picked up on our thoughts—audio link:

http://www.salumetandfriends.org/app/download/7553267/2017_07_31+salumet.mp3

Lilian: Welcome to you Salumet.

Good evening.

General welcomes

If only you could see how much you have grown; it is a great joy to us to know that you can discuss many things with patience and love, without too much condemnation. I have been listening to your conversations you may gather. I would like to say just one thing about this, that wars have existed in your world since almost the planet was created; you can make assumptions about why all of these happenings occur, but what I wish to say to you, my dear friends, is that death should not be looked upon as the most tragic of things in your life. I say to you, my dear friends, that birth is the most traumatic of all, because they leave behind them all the love and joy which they have come to know. So although we do not wish man to fight against man, in speaking of death, be happy that so many have returned *home*, where they will find love and support in all things. Your world as you know, can be quite a violent place at times, but one of you said: '*not much good comes from all of these things*'. I have to disagree just a little. There is much that comes from these actions; it comes with the change of thought within people; like your good selves, where you strive to help all people, not only the Innocent, but the guilty. So I say to you dear friends, continue with your discussions and your love and heartfelt wishes for others. It gladdens us here in Spirit, to see groups such as this trying to understand, without too much criticism.

Sarah: That was me actually Salumet, that said about war, **(yes)** but what I actually meant was, when people fight over land or fight for whatever, I do understand that good comes out of it, but they don't achieve anything—you know, they tried to take, say a piece of land and they don't *achieve* that...

But it may not happen within this lifetime, but let me reassure you that there is a reckoning, there is an understanding of what they have done. It may not be in one lifetime, it may take others, but let me assure you that that soul will grow from those experiences, and that is what is important. You understand? (Yes) Yes.

Lilian: And for the people they leave behind, they're learning too.

Yes, it is like a ripple on the water, it affects all people, you understand? (Mm)

Sarah: I don't know—my Grandmother's brother died in the war and he was 18, but actually she never got over it, it affected her, her whole life. **But she had the understanding of *loss*, which is a lesson to be learned.**

Sarah: Ah right, OK.

I know it seems cruel to many of you on this Earth planet, but it is not. Again, I beg you, my dear friends, to look to the larger picture; (Yes) it is a way for the soul to grow. Any trouble that comes to your lives, look upon it as a learning, not as something to be despondent about, because that only creates more fear, and you know we have spoken of fear so often, it is the most negative of all emotions.

Lilian: Yes, I was just thinking about my daughter and her family especially one of the children at the moment—well, it's not a child anymore, but with all the problems, both my daughter and myself said we are learning lessons, **(Yes)** we can see that we didn't understand until these things are happening.

No—there always will be lessons to learn, you may not even recognise them as life's lessons, but there are many and I say only to you: try to accept what is before you, what is with you at this present time, try not to look back in sorrow and in anger, because they are emotions which are negative. Look forward with love, look forward with acceptance that life must move forward. I do not say it is easy, it is not for human beings, if it was not, you would not be here, you would be perfect beings with no need to learn. I hope you can take my words this time and try to understand.

Sarah: Well I hope the lady that Paul was asking for help for a lady whose daughter was shot— **(yes)** so this is also—if she can take those words that would be a great comfort to her.

Yes, it may help her. I am sorry to say that with some people they hold on to negative emotions, which then engulfs them from many of their years and this lady is one of them. But give her hopeful words, try to give her understanding that death is not the end, (Yes) death is peaceful and full of love.

Paul: We know from all the years coming here that people have come back—even Leslie, who used to run the circle, has come back with glowing reports about the Spirit world / the life after.

Yes, and they are only on a very low level of energy. Imagine that energy and that love surpassed by all time. It is beautiful, it is something that you will not experience for quite some time. But I reassure you that it is there, it is waiting to enfold you within those spiritual arms. Many people who wish to help and who are helping you even now upon the Earth plane. And that brings me to something that you have been made aware of recently, about the *Silence*, (yes) and going within the Silence, being made aware that all things, all beauty, all knowledge lies within the Silence. You found it interesting? (Yes) Yes, I hope that since then, my dear friends, you have allowed yourselves to enter that Silence once more—or at least try.

Paul: Yes, I've tried a few times to be more aware of the Silence.

Of course it will be easier when you are here.

Lilian: Yes, definitely!

Yes, it is much easier because of the amount of energy that you all create; and that statement is made especially for our dear friend, who you call Serena, because she was not too sure of her part in this group, but what she does not see that she gives off pure energy whilst within the room; and you all play a very big part.

Paul: That seems to be part of the—this Silence, it almost feels like that's when you can *hear* this energy **(yes)** and feel it.

It is almost tangible, yes. You should be able to *feel, hear*, do so much within that energy; and it is something, my dear friends, that will help you with your own development, because it is essential at this point that you now move forward, that you now move forward in development of your own spiritual selves, so that the soul may expand.

Are there any questions at this time?

Sarah: I did ask actually within the group last week, but it might be nice to have an answer so that other people who read the transcripts can also know. I've been reading George's book (*Proof-reading the new book*) and he's been talking about the Pyramids and the Extra-Terrestrial help that they had doing it. How did these extra-terrestrials live on this planet while they were working on the pyramids, because they probably came from a planet where the atmosphere would have been quite different—so how did they manage to live here?

Quite easily, because you see, they have (*what*) you call 'powers', that you upon this Earth do not have and did not have at that particular time—there were a few, but in speaking about nourishment and food, they are able to materialize anything. This is something you will not fully grasp, because there is not the energy available at this particular time of existence to show you, but these travellers, and that is what they were, travellers, who could go about, not only the atmosphere of the Earth and their planets, but the universe, the many universes. It is a very hard thing to explain to you now, but if you had been

here when they came, you would have been so surprised at their capabilities. Have you heard the story in your Christian Bible about Jesus producing bread and wine? (Yes) If you take that analysis of it, it then becomes easier for you to understand. How did he produce bread and wine? And he did, he was a very good medium and he had powers that not many people had. So you see, the capabilities of what you call 'aliens' and I call them 'soul brothers'—that is much nicer way to describe them—soul brothers—they were able to materialize whatever was needed, whatever was needed, whether it was movement or any kind of tool, or indeed their nourishment and food.

Paul: And the pyramids themselves sometimes were materialized.

Yes of course, what other explanation can there be?

Sarah: But how did they breathe Salumet—they were just able to be here?

Yes, to adapt—they adapted themselves, as they materialized other things, they were able to change their whole way of being.

Ben: Did some of them stay on as Pharaohs, when the others left?

I have to say 'no' to that; I know what you are speaking of, but no, they did not remain as pharaohs.

Sarah: So they all went back, did they? (Yes)

Ben: Because there are some hieroglyphics with elongated skulls and things, aren't there?

Yes, which in fact, would backup what I have just said, that they were able to change and transmute.

Sarah: So whilst they were here, would they have looked just like the other people that were here? **They could if they wished. You have to understand that energy is able to transmit itself into anything it desires. We are speaking of deep matters here, we are speaking of things that you will not fully understand.**

Sarah: So this is a different energy?

No, it is the energy of Life.

Sarah: Ah, OK.

It is just that you have not reached that point whilst you are on this Earth, for that to happen. Paul: Have there been humans who *have* been able to reach that point to change their form?

Not from this planet. There are a few people who devote their whole life to meditation; they are able in a small way to alter things and they are even able to pass to Spirit if they so wish; there are those beings upon your planet, but not to the same degree as the soul brothers did.

Sarah: So Jesus, he was able to *use* that energy to create the ... (yes) he wouldn't have been able to have changed himself?

No, he was a human being whilst upon the Earth, but he was a great medium in as far as the powers of Spirit were available to him. I hope that has helped you.

Sarah: Yes that's very interesting, thank you.

Natalie: If these soul brothers can take on our appearance, (yes) if they wish to does that mean would they ever breed with humankind?

There are many descriptions and stories—yes, they would have been interested in the way that the human reproduced, and there are many tales of this happening, but I have to say, that is not something I can confirm for you. As far as I know, that is not the case, although they would have been interested in the workings of the human body.

Ben: Do the soul brothers, are they walking amongst us at the moment—if they can change their appearance and fit in with us without us knowing, are they actually amongst us at the moment on Earth?

Yes, I would have to say 'yes' to that question.

Ben: Because there's lots of theories about certain governments having access to technology, (yes) such as the American government, for example, and there was also a theory that in the Second World War, the Germans were experimenting with flying saucers (Yes) and that sort of technology as well, (yes) and I wondered if that really—whether there was a link actually, whether the Germans had the technology, or were developing the technology with the help of extra-terrestrials? Is that something you can comment on?

The technology has always been there, it has always existed, although you as humans do not fully understand that yet, because of the idea of energies being unavailable to you; but yes, the soul brothers can come to this planet, they can transmute to look like you, they *are* among you, but I do not see that any would be destructive. Natalie: What is their purpose for being among us?

Interest in other planets—they are interested in life as they know it; in the same way, I would say, as you wish to travel to other countries in *this* world; you take yourself and you blend in, do you not? (Mm)

Ben: Would they also be here to help try and avoid a nuclear war, for example? Would they interfere and step in and help us?

They would ... I have to say prayers would reach them, but what you have to remember is they are not Spirit, they haven't passed to Spirit. So they are limited to a degree, although their powers and energy is much more potent than yours.

Sarah: So would they take sides, for example—I was thinking of Turing, the man who cracked the Enigma Code. Would somebody like that, would an extra-terrestrial or soul brother, would they take sides, and think, well what that country is doing not what I would do, so I'll help the other side?

That would be entirely up to their free will. You must remember that all of you here and in other planets and in other universes, have their own free will; even when they return home to Spirit their free will is still there. So I would say, you cannot control someone who is behaving in a strange manner, let's say, about weapons, or ... They have to carry on and we have to try to alter their way of thinking; whether they be a soul brother, or a human being on this planet, we have to do 'good', we have to strive for love and peace and all of those things.

But I should not become too deeply involved with what others are doing. You are here, my dear friends, to find Love and Peace for all of your own human people. That is your purpose to help one another, because *you cannot beat the love energy—you cannot*. You may try to convince yourselves, or you may convince yourselves of what others can do. Whatever is done upon this planet, has to be reckoned on when the time comes for you to return *home*.

Paul: It's a little bit like what we were talking about. (*earlier*) This circle, for number of years, tried to get phenomenon known as Direct Voice, which would have been quite exciting, with the ectoplasm, forms and voices in the air, but what we ended (*up*) getting was something *much better* than that, we got *Truth* coming from ...

Lilian ...You!

Paul: ... a very deep part of Spirit—we got Love and Truth ... and phenomenon ...

And that is what you have to continue to work with. It matters not what happens in the growth of the Pyramids, although we understand your interest, of course we do, because human beings are full of curiosity, but first they should go within, they should recognise themselves and what they feel—that is where the knowledge and the power come from, the striving to return home as a good and decent human being who has done all to help others. It is so easy to be within a war, as you have been discussing, for many, because that is all their mind is set upon. Lilian: Yes, I can see that.

Yes, it is up to every individual to be responsible for his own thinking; but I hope it has helped you a little, to understand that great need and the happenings on your planet; but you could spend the whole of your lifetime wondering why—and 'why' is a word that is not helpful. You understand? (Yes) Why did this happen, why did he do that—in *all* the time you spend in 'whys', you could have the *Truth* and the *Knowing* from *The Silence*.

Paul: Yes, it's a waste of energy.

It is indeed, but I hope that I have brought you something to think about.

Agreed

Yes, you are creatures of curiosity; sometimes we are amused by you—you sit and wonder 'why'.

Serena: Even our children do, don't they? (Yes) But WHY mummy, oh WHY? (*Giggles*)

It is true. Now my dear friends, I will take my leave of you this time. There are others to come, if you so desire to allow them to use you.

Sarah: Thank you very much for coming.

Lilian: It's been very interesting—food for thought.

Paul: As always...

And who needs food for Thought? . . .

As Eileen returned she saw a big sunflower, which seemed to connect with Di. Eileen also got the name of Di's dog. She said there had been a discussion in family—nothing 'big', but just to let her know that spirit knows what's going on in our lives in general. There was also a message for Sarah concerning a friend (Anna) who needed some healing thoughts at this time.

Next, Cho spoke—audio link: http://www.salumetandfriends.org/app/download/7553299/2017_07_31+Cho.mp3

Hallo!

All: Hello Cho.

I not stay long.

Lilian: I think you say that a lot when you come.

Giggles

I know, I thought you nice lady (Giggles) You lady in charge.

Lilian: Well, maybe...maybe not.

No, you ARE. There's one more who wants to come through please, with lady over there.

Sarah: Who me? (Yes) I did feel actually somebody was trying to come through me a little while ago. Thank you.

And then that will finish your evening, when that one been.

General thanks

I say good bye.

All: Ciao Cho.

Ciao.

Lilian: It was a short visit.

Oh, she cheeky now, I was going, now you bring me back.

Giggles

Di: You have to make us laugh before you go.

Yeah...

Then the one expected through Sarah spoke—audio link:

http://www.salumetandfriends.org/app/download/7553304/2017_07_31+control+via+sarah.mp3

Paul: Good evening.

A good evening.

All: Good evening.

I have been asked to come to you to tell you that we are looking out for extra energy from each one of you. You have been given this evening some help to produce this energy that will last you for some time. With this energy we would ask you to try to use it in the best way you feel possible. We know that many of you are concerned with others, so this energy could also be used to help them. So whatever situation you find yourself in, please remember that this energy is with you and it can be used the way you feel best. It is a gift to you for all that you do in this group, and for that we are most grateful. So, with these words I will end and I understand it is also the end of your meeting. So, thank you for your time and please, use this energy, it is there for you.

General thanks—Sarah commented that initially she'd had the sensation of shrinking, but when she started channelling, suddenly felt very big—like Alice in Wonderland.

Notes:

Soul Brothers: The topic of Extra-terrestrials – Soul Brothers, has been discussed many times over the years.

For previous transcripts—website link:

<http://www.salumetandfriends.org/app/download/7566556/Salumet+on+Extraterrestrials++crop+circles.pdf>

The Silence: One through Eileen spoke last week on the Silence, which will certainly be interesting to work on during our meditations:

I have come this evening, to encourage you all to listen to the silence, the silence that is within this room. I would like you all, if you would, to take a moment and realise how loud the silence is. Within that silence, there are voices of your loved ones, of the voice of Spirit.

General thanks

We hope you understand now, how important it is to get to know the silence, because within the silence, lies all things. Please become a little more aware of this in your daily meditations and you will find that not only loved ones but those who wish to help you will come on that wave of Love.

War/Death/Loss: Death (and taxes) seem to be inevitable, but our reaction to them generally needs to change to one of celebration. There is a website page about returning Home:

<http://www.salumetandfriends.org/death-returning-home/>

As Salmet said after the death of Princess Diana (01/09/97): I would wish that your whole planet could move away from these occasions of *deep mourning*. When will you realise that death is *not* for sorrow, death is to *rejoice*, because to us my dear friends, it is *your birth*, it is your birth in returning *home* to those who have *loved* and who have *helped* you throughout your earthly trials.

Les: That has given us a great deal of comfort and we do appreciate you having told us, particularly that it wasn't an act of freewill, on the part of others.

Her time was here—her time had come.

Les: Good. Then we wish her God's speed.

Do not mourn her; she will know that she has been much-loved—she is aware! I do not wish you to speak of anyone who passes to this world, as if they are forgotten; they are *vibrant*, they are *alive*, more *alive* than you my dear friends.

Les: Yes we can accept that too! (*Chuckles*)

So, mourn not, but rejoice in the life that she has lived.

U-tube clip of 'Iz', a musician from Hawaii, who also passed away in 1997, and whose funeral was like a celebration (see end of song) <https://www.youtube.com/watch?v=V1bFr2SWP1I>

SALUMET — 4th September 2017

Salumet spoke this evening about the Earth and other universes, DNA + instinct, artificial intelligence and the need to reject fear in our lives—audio link: http://www.salumetandfriends.org/app/download/7931918/2017_09_04+salumet.mp3

Paul/Graham: Good evening Salumet.

Good evening.

Greetings

As always we feel great joy, my dear friends, when we see how you have gathered together for the good of others. I would say to you that each one of you will feel uplifted by the time that you leave this room.

Thanks

I wish to say to you that your planet at this moment in time seems to be quite disruptive, and no matter how many times I tell you not to worry, you cannot but help do so, only because you are human. I wish to say to you, my dear friends, it is not only disruption on the earth planet, but it comes from the nearest universe to you; and you know that there are many. So again I will repeat words that I have said to you so often: accept what is happening, give all of your love to those who are disruptive and spread your love to all people; but not only that, but to send your love to the universe—spread it wider. So, we thank you again for the thoughts that are given to all who dwell here upon the earth planet.

Sarah: Salumet, how can the other universe affect our planet?

Because you are all joined; one cannot exist without the other.

Sarah: So does that mean that everywhere around, not just us, is being affected by this?

Part of the Universe, not all. As I have said, there are many universes that you will never become aware of in a lifetime.

Sarah: No, but there are an awful lot of planets in our universe.

Yes, and it is a universal thing, it is something that has happened before throughout all time; but when you are here in the flesh, listening to all that is happening, you cannot help but let your emotions go out of control.

Sarah: Are you able to tell us what's going on in the other universe?

That is of no consequence at this time; all you need to know is that the problems that you see is not confined to the planet Earth. You know that the Planets influence each other, (yes) each hour, each day, each week, throughout all of your earthly time. (yes) So, I say to you again, my dear friends, what you have is the most powerful weapon, and that is your love for all mankind. You have to become Love. (yes) We have spoken many times of love, (yes) but I say again to you, don't think of it, but FEEL it. When you FEEL LOVE, there is no need for words. Do you understand?

Agreed

Paul: Yes, I don't know if it helps at all, it's much like as you said, the planets are all influencing us, the earth and everything and the astrologers knew all about that, but it seems a step further, the other universes, particularly the one nearest to the earth also has an influence, so **(yes)** it's all worth ... we don't need to know, I guess, but I suppose it would be lovely to have some inkling as to the other universes, but we can't I guess, so it's just a question of embracing them in our love as well. **(yes)**

Sara: And we know that it will pass in time—the troubled time will pass.

The troubles cannot last, because time continues; it will not last.

Sara: And love and joy are our greatest protection **(yes)** for everyone.

Yes, you have to *feel* the love, feel the love for your planet, for other planets, for the universe that is close to you. These happenings have happened since I do not know when, but they have always been, there has always been upsets and wars and natural disasters, which we have discussed in past times; and what you consider to be disasters are just part of the evolution.

Sarah: I tend to think of wars being created by a person, but that person is perhaps being influenced by the other universes, so it's not ...

Yes, you have to go to the energy of all things, and when you have an imbalance that is when upsets are created, down to the very basic level. Paul: So if we can somehow restore the balance, that's all that's required maybe?

That is what we try to achieve, not only here upon your earth, but from Spirit; there are many working, many angelic beings, who are around all of you at these times, but I do not want you to think that these are unusual times.

Sarah: We've got the imbalances, are we talking about the energy of physical things? What about in Spirit, are there imbalances over there as well?

Not the degree that you would understand. There may be a slight imbalance of energy, but it is not disruptive, like it is upon your Earth. (Thank you) The subject of energy is a great one and I do not feel that this time, the capability from you, of understanding, because not only here does mankind feel he does not have the wisdom, but also some of those who have already passed to Spirit feel they do not always understand what is happening.

Paul: The energies—does that relate to the dark and the light?

Of course, yes, you have to always go back to my words; if you question anything, reread the words that you have placed upon your papers and see what has been said before. How many times on your planet has there been ceaseless worry, misunderstandings of, *'Will the planet survive?'*

Paul: It always comes back to fear, doesn't it?

Yes, you are quite correct; and how many times do you see the people in your streets saying, *'The World is nigh?'*

Agreed

So often ... So you must, my dear friends, try to keep everything balanced within your own hearts and mind, because unless you can do this, you cannot help others. And your understanding—the people's

understanding is growing. I know you do not feel this, but I assure you that people's understanding is becoming much greater.

Sarah: When you say that, *'becoming much better'*, about Spirit, or everything?

About understanding life on the Earth and, of course, about Spirit; that is the most important part.

Sarah: It is surprising the number of people ... I always try and bring in a bit of Spirit somewhere along the line and it's amazing how many people are interested, **(yes)** many more than don't want to know.

Many seeds have been sown, yes, and remember I have told you there are those coming to this world; children who have great knowledge and love and wisdom to help this planet—remember that also, send out your love to them, even although they have not yet arrived.

Paul: Yes, I don't know, why it's a very exciting thought that they are preparing to come and bring all that love and balance.

Yes, their understanding is much greater than many who have already come, including yourselves, although I have to say it took quite a while to gather you all together. We feel that as human beings and Spirit, you are indeed great ones.

Sarah: Nice of you to say. Well, we've been helped an awful lot by you Salumet. We'd never have reached anywhere near where we've got to if you hadn't have come to us ...

I thank you for those words, but it is I who needs to give thanks to all of you. There have been many changes over your earthly years, and yet you still come together and give of yourself, of your spiritual love in order that others may live a decent life, with understanding.

Graham: I think one of the reasons we come, is that you were talking about feeling love, and yet this is one place we really do feel it, **(yes)** we really do feel the love amongst us and from Spirit as well—it's very tangible.

Sara: Yes, definitely, and it's not only that, because we've been coming for so long, I think all of us have experienced the wonderful impact on our own lives, of the knowledge that we've been given—we've felt so many results, positive results and ...

Yes, you cannot deny what you feel, (no) you can disregard the words of another, but you cannot deny what you feel within your soul.

Sara: And in many ways it's been one of the most important learning processes of my whole life really—this group has helped me so much to understand more—you've helped us so much to understand more.

But you see, when you come within a body, to live a life upon this planet, you are not perfect beings. You know, people say beautiful babies would never have a negative thought. Let me surprise you and tell you that those beautiful babies have already existed with all the love and emotions, the *range* of emotions that go with living a life here.

So, have you anything to ask?

Graham: I was going to ask you a follow up question, because I think it was Sarah a few months ago, who mentioned somebody who had a bash on the head and they were able to play the piano, where they hadn't been able to and you said that it was recorded in the DNA from many lifetimes earlier, **(yes)** and I just wonder if this was really how instinct comes in, that we often talk perhaps rather glibly about, you know, *'that's instinct'*, how a baby knows how to suckle, how animals know how to find their way across a continent and things. I was just wondering if all of this again, is written into their DNA from perhaps many lifetimes earlier?

All genes have knowledge, (yes) I believe I said, yes, of course you can never destroy energy and memory from Spirit is energy; you can forget with the brain, the physical brain, but you can never destroy or forget that which is part of Spirit. So yes, there is always knowledge available within you as human beings, but that energy exists in a wider sense throughout all of the universal energies. Again you go to deep matters, where one answer would not be enough. (yes) You understand?

Graham: Yes, so one way that this energy can be expressed is recorded in the genes, but that's just one way.

Yes, and once you come to human form that information can be tapped into, (yes) of course. Sara: And that's where we have memory from perhaps other lives too—there may be some memory of something we've done before that could be developed.

Yes, of course, yes, you are all capable of many things, but if the physical brain does not seek and search, it will never know.

Sarah: There's a girl recently who started playing the piano and she started composing when she was around about 3. I think she's 12 now and she's giving concerts and has written operas and all sorts, **(yes)** and that's obviously also from what's happened before?

Yes, of course, you all have retained memory from past times, whether you understand or accept it, it is there, it can never be destroyed. Sarah: So if you've done bad things in a previous life, **(yes)** or things you know you shouldn't have done, could you start doing them again in this life, if you felt that's what you needed to do?

That is possible, that is possible, it would depend whether the Spirit was ready to change or not; and yes that has happened, where people have returned and carry some of what you consider to be unhealthy ways of living.

Sarah: Because you wonder sometimes why some of these people do some of the things they do; but maybe that's not necessarily brought from a previous life, it's something they've decided in this lifetime?

Yes, of course, that is why you cannot judge, you do not know that answer until you return to Spirit, yes.

Sarah: On a slightly different tack, you've said to us that cancer—well, all illnesses are something that we have created ourselves, maybe not in this lifetime, but in previous lifetimes. When animals get cancer, is that the same thing, have they done something wrong?

Yes, it is an unbalance, the animals as well as humans, become unbalanced. That should not surprise you.

Graham: They *think*, but not perhaps in the same way that we do.

No, that is true, their thinking patterns are different; animals are different from you as human beings, but they are still 'prone', shall I say, to imbalances.

Sarah: How would they get imbalanced, an animal? Could you give us an example?

Because like people, you can have angry animals, you can have animals who become so afraid that they do not mix with other animals—there are many, many reasons.

Paul: They can become depressed, I think.

Yes, the same as any human being.

Sara: So they can all benefit from healing ...

Graham: ...and love.

And animals will give you unconditional love, if they are treated properly.

Sarah: Because I've watched some of those vet programmes and the owners are absolutely distraught that the animal's got cancer, so it isn't a case of them not loving the animal.

It is what the animal *feels and does* itself. You cannot blame another for any illness that occurs, either in an animal or in the human body. You see it happen when so many are told they will not survive, and they do. You have to then give an explanation for why this has happened—why does it happen with some, but not others? But remember, you all have to pass with something, unless you have the capability of understanding your own Spirit.

Pause

Paul: There is a question from a reader, can you take another question?

I will take one more before I leave you.

Paul: They expressed concern that the way artificial intelligence or 'AI' as it's called, is developing so quickly with computers and robots, they wondered if at some point these computers and robots will get so ... they'll develop an intelligence of sorts that goes beyond humans, and they could even annihilate humans at some point; but there's that general fear I think, being expressed about how quick, the rapidity of technological development at the moment.

Yes, we are well aware of what is happening in your world and, yes, your technology is taking 'leaps and bounds', I think you say.

Agreed

Yes, do not forget that all information originally comes from Spirit, so it would be for us to try to *temper* the way this knowledge is used. All throughout your history mankind has interfered, has not listened to Spirit and the love that comes with it; this will always be, because of your free will. All I can tell you at this point, is that we in Spirit are aware and will do all that we can to make sure this knowledge is used for good.

Paul: Yes, it comes down to free will I guess ...

You will never stop mankind's free will, you will never stop man doing deeds against his fellow man, which he should never do; but these things are part of life's existence on this earth.

Paul: I wondered if even computers are *capable* of really *thinking*, even advanced ones—I think some people think they can almost develop a consciousness, but I wouldn't have thought so myself. Would you have any comments on that?

I do, and I feel these comments are unfounded; that is all I will say, I do not see that they can become ... you are speaking almost as if they would become a god.

Paul: Right, yes, but actually they can only really do the tasks that have been programmed into them, **(yes)** they can't really go outside of that **(yes)**

Sarah: Surely consciousness, what Paul was speaking about, is a spiritual thing, and they're not Spirit, they're a machine?

Pause

Paul: Yes I think so ... so, yeah, they are just machines at the end of the day.

Yes, yes. (Thank you) But I would say, do not concern yourself too much about that, they are making great progress as far as that goes, but we are aware and we are trying to temper what information they are using.

Paul: Ah, yeah, I'm that's very reassuring to them, thank you, thank you.

You see, what is happening here, and I will say it before I leave you, is that they are trying to bring much fear to the world, because with such negative thoughts come the fear, (yes) and you must reject all areas of fear in your lives.

Paul: Yes, and technology can bring so much good, can't it?

Yes it can, that is why the information has been given, but as I have said, mankind is very clever at turning everything around.

Chuckle + agreement

Sara: And I think often many humans, they don't always realise they're doing it, but they create a big drama, **(yes)** and people seem to hook into that drama quite easily, without realising they're doing it. **(yes)** So it's very unconscious often.

You are quite correct, it is so much easier, it would seem, for human beings to find more fear in any situation, than they do love, and all of the positive aspects of love. And I hope, my dear friends, our conversation will help you to rejuvenate the thoughts of positive thinking, (*Agreed*) that it will help you in everyday life, (yes) to send out so much love (yes) and to allow negative thoughts to dissipate.

Thanks

Now, my dear friends, I will leave you this time.

Thanks from all

Notes:

*The Special Children referred to by Salumet were first mentioned on 17th October 2016: [2016_10_17 Sal-.pdf](#)
Salumet describes the topic of 'energy' as being a great one, hence the need to reread previous words on the subject. For eager beavers, wanting to reread previous transcripts on Energy:*

Understanding energy—28/10/96

Recognising own energy pattern—9/12/96

Sexual energy—1/02/99

Love energy—26/03/01 + 27/11/06

Transmuting energy—4/03/02

Thought and energy—27/09/04

We are energy—5/09/06

Changing energy—4/06/07

It has come up many times over the years, and these are just a few. Here is a link to a chronological index, which may help locate others: <http://www.salumetandfriends.org/app/download/7933675/Salumet+Transcript+archive+index+94-16.pdf>

SALUMET — 9th October 2017

After sending out healing thoughts/prayers, Salumet spoke—audio link:

http://www.salumetandfriends.org/app/download/8117515/2017_10_09+salumet.mp3

Lilian: Good evening and welcome; thank you for coming once again.

Good evening.

All: Good evening.

As always I thank you my dear friends, for all the love and healing thoughts. I hope that if not all of you, that the great majority of you feel the complete peacefulness which is surrounding each one of you at this time.

Agreed

I wish to say to you this time that you will become even more successful as ambassadors of Spirit. All of you at some point have been surprised to know that people are drawn towards you; this is because of the increase in your lights, your beautiful colours, especially when you are giving healing vibes. Each one of you has your own way of placing these thoughts into another's thinking and this my dear friends you could never have done without the help of Spirit. There are so many people today who are seeking and searching for the Truth, and as you know, I have always been an advocate for the Truth. So again I say to you my dear friends, thank you for all the work that you do. I feel the energy this evening is pure but simple and to each one of you I give a note of love and upliftment.

Thanks

I would also like to say this time how beautiful your earth planet is. You may not always fully appreciate this, but I can tell you it is a beautiful planet, (yes) and I would like you to think of this planet not only as a learning planet, but one that has great sustenance for you, great upliftment, and a great love for all beings. I would like you just to focus my dear friends, on those words, to focus your energy on the whole of the planet; this I know you do with healing to help all of those people who are a little lost in their lives, but I say to you my dear friends, continue to grow yourselves, and in this way you are helping so many others.

Now if you wish I will take some questions.

Sarah: I've got just 2 quick ones Salumet: Both Eileen and her mother and Lilian and her mother both have marks on their bodies, the same marks in the same places. Could you tell me why that should be?

You know that sometimes when you reincarnate that you will choose your bodies and very often you return with marks upon the body that have drifted along from another lifetime; this you know and understand, but the reason behind a second person having the same marks is because they are inhabiting a body which is physical and which comes from the older being. It is not that *they* have suffered in any way, but it is all to do with the physical creation. Do you understand that? No ...

Sarah: Not quite ... I do understand that the second one ...

It is almost like a mirror image.

Sarah: Of the first one?

Of the first one, but it does not automatically mean that the second being has experienced the same traumas. (Right) Is that a little more clear?

Sarah: Yes it's clearer ...

Yes it will come to you now I have given you those words. (Yes, thank you)

Sara: On a similar note I was reading some palms recently and I noticed that with this couple there were some quite strong similarities between fingers and shapes and bends and I was wondering—and then I looked at Graham's (*Sara's husband*) palms and I could see big similarities between his and mine, even though his are bigger, and it just made me think that perhaps, well ...

It is because you come from the same soul groups. Sometimes there are similarities and likenesses, but it is basically that you belong to the same soul groups; (thank you) and do not forget that you are inhabiting a physical being from another, you understand?

Sara: That I am inhabiting ...

Yes, whatever physicalities you have inherited ... Sara: Yes, are inherited as well.

Yes, (yes) it is a bigger, wider picture.

Sara: Yes, it's not going to be, but it's ...

But it's fascinating for you. (yes)

Jan: On a similar note Salumet, I have a question for you from Richard ...

Yes, that boy needs to do more.

Jan: I know, I know, yeah, I will tell him, if you don't mind, I will tell him.

Yes, we try to encourage him, but he does not always listen.

Jan: No, his development would come so much quicker, wouldn't it? **(yes)** It's sat there waiting for him; **(yes)** we're all waiting for him. His question is: his belief in himself is that Anna and him have been together before and could you just confirm whether he is correct or whether it's wishful thinking.

No, they have been together before, not on one occasion, many occasions. Yes, he knows and he feels this. (yes) **Yes, he just needs confirmation—I give you that.**

Jan: Thank you, and I will ask, I think we need to get Richard back here on a Monday. **(yes)** He has so much to give, doesn't he?

He cannot escape now we have got him.

Chuckles

As you all know, once you are here it is very difficult to break the ties, not so much in a group like this, but with Spirit.

Jan: Yes that's very true—the connection can't be broken. **(yes)** No, in fact it gets stronger.

Yes and the information, there is usually some urgency to gain more information. I'm sure that you have experienced this, all of you. (yes) **Yes.**

Ben: Could I just ask a quick question as well please? **(yes)** Somebody recently suggested to me that when we reincarnate, we come back with the same face or facial features that we had in previous existences here, and in spite of gender. The suggestion was that you come back and you can tell it's the same person if you were to compare photographs for example. Is that correct or do we come back with very different looks each time?

The answer to that question is: both. You will of course, as you know, genes in the physical body have memory, which results in likenesses being passed down along the ages. But yes, I can tell you that many times in many incarnations there will be many similarities to what has gone before, for recognition purposes. (OK, thank you) **So yes, your information is correct.**

Jan: I think the eyes, when you look into somebody's eyes that's how you feel a connection ...

Yes, I like the saying upon your Earth that the eyes are the windows of the Soul; that is much more true than probably you would accept, yes.

Ben: Well, as you'll know, I went on a tour to the Czech Republic, to Prague **(yes)** recently and the chap who organises the tour has written a book on the subject and is one of the leading experts on this particular subject in the world, **(yes)** and somebody who was in the group with me who was a very spiritual sort of person, actually suggested that she felt he was reincarnated and that he had a part to play in the actual story. And then on the tour I just happened to see a period photograph of somebody who was connected to the story very closely and actually there was an amazingly striking resemblance **(yes)**

between the author who was there leading the tour and this person from 1940s who was involved with the story, and I did wonder whether that was a connection for that particular person.

You must remember also that when you pass to Spirit and the time comes to reincarnate that there are matters left undone sometimes and it is imperative that the soul returns to fulfil whatever it is that they have originally come to do.

Ben: Ah, OK, so that would explain **(yes)** why some people are focused or interested in a particular subject **(yes)** or story maybe.

Of course—I hope that helps.

Sarah: So that would be the case with a lot of these musicians?

Yes, it is all innate within them—well, innate in the Spirit not the physical, yes of course.

Ben: So would I be right in thinking that everybody who was on that recent tour, that group of people ... **... was meant to be there together.**

Ben: Right OK, so we all had a connection possibly to that event.

Yes, it may not be what *you* experienced, but as a collective group you were all meant to be there at that time. (OK, thank you) Yes, remember that when you meet new people outside, that there is usually one or two that you make a stronger connection with, yes.

Jan: I can do that with very small children. **(yes)** I make a point of smiling, but I don't just smile at the child, I'm looking past the child and into the child, and if you do that you get a totally different reaction; I've even noticed them following me after I've smiled at them. It's like a recognition, **(yes)** and I'm wondering if they can see my light?

They would be attracted, in the same way as you are attracted to their pure light, but I will tell you that this time upon the Earth, children and dogs are your forte.

Chuckles

Jan: Yes, yes!

I like that word also.

Jan: I *can* communicate with the dogs, yes, especially the one I have now, which you told me about 5 or 6 years ago I would communicate with him, **(yes)** but it's a wonderful thing to behold when you do; **(yes)** yeah, I can *talk* to him! He understands me!

Unfortunately—well no I will not use that word—as human beings you are a little suspicious of your own abilities; you need to all open up to what you are within. You all have gifts, you all have situations which are there to help others; not so much to make yourself larger, but to help others, and in doing so the Spirit becomes greater also.

Jan: That's a wonderful thing to be told, thank you very much—that's lovely, lovely. **(yes)**

Lilian: Can I ask a question about my daughter? **(yes)** I've pondered on why she's in the situation she's in at the moment, with people around her. Did she come to help?

She came as a carer of other people. (Did she?! ...of those 3 ...) She has a strength within her which is not usual with too many people. She may not feel this at this particular time, but she agreed to come, and let's say her life has not been the easiest; that is all I will say about that, but she has an inner strength which others are attracted to obviously.

Lilian: Yes, certainly we've talked about learning lessons **(yes)** and both her and I have said yes, we've learnt some lessons from the people in our life.

There will be moments of happiness as she becomes older, but when she first came, she accepted that it would be quite a difficult life—but she is a special being.

Lilian: I agree with that—she'll be interested to hear that.

Yes, but she needs more time before she feels a kind of freedom from difficulties.

Lilian: Right, well I'm sure that will help **(yes)** a lot, thank you.

I will try to see if we can help her more.

Lilian: Thank you, thank you very much.

Now my dear friends, I feel I have spoken enough this time. I am so pleased to join with you and the bond become stronger each time we meet. So I say to you, continue my dear friends, be aware of

everything around you, be sure of the love that comes to you from Spirit, because indeed you *ARE*, as I have said, great ambassadors for Spirit.

General thanks

Lilian: And I'm sure Eileen is getting a lot of help from people on your side and yourself at this moment.

As all of you, she *will* have some help.

General thanks

I leave you always in my thoughts, in my light, in my love.

Thanks

Sarah: Very pleased for you to come to us as well—I always think of you as just being our *friend* as well as our teacher—thank you!

(NB: For a good summary of Truth see: 30.09.96)

Next, one spoke very briefly through Sarah as a prelude to a child rescue, which was also through Sarah—

audio link: http://www.salumetandfriends.org/app/download/8117536/2017_10_09+rescue+via+Sarah.mp3

I'm just chaperoning someone who wishes to come.

Mark: Are they going to come through someone else then?

I, I... I'm a little, a little concerned; I lost my friend, if I could have a little help.

Lilian: Yes OK, we're here to help you. (*I...*) Yes go on, if you can tell us, we'll know how we can help you.

I was lost.

Lilian: Yeah, well you're not lost now, because I'm talking to you. Can you tell me how old you are?

Distressed sighs

Lilian: OK, you'll feel better in a moment. Can you tell me your name? My name's Lilian and I hope I can help you. Next to you is Mark.

Mark: Hello.

Lilian: Yeah? You're beginning to feel a bit better I know. Where are you?

I don't know... I don't know...

Lilian: OK, well we'll try and help you. How old are you? Can you tell us your name?

I'm eight.

Lilian: You're eight? And your name?

Angela... Angela...

Lilian: Angela, well hello, you got lost have you? (**Yes**) Are you in the woodland? (**Yes**) Right, well if you take my hand. Now you're coming out of that woodland then into a field, do you see?

Yes...yes, a field...

Lilian: What can you see in the field?

A pond.

Lilian: A pond? Do you like ponds?

No... no.

Lilian: Do they frightened you a little bit? (**Yes**) OK, well look beyond the pond and what do you see? Can you see other children? They should be waving to you. (**Yes**) Do you see them?

Yes, but they're near the pond.

Lilian: They don't mind the pond, so we'll forget about the pond, and they'll walk away and take you with them. What would you like to do? Fly kites? Or throw a ball?

I'd like to go home.

Lilian: You'd like to go home? (**Yes**) Well first of all, I think if you could play with the children and if you look again you'll see a nice lady there—very pretty. (**Yes**) Does she *shine* a little bit? (**Yes**) Let's call her an Angel, should we? You'd like to see in angel?

I don't know what an Angel looks like.

Lilian: Perhaps you can tell me, what do you see?

This lady, she looks like a nice teacher.

Lilian: Does she? **(Yes)** That's good, maybe she's an Angel *really*—so the children are starting to play with you?

They're coming nearer, yes.

Lilian: Good, I'd like you to go with the children and the lady, **(yes)** and they'll take you and look after you for a little while.

Yes... I'm cold.

Lilian: Yeah, OK, if you feel my hand grabbing here, I'm coming down your head—you're beginning to feel warm, aren't you? The sun's coming out, the birds are singing. **(yes)** As long as you're warm.

Yes, that's better, better... yes...

Lilian: I'd like you to go with the lady and the children, they'll all talk to you and chatter away and give you some toys to play with and they'll play with *you*.

Yes, then they'll get me home.

Lilian: Yes, they'll explain all about it to you, but for just a little while, if you stay with them, **(yes)** until you're feeling happy and warm and so on, OK? **(yes)** You'll do that for me?

Yes, thank you.

Lilian: Right, and you'll be as happy as can be.

Yes—the lady's got her hand towards me. (Good, right) ***Yes, OK I'm coming, I'm coming, yes.***

Lilian: You'll be OK.

Yes, thank you... yes...

Lilian: Good, so I'll say bye-bye and leave you with the lady.

Yes...yes...

The evening finished with another rescue, (Lady Catherine) through Eileen—audio link:

http://www.salumetandfriends.org/app/download/8117547/2017_10_09+rescue-Lady+Catherine.mp3

Lilian: Hello, thank you for being here with us.

And who might you be?

Lilian didn't hear this at first and Sarah repeated it for her

Lilian: I'm sorry, I'm a bit death—more than a bit.

I don't need to know that the information.

Lilian: No, but it shows you that I don't always hear what people say—I'll try a little harder.

Well, I certainly didn't ask you to listen, did I?

Lilian: My name's Lilian, if that's any help, can you tell us your name?

No I will not!

(Background chuckles—normally laughter during rescues is rare, but this one was different)

Lilian: That's not very friendly.

It isn't, is it? I will not be told what to do.

Lilian: Do you know where you are?

Of course!

Lilian: You do—you know you're sat with us, in a room?

With us? Who's us?

Lilian: Oh, there is a room full of people here.

Well they've got no right to be here.

Lilian: Where do you think you are?

In my chair.

Lilian: Right OK, so did you ever think what would happen when you die?

Well of course everyone does, don't they?

Lilian: Yeah, what did you think?

Well, not a lot.

Lilian: You thought it was the end.

Of course it's the end! If you've died, it's the end!

Lilian: You didn't think of the spiritual side of you?

No, I don't believe in all that stuff and nonsense.

Lilian: Well, that's what's happened to you, you're sat in this room with us and our job is to help people like you that hadn't even thought about another life when you die—that's what's happened.

Deep breath

I'm really losing my patience!

Lilian: Well join the club! Yes, I wish you'd give it a thought, because this is really quite serious and I don't want you to go away and not know where you are.

You're quite a force, aren't you?

Lilian: I tried to be—I think you are to.

I think I may even get to like you.

Lilian: Yes, good, but no, seriously there's the physical side of us which you've left...

And no good to anything either!

Lilian: And then, there's a spiritual side, and you now belong in the spiritual side of life—call it heaven if you like.

You sound like that silly old vicar down the road.

Lilian: Well, no, forget the vicar. Is there anyone you'd like to see? Someone that's died before you, and I'll bet you, you'll see them waiting—someone you were very fond of?

Well of course, I would wish to see Sir Henry, if I could, but I'm not sure that will happen.

Lilian: I think you will.

You do?

Lilian: Yes, positive, now you're feeling very well—no aches and pains, ***(No)*** all that's gone

That's true.

Lilian: And if you look ahead of you, you should see a light, maybe small to begin with, but it's growing.

I do hate to be told off.

Lilian: Well just listen and you'll be pleased at the end.

Ok, I really rather like you.

Lilian: In that light, ***(yes)*** who and what can you see?

Well, it's blue in the centre.

Lilian: Carry on looking.

Yes, yes it's very bright, I feel like I want to go there.

Lilian: That's right, and you'll probably see someone in a moment—Sir Henry?

Well, I would like you to come with me.

Lilian: Well, I do have a few more jobs to do, like helping people that didn't believe in Spirit, didn't give it a thought, but we all go the same way.

So what's on the other side of the light?

Lilian: Well I'm hoping you'll see your friend, or your husband or whatever.

My friend? How disgraceful!

Lilian: He was your husband, was he?

He was my husband!

Lilian: Ah right, well I'm hoping he's waiting to help you; he should be there waiting for you.

Well I can see some movement, and I am, I am keen to go forward I think...

Lilian: Yes, that's good, that's all we need to know is that you're gonna go forward. Your Earthly life is finished with and, you'll live another life in spirit. In other words we can't really die, it's just different—you're going *Home*—a lot of people call it 'going home', where you belong.

Well, I'm happy to be going home.

Lilian: Good, that's the main thing.

Well I do, I really rather like you, (Good) so I will go.

Lilian: Well, thank you for listening and I hope you'll be happy—I know you will.

What is your name?

Lilian: Lilian.

Lilian, yes, not a bad name.

Sara: What about your name?

No matter! I don't like to be spoken to like that. I do not give my name, unless it is to Lilian.

Lilian: Well, thank you for that, *(yes)* but we're happy to see you go, that's the main thing—we've done our job.

Someone said I was rude, how dare they? By the way ...

Lilian: We go on very well, didn't we?

Yes, and tell whoever asked that my name is Catherine

Lilian: Catherine, *(yes)* oh I've got a granddaughter, it's a lovely name.

But I really mustn't stay, I have to make haste, I can see them calling me now.

Lilian: Lovely.

It is lovely, yes, goodbye Lilian.

General goodbyes to Catherine and as Jan pointed out, as she was married to Sir Henry, she was actually Lady Catherine; and everyone congratulated Lilian afterwards with another rescue extremely well guided home.

SALUMET — 6th November 2017

We had a good long list for healing prayers this week, before Salumet spoke—audio link:

http://www.salumetandfriends.org/app/download/8260463/2017_11_06+salumet+%28smaller%29.mp3

Good evening.

All: Good evening Salumet.

It is good to be with you once more my dear friends.

Thanks

Sarah: It's good to have you too Salumet.

I do not intend to stay long this time, but I wish to speak with you about so many people who are suffering from what you call depression. It is noticeable in your world where there is Winter-times, how low people can become. I say this to you my dear friends, they need to cultivate the vision of sunshine within their bodies; this would help to raise whatever is troubling them. I understand it is a very wide issue to discuss and many reasons for it, but again I will say to you that each and every one of you takes the responsibility of how your mind and your body, how they are working together. Many in this world would say: 'but I do not wish to be depressed', but they are allowing it to happen to themselves.

Paul: Yes.

You agree?

Paul: Yes, just sort of anecdotally, we heard about a lady called Louise Hay who passed to spirit this year, and I didn't realise, but she had a *very hard* childhood life, but it didn't seem to have the effect of depressing her, it seemed to spur her on to have a *very positive* life.

Yes, because the *mind* was *strong*; if you allow the *mind* as well as the *body* to feel low, then you are fighting a double-cause, if you like. You need to visualise, you need to feel *love*, and you *need* to feel that love for others, to allow the spirit within your physical bodies to become stronger. Do try it my dear friends and you will begin to understand my words. Practice every day to love yourselves, to love the bodies that you are in; remember it is but a cloak that can either keep you warm and secure, or opened wide to the world, can allow you to become *chilled*. I cannot simplify it any more for you, but we come back to what I have always told you that *the mind is the most powerful thing you will ever possess*—and really the word 'possess' is not the correct one, because it is a state of being, but for earthly language I will use: 'what you *possess*'. I hope each one of you can take in your own ways what it takes to be stronger, to give out love and also to *receive* love, because that is another aspect that depressed people are not very good at, in *receiving Love*; because there is so much negativity around them, or they *feel* they are surrounded by that negativity.

Sabine: Not loving *themselves* enough.

Not loving themselves enough...

Sabine: ...so they don't feel worthy of the love that's being given.

Yes that is quite true.

Sarah: You have also told just in the past Salumet I think that depression can be caused by thinking too much about yourself.

Yes, it is what you would call an ego—too much ego; yes there is of course a *very* fine balance. I make it seem simple when I tell you what you must do. For those who suffer with this depression it is very difficult to raise yourself, sometimes on your own, but there are always those who love you, whether it be a parent, a child, a friend—someone who could encourage you, to uplift you, and what better way for upliftment than your daily 'dose' shall we say, of meditation.

Paul: Yes, absolutely—that always steadies the ship. I think that's so important doing it every day, **(Yes)** even if you don't think you'll need it, it has to be practiced.

It is part of your being; if only mankind would realise how important it is, I think they would be shocked to know just how much help we can give; if only they will put themselves into the Great Creator's hands.

Paul: I've literally experienced where I've been worried about something and it's just dissolved into a big smile, **(Yes)** with meditation.

Yes, because in meditation you are first and foremost Spirit; the body should almost disappear from your consciousness, it is just a state of being.

So my dear friends, I hope I have brought a little comfort and I am sure those who are feeling low will soon find the way to help themselves.

Thanks

Sarah: Could I just say one thing Salumet, there was a programme on television where they were talking about depression and they were saying that they're treating it now using the immune system—there's a 'rogue something or other' in the immune system and when they treat it that helps with this.

Yes, there are many ways to help and medication is one of them, but the fact still *remains* that those immune systems have in some way been impaired by the thinking of the person. You understand? Of course, we are helping doctors and other people to help anyone who is in need.

Sarah: I think they were talking about treating this 'rogue thing' with stem cells, not with pills.

Yes that has been a way of helping people for many of your years now; but yes, whatever helps, whatever helps the soul can only be good.

Paul: In a way that perhaps isn't quite ...

That is not the ideal.

Paul: ... better to deal with the mind.

Yes, it is much better if the individual can see for themselves what is happening—and what is happening is that they are going further away from the Great Creator when all help is available to each and every one of you.

But I do not wish to make it sound as if it is like a magic wand. Many people who come to this planet suffer for all of their lives because they have not yet found the way that suits them. You understand?
(Yes)

So I hope I have given you just a little more to think about.

Agreed!

Paul: I don't know if you could just quickly clarify—I think I understand where *suicides* are concerned, they have to come back and redo what they were 'running from', sort of thing—escaping from, in another life. One of our readers would like to be assured that their son who recently committed suicide, *will* still be able to be in contact with other deceased relatives—he won't be sent straight back to Earth I think, will he?

(No) He'll be allowed access to his mother, who is in spirit?

Those of you who know and understand this work—it is always distressful to human beings when another takes their own lives; there are many aspects and thoughts and thinking about this subject, but I have to say to you only what is truth, and those who shorten their lifespan here have to at some point,

and I stress 'some point', will have to—to say 'pay' for what they have done makes it seem unkind—it is not meant to be, (no) because most of them, their minds are in the wrong place at the time of taking their own lives; but they do have to recognise that what they have done is against all things meant by The Creator. (Yes) But they will never be alone—I have said before there are always people there to uplift, to guide, to help, and until they come to the realisation, they are buffeted from all things, until they realise that what they have done was not the best plan of action.

Paul: Yes, it's almost—they'll have to forgive *themselves* for doing what they did; (Yes, of course) others will of course be able to forgive them.

But as soon as they realise that, and I can tell you that generally it is very quick, and they understand very quickly, so that does not stop communication with other loved ones.

Paul: Ah, thank you—that will be reassuring I'm sure, to the family.

Yes, that is why it's important with people who are depressed especially, their minds are not in the right place, and although it is not the best result, it is in some sense understandable to *their* minds. (Right, yes) It is freedom from pain and suffering; that is how they generally look at their lives.

Paul: Right, and of course they probably aren't aware of the spiritual truths that we have been given.

Yes, because most people who are depressed will tell you: 'I do not want to be depressed,' but in a sense they are feeding from that, because they are not recognising the truth of what they should be doing. But please do reassure the gentleman that his son will be available to him as soon as he can.

Paul: Wonderful—yes, he's on the reading list, so he'll get the full words. (Yes) Thank you, thank you very much.

I will take my leave my dear friends and hope that my words have brought you some kind of comfort for many that you can help in some way.

Thanks

As always I leave you cloaked in my love and until we come together again, please, please be sure that you give time to your meditations.

Agreement + thanks

Finally another spoke through Eileen—audio link:

http://www.salumetandfriends.org/app/download/8260479/2017_11_06+Charlie+the+Formidable.mp3

Hello there.

All: Hello.

Is it ok if I pop in for five minutes?

Sarah: Pop in for 10 if you like.

I was just listening to the last one and I don't know why I can't do that—use naughty words.

Chuckles

(Referring to Mark's granddad's phrase: 'bloody silly')

I don't think it's very fair; and no sir, you don't change very much when you come here. (Right)

So if that's true why can't I say that 'B' word?

Chuckles

Di: You're too polite!

Oh yes, because there's ladies present—they're the worst ones.

Giggles

I don't know—I wouldn't dream of it.

Sarah: But you used.

Who's that? You know me so well!

You're a quiet little lot, ain't ya?

Sarah: Sometimes we are. (*Sometimes?*) I think when we're waiting to see what we get—if anybody wants to come through to us or what we're saying; so if you talk through all that then you don't get the information.

Di: You can't concentrate.

What you mean I'm alone nobody?

Laughter

Is that what she's saying, I'm a nobody...

Sarah: No, not at all!

You are a cheeky one, you are!

Chuckles

Not many people talk to me like that, you know.

More chuckles

Sarah: I didn't know I was talking adversely to you, I was just speaking...

She's REALLY cheeky, I quite like her!

Laughter

I like a woman who'll stand up to me, yeah.

Paul: Were you quite a formidable character—well, you still are probably.

A what?

Chuckles

Paul: You sound like quite a formidable character.

Oh, don't give me any of that big tough talk! (Chuckles) Formidable—what the hell's that mean?

Di +: A strong woman.

Oh, I'm not a woman!

Di: Oh, sorry—a strong *man*.

Chuckles

See, we got another woman here—see what you've caused? You've caused nothing but trouble.

'Formidable' I'm going to take that back with me, because I'm a formidable.

(More laughter)

Sarah: You're not 'a' formidable you're a formidable *character*.

...All these long words ...what about the ladies down the end, they're not saying much. Come on, let's be hearing you.

Serena: I thought I heard somebody like you in my meditation this morning. (*Did you?*) I did yes.

Well, you best come out of it quick then my dear.

Chuckles

Sarah: She's too young to come over, (*Yeah*) and the other ladies even younger next to her.

Yes, she's quiet, isn't she? Go on, say something my dear.

Natalie: Hellooo.

Oh, she's sweet, isn't she?

Chuckles

Di: You've put it on the spot now.

Hello my dear—don't you be listening to any of these 'ladies'.

Di: A lot of innuendo going on here. (*Yeah*)

Sarah: And then there's one more. (*Sabine*)

Oh, she's nice, isn't she?

Sabine: I think you like to tease a little bit.

Di: A bit of a flirt. (*Agreed*)

No, I can't be that AND formidable.

Chuckles

You're a cheeky bunch, I can see that.

Di: Well you've just cheered us up and made us all chatty now.

That's right, that's what I like.

Sarah: That's what you came for, is it?

I like a bit of fun, especially when the gentleman said you don't change much when you go over—here's my chance!

Chuckles

Sarah: So what did you do before you went over?

I was formidable.

Laughs

Di: What were you formidable at?

Oh, don't complicate matters dearie! (OK) You're a troublemaker—a little troublemaker, I know...

Sarah: We won't tell your wife.

Anyway I've cheered you up, haven't I?

Agreed + thanks

Do you know what, every time I'm back I twiddle my thumbs and I'm doing it again—must try and stop it.

Sarah: That's all right. Do you come back very often then?

No—I won't forget you dearie.

Sarah: Well, I look forward to meeting up with you sometime then.

Then we'll be 2 formidables—the formidable duo!

More laughs

I really must go now. Thank you very much for all my cheek.

Thanks

I might even come back one day.

Sabine: Please do. *(Agreed)*

Sarah: There might be some other formidable people here then, because there are some more of us—some people aren't here today.

I don't tell many people my name, but you can call me Formidable Charlie. (Laughs)—That's got a nice ring.

Sarah: Or Charlie the Formidable?

...No, Formidable Charlie...I have to go, they're calling me.

More thanks and byes.

Notes:

Salumet has talked about depression previously: 21/07/2003, 05/11/2012 and 15/12/2014

Perhaps this evening has encouraged us to heal ourselves NOW, here on Earth, which is after all, our kinder garden/planet of learning, where we can learn to love ourselves more fully and everyone else too, with the help of our daily "dose", as Salumet says, of meditation to tap into that upliftment and healing spiritual love.



This was the first meeting of the New Year and after healing prayers and discussions, Salumet spoke—audio

link: http://www.salumetandfriends.org/app/download/8535837/2018_01_08+salumet+1.mp3

Lilian: Good evening.

Graham: Good evening Salumet.

Good evening.

All: Good evening.

Sarah: Thank you for coming.

Jan: Happy you are with us again, it seems a long time to us.

As you enter into another year of earthly life, I would say to you my dear friends, as I have listened to you all, as I have felt your pain, as I have felt your desires and your hopes, I can only say to you: All is moving in the right direction. I know, these are not words that are taken easily, especially when life feels like it is against you. Let me say this to you my dear friends, we never promised that life would be easy for any of you, but take a moment, look back—and you know that is something I do not advocate, looking back, but rather to move forward—but on this occasion, I would like you all to look back to

happy times, to understand how you have grown, how you have understood yourselves, just a little more, and then, you will understand that life continues forward. Sometimes, with your free will, you do not allow yourselves to feel in the moment, whether that moment be one of joy, of happiness, or of sadness, I still say to you, continue forward, and in doing so, spiritually you grow greater. I know this is not always easy to accept, but if you do not move forward, you become stuck in a kind of a spiritual fog; so you must say thank you for whatever good has coming into your lives, even if that good has to disappear for a while, give thanks to that Great Creator, that he is helping you at ALL times. Do you understand what I am telling you?

Agreed + thank you

For the past few years, we have been encouraging all of you to look deeper into your Soul, to find that part of you that is eternal, to recognise in others your own weaknesses; do you remember that teaching? Where there is fault, look only to yourself. Do you remember?

Agreed

I would like you to think about this a little more deeply, and you will find just *how* much you have grown. How many times have you stopped in your tracks and said, '*I must not do this, or I must do that*'? It is that Soul within which is guiding you all. So I am saying to you my dear friends, that this your new earthly year, holds many surprises for you, brings more knowledge to you, and I know brings many blessings to some of you. Few words, but a very deep thought, and I would like you my dear friends, before we meet again, that you have discovered within yourself that little piece of the Creator which will continue to ever move forward. Never allow life to become static, allow thinking to be filled with Love and, when I say Love, I mean Spiritual Love, the kind of Love that overflows all things, you understand?

Agreed

Do you have any questions at this time?

Sara: Can I ask a question, Salumet? **(Yes)** I was recently asked a question about homosexuality: As we know, human beings exhibit different sexual behaviours, involving either the same sex or the opposite sex. Fortunately, our world is becoming more accepting of all choices. Why is it, and why has it been such a problem for so many people to accept homosexuality? I assume that people are afraid of it, and if so, why are they afraid of it? My other related question is, is the sexual orientation or choice of a human being linked in some way to our previous incarnations and gender? Sexuality in general on our planet seems not to be very well understood or viewed with much balance. Could you comment on that please?

I would say firstly to you, that perhaps you are not quite correct in saying it is not accepted. I would like you to think back one hundred years, or a little less, where it was frowned on and many things were hidden from the majority of people. I have spoken on this subject before, and if you remember, I told you that as human beings, you are both male and female in gender. How it happens, why it happens and why people do not feel connected in any way to people of this sort—and I do not say 'sort' derogatively, because it has been their choice to do this. What I have said previously, when there is a problem of any kind, you must look towards *YOURSELF* to see where that problem lies; it may be that your thoughts are a little unbalanced, because every human being upon this planet is in the image, and I will use the Christian faith, in the image of their God. If that is so, and that is acceptable, why should there be a problem to another being? As long as no one person hurts another, how can it be wrong? But, the problem is, anything that is different or not of 'the norm' as you would say, is frowned upon. It is fear, basic fear, that you do not want to become as they are; it is a deep fear, an understandable fear, and one where opinion has to be considered, because you do not have the right to tell another human being how they should live. It may not be what you like, but in that case you just leave it alone and focus upon your own lives. Does it help you with your question?

Sara: Yes, thank you, I think it would be nice to have that as a public, you know, a few words for the public on it, because I think there's a lot of confusion.

Well, I believe that is has been dealt already.

Sara: It is

People are much more open in your world today.

Sara: Yes, much better than it used to be. **(Yes)**

Sarah: There are countries though that don't allow it, so...

There are many countries who do not have the same thoughts as you do, whether it be gender, whether it be the way that women are treated, there are many issues in your world, and it is up to each individual to be responsible for their own thinking. I think that is the issue here that people have to be allowed to be who they want to be. (Yes) The time of looking at yourself comes when you pass to Spirit, you understand? (Yes)

Sarah: So when two men or two women are attracted to each other, are they...

Unfortunately... I beg your pardon, I interrupted.

Sarah: I was going to say, are they attracted spiritually or physically or is it both?

It is a physical thing whilst upon the Earth, but it is an attraction of spirituality in a sense because it's two units of life and light which are drawn together, (Yes) and if you can understand that each man, each woman is of male and female gender, how can that be wrong? You have to look at it on a higher level.

Di: It's names that we've put on it in this world really.

Yes, there are many things you do not agree with, there is nothing wrong with disagreeing, but, if it affects your attitudes towards another being, then you have to be careful why you are feeling that way, and that is when I say, *look within yourselves*.

Lilian: Am I right in thinking that you once said, sometimes the spirit comes back too quickly without taking advice on coming back as another person?

Yes, that can affect gender, we do have Souls who are far too anxious to return to Earth, and sometimes you will find, and this is the reason why small children tell you that they feel they are in the wrong body. (Yes) Yes, it happens.

Sarah: What I find difficult about the 'looking within yourself' and we should never judge anybody, but when you feel that somebody in our society is doing something that I think most people would consider not to be right, then it's very difficult not to think, well, that really wasn't good what they were doing, and I know you were saying we shouldn't judge, but that is what I find very difficult. You can have differences of opinion, but when you see somebody doing something that is not nice to another person...

That is a different matter altogether, I have just said, as long as it harms no other person.

Sarah: Ah right, OK yes.

Of course you have laws, you have rules and regulations as human beings, but what must never happen, is that you deliberately hurt or abuse another person, because of something they believe and you do not.

Ben: Can I ask a quick question as well please? **(Yes)** While we're on the subject of relationships and things, I read somewhere once that, who we choose to have a sexual relationship with is important, because when you come together with somebody else, you're blending some energy together, and, people who maybe have sexual relations with lots of people on a regular basis, is that damaging to their, sort of Soul?

It would be something for them to look at when they pass to spirit, the reason behind their acts. Some people, and after all, I would say, between two human beings, the sexual aspect of it can be what you would call, the icing on the cake, especially if you have deep Love for the other person. But, you have to accept that when people are with other people sexually, that is their free will and their choice. You cannot put everything down to being a spiritual activity. The most you can do for another person is to Love unconditionally; and I would say that is the most powerful words I could give to you.

Lilian: That's the hardest...

Di: That's the hardest thing to do, isn't it? **(Yes)**

Ben: Being able to forgive...

Forgiveness must take place, no matter what the subject matter, no matter what the problems; if you cannot forgive, you are then living with anger and probably hate for some reason. You have to be able to let go.

Ben: And forgive yourself as well?

Forgive yourself first and foremost, because until you can, you cannot do it for another human being.

You understand?

Ben: Mm

Jan: Yeah—on a relationship, I've been struggling the last week or so, with my mother.

You have a love/hate relationship.

Jan: I know, but this time when I blew—it's like a red mist comes over me when I do blow—I've forgiven myself a lot quicker than I ever have before.

Which shows how you have grown.

Jan: Yeah, I have noticed that, whereas before, I always joked that I was born guilty, cause that's how I've always been, I've always *felt*, where my parents were concerned.

But it is a very good lesson to learn, but what you have to do now, is learn to let go. (Yes) You can feel upset, you can feel the anguish, but you do not wish to create more trouble. So what you must do is *feel* those emotions and then, to gently let it all go, (yes) and you would find, that if your demeanour is that of gentleness and Love, it will have a great effect on the other person.

Jan: Yes, I did come to the understanding this morning, **(Good)** inwardly, that it's much better to be with a *negative* person while they're *here*, to be with them than be without them, **(Yes)** so unconstitutionally, I've eaten humble pie, as they say, I've...

But you have not eaten humble pie, you have *grown* my dear. You have grown spiritually just in that recognition. Do you not understand that?

Jan: Yeah, I do, because I can *feel* it; **(Good)** occasionally, I'm not quite sure how to deal with those *deep* emotions that I have surrounding it.

Yes, but you will. It is much better to try to sort things out whilst you are on the Earth plane, because if you carry them with you to Spirit, you know very well, just by being within this group that people come back with their problems. So, it is better you can only work upon yourself, you cannot change quickly the other person, but you can influence them.

Jan: Your initial speech, talking about recognising it in ourselves and basically working on ourselves first, **(Yes)** rings very true. I can't change this person while we're together, it's just the way I deal with it that's the important thing.

We also in spirit understand these emotions and feelings. After all, we would all like to change your world for a better, brighter, more *beautiful* planet, but we have to take things as it comes, we have to deal with things as they come, we have to feel Love for everything and everybody upon this earthly planet, (No matter...) No matter. So you see, we understand, I know sometimes that we feel we tell people what they should do, but they don't fully agree or understand our words, and I am going to leave you this time, I think you would probably call it, my favourite word, you know what it is?

Jan: Is Love.

It is Love. Please, my dear friends, think about this and perhaps next time we come together, we can discuss how that one word can affect each individual. So think about it closely.

Ben: Can I, before you go, I wondered if you could help me with any specific comments on the situation that I've been through recently with Zuzana? And any upliftment for myself would be appreciated, and also for her as well.

I am sure your dear friends within this room will give you all the support and upliftment you need, but we are aware of what is happening, and I will tell you, and I do not often tell individuals, that lady is a Soul mate; but Soul mates, it is misunderstood sometimes, that people think that Soul mates are special beings that you are meant to be together forever. Yes, you will be together forever, but it does not mean that everything is rosy in one lifetime.

Ben: OK, so there's a connection there deeper than...

There is a deep connection there for you, but, she has made a choice, and you must agree to let her make her own choices.

Ben: Because she has free will.

Because both you and she has free will. But even for a short time, if you meet your Soul mate—and not everyone does in every life time, if you meet your Soul mate, the strength of feeling is so strong, and this we understand my dear friend. (Thank you) We will try to give to you, not only upliftment, but upliftment and understanding for your friend.

Ben: Thank you. Can I also ask, you talk about Soul mates, do we just have one or is there a number of Soul mates that we have?

You can have Soul mates... there is one particular Soul mate who may come in different forms, in different lifetimes. It is not always man/woman connection, a lot of people seem to think that it is man/woman connection—not so.

Ben: But she was my Soul mate? **(Yes)** OK, thank you.

Sarah: When you say not always man/woman, is that when you're saying it could be man/man, woman/women?

Di: Or even child

Or your child...

Sara: Sister or brother...

Yes, any two people, because of course you know, you can transmute, it doesn't necessarily, but I know from my workings upon this Earth that most people assume that it is a man/woman connection—not, not so.

Sarah: Could I just go back to what you said to Ben, that you said that they will always be together.

Spirituality...

Agreed

Jan: We very rarely I would think, marry our Soul mates anyway—very rare.

You may never even meet them, yes.

Agreed

Ben: So why were we, were we brought together for a reason then? Was there a higher purpose for why we found each other?

There would be a higher purpose, I cannot tell you that, I cannot give to you why that has happened. That is something you could look into; I am not here to lead your life for you, that is not my purpose, but I feel at this time it is necessary for you to know, for your own understanding and your own peace of mind.

Ben: Thank you.

Jan: In time that may be of a comfort to you Ben.

Ben: Yeah, I think it will be and hopefully she might reverse her free will.

Gentle chuckles

Yes, well, only *she* can be responsible for that. And only *you* can be responsible for your way of thinking.

Ben: That's very helpful.

Jan: A privileged meeting, really.

Ben: Yeah, it does feel like that, which is why I'm not angry, I'm just disappointed and hurt.

But what comes after disappointment and anger, is Love and Joy. It may not be what you see now, but, on looking back you can see how things improve. Well my dear friends, I will take my leave; as always it has been a great blessing to have joined with you. I feel your Love, I feel your pain, your anguish and your puzzlement of life; so I leave you cloaked in my Love and those in Spirit who wish to bring only Love to you all.

General thanks

Sara: Our Love goes with you.

Notes:

Sexuality: This subject has 'arisen' a fair few times over the years...

08/08/1994 – the merging of the sexes

01/02/1999 – paedophiles / perversions – dark seeking light

04/12/2000 – homosexuality and transgender

04/11/2002 - homosexuality and transgender

Soul mates: The subject was spoken about on 17/10/1994:

As your soul develops, so you gain in knowledge and love, throughout the many ages and developments of your many lifetimes. Your soul mate, is in actual fact, a part of the original spark. Can you understand that? It is like the pea that is split in two. It cannot ever be divided, in a sense. When the two come together, they form as a whole. Remember, I am trying to explain in simple terms. You separate the two parts of a pea, they can go in their separate ways, but when they reach the point they can be joined together, they become as one. Soul mates are intimately one whole. It matters not what their sex is, male or female, that is not important, but the meeting, the joining of the two 'Sparks', I would prefer say, when the joining comes, nothing or no one can separate them. They can in actual fact, meet down through many lifetimes, not always as soul mates, but in other degrees of relationships, can you follow me?

On 12/11/2001, Salumet also stated:

Let me say this to you: that Earthly words become much confused when spiritual matters are spoken of but we know that your Earthly words have to be used in descriptive language in order for you to understand. The problem lies that one avenue of ideas becomes what you term 'the normal'. I am here my dear friends to tell you this time what the difference is. I have told you previously that the soul-mate does not often meet in the physical world. That statement still stands. I will not change those words because, you see, the soul-mate—without becoming too involved in highly technical details, because my friends that indeed would be foolish because you would not understand—again we are speaking of energy. The soul-mates were created together for all time, from the beginning of what you know as *time*, and that subject is much too complicated for us to discuss here. I could speak of molecular energy, I could speak of all kinds of energy but I feel that, for you, would confuse the issue. Soul-mates were created together. They vibrate on the same electromagnetic wavelength. They are counterparts of one another. That is the simplicity of the soul-mates; that they are energy which is vibrating on the same energy line. Do you understand? It is an issue of words again. That is why true soul mates do not meet in incarnations except very rarely: there is no need when they incarnate at the same frequencies. Does this make sense to you my dear friends? Now we come to twin-souls. This indeed should be the term you use instead of your soul-mates, which is used most often in your world because twin-souls meet many, many times in different incarnations and their purpose is in recognition, in coming together to try to form and create and blend into one energy; that is the purpose of their coming together. All of you in this room are twin-souls. You have met in other times, in other lifetimes.

Exercise for self-development:

Salumet stated earlier:

For the past few years, we have been encouraging all of you to look deeper into your soul, to find that part of you that is eternal, to recognise in others your own weaknesses—where there is fault, look only to yourself. I would like you to think about this a little more deeply, and you will find just *how* much you have grown. How many times have you stopped in your tracks and said, '*I must not do this, or I must do that*'? It is that Soul within which is guiding you all. So I am saying to you my dear friends, that this your new earthly year, holds many surprises for you, brings more knowledge to you, and I know brings many blessings to some of you. Few words, but a very deep thought, and I would like you my dear friends, before we meet again, that you have discovered within yourself that little piece of the Creator which will continue to ever move forward. Never allow life to become static, allow thinking to be filled with Love and, when I say Love, I mean Spiritual Love, the kind of Love that overflows all things, you understand?

SALUMET — 19th February 2018

After prayers, there was feedback about the clairvoyance last time, concerning Amy and Emily and how the messages had been of great help. Salumet then spoke—audio link:

http://www.salumetandfriends.org/app/download/8736343/2018_02_19+salumet.mp3

Lilian: Welcome to you.

Good evening.

Greetings

As always, I am happy to be with you, my dear friends.

Jan: And us here with you.

Agreed

We give a welcome to the dear lady who visits us this evening.

Corinne: It's lovely to be here, thank you.

As always, I have listened with great attention to all your healing thoughts this evening. We wish you many thanks for these offerings and I know that you ask so often and with love and with dedication to Spirit; and for this we thank you.

At this moment in your earthly time, there is still so much unrest, so much dis-ease, and I wish to say and to reiterate once more, do not be afraid, my dear ones; do not be afraid of what is happening, not only on this planet, but further afield. I know sometimes that it is difficult to question that all that is said is quite correct, and I am here to reassure you that all will be fine. I hope you take those words and really believe in them, because being Angels of Spirit, we do not need you to dwell upon negative thoughts; in that way, you are extending your Love for good, for the betterment of all mankind. And this is what I wish you to try to cultivate more, as I'm sure you will.

Paul: I think we're learning to appreciate that *all* is fine, whatever the outcome, whether you pass to Spirit, or whether you stay on Earth, still learning and experiencing here—it *all* is fine. It's sad when there's suffering and pain, but we know these are part of evolution and growth, so there's good reason for it all.

Yes. You were endowed with these physical bodies for very good reason. They are what causes you grief and pain, as well as the mental capacity that the physical body has. So many ways for you to feel unsettled and to feel ill at ease with yourselves. But I say, live only in this moment, forget what has *gone* and look forward to what is ahead. I cannot say this enough to you, my dear friends. I cannot say to you to forget everything, because that is not quite the way to go either, because you also have memory. But what I am saying is that you must remember, but then allow it to pass. Do you understand?

Agreed

Di: We need to learn from what's happened and go forward. **(Yes)**

Sabine: Don't we say that your body is your best friend, so that the disease is kind of reminding you that you should think differently?

It is the housing of your Spirit, (Yes) and after all, do you not look after and maintain your physical homes?

Agreed

Jan: You've just described Salumet, what happened to me in the shower, and I shared with the group a couple of weeks back, where, when I was showering, I found myself being able to look out of my eyes as if they were windows, **(Yes)** where I met myself, **(Yes)** and I thought to myself, this body is literally just that, and I have to look after it better than what I have done, **(Yes)** but it was like three of me: The real me—the number 1 me, the personality me (2), and then the machine (3), in which I am. **(Yes)** And I met all three at once.

You have described it very well. Of course the Spirit is the highest power you will attain, so when you discard these 'physical housings', as I wish to call it at this time, when you discard this housing, you feel free, you feel whole and you feel much loved.

Jan: I did—just from my experience, everything you say, it was just that for not even minutes, it was seconds, **(Yes)** my whole being was: Wow! Why do I need...I don't need to worry about this or this or this, because this number one Jan, was just full of this pure love and energy...

...which you are, all of you.

Jan: Yeah, and it was an amazing feeling—amazing!

You have to bring that aspect of yourself to the fore, and then you will begin to understand just a little, what Spirit life is all about. You understand?

Jan: Yes I do, having experienced what I did, yes, I've had much more clarity, since that experience.

Yes, you should all by now, my dear friends, excepting the ones who've come recently, you should by now know yourselves very well, you should know that Spirit within is the ruling part of all of you. And of course, you have to be respectful and caring about that body that you have been given; after all, did you not choose to come in that body? You see already, you had to rely on your own knowledge to take care of the physical being from the very beginning; but you need to grow, you need to continue to grow. You understand this?

Agreed

That is why you must live in the moment, forget all that has passed and focus to whatever future you bring to yourselves.

Jan: We do create our own futures.

Your future is not static, it is ever-moving.

Jan: Exactly.

So of course, you may have a view of what is to come, but remember Time even can transmute itself, as also *you* can; so try to remember this also.

Now, do you have any questions this time?

Ben: I've got a question please? **(Yes)**

It was about on the 8th January we spoke about my relationship with Zusanna and you were kind enough to confirm that we were indeed Soul-mates, **(Yes)** and you have explained in the past that there is a unique bond there and we're created from the same spark and we'll spiritually be linked together for eternity.

(Yes) You said that we had a higher purpose for coming together during this incarnation, but that it was for us to work out the reasons for that; and we both have given this some thought and we wondered whether our meeting was to rescue me from an unfulfilling marriage in this lifetime. I also recently had my Angel-cards read and I was told that my chosen life lesson or karmic debt is one of heartbreak. Is this information correct, and if so, is the pain that I'm feeling from losing Zusanna part of clearing that debt? And could that lesson of heartbreak also be part of our mission together? Can you comment on that please?

It will only benefit you if you recognise what is happening and then as I have just spoken of, to let it go.

Even although you are Soul-mates—this is the misconception amongst humans, that because someone is your Soul-mate, that you remain together forever in one lifetime. That is not the case, you may only need to come together for a very short time, but it does not break the spiritual bond between you.

Whether your lives go in completely different ways, that matters not, it is the strong spiritual bond that is important. Yes you may be paying a karmic debt, but you must allow yourself to be free from it; and to be free from karmic debt, you have to recognise it as such and then to let it go.

Ben: So do you think my debt will be paid now?

Not whilst you are in a state of uncertainty, which you still are. But I will tell you, and I do not often speak of personal things, I will tell you that this period of your time, you will look back upon and realise how much you have gained from it—then your debt will be paid.

Ben: OK—and also, just very quickly then, I wondered if, there was an event on the Wednesday afternoon and I wondered if that was necessary to create the closure that I was looking for? Do you know about that?

I would only say about this matter that it has not created closure, because your mind has not allowed it to. You wanted in some form or other to have closure, but let me tell you, you have to work on it for a little longer; you have to forgive, not only your Soul-mate but yourself, and then the cut would be, how you would say, clean? And you will find happiness once more.

Ben: OK, thank you.

You *will* be happy, I can assure you.

Ben: Feels like a long way away at the moment.

Yes, but that—you are speaking of physical emotions; what you have to do my dear friend, is to allow the Spirit to talk to you, the Spirit within; and then you will have all of the answers that you request.

Ben: OK, thank you very much.

I hope that has helped you just a little.

Ben: It has yes, thank you.

All of you, when you come to earthly life, in human form, most of you I am sure have experienced some form of hurt in your lives, whether it be yourself or someone close to you. But what we cannot do for you is to live life for you—we are not allowed to come so close to you that we may do that, but we will try to help in all the ways that we can. You are not the only one who is suffering from a breaking heart. I have to say that the lady you speak of, although it may not be said in her words, is also suffering; but she too will find happiness. But just know that your spiritual bond is strong and you will come together again at some point.

Ben: So is our mission together in this lifetime completed now? I know she has free will, (Yes) but it's finished now, is it?

It should be finished, but I feel that the onus is on you—you are the one who is clinging on.

Ben: Maybe that's another life lesson that I need to learn as well?

Yes, life is full of lessons, not only for you, for everyone within this room. You all have something to learn. You may not recognise it, you may not feel it attaches itself to you, but let me assure you that each and every one of you has felt the tugging of the heart strings.

Agreed

The human body is a beautiful thing, but it also creates much unhappiness. But you have to take it as part of life's journey; and I know that's not words you wish to hear at this time, but your journey ahead is fruitful, your journey ahead is blessed and there are many in Spirit who are behind you.

Ben: Thank you, it's very reassuring.

Jan: It's, in my simplistic terms of putting it, it's number two person that creates the problems with the machine; it's number two who has the personality and who the heart is connected to and that causes the problems with the machine. Number one is trying so desperately to guide in the right direction with just pure, pure Love and those two battle—you know—in a nice way of putting it, they battle with each other.

Ben: They struggle. (Yeah) It's funny because it manifests itself as a real physical pain as well.

Jan: Although scientists have now proven that the heart does 'break', there is a real phenomenon called, when we say 'heartbreak', it *does*, in a way.

But it is in the same sense as the body breaks down in disease. It is all connected, it is all connected to the *thinking*.

Jan: Which is the personality, the number two. (Yes) I could put it number one, number two, number three.

Yes, but you have to recognise that it is just part of your journey.

Ben: I think it's reassuring to know that, when we both return back to Spirit we can reunite.

But you must not hold on to that thought whilst you are here. (No, OK) I really would say to you, my dear friend that you have to let go. I know that is easy for other people to say, but what happens is, you would eventually create disease in your own body, because it is a negative, it is a negative emotion.

After all, you would not abuse your car, you would not allow it to be under stress and strain? You would give it love and oil and whatever else you place within your cars, would you not?

Agreed

So why would you neglect your physical being? You must do what is best for the Spirit. We will uplift you and try to help as we do with all of you.

Ben: Thank you.

Do we have any more questions at this time?

Paul: I've got a question from one of the readers. This one's from David in Tasmania. He said he's come to understand that in his last life, he was killed on his birthday aged 32 on 28th April 1919, and he wondered if there's any spiritual significance to these dates?

Sometimes, when a Spirit comes *home*, especially when they return *home* under conditions which are not always good, they hold on to significant things of memory, and birth dates as all of you know have become an important part of human living. It is the human side of you which has created this; so yes, dates can be held on to for quite some time, for quite a number of incarnations. It is not something we have spoken of before I believe, but it is like anything else; we have spoken that people retain scars of

old injuries from another lifetime, and so it is with numbers and names and all of these things. The Spirit holds on, so therefore when they wish to come into another lifetime, they wish to bring it back to the same number.

Paul: Right, they might feel comfortable about a certain date?

Yes, many reasons why they do, why they hold on; but it is one of the reasons why you should let go of any uncomfortable feelings in a lifetime, you should allow them to go free before you return home.

Paul: So, would you say, there is not really any spiritual significance?

Not spiritual significance, no.

Paul: More of an almost superstition...

Well, I would not call it superstition—that makes me smile; no, not superstition, but just the need to hold on to part of a life.

Ben: So was it a coincidence that he died on his birthday?

No, he would have chosen. You choose when you come, you choose who you come to and you choose mostly the pathways that you take.

Paul: Yes, so it's another case of not letting go...

Yes, it is holding on to something from the past. It is simple, there is no mystery about it—it is, in the same way as people hold on to things from past lives—anything from a past life can be held onto, especially if they feel it has not been dealt with.

Jan: Such as phobias as well?

Phobias, are another case of holding on unnecessarily, yes.

Sabine: Yes, or having died in a certain way, like drowning, or in a fire...

Yes, it is something new for you all to think about.

Paul: It's almost like we cling to what we know, rather than...

Yes, you see, it may also be that the Spirit feels that to be reborn on the same day as someone passed before, it is almost like a new start.

Jan: A rebirth?

A rebirth, yes.

Jan: That makes a lot of sense.

Paul: Yes, we're creatures of habit.

Di: So if somebody's got a fear of drowning in this life, is that likely to be because they may have drowned in a past life, or is it just a completely irrational human thing?

It can be either, there is no one set answer to these things. Very often, the fear would come from another time, or from the life that they live now. It just depends on the life.

(Jan then asked Lilian about a question she had wanted to ask Salumet, but she couldn't recall it)

I am always amazed how little, or how many questions are not asked when I am actually here, and as soon as I am gone I can see that your minds are spinning; but, it matters not, because there is always another time.

Jan: So actually, you hear our questions?

I do, yes.

Paul: One question I think... me and Ben actually went to a talk a few months ago, and we had our doubts about it afterwards, but she claimed to be an extra-terrestrial *hybrid*, part human and part extra-terrestrial, but we couldn't quite see any point to what that could be about, **(No)** because we fully embrace the idea that we have brothers from other planets, but the need to hybridise with human...

Jan: Salumet answered that question for us last year, when he said it hasn't happened, we haven't bred with extra-terrestrials in the past.

Do you remember when first time I came to you? My words to all that were here—if there is something I say or anyone says that you do not feel is right, then you must let it go, you mustn't accept it; so I will say only that if it gave you an uncomfortable feeling, then just to let it go. That is not to say that everything will be untrue, only that perhaps you may not be ready for that information. But, I will say to you, no, there is no mixture, why, as you have said sir, what would be the point?

Paul: Yes, yes that's nice to know, it's one of those things that is said...

There are many of these people I know, who are confusing others, but that is not to say there are not what you term 'aliens'—I would rather call them brothers of the universe; but you must accept in yourselves what you feel to be true and helpful.

Paul: Thank you for clarifying that, I think that could be nice for the readers **(Yes)** to hear as well.

Ben: I think that was our conclusion, wasn't it?

Agreed

Lilian: I've remembered the question, have you got time?

I will take you and then I must leave.

Lilian: Ok, thank you. It's a good few years back now, I was reading an autobiography of a well-known person, an American actress actually, but she had been on holiday with a friend in the Himalayas and this friend who could walk better obviously than her and walked further. He had a friend that if he thought about this female, she could appear just beside him; but in the Himalayas, the mountains right at the top, was a group of spacecraft; I don't know where they came from. Would that be a true story? Can you confirm?

I will not deny that there are visitors from space, I will not deny that there are those who can appear in an instant, because there are those in other universes who are much more advanced than you. So yes, these things are possible and a mountain range, I know would be picked by quite a few 'travellers', shall we call them, who wish to be not so well *noticed*. That is why you hear stories of them landing in obscure places. I do not deny that they exist, but what I do not like is the assumptions that are made about them. But that is not for any of you to worry about, I feel that perhaps some of the people who speak so closely of them, are a little, how do I say, humanly unstable.

Lilian: She was an actress, so she would be used to...

It may be that she saw something, I do not feel it is untrue, but neither am I ready to say that what she saw was completely right.

Lilian: I don't think she saw anything herself, it was this friend that she was with.

Yes, but that can happen, that can happen; as you know, many things can transmute, can change their shape, their structure, so why not a being? (Yes) And after all, what is Spirit? It does not possess a body, but it can appear. So, I say to you my friends, just dwell and think on the points that we have brought up this evening, allow your brains to *stretch* and *grow*, but allow mostly, to allow the Spirit to *enter* and help each and every one of you.

General thanks

As always, I leave you with my Love, I leave you feeling protected and uplifted and I look forward to our time together next time.

General thanks and good byes

Notes:

Lilian's question referred to Shirley Maclaine's autobiography: 'Out on a limb'.

Salumet discussed karmic debt in detail on 08/09/2003:

<http://www.salumetandfriends.org/app/download/5029930/8TH%2BSeptember%2B2003.pdf>

SALUMET — 8th April 2018

After our healing prayers Salumet spoke—audio link:

http://www.salumetandfriends.org/app/download/8951003/2018_04_09+salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

We are happy to see so many of you, my dear friends. We thank you of course for all of the names of people needing some kind of help. As you know, we are always grateful that so much Love is sent from

you not only to those here on Earth, but into Spirit also. I feel as I join with you again, I feel that there are questions to be asked and I am willing to do so this time.

Thanks

I would like just to say that as your year progresses, towards the end of this current year, there will be many *"goings on"*, as you would say, within your solar system; watch out for all of these, because it is a change which we welcome, because of all the disruption not only in your system, solar system, but many others. I believe I have told you that the disruption belongs not only to your Earth, but to many planets, and by the end of this coming year, this will begin to change.

Sarah: So change for the better. (Yes) Good—thank you.

Paul: Will we be able to perceive the change?

It will be noticed within your night skies, that there are changes and there will be many new stars to be found. So be aware my dear friends; I tell you this, only because I know you are interested in what is to come; your curiosity abounds. So remember my words and you will begin to see an easing of problems.

Jan: So it's an energy shift, (Yes) within our universe-s? (Yes)

Sabine: It has already started, hasn't it?

Not quite yet, people have spoken of these shifts, but this is something different, this is something more *powerful*.

Jan: More radical even...

Yes—so yes, there are always changes, but this I feel is good for all of you to know.

Sarah: Are these stars, are they *new* stars, or are they just new stars to *us*?

They're just unnoticed stars a lot of them. But of course, there are *'energy bursts'*, shall we say that create new stars also, but most of them are just unnoticed.

Sarah: Yes, they'll become more visible so we'll be able to see them. (Yes) Thank you.

Graham: That's fascinating. (Yes)

Paul: Almost like things are *clearing* in the night sky.

That is quite a good way of expressing it, my dear friend, it is. There has been so much, shall we say, *'pressure'* on the Earth, but it will help immensely, so I felt that it was good for you to have some *uplifting information*.

Paul: Wonderful! Can you tell us anything about, is it emanating *from* the other universes?

It is a collaboration of many universes, yes, it is not one particular universe involved, but it is almost like, you as a group, agreeing for something to happen, you all as individuals, take your part in it. You understand?

Agreed

Now, we will have some questions this time.

Lilian: Yes, because I've got a friend who's coming to the end of her life, quite quickly, she didn't want to know anything about Spirit, or anything to do with religion or especially Spirit. So, me and another friend, we just didn't talk to her about it, but she's coming to the end of her life and she has shown a little interest, so that's good—partly because she was frightened of what was happening. But I got to thinking, we begin to sleep a lot as we come to the end of our lives, and I remember when George was going, you said that when he was asleep, he was already being prepared to go over, I guess for good, (Yes) but if like my friend, they don't have those thoughts that George had, or the knowledge, what happens when they sleep? Do they still go over to Spirit and learn?

They still come to Spirit whether they realise it or not. What happens when there is some kind of fear, is that they hold back from crossing, but they still as they sleep, as all of you do, each night of your lives, that the Spirit leaves the physical body and returns home to Spirit. It matters not whether you have the belief or not, it is the matter that you must transmute and change and believe in where you are; and this will happen eventually, whether your dear friend doesn't want to join us, it is inevitable that it will happen. (Yes) But they will always be comforted so...

Lilian: ...and her husband has gone before her, so am sure he will be around.

And trust your own words, both you and the other friend, that Spirit will help you to find the words that are necessary for the passing.

Lilian: Yes, thank you very much, my other friend will be thrilled with those words.

Yes. If only we could convinced all people, that is a beautiful thing, but there still remains so much fear.

Lilian: Yes, she's been adamant about listening to anything we may be talking about—she really...

We will encourage you for your words to be ones of Love and Truth.

Lilian: Thank you very much, because it is rather difficult.

Yes. People shy away from it, because they find it difficult, not the person who is approaching 'death' as you say, because there are so many beings around them, that they almost become buffeted from anything that seems unpleasant. So, just allow your words to flow.

Lilian: Thank you.

I hope that helps you.

Lilian: Yes, very much, thanks.

Jan: Talking of finding the correct words Salumet, a couple of weeks ago, you may have even been listening to us, I hope so! I spoke to my grandson, who is very knowledgeable I feel, spiritual wise. We were talking about death and he said he wasn't scared any more after talking to me, and there were lots of *tears*, but they were tears of *joy*, that what he was hearing around him from the media and his friends wasn't necessarily *true*. But, I was *given* the words, I felt I was being impressed to use the correct word for an 8 year old. Could you just confirm that I was right on that occasion please, that I was being helped?

You will always be helped if what you are trying to do is instruct someone in methods of Love and Truth and understanding. Your words will always be true, if you truly believe in Spirit, as you do, and are used by Spirit, then never be afraid that what you say is wrong—yes.

Jan: It was a lovely moment, it was very touching, but, very spiritual—just him and I talking. I wasn't talking to an 8 year old, I felt that I was talking to his Spirit rather than...

Yes, and you all can achieve that if you truly believe that it can happen. After all, even the smallest child is Spirit first and foremost, yes. So never be afraid to speak to children. And I am sure at times, they will surprise you and tell you that they already know what you are telling them.

Jan: He did, he did! **(Yes)** But in front of his parents, he tells me to be quiet. So, it's just the conversations I feel, we are on the same wavelength, **(Yes)** him and I. I yesterday mentioned it in front of his mum and the little boy said: "*No! Don't talk about that!*" It's just between him and I, I think he feels that his mum's not ready.

Yes, well children are never treated as adults, but in fact, they are still close to their spiritual home. And their knowledge sometimes is quite intense.

Jan: It is, yes, he knows, he knew that that wasn't appropriate, which was very ...

Yes, because he would recognise the light of his earth mother, yes. Continue to talk with him.

Jan: I will, I will indeed, yes, thank you.

Paul: I've got a few questions from the readers, but if anyone else has a question first?

Natalie: I've got a quick little one: So, when we return to Spirit in our sleep, is there a difference between, is it separate from our brain that processes things in the day, because if we have dreams and nightmares, like nightmares for instance, I don't believe that would come from Spirit—that must be a separate entity.

Yes, it is the physical part of you. After all, you are a whole of Spirit and human body and brain and mind, so of course, any unpleasant dreams comes from the 'mishmash', shall I call it, a word used on your planet—so often it has to express itself.

Natalie: Like fear coming out? **(Yes)** Ok thank you.

Sarah: I was just thinking a little while ago that we used to hear an awful lot about crop circles, **(Yes)** and now we don't seem to, unless I'm not aware of it, we don't seem to be having them.

They are still occurring in different places, but no, the first flush of knowledge of them has passed, yes.

Sarah: So have the beings that made them moved on to other places, have they?

Yes, they have done the work that they intended. Of course, there are still some, who will remain or return; but yes, I would not be too concerned about not hearing, they are still making progress.

Sarah: On this planet or on other planets now?

You are speaking of this planet, I take it?

Sarah: Well, I was speaking about this planet, but you said they've moved on to other places...

Not necessarily other planets, but perhaps from whence they came.

Sarah: Right, OK, thank you.

Sabine: I had a question in regards of all the technology, with the Wi-Fi and all the 3G and 4G and all these things going on. I do understand that the human body can adapt to new things going on, **(Yes)** but it does seem that these things are moving a little bit 'too fast' and there's so many people suffering from all the waves that are all around them. It's a bit tricky, there are so many studies saying how bad it is for the body, and there are so many people saying that they can't sleep anymore and they have headaches and their body cannot move anymore, because of all that, and yet again all the phone companies and the governments are still building up more and building more even stronger and faster everywhere, so I don't really know how all that can be managed with everybody.

You have to remember, that all of these things have originally come from Spirit to be used for good, but as in many cases, mankind interferes too much and does not use what is giving in the correct way. What I would say, it is only part of the problem, because you have to remember you have a Spirit and a mind, who are in charge of who and what you are. So, do not blame all of the, what shall we call them?

Jan: Technology?

Technology, that's the word—all of this technology is also very useful, but I understand what you mean by being too negative, affecting people. But the most powerful thing that you as human beings have is, and I repeat this once more, YOUR MINDS, your minds can surpass anything that comes your way. I have said this many times, many, many times, it is the most powerful thing that you can have, because it is, and belongs to Spirit.

Jan: It's learning that lifestyle balance again, isn't it?

Yes, balance is a very good word.

Sara: Nature is a good antidote for technology, isn't it?

Yes, and for mankind to realise that he does not have the right to interfere so much in what he has been given.

Jan: There is some human trait of wanting to run before he can walk, and trying to rush things and that's when our free will comes into play.

Yes and you also have a very great deal of curiosity, also, yes.

Jan: There is a big movement throughout the world though to suppress these technologies and just to do it at your own pace, what feels comfortable, and you know, you don't have to be like sheep and follow the trend.

No, you have to use your own mind for what is right and wrong, and I suppose a prime example at this present time on your Earth, is the recognition of the damage that all of your plastics are doing.

Agreed

But, because of the recognition, it is being challenged and something is being done, it is a case of the mind overtaking the practicalities of the use of plastics.

Sarah: All these animals that have given up their lives, so that we will understand that; **(Yes)** there was a whale that was beached and its stomach was just full of plastic.

Yet again, we come to the balance of life, do we not?

Jan: You did say, didn't you that our future energies will come from the sea?

There is much to come from the sea.

Jan: So of course we need to look after—this is the first step in looking it after it...

Sabine: I did read about using seaweed in order to do bags, instead of plastic it would be seaweed bags.

Jan: There're lots of different theories that we can use, I mean, we should use hemp and things like that again, which we've stopped doing.

Sarah: And bamboo. *(Agreed)*

And hemp of course, at the moment, I do not know if you know, is being used for medical purposes.

Agreed

Many things from the sea are now being recognised.

Sarah: And of course, they've got the equipment now to go much deeper into the sea, which they couldn't do before, **(Yes)** so I think they're learning things from the very deep.

And this will always happen; if you allow yourselves to listen to Spirit, do not be so quick to condemn or to have voices of opinion which belong to others. Stop for a moment and just think for yourselves.

Lilian: It's really all a learning curve, I guess.

Yes, small steps lead to larger steps, yes.

Graham: You have said about balance on our planet is so important. **(Yes)** One of the big concerns of humanity at the moment is our ever increasing population and that because there are now over 8 billion souls on this planet, inevitably that is going to put extra pressure on our little planet. I am wondering whether that will continue into the future and whether we'll carry on expanding or whether there will be a recognition of some balance that's needed with that as well.

Yes, balance will always win. People have to realise that these events, these happenings will occur and it will only take time for mankind to understand what he has to do about it. For example, when you had the outcry about contraception in countries where there was none and now you find that their population has dropped, whilst others have increased. But it is really up to mankind to listen intently to Spirit—to be guided.

Ben: There is something called 'Agenda 21', I think, which I've heard about, which is a part of the new world order, to do with controlling the world's population. I think there're some quite big figures in there like Bill Gates, who've said that the human race is too big for the planet; we're sort of living like parasites, aren't we, on the resources, **(Yes)** and there's a movement to almost reduce the population.

I would say that in all of your living upon this planet Earth that there is always *problems* and the balance comes when mankind realises what needs to be done to rectify whatever problem it is. This is a learning curve for mankind; not for the plastics, not for the expansion of the human race, but an expansion of *MIND*. And in saying those words, I feel that 'expansion' is one of the greatest, shall we call it a 'project', for mankind to take up. Expansion of the MIND ... think of those words just for a moment.

Brief pause

Jan: When we do that on a more collective basis, such as the plastics, where different countries on the planet have come together to solve the issue, there's really nothing that we can't achieve, when it's collectively—the power of the mind, **(Yes)** where we're all working in one direction.

If you think, to simplify it, if you can think of this group of people sitting together, like-minded to help others with their healing; how *POWERFUL* is that if it is multiplied. Can you imagine my dear friends, the power that it emits?

Agreed

It is wonderful to see.

Jan: And that's where we come full circle really, when Sabine mentioned about the internet and that was the *good* that it was created for—you can see it, because that creates that expansive knowledge, **(Yes)** that would not have reached in the way it has, to people.

Yes, there is always good and bad, yes. You have to have the good and the bad, to have the balance; I have said this to you many times before also.

Jan: Yeah, well, we know that—**(Yes)** that's now the Universe's Law, isn't it? **(Yes)** Balance is almost the first amendment...apart from Love...

And once you have that realisation that you have to WORK for balance, that it is not placed in your hands—that every individual on this planet Earth has to work towards *Good* and *Love* and of course *Balance*.

Jan: Yeah, the responsibility again, lies within all of us.

Yes, individual responsibility, yes.

So I say to you all, my dear friends that is my lesson for this time, to think about the balance of the *MIND*; mind expansion and to continue to Love and create Love in all areas of your lives.

General thanks

Serena: Relating to what Sabine was talking about, Wi-Fi, smart meters and that kind of thing, how are we using the power of the mind to deflect it? Is it to strengthen our aura, or to just be positive thoughts, or... **It will naturally strengthen your aura if you begin to expand the mind, because the mind is in control of all things. So, whichever way you want to use your mind, that is down to each individual. You can use it with mind expansion for *Good* and you can also use it for other things that are not so good. But when it comes to deciding what you must do, you have to use the expansion of mind to create more love and more education of people. Does that make sense to you?**

Serena: Yes it does, but how to you know when your mind's getting expanded?

You may not always know, it is something that will happen—you will recognise the feeling of having done the right thing.

Sara: I tend to find that people come to me and want to discuss something and I just go with the flow really and try to give whatever comes to my mind to them, to help them. But I don't always look for people to help, they just seem to come.

Jan: It's your light, Sara.

Yes, they are attracted by lights... everyone outside of this room, if they meet *any* of you, would be attracted to your light. You may be unaware of it, as you probably are most of the time, but to truly see the workings of the mind, it is best done in *meditation*, and then to answer the dear lady's question, (*Serena*) you *will* FEEL that something is happening.

Sara: Right, yes, we've just set up a new place to meditate in our house, which I think will be very nice. I've also noted that I've spent a lot of time studying my dreams this year (**Yes**) and I've noticed they've become really clear direct communication that can be quite helpful sometimes, in understanding, not just about myself, but it could be others too...

If you feel that is what is right for you, then of course you must continue and the more confident you become in recognising the connection with Spirit, the better all things become. (Yes) So you must continue if it feels right for you.

Sara: It feels ... it's very interesting to me, yes, anything to do with the mind, I'm fascinated by.

Yes, unfortunately there is too much thinking with the brain. And although you were provided with this encasement, this body, this brain, remember that it is a *minor part* and when the body dies, so will the brain—and the mind continues. (Yes)

Jan: I don't wish to bring in my ego on this at all, it's not how I intend it to sound, but when you were talking about our light attracting people, (**Yes**) is it OK to recognise that, because I do?

Of course! The more you are aware of your own auras, your own light—that can only be good; that means that your own mind is beginning to expand—that you *care* about *others*, that you *care* about the *planet*, that you *care* for the *underprivileged*—of course it is good to recognise.

Jan: Yeah ... there's been a shift ... I think my Spirit has come to the fore, (**Yes**) I think my Spirit has stepped forward, which is why I feel so differently.

This is why you should always be pleased to sit in meditation and *feel* yourself grow.

Jan: Yes, that goes for *all* of us, yes! Wouldn't it be wonderful if we were all born being allowed the knowledge to meditate? That would be my wish for the world one day.

Meditation comes naturally to those who do it often; and as long as the ego is retained and quietened, it's a wonderful feeling; and that is why I always urge you, my dear friends, to sit in meditation as often as you can.

Jan: The other thing that goes with that, and I'm not going to ask if it's correct, because I know it is, but often when you're more in touch with your spiritual side, you become *less reliant* on being amongst *people*, you can be quite happy on your own, (**Yes**) and not seek help or reliance from anybody else other than yourself—I've noticed that in me, that's the biggest thing I can ...

There is nothing more beautiful than the Spirit who is relaxed and loved and feels part of all things, whilst being on your own.

Jan: Yes, that's how it is!

Sara: Yes, I've learned to love my own company this year as well, very much more. I've always liked my own company a bit, but I really have taken it to a new level.

Yes, as long as you do not become too *insular*—that is a different matter, but I know exactly what you are both saying.

Sara: ...that people always come to me ... and I have plans to share more with my music, I want to share that much more globally, so I *do* have plans...

Yes, well of course you all still have your own individual minds, and free will is quite a strong part of your lives.

Paul: When we were talking about expanding minds, I was thinking of, sometimes when you're in meditation, you get to a point where you know that if you were to think of a problem in the world, or a problem with yourself, it becomes like nothing ... you might not know the answer to it necessarily in words, but you just know it *is* just another little issue and it will go. I wondered if that relates to expanding minds?

Jan: You've put it out to the Universe, haven't you, you've put those thoughts out to the Universe perhaps?

Paul: You know that these are just hiccups that will be resolved.

Yes, that recognition of right and wrong, is one of the basic things that meditation teaches you. You know that your mind is working towards Spirit, to become *stronger*, to become more *loving*; and that is the purpose, to leave behind the troubles of the world in meditation; then you truly see what life is truly about.

Paul: That's not quite to same then, as expanding your mind?

Expanding your mind means using it *wisely*, to be aware that that is what you wish to do.

Graham: Is this how we eventually become more evolved in the far future? Is this when we start to lose our free will—do you mean by that that we just know what to do?

Yes, you retain free will when you pass to Spirit, (Yes) because it is a part of Spirit, in that sense. But eventually it is just the *knowing* of all things. You know, like the gentleman has said, that things are not an issue and you just continue until it wears away and there is no need for that will. But now you are beginning to touch deep matters; but yes, you will know all things, when the time comes to pass, yes.

Paul: I have a few questions from the readers; I don't know if you've got time to take any more?

I will, I felt there was quite a number of questions this evening.

Paul: There's one from Meika, in the Netherlands, who's been following the transcripts for quite a long time now, (Yes) and she would like to ask, if you or others in Spirit realm are aware of us are persons, abroad in other countries, who follow the group from a distance. And another question: what is our top priority in what we have to do each day? What would help us the most in finding our path through life? **I believe I have already answered the second question—to meditate and to grow. (Yes) And your task in life, for all of you, is to give Love. To Love your fellow man, no matter whether you feel it is not quite right for you—to strive to Love another human being is the purest form of Love; because you have fought well for it. It is so easy for human beings to say, I do not *wish*, or I do not *like* that person; that is very negative, and if you can only remember the two things that I have taught you, negativity and positivity—yes, the two opposites again, for balance. But your purpose on this Earth, is to learn to Love *all* people, all animals, all things and to do so quite naturally.**

Paul: Yes, and I suppose her first question, I know you *do*—you have in the past tuned-in to individuals ... **Yes, we do not tune-in to individuals in that manner. We are aware if lights mostly, of the beauty that rises from the being. But yes, of course, we can tune in to individuals, as individual mediums here; that is how it works, the medium tunes-in to the individual and gives the message, which is to come across, if that is what she means.**

Paul: I think as she's never been in the group, and there're lot's of readers now, (Yes) in different countries, I think she'd like to know if you're aware of them as individuals at all.

Yes, we can be aware of *anything*; in the same way as, let's for example say, if the physical body has been injured, it does not occur in the Spirit, so in that *sense*, you have to think, we cannot look at every individual on the Earth and see then as one person—it is not like that. It is difficult to explain, but you recognise the *beauty* and the *knowledge* that they *seek*.

Paul: Right, and if they were to be thinking about you ...

... if they were thinking individually, of someone like me, then of course that is a more personal connection.

Paul: ... and you would be aware of their thoughts?

Yes, of course. It is difficult for us to tell you how we communicate, how we know things altogether, just by being here—it's not easy to explain.

Paul: No, to put it all into words.

Yes, but all of these things you will soon discover for yourselves. I would say, try to develop your sense of just *BEING*. That's where Truth comes from; to recognise and acknowledge that what you are doing is Truth and Light and Love. Not to allow egos to step in, because that is what will hold you back.

Paul: Mm, we've got to be humble, **(Yes)** and loving; yeah, we've got to follow the little children really—the ones that are loving and humble. **(Yes)**

Serena: It's easier said than done sometimes though, isn't it, because when you see everything that's going on, **(Yes)** it's just *so hard* to *believe* that people in power are capable of doing certain things, **(Yes)** which actually make no sense and they're *not good*! And then you sort of think, well, is it just the way I'm thinking, is it me that's mad?

You do not help if you constantly criticise, because what it is doing is making that negativity stronger within yourself. (Mm) And I know and I understand and we see it so often, of all the struggles of mankind, and the hatred and the killing and I have said to you as a group, do not focus upon those things, but to focus on the *positive* parts of life, the *positive people*; and then in that way it grows stronger, the Love grows stronger and it becomes an entirely different kind of situation. You understand?

Agreed

Yeah, it is difficult not to judge your fellow man; we understand that and you are only human, but my wish for all of you, my dear friends, is that as individuals, you strive for the very best that you can be—you can do no more.

Sara: Sometimes, if we focus more on our own life and what we're doing, than what's happening out there, that can help us also to be ...

It can help you to send Love to the situation, which you feel is not good, and I know it will not change overnight, of course not; it has taken so long for this planet to evolve, and you as human beings, to evolve. So perhaps another word for you to use would be a little '*patience*'.

Sabine: That word '*patience*'...

Sara: It's also easier to *BE*, concentrate on '*being*', when you're not *doing* so much. I used to be so busy that I was *everywhere*, but not thinking so much about myself, always about other people. But this year I've had more time, and that's helped me to *be* and understand about *being*...

Yes, because you have found a better balance of life.

Sara: Yes, it's a much better balance.

Yes, that is all it is.

Sara: Yes, but I'm not saying I regret the things I've done, because I really enjoyed all those things, **(Yes)** but I feel that it's a good phase now to go within more and understand things on a different level.

Yes, you must always continue to seek and to search as an individual, because, after all, you are individuals, you have your own feelings and thoughts and I am sure, even within this room, there are many different opinions on different subjects, and that is how it should be, as long as it is given with Love. And that is your own responsibilities.

And now my dear friends I feel it is time for me to leave. As always I leave you cloaked in Love, in understanding, in patience, in all the words I have expressed to you this evening.

General thanks

Paul: Wonderful to have you again—thank you.

There was then a rescue through Sabine, dealt with perfectly by Jan before we closed—audio link:

http://www.salumetandfriends.org/app/download/8951021/2018_04_09+rescue...cyling+from+pub+Sab.mp3

Summary:

Expansion of MIND: So I say to you all, my dear friends that is my lesson for this time, to think about the balance of the **MIND**; mind expansion and to continue to Love and create Love in all areas of your lives.

Clearly our daily meditations are a vital part of this: **You know that your mind is working towards Spirit, to become stronger, to become more loving; and that is the purpose, to leave behind the troubles of the world in meditation; then you truly see what life is truly about.**

There will always be problems in the world, such as plastics and over-population, but when the recognition comes, we can turn our Minds to it and anything is possible, especially with the combined collective power of many, working for Good and Balance, which also has to be worked for. And expanding our minds strengthens our auras, which will help to keep us healthy.

Changes in the night sky:

I'm sure we shall be watching the night skies towards the end of this year and perhaps then this topic can be revisited and expanded on...

SALUMET – 11th June 2018

After our healing prayers, we were discussing Salumet's previous words, when Lilian noticed he/she was with Eileen—audio link: http://www.salumetandfriends.org/app/download/9154748/2018_06_11+salumet.mp3

Lilian: We are very pleased to have you, once again.

Good evening, I have listened carefully about your words this evening. I am pleased that you are recalling my words from time gone about the dissolution of the churches, or the beginning of such, of the fact that young people will have a fuller part in the world to come. It is so interesting, my dear friends, that you have recalled our conversations of the past, and yes, progress may seem slow, but let me tell you, it is going at a very fast rate now. Human beings are listening to their inner voices, of course they are, or there would be no change. So I thank you, my dear friends, for your discussion about these matters.

As we continue over this New Year, I wish to say to you that you must be aware of all of the things that are happening within your medical world. Great steps are being taken in all aspects of recovery and cure. This, my dear friends, will continue and I can tell you that there are one or two conditions which will amaze some people that is coming up not too far in the distance; I will not tell you what they are, because I would like you to have the element of surprise. Also, I wish to tell that there will be more discoveries at the bottom of your oceans; a little has been spoken of, but not enough. And all of these people who look into all of these matters are quite excited at the moment—not only the oceans, but we look up into the skies; there will be announcements of new stars, which is happening all the time, but you are not always aware of it. So, my dear friends, look out for all of these things to come, because your world is in need of them and we will utilise and help those who are willing to help themselves.

Paul: Will these discoveries in the ocean have uses for us?

Of course, what would be the point otherwise? Of course you will benefit from all of these things that bring 'new' knowledge, and although I say new knowledge, of course you know it is not new.

Jan: The source of our energy, main energy, will come from the oceans first, (Yes) as well as healing?

Yes water is a most powerful agent, yes.

Graham: It seems almost as if everything is accelerating at the moment, with discovery of space and our planet and it goes on everywhere.

Yes, I listen to you speak about 100 years, that is blink of one eye, but of course to you human beings, 100 years seems forever.

Sara: It's a life time.

Di: It's a good lifetime, 100 years.

Yes, and it is becoming the normal life span and that is because of discoveries and medicines and attitudes of people—the changing of all of those things.

Jan: Will we solve our pollution problem in the oceans with our plastic, Salumet?

Yes, we have been trying to help you for so many years, but just the recognition now on your planet has become much greater. I will not say at this moment that you will solve all problems, but at least, you have

the inside to do something about it, and with the help from our world it should be greatly improved over time.

Jan: Good.

Sarah: David Attenborough has done an awful lot to make people aware and these animals that have given up their lives through eating plastic has also shocked a lot of people and that's good.

Yes, without knowledge you cannot change anything; that is why it is important that these people work hard to bring to you, I will say common people, but that almost seems like an insult to you, you are not common people, you are spiritual beings who want to gain more knowledge. But you need people who will lead the way.

Di: I think famous people who aren't politicians, I think the common people take more notice and find it more believable when it's not coming from a politician, as with David Attenborough; I think that is really helpful, because people take their heads out of the sand and realise it's up to them to do something about it, not everybody else.

Yes, but do not dismiss your government people; they, most of them are good, kindly people who are trying to help and support others. So, do not dismiss them too much, give them the *benefit of the doubt*, as you would say.

Jan: I have a feeling, my feeling is that the world's waking up to the fact that we've been so greedy with our resources. A hundred years ago, perhaps we were rather ignorant of what we were doing to the planet, **(Yes)** because the industrial revolution was galloping ahead at that same pace as we're trying to improve what that caused, if you know what I mean? The seas were dirty then **(Yes)** with effluent and waste throughout the industrial time, and then oil, we all remember the oil slicks etc. during my childhood that seem to have been cleaned up; so the last bastion of the cleaning process, *one* of the last bastions, seems to be the plastic. **(Yes)** So in such short space of time, again, we've created the pollution, but we're also going to clear it up. **(Yes)** So I think we're an amazing ... our evolution and our learning has happened in such a short space of time.

And that has been the purpose of Spirit to do so, that this past century of your time has been one of great knowledge, or greater knowledge, for others to use, and that is what you should be doing, but what we wish to expand now, is the spiritual *mind*, the *spiritual mind* that will give you all details and facts which you can then utilise.

Jan: Which comes back to what we were talking about, the churches as well, **(Yes)** because as everybody becomes closer in their spiritual thinking, **(Yes)** and bettering of the planet, then it will gallop ahead at an even faster rate. As you've said to us, the power of thought, even in this room, if people have enough power to heal my leg, along with Spirit, imagine collectively, every soul on the planet, **(Yes)** thinking with spiritual eyes, what we could accomplish.

That is why, the churches in some small way also benefit, because they come together in prayer and hope, but the problem with the religions is that they try to influence people to *their* way of thinking, rather than allow the people to join in with the beauty of their singing, the beauty of unity together. You understand?

Agreed

Di: They don't encourage people to go inside themselves and find their own way, because they want to tell them...

Yes, it is a power struggle. But most people today on your planet are beginning to think for themselves. (Yes)

Jan: Those of us that watched the royal wedding—he did go on a bit, bless him, but there was a pastor from America, who spoke about Love. That was broadcast to so many millions of people around the planet, and he was so inspiring, that it made you feel as if the whole world was listening.

Yes, such a small word with such a big meaning. (Yes) **Yes, and I have said to you, my dear friends, many, many times, the Power of Love, the Power of your Thought and your Thinking; and I cannot reiterate those any more than I do, but if you always go back to Love, you will not go far wrong in your lifetime. Yes.**

Paul: I think you've said in the past that, as these older religions gradually go, there will be new ones. Will it be a case of far *less* religions and then, after a while, they'll just merge into *one* religion for the whole planet, or something like that?

This is what happens when you come to Spirit; no matter what you believed or how long you have believed that at a certain point in Spirit, your mind changes, you begin to see the Truth, and this will apply to *all* religions, whether you believe that yours is the *one* religion or not. All people who come to Spirit are faced

with the facts that there is only one religion, and that again, is Love. It may take many lives for them to believe that, but it, I can assure you, will happen.

Paul: We had a question I didn't manage to put last time by Marvin Naylor who is a musician, and he's written a few songs inspired by the words in this group. He asked about religions on other planets and whether they have the same thing or are there planets who have already evolved to that point where there is just one religion?

Some of the planets have evolved, others have not, but it would not be the same religion as you experience here; what you experience here is for Earth people only.

Jan: I can understand that. **(Yes)** Other believe systems on other planets I would imagine?

Yes, these religions have been created by mankind from the Earth planet. I would only say to you and to the gentleman that when you pass to Spirit, all becomes clearer. But there is no doubt that upon the Earth planet that most of the religions as you know will gradually abate and many disappear, maybe even in some of your lifetime.

Sarah: It seems that some religions are becoming more fanatic though, aren't they, instead of dying off?

Jan: I've been following the pyramids Salumet, with lots of interest; there is so much at the moment in the media and your words are coming exactly true. Scientists now believe that extra-terrestrial spiritual beings must have been involved. **(Yes)** That's really exciting to listen to—I found myself shouting at the television and my husband: *'Salumet told us that, Salumet told us that!'* So that is becoming almost mainstream now.

Yes, eventually our influence will reach those who are able to discuss it with a wider audience. Yes, you are correct, and of course, we in Spirit know that as human beings, even when you accept something, you have the problem of fear and doubt; it is a big thing for you all to accept that sometimes you live your life with some little fear. I say to you all my dear friends, let go of all fear, because there is nothing to fear.

Sarah: Salumet, I was looking through some papers the other day and I came across one that somebody had written and he said he was explaining what had happened when he had actually died—he died and he said his body was beginning to stiffen—rigor mortis was kicking in and all the things he said I could well believe was true, but he wouldn't *actually* have *really* died, would he, because his chord couldn't have broken and then been put back together again?

You are speaking about near death?

Sarah: It was near death—it wasn't death...

No, until that chord is severed, you still have an attachment to the earth plane.

Sarah: But he'd said he'd stopped breathing and all this, **(Yes)** but he wasn't dead?

It is the *beginning*, but until the chord is severed, you are still, let's say, 'part' human; that sounds very odd and strange, but I'm sure you understand what I am saying. **(Yes)**

Jan: Did he feel being pushed back Sarah, you know, pushed back to Earth?

Sarah: He was just explaining all the things that had happened and then suddenly he was back in his body.

Yes, he would have returned quickly, yes.

(Sarah said she'd bring the article next time)

Yes, because do not forget that when you reach that point, the Spirit has partly left the body, so you are able to describe what is happening.

Sarah: It makes sense, but I hadn't even thought about it in those terms, yes.

I hope that helps.

Lilian: I was thinking, would it be similar to, while you're here talking to us, you're in charge of Eileen's body, her Spirit is away at the moment—so it's a similar situation?

She is away, but she is still connected, she is being looked after by another with whom I work sometimes. But yes, her Spirit is not with you at this moment.

Sarah: Last week, she said she went deeper than she thinks she's ever been, and she was crying when she came back, she didn't want to come back.

Sara: I attended a talk recently by a lady who had an NDE (*Near Death Experience*) and she was very upset to have to return, partly because she was grieving for her husband and she'd met him in Spirit during the NDE. But it seems quite common that people feel upset to return because...

Jan: There is so much Love.

Sara: The Love...

Yes, you have to experience that—it is intense Love. The body is dismissed, if you like, and only the pure Love remains, but if it is not your time, you will not come to us; you may get so far but you will be returned, yes. I hope that helps you.

Agreed

I thank you, my dear friends, for listening to me. I have been most interested this evening to hear you repeat the teachings I have already given, which tells me that sometimes you must listen.

Giggles

Sara: Yes, I've been reading them as well at home.

Sarah: I thing that a lot of the things you say Salumet, they ring so true that it's hard to forget. Obviously we do forget some things, but those sort of words that you give us we don't forget.

Jan: I thing you're right Sarah, our short term memory might be quite bothersome, but when it's needed, we can recall all those important messages.

Yes, that is why I tend to repeat them for you, because I know the human memory is not the greatest.

Jan: Well, it will be one day.

And it has before.

Jan: Yes, I'm sure we'll get back to that.

Paul: Do you have any tips for improving our memories?

Just to go forward in Love, and believe that all is good when you come to our world.

Thanks

Jan: I have an inkling that Alzheimer's / dementia is going to be one of the healing subjects or the cures that are going to be spoken about.

I will leave you with your inkling.

Laughter

Sarah: Did you say, you see I've forgotten this bit, did you give us any timescale as to when these two things would happen?

It will happen and you will be pleasantly surprised. And that is how I wish to leave it.

Chuckles

Sarah: I was just curious to know how long it was going to be.

As human beings, you are very clever at trying to manoeuvre what I am saying.

More chuckles

Graham: It doesn't work though, does it?

Thank you.

Jan: But it's also quite nice for us to record these feelings, **(Yes)** so that we can gain a little bit of our own proof, I suppose, because human beings are very nosy and even though we believe, we still would like to receive proof all the time, don't we?

Yes, well, there is nothing wrong with that.

Jan: No—and we still get excited when you know it, in your hearts of hearts, you know it in your mind etc., but when it's presented to you as fact, we still go 'woo'! —yes, we knew that!

Yes, and as I have said from the very beginning of our coming together, whatever you cannot accept, do not accept it. I have always said that to you—do not believe my words, then, let them go.

Jan: I don't think that any one of us here has done that—has not believed...

Sarah: That's what attracted me in the beginning to this group, because there was no pressure to be here or to believe, or anything, it is purely, when we are ready for it...

And that is the best teacher, that when you feel that you have learned, then that is the right time.

Jan: When we come into the room, our egos disappear. **(They should)** Yeah, we've mentioned that lots of times, haven't we? (Yes) I know I have, with Lilian sat next to you, our egos just disappear—we're just one.

Yes, you must open up your mind, of course, but you must let the ego go. Yes, that is imperative and we like when we come together and come to agreement. Yes.

Jan: Lovely—beautiful evening, thank you.

Now, I thank you for your questions and discussions.

Sarah: Thank you for the answers.

Yes. I hope at least I have brought some clarity to what you have been talking about.

Agreed + thanks

So now, my dear friends, until we come together again, I will leave you as always, cloaked in my Love, and those of Spirit.

Thanks

Next, our dear friend Cho spoke—audio link: http://www.salumetandfriends.org/app/download/9154753/2018_06_11+Cho.mp3

Hello.

All: Hello Cho.

Jan: Nice to have you with us.

You're my friend.

Jan: I know. I was talking to you yesterday—thank you for looking after her...

There are 2 people to speak tonight—2 people.

Jan: Using 1 medium or 2?

Two.

Jan: 2 people—2 mediums. Right, OK.

You be good?

Jan: I'm always.

No you're not. You be very good. I look after you.

Jan: Thank you, as always, as you always do.

Yeah, yes. I go now, I tell you 2 people come, OK?

Thanks and byes

Pause

Oh no, I forget!

Jan: Oh no, not you! Our teaching tonight, we were talking about forgetfulness, I thought it was just us lot here!

No, I forget, one very shy, one, very, very shy.

Jan: OK, we'll be really loving and kind, yeah, thank you.

I help too.

Jan: You're gonna help too, you are gonna help from your side? **(Yes)** Lovely, thank you Cho.

Lilian: It's a rescue, is it?

No, not necessarily, just one to talk.

Lilian: That'll be nice.

Pause

Oh no!

Jan: Have you forgotten something else?

I forget say ciao.

Giggles

All: Ciao Cho.

Mark: I think Cho is pretending to forget to make us feel better.

You're funny...

Next, our shy guest arrived via Eileen—audio link:

http://www.salumetandfriends.org/app/download/9154759/2018_06_11+Shy+one+via+Eileen.mp3

Lilian: Hello. Are you the shy person? If you are, don't worry, there're quite a few of us here who are quite shy. We'd love to have a chat with you.

Why?

Lilian: Well, we're just a little group of people, did you know that? We love to have a chat together and listen to people from Spirit, and we've just had one we call our teacher, telling us future things that will happen on the planet. Can you tell us when it was when you were living on the planet Earth? **(No)** You don't remember? Was it in England? What can you remember? Did you have pets?

I had a horse.

Lilian: What did you call the horse?

Betty.

Lilian: Did you love ridding? **(Yes)** Can you still ride in Spirit, or do you just chatter to the horses and not ride them?

I like horses to be just with me—no one else, because I remember a little bit, when I was where you are, I had a mother who was very strict and she used to shout at me.

Lilian: She was domineering?

Yes, so when I had my horse, I spoke to her.

Lilian: Yes, that would be lovely, wouldn't it? Just to have something peaceful...

I try to come back sometimes, but I can only come so far and then I want to go back.

Lilian: Well, you'll go back alright, but it's nice to have a chat, I must say.

Sarah: You're doing very well this time.

This is important for me, with all of you people, but you're not noisy, are you?

Di: Sometimes...

Sometimes—I wouldn't stay if you were noisy. I don't like noise.

Lilian: I understand that. You were an only child, were you?

I was.

Lilian: Yeah, I was too, so...

Did you have a horse?

Lilian: No, I wasn't lucky enough to have a horse. I had a dog and a cat, and a rabbit, a few ducks...

That's all right—I don't know about ducks.

Lilian: Yeah, you do get used to the quiet, I haven't thought about it much, but you're right.

But, I'm told, I have to overcome this.

Lilian: Yes, you will.

Jan: Are you shy in Spirit, as well?

Yes, and I have to overcome it, and I'm told I either have to have another life, or I have to speak with children or some people who are talkative; but, I have to overcome it.

Lilian: Yes, I'm sure you will, you are not doing too bad now.

Jan: Do you have to make the decision whether you're going to come back to Earth? *(I do)* What do you think?

Lilian: Are you not quite ready, or you'd rather not?

I don't want to yet.

Jan: So that's why they've said, to stay where you are, you've got to be more communicative, is that right?

That's why I chose to come here. Although there's a lot of people, you're very quiet.

Di: We're being quiet because we know you're a bit shy.

Thank you.

Sarah: We also feel we can't hear what you're saying...

Sara: And I think we've all felt a bit shy at times in our lives, all of us, if not still sometimes. *(Yes)* So we all understand it.

But I've been told, if you are too shy, you are closing people out, and you can't do that.

Jan: Are you better in smaller—one-to-one, like Betty was, your best friend? Are you better? *(Yes)* Have you got somebody in Spirit like that, who you can talk to regularly?

Yes, somebody called Michael, who is trying to help me, because he knows I don't want another life, not yet.

Jan: You are very welcome to come, if you have a word with Cho, our little gatekeeper who is my friend—you can come and speak to us whenever you want.

He makes me laugh!

Jan: He's really cheeky, isn't he? He was pretending he kept forgetting things. I think he just likes to come and say 'hello' again. He says: *"I must tell you, I've just forgotten, yes..."* —he's cheeky. With somebody like Cho, you can't be shy around, can you? *(No)* He'd be good, wouldn't he?

Yes, he would.

Sara: And children are very good, because they're so open and they don't judge, they're always very innocent and I think that's helpful.

Yes, well, if I make any decision I will come back and tell you.

Lilian: ...because we all do, we all learn from chattering with other people, listening to their views.

Jan: I've got a picture of Betty, does she have a white blaze and only 3 white socks?

Yeah, can you see her?

Jan then picked up clairvoyance about the horse, which she spent much time with and loved...

...but they want me not to be with her so much, because they say I become...

Jan: Isolated?

Insular.

Lilian: Strange ... I don't think it occurred to me, I don't know about the others, that you could become isolated in Spirit; but why not?...

Well, I understand I shouldn't be, but sometimes with people, it takes a little longer and because I grew up feeling this way, it's part of me.

Jan: Of course it is; we don't change just because we've gone to Spirit, do we?

No, but can I say something before I go?

Sarah: Of course... as much as you like.

I like all of you!

Sara: We all like you too!

Thank you.

Paul: I've always thought there's something endearing about shy people, even though I agree, it can be a bit insular, but they're generally highly sensitive Souls, which is good.

Lilian: And peaceful. Can you tell us your name so we'll know when you come next time?

My name is Mary.

General comments about it being a lovely name

Sarah: You're welcome back as many times as you want to come Mary.

Thank you, but Cho's calling me.

Sara: You did very well.

I'm surprised I stayed so long.

Sara: You've spoken to lots of people.

Jan: Well done, well done Mary. ***(Thank you)*** Please come and see us again.

Mark: You didn't seem shy, you seemed quite talkative to me.

Jan: That's because we're a nice bunch, isn't it Mary?

A nice bunch.

Jan picked up more clairvoyance about Betty the horse, as we said our farewells to Mary

Note: Some things don't change when we return home to Spirit and Mary's shyness is an example of this. So it is important to work on our challenges while we are on this wonderful planet of learning, so we don't take them with us.

Then our second guest arrived, speaking through Sarah—audio link:

http://www.salumetandfriends.org/app/download/9154757/2018_06_11+one+via+Sarah.mp3

Lilian: You come to have a chat? Can we help you?

I'm just waiting.

Lilian: ...Just waiting for?

I'm waiting for my friend.

Lilian: I see. You know she's coming? Or he?

He's coming. Just waiting a little while.

There was then a few moments while things were being organised from Spirit.

Yes, sorry about that. He wanted to speak, but he wasn't allowed. He just wanted to give me some information. He wanted to come this evening, but he was not allowed. So, I have come for him.

Lillian: I see. Is he just a friend or a relative?

He is a friend, a friend from Spirit.

Jan: Is he doctor Klaus?

No. He did not do so well on this Earth plane when he was here and he very much regrets what he did. He just wanted me to see what it was like here now, and he is able to tap into me and see through my eyes, but he is not allowed to come just yet.

Lilian: He's not quite ready.

This is just another step in his healing.

Di: Well you are very welcome anyway.

We have worked together for some time in Spirit and I said I would come for him. I like to help him. He is so interested to see how relaxed you all are. He lived through a very tense time and he took some, shall we say,

'wrong' pathways. He is amazed at the whole planet—the tension has decreased and the feeling of Love is far greater. This is an inspiration to him, because he will in time return and the fear of returning to a fearful place is quite daunting for him. But now, he can see that not all is war and strife.

Lilian: No, far from it. Maybe, it may help if he thinks, when he does come back, it is to learn lessons, life lessons, and some we like and some we don't. So, if we can learn those lessons that we need to, it's a help to us spiritually; perhaps he could think of it that way—it will help him to grow.

Yes, I think, he may be aware of that, but of course when he returns as a human, he may well have again forgotten.

Lilian: Yes, he may have.

Yes, but this has been most helpful and I can see a smile on his face.

Natalie: Could you tell us his name?

Yes, his name is John. (Thank you)

Lilian: We have been told that sometimes, when a baby cries quite a bit when they come back, perhaps a mother one think, 'I wish they would shut up and so on'. They are sorry they've come back, but of course, they have to stay and then they would forget all about that. But just when they are very tiny, they do remember Spirit, *(Yes)* more vividly. *(Yes)* He probably knows all that.

Yes, I believe much more is known when you are in Spirit and so much is again forgotten when you return to the Earth plane. But thank you for this time and I can hear him being grateful for this experience.

Lilian: Well, I'm sure he's very glad you came.

And I am also grateful to you for allowing me to come. Thank you.

All: Thank you.

Notes:

Decline of Earth religions: Salumet first mentioned the fall of the papal religion and others on 28/07/1997 (see website) and this topic was returned to on 20/09/2010:

I have listened to your words about decline in the papal religion—and, yes, some time past I told you that this would be so—but the reason I have come to you this time, is to say, that at this moment in time, in all of your Earthly world, there is much unrest in all forms of religion. In many cases, it is unspoken, but it is there for all to see. At last, your young people are beginning to think for themselves. No longer will they accept the blind faith of their parents and elders. The time is coming for *all* religions to look at themselves honestly and squarely, and to allow those followers of any particular religion to say what they feel. It is an important step in the unification of all Earthly life. I, of course, have to say to you that we are speaking of a time that is to come. But I say to you: the first steps have already been taken. For this, my dear friends, I would say to you—rejoice!—because, at last, the truth of all 'love and existence' will belong to all peoples.

And this key point was given earlier on in the teachings: 28/07/1997:

...That dear friend, is where your religions in your world have fallen down, because they have revered single men, as if they were special gods. No one man has all knowledge. Each individual must find a pathway which is right for him. Remember my words, 'Judge not.' Judge no other man and you will truly find yourself. Until mankind reaches this understanding, there will always be saviours, holy people, gods, that men will revere. The question about religion on other planets was sent by a musician, Marvin B Naylor, who has written songs inspired by Salumet and Bonniols words. Here's a link to his website:

<https://marvinbnaylormusic.bandcamp.com/>

Pyramids made by extra-terrestrials:

Salumet has repeated that some of the pyramids were built by travellers from other planets (extra-terrestrials) for many years (see 05/05/2003) and there is a growing consensus with this: <https://www.youtube.com/watch?v=aQq5dkOVTk4>

Near death experiences (NDE):

NDEs give us a glimpse of what happens when we die and more information can be found here:

<http://www.salumetandfriends.org/death-returning-home/>

Advancements in medicine/new discoveries:

Salumet has given us predictions regarding medical breakthroughs and discoveries in the oceans and skies for a number of years now. Many new stars have indeed been discovered with the aid of ever-advancing technology and new medical breakthroughs are announced frequently, often assisted by these improving technologies. A new form of energy from the oceans will come, and now we have 2 new medical breakthroughs hinted at by

Salumet. There seems to be so much to look forward to at this time in history, compared to darker ages. This is the true news, which we are being encouraged to beam our attention upon and feed our thoughts with, which will help expand our minds and enlighten our planet, rather than dwelling on the problems. The future gets a little brighter with each new step, though we sometimes forget these things, with our foggy human memories, but the future indeed is bright. So, as Salumet repeated this evening: **Let go of all fear, because there is nothing to fear.**

SALUMET – 23rd July 2018

After sending out healing prayers, Salumet spoke—audio link:

http://www.salumetandfriends.org/app/download/9271020/2018_07_23.salumet+wav.mp3

Good evening.

All: Good evening.

To join with you once again brings us great joy. Paul: Wonderful to have you back!

I wish to speak with you all, my dear friends, about a question often discussed amongst you as human beings; and most of these questions begin, my dear friends, with one small word...

Sabine: 'Why'...

'Why', yes that is correct. What I wish to talk to you all about, is the people who cannot understand why some people pray and ask for healing and these things come to pass, whilst another who prays fervently, or so they think, does not get the answer that they would wish to receive. Firstly as you all know, God is not of humankind, even although we say you are part of God, you have to remember that the word 'God', means a whole different issue, and talking of what God is about. God as you know it, is an all-encompassing word for Love, complete Love, and it is not someone who points a finger and says, "I will cure that one but not that one." So you see in humans minds it becomes very complex.

Agreed

And what I wish to say to you, my dear friends, is that you have to be accepting, accepting that the Great Creator knows what is best for all of us; it may not be what you wish, but it is what is best. Would anyone like to ask a question?

Paul: I was just thinking that I can understand that... (Paul then forgets what he was about to say)

Yes, the energy tonight is quite different.

Paul: Maybe it's affected by the temperature, the heat. (It was another really hot evening)

It is more likely that you as human beings are not the best receivers this evening—it is simple, but I understand what you are saying.

Paul: I was trying to think of it like connecting it to the power of our thoughts, **(yes)** so, sometimes I think I struggle a bit—I totally feel that God, or the purest Love, Source, would know what is best for all of us; **(yes)** there are times when you don't always know when to engage your thinking to try to change a situation or heal something. There are certain times when maybe you should sit back and allow things to happen, because it's part of the best thing that can happen to you.

Yes, and of course with many people, they do not have the belief, or the 'knowing', as I prefer to say, in what you believe. Your knowing is great amongst this group of people, but it has taken many of your years to reach that stage, but for many their understanding is still in a very immature state. But what I wish to say to you, my dear friends, is that do not dwell on what occurs with yourselves; if you have asked in Love for help, we will do all we can to help you, even if it is not in the way that you wish. But let me say to you all that no-one is never left alone; there will always be help for each and every soul who asks for that help.

Paul: And I guess there is a lot of growth in the sort of striving towards things—life needs to be a bit of a challenge, doesn't it? It can't be too...we can't get everything we want—that wouldn't be good.

Well not everything that you desire, but let us say that we are wiser when it comes to decisions of what is best for the soul.

Graham: What about those that because of their background and the environment, culture, whatever that they were born into, they're not actually aware of the fact that they can ask for help? I guess they receive that help anyway, even though they perhaps haven't got to a stage where they can ask directly?

No, I would say to you, my dear friend that every human being upon this planet has the ability and it is used often, of saying, 'God help me'. Even if those words are not said in the way that you may say them, I can assure you that we hear every moment of time someone call to God, and in the next breath say they do not believe in anything. How can each individual deny what is theirs? After all, you are part of the Great Divine, (yes) you are part of Love and Love will never be extinguished.

Sarah: But there are some people who just don't want to believe—you can say all you like, but if they're not ready to accept what you say...

Yes, that is the thing, but we see all the pictures in your world and people often say they do not believe in anything and yet in times of troubles, for example, shall we say if someone whom they love is in distress, they, in their own way, quiet way, will ask someone for help.

Agreed

You understand?

Sarah: I do; very often it's times of trouble that people turn to...

Di: ...it's when people are afraid.

Fear, yes that is a great subject, is it not? Love and fear—it engulfs you at times I feel, when what would be better is just to *offer yourselves up that the best may be given for your best use.*

Agreed

Sarah: The same when you're asking for help for somebody else—what's best for *them*, not what *you think* is best for them. **(Yes)**

Di: That's a very hard thing to do.

Sarah: But you may be wrong in what you're asking for that person, that's the trouble.

And of course, as the gentleman was saying, it depends a lot on situations, upbringing, but every single human being that abides in this world, has the deep inner knowledge of the Great Creator, and sometimes it takes a lifetime of denial, and for that soul to come home before they discover the beauty of Love. So, I say to you, dear friends, do not despair if all that you ask for is not given in the way that you would desire; instead, thank the Great Divine, for all the beautiful Love that surrounds each and every one of you.

Have you any other questions about this?

Sarah: I was just going to say that of course every person has a Guardian Angel around them, **(Yes)** so they're being helped as much as they can, if they can just accept it. **(Yes)**

Sara: There is an expression I like, which is: '*Life provides,*' and I always feel that when someone turns their back on *me*, another one always comes forward; **(Yes)** a door closes, another opens and that is very comforting and I'm always very grateful for that.

Yes, life never stands still, life is rich and full and beautiful, even to those people who you may consider suffering at this time; deep within, how many times have you come across a person with so many problems, but such a beautiful Spirit?

Agreed

I am sure most of you probably have.

Agreed

So I just wanted you to rethink this discussion, because we have had it before, (*Agreed*) in a much simpler manner, but what it comes down to is that you are never alone, you are always loved and there are those people as well as Angels, who wish to do their very best for you. But of course, as you well know, you cannot interfere in another's life—that is a hard lesson to learn.

Di: Yes, a lot of people do say to me that they're so lonely and it is really difficult to reply to that by saying you're never alone, because they're not very receptive to that, because they actually think they need to be with another *physical* being to not be lonely.

But as I have said before, whether they feel it or not, they are never alone and the Spirit knows this. Again, we are touching on the human form, the human thinking and the spiritual being that each and every one of you are. So, those people who feel lonely may well have, as they feel, a very good reason, but there comes a time in their lives, when a little knowledge or something triggers their deep-seated beliefs—things that they have denied before, and they will be helped. You understand?

Di: Yes, thank you.

Sabine: I was trying to say that to one of my friends who feels very lonely; both parents and 3 siblings have passed on to Spirit, but I keep on telling her they're right *there*, they're right next to her, **(Yes)** and she just needs to reach out to them and speak to them, because they're just right *there*, **(yes)** and she wants to believe me, but...

Yes, she finds it difficult, but of course you can only sow the seeds, and again that is something I have told you before, to sow one seed to one human being on this earth, my dear friends, you have achieved a lot. It may only be a smile, a nod, any everyday thing can be enough to give upliftment to people.

Graham: I'm always amazed at how powerful smiles are, because there are times you meet people, perhaps in the street or where you are in such a position, and I'm quite a big person and there's a little lady or something and she may look nervous for a moment, because I'm walking quite quickly towards her and then I give her a smile and you can see the relief and relaxation and they smile back, which is lovely!

And then it becomes natural to both of you, (Yes) and probably it is like the pebbles in the sea that carry on creating the little waves; you give Love to one and it continues on its way. Always remember that, my dear friends, we know you live in an age of upset and countries-against-countries, but as long as you give out Love and healing to all of those people, you do not know what changes you have begun.

Sarah: That's good and we were just talking earlier about 2 people who've done some really awful things to other people and there is a chance that they might suffer the death penalty, but what's encouraging is that so many people in this country anyway, even though they've done such awful things, they don't think they should be killed. So, in that sense that's good.

Yes, mankind has a lot still to learn, but as long as good people like yourselves spread the word, but that does not mean that you have to constantly repeat, it only means to sow the seed and allow that person to blossom all by themselves; that would be a greater satisfaction to them.

Sabine: And to us as well, to see their blossoming.

Of course, yes, but because you are the good people sending out Love, you will automatically receive that Love back in some way.

Paul: Love, giving out Love, *it is* the most powerful magic, isn't it? **(Yes)** it sort of makes people grow, or animals grow, they become, they grow their *consciousness*, I think it was said with pets and animals, **(yes)** the more we love them... **They become part of your soul, of course they do, and you all evolve from a Beautiful Love; you do, I cannot express to you the Love that you will feel when you cross to our world.**

Paul: Love is the medium through which we grow really?

Yes, without love you are *nothing*, but I will say, if you really believe the Truth that you are never without Love, you ARE LOVE, Love is a *feeling*—you need no words, you need no expressions, all you need is that feeling of giving—that is *True Love*.

Sarah: We've talked about it before that various people have felt that tremendous Love that all-encompassing, overwhelming Love. **(Yes)** When we go over to the other side, is that similar, or is it much more intense when we go over?

A great number of people, as they are passing to this world, feel that sense of overwhelming Love. I am sure you must have read or known of people who have thought they were dying and experienced the greatest Love they have ever felt, and that is Spirit being there to greet them. If you cross more naturally without any doubts, it may take a little bit longer for you, only in as much as you're so busy finding things about this new life that you forget to just be open to what is around you. But when you do, the only word, a human word, I can use is '*Magical*'... '*Beautiful*'...

Mark: I guess Eileen experiences a lot of Love when she's stepped to the side for you to come in, because she often says she doesn't want to come back?

Yes, this one has had that opportunity; it can be overwhelming sometimes, because the feeling of deep and pure Love, it needs no other, it expresses itself in a way that you have to experience.

Graham: I suppose as human beings, we are attracted to love, and that can manifest itself sometimes in strange ways, like at the moment on our planet, there's a worry about gang cultures, where groups of young people particularly, get caught up with each other and end up becoming a gang of some kind, and perhaps perpetrate anti-social behaviours, drugs and things. **(Yes)** But in a way that is another expression of love, because they look upon their gang members as a type of family, I suppose.

There is not one person alive who has not experienced Love, but there is a slight difference between human love and Spiritual Love. You understand? (Yes) But yes, no one person is full of negativity; the most lost person in your world, still perhaps loves his mother, his father, a cousin, an aunt, it does not matter who, but they have that spark of Love.

Sarah: Even these people that do such cruel things to others?

Yes, but that human love, that feeling of human love, can then grow into a deeper Spiritual Love. (Yes) And again, my dear friends, I am sure you have read or seen your 'television boxes', as you call them, where people have changed their whole lives with the power of Love from someone else, (Agreed) or from their own souls' growth. It is a powerful—again it is a small word 'Love', in your vocabulary, but is the most powerful, the most powerful thing you have. Graham: It is incredible when somebody has managed to turn their life around from one of being involved with gangs, **(Yes)** or human trafficking, or very negative things—turned it around and gone in completely the opposite way; and then they tell their story, **(yes)** and their story can be very powerful and it makes you emotional sometimes, just listening to their incredible story, and again, the *Power of Love*.

Sarah: Sometimes I think some of these people, they do these things and then they *change* and that's meant to be, so that they can then pass the word on to others, who maybe wouldn't change, so...

Yes, that is always a reason to change, but there are many reasons, there is no one solution to all things. But once you go past that negative energy, which is what they have—their energy has become dulled, they are misled a lot of the time by other people who have stronger voices. (Agreed) So you see how difficult it is to pass judgement on any one person; but that is not to say they will not see the error of their ways, the error of their thinking; when they come to Spirit, all will be before them, and this applies to everyone.

Sarah: Yes, I don't think any of us have had a perfect life, we've all made mistakes along the way. *(Agreed)* **Yeah, there are varying degrees of goodness, there are varying degrees of negativity, shall we say.**

Graham: When somebody looks back at their life and they see the error of their ways, how is it that they can see themselves more truly as they really are, when they've died, than when they were on this planet? Is it because they are surrounded by powerful Love?

They are surrounded by Love, they are never left alone and before them, I believe people on your Earth have said that they see their lives flash before them; (Agreed) that is true, perhaps not in the way you would understand; but it is the knowing, a knowing that has to be looked upon, and in that instant, they either neglect to change what they feel, or they suddenly become—and I will say, many, many are so upset that they cannot look at what they have done.

Sara: I suppose they feel, they've become aware of the pain that has been given, the emotional pain perhaps, or whatever it is that's been caused?

They are shown the pain that they have given to others.

Sara: Inflicted, yeah.

Yes, you cannot judge and you cannot change what a person is—you cannot do that; you can only give Love, (Yes) and you must leave the rest to Spirit. (Agreed)

Paul: In giving Love, is it literally, is Love literally a blending, because you're giving...

Love is an energy.

Paul: And you're giving out your energy.

When you speak your words of healing for others, as you do within this room, the energy slowly changes within the room, as you have changed within the room. And to give those prayers for Love and healing,

you have lifted your Spirits, you have lifted this room. It is a complex matter, not so easy to explain, but as I say, human physical love and spiritual Love are slightly different.

Sara: And the happiest people are the ones who give their thoughts and perform their deeds for others, but obviously keeping in balance.

Yes, provided they are not hurting other people. Sometimes we see an overcompensation, (yes) where people are so busy helping others that they, for example, may be neglecting their own family; there is a perfect balance, not always easy to find. (Agreed)

Sarah: I do remember you telling us last time that if you had made a mistake, or if you are sorry for what you've done, you should deal with that before you go over.

Yes, I still uphold those words; if there are any issues, they should be resolved whilst you are in the human form; it is so much easier, so less painful for whoever is involved in this. Yes, so you are correct.

Sara: But if a soul has tried to make amends for something, but the other person is not willing to allow that, does the other person still have to carry karma for an upset, if they tried genuinely to put it right?

Karma is only there if you have done something wrong. (Right) There is a little too much spoken about Karma. Karma is just resolving issues that have affected people. So, I would say, if someone has tried to make amends, then that is all they can do; you cannot make someone else do what you wish.

Sara: No, you can only offer. (You can offer...) You can offer more than once, but you can't keep offering.

But what you can do, if two people are not, let's say, happy together, they must just leave one another, until such time as they feel it is right to say something.

Sara: That's very helpful, thank you.

But, just to give out Love, it is still the best way forward.

Sara: And in your thoughts as well, privately you can send Love.

Yes, as long as you, if you are sorry for something that you have done, you can always speak from the heart, from the soul, and then just leave things, whatever the problem may be; but each individual knows that. (Yes.) Yes, it's when we hear so often people say, 'I do not know what to do.' I am sorry for them: Yes, they *do* know what to do, each and every one of you knows what is right and what is wrong.

Sarah: I think, as you say, I believe and have thought that for a while, everybody knows what's right and wrong, and I do think we've been extremely lucky that we've had your teaching and it's helped us to go on the right path, or try to go on the right path; but there are some people who haven't had that knowledge, and for them, it must be actually quite difficult for them to...

Those people have inner-knowledge.

Sarah: They have, yes...

Yes, that is making excuses, if you will forgive me.

Sarah: Thinking how much my thinking has changed (Yes) since I've been to the group, so, if I hadn't been to the group, I'd probably be thinking the same way as I did before.

But that is all that is needed, is that you can analyse your feelings, your Love, why you become cross with other people; all of these things, you have the ability and the power to change.

Sara: Is stubbornness something that begins in childhood do you think, or is it connected to pride?

Is what connected to pride?

Sara: Stubbornness.

It is a human trait; remember you are human as well as Spirit and as I try to lead you further towards the spiritual aspect, you are still remaining human beings, with all the faults that exist in the world. So, no, you are not perfect, none of you are perfect, and even when you come to Spirit, you will not immediately be perfect. You understand? (Mm) So, you have to deal, you can deal with any queries that you may have from a human aspect and then change it to a spiritual aspect, where you can try to erase what the problems are, because you have that ability with your mind, even whilst upon this Earth. So, no, try not to make too many excuses, as I say, but just to get on and live life to the fullest.

Paul: It's like our *inner* knowledge, our *inner*-selves are perhaps, could we say 'perfect'?

Your inner-voice is perfect, because that is the Spirit speaking.

Sarah: If our Spirit is perfect, then, a long time ago, you gave us the example of how we were like a rough diamond in Spirit, and you take a little bit off it and you polish it up, (Yes) and that's what we're trying to do; so that rough diamond is not perfect in Spirit?

It has been influenced by the human life; when you return to Spirit, that rough diamond is seeking its place within the whole, but it has to be polished, it has to be refined, that is why it is good if you can refine yourselves in your everyday lives on Earth.

Sarah: I was under the impression that that rough diamond that you talked about, in Spirit was just *us*, one person.

One aspect, you are speaking of one aspect of a whole diamond—that one aspect is a life that you have lived here.

Sarah: But the rest of it, that is in Spirit...

You will join up with them.

Sarah: But that's not just, if I can say, that's not just '*me*', that's other people as well, other Spirits as well? I was under the impression that that was *my* Spirit and I just took a little bit off it, and the whole idea was to polish the whole of me up. Am I wrong in that?

That is what you *are*, each lifetime that you lead, you are learning more and more and polishing the diamond, if you like. I only used the diamond as an example for you. (Yes) If you forget about the diamond for now, each little piece comes back to Earth for another life, in order that that diamond may be shone more and more and more, until such time it is so beautiful that it moves forward.

Sarah: So, we will eventually get the whole thing polished up?

Giggles

Well, I cannot give you *time*, but let me say I cannot see it.

Paul: Because *you're* still learning...

We are all learning. No-one will *be* the Great Creator, only the Great Creator, and we are all little '*chips*', call it a piece of a diamond, call it what you will, but we are all striving to go *Home*.

Paul: So, as far as we know, it's a never-ending journey?

As far as I know, I see no end.

Sarah: Yes, I remember you saying, we keep searching, but we never get there. (Yes)

Paul: But, why would you want to end, it's a...

Yes, that is very true.

Sara: It's always interesting.

That is why it gives us so much pleasure, my dear friends, to come back to people such as yourselves, who will listen to the Truth and then go forward with the Truth, not only the Truth for themselves, but for everything and all people in this world.

Graham: Would it be true to say that, as we progress throughout our many lifetimes and we do become more evolved, we do become happier and happier and happier as we go into our futures?

You should do.

Graham: Yes, that makes sense.

That would be the aim, for spiritual Love to take a stronger hold and you would look at things differently.

Sara: I would have thought *humbler* as well, humbler and humbler, (Yes) the more we evolve, (yes) and more open-minded therefore, less judgemental and I think, when we appreciate all the—as if we are all an orchestra and everyone has something to contribute to the whole sound or the whole harmony—well, we won't have harmony unless we appreciate what everyone has to offer.

You will never in one lifetime embrace all the beauty and the thoughts; you become part of, for example, *trees*, you become part of the *sea*, you become part of *everything*, and nothing is individualised.

Sara: Yeah, I see, you blend...

You are seeking, yes, you are seeking to blend with every other thing, to become whole, and that is something that takes a long time.

Sarah: I bet it does.

Giggles

And for dear lady's beautiful diamond, just keep on polishing!

Laughter

Sarah: I'll do my best! There is one person that I know who does his best to fall out with everybody—very nice people, and he falls out with everybody—does his best to make things difficult for everybody. Is that his brain that's not working properly?

Giggles

Well, I see that my talk this evening... let us say, you should feel pity for this gentleman.

Sarah: I do, I do, and I do try and send him Love, but...

Sara: You've got curiosity, as well, about why...

You must allow him to lead his life; it may not be what you *want*, it may not be the way *he* likes to live his life, but it is his pathway to find out for himself, why he is like that. You may not know his history, (That's true.) that's why you cannot judge.

Sarah: No, I'm not judging him, but I do actually feel very sorry for him and I feel sorry for his family as well, but I just wondered what would make somebody want to fall out with everybody—but as you say, we don't know the background.

No, and in showing that 'unpleasantness', shall we call it, it may make other people realise that they can be happier. So, in a way, he is doing some justice. (*service?*)

Sarah: That's true, I hadn't thought about it like that before.

So, always think, when you are discussing, always think about the other side of the picture.

Sarah: That's helpful, thank you.

Natalie: Going back to lifetimes and having to keep coming back, what would the collective number of everyone in this room, what would their lifetimes be, out of interest?

Graham: I don't think he can answer that.

Sarah: Hundreds I should think!

Giggles

Yes, it is not a question I am used to. How many times have you all been back, is that your question?

Natalie: Yes.

It varies, I cannot give you a straightforward answer, because some of you have been around longer, others a shorter time. It does not make you think that because you have done many more lifetimes that you will stop coming back quicker—it does not work that way, it does not; but I can tell you, I think that the majority of you will be back.

Mark: We'll be back again?

Giggles

You'll be back again, yes.

Mark: For more revision!

So, it's important to live a life where you feel quite contented that what you have done has been to the best of your ability; you cannot do more than that. And sometimes you will have insight into some of those past-lives perhaps, but I would just say to all, my dear friends, thank you for listening me once again. I know I repeat myself and...

Sabine: And we need that.

Agreed

Yes, I only do it when I feel, somehow it has all been a little forgotten.

Sarah: I think when you repeat yourself, there are obviously things we do remember that you've said before, (**Yes**) but always, we can learn something new from what questions are asked, and we learn something else...

Yes, sometimes as time goes on, the answer you think you have, changes slightly and you think: "Oh, I did not think of that before." So, it is still useful.

Sarah: Yes, absolutely, and there are obviously things we've forgotten as well.

Di: And for some of us, it's the first time of hearing.

Natalie: It's quite uplifting as well to hear the words.

Yes, well my dear friends, unless you have another question, I will take my leave.

Serena: Can I just ask, with regard to us coming back, it's something we *choose* to do, **(Yes)** although, it's something we *need* to do, but it *is* still a choice?

You are left until you can make the choice for yourself, but all I can say is, there is Love behind it, reminding the Spirit of what is necessary; but yes, you do choose to come back, no one forces you. Some people have the idea that you have no choice. When first you come back to Spirit, you still have your freewill and that does not change for quite some time. You may want to live quite a number of 'years', shall we say, getting to know something in Spirit, helping with children, with animals, associating with other people, there is so much to do in our world that you are not aware of; but yes, you always make the choice.

Serena: So, however difficult life seems, it is the choice we've made and we *knew* we were going to have those obstacles?

You don't always necessarily know every obstacle, because after all, an obstacle can be created by another person; this is why it is difficult—you can't make judgements, because so many of you are saying, 'oh well, it's karma', or *this* and *that*. It is not always karma, karma is just giving a response to what has already happened.

Sarah: And you also told us that when we come back, we choose our parents, not for who they are, but for the opportunities they give us in this lifetime that we need.

Correct, yes, that is true. Yes, so many people feel, well, I have re-said this all before, 'I would not have not chosen that lifetime.' But yes, you *did* choose that lifetime. No-one is compelled to return to the planet without first agreeing that is what they want to do. So...

Sara: If a person were very masterful of their own selves and thought they might not have to come back, would they actually know that, or have an inkling about it, or would they not know at all?

The knowing would be there.

Sara: It would be there before passing? Or not before they passed?

I see, you are asking if they know before they pass what?

Sara: Would they have any idea about their own evolution? Would they know that before going to Spirit?

You may have an overall view of life, but it would be very quick, just to assist in your passing, but generally, no.

Sara: I would imagine you wouldn't have any idea.

No, it is only once you have been in Spirit for a while that you then begin to think and see. Firstly, you have an overview of your life that you have come from, and then as time continues, you begin to see parts of where you should be going to.

Paul: And you can liaise with, well it all connects with others, like people in this room, some have had previous lives together...

No, the decision is made by those beings, beings who have probably never lived upon the Earth. They are not advised by other Spirits what they should do. That choice is entirely theirs. And now, I am going to take my leave.

General thanks for wonderful evening

Yes, the energy has been a little unstable this time, but I hope you have heard my words.

Enthusiastic agreement

Sarah: Did you say why the energy was unstable, I don't always hear everything?

I don't think the instrument is quite in tune with me this time; it is nothing to be concerned about, but happens, not often, and I just felt the disconnection a few times, but, she is OK and as I leave her, I am OK.

Giggles

Di: That's good to hear!

Thanks

I am becoming very humanised, the longer I speak with you.

Laughter.

Graham: I'm not sure if that's good or bad!

Sara: Poor you!

Laughter

Serena: You must be spending time with Cho.

Cho, yes, I do not really associate with Cho too much.

Serena: No, I just meant you both put a bit of humour in...

Humour, yes, why not? When you return to this plane, it is surprising what you pick up. You become aware of words you were never aware of, and feelings. But, as always, my dear friends, I will take my leave and look forward to our next coming together.

Thanks and farewells

Notes:

Accept that The Great Creator knows what's best for all of us: There is a bigger picture when it comes to the Soul's growth and our guides and Angels help us on our journeys throughout our many chosen lifetimes.

The Great Creator:

The Great Creator has been discussed many times, and our striving to return 'Home', with the Great Creator as our 'final destination' if you like. A similar question about the 'end game' was posed last year, to which Salumet replied: Of course we become much more refined as time—we will use the word 'time', but again, it is a word that cannot be explained fully. As time continues, let us say, the Spirit becomes more and more attuned to what life is all about, and I will say to you only this, that life itself is meant for returning to the Great Creator, that is the purpose of ALL LIFE, in ALL SPACES, to become part of that Great Creator from which we came. 05/06/2017

And as Salumet indicates, it's a never-ending journey—like the song: <https://www.youtube.com/watch?v=Gf1WTRVEZxk>

Near death experiences (NDEs):

Salumet mentions the tremendous Love that awaits those who cross to Spirit, and many NDEs have described this, such as Mellen-Thomas Benedict: <https://www.neardeath.com/reincarnation/experiences/mellen-thomas-benedict.html>

And Carl Jung:

<https://carljungdepthpsychologysite.blog/2018/02/03/carl-jungs-near-death-experience/#.W1xa8slTXIU>

Sowing seeds of Love: *As Salumet indicates, even helping just one other person in a lifetime is good, and even a smile to a stranger can be deeply touching and ripple out.*



SALUMET – 13th August 2018

After healing prayers, Salumet spoke—audio link: http://www.salumetandfriends.org/app/download/9328245/2018_08_13+1salumet.mp3

Lilian: Welcome Salumet.

Good evening.

All: Good evening.

As always, we are pleased to join with you this time. We welcome the lady who has not been in my presence before.

Claire: Thank you.

I will say just one thing to her, that as much as she desires to know more, her brain and thinking is a little too active. You need to, my dear friend, just slow yourself down a little; whatever you seek will come to you in time.

Claire: Thank you.

Now my dear friends, I wish to take this evening's opportunity, to remind all of you, no matter your circumstance, to *live in the moment*, to live in the *here and now*; and although some of you feel that you already do, let me assure you that you are not quite there. We know that your lives are quite diverse and that is good to have in a group such as this; it has given you the opportunity over the years, to come to realise that you are all individual; but I am here this evening to tell you all, *live in the moment*; and I know some of you will be saying, '*but how can we? Life is so busy.*' Yes, but you are missing out on life as it should be. Every sacred moment counts. You can achieve whatever you wish and you can have the health that you desire, but do not rush, my dear friends, into something far ahead, to forgo and leave behind what you should be learning. Do you understand my words?

Lilian: Yes, hard to stick by them all the time, (Yes) but yes, I'll try and do it more and think about it more.

That is all that we wish for you, that you *attempt* to live in this manner.

Sarah: It is difficult, because you need to do some sort of planning in life.

Why? Why do you? Does not each day follow the last one? (*Agreed*) Does not each day follow forward and become the next day? (Yes) Does life not look after you in that way?

Sarah: Yes it does, but—if you're only living in the day...

...You are enjoying life, if you live in the day.

Sarah: You are, I agree, but you...for example, I was thinking of me going out to Australia—there are certain things that you need to organise, you can't just live in that day—I suppose the day you're living in, you're doing things for the *next* day.

You should be living life, each second of the time. Your move to another country, of course, it is part of living, I am not saying that, but you can deal with each step of life as it comes to you, you can enjoy each step of life, or you can deal with the problems of life. If you are *ahead* with your thinking, think of how many days and hours and minutes that you have lost, never to be recaptured. I am not saying, do not think of other things—that is not what I am telling you; but you find it difficult, I feel from you all—how can you possibly just live in one moment, in one minute?

Jan: I suppose, if you have your dreams and aspirations, and they should be put to one side—not removing them, but I think what you're asking us to do is that particular day is to be conscious of every minute (Yes) of that day (Yes) and not worry about tomorrow, because tomorrow doesn't exist, has not existed, so it's just to work towards your goals *that* day, with a very open conscious mind.

Yes, you have captured my words very well, I am not asking you to be so insular that you do not think ahead at all, that is not what I am telling you, but I *am* saying, savour every second of the life that you have here and now.

Sarah: Yes, so whilst you're, for example, Jan's going on holiday, so it's no good waiting till the day she goes on holiday to buy the ticket to go on holiday, she would have to do that in advance. (Yes!) So while she is buying the ticket, she's enjoying buying the ticket. (Yes) I can understand that.

Make every moment count. (Yes)

Di: Enjoy where we are, doesn't mean don't look ahead, (Yes) enjoy where we are, but don't *just* look ahead, enjoy...

Yes, but be conscious of the *here and now*.

Sarah: Yes, okay, I can accept that, yes.

Are you happy with that? (Yes) Thank you my dear friend. I am sorry I interrupted the lady.

Jan: When we live in—I forgot what I was going to say now, isn't that dreadful? Dear oh dear... very human.

Sarah: Enjoy that moment!

Commented [p1]:

Giggles

Jan: Yeah, enjoy the moment of forgetting...

Do you not feel the laughter and the Love that is now in this room, at this moment? (Yes) You do, that is what I am trying to help you achieve.

Jan: Yes. I know what I was going to say, you used to tell me for years and years that I was very fearful and when you live in the moment, the fear disappears, **(Yes)** because there's nothing to be fearful of.

Of course, and each step as you take it, one minute ago, one second ago, is the past. You leave the past behind you and you move forward.

Jan: And there's no harm though surely in learning from those past moments, because I am the world's biggest procrastinator, I'm dreadful, I'll put things off that I should be doing *that* day, so...

But do you not see that perhaps, that is part of your human make up?

Jan: Yes, which is different to my spiritual mind, yes.

Yes, you understand that? (Yes, I do) Good.

Jan: But I have learned that it's not worth beating yourself up over it, because there's no point whatsoever—it's happened it's gone you've just got to...

Yes, and so many people are still living in time gone by, (Yes) when they should have released those burdens, to move forward. Yes, does anyone have a question?

Sabine: Well, I was doing a bit of reading earlier on different transcripts, because I was thinking of a question, but then my question got answered by all my reading, and then I came across something that you've said, and I would like to know if you could help me with some examples on how I can achieve that. You were saying: "*Strive forward to achieve evermore spiritual consciousness in your daily lives, in order for those spiritual eyes to be awakened.*" And I was just wondering, what could I...

Your spiritual eyes are already awakened. (Right) You are expecting some kind of, shall we say 'miracle', I don't know another apt word to use. But when people speak of their spiritual eye opening, they have a vision of an eye, which wakens up. That is fine if it helps you to understand; but from the moment you are conceived and you are born into this human world, your spiritual 'eye', I say reservedly, is beginning to open and is already open.

Jan: Yeah, that makes perfect sense to me.

You understand? And you grow from that moment on, and it is only when you recognise, or *think* you recognise that this has happened, that you feel yourselves to be more spiritual. (Okay) All throughout life on this Earth, is teaching you about spiritual things, spiritual beings, all of that, and you just go with it, you go with the moment, until such time you realise another thing is happening, and you know more than you did the day before. There is no special circumstance that you can create for this. (Okay) Is that helpful to you?

Sabine: Yeah, so just embrace... **(Embrace it, yes)** every moment...

But I can assure you, my dear friend, your eyes are wide open, spiritually.

Sabine: Thank you.

And this is what happens within this room, you see the results through the actions of yourself and others, you see actions of Love towards others, and what is that if it is not the beauty of the 'spiritual eye'. You understand?

Agreed

If you have doubts, please ask me.

Jan: It's the most natural thing ever, isn't it? **(Yes)** It's an awakening, you waken to a little more everyday as you work towards **(yes)** being in spirit again.

Remember that you are already spiritual beings; that will never change, no matter how many lives you lead, that will never change. And it is up to you as human beings, given and helped with this lifetime, to try to expand that knowledge. And how do you expand that knowledge? Just by being *yourselves*. There is no secret formula. I am sure you must feel it as you come together in unison on these meetings, just how much you must have grown since first we began to speak, do you agree?

Agreed

Paul: Sometimes it's detectable in people's voices, the way they sound, compared to listening to some of the earlier recording s, I think my voice was sort of higher and... **(Yes)** it's relaxed a bit.

Sarah: It also deepens with age as well, you know as you get older your voice deepens a bit.

Commented [p2]:

Di: I think there's a lot of reassurance from these meeting and I do think that maybe it makes you feel a bit quieter and calmer about life in general, really.

Spirit, Spirit is quiet, Spirit is loving, Spirit is all-knowing, not 'belief', but 'knowing'; and you should remember these aspects of Spirit, because you have all gone through many things in life, which you may at times not have thanked the Great Creator for, but which have been a learning curve for you all. Remember always, because you are part of that Great Spirit, remember this always, and you will not stray far from the path of learning. Are you happy with the words this evening?

Agreed

It gives you time to think again about what we have spoken of before. Does the new lady have any question?

Claire: I don't think so this time... apart from learning to slow my brain down, I don't quite know how to do that.

You have to find the quiet place. You will not slow your mind down whilst your body is active, unless you have had years of practice.

Claire: No, I haven't.

No. What you must do is sit in the quietness and allow that Spirit within you, or about you, whichever way you like to say it, allow the Spirit to come forward. (Okay) Because at the moment, you are Spirit, but you are inhabiting a human frame, so you must practice and you must learn to quieten the mind, and then you can receive all kinds of knowledge and help.

Claire: Okay, thank you.

But, I will try to help you.

Claire: Thank you.

Are there more questions this time?

Lilian: Could I ask one on behalf of my granddaughter, not that she knows I'm mentioning her. Is there a free will stopping her from, I'll say, getting better, going forward? She does have umpteen problems—it's my daughter's daughter, Kathrine.

Your granddaughter? (Yes) Yes, we have spoken before of this young lady. Life for many people is not always comfortable, and life for many people is surprising and worrying, and always deep within the Spirit is a desire for going Home, to be safe, to be sound; and it is all too easy to say, does it come from a past life? Is it perhaps something she should achieve? What I will say to you, my dear friend, is this young lady needs a few more Earth years, before she becomes, how you would call, a little more settled. (Yeah) She needs more years, because, from a small child she has struggled. (Yes, she has) She has struggled whilst on this Earth, but it is part of her learning.

Lilian: Yeah, so that's probably why she chose my daughter as a mother to help her.

Yes, you all choose your parents, again I have told you, it is not because of the personality of the parents, but the opportunities that can arise for you to grow in Spirit.

Lilian: Yes, that's interesting, thank you.

But you must, and the mother, I will say, although becomes distressed at times, that mother accepted the situation of a difficult life, which we have no need of going into.

Lilian: Yes, you've already talked about her difficult life.

Yes, but you, as a grandmother can be a listener for this one. (Yes, right) Do not force conversation from her, she will accommodate you when she is ready. But you must give her more time.

Lilian: Right, thank you.

Sarah: When you said she's always struggled in this lifetime, was she one of those that once she'd decided she was going to come back, then when she got here, she found it difficult in the beginning and wanted to go back again?

Yes, that happens with quite a few; the decision is agreed upon and they wish to return, and remember, there is no *pushing* them forward, it comes from free will, (Yes) and as they come, they realise that they have lost the comfort and safety of Spirit, and it leaves, not negativity, but an *unease* that stays with them, or some of them at least. (Yes) Yes, you are correct.

Jan: I can imagine that with the young lady you are talking about, that makes a great deal of sense.

It is always, when it is a close union in families, that you want to help, you want to do the best for that person. But sometimes, the best thing that you can do, is to step backwards and allow them to live the life they've come to.

Jan: That's definitely been one of my lessons, because I have the other granddaughter to Lilian, both of the granddaughters seem to have come with many problems this time that they have to sort out. Yes, I've learned just recently that I can't—well, *my* daughter affects my living in my moment, because I worry about her too much.

You must not allow that to happen.

Jan: And that's what I've learned just recently, I have to step back and allow her to find out for herself, (Yes) because she seems to repeat the same pattern.

She is repeating a pattern...

Jan: ...All the time, (Yes) because her negativity—she almost creates her own reality with her negativity I believe.

That is exactly what she is doing, in the same way that you all create your own negativity, or hopefulness, or Love, no matter what, you are responsible, each and every one of you, for what happens in your life. And your life actions can be transmuted; remember, it is not always *set in stone*, I think you say?

Agreed

Di: So, if we feel like we should be helping people then, should we just make that known to the person and then take a step back, so that they approach us rather than the other way around?

If you are out to help other people, there is no need to tell them, you can carry on and help in whatever way you desire.

Jan: They'll always come back to you, because they know the Love, (Yes) they always come back towards the Love.

They should feel it.

Di: I was just thinking about my family, my brother and sister and their children in particular, because they've had a really bad—well, I think it's quite a few years really; we've only recently got involved, but it's like walking on egg shells, (Yes) I feel I should just be available rather than sticking my nose in really, if that makes sense?

Yes. Remember, you are all responsible for your own lives, and remember also, this is only one life and what you are doing, or trying to achieve, is for the bigger picture. Try to focus on that, my dear friends, and you will feel that life, I am not saying it will be worry free, it probably will not be, because you are human beings; but, you can strive to be the best you can.

Sarah: I always remember Salumet, you saying that negative thought attracts negative, and I remember, I used to cycle back from work through a dark woody bit and I always got very frightened going through there, and after you said about negative attract negative, I was never frightened again, I just went through. So, those words stayed very much with me and (Yes) that's part of it, isn't it? (Yes) If you're not frightened, if you just listen to what your body's saying, or your insides are saying, and just go with that.

And what you have done is created a safety for yourself, and those who come to you, those Angels, those helpers, you have given them the opportunity to come closer to you. You understand?

Jan: It's creating your own reality, isn't it? (Yes) The negativity—if that's what you expect, that's what you get, it's as simple as that, I think.

Now, I feel I have rekindled your thinking again.

Agreed

Lilian: Yes, you certainly help us.

Yes. I hope that I have helped in some way for you, my dear friends, because without you all, you have not realised just how much good work you have done as a group, and for this, we are always thankful to you.

Serena: I find myself sometimes, trying to visualise what I like for a person, and then I realise it's not my life! (Yes) It's their's!

Yes, you have spoken very wise words, my dear friend, of course it is not your life and you must, however hard it may be, you must allow others to live theirs. And it's the realisation that you *can* change actions in your life; that *empowers* you to go forward.

But I will leave you now with the words I started with, about living in THE MOMENT. Please *do* think upon these words this time.

Lilian: Yes, I'm sure we will.

And I am sure you will feel the Love that comes to you.

Paul: And, being in the moment, allows us a bit more spontaneity, and we may actually be able to help out other people more by...

Without realising... (Without realising it, yes!) of course you will, and can.

Paul: Having a good—setting up that vibration, it's a bit like happiness, it...

It reverberates throughout the whole of the Cosmos, yes.

Jan: We shine brighter!

You can make it shine as brightly as you wish, yes.

Sarah: But, if we are all trying to make things better, so on the one side we are making things better, but you've said to us there is always a balance, so does that mean that some people...

And the balance is being that you are a human being, you are living in a world which is not an easy one at times, but which we have spoken of, that we try to create a *better* world, but you always have balance in this planet.

Sarah: So, does that mean if one lot are getting better, another lot are getting worse?

No, that is too simple, we will speak on this another time. (Okay, yes, thank you)

So, my dear friends, I will take my leave at this time. I wish you well in your thinking and I will be interested at some point, to see what you have gained from this evening.

Thanks

Eileen then began to receive clairvoyance, with the name Andrea, in a school playground, around 7 years of age or younger, and she had the nickname 'Bunny'. This was a message for Claire. There was a question mark over Claire's head, which she was able to explain. There was also a key in an old door, which may symbolise the need to open up the mind. There was also mention of her son, who could see things, specifically his granddad, though there was also some fear and so the need for him to be reassured that all is well, and it would be good to acknowledge / say hello to granddad the next time he appears.

Next, Eileen was getting 'Madeira', though wasn't sure if this referred to the cake, the wine, or the island, or possibly all 3.

Note:

Salumet has spoken about living in the 'Now' previously - 1998/12/07: Remember, past, present, future belong together, but you are living in the moment with this one aspect of your soul, which is seeking growth. That is the purpose of life and that is what you should concentrate your efforts upon. I fear sometimes, human beings, because of dissatisfaction within their daily living, seek the excitement of finding past lives. It has almost become in your world, an exercise of pleasure; this it should not be. So I would say to you, my dear friends, live for the moment. There is no reason why anyone within this room, should be seeking knowledge of past lifetimes. It will never be given purely for an interest factor.

Les: There would be no point in so doing, would there?

It is, if I may say so, it is wasting time and energy.

...You can in a little way, rectify what has happened in past times, because after all, you have come to, in some cases, rectify previous lives. But it is living in the moment, which is important. The seeking of spiritual strength is what is important.

SALUMET – 1st October 2018

After our healing prayers, our beloved teacher Salumet joined us—audio link:

http://www.salumetandfriends.org/app/download/9455238/2018_10_01+salumet.mp3

Good evening.

All: Good evening Salumet.

As always it gives much pleasure to hear you speak of all things happening in your world at this present time. I wish to say to you all, not far into this future, there is much more widespread interest, not only in medicine, but in the journey of the Soul. You will find that all people in this world, will be seeking, not only as individuals, but as groups of spiritual people—it will become known to you very soon. I would

wish that you all look forward to this, because the unity that it will form, will be something quite spectacular in your world.

Jan: Wonderful!

Sarah: Good to hear! Thank you.

You have I know, already spoken about medical matters that have occurred and of which I prepared you for.

Agreed

Now, my dear friends, I would like you to brace yourselves for the knowledge that Spirit is bringing to your world, very, very soon.

Lilian: And you did mention children as well that would be coming at some time. (*See notes*)

Yes, that is a slower process, children, but children will always be important to the voice of Spirit; they are the generations to come, they will be what we will call: *'The Spirit of Children'*, to bring news, to bring much that is needed to this world. I am not saying that your world will be a perfect place—I wish that I could—but, as far as making strides forward, it is a time to look out for. So, my dear friends, do not despair, because I know some of you still do, about your world in general; and it is understandable, because it brings great fear to many. So I say to you all, remember the words that have already been given to you, live your lives without fear, and from that fear grows hope, hope which will change the world.

If you have any questions, I would like to take them now.

Graham: These groups that you describe, will they be in touch with each other, through the internet, or will they all be separate?

They will begin as separate groups, of course, as you would in any locality in your world, it begins somewhere; but as time transpires into other things then it will become known, further afield. Yes, there has to be that unity at some point, where it becomes a universal knowledge.

Jan: Is this the start of the end Salumet, for example, of the Catholic faith? Will this have an impact?

Yes, it will have an impact on all things religious, as I have previously told you, but of course, being human, you still do not yet have what we call *'spiritual patience'*. So, allowing for the patience, yes, you will see great strides in that area.

Jan: I think we can already see—(Yes) there's a feeling things are changing anyway, like you told us.

They have tried to change what has been spoken of, but they are not succeeding—that is what you must remember; and of course they will hold on to their beliefs as much as they can, but the Truth has to BE, the Truth cannot be kept down.

Agreed

Sabine: That's good for any religions, isn't it, not only the Catholic? (Yes) The Muslims and all the others.

They have served their purpose we feel for the world, and do not doubt that they have helped at some stages—the people have needed these beliefs, (*Agreed*) but *now* is the *time* to be free of them, to allow each and every one to find that Spirit that you ARE, but whilst you are upon the Earth—the time is coming.

Jan: Exciting times! (*Agreed*)

Ben: Will there be a singular event to help accelerate that process, or is it more of a gradual thing?

It will be more of a gradual happening. Yes, it has to be done *thoroughly*, shall I say, I believe you would use that word to describe something that has to sink in very, very slowly; and then Trust and Hope and Faith and all these other words that you use, will be accomplished.

Jan: Are we impatient within this room as well Salumet? Are we all impatient?

Graham: I'm sure we are—I am!

Well, I think you have had your answer.

Chuckles

Yes, I am filled so much with Love for you people, who put forward the Truth. We cannot ask more of you, and of course, you are all individuals, at your own individual growth. So, yes, a few may be a little more patient than others.

Graham: Salumet, I wanted to ask your permission about something, and that is, I'm trying to summarise your teachings, which go right back to 1994, and I started it as an exercise, and I've gone through the things that you said about all the many and varied topics, and I've tried to put together all the bits and pieces that you've said about things. And I've noticed that as you've progressed with us, you've kind of taken a spiral approach, where you visit topics again and again, but each time you take things a little bit further, **(Yes)** and I can see that—it's wonderful. But what I wanted to do, is to try and summarise your teachings—I think I'm going to need some support from your side; not everything I understand, but if you're happy for me to *try*, I'd like to give it my best shot.

You already are having help, (Thank you) let us make that clear. Anything which puts forward the Truth, can only be right as far as Spirit is concerned. You are doing a great 'job', I believe you would say, great job? (Agreed) Yes, and of course, we give you our blessing to work on those words; and yes, I have revisited many topics, on many occasions, but I do not try to put you down by saying that you need to be reminded often.

Sarah: ... but we do!

...but it helps, and each time that we revisit a topic, as the gentleman has said, I try to bring just a little more; and as children do, their knowledge and education is *slowly, slowly*, until it is understood. And after all, you are children of Spirit.

Graham: Yes, you have said that the knowledge is really only part of it, isn't it, because we have to develop in spirituality, they go in tandem, **(Yes)** our spirituality, our inner-knowing grows with the knowledge and vice-a-versa, they go together?

Yes that is true, they do, yes.

Sarah: The other good thing Salumet, about you repeating things, is yes, it does remind us, but for new people who have joined the group, or for those new people that are reading the transcripts, it's always good to have those little bits of extra knowledge given to them. So it's helpful in that respect, as well.

I would have to say that each one of you has, over time, spoken deeply about, not what we *believe*, but what we *know*. I know in your world at this time, there are many who do not believe, but I also know that people such as yourself, who are dedicated to Spirit and Truth, continue and gently, to just drop something that makes these nonbelievers think a little.

Sarah: And even when you say something to some people, they latch onto you sometimes, because they've been seeking and have at last found someone who can give them some of the answers that they want; so that's good as well.

Yes, of course. Most people, given the opportunity, will always be able, because I know you know I have said that each and every person on this planet, is given the opportunity to find out more about the Truth. It may not be directly through them, but it may come, as the lady has said, through a word or two that is spoken to them. It is almost, I can say, like a light shines from within, and the knowledge, the recognition, is wonderful to them when this happens.

Paul: One of our readers asked a question: Her name is Brooks Powell and she wanted to know more about Conglomerate Beings. She mentioned Abraham being one and a few others, and she wondered if there are many Conglomerate Beings like yourself?

I would say that the answer to your question—I understand, and we do use the Conglomerates, in the way that I have been part of a Conglomerate; there are others, but there are not many—this, again we move to an area which has never been discussed. Conglomerates consist of learned beings, who are *far* from what you see now. It is fortunate that we are able to descend to the level you are at. It is not easy, it is wonderful to see when it occurs, but it is not something that is *overwhelming*, because beings come from a long area away from what you would recognise. We are not human beings as such, we are Spirit of Knowledge, of Love, of Light. But yes, there are Conglomerates, but not many as people would expect.

Paul: So we're very privileged to have YOU.

Well, I feel humbled by those words, but they are unnecessary. When I decided that—not *decided*, but '*conditioned*', to come to speak with you, it was because the world seemed to be rather in a state of fear. We felt many attempts had been tried, but I came to you, and I believe I am right in saying, I came

to you saying, if you could not accept my words, then do not. *(Agreed)* I still say that to you and it is not a case of Faith or Belief, but it is the Knowing of TRUTH.

Lilian: And it's strange how, I guess the majority of us have found it so easy to accept.

We chose wisely, did we not?

Giggles

Yes.

Lilian: I wonder if you could help me. Last week when we were sitting, someone came through Eileen and had a little talk, *(Sandra)* and she began to wonder if it was an Angel. Can you comment on that?

I will answer that question. (Thank you.) **She was not an Angel, but she was feeling the presence of one; so she was aware of how the Angels are, but she herself was not being used by an Angel—only the awareness. But the lady still found it very interesting we know, because her thoughts have wandered for a few days, wondering the reality of that occasion. It is no different than when someone overshadows you and you can feel their bodily features; this is what was happening with this lady, except it was an Angel behind her.**

Jan: On the same occasion Salumet, a number of us in the room here, when Sarah nearly had somebody come through her to speak—didn't you Sarah? *(Agreed)* Somebody was around—but Sarah's features seemed to disappear, **(Yes)** as if somebody overshadowed, or cloaked her?

That is when you are overshadowed that Spirit will inhabit the body for a very short time. But this is nothing to be afraid of ...

Jan: ... no, it was very interesting. **(Yes)**

Sarah: I was I think slightly out of it, I didn't realise that I was being overshadowed, it was only when the others said to me my features had gone and my face had elongated.

Yes, it is a trance of the light form that you are overshadowed and you feel relaxed and we pick our time to do so. It is no different than someone speaking—we use the voices of you as humans, but sometimes it is a little closer, and therefore you find you are able to *feel* more and *feeling* is very important.

Sarah: The thing is actually, I didn't feel anybody, I just ...

No, but the others noticed.

Sarah: Yes, I did feel slightly 'away'.

(Jan mentioned that 3 ladies in the room observed it)

Sarah: So, when I was overshadowed, what is the advantage of that?

It just means that you are receiving Spirit much more closely. You are allowing yourself to be taken a little more deeply and therefore your features, your bodily functions, everything is being used, in the same way as we use and I am doing at the moment, using the body of this instrument. *(Eileen)* But with her, she is put to one side, whilst I speak to you.

Sarah: It's a shame it's only just happening now, because I shall be leaving the group soon to go to Australia, so I hope that maybe I'll find a group out there where I can continue.

Yes, you must continue if you can. We like to find people who are ready to accept—and let me say, not everyone *is* ready—they become a little fearful, where they do not like the sensation of being used in this way.

Jan: On the topic of fear, Salumet, it may just be my own growth and my own perception, but generally I don't think the planet has as much fear surrounding it, as say, 10, 15, 20 years ago. Would I be correct in feeling that?

You feel the planet was more fearful then? (Yes...) When we speak of the planets—let us go a little wider than the Earth planet, because you know you are all *intertwined*. *(Agreed)* Yes, and what affects others, has an effect upon you on this Earth. (Yes) Yes, there is a lot spoken, I fear, about the subject of fear; and the Earth planet has not always been a peaceful, loving one, in times gone by. *(Agreed)* And I will say to you, I see that there is a difference, in you said 15 of your years, there has been a change, only because the perception of people has changed, therefore there is slightly less fear.

Jan: Yeah, I think it's a tangible feeling.

You are quite right with the feeling; it is not enough to say the planet is not fearful, because it is.

Sabine: There are *many places* where it *is* fearful to live.

Yes, that is true. This is a beautiful planet, although it is a planet of learning—but always find the beauty.

Lilian: Yes, there's a lot of that! **(Yes)**

Jan: I think in general, my feeling is, especially in meditation, or just going within, is, man-towards-man, the fear is not as great as it used to be—we're not as fearful of one another as we used to be. I know there are still hotspots on this planet that are still war-torn etc. but I just feel that we are working in the right direction and not being as fearful and mistrusting of each other, as we once were.

Yes, I understand. know there are always elements, even in the tragic circumstances, which are working upon your planet at this moment; there are always groups who are more loving, who wish to change, and gradually will come together to get that change. So yes, you are correct in part, when you say man-to-man there would be less fear, but you can always say that if you have two nonbelievers, or people who believe *too much*, shall I say? You have to wonder why, face-to-face, they are angry and disbelieving and full of hatred. But it is all part of being on this planet. This planet has never been a quiet, peaceful place. (Agreed) So you have to take it back, you have to take it back, even when the planet was inhabited by these large creatures, when the planet was in an Ice-Age. You have to wonder why have all of these things happened. They have happened, my dear friends, because it is one little step forward.

Jan: While you've just been talking, it's not an ego thing, I've been wondering whether or not, it isn't the fact that it's what I *feel* is happening, maybe it's more to do with how 'I' feel.

You have to, you have to tame your own Soul, your Spirit first.

Jan: ...because that's my responsibility, first and foremost, is *my* Spirit.

Each and every one of you are responsible for what you *think*, what you *say*, what you *do*, and how you respond to other people. That is your responsibility and yours alone.

Jan: So, I'm wondering if that feeling that I described, when I said I had this *feeling* that it wasn't as fearful, is whether or not that's just my...

Do not dismiss your feelings, do not dismiss them. You can question them at times, but not to dismiss them.

Jan: So I *own* that. **(Yes)** That's a good feeling to me and I'm going to own that feeling.

And that can to changed and given to another.

Jan: Yes, and I'd like to own that feeling and that's my hope and my moving forward, **(Yes)** for the rest of the planet.

That is a good way to do it, yes.

Now, my friends, it has been good to join with you again. I hope some of your questions have been answered, and as I take my leave of you, I look forward to coming together next time.

Thanks

And remember my words on the changes that are coming.

Agreed

As always, I will always try to protect you as much as I can. (Thanks) And until we come together again, I leave you cloaked in my Love.

Thanks + farewells

Notes:

Journey of the Soul:

Salumet predicts widespread growth as people seek beyond earthly religions, which have served their time and are fast becoming obsolete. (see 19/10/1998)

Conglomerate Beings:

There are few conglomerate beings, and full-trance mediums like Eileen, are also rare, so this is perhaps the perfect pairing for the pure transmission of higher spiritual knowledge.

Special children:

The children Lilian refers to are children being born into every country over the next few years, in order to help achieve peace (see 17/10/2016)

SALUMET – 19th November 2018

After our healing prayers, Salumet spoke—audio link: http://www.salumetandfriends.org/app/download/9591740/2018_11_19+salumet.mp3

Sabine: Good evening Salumet and welcome.

Good evening.

All: Good evening Salumet.

As always my dear friends, we are happy to join with you on this evening especially, because we have one who is about to leave us; (*Sarah*) but remember that it is not a goodbye, but just a parting of the way for a very short period.

Agreed

Once connection is made with us, we do not abandon those who work so well, and for this, we thank the lady and know that her spiritual growth will continue.

Sarah: Thank you.

So, it is a great pleasure for us to see how much energy is within this very full room; and it makes us feel when we listen to you, just how much you have all grown, how much you have grown in your understanding of Spirit. We take the thanks that the lady and the gentleman (*Graham and Sara*) have given, and we thank *you* for allowing this condition (*Graham is suffering from a very bad back*) to make you grow stronger—because that is what it does. When any condition is adverse, then it takes a greater will, spiritual will, to go forward; but you have been prime examples of this, and as someone has said this time, it is most common when it comes to problems in the body that you as human beings will suffer because of it; but always the question lies open, ‘*why do some suffer and why do others not?*’ We do not look at it like that, you are all loved, you are all part of the Great Spirit, and when you start to think: ‘*why me?*’, that is not quite correct. My dear friends, be thankful that that Great Creator has allowed you to experience whatever it is you are going through at this particular time.

Yes, I want to say to you, my dear friends, I will be with you only one more time before your holiday season begins. I feel that the time is coming for you all to take a bigger part in your own expansion, to grow, to wonder, to change and above all, to continue to love others, which is in fact what you do each day; whether it be for a stranger, or a person that you know, my dear friends, you all have that Love and capability, and I feel our journey through many years have contributed to these happenings. So, continue, continue and continue to grow. I am only staying with you for a short time this evening, so if there are any questions, please ask them now.

Sabine: I have a question in regards of the energetic portals? (**Yes**) There are some astrologists who are talking about them—I’m not quite sure of what they are—then some people are saying they’re true and some are saying they are false; they said there were 2 this month, one on the 11th and one on the 22nd, next Thursday. Can you comment about those energetic portals?

Those energies are only a small part of the Universes. It is only that as human beings you have to place a name with these happenings. Let me just explain to you, my dear friend, that it is all part of the Universe, it is nothing unusual and it is happening all of the time, even if you as humans are not aware of it. So, I would only kindly suggest that you do not worry about all of these things, and as in your world, you know, there are always agreements and disagreements about many subjects. (**Yes**) I would say, just think of the wonder of it all, think of the place within the many worlds that you are aware of, and just to let it be. (**Yes, thank you**) I hope that helps you.

Sabine: Yes, it sounded like they were sort of saying you need to open yourself and be connected and all that, (**Yes**) but everybody *is* anyway, (**You are, yes.**) living on the same planet, it doesn’t matter...

There will always be many happenings in your world, or outside of your world that take place, that need no explanation; you do not need it to grow spiritually, it is used only for some kind of recognition.

Human beings are always looking for new beginnings, instead of allowing the knowledge of what they have today to be honoured. (**Thank you**) You understand? (*Agreed*) Yes, you as human beings, have very small human brains and sometimes happenings in the bigger scheme of life, seem to be very confusing, I

say, and I am probably repeating myself again, just allow these happenings to happen naturally, allow yourselves to grow, know the wonder of Spirit, not of the Universes, because there are many; (Yeah) take control of your own Spirits and it will take you and guide you to many, many forms of life.

Jan: Just go with the flow.

I believe that is an earthly expression, (yes) yes, but it is a very true one. Why complicate matters when you can have acceptance? It is like the form of Love—you would not expect a deep explanation for something that happens so naturally—no. Are there more questions please?

Serena: Could you explain when we ask for healing what actually happens and how it differs, if we ask in the room, and if we try and do healing ourselves at a distance for people?

Absent healing, I believe you call it? (Yes) Yes, we need to talk a little about energies, because that is what is happening. As the thought is made to exist, the energy which surrounds it is carried to those who can help. Remember that all things are *energy*—that is the key word here. That energy is affiliated to other energies around you, in the same way as you have radio waves that you never see, but can still create noise, so too can the healing energies that you send or give to another. And you have to think, how does it happen? All I can say is that you allow the energies to do what they have to do, and it is up to the Great Creator to decide—and not in the way mankind speaks of it, but to decide who will be helped and who needs to learn just a little more. It is not a judgment, never a judgment; so, what you have to do, is accept whatever comes.

Serena: So when you say ‘*learn more*’, this is *learn more* through the pain or the illness or...

Yes, it is still an energy, whether you are of what you call, good health, or have complaints, it is all energy, and that is why you are able to control it, because with your spiritual mind, you can transmute any energy that is available to you. It is not an easy one to describe, because it is something we have never really discussed in *full*; but again, I say to you, why do you try to dissect it, why can you not just allow it to happen and know that you are part of that healing service?

Serena: So when we’re here and we ask for healing in this room, (Yes) it is again another form of healing, the absent healing, but, how does it *differ* from us asking *here*? Who’s doing the healing here, is it *us* or is it people in Spirit?

It is both, it needs to be *asked* from here, because you are dealing with a human being. If it was spiritual contact, that is something quite different, and contact with the human on the Earth is quite different, the energies are the same, but used differently—that’s what you have to remember. All energy comes from the same Source, but in the same way, as let’s say, the table within this room is a much denser energy, but it is still the same energy of Creation. It is all to do with the transmuting of different energies; but at the end of the day, if you wish to have a healing, you have to accept that the main healer is the Great Creator.

Graham: You have mentioned on a number of occasions that healing can happen when the Spirit is *touched*.

The Spirit has to be *touched*—that is the whole idea of spiritual healing. Yes, if the Spirit is not touched, then the conditions can continue.

Graham: And the Great Creative Force decides that?

It depends on the energies; again, we are talking difficult subjects when we speak about energy. (Yes) Yes, but once the Spirit is touched, then, when you ask for healing for someone, those energies are ready and willing to be used. Do not forget that energy, in a sense, has mind, has feeling, has all the things that you, as human beings, have, because you are the same energy. It is probably very difficult for you to accept the workings of healing energy.

Jan: So, you can ask for somebody, but the energy can only help if that person is willing to help themselves?

That is part of it—that is why we say, when the Spirit is touched, there *will* be a healing.

Sara: When you say, ‘*the Spirit is touched*’, could we liken that to a sort of awareness of the *unity of life* and a feeling of *oneness*?

When you have the feeling of oneness, you are allowing the energy to be refined, which of course, puts you on a different level. Yes, it is complicated, there is no simple explanation that I can give you that would explain all the factors of healing.

Sara: Yes, so there are a few things that need to be in place for the Spirit to be touched?

Yes, but if you realise how people are attracted to Spirit, then it is not so strange that they would be touched by the healing energies. There are no mistakes, there are no accidents, and if someone comes for healing, or whatever kind, then they are ready to receive that energy.

Paul: Perhaps another word for 'touched', might be *moved*?

That kind of implies, when you are being moved, it is more of a physical attribute. So, no, I would not quite agree with you on that one. But to be touched, means to be touched spiritually.

Sabine: And not emotionally.

Not emotionally, thank you, yes.

Graham: Yes, that has helped a lot actually. That has been a difficult subject to understand, but that's made it a lot clearer, thank you.

Yes, it is just, you have to think, it is like when you pass to Spirit, your energy changes, and although you are the same person, you are not the same person. Can you understand that?

Agreed

I'm not sure you all do, but that is what happens. It is basically the use and energy transmuting itself, for the right cause and the right purpose.

Lilian: The energy, as we pass, will be a little bit more pure?

As you move closer into Spirit, it refines, yes, becomes more pure, yes. Not too much to begin with, because you do not alter that much, you still have *thinking*, which needs to be dealt with, and it takes a little time, depending on how you have lived your lives, yes. So, when it is your turn, any of you, and I'm not saying *who*, do not expect miracles, because that is not what happens. You are already a miracle, you are already here upon this Earth. But I hope it has helped you to think just a little more about energies.

Agreed

Yes, and of course, to finish the question the lady put about absent healing, you have to remember that *Thought and Action* are instantaneous.

Jan: Yes, we don't have to be in this particular room, to send healing thoughts (**No**) or love, at all, it can happen anywhere.

Just one thought is enough to create what you are wishing for. That is the part that the human being has lost and needs to regain at some point. That is why, when your senses are heightened that you can look at another human being and feel and see their pain; that is the spiritual aspect of yourselves that is at work. You understand?

Jan: Yes, the difficulty is when you recognise that in somebody and that person closes themselves off in such a way that nothing can help them, it seems.

But you have to respect their wishes; you cannot live another's life, and it is up to you then, to say I have done my very best and now I will go.

Jan: Mm, not so easy when it's family, but yes, you do have to withdraw and protect yourself.

As you all must do. You are all responsible for your own selves; that is why you are here, to grow, to love others and to recognise that Spirit that you ARE, *here* and *now*.

Sarah: Also, when you're asking for help for somebody and you're thinking of however it should be that's maybe not what should happen, so maybe that's why it doesn't work either?

No, you cannot wish for what you want, you have to offer—that is not the correct word I wish to use, but you *give* that person to the healing energies of Spirit and you allow Spirit to decide what can be done with those energies.

Jan: That makes total sense, putting it that way.

Yes, this is always the problem, trying to explain in simple terms, what in fact is something not so easy to discuss. But, my dear friends, you have no reason to worry, continue to give your love to others, those

who are well and those who are not so well. Every single human being, at some time in life, will feel the point, where they wished they knew just a little more, and that is up to each and every one of you. And now, my dear friends, it is time that I left you. I always feel that when we come together that your energies have grown so much.

Thank that Great Creator that you *know*.

Give thanks for all that you *have*, all that you *know*, and all that you *know you must know*.

Until I come next time, I leave you, leave you cloaked in that energy of Love, which is also the energy of healing.

All: Thanks.

Paul: Our love goes with you.

After Salumet withdrew, Eileen was shown a white house, outlined in blue. She also had the name 'Jeremy', with a long beard and salt and pepper hair, who Sarah recognised as one of her relations. Eileen sensed this gentleman was now in Spirit. Eileen liked his sense of humour.

Notes:

Healing when the Spirit is touched:

17/10/1994: Why do you suppose there are cures, as you say, and some are not cured? The problem lies within. If the spirit part of you is touched and that is what spiritual healing is all about, then there is a cure.

26/04/2010: When the spirit is touched, all healings take place. Remember my friend that you will never be able to use your Earthly word 'cure' people, because some conditions are 'meant to be'. It is part of peoples' pathways to have certain conditions, but when the spirit is touched, then the best of health for that person will be attained.

...Almost like a light comes within the human being, and they know which pathway to follow. Like we were speaking of treatments, they will be guided and helped to the right people at the right time.

Paul: So it's almost like a little enlightenment suddenly occurs.

Yes, perhaps that might be a good word to use for understanding. Yes, the spirit is touched—enlightenment takes place. I am sure each one of you in this room knows of someone who is *never* better, no matter what is happening, or whoever they see, and that is because the spirit is not ready. I am sure you are aware of someone like that.

The Healer:

27/01/2003: There should be *no* thoughts of the healer. The healer is but an instrument, a channel that comes from that Great Creative Force. All that a healer offers is either their mouth, their words or their hands. The healer should have no participation and *does not* have any participation in the healing; that is between the person and God, if you like, or as I prefer: Creative Force.

For more on Healing, see website:

Angels of healing: 05/02/2001, 08/05/2006

Absent healing: 21/04/2001

Healing colours: 23/07/2001

The healing process: 20/02/2006

Healing thoughts: 01/05/2006

Self-healing: 21/09/2015, 20/06/2016, 28/11/2016

Healing thoughts + prayers: 18/01/2016

Healing rays: 07/11/2016

Healing genetically inherited disease + karmic debt: 20/02/2017

SALUMET – 17th December 2018

This was the last meeting of the year, which usually involves visits from children in Spirit, gathered around Eileen's Christmas tree, but this year, Salumet guided us on a wonderful healing meditation, before answering a few questions—audio link: http://www.salumetandfriends.org/app/download/9673127/2018_12_17_sali+mp3.mp3

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

You may be wondering, my dear friends, why there is no tree this time.

Sabine: We were just talking about it before you came in.

Yes. I wanted to speak with you before the end of this year. The children will try, in your own homes, over your holiday time, to make contact with you. So I say to you, my dear friends, be aware at all times that they may be able to move or touch you.

Sabine: Lovely.

Serena: Could somebody have come to me in a dream last night?

People are always used 'in dreams'—they are not dreams most of the time, but *communication*.

Serena: I just had a little boy who I didn't recognise. **(Yes)** It was a very strange dream.

Yes, do not always think of it as an ordinary 'dream'. When individuals wish to communicate, they take every opportunity they can. This one was attracted to *you*, to your light, your spiritual light and he feels that compassion and Love which you feel for others.

Serena: Oh, that's great. In my dream, I went into the bedroom and he was in the bed; **(Yes)** and he just made himself at home.

Is that not what small children do on the Earth plane?

Agreed

He considers you to be not just a friend, but a mother-figure. So please, please, my dear friend, if he comes to you, *talk* to him. (Yeah) Yes, you will know the difference between the dream state and the actual visitation.

Serena: Well, it was such a vivid dream, I had to write it down, and I haven't written a dream down for years.

Yes, that is why, that is why it is not what you call dream, it is a visitation of a child to someone he has found comfort with. (Oh, lovely) So you see, all of you may have this contact if you are open to it.

Sara: Yes, I had a visitation from my Mother, not too long ago, but I'm absolutely sure it was a proper visitation, because, like Serena said, it was just so vivid, **(Yes)** and the hug—I cried with happiness, I woke up crying and the hug was so real, it just didn't feel like a dream.

And why would your mother not wish to hug you? (Yes, of course) If conditions are right, we in Spirit will take all of the opportunities we need. So you are blessed, both of you, to have had this experience. But it happens to all of you, it is just that most of the time, you do not remember. Yes?

Agreed

Sabine: We'll pay more attention to it.

Yes. What I would like to do this evening, and say to you, is something I have not done with you before.

So my dear friends, I hope you can accept my words, and it is up to you, with your own free will, whether you attempt this or not.

Salumet then guided us on a meditation:

Firstly, I want you to close your eyes and take a sigh, deep breath, and try to relax. If you cannot, it matters not. But for those of you who can, please continue to listen to what I am telling you.

In the state of quietness and calm, I want you to let your Spirit be free, and the first thing that you can do is to quietly feel the sound of that most important organ in your physical body: the heart. I want you to feel what your heart is telling you. I am going to give you a few moments to do this; listen to what you are being told, and if anyone wishes to tell us what they feel, then that would indeed be quite wonderful.

Pause—approx. 30 seconds

Do not be afraid to let the Spirit go; you are well protected. What are you feeling? Where is the physical body?

Short pause

These things we are doing this evening are for all of you to move forward, and as always, some of you may be able to, others may not, but it is entirely up to each individual. Are you listening to the heart?

Yes?

Paul: Yes, you begin to lose your individuality, **(yes)** and feel just connected...

You must let that go. Yes. And what does that feel like?

Paul: Very peaceful, like part of a big ring. (*Of energy*)

Yes. Does anyone else feel that?

Lilian: I feel mine (*Heart*) might be saying: “steady down”, (**Yes**) or something like that, I know what it means, but difficult to explain.

What I wish you to do, my dear friends, if you feel the closeness, and the knowledge of the heart, use another important organ within the body; choose whatever you wish and listen to that organ talking to you. This I tell you is a very good way to do self-healing. If you can achieve this quietness, this giving up of the Spirit then you would be, indeed, very well in your physical lives.

Sabine: I feel like I’m outside of my body, and kind of looking at it with so much Love.

Yes, you must love your body, every single part. You must love your body. Without accepting and knowing that Love, you are missing so much, and the time has come, going into another one of your earthly years, to allow yourself, to know yourself and to listen more clearly to what Spirit is saying.

Can you feel the peace?

Agreed

Is anyone struggling? No. If only you could see, my dear friends, what’s around you at this moment in time, the beauty and the glory of all things: LISTEN and FEEL—two very important words: listen and feel. Can you feel yourself become lighter and lighter. (Yes) Does anyone wish to communicate with the rest of us in what they are feeling?

Sara: I feel that I’m being asked just to share the joy. (**Yes—and will you?**) I will.

Yes, in accepting that offer, you are allowing the Spirit to grow and you are capable of this ‘exercise’, shall we call it, any time, any place, anywhere. You can do it, and you can make yourselves closer to Spirit than perhaps you are at this time and space.

Jan: I’m cloaked in purple—that’s all I can see.

Yes, that is the cloak of protection; have you never been aware of it previously?

Jan: I have, here, yes.

Just know that you are safe in the hands of Spirit, no harm can come to you whilst we come together.

Jan: I’ve been asking myself just recently whether or not there is something wrong with my heart physically, because I’ve been having symptoms that I’ve been ignoring.

And what has your answer been? Have you asked?

Jan: I have asked when I’m on my own, and I believe the answer’s come back to me that everything’s fine.

Yes, let’s say stress does not help. (No) And you understand that word well. (Yes) Yes, but when you speak to any organ within your body, you must get to the state of peace and calmness and feel that protection at all times, because what you are doing, in fact, is allowing the Spirit and the physical body to separate, and you all understand that. (Yes) So all I am asking you to do in the forthcoming new year of your time on Earth, is to listen more closely to what you know is right for yourself; don’t worry about others, but focus upon yourself and that beautiful Spirit that you *are*. I will leave it with you, my dear friends, and you do have freewill to either continue on this pathway, or to stay where you are. Do you understand?

Agreed

We ask the Great Creator that we feel the Love, we feel the Love of others and we know the wonder of Spirit. We ask the Great Creator and give thanks for all that we have been given, and I too ask the Great Creator for a blessing for all that you, my dear friends, have given to me.

And, with those words, I would like you to join with your bodies, feel happy and contented and I will just answer a few questions this time, before the evening continues. I wish you all much Love, kindness and hope for your coming new year.

Thank you

Paul: And I chose the path of growth.

Agreed

Jan: You’re not saying goodbye are you Salumet?

No, I am not saying goodbye—I will come as often as I can, but we have spent many years talking together and I feel it is important that you as my dear friends and helpers, gain the best that you can from my visits. We have spoken on many, many subjects and I have to say that my choice of people have been wonderful—but I am not leaving you just yet.

Paul: Oh, Thank you.

Now, is there any questions this time?

Pause

Question seems very unimportant, don't they, when you have experienced the Love which you and I hope you did feel?

Agreed

Di: We feel too peaceful to think of a question now.

Yes, you have used the correct words that I would have wished to have heard.

Paul: I have a fairly unimportant question: It was a few months ago, another speaker said that they knew you in Spirit as 'Starlight 5', I know that as a conglomerate, maybe different aspects maybe show up in different realms, but I wonder if you could share any other names that you sometimes go by?

Yes, no, I do not wish to disclose names, because it is unimportant and when you were given that name, it was felt that it was necessary just for that one time. (Right) It is not important what name I use at any time, I come as you know, on a 'spiritual mission' and that is the way I wish to leave it.

Lilian: We're glad you chose this little group. (Yes!) So when we pass to Spirit, will we feel you around, or part of you?

Only if you so desire, but it is not something that would normally happen. (I see) You already have your guides in Spirit, you have your loved ones from past times—they are all waiting, ready for you. (Yes, I see) So there is no need for us, especially as a conglomerate of beings, to do that work. You understand? (Yes) But if the desire was strong enough, then you would be shown, I will not say what, because I do not wish to place thoughts into your mind.

Lilian: I see. Thank you.

But of course we feel very glad that you would even suppose that we would meet.

Yes, I'm sorry sir, I hope my reply was enough for you, but it isn't really important.

Paul: No it's not important, I guess it's just one of those questions of interest, but not importance, yeah,

(Yes) I understand. No that's fine. The other thing I wondered about, you've said in the past about this *new energy* that would be discovered from the oceans at some point. (Yes) I did try to Google a little bit on the internet, but I couldn't find anything yet. Is it something still that is to come?

It is to come. (Right) Yes, I will use your earthy phrase again: *patience*. (Right) These things cannot be accomplished in an instant, but I assure you, it will happen, and in fact, they are discovering things already, although it has not been made public, but yes, it will happen.

Paul: Right, good thank you. I'm sure it will, it's just a question of *time*.

Yes, and remember, we have no *dictation of time* in the same way as you do.

Paul: Yes, that always makes it tricky.

Graham: I know that there's been a lot of excitement in certain circles amongst engineers and scientist about creating a sun on our planet, **(Yes)** and creating nuclear fusion, which is a safer form of nuclear energy and the raw materials for that would be hydrogen from the oceans—different isotopes...

Yes, you are well read sir, and I am pleased to say that the nuclear side of those discoveries is as nuclear power should have been used earlier on, for the good of mankind; and as you all know, it has been abused, like many other things in your world. But you are quite correct, there is excitement in your world at this moment.

Graham: Yes, the engineering difficulties are overwhelming, because they need temperatures of a hundred million Celsius, up against conditions where the temperature is close to absolute zero, to produce something known as superconductivity, so that an incredible electrical current can create a magnetic field strong enough to hold the ingredients at the temperature of hundred million Celsius, and these are overwhelming problems...

I only have to say, again one of your earthly sayings: all things are possible. (Yes) Especially when they are in collaboration with Spirit and that is all I need to say. (Yes) All things are possible.

Graham: There is a lovely collaboration between countries over this project.

Yes, that is where goodness and *senses* come into play, (Yes) when countries can come together for the betterment of all. (Yes, wonderful) Yes. I will take one more question this time.

Pause

Oh my dear friends, your silence is so loud.

Jan: Well, I'm still where you put me. **(Yes)**

Graham: I was going to ask a question quite different, about how we are on this planet to evolve spiritually and the way that we do, where the conditions are that in our younger lives, in our teens, or twenties, we often make the biggest decisions in our life, like choice of partner, jobs, things which are really profound, whether to have children, families, things like that; and quite often, because we are so young, we often get it wrong, but then you have said there's no such thing as 'accidents', like making a wrong choice of partner for instance, and then ending in divorce, and all the ripples that go out from that. It seems almost that that situation, where we are so inexperienced and perhaps so unable to make big decisions, is when we make them! I think you understand what I am saying?

Yes, if you take it from a spiritual viewpoint, if you speak about energy which we all are, in young people in your world, it is almost like the apex of energy, which either goes 'good' or 'bad', as you call it; I do not call it 'bad', because all of these happenings create experience for growth and spirituality. (Yes) So for us, we do not see this as a problem, not like you would on the Earth plane.

Graham: No, I understand that, but it is just I thought...

But yes, I entirely agree, from a physical point of view, it does not always make sense to you, but those who have experienced difficulties, sometimes come through, how do you say, to the other side, with a greater knowledge of people, greater knowledge for many, many things. So for that, it is a 'good happening' if you like. (Yes) But, I understand your question.

Graham: There is a saying that if we could lead our lives *backwards*, but that would be cheating!

Yes, wouldn't it? It wouldn't happen. Giggle

Graham: No, of course not. Thank you for those words—that's wonderful.

Lilian: Yes, thank you for an interesting evening.

As I take my leave this time, I want to wish all of you, I am going to say, much *Spiritual Love*, because Spiritual Love comes not only from you as individuals, but from all of those who have loved you in past times, and those small people, who are to come, perhaps within your lifetimes. So I say to you all, my dear friends, I give thanks for our meetings, it brings *me* great joy and those with whom I work. I am always so pleased to see that you heed my words and mostly accept what I tell you. I will take my leave, I cloak you all in Love and until we meet once more, I leave you.

Thank you.

Paul: Our Love goes with you back to your *Home*.

Yes, we do not actually celebrate with bright lights.

Chuckles

May the Great Creator bless you all.

Paul: You are the bright lights!

Sara: Yes, you have enough light.

Paul: You don't need extra light.

Next, a young child called Natalie came for a light-hearted chat, via Eileen, who helped bring a sense of fun and laughter, before the meeting came to a close, with tea and biscuits as usual—audio link:

http://www.salumetandfriends.org/app/download/9673276/2018_12_17+Natalie.mp3

***Note:** As indicated by Salumet, this healing meditation will be good to practice, so here is an audio link to just the 12 minute meditation, with the individual comments removed:*

http://www.salumetandfriends.org/app/download/9680539/2018_12_17+sal+med++edited+comments.mp3

14th January 2019

This was the first meeting of the New Year and it began with clairvoyance via Eileen, from Jan's grandmother in Spirit, demonstrating that they are around and aware of what is going on.

Cho then spoke, giving an exercise for everyone to practise—audio link: http://www.salumetandfriends.org/app/download/9777543/2019_01_14+Cho+exercise.mp3

Hello!

All: Hello Cho.

Jan: Thank you for coming to see us.

I pleased.

Jan: Missed you.

Thank you.

Jan: Do you have many for us tonight?

Lots and lots of people tonight.

Jan: Lots of people in the room?

Yes, and wanna help use you.

Jan: They want to help to use us—yes, we need some help with that Cho, don't we?

You need to try all the time.

Jan: Yeah, we do. Are there any big plans for us? Do you know who they are going to try and use next?

I do, yes; you want me say?

Jan: You can, yes, as long as it's allowed, you fire away.

I only do what allowed—I good.

Chuckles

You know, I very, very good.

Agreed

I think you choose a partner and I think you give them some information, not from you, from Spirit. So, someone will use one of you. Understand?

*Jan clarified the exercise and then briefly asked if Cho had been helping with Graham's bad back. Cho confirmed his help for Graham and assured that he tries to help all of us. This turned into an amusing, light-hearted chat. Cho added that they try to help when they can, but: **You must all try help yourselves first, then we can help you more.***

Agreed

*Jan then mentioned that she'd felt the children, around her home during the festive season. Serena mentioned a particularly vivid dream she'd had about a boy, to which Cho responded: **He love you—we told you, he love you.***

Serena also asked: How would we know if you're around and how can we have a prompt if you're around, if we're forgetting to ask for help?

Well, you want me tell you? (Please.) You would like a little nudge, or something like that? (Yes!) I could touch your shoulder, or whatever you like.

Serena: Yeah, that would be great.

So, if you think I not around you, you ask me just to give you little prod.

Serena: Okay, fantastic, that'll be great, thank you.

Claire: A little hair pull.

Chuckles

He love you very much that boy.

Serena: Ah, great—I need to take him out of his school uniform, I think—put play clothes on...

Yeah, if only you could see ones who come round; it's not only ones you know. Anyway, I leaving know. I listening, so, who's going to be in charge, the lady? Lady, you in charge. *(Lilian didn't hear at first, but Jan agreed to take charge, reiterating that it was the person on their right to focus on and to see what they could pick up from Spirit, encouraging sitters to breathe and relax as Salumet had explained last time)*

Sitters voiced impressions and everyone got something that seemed to connect well with the other person. Eileen then returned to say that Cho said: "Good work".

Graham then took us on a meditative journey, before we closed—audio link:

http://www.salumetandfriends.org/app/download/9777547/2019_01_14+Gra+Med.mp3

SALUMET — 21st January 2019

After healing prayers, Salumet spoke—audio link: http://www.salumetandfriends.org/app/download/9777536/21_01_2019+Salumet.mp3

Graham: Hello Salumet—welcome.

Good evening.

All: Good evening.

It is good to be with you once more. There is much to do in this coming year of your earthly lives. We always wish to encourage each one of you, my dear friends, to join together as you do here, but allow other people to know and understand all that you have learned. I would like to say to you, not only will your own spirit develop in this coming year, but there will be many reforms throughout your world; not only your world, but as I said recently, in all, in *all* of existence. I would like to say to you at this time, much work is needed in your world, as you well know, but we do not wish despair, but as I have told you on many occasions, we want you to be uplifting for all people. You can start, my dear friends, if possible to help the young people and the children of this earthly world, to try to inspire them to goodness and to thinking of others; to help them to understand the beauty that surrounds them and the people that surround them at all times. I have told you that the children who will be coming soon will bring a great change to your earthly world. There will be seen in these children a beauty and a strength not yet seen, and after all, they will be the ones to continue to help with the expansion of *all knowledge*. So take note, my dear friends that you must take any opportunity to help young people, to listen to them, and to speak to them only the Truth of the Spirit. It is indeed a heavy burden for those of you who at times feel despair of your world, but again I say, do *not* despair, allow the Love that you feel at times when you are together, allow that strength and Love to support you and uplift you all of your lives. It may seem a simple task as I say, but indeed it is not, and we in Spirit, my dear friends, are giving you a challenge for this new year. I know that each and every one of you will uphold the knowledge that you have been given and I know that for each one of you, there are such great blessings ahead. And with those words, I will leave it for you to think about and to discuss with each other throughout the coming months. There will be signs of course, when these beautiful creatures come to your world as children, because believe me, they are *angels in disguise*; that is one of your early sayings, I know. (*Agreed*) And it is true there are many on your Earth who indeed are doing the work of the blessed angels. So now, I leave you with those thoughts and if you have any questions to ask of me, please do so now.

Graham: Do these children that are coming, do they have history on this planet, or are they from deep Spirit? Some of them will be from deep Spirit. (Yes) As I say, they are angelic beings, so, of course, they would come from a little distance (Yes) But all of that has been arranged with them—as you well know, there is nothing done by chance; but the object of this work is that you, as human beings now, recognise these gifts that they will bring to the world and to encourage and help in any way.

Graham: What is going to be wonderful is the fact they are going to raise the vibration of this planet, so that spiritual phenomena will be easier for all of us to accomplish in the future.

That is one gift, the other of course is to bring peace to *all*, (Yes) and of course we know it will not happen in an instant, it is something to work for and to encourage.

Claire: Can I just ask, it might be a daft question, are these children going to be *born* onto the planet, or is this going to appear within children that are already here, living?

Most will be born into the planet in time to come. It has not started yet, but, what we hope is that older children already here will be influenced by their younger siblings. It is something to look to, because the Love these children bring—I call them children, but as I have just said, they are spiritual beings who wish to help this planet. Is that helpful for you?

Claire: Yes thank you.

Mark: Often, when we have very good people on the planet, they end up being martyrs.

Yes that has happened throughout existence in your world, and even now there are children in places of horror who are standing up to the oppressors; you do not always know of it, but it is already happening in a very slow manner; yes.

Mark: It makes a powerful impact when we hear about these martyrs.

Yes, it always encourages people to think for themselves, because the martyrdom of one person is a spiritual act; I know that seems contradictory, but it is not. Every martyr has left behind an element of good. It is not always easy for the human being to understand the workings of Spirit, but let me tell you that Spirit works continuously, you are never left alone, even if it would appear to be sometimes that you *are* alone. So remember that also, my dear friends, that you are always looked after, you are uplifted when you are feeling down, you are helped to understand and to give Love to this world, because, you may not realise it, but all of the people who come together for good, are making the world better. You understand?

Agreed

Paul: And this is going to be it sounds like, a very well-coordinated influx of those angelic beings.

Yes, there are more this time, there has always been intervention from our world in times of stress. Your world has been a troublesome one at times and it is only because a lot of the knowledge that you had has disappeared; the knowledge of understanding, the knowledge of Love, the knowledge of Spirit.

Paul: And these ones, you said previously I think, that they are going to become many of them, world leaders, so they can give...

There will always be positions of power when these children become adults. (So they will have...) It is only one small way to help the world, yes.

Paul: But they'll be able to have a 'bigger voice' if you like. **(Yes)** We can't reach that many people, you know, we can reach a few with the internet and everything, but...

My dear friend, many of your years ago, I said, if you touch but one person's soul you have done your work.

(Agreed) **Imagine if each one of you made a change in another's life for the good, how quickly that would spread to all of the world.**

Paul: It ripples out, doesn't it?

Yes. So remember this too that you are not alone and we are always ready to be by your side at any time.

Sabine: Yeah, and we have set in motion, Paul and I to go on a boat and be able to talk about the words that you have taught us **(Yes)** for a week, so it would be lovely to go and do that.

Yes, I think we have discussed places of peace and tranquillity being good for the Spirit, whether it is water or forests, no matter where, in an empty room, as long as there is Love and quietness, you will always find the deep meaning of what has been said to you.

Jan: Am I right in remembering Salumet that the millennium generation will also be the start of...

Yes, they have been one part of it, but the coming children, (Are rather more...) yes, I am struggling for the word to describe it to you.

Jan: Yeah, we don't want to say 'special', but **(Yes)** for sake of our own language it does make sense that they're a little bit more selected, **(Yes)** but the millennial children on mass were to bring more peace and understanding.

Yes, they are, if you look to millennium children, they are more aware of Spirit.

Jan: They are! The ones I know who are now 19 **(Yes)** are definitely far more spiritually aware.

And the awareness of Spirit is most important, without the knowledge you cannot move forward; you can say, 'oh I know such and such', I believe that is your expression, but you have to experience moving forward, encompassing not only our world but others, which you well know, all of you. So, think on my words this time my dear friends, and know that you need but only call my name for support.

All: Thank you.

Paul: Wonderful message to start the year, the new year.

Jan: Some of us in this room may be too old in our earthly years to see this happen, these angelic beings. We will watch from Spirit with great excitement, but, am I right that some of us may not be here?

You may not of course, but it matters not, because you have played your part and you will be *aware* once you return *home* to Spirit of *all* that is going on, (Yes) even more so than now with all of your connective, I do not know what you call them, telephones...

Sabine: Computers...

... yes, your technology yes, yes—even that has played a part.

Jan: It has, but we are learning very quickly that we have to whittle out the untruths.

Yes that is quite correct. So my dear friends, for this time, I will take my leave and I hope that each time I come in this one of your new years, I will bring something of interest for you.

All: Thank you.

Sabine: We have been enjoying your meditation that you provided us with last time you were here and it's been wonderful to do it over and over again on a daily basis.

Yes, you are all capable of so much, my dear friends, do not feel you can only do these things when I am here, you are able to do, I know you will say we cannot, but you *can*, you can do and think of everything that I have said to you. But it is up to you as individuals to move forward and to expand your souls. (Yes)

Paul: It's interesting what you said about this year, we'll be, I can't remember your words exactly, but expanding, but also the planet will be and the whole of existence—it's all so connected up.

Yes, yes, that is the bigger picture, it causes many struggles with some of the humans in your world. That is why I have always played the part of being very simple, using simple dialogue and just to allow you to think for

yourselves. It is all very well to say someone is spiritual, but it should apply to all of you, you are all spiritual beings. So, cultivate it my friends, cultivate it.

Paul: We're all part the whole, of everything, so I guess everything is expanding at once.

Yes, and if you are keeping up with your meditations, the unity of all things becomes part of you and vice versa, if that makes sense to you, you'll become as a whole. Yes. (Yes) Now, I will take my leave this time and I am sure that we will come together very soon.

All: Thank you Salumet.

Cho then followed—audio link: http://www.salumetandfriends.org/app/download/9777541/2019_01_21+Cho.mp3

There then followed a rescue via Sabine of a lady from times past—audio link:

http://www.salumetandfriends.org/app/download/9777539/2019_01_21+Rescue+via+Sab+white+piano.mp3

Notes:

Millennium children: 20/01/2014: So much has been said and written about what you call 'millennium children'—that they have come with special spiritual gifts and so forth. I would like to say that at this time in your Earthly evolution—that all people, not only millennium children, take great pleasure in coming to this world at this time...

18/01/2016: Children are indeed the future of this planet, and yes it would be wise to try to guide and steer them in the right direction. It is not always easy, because they are surrounded by *so much* negativity, but if every individual parent were to take on board that job for a child, there would be great changes made upon your Earth...

Children of Peace: 17/10/2016: Throughout the world these children will appear. They will become known for their peace and their skills of being able to talk and calm. Let there be no mistake that this is a great gift from Spirit, but I wanted all of you, my dear friends, to know of this knowledge now... There will be in every country throughout your world one of these children...

SALUMET – 18th February 2019

Eileen had a tickly throat, but Salumet was able to come through and Sarah, joined us again, via Skype, from

Australia—audio link: http://www.salumetandfriends.org/app/download/9857631/2019_02_18+salumet.mp3

Lilian: Hello Salumet and welcome.

Good evening.

All: Good evening.

Paul: I expect you know, we've got Sarah joining us from Australia.

I do. She is well aware of what happens in this group. (Yes) So, I say only to her, as I say to all of you, it is good to be with you all once more.

All: Thank you.

Di: It's good to have you again, as well.

I had to convince the instrument, (Eileen) that all would be well this time. She was afraid that it would be too disruptive; but as you well know, we work well to try to keep it all very soft and gentle, in order not to disturb the instrument too much.

Paul: Thank you, yes, she did say she's had a sore throat.

No, the throat is okay, but it does seem in this life that the throat must be a weak area for her.

Di: She thought that. (Yes) Thank you for confirming that.

Yes. I wish to say to you all, my dear friends, that I have spoken much in previous weeks of the work that children will bring to this planet, (Yes) how much there is to achieve; and there is much I am sure you would wish to know, but what I say to you is this: not only will it involve young children coming through the earthy years, but even now, there are older ones, who are beginning to think and feel differently from past generations. Influenced of course by Spirit, these older children will be *beacons of Light*, for the younger ones to come.

Lilian: Yes, I wondered, were there some people here already, I guess in *all* times.

In every age there have been people, not particularly children, but individuals, who have created much good within your world; (Yes) and this, you have to capitalize upon. But, what I am speaking of now is almost like a new beginning for your world. But you have to gather up within yourselves the knowledge that is given to you, and to begin to recognize 'good' when it is there, in front of you.

Paul: It really does feel, it has felt for a while now that somehow, the old systems are no longer working very well and that the time is ripe for us to finally, sort of stop being so concerned about money and material wealth and turn to the truth about Spirit and loving each other.

Yes. I have said before, it is the Love of all of these things that are *wrong*, not in itself is it wrong; (No) because you can have lots of money, but be a very good person for this Earth. (Yes) Good people do not need to be shown to be good, they show good by their actions, actions that help another, actions that will help people away from those lives of crime and punishment, which is so rife on your planet even now. You have travelled thousands of Earth years, many men have taken arms against another, and it has all been part of the Earth's evolution to some degree. But to a larger degree in times gone by, it was heartbreaking for those of us in Spirit to see man against man, and this is now what we are trying to change.

Sabine: Yeah, but it doesn't seem to be stopping.

You must never lose faith that all things can be for good; it does not happen overnight, but gradually, and when men begin to understand.

Di: There are less wars than there used to be.

Yes, but with such powerful weapons... yes.

I just wish to say to you, my dear friends, that each individual step, one smile, one act of kindness, grows to be much wider and bigger and better each time it happens. We, in Spirit feel the doubt of many individuals upon your planet. We feel the sadness and we feel the joy, and this my dear friends, is something I would like you to dwell on just a little more; always look for the goodness. And we hear so often, like the lady has said, '*it never seems to change*'. I can assure you, it *does* change. It does change, but *slowly*.

Paul: If we do feel sad about something, we need to sort of not stay in that state for too long I guess, because it is a negative emotion.

You will always experience some negativity, by the mere fact of being alive on this planet, is enough to cause negativity; but it is how you deal with negativity, how you feel the goodness that comes from negativity, because there always is a brighter light as well as a darkness.

Paul: Ah yes, you need the both.

Yes. Yes, you do—without the one, there is not the other. It is all down to you my dear friends, decisions, whatever you do in this life, you have a very great responsibility, not only to others, but to yourselves, as spiritual beings. But you know all of this, we have discussed it many times, but what we are finding is that you need to be constantly reminded.

Paul: Yes, it's a shame, we are not quite able to ... we need to look in the mirror and keep reminding ourselves I think...

Yes, and each other. (Yes) Remind yourself and each other.

Now, do you have any questions for me this time?

Paul: I was just pondering one earlier today, about—I know we've talked quite a lot about Time and how it doesn't exist, certainly not in the same way in Spirit, as it does on Earth. But there are obviously those in Spirit, like Emma Hardinge Britten, who come to the Earth quite often to work with the downtrodden women for example, in various Middle Eastern and African countries mainly, I think. When they are working with these women on Earth, I suppose they come each day to be with certain groups of women perhaps. I guess in Spirit it's almost irrelevant 'Time', you don't need to know, **(No)** what day of the week it is or anything, but I suspect those that continue to come back to the Earth, do maybe have a little understanding of Earth-time at least, would they?

Yes, of course, we are more aware of your time than you are of spiritual time. A lot of people return to the planet to help others, because, for example, the lady you have mentioned always felt that her work was not complete. That is why she chose to come back, to help those women still on the Earth planet; there are many reasons for it. 'Why', we hear so often, do we need to come back at all? But remember there are many love-bonds still, for quite a number of your years, your time. You understand what I am trying to tell you?

Paul: Yes, so for example, George, who passed away a few years ago, he probably pops back?

It is when the interest is still there; when the Spirit does not need to be quite so refined, it is happy to help others, in a less loving situation. And of course, to return back to Earth, is not an easy thing to accomplish.

Paul: Right, so Emma, for example, is it a bit like—I know it's difficult for you to come down into these vibrations.

Yes, there are many vibrational levels in the Spirit world, the closest to your planet, of course, being when you first cross over to our world. It is almost like stepping into another room, but you are still aware of all that surrounds you. That is why you have rescues, because people cannot always accept that they have left the Earth planet; that they must move forward, on a higher vibration. But in saying that, the higher vibration is a very small leap. You understand?

Paul: Well, I guess once they've got rid of their earthly problems, yes.

They will not... that does not happen quickly, because, after all, you leave behind loved ones, and each generation is another state for loved ones, and people are not too happy to move so quickly away from the loved ones that they still remember.

Di: I quite often feel that my father is around me, because I was very young when he passed away.

Yes, and so he wishes to see you blossom, in a sense.

Di: And also, when I've been in difficult situations, I feel he's helping me still.

You all have Guardian Angels; some of these Angels are the loved ones that you knew whilst on Earth.

Paul: There have been a few movies about life after death, but unfortunately, I don't think any of them get it quite right, because they always seem to have some kind of dark place that naughty people are pulled to.

I know some *are* in dark places, but it's not...

I know, you mean the exaggeration of what they are telling, the story...

Paul: Yes, as if they have no choice, but actually there *is* choice.

There always is choice; there is always Love to surround these people.

Di: They make it as if a dark place is a bad place to be, but a dark place is for thinking and comfort and rest as well.

A dark place is made by your own energy—that's what you have to remember. You are faced with whatever has happened in your earthly lives. That is why it is sometimes you have to return, to redress the matter, but no-one forces you, no-one tells you, you are evil or bad.

Paul: So it *really* is, or it *could* be like 'Heaven', though it depends on what your *idea* is, your concept of Heaven. I know that you have to face what you've done and everything, but there must to a wonderful feeling of all the meetings, the unifications you get with loved ones and choices, there must be some fantastic choices available that you just don't have on Earth?

It is, my dear friend, like '*coming Home*'; it is more like coming home to Spirit, than it is to be born into this planet, this Earth, full of people who are so diverse, so different—you know?

Paul: Yes, yeah—I think probably, when you feel as united, like in this room sometimes, when we feel very united, even that, it will be much better than that I guess, when we are with our loved ones in Spirit.

Yes, I am sure you know, most of you, the feeling, the feeling that you feel, when you've done rescue work, and their faces begin to light up with love and recognition. For those of you who have never experienced it, ask someone who has done rescue work how it *feels*; and sometimes they will find it too difficult to put into words.

Sabine: One of the last rescues I did, it was this little baby girl that came and collected this young woman, and she wanted to pick her up and she picked up this baby and the *Love* that was there (**Yes**) was so strong and they ran away really quickly, but they were there just there for a split second and it really lifted me up with so much Love.

Yes, you are left with the remnants of *pure Love*, and of course, small children always invoke in older people that true unselfish Love. But 'Time' is a difficult subject; I have always told you, it is one of the most difficult to explain, our spiritual time. But, imagine when you go to your beds this evening, and you sleep for so many hours, how quickly that time has gone. (*Agreed*) I'm sure you have often wondered, where is the time gone?

Paul: Yes, and I remember when I was doing one of my longer travels, for about 10 months or something, I was travelling around the world, and after a while, you very quickly get to the point where you don't need to know what day it is, and I realised, it doesn't really *matter* whether it's Tuesday or Wednesday, or Thursday, it doesn't matter

anymore. And then one day I was trying to remember what month it is and I thought, ‘wow’, I don’t even know what month I’m in (Yes)—and I guess, it doesn’t matter in Spirit?

That is like a true blending with Spirit—we call it ‘Mind’, but you know Mind belongs to Spirit. But the human brain is capable of forgetting much and sometimes it cannot even explain what the feelings and the love that are felt when these things take place.

Paul: Yes, I don’t...

You will never fully understand Time, yes.

Lilian: Could I ask a tiny one please?

Yes, of course.

Lilian: Thank you. I’d forgotten about it, but luckily I’ve remembered, so...

We were just explaining how the brain forgets.

Lilian: Yes! (*Chuckles*) A friend of mine, she has been to the group a couple of times and she’s very into Spiritualism—she does a lot for the Spiritualist church and so on, but a little while back, not very far back, her and 3 other ladies decided to start a small group on their own. Now, that was quite unusual I feel in itself, because there are groups that you can sit in, with the church—like circles. Anyway, during one of these little ‘sit-togethers’—they know how to connect to Spirit, and so on, all 4 of them together, suddenly felt they were ‘*holding the world*’. Now, they all felt this together; it felt very heavy and through one of the ladies came a voice, saying they were here to help the world. A few other things went with it and she described a few, but she wondered what that was about and how would they be helping the world?

It was the unity of 4 blessed Souls together. Probably, in Spirit, from Spirit, they had been waiting for this union, (I see.) and because they have been involved in what you call ‘church work’, which you do not need to do to unite with Spirit, but that is everyone’s choice. These are 4 individuals, who came to work together, when the time was right, and Spirit was there, waiting for them. Of course, they would experience some phenomenon, because the power of those 4 together at that time was meant to be. To save the world takes more than 4 pairs of hands, (Yes.) but it is only that they have been shown this, to show that they are part of a wider picture, that each and every one of you are here to help to save this world. You understand? (Yes) So, I would suggest, if they have not had communication individually, that they realise that they are a unit of energy when they come together. They are, as you have said, a small group of people, who wish to help, to find Love and to bring peace to the world, as all of you wish to do now. (*Agreed*) Each one who comes before Spirit, and lays open their Soul, will be given the help that they need. So, I would say to them, accept the gift that came to them in that vision, because that is what it was, a small vision of what can be achieved, and if they so desire and wish, they can be shown so much more.

Lilian: That will be interesting. The lady I know, who asked me to ask this question, she is the kindest and most helpful person...

She is a pure Soul. They all have their attributes, but the lady in question, is a pure Soul, who has returned to this planet to help others; she gives much of her time to helping others.

Lilian: Yes—yes, thank you; I can pass that on to her.

I will take one more question this time please.

Serena: Could you say a little bit more about mind, in relation to the brain?

Mind, yes—only as human beings, even when you have strong beliefs of something; people become confused about the mind, but the mind is the indestructible part of the body; the mind is the part that lives on, because Mind is Spirit.

Serena: I was going to say, some people may call that Spirit.

It is Spirit. The brain will die, as will the rest of the body, when the time comes, but the Mind will live with all the memories that have gone previously. The Mind is the part of the Soul, which continues on for all eternity. But because people cannot quite understand it, they dismiss it as hallucinations, they dismiss it as a figment of the imagination; but let me tell you, my dear friends, the Mind is the most powerful thing, as you have heard me say before, that you will ever possess. The Mind, as it moves through Spirit, and it does, it continues, it becomes to be greater, purer and more loved than anything you would ever know. Has that helped you just a little? (Mm) What is it you would wish to know?

Serena: Who me? (Yes) Really, it’s in relation to anybody that might be reading the transcript and not know.

Yes. Thank you for the question. It is a very powerful ‘gift’ that you each have and possess, yes.

Paul: Is it the *same* as Spirit really, our Mind?

It is—it is pure Spirit, it is pure Spirit. It becomes more and more refined, as you move through the levels of Spirit, yes.

Paul: And you can probably... it’s like the thoughts are like the emanations of the Mind?

They can be. When the Mind is accompanied by the brain of the physical body, it can at times become confused, but that is a deeper subject that has never been discussed with you before; and we shall see as we move forward, whether I can bring some understanding of it to you all.

Di: When I'm trying to meditate Salumet, I really struggle to just use my Mind, because my brain keeps trying to interrupt. I don't know if it's supposed to work a little bit with the Mind, or if it's supposed to be completely not there, like you've got no feeling of your body, when you're meditating?

Yes, the Mind will always try to influence the brain—does not always succeed, but you cannot destroy the Mind, because it *is* Spirit and you cannot destroy Spirit; but you can destroy the brain and the body, as I have said.

Sabine: You have said, one of the things we can say to ourselves is: I AM WHOLE, IN MY BODY, MIND AND SPIRIT.

(Yes) So, we're separating the Mind and the Spirit, but you've said they are the same?

They are not the same in that respect. Yes, they are a unit, they are united together whilst you have a *body*, but once the Mind is free, and the body has gone, then the Mind then begins to function as pure Spirit. You understand?

Sabine: Not completely.

Not completely, no—it is not an easy subject to accept.

Serena: Is it along the lines of, when you're born you forget your past lives—something happens to divide the 2?

Yes, for most people, they forget past lives, only in order that they will fully complete the life in front of them. But the Mind activates the body, the Mind activates the brain—without the Mind, there would be no brain or body.

Di: So, is it alright if I feel as if my ... I can't really explain it, when I'm meditating and I feel as if I'm going within, and then it's as if my brain is trying to evaluate the meditation.

As it may well be. Yes, it is because you are not really and truly completely relaxed and it causes, a bit like a radio, if you 'fiddle', I think the word is, 'fiddle'? (Yes...) It becomes confused.

Di: Yes, it's a really good way of putting it actually.

Sarah: Could I just ask a question Salumet, on the Mind? **(Yes)** I'm not hearing everything, so it may have been answered, but when you come back, is your mind like a sort of open channel to Spirit, or do you bring part of that mind back with you, when you return to Earth?

Yes, because it is pure Spirit, it would be *part* of the Mind, because the Mind holds all memories. So, the answer to that question is that the proper part of the Soul—let's call it 'Soul', when it is in Spirit, part of that would be activated for you to return to the world. Do you understand? (Agreed + thanks)

Okay, right, I feel there is enough here for you to be thinking of, until we meet again, as always, I gather you with Love and leave you cloaked within my Love and Light.

(Thanks and farewells)

There then followed clairvoyance through Eileen, about a young dog and a lady called Miriam, who Eileen felt would become a good friend to Sarah in Australia.

We then practiced Cho's exercise, with each sitter voicing their impressions. Towards the end of the evening, Sabine saw a large ferry, with the name 'Enterprise', which triggered a rescue, involving a crewman from MS Herald of Free Enterprise ferry, which capsized leaving Zeebrugge in Belgium in 1987—audio link:

http://www.salumetandfriends.org/app/download/9857637/2019_02_18+rescue+Sabine++ferry.mp3

Notes:

Mind versus Brain: Further insights from Salumet- 17/04/2006: Yes, you will never fully understand the workings of the mind, because after all, the mind is spirit. Therefore there must be limitations in your understanding.

Sarah: So only when we return to spirit will we fully understand it?

Fully understand, but of course as we continue forward in our knowledge, your understanding will become a little greater, of course it will. But to fully understand the mind, you must belong in spirit. And even then, I would have to say, it would take some considerable time, for the understanding, because you see, it is a natural part of your spirit to use the mind, without fully understanding the mechanics of it.

George: Yes, at least we are becoming more and more aware, that 'mind' is so much exterior to the physical brain.

Oh, of course, it is I would say, almost separate. There is a union of course, but the mind exists on its own merits, it does not need a physical body to function.

George: I know that in the past many have credited the physical brain with far too much.

Yes of course, but it is their lack of knowledge, which brings forth these kinds of words. They do not understand, they only see a physical being and nothing else. So of course their thinking is dulled.

SALUMET – 25th March 2019

After healing prayers, Salumet gave a simple and yet undoubtedly highly profound exercise to practice, when sending healing prayers —audio link: http://www.salumetandfriends.org/app/download/9950627/2019_03_25+Salumet1.mp3

Lilian: Good evening Salumet and welcome to you.

Good evening.

All: Good evening Salumet.

Always, it is a good to be with you once more.

Lilian: Well, it's certainly good to have you. (Agreed)

I wish to say welcome to our long-time friend, (Jean—Graham's mother) and she can be assured of upliftment at this time and I wish to say to all of you, my dear friends, that it brings so much joy, so much happiness when we hear your thoughts and your prayers of healing. It is difficult to explain the reaction of those involved with the people that you care about; so you see, it is not just words for help, but it is an extension of the Love of the Great Creator. It is almost like, I believe you would call it 'fireworks' that explode with Love at these times. It would be good for all of you to think about deeply when you are sending thoughts of healing, and try to feel what it is that is deep within yourselves, because I want you to know, my dear friends, that each time there are words of healing, thoughts of help, no matter what, that you as individuals also receive that help of healing. So imagine how it must spread throughout all of eternity, when these healing thoughts are sent. Next time you wish to send thoughts for anyone, include yourselves in the reaction of the words—do you understand?

Agreed

It is time, my dear friends that you learn to expand as Spirits, to allow that side of your being to come forward, to allow that part of you that is eternal, to pass that to others; and I know you will be saying, but we have always done that—indeed you have, but there is an even more powerful part of you that needs to be explored. Do you have any questions this time?

Graham: What about somebody who's not well, but nobody knows that they're not well, so therefore they don't ask healing prayers for them? Spirit world obviously knows that that person is not well, (Yes) so, when we do ask for somebody, presumably that is an extra amount of energy that that person would receive, (Yes) above and beyond what they would get from Spirit world alone?

Yes, no request for help is ever denied, but as it is with what you call 'group healing', and that is what you do here, (Yes) the energy is lifted that much further. So yes, you are correct in that assumption.

Graham: Yes, because there are so many lonely people around that are not well and nobody knows—it's sad, that happens, but we all know it does.

We need the interaction with you very good people on Earth; we can do so much, (Yes) but we need the input of Love from you also. Does that answer your question?

Graham: Yes, that's what I expected you to say. (Yes)

Paul: Sometimes I think Les used to do it in the early days, offer prayer to 'wherever it is most needed'; perhaps some of those prayers reach people that are not aware that they are ill?

If you are healing individually, of course it is a great Love that you send to anyone who is unwell, but of course, there are many factors to healing, there are many factors to sending good thoughts and even thoughts which are not quite so good; so remember that, that there are always complicated issues afoot. You understand? (Pause) No.

Paul: There are complicated issues, yeah, I sort of understand that it is always a little bit tricky with words.

Yes, but if you use general words like 'to all who are concerned' it will always reach that person.

Paul: Because there are Angels of thought, directing our thoughts?

Yes, that is part of 'complications', rather than a very simple answer. The workings of Spirit and those of you on the Earth has never been, what shall we say, simple; there have always been more complex issues; but, do not dwell on it too much, but just continue, because what is healing after all, if it is not Love?

Paul: Right, yeah, maybe we don't need to know the complexities of it, **(No, you do not)** but it's inspired me to go further with our healing prayers.

Yes, I would like you to take great notice of what you are feeling at that particular time—you may be surprised.

Paul: And that can perhaps strengthen the thought?

It *can*, it depends on how strong your particular thought is; you know very well, as I have said to you long time passed, that your thought is the most powerful thing that you will ever possess, and that carries back Home to Spirit.

Lilian: And possibly the first thought, when someone tells you that they're not feeling well, we call it sympathy and so on, but that thought would be the most powerful, **(Yes)** the first one?

And because it comes to you naturally, to wish that Love for another. Do not think Love as human love, people become confused between the two; spiritual Love is all consuming, spiritual Love knows no boundaries. So you see, spiritual Love from Spirit is even *more* powerful, when it unites with you as humans.

Dj: When I'm sending that Love out, I always see it as a real brightness rather than if I'm thinking of some love on a more personal human level; it always seems to be—there's a lot more energy in it, **(Yes)** than just the physical love between two people.

If you focus on Spiritual energy, you are on the right pathway to know what you as a human being, but also as Spirit, you begin to understand what it is about—yes, *Energy*.

Graham: Sometimes, when we feel very close to somebody, or somebody who is part of our family or close friend or something, I think perhaps sometimes some emotion creeps in; I don't know if it is necessarily a bad thing when we allow our emotions to...we are very emotional.

Dj: It's a human thing.

I understand what you say, and sometimes, human emotions can become awkward and in the way of true Love, (yes) *true Spiritual Love*. And, but that is part of your own human being, you know, but what you should do is try to recognise spiritual healing, Spiritual Love as opposed to personal love. (Yes) It is not easy, most people assume it is all the same, but it is not. Does that help you?

Graham: Yes, thank you. There was the Christchurch (*New Zealand*) incident—I think there was an overwhelming wave of Love towards the man who did it as well as the victims, **(Yes)** which was something to behold I think, across the planet; it must have been super-concentrated Love Energy, directed towards Christchurch.

Yes, that is what happens when we use the connection of Spirit and human together, because after all, you are human and you are Spirit, and sometimes one part of you takes a greater hold than the other. That is why you must become *aware* of what is happening; but please, do try, my dear friends, to recognise what is happening *within you*, when healing is sent to another. Next time I come to speak with you, I will be interested to hear, although I already know, what has happened with you.

Paul: Right, that should be an interesting...

Do not try too hard, just allow that Spirit to rise, to let it flow over the whole of your human being as well as Spirit, and you may be surprised.

Serena: So when more than one person get together in the act of healing, that is *magnified*, isn't it? **(Yes)** So, various organisations will send out healing: 3, 6, 9, 12... could anybody just join in and add to that, already magnified...

Of course, if the thought is pure and to help of course, the more people you have, the better. That is why in your traditional religions, when you have buildings where people gather, congregate, and the energy is raised so much that it is able almost to be *touched* when you walk in; it matters not what that religion is, what is happening in those places is that there is a *unity of purpose*, a *unity to help others*. And most religions, no matter what it is, each have their own way of showing *Love*.

So my dear friends, I am going to leave it with you this time.

Serena: Could I just ask a question before you go? **(Yes)** We've been told that everybody dies at exactly the right moment for their death, but, increasingly I hear of older people who seem to be kept alive, I'm not going to say 'against their will', because I don't know what their will is, but to all intents and purposes, they're not actually '*living*'?

No, it would be much better if they would let them go; and, influence would come from Spirit to help them if that is the right time.

Serena: From their Spirit or from Spirit in general?

For all, each individual, there is a time when you cannot hold on to life any longer; they may try, but no matter what the problem may be, there is a time when they must return Home. Yes, your doctors have the capability of 'holding' people, and I say 'holding', because generally the Spirit is not there within that physical body.

Serena: Yeah, they seem to be keeping the functions alive...

Yes, because they have the *will* to try to help to, they *feel* they are doing what they were meant to do, as all doctors and people who work in these establishments wish for. Do not worry, they are safe, they are well in Spirit; so you could have someone who's body is still here with functions that *seem* to be alive, but they are not, they are most of the way with us in Spirit.

Graham: Would that mean that their silver cord was still intact?

Yes, only when the cord is severed, does the Spirit leave.

Serena: Is that the same for people who are kept in a coma where their organs are viable?

Yes, yes they would still be attached; Spirit and the human form are intertwined, as you well know, but the time of severance is when they can no longer be kept here upon the Earth. Do not worry about people in comas, they are watched very carefully from our side of life.

Thanks

Now, I will leave this time and allow this instrument to return back to you; and until we meet next time, I leave you cloaked in Love, not healing Love, but just Love.

All: Thank you, our Love goes with you.

Then, another was speaking via Eileen, with the gift of a puppy for Lilian—audio link:

http://www.salumetandfriends.org/app/download/9950644/2019_03_25+young+boy+with+puppy+for+Lil+via+Eileen.mp3

Lilian: Hello.

Hello.

All: Hello.

Lilian: Can you tell us your name please?

Why?

Lilian: Molly?

I'm a boy, not Molly...

Lilian: Oh, I'm sorry, I'm slightly deaf.

Ah!!

Lilian: Yes, it's a nuisance.

Cho said I could come for 5 minutes.

Lilian: That was good of him.

He said you are a nice lady. Would you like a puppy?

Lilian: I'd love one.

A white one. (Yes.) I've got one.

Lilian: Have you? (Yes.) What do you call the puppy?

Puppy!

Lilian: Just Puppy. (Just Puppy.) Why not?

I didn't give it a name. I couldn't think of a nice name.

Lilian: Snowy?

That's nice—Snowy, yes, I'll call him Snowy.

Lilian: Yes, they are great company. **(Yeah)** Do you take him for walks?

I've got him with me; he's sitting here with you. Can't you see him? Can you not see him?

Lilian: No—feel him, but not see him. **(Ah!)** My last dog was called Bob.

I like Bob—I like Bob better.

Di: That's why I had the name 'Robert'.

Who said that?

Lilian: A friend who is sitting in the same room as me.

Oh, I didn't know you had friends. (Yes.) Anyway ...

Serena: Can you see any lights? (*Lights?*) Yes, sometimes when people come through, they say they see us as a light.

No—you must all be switched off.

Chuckles

Di: You're funny!

I am quite funny. (Agreed) I like it when people laugh.

Lilian: It's nice, isn't it? (*Yeah.*) What else do you do?

I like animals too. Cho said you liked animals.

Lilian: Yes, very much—a bit too much sometimes—they seem to stray to me.

They're all here—they're waiting for you.

Lilian: It probably won't be long before I see them.

Argh! You mustn't say that! I don't think they're ready for you.

Lilian: Oh, I see, I'll wait till they're ready.

Okay—it's nothing to do with me—I'm only allowed to come here for 5 minutes.

Di: With your puppy.

I wanted to give this lady Puppy, because she loves dogs and cats and ...

Lilian: ...any sort of animal actually.

Not elephants?!

Lilian: I think they're beautiful, but I think they should be wild.

Yeah, you shouldn't sit on them, should you?

Lilian: No, it's not natural, is it?

What would you have, lady, what would you have?

Lilian: What, out of any animal?

A pet, yes—what would you have?

Lilian: I think a cat is an easy one—they're easy to look after and so on; and dogs—you do have to walk dogs, they like to go for walks.

How about something like an alligator?

Chuckles

Lilian: people do have them as pets, but...

...most people don't like them. I feel sorry for them.

Lilian: I think they should be in their natural habitat.

Di: I think we're all a bit afraid of them.

Lilian: Some people *do* have them in their home, (*I know.*) which doesn't seem right.

Mm, so you don't know which animal you would have—only a cat or a dog?

Lilian: Yes, I must confess, I just like all animals. It's nice to see the ones in other countries, because we've got television and so one.

What about an owl?

Lilian: Yeah, they're beautiful.

Yeah, when you're awake at night, you can go, 't'wit-t'woo'! 't'wit-t'woo'!

Lilian: Yes, they are nice.

Some people find them quite scary.

Lilian: There have been stories made about them, in years gone by.

Di: Some people think they are ghosts, because they're white and shiny in the night—barn owls.

Barn owls—anyway, I'm going to leave my little dog with you.

Lilian: Well that will be nice, I'll look after him.

And you can call him whatever you like. (Thank you.) Yeah, and you'll look after him.

Lilian: Is it a boy or a girl?

It's a boy, I think, yes, it's a boy.

Lilian: Well, thank you.

You will look after him, won't you, (Yes) because I'll be coming back to check. (Right.)

Di: It's very kind of you to leave your dog.

It's a present for the lady.

Lilian: Well, it's nice to have met you.

Yes, nice to have met you too. Cho's saying, 'Come on, come on', because I don't want to go.

Lilian: Well, you can come again.

Thank you very much. Bye!

All: Bye!

Finally, Sara took us on a meditative journey—audio link: http://www.salumetandfriends.org/app/download/9950633/2019_03_25+sara+med+journey.mp3

Notes:

Healing Prayers: Salumet has given teachings about this before:

11/07/1994: I want to say to you all about the power of prayer. It is only through your meditations and prayer that you begin to open up spiritually. I know some people dispute this, but it is an eternal truth. And so, I say to you all, please use the power of your prayers. I will teach you all the proper way of prayer another time.

22/08/1994: So often we hear your pleas, your cries for help, your distress, your sorrow. But that is not true prayer.

*... Firstly, let me say prayer should be a very individual thing. You cannot, **you cannot** encompass it into a sentence or whatever—it needs to be individualised. Prayer should be—I don't want to say honour, but it should be the asking of the knowledge, for the love of that light, that power that you call God. In searching for that love, then you have *all* other things—Love, wisdom, knowledge; all these things will come. Therefore prayer should be an offering, if you like, of yourself to that higher power, to be used for the good and the betterment of others.*

*...Prayer, therefore, is ultimately the offering of yourselves to that higher power, to be used for the good of mankind. Use it for the betterment of others, ask for help if you like, but firstly, **firstly offer yourselves for good**—that is **prayer**. Please bare it in mind always, when you speak to that higher power. I don't mean by that, that there should be any reverence, like there has been in the past to idols, to false Gods or other people. That is not what I am speaking about.*

13/10/1997: But what is more important, is realisation, of the power of your prayer and what you can achieve from them. All too often your prayers, and now I speak generally about mankind, and not about any of you individually: Mankind in general, speaks to a higher source of power. All of you know and understand and I have tried to teach you, at least I hope I have given you a little insight, into the power that you all have.

Les: You've certainly given us that.

*So what I would wish all of you to know and understand is this: That each individual here, comes from that same source of power. Therefore your ability is inherent, to achieve that prayer, which you speak inwards. But because of your human failings, or your denser 'power,' if you'd like to say it that way. You are speaking words to us to help, are you not? (*Agreed*) And of course, because of our extended knowledge, that is what we try to achieve for you. But it is the power of your word, which makes it happen. I want you all dear friends, to realise, whatever you so desire, you have the power to achieve. Therefore, I want you when next you use your words of prayer, to **know** that that power is within you. After all, each of us are sparks from the same source.*

14/02/2000: Prayer should never be intermittent, prayer should be complete trust and the giving and the empowerment back to that Divine Force, which each one of you calls God. If only my dear friends, in your prayers for others, you would not use such negative words. For example the words 'if you can'. This we hear so often from you: 'Can you help, can you help if you can'. Can any one of you explain to me why these words should be used, because in using them my dear friends, you attract negativity, because by using the word 'if', it implies that it is not possible and when you are offering yourselves and help for others to that Divine Creation, you should be absolutely certain that all things are possible. Do you understand how restricting words can be? (Yes) It is better that you use from your heart the feelings of Love towards another, that you place that love back to the Divine Energy so that all can be made whole.

07/08/2000:

George: *Recently, in an American hospital, an experiment was carried out. 50% of heart patients were prayed for and 50% were not. The ones who were prayed for fared statistically better. I think you will say that this is not the way to use prayer, but nevertheless it will no doubt prove the value of prayer to some people. Have you any comment on this?*

Yes, if only one were helped even by earthly experiment, then I can only say to you, this is good. You, of course, may not be surprised by these results; it is just a pity that so many were excluded. Of course, again we return to the power of thought which is indeed the beginning of prayer. We have discussed prayer to some degree in past

times and each one of you I hope by now fully understands that your thoughts for another person are never disregarded. But of course collective prayer is a little more powerful, shall we say, to use your everyday words, but the same effect is achieved by many of those within your world who you call healers. Their prayers are sent to us so often for the safe and wellbeing of others. But prayer is there for each and every one to use...

Also see:

17/09/2001: Terrorists need healing prayers too.

02/02/2015: Prayers for Peace.

18/01/2016: Best ways to send prayers.

13/03/2000: Edwin, a guest speaker arranged by Salumet, on Thought and Prayer.

14/04/2001: Angels of Thought.

SALUMET – 15th April 2019

We began as usual with healing prayers and Salumet then spoke, asking us to give feedback on the exercise given on 25/03/2019, when he said: **Next time you wish to send thoughts for anyone, include yourselves in the**

reaction of the words—audio link: http://www.salumetandfriends.org/app/download/10004621/2019_04_15+salu.mp3

Lilian: Good evening Salumet, and you are very welcome.

Good evening.

All: Good evening Salumet.

Once again we have listened to your thoughts for healing. Do you remember my words from last time?

All: Yes.

Well, I will be interested for you all to speak individually about this.

Mark: Shall I start then? (*Agreed*) I didn't really feel I did very well with it, but it really made me realise how my concentration is so *bad*, but if I *did* get a bit deeper, I felt like it was very, almost *nourishing* and bringing you much closer to the person; I could see that my attention kind of wonders away too much—superficial thoughts take my attention away.

But you felt the connection?

Mark: Yes I did, (**Yes**) I felt it was very beneficial, it felt very nice.

Yes, do not be too concerned that you may not always be focused, we are still able to use all of your energy, so...

Claire: I sometimes feel a bit dizzy when I'm really concentrating.

Yes, if you are too focused then that is the effect on the physical that you will have. Try not to be so intense, but just to let that feeling grow within you, gently and slowly, yes.

Di: I remember that you said, don't try too hard, just let it come naturally and I found it a lot easier to do that instead of trying to make something happen; more '*go with the flow*'.

Yes, I am aware of that statement and yes, it is quite a good one for a human being to follow, yes.

Paul: When I was doing it, I was aware, after a while, you sort of get into that stage where I usually hear some ringing sort of sounds, and it seems to get more like that as I'm sending out the healing, it feels almost like an energy build-up, or something, feels like the connection is getting stronger...

Yes, is the connection stronger with yourself or for the one that you have asked for?

Paul: As I was trying to be a bit more aware of what was happening in myself, I was certainly aware of sometimes it would be around my head, sometimes more the chest area...

So you felt the *expansion*, if you like, of your own energy.

Paul: Yes, it did feel like that, yeah, like energy building up inside of me as I was. (**Yes**) Like some kind of interconnection of energy, yeah.

Rather than just a physical thinking thought, you felt that connection with the person in need, yes?

Paul: Yes, I think so, I can't say I felt it clearly or anything, it was a vague build-up of the energies, almost like my chakras were going brighter or something, yeah.

Thank you.

Sabine: The way I was doing it before you came to talk about this, I was more tapping into my inner Love to go and give it to somebody else, which felt nice, but when you spoke about tapping more into Spiritual Love, I

went to experience that and felt that it was kind of a shower of light coming down and helping me to sort of lift up and stand up a little more. **(Yes)** It was an all-uplifting experience that I was doing/having. I was really wondering how far could I go with it, and I even sent a bubble of healing Love to somebody I really dislike that I had lots of problems with in the past and the shower of Love was just as beautiful as for anybody else and I felt that was really nice that I was able to be a part of it, **(Yes)** not putting myself in it, but just the thought of really sending true Love to that person.

So you felt there was a true Spiritual Connection.

Sabine: Yes.

Yes, thank you.

Graham: I felt as though I was connecting with the people I was asking for without any judgment and found it increasingly easy to just, **(Yes)** to ask for all types of people and the things that happen in the world, just feel a deeper level of connection of Love with them—no judgment, it just seemed natural and *quicker* to get there.

Yes, there should never be any judgement made to someone who is receiving your Love and your healing.

(Yes) Yes. Thank you.

Serena: I just felt I more or less forgot what I was supposed to be doing, but I try and send out the light anyway, but mainly I focus on just trying to be more centred and breathing and sending Love out in a more general way, to *transmute*, if that makes sense, rather than to specific people.

Yes, it is wonderful when you can connect to *all of life*, of course, rather than to be isolated with just one or two people; so yes—good.

Sara: Like Serena, I've been doing this for quite a number of years really, sending light and Love, but I did notice when Graham and I, the first time we practiced it, I did feel an increase definitely, and I think just the *energy* really.

Yes, you have mentioned, as others have within this room, the word '*energy*' and that, my dear friends, is the key factor. *Energy is everything.*

Sara: And I think whenever I focus on, not just this, but anything, if I bring my whole being to focus on it, then it is always more powerful what I'm doing, **(Yes)** whether its music or even reading I think, digesting things sometimes, absorbing information.

Each of you are your own best guidance; always be aware of your Spiritual Love and feelings that are different from those of the physical; if you can differentiate between the two, you have come a long way to understanding your own Spirit. I have not heard from the Lady yet.

Sabine: Natalie and Lilian.

Yes, I speak of the Lady to my left.

Lilian: Ah, me. I must confess, at times, I have problems with the hearing, so I didn't get all that was going on, and I really don't remember a lot about it, and that's being very honest.

Yes, you are a kind human being, always have been and always will be, so although you did not fully understand, you are able to give out much energy without too much thought. So I say to you, just to continue in the way that you have for many of your Earth years. (Thank you.)

And, may I hear from the other lady please.

Natalie: I wasn't here for that one—I'm not too sure, what I was meant to be doing.

There is still time to try, because I would like you *all*, my dear friends, to continue with this; not every time of course, you must do what makes you feel comfortable, shall we say.

(Lilian and Natalie both said they would read/re-read the relevant transcript—25/03/2019)

But the important word used these evening, is not *connection*, not *Love*, but feeling the change of *Energy*. If you feel that exchanges of energies, you are on the right pathway to understanding what asking for healing means. So thank you my dear friends, for that little exercise which can only but help you to expand the senses that you already have.

Sabine: Thank you for giving it to us.

Lilian: Talking of energies, can I just ask a question for my daughter? **(Yes.)** She's been puzzled why the shape of a pyramid has this energy within it and around it—why that shape?

Why the shape? There are many shapes of course, which have stronger energies; you can take a complete circle, which testifies to no beginning, no end. That of course would have energy of an extra type. The triangle meets from point-to-point and the shape then creates an energy which is very fulfilling, which is very

healing and which has many properties to it. It is not the only shape—that is the best that I can tell you at this time.

Lilian: And I know we've spoken about the circles that come in the fields. (*Crop Circles*)

Yes and you also of course on the planet have many, what you term 'lay-lines', which are just lines, but still have powerful energy.

Lilian: Is there a reason that the lay-lines are there?

Of course, they are supporting the planet Earth, as they support many other planets. (Yes.) Yes, it is a support system of energy.

Lilian: That's interesting.

I hope that will satisfy your daughter, there is no need to go into technical details, but just to know that it does exist, that it can help in many, many ways.

Lilian: Thank you—it was just a subject we got on and did go on and on—it was interesting.

That is why it is good to speak amongst yourselves, to give each of you, your own experience, to allow the other person to *think* and to *wonder* and to *know*.

Paul: Would it be useful, do you think it would benefit people to build pyramids in their gardens, and meditate in them?

Of course, whatever builds the energy, whatever is healing, can only be good for you and for your planet.

That is why there are so many around your world. As I say, the pyramid is not the only shape, you take the circles, you take the straight lines and you would be amazed at how much energy this earthly planet has.

Mark: Is it partly to do with balance and focusing of the energy?

Balance of course and what was the question?

Mark: And focusing the energy as well.

Yes, there are many reasons why—they are also very creative and throughout your history, much has been learned from pyramids and there is much under the waters of your planet, which will eventually be recognised as '*energy healers*' and '*energy spots*'.

Mark: Yes, because they have water flowing under the Bosnian pyramids.

Yes, there's always a connection—water is a very strong element.

Mark: And the pyramid somehow harnesses that energy.

Yes, because it is creative, it is used for creative work, or, how shall we say, they have been placed on the Earth for mankind to come to know about them. And it has taken so long before they have been truly recognised for what they are.

Mark: They also had in the Bosnian pyramid stones and crystals, specially positioned.

That is what I am trying to say to you, my dear friend, it is not just the pyramid, if you are to add crystals; there are crystals throughout your world being used this very day, for good. I am sure you are all aware of crystal energies, are you not?

Agreed

Yes.

Sara: Some people have a sensitivity to crystals, don't they, the energy—a friend of mine feels the energy very strongly and she uses them a lot for healing.

Yes, and that energy will be attracting the energy within your human body, that is why really, I would suggest to you that you choose your own crystals, because the energies combine to make it even more powerful, and your own body energy is made stronger. But like all things in your earthly world, there are many questions and many answers.

Lilian: Yes, I've often wondered why, if I'm in the garden, (**Yes**) and a big stone, small stone, it really doesn't matter, but, I pick it up and you can see such colours in there all blending around and I wondered why the different colours.

It is the wonder of existence... you should blend with all of these energies, at some time, if you possibly can—yes.

Lilian: So if you held it long enough, you would begin to feel...

You will begin to feel part of that energy, in the same way, the energy of whatever you are holding, transfers itself into your physical body—that is why *healings* exist.

Lilian: That's interesting.

Sabine: Like the other day, I had a little stone that had been picked at some point and been kept in a drawer some place and suddenly I had it in my hand and all I wanted to do was to drop it on the ground, which I did and I could feel this little bit of stone thanking me for giving it back to the Earth, **(Yes)** and be connected again with the elements, versus being stuck in a box in a drawer. **(Yes)** It was amazing to feel that connection with that little stone.

Yes, you firstly felt a very strong connection, but I would like you, my dear friends, to think a little more on your world, your energy points, whether it be your pyramids, whether it be crystals, whether it be lines, whether it just be the touch of another human being, you are all made of Energy, it is very powerful.

Graham: Just going back to lay-lines, presumably when our planet first formed, there were no lay-lines, but, they must have grown since then. I just wondered what...

Well, when you say, 'no lay-lines', there was energy, (Yes) so, they of course developed at that early stage, into stronger energy and called 'lay-lines'. To me, the names mean very little, all things are Energy.

Graham: Was life itself upon this planet responsible for creating those lay-lines, or did they pre...

No, they have always been.

Graham: Do they ever more or are they fixed?

They can of course move, because of the situation where they are; they are energy underneath what you call physical Earth.

So there is slight movement, but I would say nothing overly powerful—gentle movement, yes.

Lilian: So would the elementals be attracted to these lay-lines?

They of course would be, as we all are. When we speak of energy, you have to begin to think of it as a whole, not as separate issues. Focus on all energy together and then you will feel the power of that energy. You understand?

Lilian: Yes, thank you.

Paul: Do they run fairly straight or are they more like rivers that bend, lay-lines?

Like all energy, it can be transmuted, so in that case, of course they could change or alter, but the energy does not change. Do you understand? No?

Paul: I was thinking, so they don't have to be straight lines, **(No)** they can be curved.

No, like the bend of a river, it is always continuous. I feel the puzzlement in the room, but I will let you stop and think about this, I...

Claire: I kind of see them like a big spider's web—we're just one planet in the whole lay-line system, is that wrong?

The whole of you Earth has lay-lines, yes of course, how you perceive that to be, how it affects you is quite an individual thing. It does not matter, it really does not matter; they exist because all things are energy; if you wish to call them lay-lines, if you wish to call it a pyramid, so be it, it matters not, it is the recognition that the energy is *there*, that is what is important.

Paul: Going back briefly to building a pyramid in a garden situation, **(Yes)** would it matter much what material is used to build it, or is it more about the shape?

The shape for pyramids, yes and of course you are standing it onto ground, the Earth of the planet, which is an extra boost of energy. (Right...) So I would say if you wish to do this in a garden, to choose the right place, the place that gives you the feeling of the energy that is there, and then to build the pyramid on top.

Paul: Right, would putting a bit on concrete down on the base, interfere with that Earth energy?

Not really, not really. If you imagine every single thing on this planet that exists is energy, all you are doing is combining those energies. If it is wrong, it will not last; as I say, all things are transmutable when it comes to energy.

Paul: Thank you.

Sarah: Going back to crystals Salumet, is there so much energy in those crystals, because they've been so compressed under the Earth's weight that's made these crystals?

Yes of course, of course that is a reason; that is why it is best for you to choose your own crystal, because the energy within the crystal and the energy within you as a human being would be different; but yes, and sometimes crystals are more powerful where they come from, the Earth—yes it does make a slight difference, but nothing that I would tell you about.

Sarah: Right, okay, thank you.

Mark: I would imagine something energetically important happens when a meteorite comes down and hits the Earth?

Yes, you have to remember my dear friend, you are one small planet; I will repeat myself, you are one small planet in many universes. There will always be energy, because that is what *you* are—you *are* energy. The comets, or the stars, or whatever you wish to call them, it is all energy; there may be different *degrees*, but that is all.

Mark: And that's the basis of astrology as well, isn't it?

Yes, yes.

Graham: You once mentioned something called 'Cosmic Energy', **(Yes.)** which our cosmic brothers use for transport around.

Yes, because they have realised that the energy which is all around us can be used; it can be used for travel, it can be used to maintain the energy of each other, which is another subject; but I think for now, you have enough to think about.

Graham: Yes, thank you for all that information.

And I will take my leave of you now and...

Sabine: Before you go, sorry, your instrument had asked a question for something for you to respond to if you could. The other day, she was wondering when she went to a funeral at a crematorium nearby and she felt that the energy over there was completely off, she didn't feel good in there, even though before she went there and felt good in there on previous occasions and she was wondering if you could comment on that?

I see, yes, I know the problem there was that before that particular occasion, there had been people attending a funeral who had very negative vibes, very negative, and that negativity was enough for the lady to feel and to feel that the whole of the room was in some kind of negativity. But, it would have lifted afterwards, it would not have lasted, because you would have had angelic beings move in to clear the situation. These places are places of sorrow and sadness for many and it does change atmosphere, but what she felt that day, please tell her it is *fleeting*. (Right) I hope that helps. (Yes, thank you for her.) But as I say, I will take my leave, I wish you all a very good holiday, you call them and hopefully we shall meet again very soon. My Love goes with each and every one of you.

All: Thanks and our Love goes with you.

Notes:

Healing Prayers: Salumet gave us the exercise during his previous visit—see: 25/03/2019

Pyramids: Salumet has spoken much on pyramids and slowly but surely, the truth about them is becoming more widely accepted. Russia has been building pyramids for many years and as George's notes mentioned in 2006: **re Russian pyramid work:** Internet: If you do a Google search on Prof V Krasnoholovets, it will produce an 8-page document entitled: 'The Great Pyramid as an Aether Wind Trapping Site'. A search on: Russian Pyramids produces other useful information.

Pyramid effects that have been observed:

1. Water does not freeze.
2. Razor blades are sharpened, (compared to ultrasound polishing).
3. The vertical column extending above and detected by radar was 2 Km.
4. Salinity of water decreased.
5. Altered resistance of carbon materials.
6. Effects on animals and disease incidence.
7. Human aura is brightened
8. Foods stay fresh longer.
9. Domestic pets thrive well in situ.
10. Patient's burn areas heal faster.
11. Meditation enhanced.
12. Plants grow faster in early phase.
13. Structural changes in materials.
14. Can cause nausea in too much pyramid environment. Compare crop circles!
15. Seeds ... crop yields increased. Compare crop circle wheat!
16. Immune systems are enhanced.

17. Pathogenic strengths of viruses and bacteria reduced.

18. Radioactivity decreased.

19. Crystalline materials kept in pyramid, then transferred to surround jails, reduce crime.

Many around the world, besides Russia, are building and researching pyramids and it is only a matter of time before they become part of our lives. Paul and Sabine will be building a pyramid in their garden soon—we will keep you posted!

An excellent book on pyramids is: <https://www.amazon.co.uk/Pyramids-Around-World-Semir-Osmanaich-ebook/dp/B0080Z36HG>

Salumet has given much information about pyramids over the years:

15/08/1994, 28/11/1994, 05/05/2003, Russian pyramids-26/06/2006, Pyramid energy-17/07/2006, Egyptian pyramids-07/08/2006, Bosnian pyramids-02/04/2012-02/07/2012-06/08/2012, 30/09/2013, 10/02/2014, 31/07/2017

Salumet on Energy: This topic has been discussed at length and the following transcripts may be of interest:

Understanding energy: 28/10/1996, 11/11/1996

Awareness of our own energy pattern: 09/12/1996

Energy/vibrations/life: 20/01/1997

The living energy = God 10/02/1997

Earth energy: 07/04/1997

Energy and disease: 07/07/1997

Vibrational energy: 29/09/1997

Sexual perversion and spiritual energy: 01/02/1999

Male/Female energy: 16/08/1999

Energy = Movement – static energy = illness: 20/09/1999

Spiritual energy: 01/05/2000

Love energy: 26/03/2001

Transmutation of energy: 22/10/2001, 04/03/2002

Heart energy: 09/09/2002

Thought feeds energy: 27/09/2004

Soul/energy field: 08/11/2004

Energy density: 25/07/2005

Energy grids: 14/11/2005

We are energy: 05/09/2006

Thought energy in water: 12/03/2007

Energy blending: 20/04/2009

Energy has free will: 03/10/2011

Salumet on Crystals: See: 10/10/1994

SALUMET – 10th June 2019

We began as usual with healing prayers, before Salumet joined us—audio link:

http://www.salumetandfriends.org/app/download/10116970/2019_06_10+Salumet1.mp3

Sabine: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always, it is good to join with you all once again.

Paul: Wonderful to have you back.

Thank you. I would like to begin this time by telling you all that there will be strides made in discovering what lies beneath your oceans. I have mentioned in the past that much can be taken from the seas—all areas of water will be included; and as humans that interest will grow slowly, but also steadily, and mankind should be able to benefit from this knowledge.

Paul: And this is paving the way to a new form of energy, is it?

Yes, but there will be other offshoots from this.

Paul: And the beginnings of this will take place this year, do you think?

I would say rather your next coming year before it is made public, but there are those in your world who are already aware of what can be achieved. So, my dear friends, keep this knowledge in mind. (Agreed) Also,

from the beginning of your new month to come, there will be fresh sighting of terrestrials, because it has been fairly quiet for you I feel in the past few years.

Paul: Yes, I was thinking, in the past there were lots of sightings, **(Yes)** but nobody had the sophisticated phones we have now, to capture the images. **(Yes)**

Claire: Can I ask if it has anything to do with the new crop circle that's just has been discovered.

Yes all of the sightings that have been before, will return in greater numbers.

Mark: So, will be quite a few in Wiltshire?

In Wiltshire? Let me see.

Sarah: Is this confined to the UK Salumet, or is it going to be a worldwide thing?

I will say to you, it will begin as it has done previously, but yes, that knowledge is worldwide and will continue to be worldwide, because all of humankind should know and understand what is happening.

Sarah: Thank you.

Can we have the question from the gentleman once more?

Mark: I was wondering if there will be some sightings in Wiltshire, because there often have been in the past.

Yes, there are definitely areas where it is much more prevalent, and yes, you have named one of these.

Mark: So, Silbury Hill—they sometimes see them around there.

Yes all of the things that have been discussed, you will be moving a little more forward in the knowledge of their existence.

Paul: Mm, that's always exciting for us I think to hear that, and so next month we should get some more sightings.

Yes, the beginning of your next month. (July) Yes, so be vigilant my dear friends, be aware of the words I have spoken, and I know you do not need the proof, because you are beings of Spirit, but there are so many who do need to have proof.

Mark: And it does uplift us, well it uplifts me anyway, to hear these things as well. **(Yes.)**

Paul: Do you think we are making much headway with the governments being able to openly acknowledge them?

That may take a little longer, yes, there is still a majority of rulers who wish to deny any sightings whatsoever; and in fact, in some countries people are scolded for the knowledge they give. So, my dear friends, be pleased that you belong in a free society. (Agreed) Yes, do you have any questions this time?

Natalie: I have a question: In the past, Salumet, you said UFO's and aliens will come forward more, **(Yes)** and make themselves known to us. **(Yes)** So, next month is that more significant, as in that's going to be the start of it?

It is the beginning of letting you know of their existence, yes it is. When I gave you that information, much had already occurred in your world, but now the time has been reached, when mankind really must open up, not only to other beings, but of course to their own Spiritual energies.

Natalie: Exciting—thank you.

Paul: We can spread the word on Facebook to keep an eye out in July—from early July.

Yes, yes, we will try to encourage people to be honest and of course, as you know full well, there are always those who wish to be disruptive, who wish to make some fun of what is quite a serious topic. So you must begin to find out those people who are not genuine.

Agreed

Sarah: And also, I think some people behave like that because they're ignorant, they just don't know...**(They are afraid.)** ...they're not willing to take in the information, so they need some help to be more open-minded.

Yes, but they cannot keep it down for too long, because Truth will always come out and those who are believers will help to go forward and help these people, whether it is fear, or whether it is just to be disruptive, we hope that they can be influenced for good.

Paul: Thank you for that information, it does feel that we are really getting somewhere.

Yes, of course, as I have always said to you, the word is 'patience'. It is natural for you humans, I know to be a little excitable, but really, you must go slowly.

Graham: I was going to ask, because you have said in the past that through meditation we can access the knowledge that is deep within us, **(Yes)** and when we return to Spirit world, that accessibility gets an awful lot

easier, **(Yes)** because, yeah, it's just easier. My question was: do people meditate in Spirit world the same way as here or is it not necessary?

It is not necessary, they already have returned to all of the gifts that they have. There is no need to think about anything, it is natural. (It just comes...) It just comes to them, yes.

Graham: Yes, that's interesting, yes.

Whether you believe it or not, and there are so many still who do not believe, whether they believe or not, it will happen. In the same way as those people you help with your healing and with your rescues, they just need a little guidance.

Graham: Yes thank you, I don't think that question has ever been addressed about meditation in Spirit world—yes thank you for that.

Yes, that is not to say they are not continually learning, but basically all of those gifts are with them as soon as they come *Home to Spirit*.

Graham: I suppose in Spirit world people go to places of quiet contemplation.

Yes, there are many temples and religious places, if that's what people desire, but that remains only for a short time. But, if that is their desire then that is what it must be.

Graham: Right, okay, yes, thank you.

Sarah: I was thinking about Hitler and you saying how he was going to have a long time in his own darkness and I was wondering, could another aspect of him come back to this planet, whilst he is in that darkness?

No, the plain and truthful answer is no, he would not return whilst he remained in that negative state, firstly he...

Sarah: Not even another aspect of him?

No, not while there is an aspect that is in that state—that would not happen.

Sarah: I'm sorry I think that time lapse is quite strange this evening with the computer, so sorry to interrupt you. *(Sarah joins us via Skype)*

No, don't worry my dear friend—that is okay.

Sarah: Anyway, thank you for your answer.

I would just like to say about people like the gentleman you have mentioned, when you speak of aspects of Spirit, yes there are many aspects, but to be a whole, to be whole in Spirit, you must forgive yourself also, as well as being helped by others. This gentleman has so much to *give back* that it will take quite a long time for him to realise what harm he has done to other human beings. You understand?

Sarah: Yes, thank you.

Serena: Could I ask about the crop circles and how for people who can't get there, can they benefit from them? Because I understand there is something coded in the geometrics...

Yes, if you... this is a perfectly good way, is to meditate deeply and to see in the mind's eye the crop circle and you will find that the energies will start to blend and you should be able to be aware of them without actually physically being there. It is a case of the Spirit and the knowledge of the Spirit that allows this to happen. Is that helpful to you?

Serena: Yes, thank you.

It is good to be able to answer a few of your questions, because my dear friends, although we have been together for some earthly time, you do tend to forget sometimes what I have said and it is always good to be able to reiterate the words. Are there more questions please?

Serena: Is there anything else you could tell us about colour? We've had a couple of meditations and things on colour and is there anything else you could relay?

In what aspect to the colours? Colour is just energies that have... if we talk about block colour, one colour that is easy to visualise. Visualisation and meditation will bring you all the colours that are available, but what I will say about colours is that when you return Home to Spirit, the colours are so much more beautiful, there will be colours that you are not aware of on the Earth plane. And all of these colours have some significance with the energy of your bodies; and I am sure and I have heard you discuss what each colour does. So there really is no new information on colour, only that if you wish to explore it further, then please do meditate when you can, and the colours will naturally be drawn to you, the colours that are needed, if you are using them for healing or whatever. You should be able to blend with *all* colours, you understand?

Di: I was just looking at all the trees when I was in the park earlier, Salumet, all the different shades of green, **(Yes)** thinking how amazing they look, so to think that there is more beautiful colours in Spirit than that, because it is so beautiful.

It is, and have you wondered why there is so much greenery on your planet?

Di: Because it's a healing colour.

It is a healing colour. So therefore the more you can absorb, and that is what you do, my dear friends, when you step outside and you see a beautiful tree full of greenery, then you can take it within yourselves, you can breathe in the energy. So, there is much to say about colours on the Earth and it is wise that, as I know you do, think about these things.

Sarah: There was one that came through last week Salumet, through me, who said that our bond in our group, the joining colour was yellow, is that correct?

Yes, I would say yellow was used mainly as friendship, it is a colour of friendship, yes. So that is why you would have the bond within the group.

Sarah: Ah yes, thank you.

And do you realise, and I know I have spoken of this quite some time ago that each day, my dear friends, you chose colours which resonate with your Spirit. So, if you wear lots of green colours and blue is another healing colour, you are taking in those energies automatically, without even the thought of them.

Paul: It's no coincidence I don't think, that as the planet's evolving, I think men's clothing has changed a bit in my lifetime. For a while it was all greys and blacks and dark blues, **(Yes)** but now, men are beginning to wear bright pinks and more colour/brighter colours.

Yes, that is true. Make yourselves more colourful, yes. It's the same if you...

Sarah: ...it's just been a phase in the UK, because if you look back into the 1700's, the men wore quite flamboyant clothes.

Paul: Oh yeah, that's true actually.

Colour has always existed on your planet, so it is not too amazing to see that women and men both choose colours that their energy pulls to them. Yes, I hope... but you will never see brighter colours than what you will see when you return *home to Spirit*; the beauty is wonderful and even the water, the waterfalls in our world are just full of colour, healing colour, yes.

Sabine: Something to look forward to.

Sara: And I expect the same goes for sound. I should imagine the sounds are very much more beautiful?

Everything is more beautiful, because the energy is spiritual energy and not physical human energy; so the eyes that see here are very dim to what they will be when you return *home*.

Sabine: When the weather permits, we go and meditate outside, **(Yes)** and there is this one bird, and I only hear it when I go deeper in meditation, and I try to keep a mental note to try to look after that bird afterwards—I never hear it any other time than that one.

No, because it is one of your *helpers*. (Right.) It is a bird helper, who has transmuted from a helper in Spirit; so the bird will always be with you in deep meditation. Do not try too hard to find what it is all about; accept it, and my dear friend, you will grow and grow and grow, because you are having *angelic help*.

Sabine: Oh thank you, yeah. Like the other day as well, Paul was up a very tall tree and getting to a place where it was getting a bit uncomfortable, I could feel it, but then suddenly, all the birds around started to gather around him, above his head and turned around in circle, **(Yes)** all the way until he stepped down a couple of steps and where he felt secure and they all dashed away, just like... **(Yes)** It was amazing, really amazing.

Yes, and it is very apt that you are beginning to recognise all of these happenings, because you *are* Spirit my dear friends, and I can see you evolving, the more that we talk, the more that we meet in this group, because I know you are passing on spiritual knowledge, which can only grow in others. But you are all well protected if you so desire, but you have to have the desire to experience these many things.

Sara: I was going to ask about mediumship, Salumet, because Graham and I have wondered whether to try at home, would we be protected?

You would need to protect yourselves, you are protected here, because it is something that is and has been said for many years, so we naturally give protection to you when in this room, but be careful when you begin to do this, that you do not open a door and leave it open; you must protect yourselves first, that is not to say that everything is not good, it is just a precaution, because in Spirit, we also have excitable people, who do

their best to come forward, you understand? (Yes) So yes of course, if that is what you wish to do, then any meditation and development of—I do not like to say development of ‘mediumship’, because you are *all*, already mediums. After all, what is a medium? Only someone who can make connection with Spirit. So, you understand, you are already mediums, it just needs to be helped along the way to become more accurate, you understand? (Yes)

Graham: We wanted to try some mind projection exercises, because mind projection is where two minds link, (Yes) as I understand it, (Yes) and we had the idea about sending colours to each other.

Yes that is perfectly good.

Graham: But the problem is that I personally, I cannot see colours in my mind very easily. I have asked for help with that and try to do exercises in meditation, I have just started on that.

Right, you just have to keep going forward, it will come, but again, here comes my favourite word for you humans: ‘patience’. (Yes, I know) It will not happen overnight, unless you have come to this lifetime with you gifts ready to be used, and that happens often.

Graham: I didn’t realise that I was different from other people, because everybody I speak to, I say, ‘*can you see red in your mind?*’ And they say, ‘yes’, that’s easy. (Yes.) I can’t, I just see dark grey or black, I can’t see any colours in my mind. So, I realise that I have something I’ve got to work on. (Yes) Okay, thank you.

It just takes time. Even if you cannot see it in your mind, just take an article like, what shall we say, something bright, like an *orange*, it may be a fleeting thing, but you could concentrate on things like that, you don’t have to have a full blown vision of it in your mind to begin with.

Graham: I know that Bonniol, when he came and gave us advice about mind projection, said that part of the process is to be able to actually see in crystal clarity in your mind what you want to project.

Yes, oh yes well, of course the mind is everything, as you know, once you take command of your mind, you, well, all spiritual aspects of yourself come to the surface.

Graham: Yes, would it also be relevant to try and send words, like you could name the colours like green, would that be relevant (Yes) for mind projection as well?

Anything can be projected.

Graham: So that could be a lovely exercise. (Yes) Thank you, that’s really good.

Good. Now my dear friends, I feel we’ve spoken and connected once again, I would just like to end by saying, there is much upheaval again in your world, but once again I say to you, it is *transient*, do not let it make you live in fear, accept what is happening around your world and do the best that you can to help others.

Sabine: Yes, the world needs a big change, (Yes) and it’s on the way.

You only need, and that is a word, this word can be used for mind projection that is *LOVE* and *PEACE*; project those two words every day of your waking hours and you would see quite some difference.

Sabine: Will do.

Now my dear friends, I take my leave, I’m grateful for your presence and your Love, which is felt by many in Spirit, all the help and goodness you bring. So, until we meet next time, I will say goodbye.

All: Good bye Salumet, our Love goes with you.

Notes:

***Salumet on UFO’s and Crop Circles:* So, from early July 2019, there will be lots more UFO sightings for our governments and media puppets to deny.**

The truth about UFO’s our cosmic friends/brothers and crop circles has been discussed much over the years—see link:
<http://www.salumetandfriends.org/app/download/5030776/Salumet+on+Extraterrestrials++crop+circles.pdf>

See also: <http://www.salumetandfriends.org/bonniol-extraterrestrials/>

***New discoveries from beneath the oceans:* So, in 2020, we can look forward to this knowledge being made public. Salumet mentioned this new form of energy back in 2005:**

15/08/2005: ...the depletion of oil supplies in your world will of course be replaced by other energy. And if you remember quite some time ago in your time, I told you that they would look to the seas of your world for energy. That is something to come...

For the latest crop circle updates, see: <http://www.cropcircleconnector.com/2019/June2019.html>

***Colours in Spirit World:* See last week’s transcript for more information about colour:**
http://www.salumetandfriends.org/apps/download/10124412/2019_06_03.pdf

***Mind Projection:* Salumet has suggested previously that we try sending colours or simple shapes to each other as a way to practice Mind Projection. It is mentioned in relation to Astral Projection here: (26/02/2007): Astral projection is a solitary endeavour. Mind projection requires another mind... There is no point in having mind projection if it is not taken up and received, but the spirit can make astral projections by itself and travel throughout all of eternity as a solitary unit.**

George: Yes, so could one say that astral projection is like the first part or the outset of mind projection?

Yes, I would suggest to you that that is a rather clever way of looking at these two things. Mind projection is on a much more spiritual level, although all of you can do it when it is created and used properly. Mind projection is what is used in our world all of the time; there is no need for words. It is a mind-energy and it becomes much more refined as you move forward in our world.

George: I take your point about it being more spiritual and that connects with it being shared (**yes**); not only perhaps being shared by the two people principally involved but also shared by the ‘support’ groups, if I could use that word.

Yes, there will always be those in spirit aware of any thoughts. There are those who are *called* thought-keepers, but I believe you know all of this. But, as I have tried to tell you in times past, you have to begin somewhere with mind projection because, remember my dear friends, you are spirit; you must always remind yourselves ‘you are not human, you are spirit clothed in human garb’ and if you constantly remind yourselves, mind projection should become much easier for you. It is the human element of man which holds him back—he is afraid in his own limited way of what is available to him...

Hitler still in darkness: for further information see link: 13/10/1997: <http://www.salumetandfriends.org/app/download/5029706/13th%20October%281997.pdf>
(Also see 09/05/2005, 06/03/2006)

Upheaval in world: Salumet has emphasised many times the importance of remaining positive during difficult times:

(19/05/2008): Again, we hear your healing thoughts, we hear you talk of the many disasters in your world. I would like to remind you my dear friends, not always to dwell upon those happenings in your world that create so much disturbance. I would wish you daily to remind yourselves of the beauty and the love which surrounds you all. Even in your darkest moments, seek out the beauty and the light of earthly life. Each one of you, my dear friends, is blessed in this way. That is not to say your lives at times can seem harsh and cruel, but it is your individual responsibility to maintain that aura of light, that love which is round and about you at all times. Seek always the beauty of life.

George: Yes you are quite right, of course. The love and the beauty are always there, come what may.

But because you are human, you sometimes allow those unhappy times to over-cloud the joy and the beauty. I am not saying it is easy, but nothing that is gained for good is so easy. So, just remember my words my dear friends, remember my words daily in order that you may help yourselves. Again, it is a gentle reminder of what you are seeking towards: searching, finding—it is an ever, never-ending trail. Even when you come home to us, this journey is ever onwards to seek the brightness in your lives. Not always is this recognized but I tell you my dear friends that the continuance of life is ever-seeking, ever-looking for love. That is what is important to you, or should be, and that is why I ask you now to think about it and to put those thoughts into action...

George: Yes, and I think, now we see the return to spirit as, shall I say unexceptional, but it is just the trauma involving so many sometimes that ... we see the strife of it and, as you say, because we are human, we feel for those people. (*referring to Burma cyclone + Chine earthquake*)

You extend your love to all of these people and of course that is as it should be but what you should not do is dwell upon it, but send out your love for these people and we will then do our work in helping them. If you cannot change a situation, you must look it fully as it is, as it is happening and then you must continue onwards. Have the recognition, but do not hold on...

Rod: I think we have got such an efficient media system that any time you put the television on, it is there and they are very, very efficient at putting all the doom and gloom...

Yes. It is impossible in your world today not to know what is happening in all parts of your world, and that is not a bad thing, but I am saying only that you must offer your love, your help, your support and then focus on all that is good in your world. It would seem too often that your media, as you call it, dwell too often on what you call disasters and do not focus enough on what is good in your world. (Also see 11/05/2015)

SALUMET —12th August 2019

This was a small gathering, so we were delighted to have our wonderful teacher, Salumet speak. The link seemed a little wobbly at first, but strengthened quickly—audio link:

http://www.salumetandfriends.org/app/download/10229754/2019_08_12+Salumet.mp3

Paul: Welcome Salumet.

Good evening.

All: Good evening.

Paul: Sorry we're small in numbers tonight.

Yes, I have been trying to work with the energy this time. I am happy, my dear friends, to join with you once again.

Paul: Thank you, it's always wonderful to have you, thank you for making the effort when there are not so many of us; does it make it more difficult for you to come tonight?

Yes, a little, but nevertheless, I am with you now. I was interested to hear you discuss the matter of TIME, because this time, I wish to tell you that my visits with you will become a little longer.

Paul: Ah, that's good!

...longer in time, before I come.

All: Arhhh!/Oohhhh!

Paul: Ah, I see, longer intervals, (Yes) between visits, yes, you've said before that you're gradually... (Yes) is it a bit like weaning us off a little bit?

I think that is an appropriate word, because the time is coming, after many, many years that there is not too much more that I am willing to give. (Yes) So, that is my first comment for you this evening. But, as always, I will always know what is happening with all of you—we are not separated just yet. (Thank you) I have said to you that this earthly year would be helpful for all of you to develop your spiritual gifts and I believe you will say to me that this is so; you have all developed greatly, whether you recognise it or not, these past months. Do you agree?

Paul: Yeah, it's very difficult to measure spiritual growth.

Yes, but I am here to tell you that you have grown much.

Mark: Thank you.

Di: I do feel as if I'm able to meditate more easily and as if spirit is part of my life every day now, rather than just coming to these meetings. (Yes) I feel as if I'm more complete really.

It is an on-growing growth for you my dear friend, as it is for all of you.

Yes, so I hope that you understand that the reason for my not so frequent visits, is one to help you all develop in different ways, whilst at the same time trying to guide you further—at least a *little* further.

All: Thank you.

Di: It's been a privilege to be hear and listen to you.

Thank you. Yes, we have become united in a way that is not always possible with people on the Earth, but in coming to this group of people over the years, has been for us a great 'blessing', shall I say—yes, I will use that word, 'blessing'.

Paul: That seems exactly how we feel—it's such a blessing to have you, sort of help us to... Mark was saying, (earlier) *authenticating* certain things, (Yes) we weren't sure about before.

Yes, you have...that is why I say you have grown so much, with your words, your actions, you have shown other people not so well informed, of what the Truth of Spirit really is. You cannot know, my dear friends, how wonderful it is to see the Lights of Thought in your world grow brighter. It is indeed for us especially, those who have managed to work with you, indeed a great blessing.

Now, whilst we have good energy, do we have any questions this time?

Paul: I've got a question from Emily, who used to come to the group—Sarah's daughter. (Yes) She's reading a book called, *'The medical medium'*, by Antony William. He has spirit with him who is always there, working with him to diagnose people and assist with food choices in healing. Spirit says he's never walked the earth, but he's not a guide, he just says he's a word, 'Compassion', which is the tip of God, who is Love. She wonders if you know of this and if you also resonate with a word?

We all resonate with that one word, 'Love'. All of existence is Love and your Bibles and your books teach that God is Love. There is no doubt that Love is an expanse of Spirit; it is a word that we all use and sometimes we use the word too lightly. Love is something that you *feel*, it is not there to be touched or to be felt with any kind of limitation. So yes, I would say to her, I would agree with the word of Love. Compassion, he uses, is because he is helping people and after all, we all have compassion, if only at certain times in your existence. Compassion too, is also lacking in some people, because it is a word that is misused, misused in the sense that people do not understand what true compassion means. What was the other part of the question please?

Paul: I think she was wondering about—it says that he's never walked the earth, and he's not a guide, I wondered if she wanted to know if that person helping Antony William, perhaps they are a bit like you, who hasn't walked the Earth?

Yes, I do not know the answer to that straight away, but I will find out. There are of course many people who tread this earthly planet; (Yes) yes, whether they have walked the planet is another matter, but I will find out and let the lady know.

Paul: If they haven't walked the planet, could we assume that they are from a more angelic realm?

There is no mention of that in her words, but it is possible that the spirit has decided to return in this way, perhaps to experience whatever—compassion and love for others. But I would have to, as I say, look to this when I return home. (Thank you) I am surprised that she uses it singularly. Normally in these cases, in cases such as myself, we are a conglomerate, it has never worked with just one person. Of course, there are people who come to earth to help others; there are many good spiritual doctors who do this work. So, I am a little surprised that there is no mention of this, but I will let you know. (Thank you.) I hope that helps the lady.

Paul: I'm sure it does, thank you. Any other questions?

Mark: I have one about pyramids, I wondered if the original pyramid entrances were from underground to maintain the pyramid shape?

Yes, I believe I am correct in saying that these openings were not at the very beginning, but came at a later stage when all things were thought about; but they had a great deal to do with the support, as you say, of the shank of the pyramid; yes indeed, they have been there for a great, great length of time—yes.

Mark: So the entrance would have been from underground tunnels. **(Yes.)** And I wondered about the floor as well, whether that was earth, or whether they put down a...

There was a material not known, and I don't know if we have discussed this, a material for the floor, the earth, call it what you will, that is not commonly known about—yes.

Mark: So presumably the earth would be probably better than putting down something made up as a floor?

It was mixed with this other solution which is not known to man at this present time, yes. They are wonders of the world are they not?

Mark: They are, they are and I wondered also about, looking at the dimensions of the pyramids, some are a lot wider at the base, like the Bosnian one is very wide and comes in at more of an angle, so it doesn't go as upright as the Great Pyramid, and I wondered about that, whether they made them wider to encompass what was going on underneath?

Yes of course, they needed space to work, so the areas where they have wider openings was for a reason, very good reason, to harbour whatever they needed to use from space. So yes, you are correct, there are some areas which are much wider than others. Does that help you? No?

Mark: Well. I'm trying to build one at the moment, and I'm just trying to make it as good as I can really. I'm making mine out of wood, I don't know if that would be a reasonable material to build out of?

Yes, well I would suggest that you try other ways as well, if you can, if you are so interested, but my dear friend, all of these things are long passed, you gain knowledge from what is left upon this Earth, but you need to accept it and think that the universe and those people who came from afar, worked many ways with many uses not known to the modern man of today. So, I say to you my dear friend, do whatever you feel you need to do, allow yourself to be influenced from Spirit and you will choose the right pattern and pathway. You understand?

Mark: Yes, thank you.

Yes. Now, are there more questions?

Ben: I thought of one actually, if you don't mind. I was thinking about my Mum recently, Sally, who passed away just over 3 years ago. **(Yes.)** And, like George from the group here, she suffered with a cancer at the end of her life and was very ill, and I understand that when you do pass to Spirit, if you've suffered from a very long illness you very often go into what has been described as a Spirit hospital, **(Yes.)** to recover, and that can take some time before that Spirit is then strong enough to maybe show a sign or make contact with us back here in this Earth; but then I was a bit confused, because we're also told that 'time' in Spirit doesn't really exist, so I was just wondering... I'm not really sure where the question is leading, but I was just wondering how that works really?

Yes, 'time' is one of the hardest things for you as Earth people to accept. Time goes forward and time goes backwards, it is integrated. Yes, if you have someone who has suffered with long illness, they do come to Spirit hospitals, where that Spirit energy is given to them for as long as they need; time does not come into this, because in Spirit, there is no time as such. So I feel your question is: how long should it take for a human being passed to Spirit, (to) come back? Let me say to you my dear friend, some Spirits do not wish to make contact for quite a long time; it's not only to do with whether they have had illness, but sometimes it is just that they do not want to do and return. But, I feel as I speak to you, your mother, I believe you said, must have made some contact with you, but has not been *felt* by you. That is true is it not? (Yeah, probably.) I feel sometimes you block, when she is around you, mainly because you are not sure, or you're not quite sure of who it is.

Ben: Yeah, I was thinking the other day actually, that I hadn't dreamed of her—I imagined I might have done, but then I did have a dream at the weekend, where she was there.

Yes, it takes time, everyone wants it to happen immediately in Earth time, but, as I say, 'time' is not the same in Spirit, so what to you may seem like forever, is but a blink of the eye.

Ben: We had agreed on a code word, so I know that's admitting doubts—there isn't any, but we always joked that we had a word she would use, or a sign...

Yes, lots people do this; hold onto that word or sign and it will happen—just give her a little more 'time'.

Ben: OK—if you could have a quiet word as well?

Chuckles

I'm not really involved with that, but I understand how you feel.

Ben: Thank you, that's very helpful.

Yes—she will come, she will come.

Serena: I thought she had been back at least once here?

Ben: I think Eileen's had some clairvoyance, hasn't she? I was thinking of something more 'dramatic'.

Yes, that is not the same as wishing for it. Most people want to *feel* or *touch*, or *see* even, but it is just *time*. I can tell you, she is still in the Spirit hospital, nearing the end of what we call her treatment, which is beautiful, beautiful energy. Ben: That's nice to know, thank you.

Yes, so be a little more patient and your experience will come.

Ben: OK, thank you—thanks very much.

Yes. I feel for this time, I have spoken enough. Thank you for being so patient for me to speak.

Paul: Thank you for coming, I know we all, we hope that you will continue to come, even though we fully understand the reasons for less frequent visits.

Yes, I will of course still be coming, it will just be a longer period of 'time'—that is all it is, it is a spreading out of 'time' as we have just said does not exist and yet it is a word we constantly use.

Giggles

Paul: But you've given so many words over the years, so many teachings, we've got so much to continue to work with.

Yes, you will never fully understand, it is, I almost regret using the word 'impossible', but it is more and more difficult to give you information that you could fully understand, and of course, when first I came to you, I said, you know I only wanted to give the Truth, the Truth of Spirit.

Di: I think we have so much more than most people in this world, don't we?

Agreed

Yes, so for now my dear friends, I leave you cloaked in my Love—that most important word. But, you know, there does come a time when any word is unnecessary, when you exist in 'non-time', then that is the greatest gift of all.

THANKS

Notes:

1. Salumet visiting less often:

Salumet has stated previously that visits are becoming less frequent. NB: He doesn't say 'stopping', just longer intervals between visits:

I have shown you *mind connection* that comes far from your earthly world. You have communications where we have told you a little of life in our world. I have declared to you *truths* for this world and also denials of words which have been spoken. All of these things are indeed good for your growth, but there comes a time when we have to have fewer words and more action. You understand what I am saying to you?

18/02/2008

Yes—sometimes I have been aware of just a little disappointment that I am not with you so often.

Lilian: That's true!

But you know, all children are weaned, and basically that is what is happening to you all. That the time is coming that you must stand firm on your own two feet, without the knowledge that I will always be with you to help. So that is the purpose of my withdrawing so often now.

26/04/2016

2. Grief: *Whether it is for humans or pets, Salumet suggests we don't need to grieve so much:*

Les: Thanks...we do hope that in time this whole planet will learn to not mourn, but be joyful when death occurs.

I would like to say only this to you: If only you could feel the vibrations of grief that exudes from your world, when occasions such as we speak of occur, you would be shocked by them. The whole energy pattern which surrounds your planet, is affected by such grief. It affects not only the vibrations of your Earth, but those who wait for those who come to us. It is difficult to surround the planet with love, when so much grief abounds. *(Agreed)* That is why I ask you dear friends, in your individual thoughts hopes and desires, that you replace grief with *LOVE*, with loving thoughts for all those who are in need.

01/09/1997

As always, we thank you my dear friends, for all the love and help that you ask for others. I would like just to say to also remember those who are left behind on your Earth plane. They truly are the ones who suffer. Those who come to our world quickly recognise what a beautiful and wonderful situation they have found themselves in—they have returned to knowledge and to all of those who love them so. But they are also drawn back to this Earth plane, to those who are suffering at their loss—no matter how many times you tell them that their loved ones are safe and well, still so many mourn and mourn for much too long. So therefore it is imperative that you, my dear friends, remember to ask for them also in your prayers. If only you could hear the cries of those left behind, you would understand how much and how much more that they are the ones to suffer; and yet it is a mourning which is unnecessary, because I can reassure you, each one of you, that when you return home, there is so much light, so much love, so much happiness.

23/02/2015

3. Spirit Hospitals:

The power of thought is all-invading. When you leave these bodies, if you leave with disease and a sick mind, shall we say, then of course you take it with you for some time. You must of course, know of our 'spirit hospitals,' where people go to recuperate. They do not possess a physical body, so of course it is a sickness of spirit that is being treated. I do not always think that you understand these things fully. I sometimes see thoughts of people who think: *'All right, you have a counter-part of your physical being and so within our hospitals it is still that physical being.'* That is not so. It is the *SPIRIT* that is being helped.

31/10/1994

But you have to have that power of thought, it has to be used. It will not trigger-off by itself. I have spoken briefly upon the spirit body. I have told you briefly, that some of the illnesses upon your Earth plane are illnesses within the spirit body. It is a mistaken idea amongst many of you upon this earthly plane. You have to realise that when we speak of spirit, the energies are intermingled. You are not separate units in that respect. Can you see? (Yes) That is why we have our hospitals in our side of life.

After all, you could say, 'Why do we need them?' You know the physical body has been disposed of, so why are you not immediately well and happy? Because the spirit suffers when your physical body is in pain—you cannot separate the two. I know this is something spoken upon much, upon your Earth plane and so many wrong words are used. If the spirit is in pain, then you have physical illness. There has to be the balance with all of you—your thoughts, your mind and the body.

06/11/1995

...But I wish to tell you this time my dear friends, about those Angels of Thought who work within our world, who help many people. Their work in our world, includes work within what we call hospitals—that is your earthly word for those places of healing within our world. I believe we have spoken briefly about the many colours, about the openness of these healing places. But what we have not discussed, is the work of those beings within these healing places, who are there to help *all* who are in need. The Angels of Thought, my dear friends, have worked and take 'control' if I may use that word, in these healing places. They are responsible for the thoughts, which emanate from the people who are within these places of healing, because remember, when you depart from this earthly plane, when you are unaware of your passing, when you are in one of our healing hospitals, still the Spirit is *thinking*. Do you understand? (Yes) The Spirit is unaware, but is still able to think, much in the same way as when clothed in the physical body, the Spirit is still active. This, when in Spirit, is just another dimension of the spiritual body.

14/05/2001

4.Time: Salumet has said that this is a difficult topic for us to comprehend whilst physical.

Time is a complicated matter. But I will say, there are those of you who can see what is ahead, not because it is the future, but because it is there, it is past, it is the present, it is the future. It is *one whole*, a never-ending cycle of events.

04/07/94

You are on a never-ending cycle. If there is no beginning and no end, then you see, *all* must join together.

28/11/94

You are part of linear time, so therefore you could not fully understand past, present and future in its true state.

26/06/2017

SALUMET – 18th November 2019

We began as usual with healing prayers, before the conglomerate being, who we call Salumet, spoke—audio link:

http://www.salumetandfriends.org/app/download/10418183/2019_11_18+Salumet1.mp3

Graham: Good evening Salumet—welcome

Good evening.

All: Good evening.

As always, it is good to join with you all again my dear friends.

Dj: Thank you, it's good to have you back again. *Agreed*

This will be my last connection to you until your new year. (*Agreed*) I hope you understand why it is necessary to pull away just a little; I want you, my dear friends, to realise and understand the growth that has taken place within yourselves. It is good that you spread the truth of Spirit, and for this, we are always grateful to you, because without your help, it would not be possible for us to deal with so many things. I hope that this past year has brought to you a greater understanding of yourselves, that you now know and understand what you are becoming; when I say 'closer to Spirit', I don't mean it in the way that you would, you're not coming here. (*Giggles*) But by being closer you are recognising your true self. That is why we've had on many occasions, instances of recognising your own abilities; I hope my dear friends that you have felt this also, for I can assure you, our view of you all, no matter the number, we are so pleased with what you have achieved.

Paul: It feels like everything's falling into place. Graham seems to be reorganizing all the words to hopefully reach *more* people. I think we all feel the growth, I'm sure we all feel the growth inside us. (*Agreed*) We just want to put it out there as much as we can as well—inside and outside.

Yes, there is a lot of information in your world, but of course with Earth and the inhabitants of Earth, having such strong freewill, they do not always make it easy for themselves. So, I would wish you to completely understand that as part of this Earth planet, how great the work is that you have done and are still doing.

Paul: I suppose, we can't know where it all ripples out to, (**No**) but all I know is it's a very pure 'loving ripple', a pure concentration of Truth.

Yes, and of course, it is the responsibility of each one of you to *maintain the knowledge* and to live life by those words of truth.

Sara: That's the greater work, really.

Yes, you have to expand, you have to allow the energy that you have become, to expand and grow, to change and allow *all* to know that this is happening.

Paul: Yes, we need to like, '*embody*' the *teachings*, in our daily lives I suppose—embody our spiritual essence.

Sara: I think it helps others to be more convinced if we are living the teachings.

Yes, you are examples to others, that is the purpose of these groups, as well as what we began with was rescue work, and that is good that this should be done, but also, as important, is that you, as a group and individually also, allow yourselves to transmute from human beings, into the precious Spirit that you are. I cannot say enough, or thank you enough on behalf of Spirit, because you already know that you have been part of something of good. Would you wish to ask of me any questions that you have this time?

Graham: I was wondering if I could ask a question about leadership (**Yes**) in our world. As I understand, when I've read books and so on, that when people become more evolved spiritually, through their many lifetimes, eventually they get to the stage where they leave materialism behind, the seeking of power behind, all these things are no longer of any interest as they shed these layers; (**Yes**) but, I can see a bit of a problem with that in the sense that our planet needs people who are spiritually evolved to lead, but those people that do become leaders are probably not quite so evolved.

But how can you tell that?

Graham: Well, we're not allowed to judge, I know. (**No**) But...

But you cannot say whether another human being is more evolved than another. Not by knowing, not by seeing, but perhaps by expanding your own energy and knowledge, maybe just then you could make some reasoning of it; but you see, what I am saying to you, that you have to fully understand your *own selves* as Spirit and how much you, as individuals have grown. Do you understand?

Graham: Yes, I think so, yes.

I hope it helps.

Sara: I suppose it may be true that some people may not *seek* power, but are given it, it may be offered to them—they're not consciously seeking it.

Of course, that is the problem with *all* of life, that sometimes your freewill and perhaps the freewill of another person, could perhaps 'clash', I believe that would be a word you use; but the responsibility lies with *you* as an individual, it is then your responsibility to use your freewill for the good of others. Whether it is in a position of power or not, there are many types of human beings in this your world. It may be that the person who is not particularly liked by others, is a Spirit that would shine freely in another area of life. So, no, you cannot judge another, I still say to you that is not the way to go.

Graham: Yes, it's been a very difficult one for us to grasp, but I think we're getting there slowly.

I feel this is what is happening, that we have to take things more slowly and that you have to exude your lives in fact, not just yourself but life as a whole, you have to live it as you would if you were here in Spirit. Does that make sense to you?

Paul: I think so, it *does*...

You will never be angels—even when you come to Spirit, you will not change that much to begin with.

DJ: It's quite difficult Salmet when you're trying to help somebody and you give some advice and they see it as a judgment, I find that very difficult to put things to people and I'm honestly not judging, I'm just trying to help them to have a better way in life, but they take it as a criticism and think you're making judgments. If you've got any advice on that?

Yes, it is because they are not ready for that advice. (So, it's best to just to...) You can say what you feel of course, you must always have an open heart, but you *cannot*—in a way it is judging another, in saying they do not appreciate or understand your words. You understand?

Di: Yeah, it's because you kind of see people heading for disaster and it's...

Yes, but it may be part of their life plan, you cannot say, cause each of you have come to this planet to work, whether you recognise it or not, and as people, as a group of people, you are doing good, every week in this group, but more than that, every minute of your lives should be exuding goodness and Love and help where needed without criticism.

Di: I guess it's best just to pray for people like that.

Yes, yeah not everyone is ready even yet for the truth; we still have quite a long way to go, although in your world, there is an expansion of knowledge and understanding of spiritual matters.

Di: Thank you Salumet.

Graham: I actually feel that there is an acceleration, I don't know, but I think the world was stuck for a long, long time, but now, particularly now I feel as though people are talking in different ways, it almost seems to be accelerating.

I will say to you my dear friend, look to the babies and the small children of your world at this time, and yes, acceleration is a word that is very useful to them, because they have come with a purpose.

Paul: Yes, it was very exciting to hear about the children to come (Yes) as well as the ones that are already here.

Yes, there's always been on the Earth planet people fighting against one another and the lack of understanding to another; there has always been those problems, but all we can do is to show by example what good people and good lives that you lead; I cannot put it to you any simpler than that.

Paul: Leading by example is the best teacher of all probably than words...

And we are always awaiting your prayers for others, because each time you send those thoughts out, that energy is transmuted for the good. You understand what I am saying? (Agreed)

Good.

Paul: Yes, we had the exercise you gave us, I think it was this year on being aware of the energy as we send out our prayers to others, (Yes) and I think it's good to continue with that—to *feel* that energy.

Yes, it is up to each individual to find his or her own way through life. So many people call us and ask: 'What is life meant to be?' 'Why are we here?' Those are questions that they should be asking of themselves, because you *know* the answers; you do know why you have come, even if it is not obvious or available to you.

Sabine: That's the thing, if it's not *available* to you, it makes you feel a bit stuck—*where is* the information? (Yes)

Sarah: We have a saying, "Life is what you make it", and I think that's true...

It is a very good saying.

Paul: I've been thinking a little bit about, it's a bit over 3 years now, since George passed to Spirit, and he never quite finished his last book on the ETHER. We feel it needs to be finished and published, but I'm not sure if any of us quite have that particular expertise that George had. It's just the conclusion that was left unfinished, I think sometimes he'd ask *you* for a final say, a final bit of input. I don't know if you'd be happy to perhaps help with the conclusion to the book, or maybe we can find a way of getting George to finish it from your side?

I will see for you what he wishes to do; I cannot answer without first speaking with him. I would probably say that he would find it not so important now, because he has different knowledge; so it may be that he would not want it finished in any way, but I will find out for you and someone, even perhaps George, as you call him, will bring that information to you.

Paul: Thank you very much that would be wonderful—thank you.

You have to remember of course that when you come to Spirit that all of the things that you think and worry about no longer matter; when you come to Spirit, they do not have the same importance as when you are on Earth.

Paul: No, I can understand that...

Yes, you understand, so whatever his answer, it will be what he wishes.

Paul: Anyway, we are happy to finish it, *if* he wishes it published...

I'm sure within a short time, he will probably come to you, come close and explain what he wants; if not, there will always be someone willing to speak for him.

Graham: It's a good book, he put an awful lot of effort into it and he got so, so close, but he just wasn't well enough to finish it, so it would be nice to do something for him if we could.

Yes, of course he was inspired a lot of the time, but I know that you all know that. (Agreed) But when you come to Spirit, all of your ways of thinking gradually change; but he has only been with us quite a short time in your timing. Again, you know that 'Time' is a little difficult to convey to anyone—it is not an easy topic.

Paul: You just don't have time at all in Spirit, it seems. **(Yes)** A lot of people try to raise questions about that. People find it very hard, **(Yes)** the concept of no time.

It is complex and I would say to you all that there comes a time of acceptance and tolerance and you just allow that type of knowledge to await you for when you are ready for it—you understand?

Paul: Yes, I understand that. We can't possibly grasp everything with our human, **(No)** we have to accept that there are certain things that are a little bit beyond us at the moment, and 'Time' is one of them. Someone else was asking about freewill and I think you've answered this one before, but I couldn't find it in the transcripts, but this idea that because Time, Past, Present and Future are all One, the past and the future...**(It's all connected...)** Yes, and that's why some Seers are able to see the future, because it's already happened. **(Yes)** But then some people say, so how does freewill work, if it's already happened, if my future has already happened, how can I, where's my freewill gone, to choose not to have that?

Your freewill has already taken place. If they can see into the future, then they have exerted their freewill. You understand?

Paul: Right! Yes!

Their freewill has been used up, if I can put it that simply.

Graham: Yes, that does make sense. *(Agreed)*

Paul: Yeah, that had confused me a bit, thank you!

So, do you understand what I am telling you now?

Paul: I do—the penny's dropped, as they say!

Sarah: I remember you telling, Mark that he was going to have a boy and then he had a girl and there was something...maybe it was better for him to have a girl, I can't remember what it was.

Paul: Well, Salumet didn't say, it was another that 'saw' the boy, I think and the boy did come, of course, but they didn't see that there was a girl *prior* to the boy—I think it was something like that?

Sara: Probably just a timing issue. *(Agreed)*

Yes, I understand what you are saying, but rarely, very rarely, the sex of a baby is noted; but because of freewill, even babies in the womb can change their minds. That is why you get this kind of mix up; I think that is the easy way to explain it.

Sarah: Could that be also Salumet, there are some babies that are born neither male nor female, **(Yes...)** is that because they've changed their mind in the womb?

It could be that one does and one doesn't, therefore there is confusion at the joining, the union; there can be more than one reason; but that is a timing issue. (Yes) Yes, but life for you human beings on Earth can be very complex and I know sometimes and I know of you in this room, who spend time thinking and wondering and still do not come up with an answer. (Chuckles) Yes, but I just ask that you all continue to think and work, to Love one another and even strangers in a kindly way; you will benefit from those thoughts, those deeds.

Now, have you any more questions before I leave you? (Pause) No? You know everything? (Chuckles)

Paul: I've been pondering/brewing up a—I feel there might be a book inside me at some point; I've thought about all the wonderful messages we've had about dying and death and the Spirit realm. It's such a wonderful place and yet there's so much fear in the world about it. **(Yes)** I've thought about a book about dying, which isn't dying at all, it's going Home, of course. Do you think that could be something I should tackle?

If you have the feeling and you feel inspired by someone to write, then of course I would encourage it. All I would say is that the more simple the explanation, the more readable it becomes. (Yes) For examples of

people who have gone and perhaps even returned to give their Love and some messages; sometimes these books are more complicated and...but if you feel inspired, then I suggest you take that up.

Paul: Mm, thank you that's good advice, yes.

And obviously to ask if there is anyone there who wishes to help you with this project; you can never have too much knowledge.

Paul: No, that's right, there's so much help available.

Yes, there are many books, but fresh thinking always brings a little more.

Paul: Yes, I think that's an area that could be—could be a fun book to tackle, in a different sort of light.

Yes, and your own experiences are useful for other people, but you will always still have those people who are not ready to listen; it is something we try to help with all of the time.

Di: I think it's better in that case, if we just pray and someone from Spirit maybe helps the people we're trying to help.

Yes, you should be able to use your own decisions, whether that person is ready for the knowledge or not.

Di: Thank you yes, that's really helpful.

Now, as always, my dear friends, it gladdens us to see how much good work you do, and I know that sometimes it must *feel* as if you want a lot more information, but your world is complex and in the same way the human being is complex, and that's why your freewill is often questioned. Sometimes there is no *one* straight answer to your question. So, I say to you, look inwards, continue to meditate and I look forward, as always, to see you next time and see what has happened between now and then. So, my dear friends, I leave you with all of my Love. (General thanks)

Paul: And the best of our Love goes with you Salumet, back to your home.

Yes. I will be happy to join with you after your winter celebrations. (More thanks + farewells)

Notes:

Prayer exercise: Salumet gave an exercise on 25/03/2019 when he said: **Next time you wish to send thoughts for anyone, include yourselves in the reaction of the words.** The following week we shared our thoughts about this exercise and it was generally felt that it helped us become more aware of the changes in the energy when sending healing prayers/thoughts. This evening Salumet added: **...we are always awaiting your prayers for others, because each time you send those thoughts out, that energy is transmuted for the good.**

So, it would seem that healing prayers are an effective way to change/transmute energy. Perhaps the humble prayer is actually true and powerful alchemy/magic, transmuting negativity, not into gold, but into something much better: purer forms of Love.

The children to come and those already here:

Children of Peace: 17/10/2016: Throughout the world these children will appear. They will become known for their peace and their skills of being able to talk and calm. Let there be no mistake that this is a great gift from Spirit, but I wanted all of you, my dear friends, to know of this knowledge now... There will be in every country throughout your world one of these children...

21/01/2019: You can start, my dear friends, if possible, to help the young people and the children of this earthly world, to try to inspire them to goodness and to thinking of others; to help them to understand the beauty that surrounds them and the people that surround them at all times. I have told you that the children who will be coming soon will bring a great change to your earthly world. There will be seen in these children a beauty and a strength not yet seen, and after all, they will be the ones to continue to help with the expansion of all knowledge. So, take note, my dear friends that you must take any opportunity to help young people, to listen to them, and to speak to them only the Truth of the Spirit. It is indeed a heavy burden for those of you who at times feel despair of your world, but again I say, do not despair, allow the Love that you feel at times when you are together, allow that strength and Love to support you and uplift you all of your lives. It may seem a simple task as I say, but indeed it is not, and we in Spirit, my dear friends, are giving you a challenge for this new year. I know that each and every one of you will uphold the knowledge that you have been given and I know that for each one of you, there are such great blessings ahead...

SALUMET ~ 13th January 2020

We began as usual with healing prayers, before Salumet joined us for the first time this year—audio link:

http://www.salumetandfriends.org/app/download/10529439/2020_01_13+Salumet1.mp3

Graham: Good evening Salumet and welcome.

Good evening.

All: Good evening.

Paul: Great to have you back.

I am always happy to join with you beacons of Light. The light that you give grows brighter each time I come, and for that, you know we are always grateful. Times in your world seem hard to most of you at this moment in time, but what I want you to recognise is that this Earth is growing in many ways. You speak of fires and other disasters; to you they are my dear friends, but try to see it from the fuller picture. There have always been since the Earth began, what you call, 'many disasters' and all quite natural for the world that you live in. What you must do is to continue what you are already doing, thoughts to those who can help you, thoughts to the Angels who do such great work and will come to your aid at any given time.

I will speak with you, but first, I would like to welcome the new face within this group.

Eve: Thank you.

It is always nice and good to know that people are constantly looking for the truth, and all of you my dear friends, are able to take that truth and to pass it to others when you can—therefore I thank you once more. Now if you have any questions for me this time, please do so.

Paul: I've got a few, but if anyone else has any, (*Pause*) if not I can start. One reader mentioned they've read on the internet, they think it is the energy you mentioned previously: A company called IBM has discovered a way to make a new battery from seawater that seems to be far better than the lithium batteries that exist; we were wondering if this is the one that you talked about, or is this a different one?

I will tell you that this instrument I am using was having a conversation with the gentleman across the room about energy and such in the seas, but I would like to say, any new interest in the seas can only be good. I have said that much energy can be taken, it is one of the elements in your world which can be used and used for progression in the world of energies. So, my question, or answer I mean to you, is that yes, all of these things are possible; but like many things, it takes mankind a little while to put all of the facts together and to begin to use what is appropriate for the time.

Paul: Good, so perhaps it's all connected anyway.

Yes, there is much to be discovered, (There is more to come) more to come, yes.

Paul: Well, that's very exciting and this is a good start anyway.

It is one of the positive aspects of your lives that you can begin to focus upon. I know at this time many people are concerned about the happenings in your world, but I say to you positively, my dear friends, do not be afraid, look upon it as new beginnings all around the world, even although there are so many what you call 'atrocities'.

Paul: Yes, we know I think you've said these things are transient.

Yes, you must send Love to all, you must send your Love to all things upon the planet; it is not the only planet which is going through some trauma, but you must always be *hopeful*, you must always be *positive*, because if only you could see the brightness of your spiritual lights, I have said this on many occasions, but I feel I need to reiterate it, you must always *think brightly* with good thoughts and *know*, not just hope, KNOW that all can be well.

Paul: And it certainly does seem to bring out a lot of goodness, a lot of giving in humanity.

That is the positive outcome of all of these troubles, that if you are positive, then, *all* things become positive.

Paul: And perhaps there's some learning about how we interact with nature in the future, how we live more harmoniously.

Mankind will always find it difficult, because he wants to dominate nature; nature is a strength on its own, it includes all the animals and the people upon the planet, not only the few who wish it to be better, you understand? (*Agreed*)

Paul: Yes, we've got a long way to go.

Yes, I have never promised you that it would be 'okay', that is your word, straight-away, that is not the case, it takes time, it takes dedication of every spiritual being to get things working in full harmony.

Paul: Yes, at some point anyway, we've got potential to live with much cleaner energy, much cleaner fuels... **Yes, and I hope you have understood when I have told you that many children coming will bring that new Love, that new energy, and I believe that already that has started.**

Paul: Right, I was thinking it's about around the time, 4 years we've talked about **(yes)** that some—1 or 2 may already be born.

Yes, yes you will always have different age groups, but I speak of children on the whole, and tell you that their loving energy can bring many changes.

Paul: I think already we've seen a few examples, **(Yes)** There's a young Swedish girl (*Greta Thunberg*) who's making quite powerful passionate speeches about the environment and the planet, maybe she's a little bit young, but...

That young lady is a very special Spirit I can tell you. Her spiritual energy really does not belong on the Earth.

All: Wonderful!

But she is here to help to uphold, to uplift and to be of example to others.

Paul: Right, I'm sure she's already had a huge impact and if others like her can...

And do you not ask the question, if she is able to do it as a young human being, now, why cannot there be many more?

Paul: There's definitely a powerful ripple around that one, I think.

The Love that emanates from that young woman is boosted often by those who come from Spirit; she is almost like, how you would say, 'a battery being charged' and then gives off the energy which that has.

Sarah: And she must be very well protected I would imagine.

She is a special human being, but we need to have some who you would call 'Leaders'.

Paul: Right, and they're the ones that are just about being born, some of them now?

Yes, there will be a different aspect of living when these children come to Earth.

Sarah: She talks a lot about climate change, and you did say to us we needn't worry about it, it was a natural thing, **(Yes)** but if you take for example Australia, I think it's probably coming round a little bit now, to all the coal industry, so that is effecting the climate, is it not, using coal?

There has always been matters of *Cause and Effect* within your world, remember that first and foremost. These things are not new, there have always been what you term 'disasters', what we in the Spirit world, would call 'change'. We do not look upon these things as disasters, because always there comes good from these occasions—*always*; mankind suddenly stops and wonders what is happening. Of course, the climate changes, I have never denied that, but you mustn't blame everything in one direction, you must look always to the larger...

Sarah: So, the climate change is partly human activity, but also natural?

Yes, yes, there is always balance in your world, or that is what you should strive for, and of course we must say mankind has not always been wise in the choice that they have chosen, therefore that is why you have droughts and fires and all of these things, but always keep an open mind my dear friends, always be assured that Spirit is constantly working for and with you.

Paul: Yeah, I think it's sort of irrefutable that humans have had *some* effect, **(Yes)** even visiting cities, they're a few degrees warmer, the polluted cities are often, because of the haze of pollution around them.

Yes, but try not to judge, my dear friends, because you do not have the full picture, therefore, when you condemn something you bring to it that negative aspect, yes.

Mark: So, it's perhaps better to be positive about the initiatives that are being taken, **(yes)** like try to encourage public transport usage, and countries that are trying to tackle the problem in a proactive way.

Yes, you will always have people come together to try to make things better—that is the positive aspects of all of this. And I know when you are living in this world, on this Earth, that it is not always easy. But if your mind, and when I speak of your *Mind* I speak of Spirit, when the MIND is in the right place then all else will follow. You understand?

Agreed

Sara: So, we give credence to the good positive changes?

Yes, which have been brought around by the ‘tragedies’, as you call it.

Sara: And I find that I don’t particularly want to tune into too many atrocities, but what I like to do is send Love to the planet or to leaders, **(yes)** ask for guidance, you know, for them, because I don’t consider myself a politician, and I wouldn’t want to be, but I do try to just keep myself buoyed up with the work that I want to do and I just pray or ask for help. **(That’s all you can do.)** Yes, because it depresses otherwise, if you tune in...

Yes, if you focus for too long on negativity then that’s what will transmute, yes you are doing the right thing my dear friends, by being positive, by asking for help from Spirit—we already are always helping, always have and always will, if not on this planet, then somewhere else, but that is a much, much bigger picture which I don’t feel you are ready for.

Paul: And you’ve said about ‘People Power’ in the past, **(Yes)** some of these what we call ‘tragedies’, bring people together, and that’s the next step is it, come together so that we all become a part of the solution?

Yes, without that tragedy you do not get the build-up of the positive, which is the people who change things, the politicians, as the lady says, but the ordinary human being has as much power as governments, if they so desire, just by using their MIND.

Paul: Wow, that’s a huge thought.

Yes, I always seem to be asking you to think about something, but I would be worried if I had to come to you and say there is nothing to do.

(Chuckles)

I can tell you now, that won’t happen.

Graham: One of the changes that’s occurring on our world at the moment, which is being observed in countries like Japan and Germany and possibly even in this country, is that the population is now beginning to go down; **(Yes)** and you did say a few years ago that in the next 1000 years there would be tremendous changes for the good **(Yes)** and I just wondered if depopulation, as there are probably so many of us on the planet at the moment, it is a little bit of a stress on the planet—I wonder if this is something that will progress into the future?

If it is necessary for the betterment of the human race, then of course it will occur and I can say to you, yes, populations will, because the places upon your Earth who are, ‘overrun’ is the wrong word, and I am struggling to find your word...

Di: Full up?

Paul: Bulging?

Sarah: Overpopulated?

Yes well, I’ll let you choose the word—all the people and the problems have come about by ‘overbreeding’, is that the word? *(Agreed)* So yes, it has been a result of people starving, no water, all of these ‘atrocities’, as you call them.

Sarah: And war as well, that often decreases the population.

Yes, you have famines, you have disease, you have death, all of these things work to keep population down.

Graham: But it seems that if our population does just go down naturally, as in what we call, perhaps rather unfairly, third world countries, it seems that children are almost an asset, that there are many children that can work and support the family unit, whereas in the so-called first world countries, it’s not necessary to have so many children and it seems into the future, a gentle process of depopulation, which will help the world enormously I think in the future.

It will come to all peoples, people develop and grow at their own pace and yes, the small children in these countries do seem to ‘suffer’, although I do not like to use that word, they are growing spiritually, do you understand? *(Affirmed)* This is always a difficult topic, when people are ‘dying’, as you say, that things are ‘wrong’ somewhere. You must allow for some evolution of the planet to be natural, but it is always difficult when children are involved. I find that most human beings become rather ‘depleted in their senses’, shall I say, when it involves small children. Small children ARE SPIRIT, remember that—

they are Spirit and they have a knowledge, perhaps forgotten by some, but most children still have some memory of coming from Spirit. So, remember those words when next you *feel* so sad about those children.

Di: I think it's very helpful that we know that those children chose those lives themselves as well, **(Yes)** for that experience; I think that's very helpful to not get so overly emotionally involved.

Yes well, the human being is built with emotions, not always good, but those same emotions help them to help others. (Yes) Yes, now...

Sarah: But when there's natural disaster, that's one thing, but quite a lot of the starvation in the world is caused by governments being greedy and having stuff for themselves and not passing it on to the people in their countries.

Yes, no matter the causes, you must know that the truth is *Cause and Effect*, in many places; and I know you all understand what I am saying. Cause and Effect will always exist while there are imbalances. So, you must remember that also, yes.

Paul: And sometimes it goes back generations, **(Yes)** or to other incarnations...

It may be a country, it may be an individual, but Cause and Effect always has to be answered for. Now...

Paul: Have you got time for one more question?

I will take one more, thank you.

Paul: I apologise if it's already been asked once before, but some people say sleeping in different directions at night, some people say head in the south is best. I don't know if you're able to say if it's important, which direction we sleep at night?

I have spoken and understood all of these things. I would say yes, it is all to do with energy lines and how acquainted you are with them of course. But what is more important is that each individual—let's take sleeping, sleeps in the way that is best for them. So, I would not be too concerned that you are not sleeping in the right direction; the fact that you can sleep and return to Spirit is much more important. (Okay) But yes, I understand your question and I know some people are very passionate about these things, but don't be concerned, because your Spirit, which after all is what the human being houses, will always find enough sleep to continue.

Paul: We do move a lot in our sleep anyway, **(yes)** so I guess we'd wriggle into a better...

You go to the position that is best for yourselves, yes.

Paul: That clarifies—so we probably don't need to move our bed—that's good.

If it makes you feel that is the correct thing, then there is no harm, but all I say is that the Spirit will rest wherever. (Thank you)

Graham: Is there any advantage in sleeping in a pyramid?

Yes, again, we've spoken of this on a few occasions and it is all to do with energy that forms within these shapes. (Okay, thank you)

Now, if you are happy, I have enjoyed my time with you. (Enthusiastic agreement + thanks) I hope I have clarified some points for you. (Agreed)

Paul: Definitely, it's always something to treasure when you come.

Mark: You're a great teacher—we're very lucky to have you, thank you.

Sabine: Very grateful.

Graham: We always feel very reassured.

I am very happy that you have all grown so much. As I say, you do not see each other's light, and it does shine brightly. Continue your good works, that is all I have to say to you. Remember that I am always with you at all times, I always will try to help and encourage you. So, until we meet once more, I will take my leave.

(Love and thanks)

Notes:

1. New energy from the seas:

Salumet has said that a new energy will be discovered from our oceans and stated last year (10/06/2020) that this will become public knowledge in 2020. One of our readers (Thanks to David in Tasmania!) sent these links

and Salumet was asked about them this evening. It seems this may be connected, Salumet indicates still more to come, so definitely we seem to be on the cusp of some wonderful new discoveries:

<https://www.ibm.com/blogs/research/2019/12/heavy-metal-free-battery/> (All from seawater)

Here's a 3 minute U-tube Video on it:

<https://www.youtube.com/watch?v=UEQuAF6FUW0>

2. Planetary 'disasters': Salumet has spoken much on this topic previously: 19/05/2008: Again, we hear your healing thoughts, we hear you talk of the many disasters in your world. I would like to remind you my dear friends, not always to dwell upon those happenings in your world that create so much disturbance. I would wish you daily to remind yourselves of the beauty and the love which surrounds you all. Even in your darkest moments, seek out the beauty and the light of earthly life. Each one of you, my dear friends, is blessed in this way. That is not to say your lives at times can seem harsh and cruel, but it is your individual responsibility to maintain that aura of light, that Love which is round and about you at all times. Seek always the beauty of life.

(Further transcripts on this include: 1/08/1994, 18/11/1996, 12/12/2005, 11/05/2015)

3. Special children to come: These were first mentioned on 17/10/2016, but Salumet has always urged us to listen to and give as much Love and Truth to children as we can. Salumet refers to Greta Thunberg, saying: That young lady is a very special Spirit I can tell you. Her spiritual energy really does not belong on the Earth.

<https://www.youtube.com/watch?v=0ZsHtpk0XII>

Cause and Effect: Salumet has spoken about Cause and Effect many times, which is also known as Karma: Yes, 'Cause and Effect,' that is karma and what should happen is that when you return to Spirit, that karmic debt should be cleared, but sometimes it is brought back with people into another lifetime, because they do not allow it to be made free. (21/09/2009)

Much more on Karma was said on 8/09/2003. These may also be of interest: 27/05/2002 – National Karma, 16/11/2009 – more on past lives and karma, 19/09/1994, 1/10/2001, 17/12/2001, 27/01/2003, 22/08/2004, 21/08/2006...

SALUMET – 24th February 2020

After healing prayers, Salumet spoke for just over 50 minutes—audio link:

http://www.salumetandfriends.org/app/download/10622919/2020_02_24+sal.mp3

Sabine: Good evening Salumet and welcome.

Good evening.

All: Good evening.

It is good to join with you all once again.

Paul: Always wonderful to have you back talking with us.

I am always happy to listen to what you are doing and saying, and very much take it onboard of all the worries that you have; but before we go any further, I wish to say to you all, do not despair about your world, the Earth planet has always suffered many setbacks and complications. There is much fear in your world at this particular time, but I say to you, my dear friends, uphold the faith that you have in all that is good and the wonderment of this world will always begin to shine through for you. You understand what I am saying to you?

Agreed

Never allow yourselves to become so despondent that it affects the way you live in this world. I am not here to tell you that everything in the world will be gentle and good and an earthly word 'rosy'.

Chuckle

It never will be, because if it was, you would not still be here. So, my dear friends, look forward, give upliftment to all those people who need uplifting, and that includes yourselves, after all, are you not only human as well as Spirit?

Agreed

So, take the time my dear friends to, as I say, give upliftment.

Before I leave you this evening, I will send with each of you the feeling of joy and happiness and the feeling that you can create the most beautiful peace throughout your world; and you can my dear friends, if only you will dedicate yourselves to this task. I hope by now, you have realised that what I

have given to you, always is a fact, even if it is not immediate, it is always the Truth; *(Agreed)* and for this, I thank you all, because in listening and dealing with my words, you are creating a beautiful light, beautiful light. So, I say to you, just be quiet at times of troubles, allow yourselves to go inwards and all of your problems will not seem so bad. (Thank you.)

If you have any questions this time, please ask them now.

Sara: I have one question: Recently, a friend was talking with me about the *Rainbow Body*, which I think is something the Tibetans, traditionally know something about, and I just wondered, is there a good purpose behind this rainbow body, a way of exiting the physical body, and how common is it in fact on this planet? Do you understand the term rainbow body?

I know of what you speak, I cannot say more than it is a form that has been developed by many of the people who come to the Earth plane. The word 'rainbow' should give you the clue to the answer, because as you know, pure energy is full of many colours and it is a way of utilising these colours for whatever purpose they wish it to be used for. So, I would not say it was widely spoken of, but it depends on individuals and what they are looking for in this life, to help them to go to other places or in fact to help them to pass. (Ah, right.) There is nothing complicated about this, but what you need to know is that it is quite natural to be able to use the beauty of Light and colour and Energy. Is that helpful for you?

Sara: Yes, definitely, thank you.

(Pause)

Come my friends, you have become silent.

Giggles

Graham: I saw something yesterday, which made me think; we were at the Kennet and Avon canal and we were looking at these giant wooden locks, these doors that allow the water to go through, and it just struck me that this enormous lock-gate, which probably weighed about the same as 4 cars, could actually easily be moved because it was in perfect balance; and that got me thinking, when we are in perfect balance how much more we can achieve, because with this lock-gate, you just had to press on it gently and patiently and it suddenly started to move, **(Yes)** and I thought it was a nice thing to think about in life as a whole, that when we are in balance we achieve so much.

All around you in the world, are signals that are there to help you to grow and you have just named but one thing; there are many signs within your world, which help you to take a step forward, or to create a thought that is useful. Yes, and I commend you my dear friend for noticing such things. (Yes.) Yes, too often in your world, people are in too much of a hurry, they do not take the time to even know themselves, let alone to notice the signals on this planet. It is available to each and every one of you, all of these things, yes.

Graham: Well, I shall be looking for the signals, then, yes.

And yes, if you equate these signals, to your own self, you indeed would become a very balanced and easy person—a perfect almost human being.

Graham: I think nature itself holds so many of these signals, when you see the way that nature works, **(Yes)** you think, 'oh-my-Goodness', I can take something with that.

The Great Creator would never make any silly mistakes in the creation of the worlds that you know of. (No.) It is a great lesson and one that I am pleased that you have raised. (Yes, thank you.) Yes.

Sarah: On the other side of that Salumet, you've said about the fear around the world, and I've been thinking about this virus that is attacking people, the coronavirus they call it, it was supposed to have originated in China, I don't know if it was fish or animals or what it was, but the Chinese don't look after their animals very well, their Animal Rights is not very good at all and I wonder if it was because of the way they were treating their livestock that caused this problem I don't know if you've got anything you could say on that?

Yes, any unbalance on the planet is caused by abuse of some kind, whether it be animal, human or some outward indications, but yes, it is always imperfect balance that causes all of these interactions within your world. It is quite simple when we look at it, but to you, who still live upon the Earth, in this world, there are many things that can go wrong, because of the way thought is misused, the way actions are

misused and in fact anything that creates unbalance. So yes, I would say to you, my dear friend, that was the start of the problems, a misuse of animals. After all, when you create negativity anywhere, it will have to have its outcome. You understand?

Sarah: Yes, thank you.

Di: I'm finding that with some of my friends and acquaintances really Salumet, the ones that seem to have a very negative outlook on life, seem to be far more ill with illness than people that think they're going to get better. (Yes.) You know what I'm trying to say?

I do know my dear friend, of course I understand, any negativity can only be harmful, and unfortunately, in the Earth plane, people feel they know better than what is right for them; but yes, any negativity or imbalance is not good for the Soul or the body.

Di: It's quite hard when people don't seem to really believe in a Soul or Spirit, they think that there is just human life, so it's hard to help them really.

Yes, I would not be too concerned about those people; some of them would have chosen that life, that not knowing anything, because they do not want to; but, I would say to you, this is their opportunity to grow and to understand, and all you can do, my dear friend, is to pray for them.

Di: Okay, thank you very much.

Send good thoughts, balanced thoughts.

Di: I've sent them the links to your website now as well.

Right, of course.

Di: It might help. (Yes.)

Paul: I was chewing over a question about, looking at Earth's history and various empires, like the Roman empire and the British empire, and they all seemed to come and try to dominate the world, (Yes.) and then, they sort of, from what I understood from history lessons, they sort of fell apart from *within*, (Yes.) it wasn't another force fighting them, they fell apart themselves and I wondered if...

It was their own greed, their own negative thoughts, yes, there have been many times throughout the world, your Earth planet, when nations have fought against nations, always thinking that they knew best, instead of living in harmony and peace and sharing and caring; they decided they would be the power of all other peoples; and again, it is a negative thought. So, when you have unions of negative thoughts, that is the power that becomes the *most* powerful, do you understand? And that is the cause for the downfall.

Paul: Right, it's not based on Love, so it's not based on truth, (No.) so it hasn't got any foundation.

No, it is a power struggle, that is what it is. And that is what I have to say is happening in the world at this particular time, there are too many leaders, too many people who want power, who are not doing the best for other people.

Mark: Yes, I think a lot of these leaders don't sleep enough. Often leaders boast that they only need 2 or 3 hours sleep and I've been reading a book that says that's not true, you *do* need the sleep to stay in balance, you need sort of between 6 and 8 hours.

Yes, because the body is made to *rest*, it is not—although you are Spirit and human body, you still need the balance, and sleep is part of the balance, so that is why they create problems for themselves; you start off with sleepless nights, then you become irritable, then you become unkind to another—it all has a problem with growing and not allowing Love and kindness to enter your lives.

I believe you have begun to recognise some of my words about what is found in your seas. (Agreed) Yes.

Natalie: There was a castle that was discovered under the sea.

Yes, there is much more to be discovered, so look towards your seas and waterways, there is much history there, because I know, as a group, you are most interested in the history of your world.

Sabine: We've been reading a book by Lobsang Rampa and he was talking about some form of people that were very tall and I think they were a purple colour and they were in Antarctica, under the ice (Yes.) and they will be shown at some point when the ice is melting, they will be revealed.

Yes, there is so much for you to know and understand, but how much you need to know to allow you to be a good human being is minimal, and I know as a group, you have been very good at expanding the

knowledge of *Love and Truth*, and for this my dear friends, I can only say how much you have helped in your own way.

Sabine: It does feel good to do it as well.

Yes, it will because it is what you are truly meant to be doing.

Sabine: That's why it's sort of 'hard' to feel when you hear some of our leaders going completely the opposite way, (Yes.) not going towards the help towards other people, it sort of hurts and feels not very nice inside.

Yes, but try not to judge too harshly, I know I say it often, but if you can express your dissatisfaction in a loving way, so much more can be attained.

Dj: I think that is one of the hardest lessons, to get that balance as a human being.

The hardest lesson for any human being, my dear friend, is to love yourselves, because when you have achieved that, then you can help many people, sometimes even without the use of words, sometimes just with a look or an understanding thought.

Paul: And I think it is a bit like these old empires, these people, politician if you like, 'leaders' that haven't got a foundation of love behind them, they'll be so transient, they'll come and go and I wonder if they even need much resistance, because they'll fall over themselves.

Yes, the realisation will come to them eventually, so that's why I say to the lady, don't worry if people don't understand what they are doing because, eventually the realisation comes and that is when a life will suddenly take change upon itself and that Soul will begin to understand what this life is all about.

Graham: At a deeper level, would it be to say that everybody on this planet without exception, with the knowledge and everything that they have, and their level of experience through their many lifetimes, are actually doing the best they can?

Yes, they should with different lifetimes, becoming purer, be becoming lighter, should becoming more aware of the Truth and the Light around, even in the midst of darkness. Does that make sense to you? (It does.) If you are in the midst of darkness, you have the power to dispel that negative area and to become bright and loving and true.

Graham: I was thinking that if you could think that everybody on the planet is doing the best they can with their knowledge and so on, in a way, that helps to remove judgment.

Yes, it helps, but we find that judgment is one of the harder things to do for you as human beings, you do not find it easy to be non-judgmental. (Agreed) You try very hard.

Dj: We don't even realise we are being judgmental sometimes.

This can be a problem, but yes...

Paul: When you see politicians going to war, we know that killing *is* wrong, (Yes.) so we have to try and acknowledge that...

You have to try to influence with the thought patterns, that's the only way they will change, they may even deny knowing some 'good', if they have set their mind on being strong and powerful and forceful, then they are negating, and life becomes harder for them.

Natalie: Is that the same, would you say, for serial killers? Because I watched this documentary on Ted Bundy, (Yes) and he killed many women and explained it like he wasn't mentally ill, it just overcame him, this feeling like he had to go kill people; (Yes) so was there a choice there? He could have...

But, although he *thinks* he had no mental illness, I can assure you that there was, there were problems, yes. Yes, you know you can never explain as a human being, what is in another's mind, you never can and you never will.

Sara: I think there are many levels and degrees of what I call mental illness, I think there's so many degrees of it.

What is mental illness?

Sara: Just lack of balance within.

It is a word that is used for 'dis-ease'; I have spoken to you many—quite a long time ago, I believe, in your time, when I said all disease is caused by 'dis-ease', and I feel that speaks for everything in your world. It is 'dis-ease'?

Sarah: And even for these children who are born with what's termed today 'Asperger's', or those sorts of diseases, is that also 'dis-ease', or is that just another way of looking at life?

With people who come to this life with a problem already, it is usually a wish for that to happen and that it why you find they do not have a full lifespan. You understand?

Sarah: You mean they don't live to a long old age?

Some of them do not...

Sarah: I don't quite understand what you mean.

Sometimes it is that they have chosen parents who would be prone for that condition to happen. You cannot just put it on a straight line, people come to this Earth for many reasons, some come with illness as you call it, I would rather call it, 'they come with an exceptional gift.' (Right) But they have chosen to do that, but that does not apply to everyone; for the majority of people, it is a 'dis-ease', when they come to this world that they need to try to fix for themselves.

Sarah: Yes, okay, thank you.

Ben: Can I just ask as well, there is one aspect that I always struggle with a little bit, which is, my understanding is we all come to the Earth to live our chosen experience and to learn, develop and grow, and my understanding is that we get to a point where we've evolved, such that we don't necessarily need to come back to the Earth again to have further experiences. So, therefore won't there come a point where all of those in Spirit at the moment and all of those on Earth as we are *now*, will evolve to point where we don't need to come back and will that then be the end of the Earth as we know it? What is the end?

I understand your question, my dear friend. You will never know the end of evolvement. (Okay) We are speaking deep matters here, and something that I would not discuss, because you would not understand. What happens when you come here, you come to learn, yes? (Agreed) Some people do learn, some do not and return to Spirit, shall we say, 'empty handed'. When you speak of returning, that decision is made by the Soul itself, it is never pressurized into doing what it does not want to do, because when first you come back *Home*, and I call it 'Home' because that is your *true spiritual Home*; when you come *Home*, that choice belongs to you. But what seems appropriate to me is that first the Soul or the Spirit has to find themselves, before any major consideration of returning to Earth is made. It is not automatic, and you can remain in any stage of evolution, and it is slightly different from the evolution of the worlds and the stars and the planets, it is not the same thing, it is a growth of Spirit.

Ben: But normally, with a development or a growth, there's always an 'end goal' or an achievement, isn't there—we're used to passing exams...

There is a moving on, yes, it is a moving on from one level of, we call it 'Spirit' only for the use and understanding of the word. But yes, if you have felt that you've attained the level that you wanted to on Earth, then of course you can move forward; if you move forward you do not come back. (Okay) You seem confused.

Ben: I think you were right when you said that I wouldn't necessarily understand in my human mind.

No—let us go to the beginning, when you have lived a life on Earth, and if I speak of the people within this room now, you have all lived in a past time, not once but *many* times. So, people want to know how long do you have to do this, before you can move on. That is entirely up to the *Soul*. You may stay on one level—let us assume that you have just passed—you would wish to stay behind to greet others, would you not, if you are a group Soul? (Agreed) Whether it be children or family, whoever you've had connection to. So that decision belongs to the Spirit or the Soul. But when you reach the point where there is no need or you cannot learn any more from that experience, you can move on—I mean move *forward*; and then you become lighter as a being—you become lighter and lighter and eventually, you will be united into that *Group Soul*, in the same way that animals do, but very much sooner than you would do.

Ben: So, will there ever be a time when everybody's reached that point?

Not altogether, no; there may be the destruction or the withering of the planet Earth, but that does not stop us being 'at Home'.

Ben: Okay, thank you.

Does that help you?

Ben: I think it does, yes, thank you.

If you are not sure, please speak now and I will try to clarify it for you.

Ben: I think the struggle for me is just to accept the infinite of everything really.

Yes, I believe if you spoke to each one here individually, they would not be able to explain *eternity*. It's a complicated thing to understand.

Serena: If we take '*time*' out of it and just look at things that we do as experiences, **(Yes)** it's our choice to just keep experiencing, but not necessarily thinking I will grow if I do that; it might just be, '*Oh, I wonder what it would be like if...*'

Yes, but you have to have reached a point, a degree of Love within yourself, to become that lighter being and to move forward. You may not necessarily see it as you say, as an '*opportunity*' shall I say, it will happen naturally.

Ben: So, can some Soul's then take a step backwards as well, because we've spoken about Hitler before in the past, and that he still is in a self-imposed darkness, because of what he did?

Yes, and he is the one who remains in that state until he is ready to recognise what has happened in the life that he has led.

Ben: So, when you talk about getting *lighter*, is it possible to get *heavier*, or *darker*?

No, you would not get darker once you are in the Spirit realm; but what happens in the Spirit realm, if you have committed, shall we call them '*crimes*', for your understanding, if he had committed so many crimes, he could not become worse, and he has to recognise then what he has done and how many people have been affected by him. When he is ready for that there are beings ready to help him, but *he* has to take that first step. So, what people on Earth call '*hell*', is in fact the *hell* of their own thinking.

Ben: Somebody suggested to me once that he may have chosen in Spirit, the role of Hitler on Earth, to create opportunities for other forms of growth for other Spirits in their experiences on Earth. So, for example, he would have created an opportunity for people to have been persecuted and to experience what that's like as part of *their* growth...

That would never happen. (No, okay.) I will tell you now, that way of thinking would never happen in Spirit. He would remain in his own darkness, until he was ready to be forgiven by all of those who have been harmed. You have to be careful when you speak about what people do for their own benefit, or for the other's benefit; when you come to Spirit, *you* are responsible for *yourself*, in the same way as you are responsible here on Earth. You cannot change that; and not everyone was born to come and be '*evil*'; and let me tell you, I don't like the word '*evil*', but for the understanding of human beings, that is the best word to use. We know and understand in higher realms, that you have to understand yourself very well first, before you can become the person that you should be.

Sarah: You have said to us in the past about people who do '*bad*' things, or what we consider to be bad things here on Earth, as being misguided, **(Yes)** maybe that's how they have become the way they are, these, as you say, '*evil*' people, they're just misguided, they've gone down the wrong path and listened to the wrong people.

Yes, of course, that is what happens quite a lot in your world, that people...you all have choices, you all have your own thinking, your freewill; it is up to you whether you take the pathway for good or the pathway for not-so-good. No-one forces you and whilst you are living as a human being, that is your responsibility. But certainly there is a period of time, when you first return home to Spirit, where you can see what has happened in your lifetime, almost like people have described it, like watching a film—you will find everything and you will know instantly whether that was good or bad move. You cannot deny when you are in Spirit, what has happened in your life.

Now, has that helped you? The only other thing I will say to the gentleman please, when you are speaking of Hitler, was that he would be in a place with like-minded people, so there would be no reason for him to try to encourage them otherwise, because they are all in the same darkness with their thoughts.

Ben: So, where he is *now*, they are together?

You will all...this applies to each and every one of you, you will be drawn to where you belong, with like-minded people, with those Spirits or Angels, or whatever, whatever help is needed, that is where you will be. And yes, that is where the word 'hell' has come from, it is not 'hell' as it has been described, but it is an understanding of dark thoughts. And they would not be allowed to be in contact with say someone who has led an ordinary life or a *good* life, shall we say.

Ben: So, if there's a concentration of darkness when they're all together, how do they get out of that, because is there any influence on them to consider what they've done?

They are influenced all the time, there are 'Angels' I call them, Angels in that world who are trying to help them all the time. The offer is there for them to change, but again it is their freewill, whether they accept or not. Once they have accepted what they have done, they then move forward into, you have heard it so often, '*move into the light*'. That is virtually what it is, it is moving on from '*not so good*' to '*better*'; there are stages of understanding. Does that help you?

Ben: Mm, thank you.

Paul: That's one of the big differences I suppose between Spirit realm and the Earth, where we come up against a real mixture of people, whereas in Spirit like-attracts-like, sort of thing—people of similar minds. Yes, it could not be any other way, it has to be, and let me say when we have been speaking of evil thoughts and all of that, most people who return *home to Spirit* are good and decent people, but as you know in your world now, there are always those who wish to do harm to others, and we know from teachings of teachers, that you do not harm one person ever, it is not acceptable.

Mark: Because the problem we have here is, when we put the sort of '*naughty, bad people*' all together in prison, we don't really give them much opportunity to grow in there, I don't think we do enough to help them (Yes) to change, to influence them for good really.

Yes, but as long there are people who are trying to influence, that again is up to the individual person, whether they accept it or not. You can try to help someone, but if they are not ready for that knowledge there is nothing you can do, but you have done your best to try to help them with good thoughts. Do you understand? (Yes.) It's not an easy subject and people always think why this or why that.

Di: It's not easy to send loving thoughts to those people who do all these bad things.

Yes, we understand this too, because you are human, but that is why I've said to you, you must love yourselves first, and when you love yourself you have no thoughts of—what is the word I'm looking for, you do not wish to be doing anything that is not right.

Di: That's right, so you don't want to think bad things about the bad people, you want to send good thoughts to them as well.

Yes, but we understand, we understand in Spirit that all of these things are not easy.

Sabine: How does it happen when somebody's sort of having bad thoughts or thoughts about something they do not really want to happen, like an accident or something like that, and by thinking it so much, they're actually creating the action; so somebody is going to take the action in order to hurt them; (Yes) but then that person probably wouldn't have done it if it wasn't 'called', or I'm not quite sure how that works out?

But that is, again I repeat myself when I say, it is up to the *individual* with the separate thoughts to understand *himself*.

Sabine: Yeah, the one that 'called it', has to change his/her thought patterns. (Yes) But then the one that created the action, in order to go in harmony with what was being put there, the negative activity—for example, somebody is afraid of having an accident and then being so afraid of it actually had created one and somebody crashed into them...

Yes, there always will be these problems on the Earth, because again, we get to some deep, deep studies, when we are thinking about what people are thinking and what they are doing. As it stands, I feel that everyone should be responsible for their own thoughts, whether they are the right or wronged ones, they are still responsible for whatever is happening in their lives. You *can* create, and I have said it many times, your thoughts can create itself and cause things to happen, but that makes *you* responsible for the action.

Sabine: Right, even for the other one that didn't mean to (Yes) but happened to be there.

Yes, it is a complicated subject and perhaps one we can talk about another time, but I feel for this time we have spoken enough.

Sara: These incidents do create learning, don't they? On different levels in different ways, people think about what's happened and then sometimes ask questions on a deeper level about why it happened; so, I can see it all creates learning, doesn't it, (Yes) all of our incidents that we have.

It's very difficult for the human mind, the brain, to understand some of the things we are saying to you, but what I wish to leave you with, my dear friends, is [start to become more aware of yourselves, what you are as a human being and what you are as a spiritual being, and only when the 2 are aligned, will there be peace and harmony with you](#). That is the basis of living, that is where you learn your lessons, when your knowledge of yourself is so deep and so good.

I hope you understood my words, because I know it is difficult to take in at times and makes you wonder, but in that wonderment, you will find the Truth and that is what I've always wished and try to do with you.

General thanks

Sara: Thank you so much, it was really very, very interesting.

Graham: Lots to think about.

Paul: More food for thought.

Sabine: Rereading, relistening and let it all sink in.

You can only do your best; if you feel an action is done with a good heart, then it cannot be far away from the truth. So, as I take my leave, I am so pleased to have joined with you again, my dear friends and until we meet next time, I leave you all cloaked in my Love and understanding of Truth and I hope that you leave this place this evening feeling a little more uplifted.

Love and thanks

Notes:

Book about sleep referred to by Mark: 'Why We Sleep: Unlocking the Power of Sleep and Dreams'. by Matthew Walker. The book explores sleep, explaining how we can harness its transformative power. Margaret Thatcher famously got by on 4 hours sleep, but this book suggests that this is unhealthy in many ways.

Sara's question on the Rainbow body: This Tibetan technique connects with a question George asked on 29/01/1996:

George: It has been documented in Sanskrit writings, that certain Holy men are sufficiently in tune with their spirit-selves, to know their time of departure from this life, and can actually use spontaneous combustion, through a method of contemplating the solar plexus and they will use it as a method of disposing of their body at the appropriate time of death. I'm not sure if this is a particularly useful thing to do, would you have any comment on that for us and could you say if those writings are correct?

Yes, my friend I will speak. I did tell you when we spoke upon this matter, that this combustion, this name you have given to this burning, this action is not understood by those of you on this Earth plane as yet. I told you then and I will tell you now, that it is only a change of energies within the body, which makes this happen. When you speak of these men, who I must say have gained such insight and knowledge about themselves, then they would be capable of changing energy patterns within their own bodies. We have spoken briefly I believe, about how these people can leave their physical bodies behind, have we not?

Les: We have indeed.

We have spoken about many things. I have to say to you, I do not think that to leave the physical body in this matter, in this *manner*, is very good or wise. I do understand the reason *why* they do it—they think they are sacrificing themselves, that they can leave the physical being more quickly and more neatly, by reducing it to ash, because you see, in ash they see purity. You understand?

Les: Yes, the purification of the fire.

Yes, yes, but I would not totally agree with them, but I do understand why. Providing they do not hurt others with their ideas, then it cannot be wrong for them.

Levels in Spirit realm: Salumet has spoken about this previously: 19/02/2001

You know that when you leave these physical bodies, when you come to our side of life, you will gravitate to that plane of existence which is suited to you spiritually. It will belong to the vibration from which you come that you will go to it.

22/01/2007:

...when you come to our world, you will automatically gravitate to how you have lived your lives and what you bring with you. And, much as I dislike saying it to you, there are many who come to our world bathed in darkness. Until such time as they recognize within that they no longer wish to be that way, only then can the Love which we give to them in our world be felt...

Salumet has also explained previously that there is no 'Hell': 15/07/2013

I am here to tell him: there is no such thing as 'hell', in the sense that he recognises it. No one person remains separated from the Love of that Great Spirit for all time. Everyone who passes into Spirit is cared for and loved—even those who have wronged themselves in any lifetime, are *never* forgotten...No one punishes you except yourself.

The following new website links may also be of interest:

Lost Souls: <https://www.salumet.org/44-lost-souls>

Rescues and Soul retrieval: <https://www.salumet.org/67-rescues-and-soul-retrieval>

And for more on Hitler, see: Famous historic people: <https://www.salumet.org/22-famous-people-alive-and-historic-healing-dis-ease>: <https://www.salumet.org/32-healing>

Evolution of the Earth and universe: <https://www.salumet.org/20-evolution-of-the-earth-and-universe>

SALUMET – 23rd August 2021

After healing prayers, Cho spoke very briefly:

Hello!

All: Hello Cho!

I not stay long. Just to wish the others welcome back.

General thanks

Paul: Yes, it's lovely to have a much fuller house this time.

Yes. I know you await many answers, but your dear friend will be with you soon. So, ciao!

All: Ciao Cho.

Salumet then began—audio link: http://www.salumetandfriends.org/app/download/11562775/2021_08_23+Salumet.mp3

Graham: Good evening Salumet.

Good evening.

All: Good evening.

Before we begin, I wish, my dear friends, a blessing of Love and upliftment. We all know of the unhappiness and stress suffered by many; I say to you, my dear friends, that there is Light, but of course, there is also so much darkness at this moment. So, 'why', is the question that so many of you have been giving out to us in Spirit—'why are so many negatives happening in our world?' Would you agree, that is one of your questions?

Agreed

Firstly, I wish you to remember that the planet Earth has existed for a long time, a long time in your way of thinking, but in fact, all things move much more quickly from our side of life. The planet has been through many troublesome eras, where many people have passed to Spirit, have gone from so many incidents of illness, and within the animal kingdoms also. You know my dear friends, we have spoken of the extinction of some animals over time. (Yes) This also applies to the people of the planet. So, a lot of it is how we may view it, something that *happens*, I cannot say on a *regular basis*, because that implies that it is for NOW, and it is not; it has happened for eons of time—not only the Earth planet, but all other universes. I have told you, my dear friends that you are not a single unit, without these beautiful universes—and they are *beautiful*. And I know you probably will think: 'But why so much, why so soon and why does it need to happen?' Of course, evolution has to continue, whether you agree with it or not, and I would like you all, my dear friends, to consider that the Earth has gone through many changes and is *still* going through many changes. Many people have died in your world, as in all of the others. At this moment in time, my dear friends, I can say to you, this is another of those times—the era of people not understanding what is happening. We will halt for a moment and allow you some questions.

Pause

No questions?

Nevertheless, I know it is difficult to intake all of the facts and the figures life brings to you. But let me reassure you, my dear friends, there will be a betterment of judgement amongst the leaders of your world. All of these, what you call, *'dreadful things'*, will alter, will change, will make mankind who are on the planet at this moment, stop to *think*.

Paul: And that's the main thing—if it helps people become less materialistic and take time to consider why we are here, then we can understand that.

Yes, you will never fully understand what is happening, because of the outcomes of many things. It has changed your outlook on life. Some people have become more negative as time continues, whilst others can see *new beginnings*. I would wish you to hold that in your minds: *New beginnings*.

Di: Will our leaders, a lot of whom have been in denial for the last 2-3 years, probably longer, especially with these troubles, will something help them?

It will subside, yes of course. It may be quite a few years before this happens, but in that time, you individuals of goodness and kindness will come forward, not only on Earth, but in the many Universes.

(Salumet's voice falters briefly, like an interruption to the energy flow)

I need to have one moment please.

Paul: Yes of course.

There are irregularities in all of the universes. I believe we touched on the subject when last we met.

(Agreed) Yes, I want you to understand, you are not just one unit, you are a whole universe, who is being guided by many people; but the outer universes also are struggling to cope. It may not be in the same way, but it is true that it has caused much confusion.

Paul: Well, it's even more important that we *follow our hearts*, as Cho said last time, and keep bright Spirits.

Yes. There are people alive on your earth planet this moment, who will bring knowledge when the time is right, and I do say, my dear friend, that time is not quite here. But I do want you to feel uplifted and hopeful for the future. Remember the words, *'New Beginnings'*; those words should uplift and hold you tightly.

Paul: So this is *more* of a pivotal time than some of the other so-called 'catastrophes' (Yes) that we've had over the last few decades?

It is, but you will succeed in the end. Spirit are working 'tirelessly' I might say, as are all the beings upon the planet, who can change many things, many, many things. You have to believe in those people, as well as the new generations of beings coming forward into the world.

Sarah: When you said, 'in the future', are we talking about those millennium children, who will be coming of age and able to help us?

Yes, you are speaking about those children and they are the fore-runners of more to come, not only children, but being able to change energy. Each individual will find—again I use 'New beginnings'. It is important to keep these words in mind. But yes, the millennium children have come into their own at this time. Try to, my dear friends, as you go through each day, to realise how much goodness there is still in this world. To know that you are not alone, to know that we in Spirit are still working to help each and every one of you.

Sabine: We can also feel some people are spiritually awakening, (Yes) and it's nice to see more and more of us sending Love to the planet and the cosmos.

Yes, you must extend your Love a little further. They too, other universes, have help available to them also, but imagine it only as a *shake up* for your world.

Paul: Yes, it's all done with Love.

All the help you have would surprise you and the fact that so many people have goodness of the Creator within them. It may not always be showing at the moment, but I assure you, my dear friends, it is all about and surrounds you, surrounds you at every minute of every day. So, I say to you, try not to be too concerned, but to give out Love and Unity and Knowledge, whatever you possess, make sure that it is relayed to others in the world, whether it be by prayer, or understanding, or the spoken word.

Paul: It's sort of trying to do all the things you've been telling us to do **(Yes.)** for a long time.

And when people do not listen, this is the outcome of the world rebelling. But it is part of evolution, be in no doubt about that, and you cannot stop that.

Paul: And you mentioned the animals being caught up in it as well?

Yes, animals that have become extinct, like the dinosaurs of the world. (Oh I see.) People should look to what has happened on this Earth before; it has never always been clear, but I say to you, each era brings something different—new knowledge, new understanding and that my dear friends is what you have to do: GAIN NEW UNDERSTANDING.

Paul: So this is, as you say, new shoots, it's the birth of a new *Era*.

It is *New Beginnings*. And I know many people will say to you, 'but why'? Don't be worried by 'why', just give out Love, it is the strongest gift that you have. And we in Spirit know the power of the Love that you send; not only you, but other groups around the world and in the universes. Do we have any questions?

Graham: I think that a lot of people through all that has been happening are realising more and more, how much we are all connected and what happens in one country affects everybody else, **(Yes.)** that understanding is now becoming much stronger and widespread, and we are so interconnected not only with each other, but with the planet as a whole and with animals and plants and I think that is perhaps part of this new beginning.

Yes, you are after all, all part of the Great Creator, you cannot have one piece separated from the other.

You have to see that unity that you have described. (Yes.) Yes, it is powerful my dear friends, powerful.

But people have to realise how to use it all for the good, and lots of people will come through these situations, *thinking more* of the Love for their fellow Man, and I know that is difficult to understand, but it is the Truth.

Mark: I was listening to a women on the radio, she's an Afghan women living in the UK at the moment, and she was saying that she's going to fly to Afghanistan in the next week or two and campaign for women's rights out there, and I thought, what a powerful thing to do! To completely buck the trend of people trying to escape in terror and go and face the challenge head on; and it's almost like our culture has had to go through this evolution of struggling and fighting for a cause before they *do* evolve.

Yes, your words are clear and yes, it is true that it is much of a struggle for most of the people, but like I said earlier in our talk, there are so many people waiting, who are good, who can rebuild, who can help others to understand, and yes, you are right, it is a powerful thing to do for a single human being. That single human being needs it all to grow, grow in knowledge and grow in strength. (Yeah.) Yes.

Graham: There's been a lot of controversy about vaccines and a lot people are saying that we can't be vaccinating ourselves forever, but somehow we are going to have to find our way through. Is there anything you can say about that?

You have had vaccines for quite some time (Yes.) and I say, if it is meant to be, then Spirit will '*back you up*', I think you would say. (Right.) Yes, and it has saved many lives, but again that has been part of the evolutionary move of your world. (Yes.) And remember, when people are fearful of doctors and medical people, that they come from Spirit also. Spirit urge these medical people to do the very best they can in the name of Love. And I say to you, do not forget your free will, you must always keep your free will, it may not agree with your neighbour, but who is your neighbour to doubt you or themselves, but only to judge for themselves what is standing before them.

Sara: Yes, I think it's been an opportunity to respect one another's decisions.

You cannot respect yourself, you cannot respect yourself if you do not respect others first.

Agreed

It is no mean feat, I think, to look at yourselves so clearly, that you can see all of the faults of the human being, to feel the Love of the Creator, in every moment of every day, helping, impressing other people.

You understand?

Agreed (Yes)

Natalie: When you say about different universes, and everything is effected elsewhere, **(Yes)** is it a case of what we've been going through here, is planet Earth rebalancing itself and its energy through this virus?

Yes, you said that very well. Of course you have to have unity at some point, and sometimes all of these things happen and you have to give the world a little shake, *(Agreed)* yes, and you have to allow people to develop the thought for themselves. Would it not be so easy to step in as Spirit and say, stop all these things happening? Where would it bring us too?

Sabine: We wouldn't learn. *(Yes.)*

Sarah: Though I do think, going back to the vaccine, that some of the decisions are made out of fear—fear of the unknown of whether the vaccine is going to work...

Yes, but that is their entitlement to be fearful, if that is what they *feel*. It is better to express what you FEEL, than to try to find, not excuses, but to try to find reasoning for all of the happenings that have taken place. Yes, do you understand? No?

Sarah: Yes, I think I *do* understand, yes, thank you.

Sara: Yes, you mean to make your own *choice*, it's better to *(Yes)* follow your own heart.

It is better to make your choice, because then who is responsible?

Sara: Exactly, yes, we learn.

You learn as you go along, as you grow, as your understanding grows. If you are not ready for accepting something, then deny it.

Sara: It's the same with parenting, you have to stand back and allow them to make their choices, *(Yes)* and sometimes it's quite painful for parents, but you still have to stand back and let *them* make *their* choices, from which they learn.

But always remember that you are only keepers of children as they grow. There comes a time when you say, 'I have shown you all I can, now you must learn.'

Agreed

Sara: Yes, you can guide if they will be guided, you can suggest things, and that's right, they then make their choice.

I would say to you all, be grateful that you have this thing called MIND; I have not used it for a while, but your mind is your most powerful thing, because it belongs to Spirit. Other thoughts are left behind on Earth that you have used perhaps throughout a lifetime, but when it comes to knowing yourself, you have to be free and given that choice. Do you understand?

Agreed

You sound doubtful, but that is OK, because that is also a learning path—to not understand and then to find the answers.

Paul: Yeah, I think there are lots of choices presented and we have to be responsible for our decisions.

Each individual knows what is right for them, whether you agree with that sentiment or not, it is true.

Each and every one of you in this room deep down know what is right for *them*, and we in Spirit do our utmost to guide you through the time that you spend here on this planet.

Sabine: We are very grateful for that.

Thank you. Now, I hope I have helped to make things a little clearer and perhaps it is not what you wanted to hear, but I say to you my dear friends, I bring to you all the Love that you have shown to others and that one tiny thought, grows, grows and expands until all recognise what they are doing. So I say to you this time, I am so pleased to join with you, and we will continue to dissect this place called Earth.

Knowing chuckles and thanks.

Di: Thank you for the positivity for the New Beginning. *(Agreed)* It's very difficult to be positive.

I know and that is why I have said it a few times through this meeting; remember it, it is worth remembering.

Agreed

Paul: All your words are worth remembering Salumet, thank you.

And I am so pleased to join with you again. *(Agreed)* I hope your hearts are singing.

Sabine: Yes they are! *(Agreed)*

Paul: To say we've missed you, doesn't justify it at all...

But it is only because you have not been with me, I have been with you most of the time.

Sabine: Yes, I could feel it at times. *(Agreed)* Yes.

Paul: It's certainly interesting to see the way all the different countries around the world are dealing with it slightly differently. **(Yes)** It's definitely a learning experience for this planet.

And for the leaders that you choose. Of course you must learn to choose wisely and that is not always possible.

Paul: We're working on that one!

Good!

Sarah: It's not always possible to choose the leader of some countries, some leaders choose themselves.

(Yes) The people don't have a word to say about it.

Yes, no-one ever said that it wasn't complex this world—it is at times, but just stop and think how it has grown in Love and respect for others—because it *has* happened. All is not doom and gloom, and the moment you *think* that way, then that gives it the power to grow also. That's why it's important to keep that Love and let it grow and grow and grow, and give out your Love to the other universes.

Paul: Yes, we must remember that, because we are really responsible, we will literally create the doom and gloom around us, **(Yes)** if that's what we're putting out. So we mustn't...

It has been so for some time and as I said, it will continue, but only to find the ending is pretty good!

Paul: I know the ending is fantastic, in Spirit, but even on the Earth, it has its moments, even with Covid, there's been wonderful times.

It's only one virus of many, many, many. They do have devastating effects, you would like to think, but from my way of thinking, it is only another lesson to be learned.

Agreed

Graham: Yes, that makes sense.

Yes, so take responsibility each one of you, for yourselves and then you can move forward to help others.

Sabine: Yes—and for our thoughts.

Remember that even just a smile to another lonely unhappy person, is giving you the strength to grow.

Agreed

Now my dear friends, I must leave you and until we come together again, I say thank you.

General thanks

Paul's summary:

So, this virus connects with planetary evolution, guiding us towards a new era, via this 'little shake' of the world, and it is part of a bigger picture, involving multiple universes.

*The changes on Earth, with the help of the waves of Love from Spirit and the millennium children etc. will be far-reaching—socio-political-environmental and most of all Spiritual, and in time, we will be able to recognise and celebrate these **NEW BEGINNINGS**.*

SALUMET – 25th October 2021

After healing prayers, Cho spoke very briefly, asking us to lower the light a little, for the benefit of our expected guest. Salumet then followed: (There was unexpected interference with both recorders this time—perhaps the energy within the room was different—both versions included) Audio link 1 (some sound distortion)

http://www.salumetandfriends.org/app/download/11649750/Salumet+best+version+2021_10_25+zoom+audio.mp3

Audio link 2 (clearer, but with hiss)

http://www.salumetandfriends.org/app/download/11649755/2021_10_25+Sal+sony+2nd+version.mp3

Paul: Welcome Salumet.

Good evening.

All: Good evening.

My heart is gladdened to be with you once more.

Paul: We feel very glad as well, our hearts are full to have you here—thank you.

So much is happening in your world at this time; (*Agreed*) so many are unhappy and confused. I wish to say to you, my dear friends, do not be downcast in your outlook; we in Spirit are working to make sure that all of what's light, is bright. You have to, my dear friends, allow yourselves time and understanding, to be able to at least try to understand what is happening. I will say to you that this is not a quick happening, you must be patient for some time, but eventually life will be much better for you. Yes, but remember our differences in *Time*, when I say something will be longer than usual, you'll understand that our *Time* is entirely different to yours. (*Agreed*) I wish you, my dear friends, to try to understand that whatever happens, is just part of a bigger *cause*. You would not perhaps understand that your life on earth, could be so interconnected with so many other planets, so many other galaxies, and I say to you at this time, *at this time*, all is confusion for you. Allow your minds to *rest* sometimes and perhaps a little understanding will come to you. You will never fully understand what is happening with these viruses and illnesses, but I can say to you, the worlds will turn out to be a better place—no matter how long it has to wait, it *will* happen.

So much is going on with the planets in this universe, it is almost like it is in a jar of ice and is being rattled and rattled and rattled, until you wonder where you are. But remember that **Spirit are here to help you, Spirit will always come close to you**; so please, my dear friends, remember this.

If you have any questions for me this time, then I am happy to try to elaborate for you a little.

Sarah: I've just been thinking about, well really Covid made me think a little bit more, but you said to us, I can't remember how long ago it was, that in 5 years, we would be able to deal with *all known diseases*, and I'm just wondering if we're on course, if we're getting there?

Yes, thank you for that question. Yes, I did use those words, and if you look towards your newspapers and your machines who bring you news, you will see already great strides have taken place in the medical world. You have to look to find what is happening, but I assure you, here and now, that '*medicine*' as you call it, is taking great steps, great steps forward for mankind to try to understand. But yes, many of these medical happenings are quite amazing by earthly standards, so keep this in mind. (Thank you.) I hope that helps you a little.

Sarah: Yes, thank you.

I also wish to say to you, remember that earthly man has lived with all of these conditions for thousands of years; and yes they are disruptive, but eventually, settle down, to allow mankind to understand fully what is happening around them. Remember, my dear friends that you are a very young planet, and you have many questions still, but I say to you, *do not be afraid*, because fear, as I have told you often, allows negative thoughts to come in and create havoc sometimes. So, try to be positive, speak of your fears, try to understand what is happening around you, and as always, in times gone by, there have been what you call '*disasters*'—we in Spirit, do not look upon these things as disasters, we look upon these things as *moving forward*. And I know they are harsh words for you to take, but it is true.

Paul: Because as well, even if it results in some people '*dying*', as we call it, that's returning *Home*, to a place, *better* in so many ways than the Earth.

Yes, but you must believe that things can change for what you would call, '*the better*'. (*Agreed*)

And yes, many people have passed to Spirit, but this has happened throughout the whole existence of your planet. You may not know of them, or you may not *want* to know, but I say, do not be afraid for the ones who have gone, because of course, they are going to a place of Love and security.

Paul: Yes, and you've given us so much hope anyway; you've mentioned the children (21/01/2019—*children of peace*) that would be born and presumably, many of them are already young babies now, physically on the Earth and you've mentioned that at some point we're going to get a better form of energy from the oceans, (**Yes**) so we've got lots of things to come.

Yes, it is fear that keeps you *bound*, fear of everyday life, fear of people, what you call '*dying*', when really you should feel joyous for them, (**Yes**) because they are in a better place.

Di: I think we feel the anguish, because of the way that some people *live* on this earth, rather than the way that they die.

Yes, there always has been positive and negative happenings, whether it be from individuals or groups, it matters not, but yes, there is so much fear, and it is understandable, we fully understand the great concern that you have.

Di: It's hard to see why some people suffer on this earth.

Yes, but try to think of it as that suffering as a positive for *them*, that when they reach Spirit, they will be *FREE* of all of these things. It is not easy for you and we understand this fully, but please try.

Paul: Is there anything you can say, it may be beyond us, but you mentioned this real connection with other planets.

Yes, many...

Paul: Many other planets...there's obviously on some level interaction going on between our planet and the others. **(yes)** Is it possible for you to convey anything that we might be able to understand?

I see your question, but it would not be of great benefit to try to dissect what is happening in the other planets; and remember, they are more advanced sometimes than you on earth are, so their understanding is different.

Paul: Are they sending Love to us?

At this particular moment, each planet is deal with this, let's call it '*an upset in everyday living*'.

Paul: Right, so they also are struggling on some level.

Yes, it is not a one-planet happening, it is a connected planet that is dealing with all of these problems.

Paul: Not necessarily a virus, it could be something else?

The virus exists, it is life after all—don't forget this; human beings are not the only units of life that exist. You understand?

Paul: Yes, the virus has every right to exist like we have.

Yes, they are part of this planet, yes.

Mark: It's taught us a lot, having the virus, and a lot of people are hoping that good changes will be brought about from the lessons of the virus.

Yes, it already has given you lessons to dissect and live up to. How much Love has been shown to those who have been ill? This would not have happened before the virus was making itself known. These conditions have given you as human beings the opportunity to grow and to thrive. And when things settle, which they will, you will in some strange way be happy and content that you have survived these conditions.

Graham: We are learning that we are very connected and that what happens in one country is important in every other country, **(Yes)** and I think this connectedness is getting better understood than it was in the past that we are all in one place.

And you are all connected to other planets in the same way. (Yes) If you take the wider picture, it is not just the Earth planet, but all the other planets which are part of this universe, yes.

Mark: Part of it seems to be a lesson about, we've been destroying the planet; **(Yes)** the systems that work on our planet have gone out of control really and the individual doesn't really have enough power—well it doesn't feel as if he has enough power to make a difference.

All of these what you would term '*problems*', are actually opportunities to grow, opportunities for mankind to come together, to live together and look at each other in a more harmonious way.

Graham: There's a lot of pressure at the moment on world leaders to help tackle the problem of climate change. **(Yes)** There's a big meeting coming up in Scotland and a lot of hope is being set on this, that countries will do good pledges and stand by them. **(Yes)** In a way the risks are very great at the moment, because scientists are saying that if there is a significant rise in temperatures, which they are predicting, it'll affect everything so deeply.

It will, and earthlings have been warned for many, many years of your time. (Yes) Now is the opportunity being given to all of you to do your part. And it isn't just our leaders or scientists or all of these different peoples, it is *you* as individuals have the responsibility to do the best you can for this planet. (Agreed) But you have to have positive, positive thinking at all times, and this is the problem at the moment, that so many people feel that there is no way out, and that is not true.

Graham: It's certainly making us think on a personal level, because we are so wasteful in this country and then there are other countries where people are so desperate for food and resources.

Yes, you should always look for the *balance* in life, if you do that you will not go far wrong. But then, once you have adapted the way of thinking that is correct, you have to then look to others close by and it becomes like a chain of people joining together for good.

Paul: Yes, it needs to build up momentum and people gathering together can then make... one thought could become like a domino effect, or something. **(Yes)** It can gradually change the world.

The world can change for good, that is sure, yes, there is no doubt about that, but you have to *Love one another*, you have to accept that you are not a single unit, but like you have just said, like a chain-effect, that ripples through everything and everybody.

Paul: One idea, as we say, if it '*goes viral*', it spreads on the internet like a virus **(Yes)** in a good way—not that viruses are not good, if they help to change, then it's all good.

Yes, be aware that viruses have probably been on this planet before you people as human beings. And in that respect, they need to be respected for that alone.

Paul: Are *they* evolving?

Of course, every living thing is evolving, more so at the moment because of the contrast in the way that we all live, not only on Earth but elsewhere. So don't feel my friends that you are the only ones who have difficult times ahead, because as you know, Spirit does not view these times as '*not good*', but they *are* good, because as you have said, all things teach, and there is much to come, in the many of your years that are to come.

Di: We should look at the viruses, the way they change and adapt to survive, **(Yes)** and that's a good example really—they were here before us and they're still here.

Yes, they are happy to give the information which it already has done, to many scientists and people who can use the knowledge. So, I would say to you all, my dear friends, *give thanks to those viruses*.

(Agreed)

Mark: They're helping to keep us in balance. **(They are.)** So, would it be the case, if a planet is out of balance, like we have become—we've been destroying the planet, *that* presumably affects the other planets and the solar system and it has to be corrected.

Yes, and each planet will do the work that another needs, to bring back balance. Yes. So, again, I return to: *be positive, not negative and give thanks for the knowledge that you have*.

Paul: Keep sending out Love where we feel it's needed.

Yes, if you look at each other, you will find that you're all in agreement about this world and what is needed to be done. You are in a strange way united, and that is something to respect.

Paul: We shouldn't kind of judge these people that are, unfortunately, sort of being destructive with what they do, we just send them Love, like you would a naughty child or something?

You send Love to everyone, not only those close to you, but to the wider picture of the planets. Yes, you must extend that feeling of Love to everyone, yes. Have I helped you a little my friends?

Agreed/thanks

Paul: And there's no point in giving any kind of time scale, because, I guess the virus situation will take as long as it needs to?

Yes, and you do not wish to compete with the viruses, the scientists are working and they will do all that they can, and the part that each of you play is already known to you, whether you know it or not—you know instinctively what has to be done, but the fear holds you back. Do you understand?

All: Yes.

Well, my friends, I think for this time, we will say thank you, thank you and be grateful for all that is good in this world and in others. We will speak again on other things, but for this time, I feel you have had enough to be thinking upon.

All: Thank you.

Paul: As always, our Love goes with you.

Yes, I leave you with all my Love and a little knowledge.

All: Thank you.

Notes:

Sarah's question made reference to something Salumet had spoken about previously:

25/11/2013:

...in the medical world there will be great advances; advances as yet, as I have said, not known to you. But within the next five years of your Earthly time, they will be forthcoming and disease as you know of it now, can be obliterated.

Salumet has also emphasised previously that we are living on a young planet:

22/08/1994:

Earth is a very, very young planet, as far as spiritual growth goes.

And finally, a quick recap of some of Salumet's words this time:

...allow yourselves time and understanding, to be able to at least try to understand what is happening.

... Spirit are here to help you, Spirit will always come close to you;

...give thanks to those viruses.

...be positive, not negative and give thanks for the knowledge that you have.

The world can change for good, that is sure, yes, there is no doubt about that, but you have to Love one

another, you have to accept that you are not a single unit, but like you have just said, like a chain-effect, that ripples through everything and everybody...

SALUMET – 13th December 2021

After healing prayers, Salumet spoke—audio link: http://www.salumetandfriends.org/app/download/11711418/2021_12_13+sal.mp3

Sabine: Good evening Salumet.

Paul: Yes, a very warm welcome to you.

Good evening.

All: Good evening.

Our hearts are warmed by your presence this time.

Paul: We're very, very pleased to be gathered again.

Your loving, healing thoughts are always welcomed, especially in these times, not only on the Earth, but in other planets. Yes—if I might suggest to you: In your healing moments that you ask for help to transmute the density of energy that surrounds you and every other planet at this moment.

Agreed

The more you ask, the more help we can give.

Paul: We will definitely do that. Does it make it harder for you to come through, when the Earth is like that?

When the density is as it is, so heavy at the moment, yes, it is a case of being a little more difficult, but it would never stop us making contact with you; we would always find a way.

General thanks

Di: We must all remember to ask for help for *ourselves* as well as for others; we often think to give help for others, but forget to ask for ourselves, don't we?

Yes, if you do not feel the difference yourselves, then of course, it is not that it is useful, but just more difficult. So firstly, my dear friends, you need to realise that you ARE LIGHT BEINGS. Yes, you are, as I have told you in the past, you are the givers of healing and light and we must at this time, work with it and not allow it to overshadow you. The only hopeful message I can give you this evening, is for you to deal with the density and also to up your amount of healing for not only earth beings, but for all planets and kinds of beings.

Agreed

Paul: Yes, we forgot in our healing prayers this evening, but we normally do include the other planets and Universes.

Sara: I send it every day to other Universes, peace and love and love and light to our cosmic brothers.

Yes, it is a lesson that we are all willing to learn: Tolerance, this condition which exists at the moment on your planet, and you know well that it is affecting everyone, but it is also affecting those other planets with whom you have no contact. So, it is imperative that you keep your feeling of Love and Goodness, and most of all hope that *good*, will overtake what is unnecessary in your lives. Do you understand what I am saying to you?

Agreed

Do any of you wish to question what I am saying? (Pause) No questions?

Paul: I think for me, part of it is, because I understand, I don't think I have a particular fear of 'Death' anymore, thanks to our knowledge about what happens when you die; even though obviously I don't seek it out at all, I want to do as much as I can **(yes)** while I am alive, but not having the fear of dying, means that all of these things, challenges and everything on the earth, we can't fear them, even if people die, and that's sad, each individual case, but we have to, at the end of the day, it's *not so sad*, because they're so well looked after and cared for, when we die—there is no death—so it's not really sad at all, just for the ones that are still here and don't fully understand that death is not the end. So, in understanding that, it makes all of our journeys...and anyway, everything is for such a reason of growth—we are *all growing* through all of this, so there's purpose to everything—GOOD PURPOSE, **(yes)** so, I think that helps to...
...to be able to encourage other people that death is not the end, that is the purpose of why we come to you as human beings, because you are able, in their own language, to describe to them the beauty of Spirit and let me assure you, my dear friends, that Spirit are working for the best at all times and very much ask that you continue with your healing thoughts, for every decent, good thought that you send out, you can be aware that it spreads as a loving pool and grows and grows. Keep these things in mind, because, because of the situation at the moment, and it is only short-lived in terms of existence—try to focus on that and let others see how well you cope with it all.

Di: There's a lot of very fearful people around at the moment Salumet, **(Yes)** so if we're not fearful ourselves, I think they find that a comfort, **(yes)** especially when we say that where we go after this world, is such a lovely experience. I think people do find it a comfort when they're more fearful of dying than they normally are.

Yes, definitely, you are beings of example, this we know, those of us who love you, those of us who come from Spirit to *help* you, to help not only the ordinary human being, but all those beings who have come for a particular task, beings who are filled with so much Love, at some times, their Light is so bright, that you as human beings, would not be equal to them. You understand? (Agreed) There is too much fear at the moment.

Paul: The fear is disproportionate—there shouldn't be fear anyway, but there are things happening on the earth, but the worst thing is the fear and then the density that is created.

Yes, if you could only see that only one of your thoughts can create this power of movement and spreading wider, if only you could direct your thoughts that it is getting smaller rather than bigger, that would be such a good help for all of you to focus upon.

Agreed

Paul: Sometimes I try and direct it towards world leaders, **(Yes)** or towards media outlets, but perhaps to direct it more generally to the density itself...

Yes, whichever way you decide to use or change or dilute, it is a personal way to deal with it, but just be YOU, allow your LOVE to SHINE THROUGH, because you are beings of LIGHT. And I feel the more you learn and the more you become spiritual beings rather than earthly beings, the better life will become.

Sabine: Yes, and I've been practising that lately in the shop; in morning meditation I've been saying: "*Today I let my Spirit come forward*". And it's just amazing how the day is so different, **(Yes)** and it's just so full of

light ad so *easy* to talk to people, so just say the words they needed to hear or to just grab the right medicine they needed to have; **(Yes)** It's...I would say it's '*magic*', it's not, it's the way it *should* be.

Yes, it should be the way of life, (yes) of course it should be, but it is good that you see it, and don't forget that even people who do not believe in the afterlife, they are impressed by other human beings who know nothing at all; there is just a spark of knowledge, a spark of Light, which awaits everyone.

Sabine: Yes, was thinking of the words you said a few years ago, you were saying that we were 99.9% Spirit and 0.1% human and I found it absolutely amazing that as soon as we are born, other humans make us believe in this 0.1%, and then when you become a bit older, you spend a lot of time trying to move back to the 99.9%, because of the way we've been 'educated' and told how we should live.

But you should not even use percentages, because you truly are 100% Spirit, it is whether you 'expose' that side, if I may use those words, (yes) whether you expose it to allow others to see the beauty and Light that emanates from you.

Yes, I am pleased, my dear friends, to find that each and every one of you here, have the right words to say to others if need be. And remember what is happening amongst all the fear, is that people have come together, have recognised that together much can be done.

Paul: One thing from reading the transcripts over the years, I noticed how often it comes up that you say, you keep your words SIMPLE, and how sometimes you've said people use too many words, **(Yes)** too complicated, and it strikes me that the more simple you can make something, the clearer it is. There's a quote from Einstein that you can explain anything to a 6 year old; if you *can't* explain it to a 6 year old, you don't fully understand it yourself. **(Yes)** So, it's like if you can simplify it, it's the *essence* of the thing, you have a fuller understanding.

There is only one word in your language which encompasses all, and that is Love. You do not need words, flowery words, to embellish what is a simple truth, all you need is Love; it is not even a word, it is a sense and a feeling.

Sara: And I've found music helpful too, because it's a vibration **(Yes)** of harmony, joy and beauty **(yes)** So, I like to use that as well, as a way of uplifting.

Yes, the best way for any of you to grow and expose the spiritual side of you more, is just to find what suits you, like our dear lady is saying, if music is what does it for you, uplifts you, calls on you to listen to wiser voice, voices from Spirit, then that is the way you must go.

Paul: Follow what brings you the most joy and upliftment...

Graham: I find smiling is really powerful, **(Yes)** because you just *feel* something extend towards that person and it's amazing the affect it can have. Sometimes people give you a second look, because they couldn't believe the first look, **(yes)** and then they realise you really *are* smiling at them and they change!

Everything about them seems to dissolve and melt into a loving energy as well—it's wonderful to see it!

Well, that is why it is good to recognise these things, because what you are doing is loving that person, even though you do not really know them, but you have brightened their day and that is something to be proud of. (Agreed) Not that I am encouraging you to be proud, but you understand my words.

Graham: Their reaction is your reward.

Yes it is.

Have you any more questions?

Martin: I was wondering if you have any advice for when we feel run down in our bodies and it's difficult to feel positive. Obviously we have awareness generally that we should be positive, but occasionally we get ill, for example, then you sometimes find it really hard to feel good, and I wondered if you have any tips on what we could do in our heads at that time, to help with our own healing to feel better?

Perhaps you can realise that we are always waiting to help whoever is in need. I would say to you, my dear friend, in your hours of prayer, if that is what you wish to call it, in hours of connection, then ask to have the knowledge to heal yourself. You have wonderful people who have come to the earth to teach you about medicine, about Love, about so many aspects of living; I would say for you, to have a little, I believe what you call a Mantra, and ask Spirit to help you in the best way, or in the way that is best for you. (Thank you) I hope that is helpful to you. Do you understand? (Yes)

Well, my dear friends, this is quite a short occasion for us to meet before your festivities begin. I know there are problems with people and their fears, I say to you, concentrate on the Love that surrounds you and as the gentleman has said: *Smile!* It was given to you for a *reason* and you can help so many other people.

Now I thank you for joining with me this time, and I want you to know that whenever you need to, you may call upon me to try to help.

(Thanks) I also thank you for inviting along some children and I hope they give you some pleasure and some Light.

General thanks

Paul: And our Love goes with you at this time of year and hopefully the next time you come, we'll have dispersed some of the dark density around.

Well, you have the opportunity to use what you have, to help.

Paul: With the help of all the readers and listeners, (Yes) people will certainly help spread that word out.

Yes, and yes you were correct to talk about simple language, it is so much easier for people to know that things are not difficult, even in the form of words that you use.

So, my dear friends, until we meet again next time, I surround you all with Love and smiles.

I leave my Love with all of you.

Paul: And our Love and smiles ripple out with you.

Thanks and farewells

Notes:

Here's Salumet's earlier words about percentages: (15th November 2010)

If you take all of existence, mankind, as you are upon *this* planet is basically 99.9% non-material. You, my dear friends, are made from all existence—that Love, that powerful 'being' that is called the universal power. All universes, all beings, everything which exists is made from that energy—that loving energy...

Salumet's words relating to Mantras: (7th November 2016)

Yes, "I am WHOLE", because it is not just the body, it is the mind; so, "*I am whole in body, mind and spirit*", that is the better way to convey the message; and the more you say those words, the more you feel the *strength* in the body—the workings of the body, because it is a marvellous contraption that you have been gifted with—I know you would agree with that. So, my dear friends think upon these words and put them to some action.

Salumet has spoken much about what happens when you die and how there is nothing to fear—see link:

<http://www.salumetandfriends.org/death-returning-home/>

And finally, as Salumet said tonight: "All you need is Love", and back in 1967, John Lennon was inspired to write a song using those very words: <https://www.youtube.com/watch?v=RAcwu3JVwdI>

There is a nice story behind the writing of this masterpiece: All you need is Love':

<https://www.youtube.com/watch?v=IwfzqgYaAvc>

And finally, some holiday Home work:

Salumet/Spirit need us in this Healing mission—please share, share, share these direct quotes from this transcript. Thank YOU :-)

In your healing moments, ask for help to transmute the density of energy that surrounds you and every other planet at this moment.

The more you ask, the more help we can give.

...keep your feeling of Love and Goodness, and most of all hope that *good*, will overtake what is unnecessary in your lives.

If you could only see that only one of your thoughts can create this power of movement and spreading wider, if only you could direct your thoughts that it is getting smaller rather than bigger...

...for every decent, good thought that you send out, you can be aware that it spreads as a loving pool and grows and **GROWS...**

SALUMET - 24th January 2022

We are usually given the heads up by our gatekeeper Cho, the week before Salumet speaks, but to our delight, Salumet made a surprise visit—audio link: http://www.salumetandfriends.org/app/download/11760958/2022_01_24+Sal.mp3

Paul: Good evening, you're very welcome to speak if you wish to.

Good evening.

All: Good evening.

It is good to join with you once again.

Paul: It's very good to have you back, we weren't expecting you, thank you.

I understand, but I felt it would be of great use to speak with you all now.

Paul: Wonderful, thank you.

I was listening to you speak about illnesses in people and also yourselves. (Yes) I would like you, my dear friends, to remember all of the dear children in this world, after all, they will be the ones who make the future of this planet.

Agreed

I have told you that these children will grow and Spirit will surge at a great pace when they are ready to join the earth planet.

There is so much discontent in your world today and we know from Spirit, that there is much unhappiness and bewilderment amongst the people. I say only a few words to you, my dear friends, and that is to hold on to the knowledge that we in Spirit have tried to bring to you: BELIEVE that ALL GOOD, is the way forward.

It is difficult, we know, to believe that everything will be FINE, but IT WILL BE. No matter how dark your days or years may be, remember that Spirit is always alive. I wish to thank you all for the good work that you do, you all are teaching angels, you are all bringers of Good News and we thank you and hope that you will continue along this pathway.

Paul: I'm sure we will, it's a great honour, I just wish we could get more people to listen. *(Chuckles)* We've got the websites, we don't know how many people read them, we hope lots are gradually finding their way to them.

Yes, I feel your ingredients must be placed with a little patience also.

Paul: Yes, hopefully we've got plenty of years to continue to spread this wonderful knowledge that you've given us.

Yes, you must be positive about these things, even when all seems dark, no matter how far you go in your world, remember that we are always, always with you.

Paul: I think these dark times, are the times when you really need it the most, **(Yes)** and you really grow, yes. And absolutely it seems like it's one thing after another, on planet Earth, when one 'catastrophe' finishes, gradually there's talk of other things brewing, and I guess it's going to be like that for a long time, but we just have to, as you say...

You have to FIGHT DOWN FEAR. Remember that fear can be very successful in people who are unsure of themselves, or unsure of what life is about and although it is most worrying for you all, I ask you, my dear friends, that you remain strong and look to the future with LOVE and BRIGHTNESS.

And remember also, it is not just the earthly planet, it is those who surround them, the nearest planets to you.

Paul: I fully accept that and feel it's in ALL of our interests, to *understand* and *project* that GOOD. It can be a *beautiful future* for us. It's a *Belief* of a *Knowing* that this goodness is *coming*; we have to be patient, but it's coming, even if it doesn't happen in our lifetimes, it's still coming!

Yes, yes, try to remember, it is not just one day, one year...

Paul: ...or one lifetime.

...or one lifetime, it is many sometimes—but I had to come this evening, just to let you know that you have our support and our Love.

General thanks

Di: It's not the *fear* I struggle with so much Salumet, it's the *anger* I feel when I see people being so cruel and horrible, **(Yes)** and then I find it difficult to think *lovingly* about those perpetrators.
But you must bring forward that deep Love, which you have for humanity, and you DO have that Love. Do not allow *fear* to disrupt the Love you have for others. I do not say it is easy, it is not, but I know and I trust you all to continue within the Love and Light of Spirit.

Agreed

Graham: Salumet, I wonder if I could ask a question? **(Yes)** At the moment, my wife and I are reading an author called David Hawkin, who's a very influential author in the world at the moment, and he's produced a map of consciousness, which goes from one to a thousand. A thousand would be Jesus and the average level of consciousness on this planet is about two hundred. This scale has been put together by using Kinesiology—the kinesiology approach to all sorts of things which concern our planet at this time. I was wondering if this was a useful tool for mankind at the moment?

I understand. Anything that helps mankind can only be good at this moment in time. Whether the data or the facts are as good as they seem, we will leave it to your attendance in the coming years. But yes, consciousness, how can you measure consciousness, (Yes) when it is able to transmute at will? But, if the gentleman is sure that he is on the right pathway, then I say to him, 'continue'. Anything that brings happiness, or lessens fear, can only be good for the planet. (Yes) You understand?

Graham: He's written about twenty books, he's died now, but his teachings are just so uplifting and they're so in parallel to **(Yes)** what you've taught, it's wonderful.

Sara: It's very much in line, yes.

Graham: He's talking about Unconditional Love...

...which we all know is to be the *one thing* that all of you possess, but not all of you use. (Yes) I say the gentleman has written from the heart and that is all I can say about it.

Graham: Yes, he's given people many tools to help raise their consciousness, like on the subject of Unconditional Love, **(Yes)** he's said that many of us are held back by our fears, which is what you're talking about, **(Yes)** and one of the ways, when you approach and you raise your consciousness through your lifetimes, you get better and better at re-contextualising all things, from a negative to a positive, by simply looking at the situation with different levels of consciousness, will give you a totally different feeling, but as you get into those higher levels of consciousness, then re-contextualising into Unconditional Love type thinking, is so powerful, **(Yes)** and it just fits in so well, with what you've been teaching us.

Yes, once you have this knowledge, this ability to extend your own lives and understanding, then we begin to see that there is more to life than living a life on earth, (Yes) or travelling to another planet, which in your case here, is not quite so good, but you are pointing in the right direction. (Yes) You understand? (Yes) Yes.

Sara: I believe he reached a point where he was not fighting with anyone or *anything* and he accepted everything that he *saw* as perfect, in its stage or evolution and everybody being at their own level of consciousness. I felt that he must have reached an incredible/beautiful place, where he didn't see the need to change anything, but just to be giving and loving of himself, to whoever was in front of him.

You are speaking to a being, who understands fully what is being said. Remember that what you *see* and what you *feel*, is from your *thinking*, your Love. And there are many, many levels of consciousness. I would perhaps, not use the word 'disagree', but I would say there are so many levels that you may never know about consciously. You understand what I am saying?

Agreed

Yes, it is wonderful when you reach a level of understanding, which puts forward to you and all of the Universes, this sacred, sacred way of thinking.

Now, I am so pleased, my dear friends, to have joined with you this time. But I feel for now, we must say goodbye, until we meet once again.

Paul: It was a lovely surprise.

General thanks

Graham: An absolute joy!

Paul: Our love goes with you, as always.

Notes:

1. Graham's question refers to author David R Hawkins, who was a deep-thinking Psychiatrist in his working life, who explored consciousness and enlightenment. He wrote 'Power Vs Force', and many other books.

2. Salumet reminds us to remember the children, who of course are the future.

Much has been spoken about children, here are a few snippets:

Millennium children: 20/01/2014:

So much has been said and written about what you call 'millennium children'—that they have come with special spiritual gifts and so forth. I would like to say that at this time in your earthly evolution—that all people, not only millennium children, take great pleasure in coming to this world at this time. Because we have amongst them so many wise souls, these children will grow and provide the knowledge and the wisdom of spirit. They feel honoured that they have been given this opportunity.

Indigo children 10/03/2014:

I have spoken of Indigo children. I do not consider them particularly special—only that they are expressing more spirituality when they come to this Earth. Let us refer back to my question for you this evening, about why you choose your parents. These souls who come to Earth with difficulties are souls who wish to use those bodies to gain the insight that they need—the lessons in earthly life that they need. But they are not any different from another soul who comes to work out their own pathways—only different in as much as the earthly body is different. Do you follow me? (Yes) So I would personally refrain from saying *special* children. They are children who have come at a particular time for particular work (thank you) I hope that helps your understanding.

Children of Peace: 17/10/2016:

Throughout the world these children will appear. They will become known for their peace and their skills of being able to talk and calm. Let there be no mistake that this is a great gift from Spirit, but I wanted all of you, my dear friends, to know of this knowledge now... There will be in every country throughout your world one of these children...

21/01/2019:

You can start, my dear friends, if possible to help the young people and the children of this earthly world, to try to inspire them to goodness and to thinking of others; to help them to understand the beauty that surrounds them and the people that surround them at all times. I have told you that the children who will be coming soon will bring a great change to your earthly world. There will be seen in these children a beauty and a strength not yet seen, and after all, they will be the ones to continue to help with the expansion of *all knowledge*. So take note, my dear friends that you must take any opportunity to help young people, to listen to them, and to speak to them only the Truth of the Spirit. It is indeed a heavy burden for those of you who at times feel despair of your world, but again I say, do *not* despair, allow the Love that you feel at times when you are together, allow that strength and Love to support you and uplift you all of your lives. It may seem a simple task as I say, but indeed it is not, and we in Spirit, my dear friends, are giving you a challenge for this New Year.

And finally, as Salumet reminds us this time:

Look to the future with **LOVE** and **BRIGHTNESS**.

SALUMET - 4th April 2022

After healing prayers, Eileen was shown a blue planet, and given just 2 words: 'New Age'.

Our dear friend Cho then spoke—audio link:

http://www.salumetandfriends.org/app/download/11843008/2022_04_04+Cho.mp3

Hello!

All: Hello Cho!

I won't stay long.

Paul: It's always good to hear you anyway.

Busy, busy, busy.

Paul: That's good to be busy—not too busy, but a little bit busy is alright.

Yeah—too many tears, too many tears. I come here to give you all happiness.

(Paul thought Cho referred to a funeral last week, but he was referring to the world.)

Your world is crying—yes, the whole of your world is crying.

Sabine: So much injustice.

Paul: Yes, we're still a young planet it seems—haven't evolved enough yet.

No... Where is everybody? I just realised.

Chuckles

Eve: A bit quiet tonight.

Paul: Yes, a little bit of illness, a little bit of holiday...

I come sort them out.

Chuckles

Sabine: Yeah, you do that.

Paul: Hopefully they'll be back next week.

I glad to be with you my friends—very, very glad to be with you.

Sabine: I think I felt you when we were in Scotland last week.

You felt me?

Sabine: Yeah, you were popping in at some point.

Oh, I was with you at times, I can tell you.

Sabine: Yeah, well I did feel you.

My little chicks must be looked after.

Thanks

How can we help you expand if you don't listen?

Sabine: That's true. ***(Yeah)***

Paul: We've got to bring a bit more cheer into the world then?

Well, someone has to. Yes, of course, your love and your good wishes are most important, not only for yourselves, but for everyone—all who are involved.

Paul: Yes, it's almost like we've got to bring the *Spirit of Christmas* back or something, because on the TV, there's not much 'good' happening, but there *is* lots of 'good', but we don't always hear about it.

That's true, that's true. I come knocking on your door. There's many knocking on your doors, this evening there are many here, so if you feel them, please say what they want you to.

Agreed

That means I'm gonna be busy.

Paul: Good, it's a chance for a bit more development and practice.

You think I need developing?

Chuckles

Paul: No, we do definitely!

This is my cheeky friend!

Chuckles

What will I do with him?

Sabine: You see, you miss him, you even go with him on holiday.

I always follow you my dear, yes, I follow all of you—try to look after and help you.

Sabine: I know you do, and we're very grateful.

Agreed

You don't have to be grateful, no, no, don't be grateful, it's given to you with Love, so you don't have to be grateful.

What am I going to do with this voice they keep giving me? One minute “uh” (high sound), one minute “aw” (low sound) –referring to Eileen’s croaky voice.

Chuckles

Paul: It sounds clear anyway, we understand very clearly.

Yes, much better than when I came to you at first.

Agreed.

Sabine: We just read that transcript actually.

I better watch my words then tonight.

Sabine: As I was reading aloud, I had to pretend I was you.

Pretend you was me?

Chuckles

Oh, who would pretend to be me? I can hear that lady (Sarah) giggling.

Very quiet in here tonight. What are all those people doing?

Paul: Ummm.

Umm? He say “Umm”What’s that mean? “Ummm”?

Laughter

It’s a good noise.

Paul: Yeah, and you always make us giggle.

Eve: You cheer us up Cho.

Yeah, I always try to cheer you up, you’re very special to me, all of you—very, very special. Not every day, but most of the time.

Chuckles.

Sabine: Yes, sometimes we’re cheeky too!

Yes, you keep that boy in order, don’t you?

Sabine: Absolutely!

Chuckles

I know, I see sometimes.

Paul: I know, I don’t get away with so much these days...

You shouldn’t either—I only joking with you. Anyway, I go now, because there are lots of people in the room, so if you feel anything, please say to the others. It doesn’t have to be anything special, even though I know you are very special yourselves. (More giggles from Sarah) She giggling again! I like her!

Sarah: No more special than everybody else, Cho.

Sabine: Umm—Salumet....

“Ummm”, you can do that, it feels good!

More chuckles

Good to hear some laughter. Right, I’ll leave you now my good friends, and be back soon.

Thanks

Who knows, I might even have another voice!

All: Ooooh!

Ooooh? What language is that?

Sarah: Sounds Scottish to me.

Oooh, a lady friend be after you....

(More “Oooohs”)

Thanks and farewells

Eileen then had some clairvoyance for Eve, about a love bond/connection with her grandmother or mother, who liked to sow.

Eileen also saw that Natalie was thinking about getting a second cat, and said she was a ‘cat mommy,’ and that she would have a strong bond with this cat.

She also saw that Sarah had a secret admirer...

We then sat in silence for some time, before, to our delight, Salumet briefly spoke—audio link:

http://www.salumetandfriends.org/app/download/11843006/2022_04_04+salumet+1.mp3

Sabine: Good evening

Paul: Oh, good evening and welcome, you're very welcome to speak if you wish to.

Good evening.

Paul: Ah good evening, is that Salumet?

It is.

Paul: Ah, wonderful to have you here.

Eve: Thanks for coming.

I come this time, just to tell you that I will come to you soon, to have a conversation.

General thanks

I come also this time to bring to each one of you, Love, Upliftment, Joy and Happiness, my dear friends.

Paul: Ah, thank you, just what we need in the world at the moment.

Yes, many are working tirelessly in your world at this particular time—but for now, I just wanted you to know and to FEEL SAFE, WITHIN THE LOVE that extends to you.

Paul: Thank you—we do and we know we will come through.

Yes, but I will join you at another time, so that we may converse on matters that trouble you.

General thanks

Paul: Yes, there will be lots of questions and it will be lovely to converse, thank you.

I leave you now my dear friends, hopefully with the upliftment that I bring to all of you.

Paul: Yes, I think we always feel it when you come, so thank you and our love goes with you.

Sabine: Thank you for your gifts.

Paul: Yeah, makes me feel tingly all over.

Notes:

Salumet teaches us not to be fearful, and that we can always uplift/expand our thoughts, knowing/accepting that all is evolving towards Love and Truth.

So, as Salumet reminded us before (24/01/2022), regardless of what appears to be happening in the world, we can continue to: Look to the future with

LOVE and BRIGHTNESS.

SALUMET - 6th June 2022

Though numbers were a little low, the conglomerate being known to us as Salumet, spoke, as always, via Eileen, in full trance—audio link: http://www.salumetandfriends.org/app/download/11902232/2022_06%2906+salumet.mp3

Good evening.

Paul: Good evening—welcome—wonderful to have you back.

Yes—there is so much to do at this time. I need not tell you how busy we have been in Spirit. We have been all around your planet, we have joined with those who are suffering at this time. But I want to say to you, my dear friends that the Love has also grown, as well as the negative areas in your world.

Paul: That's very good to hear.

Yes, I wanted to come this evening, to give thanks to all of you Spirit-workers, and there are many—more than you possibly realise; we give thanks to you *all*, because without your help, it would be a harder task. Therefore my dear friends, please accept the Love and the blessings that come to all of you this evening.

All: Thank you.

We know that the more positivity you create, the better it is, for not only you, but the planets also.

Paul: Yes, you've said it's all connected.

Yes, everything is connected, whether good or bad. It's like what you term, 'tossing the coin', sometimes it is not good and other times life is joyous. We at this moment in time, are doing all we can to bring

peace to your world. Some people ask, why it is not possible for Spirit to come in and put an end to all things, but as well you know, we cannot interfere with the lives that are here now. So take those few words, keep them close to your heart and you will see negativity disintegrate. It is not difficult to send Love to all the others in your world, it is easy my dear friends; just think of that beautiful word within you, that will bring peace and enlightenment to you all. *(Agreed)*
It is difficult times, but the earth planet has gone through many difficult times and as you said previously, it all has meaning, but not the kind of meaning we can express to you with understanding. So I say only to you, are there any questions before I go this time? I want you to know too, that we are always close by. **So know that whenever you call our names, we are there with you.**

All: Thank you.

Paul: I think one thing that has helped a lot of people, is when you reassured us in 1994 that there will be no nuclear holocaust, **(Yes)** and I think some people have been reminded of that. It might be a good chance to just remind people again perhaps. As you say, we've been through lots of conflicts before...

Yes. Earth is a complicated planet sometimes.

Eve: We never seem to learn from past mistakes, do we?

Yes, that is one of the problems, but I can tell you, you WILL move forward, you WILL move forward. Do not be afraid of your future, because we stand close by.

Paul: And Spirit can't interfere too much, because we *have to go through*, **(Yes)** in order to *learn*. **(Yes)**

Eve: We have to keep *learning and learning*.

Yes, I feel and fear that some people *feel* that we have what you term, a 'magic wand.' Know it is part of your life's travels, what you are experiencing once again. But I say to you, my dear friends, keep that positive attitude and we can grow quickly and end the many things that are making the Earth people so unhappy.

Mark: I think one thing we have to learn, is to not be so easily influenced by our media on mass. It's like, this latest war, which is really between *America* and Russia, people have easily been influenced to feel that it's right to contribute to it and keep it going, **(Yes)** but it takes time for people to realise, I think.

Yes, people must come to the realisation for themselves. We can influence a little, in different ways, but we cannot change what is going on—that is for mankind to understand. Yes, but you are correct in saying that mankind has to see for *himself*, what is good and what is, I will use your word 'evil', for the time being, because that is what lots of your people are thinking.

Eve: So long as we don't destroy ourselves in the process.

You must not even entertain those thoughts. You must not give way to thinking like that, because it takes hold of your very being and then it is even more difficult to be able to help. Do you understand?
(Yes) Thank you.

Now my dear friends, I needed to come this time, to help to uplift you, as much as we can, to also thank you for your good work that you give to others. You will be blessed many times for this. It may not be in this lifetime, but it will come to you.

General thanks

Eve: It's always good to get your upliftment, thank you.

I hope that by the end of your evening, you will feel the power of spiritual upliftment within you.

Paul: Thank you. There are a couple more questions, but should we save that for another evening, when there's more people here?

Yes, if you would, that would be good for them, to actually hear words of encouragement. So yes, I will come shortly, to answer some of your questions.

General thanks

Paul: We will continue to do what we do...

Sabine: Share the Love.

Eve: Be positive.

Paul: And try to turn people away from all the fear, because there's nothing to fear.

No—it is difficult we know and we fully understand, but just remember:

YOU ARE NEVER ALONE.

Remember that always, we are here to help and try to make a difference in your lives.
So now I will take my leave. I thank you my dear friends for all that you do.

More thanks/farewells

Notes:

Salumet on interconnectivity

25th October 2021

I wish you, my dear friends, to try to understand that whatever happens, is just part of a bigger *cause*. You would not perhaps understand that your life on earth, could be so interconnected with so many other planets, so many other galaxies, and I say to you at this time, *at this time*, all is confusion for you. Allow your minds to *rest* sometimes and perhaps a little understanding will come to you. You will never fully understand what is happening with these viruses and illnesses, but I can say to you, the worlds will turn out to be a better place—no matter how long it has to wait, it *will* happen.

So much is going on with the planets in this universe, it is almost like it is in a jar of ice and is being rattled and rattled and rattled, until you wonder where you are. But remember that **Spirit are here to help you, Spirit will always come close to you**; so please, my dear friends, remember this.

23rd May 2011:

Yes, the stresses of your planet, as you call it, come from within and without. You are not a *singular* unit in all of these universes. Every planet is connected to the other. You cannot separate this Earth planet from any other, and say that you are special in any way, because you do not know the wider picture of life. It remains difficult for the human being to fully understand the working of the Great Creative Force.

George: And we are so grateful to you for introducing us to other planets and other planetary beings, and this helps in our realisation of our part in a much greater system.

Yes, until that realisation comes, you will always struggle with what is happening on the Earth planet—yes; but firstly look inwards, find yourselves within, and you become that greater part of the universe. When that happens, your understanding of your neighbours—your neighbouring countries—your neighbouring planets—neighbouring universes, will all become much clearer for you.

George: We have the understanding that the universe is infinite—*our* universe that is—so any *other* universes would have to be equally infinite, but I guess on a different wavelength or a different vibration. Does that make sense?

Partly—your universe is connected to all other universes and you all vibrate, yes, at slightly different rates, depending upon the universe. We are going much further than we have to this point. I want you to understand, my dear friend, that all-of-existence is inter-connected—is a mass of energy, which pulsates as I have said, in many different ways.

George: The different universes are inter-connected themselves?

Yes—yes. All—all life is connected—you cannot separate them, but at the same time it is a different rate of energy. This is further than we have ever gone and I do not think, at this particular time, your understanding could encompass the details of it.

...existence is simple—existence is love—existence is unity—existence is ‘going within’.

SALUMET - 25th July 2022

After healing prayers, Salumet spoke—audio link: http://www.salumetandfriends.org/app/download/11951075/2022_07_25+sal.mp3

Paul: Good evening Salumet, welcome.

Good evening.

Paul: Lovely to have you back.

I also, I am pleased to join with you again.

Di: Thank you for coming.

I know that all of you, my dear friends, have been waiting to be able to speak with me on matters that are happening in your world at this time. Firstly, let me say thank you my dear friends, for all the Love and Joy you give to many others. Each one here has had the opportunity to show what Love can do for the Spirit; and it is good for you to know how much of Spirit is with you on all of these occasions that you are so worried about.

I want to say, happiness does not come easily to all human beings, but I do want to thank you for everything that you have spoken about and given Love to people who are basically strangers to you. But I am sure that by now, each of you can feel the strength and the upliftment of Spirit, whenever you call upon it. *(Agreed)*. So, therefore I take this opportunity to say thank you, my dear friends, for all the Love and the work that you do, because as I have already said to you, without you, it would be more difficult to keep this contact.

Paul: You've given us so much clarity, understanding and knowledge, it's a pleasure to try and share it. **(Yes)**

Sabine: And it uplifts us as well. *(Agreed)*

Yes, I want to speak, just a little, about your situation on your planet at this moment. *(Thanks)* Do not be afraid, my dear friends, do not allow circumstances to make you feel unhappy or worried, or any of the negative emotions that come to you. It is not only the Planet Earth who is what you may call 'troubled' at this time; there are many universes my dear friend, I believe we have discussed this a little. There are so many galaxies, so many universes, so many more people that you would not recognise, who come from other times. All of them at this particular moment in time, are suffering in some way or another, because it is time to do so. Remember these words: **IT IS time to do so.**

Paul: We were talking about suffering being like a path, a passageway to enlightenment.

Yes, so in knowing that fact, you should be able to say to yourselves, it is all in order and Spirit will see us through. So, remember those words, my dear friends.

Thanks

Paul: We know that there's light at the end of this tunnel, and then...

But you are just one small pinprick in the sand. *(Yeah)* Try to remember also, it is not all to do with Planet Earth. There are so many planets who are going through the same kind of situations.

Paul: We're just a *tiny* little planet, amongst much bigger ones, I'm sure.

But I heard you speak earlier about people passing to Spirit, and I want to say, who is it that wishes to say, '*they were too young*', or something else, because in the time of passing, it is because you have completed the work that you chose to do. You understand? *(Agreed)* **So, never feel sorry for anyone who is coming Home to join with the Greater Union of Planets and Spirit.**

Di: I've just been to my auntie's funeral, Salumet, and I felt a real upliftment there, because I knew that she's gone where she wants, but it's the grief of the people left behind. **(Yes)** I did my best to say where she'd gone and that she was well—I do think it helped a little bit, but it's natural to grieve, isn't it, as a human being?

As a human being, you have what you call *tear ducts*! *(Giggle)* Have you ever imagined what they are for?

Di: Releasing...

Yes, there is no trouble in tears, if it releases anxiety and everything else that you speak about, that can only be a good thing.

Have you anything to ask of me?

Sarah: I was just thinking, it's people's time to go back, but I was thinking those awful—well, I shouldn't be saying 'awful' from what you've said Salumet, but the shooting of those children in that school in America,

well there have been several around the world, but it's those children's time to go as well, Salumet, even though it's not their choice on this planet, but maybe it was their choice before they came here?

It was part of their journey that they chose, yes, but because they are small human beings and you do have great affection for your young people, we know, but try to learn some lessons from all of these things, because when you 'DIE', as you say, you are going to a very good place, a place that we all wish to gather to; but even in the desire to go, you must not go, because it is part of your plan. (This refers to desiring to go before our planned time) Do you understand? (Yes.) Does that help you?

Sarah: Yes, thank you.

Paul: I've got a few questions from different people—have you got time to take a few?

We'll continue and I will let you know.

(The questions were written down, and a flashlight was needed to read them)

Paul: Some scientists in Japan, Osaka University are close to obtaining solar energy from Sea water, through some kind of chemical process, which collects hydrogen peroxide, which should overcome the limitations of solar only being available during the daytime, when the sun's out, but this would in effect, prolong being able to use the power from solar energy constantly, 24 hours a day. You mentioned once that energy would come from the sea and I wondered if this has anything to do with that?

You have just answered your own question. I told you, did I not, that many answers would occur from the seas, the waters of the world—not only waters of Planet Earth, but all of the others surrounding. Water is like a jewel in a crown. So, yes, what these scientists are doing is helping to make life easier and become more knowledgeable themselves, about what is available.

Paul: So, this could be very important times...

It could be, but I feel, or not 'feel,' but I can tell you, it will be a great deal of time, before there is a rich reward.

Paul: Ah, yes, so it's early days, **(Early days)** and we might have to rely on fossil fuels...

...for a while longer, yes. There is much to be learned, from not only the seas, but the different planets.

Paul: Another question, if you could take another one: Serena, who used to come here, put a question: She's been researching an old civilisation called the Tartarians, not in the too distant past. These Tartarians, it seems they built buildings, often with copper domes on the tops of buildings and you can even see them in many cities, like Cambridge, especially around churches and there's speculation that these copper domes helped gather energy somehow from the ether, storing it up and producing lighting and perhaps heating, not so long ago even. Could it be that these Tartarians, were able to extract energy from the earth, perhaps from the ley-lines? Is this another example of lost knowledge?

Yes, I see, there have been so many civilisations connected with the Earth Planet—situations which you have no knowledge of still and I am not here to tell you why, because that is part of your evolution, you understand? But there is much on planet Earth to be discovered, which *will* be of great use to many people here at this time and in the coming time too.

You are speaking about a civilisation who had great knowledge—people have differing names for them, but it is something for mankind to discover, not for Spirit to give the answers to it, do you understand?

(Yes) That is part of *their* evolution, to discover and to become aware.

Paul: Mm, a bit more detective work...

Yes, you would not like to have too much information all of the time now, would you? (No) I think you mean 'yes', but that is not likely to happen!

Laughter

Di: It's not the right time to have that information. **(Yes, yes)**

Paul: There's so much knowledge available, it would be bewildering probably...

And so many civilisations that have existed on this planet that you will never find out about, in near time. I hope that helps a little—but it is good for humankind to try to discover for themselves...

(At that point the flashlight shined a little too bright for Salumet as Paul was trying to read another question)

Yes, please continue.

Paul: There's one other question from a reader if you can take one more. This is a subject that's come up already, but it might be a new slant on it: I think Tony's first wife passed to Spirit 37 years ago and his son passed to Spirit 5 years ago and there are several other sons that have all had children and grandchildren over the years and he was wondering whether his wife who passed 37 years ago could easily have reincarnated into one of the children. He's not suggesting that's happened, but it's the *possibility* and he also wonders whether the son who only passed 5 years ago, whether that might be too soon, if they did wish to reincarnate into the family, if you like, into one of the other son's children? And he also wondered about when he departs at some point, from this world, because he's quite elderly now and if his first wife's already reincarnated, would he still be able to communicate? He answers his own question in a way, he thinks, 'yes', they would, through astral travel at night/during sleep-state.

Yes, what he's saying to you, indeed happens all of the time, when people want to reincarnate back, instead of going forward; but that is their wish, that is their free will still being used. So, yes, you could have an elderly parent come back as a young child. It happens all the time, *but* I have to say, it belongs to the person, not anyone else, *they* must make the decisions for themselves.

Paul: Yes, I understand, so they are central, they won't come back necessarily...

It's not automatically...

Paul: ...just because there was a marriage of Love...

Yes, and of course, too, man and woman do like to wait for each other, especially when there has been a very strong Love bond.

Paul: They do like to wait for each other?

Yes, they can if they wish, or they can move forward, but normally there would have been some kind of, I will use the word '*contract*' lightly, for doing this, before they came. Yes. Has that helped a little?

Paul: Yes, that clarifies, thank you.

Sarah: When we go into Spirit, if we haven't finished what we came here to do here, can we still move on instead?

No, you cannot move on until you have decided that what you need to do is imminent. It may take 100's of your years even, it may take just one week of your time, but again, it is up to each individual what happens—nobody is forced to do anything they do not want to do.

Sarah: Ah okay, when you said the decision to move forward. I thought we *had* to come back to finish what we haven't done.

No, no, I would like to dispel that whilst I am here. NO ONE IS FORCED TO DO ANYTHING THEY ARE NOT READY TO DO. It may take them another 2000 years in Spirit before they decide to come back for whatever reason. So yes, does that help you?

Sarah: Yes, thank you Salumet.

Paul: There's no *hurry*, because there's no '*time*'.

Yes, '*time*' belongs to your planets, not to Spirit.

Natalie: Could I ask a quick question? **(Yes.)** I'm not sure if you can answer it, but it's been a bit of a funny year for me and I believe something happened. I was reading on soul-mates and connections and one thing caught my eye, which was: if you do meet your soul-mate, nothing kind of gets in the way and it just pulls you kind of, there's no stopping it, regardless of your situation. I was just wondering if you could confirm if that's what's happened?

With you? (Yeah.) No, you cannot put blame to any other person, each of you are individual in so many ways, each of you have free will, which we have been discussing. The majority of people coming to Spirit know what they are coming to and what they went to. If there is any blockage, I'll call it, or any other disturbance, that is to do with the individual Spirit. Even if you feel it is a soul-mate, that cannot stop you doing what you have to do. (Okay.) But I know what you're speaking of and many people, there are many questions to be posed about soul-mates; people have so many viewpoints, but just know this, that as a Spirit, you are a being of Love, you are a being able to match in time, anything else other than Love. So, I would say to you, my dear friend, it is time for you to move forward, and to, I won't say neglect or ignore, but I would say be focussed on what you wish to do in this lifetime now. (Thank you.) Ask for help from Spirit and it will be given, you understand? (Yes, thank you.)

Yes, now I feel I must leave you now, but my dear friends, I have been so happy to re-join with you once more, I hope any question you have may be answered honestly and truthfully and I desire that the Love you hold from Spirit that it will always be with you at all times.

All: Thank you and our Love goes with you.

Yes.

Paul: We are so grateful for your visits.

I hope it has lifted your thinking, (It always does.) because too many people become afraid, and what is being afraid, if it is not just fear allowed to take hold? We do all we can to help you my dear friends.

Di: It's nice to know that you're always with us.

Yes, you can speak to me at any time, you know, but there is much to be done at this time, but remember, it CAN be done and you ARE Beings of Light, Great Light in the realms of the universe.

Paul: There is still a lot of fear around, and we need to get our brooms to sweep it all away.

Yes, you are doing well, I am so happy that you are able to understand, but there is no point in going over things that had happened, you must look forward, you must choose your lives in time to come and then things will become clearer for you. So, until we come together again, I will say thank you my dear friends.

Thank you + good byes.

Notes:

1. Link to the new solar energy from seawater: <https://inhabitat.com/scientists-develop-new-way-to-obtain-electricity-via-seawater/>
2. Past Tartarian civilisation link: <https://www.youtube.com/watch?v=5g6bDb8hKSO>
3. Salumet has spoken much previously about soul-mates: 12/11/2001:

The soul-mates were created together for all time, from the beginning of what you know as *time*, and that subject is much too complicated for us to discuss here. I could speak of molecular energy, I could speak of all kinds of energy, but I feel that, for you, would confuse the issue. Soul-mates were created together. They vibrate on the same electromagnetic wavelength. They are counterparts of one another. That is the simplicity of the soul-mates; that they are energy which is vibrating on the same energy line. Do you understand? It is an issue of words again.

That is why true soul mates do not meet in incarnations except **very rarely**: there is no need when they incarnate at the same frequencies.

Now we come to twin-souls. This indeed should be the term you use instead of your soul-mates, which is used most often in your world, because twin-souls meet many, many times in different incarnations and their purpose is in recognition, in coming together to try to form and create and blend into one energy; that is the purpose of their coming together. All of you in this room are twin-souls. You have met in other times, in other lifetimes.

For further information see: <https://www.salumet.org/87-twin-souls>

And finally, a Salumet exercise for self-development 2018/01/08:

For the past few years, we have been encouraging all of you to look deeper into your soul, to find that part of you that is eternal, to recognise in others your own weaknesses—where there is fault, look only to yourself. I would like you to think about this a little more deeply, and you will find just *how* much you have grown. How many times have you stopped in your tracks and said, '*I must not do this, or I must do that*'? It is that Soul within which

is guiding you all. Few words, but a very deep thought, and I would like you my dear friends, that you discover within yourself that little piece of the Creator which will continue to ever move forward. Never allow life to become static, allow thinking to be filled with Love and, when I say Love, I mean Spiritual Love, the kind of Love that overflows all things, you understand?

10th October 2022

*This was not a Salumet, but another spoke through Eileen, with much Love and wisdom from deeper spirit, describing themselves as a **Messenger of Love**—audio link:*

http://www.salumetandfriends.org/app/download/12028744/2022_10_10+Messenger+of+love+via+Eileen.mp3

I wish to speak.

Paul: Yes, you're very welcome.

I am to tell you Salumet will be with you on your next gathering together.

All: Thanks! Wonderful! Good news! ...

I have been listening to your prayers for others and I wish to say, thank you, thank you so much for all of your help.

Paul: It's the least we can do—we want to do as much as we can.

You can, you can by JUST BEING STILL. You can by JUST BEING SILENT, you CAN by BEING AWARE of what is around you.

Paul: Is that because when we are still, we vibrate...

On a different level.

Paul: ...and that ripples out and effects the planet and everything.

Yes, you must try to understand the power that emanates from all of you, when you are sending LOVE. I have to say sometimes, human beings are more concerned with how they work, how they meditate, instead of just BEING LOVE. It is something we can all improve on.

Paul: We overcomplicate things. *(Yes, yes)*but focusing on just BEING LOVE...

You ARE LOVE! When you are in that state, you are PURE LOVE, you are joining with those of us in Spirit; but sometimes you seem to be so baffled by all that takes place.

Paul: I think this is a powerful message, if we could focus on that *(Yes)* maybe we don't need to try to pursue people about things—it will naturally happen...

By making contact with a person such as yourselves, you are already touching the Soul. So therefore there is no need to continue to wonder what is happening—why is this and why is that? JUST LEARN TO BE!

(Pause)

I hope you know what I am talking about.

Paul: Yes, I think so, I can't quite articulate it myself perhaps, but I do feel I understand and it's a powerful message. We've had words like this before, but each time, I think we understand it a little bit further.

Yes, that is true, very, very true. So my message that I bring to you, is this: THAT YOU LEARN TO BE YOUR TRUE SPIRITUAL SELVES, WHILST HERE ON EARTH.

We are all simple beings, beings of Love that shine forth from so many, and so many are still learning, still learning—IN ALL THE MANY EONS OF TIME, WE ARE STILL LEARNING.

Paul: Yeah, it is incredible, it's a never-ending journey it seems; but to be still and focus on Love, that's probably the most direct way we can change ourselves and perhaps the world.

Sara: It's our highest offering, isn't it, just to be LOVE.

It is not easy, to just BE LOVE and I don't wish you to feel that it IS easy; it takes much time, much time, and I am a Messenger of LOVE this evening. So I bring to you all, what you assume to be LOVE and I do not say that lightly to you, because you are all ambassadors of Love. But be yourself, know yourself, love others and you will come forward and you will become PURE LOVE.

Now that my mission is over, I'm about to leave you and I offer you my deepest thanks and also my greatest Love.

Deep thanks expressed

Paul: We really feel it and you feel like an old friend, I don't know if you have been before, but it's a lovely energy within the room.

I have not been to speak to you before, but I am aware of every being within the room and also those that you have touched in the past and I would also say to you, be aware of the goodness that comes to you through Salumet. (Agreed) You understand now?

Paul: Yes, Salumet has given us so much wisdom and teachings.

But it's teachings which you have to develop; you cannot stay still, you have to expand as well.

Paul: Yes, we need to put the teachings into practice and live them more fully.

All of you have that capability, all of you here have the dedication, you want to help others, you want to know more about that spiritual being that is yourself. All these things are possible and I am deeply honoured to have spoken with you this night.

Paul: We are so honoured and blessed to have you, reminding us, and we do need much reminding; but that's a lovely and simple message you've given us tonight, thank you.

I say farewell to you and Love be with you at all times.

Thanks and farewells

SALUMET - 24th October 2022

As anticipated, Salumet spoke this evening—audio

link:http://www.salumetandfriends.org/app/download/12033653/2022_10_24+salumet.mp3

Sabine: Good evening Salumet and welcome.

Good evening.

All: Good evening.

Each time I join with you, my dear friends, your energies are so much stronger.

Paul: That's good to know! *(Agreed)*

Not only are the energies stronger, but as individuals, you feel this powerful Love, which encompasses you all. *(Thank you)* I know sometimes little doubts creep in, but there is no need for any doubt, because your Spirit is strong and I wish to say to you all, allow that strength of Spirit to grow; allow each spiritual thought that you have, allow it to double in size and I ask, my dear friends, that you allow the Love of all that is good, to grow within you.

We feel at this time, that it is appropriate for you all, to stretch your wings a little higher, to become those individual users of Love and Energy. We know some of you are still a little afraid of going deeper within yourselves and this, my dear friends, I ask you to cultivate more readily, to be assured that what you feel is really LOVE from Spirit; therefore, there is no room for any doubts. I know you feel this strength of Love, is that not so? *(Agreed)*

I believe you were able to feel it a little more, just the last time I was with you.

Paul: Yes, that was a beautiful person came through, yeah.

I would say to you, my dear friends that it is time to break forth and allow the Love of Spirit to lift you up even higher; to know for yourselves the power within and to know that what we as Spirit bring to you, is indeed the Truth. I used those words to you many, many years ago—Truth. But the choice is still yours, whether you believe in something or not, it is still there.

Now, my dear friends, do you have any questions this time?

Sabine: I do have a question in regards of, I know that what's going on in the religions probably started from the Truth somewhere and I'm talking about the *Holy Spirit*. I'm not sure what it really is. Some people say it kind of 'falls' on them and they become enlightened and I'm trying to understand what the process is?

When you are ready, you will know what it means, because it is True Love which emanates from you. You will have no need of explanations, because YOU ARE the explanation, YOU ARE Love. And it is difficult to understand, I know, but when people speak of Spirit, they are speaking of their Higher Selves, the Higher Self that would

enter into the land of Spirit, where as human beings, you would be amazed at the Love that lies within you. Do you understand so far?

Sabine: Yes, I guess so.

Di: So, the Holy Spirit, is *our* Spirit?

You are all Holy Spirits, some to greater degree than others, but you are still Holy Spirit. If you must use the word 'Holy', so be it—to us, it is that part of Spirit which belongs to the whole, but which very few people realise whilst upon the Earth.

Sabine: That makes more sense now, thank you.

It is a growth, you understand? (Yes) You will know when you have moved forward in Spirit, you will know that your understanding is good, and you will know that that is what is meant for you at that particular time of life.

(Thank you.) Do not be too worried about the use of the words, it is what you feel that counts. Are you sure you understand?

Sabine: I think so. (Good.)

Martin: I have a question, I was looking back at the teachings from the past about illness, I was specifically wondering about mental illness, which I assume is part of it, but it seems such a sort of insidious creeping thing that can affect anyone, I wondered if you had any advice for avoiding it ourselves, also for helping others overcome the difficulties?

Yes, it is a dizzying topic, is it not, especially in your world this day? Mental health—you know full well that you have a brain, which belongs to the physical and you have a brain that belongs to Spirit. What I wish to say to you is, you must not confuse one with the other. There is such a condition as mental health—but you all know that also; but you ask how can you prevent it, or help you with it? You can help yourselves, you can help yourselves by meditating daily. You can meditate for as long or as short as you so desire. You will never eradicate mental illness, whilst you are alive on earth, because it is a human condition that has been brought on by you as human beings. You understand that? (Agreed) Yes, you must go to listen to the thoughts and the feelings of people who suffer in this way. I cannot tell you that a magic wand will wave and all mental health will disappear. Whilst you survive on the earth planet, there will always be a degree of unrest or dissatisfaction. You understand? (Yes) I feel you do not, but let me say that all you can do is be in touch with the Great Creator every day of your waking hours and ask for help. In that way, whoever is suffering and whoever is trying to help, will feel the power of the Love—that is the way forward for mental illness.

Martin: Thank you.

Sara: I can vouch for that too, with someone I know who's had very severe mental illness, but because she believes in the Great Creator and because she does try to meditate, she's really helped herself a lot.

Yes, again it is the power in your own hand and thoughts. The human being creates many things, which are unnecessary for their lives, and I would say only this, my dear friends, anything that is said and done in the name of Love, will always be a benefit to you. There are also so many reasons why mental health captivates the human—too many to go into here, but I would say, continue to give help in your words, give help in listening, give help in taking time with people in distress.

Graham: I've noticed that some friends that suffer from mental health issues, seem to need to do an overwhelming need to do a lot of talking and I guess that's perhaps part of their healing, (Yes) just listening to them?

Yes, you must allow this energy to leave the body, by word or sense or feel, but you cannot have it laying stagnant.

Di: We must find the time to give to these people (Yes) and that's one of the hardest things for us humans to do really.

One of the hardest things, I would say, is to take care of yourselves, before you try to take care of others, because the Love and the energy which you feel within yourselves, transmutes into what they need.

Di: So again, it's back to making sure we have that time to meditate every day, heal ourselves first.

It is the biggest piece of advice that I can give to you, my dear friends, but you know this, because we have been together for so long, and always I seem to repeat the same things, but I am happy to do that, because you will be going into the world to spread the word of Love from Spirit. To help and Love is a great blessing.

Paul: It's a wonderful thought—so, the more we heal ourselves, the more others are healed around us?

Yes, you only have to look at your everyday lives—a gentle smile, a touch, a few minutes to speak to someone who is unhappy—all these things are simple, but so powerful; and this is what I now, my dear friends, I would like you to cultivate in your daily lives. **Make yourselves pure and others will follow.**

Paul: Is this how we, as you said earlier, 'reach higher'?

Yes, you will grow from these activities. It will become more natural to you and you will be able to teach others by your actions.

Paul: I have one more question?

I will take one more.

Paul: Two of us were talking earlier about 2 people who say they've got a 'negative entity' attached to them. I don't think we've asked a question about this before. I was trying to think, is this like a person who needs a rescue, and hasn't moved on, so they've kind of grabbed hold of someone and they need to move on, or is the entity actually coming to the earth?

It is not always an 'entity', it sometimes can be the way that the human being is that they do not find Love and joy in life and the darkness surrounds them. You must be careful not to place every piece of 'trusting' to be right—sometimes it is the human being that has created the darkness and it need not necessarily be an entity. But again, talking to that person would be a wonderful upliftment for them, but like all things in life, it is wonderful to show people how good things are in their lives.

Paul: Yes, and presumably would that be the way, because if there were a darkness around them, or an entity, the antidote is always Love and Light?

Yes, it is not as simple as that, as I put into words, but you have to firstly check that it is not a physical illness, because the two remain very close; you must be sure it is not a physical illness that needs help on the earth, you understand?

Paul: Yes, that's another explanation, and if it was something...

You would be guided if it was a spiritual darkness—help is there within you to give. If it is a physical illness, then there is enough knowledge on your earth at this time to help others and they should recover quite nicely. Does that help?

Paul: Yes, thank you.

Now, my dear friends, it has been good to be with you. There is so much we have spoken of and so very little more that I probably can bring to you, because you cannot understand the more complex of life. So I say to you, thank you for your time and I hope that when I come to you next time, you will have practised some of the things that we have spoken of. *(Agreed)* But, as far as we are concerned from here in Spirit, you are approaching the next step of life.

General thanks for all that is given.

Now, my dear friends, until we meet once again, I leave you with my Love and Joy.

Thanks and Love

Graham then took us on a meditative journey of Love—audio link:

http://www.salumetandfriends.org/app/download/12033656/2022_10_24+Graham+med.mp3

This is an exercise to help expand your love—it follows on to what Salumet was saying.

I want you to take a distant view of the Earth; so you are up above the Earth and you are looking down at this beautiful blue planet; there it is, in it's perfection, in front of you. And that is the key word, PERFECTION, because everything that manifests on our planet at the moment is part of a greater plan, and that plan, is perfect.

As you focus your Love towards the planet, you will become more attuned to all the people on the planet at the moment, all the different things that are going on, the emotions, the hurts, the angers, the forgiveness, the reconciliations, the moving forward—all these things are perfect, because it is part of our growth.

So now try to think about focussing your Love, it may help to hold the planet in your hands; so mentally, extend your hands forward and hold the planet in a loving gesture between your hands.

Your planet is a ball of Love, manifesting in all strange ways, that is not for us to understand. Sometimes what people do is obvious, other times what people do is not so, it's more hidden, but ultimately we are all on a spiritual journey of Love.

As you hold the planet in your loving caress, bring the planet toward your heart, extend your Love into the planet, feel your heart reaching out, feel that bridge of Love between you and this beautiful planet.

The energy may feel like warmth, it may feel like a colour, a feeling; this is your planet, you are part of it and it is part of you. As you do this exercise, you feel the vibration of the planet start to rise. Inevitably we are drawn towards God's Light, inevitably our planet is rising in it's vibration, as we all seek that light. We will spend a minute now to feel that energy, that loving energy towards our planet and everybody that's in it. (Pause)

And now having completed that exercise, once again, stand back and look at our planet. You've held it to your heart, it's a powerful experience. Perhaps a little exercise every time you feel things are a little dark here or there. This is a planet of Love, it is perfect, everything manifesting is perfect, it is all part of God's plan—we can't judge anything, but we extend our Love.

Notes:

A common theme of recent meetings has been to encourage us to go deeper into ourselves and into Love: 2022/10/10: ...human beings are more concerned with how they work, how they meditate, instead of just BEING LOVE. You ARE LOVE! When you are in that state, you are PURE LOVE, you are joining with those of us in Spirit

2022/09/12: A deep meditation, leaving us bathing in great peace—audio link:

http://www.salumetandfriends.org/app/download/11993531/2022_09_12.mp3+Med+journey+one+via+Eileen.mp3

And Salumet adds this time (2022/10/24): Allow that strength of Spirit to grow; allow each spiritual thought that you have, allow it to double in size and I ask, my dear friends, that you allow the Love of all that is good, to grow within you. We feel at this time, that it is appropriate for you all, to stretch your wings a little higher, to become those individual users of Love and Energy...

SALUMET - 19th December 2022

http://www.salumetandfriends.org/app/download/12090701/salumet+2022_12_19.mp3

Paul: Welcome Salumet, lovely to have you back, with a full room of people.

Good evening.

All: Good evening.

As always, I am happy to join with you once more.

Paul: We're very happy to have you back on this quite special time of year, around the Equinox and heading towards our festive celebrations.

Yes, as well as your earthly troubles, there is also so much joy within people, joy that will not be kept down, that is there, ready to help each one of you. Even though you do not always hear this voice, I can tell you, my dear friends, that we are aware of all that you say and do. You have been told how you have grown in such a short time, a time of worry and a time of joy—both seem to go together. So, I say to you, my dear friends, *be aware* of the Spirit within you, *be aware* of the Love and the strength that binds you closer together. One thing I would wish to say to you is that you must always *be aware* of those who are around you, because they are there for good reason, to help you, to Love you, to uplift you. I know that when you are on the earth plane, so many daily thoughts and feelings pull at your heart strings and I say to you, allow these feelings to happen, whether they be of joy or whether they be of distress of some kind; recognise them and allow them to work for you. I wish to say thank you to all of you within this room. You have worked hard throughout this past year, when there have been so many problems, and that strength, my dear friends, comes from within.

Are there any questions that you wish to discuss with me?

Graham: I was wondering if I could ask one about enlightenment. I've been reading a book by somebody who claims to have achieved enlightenment, as a phenomenon that happened as a result of being an advanced spiritual student, where he no longer was separate from everything, but became everything. In our physical living we live a life of duality, where we see things, observe things; so, we are the seer and we see things, so there is a split, but this guy claims to have achieved the state of enlightenment, where he is really at one with everything—there's no separateness anymore., even to the point where the past, present, future are combined. Apparently, it only happens one in many millions of lifetimes. I wonder if this is a real phenomenon? it does sound very interesting.

You are already living in the past, the present and the future—that is not unusual. It is something that you achieve, and I know what is being said seems magnificent, but to be able to separate all things, is something that we know nothing of, not in the sense that the gentleman is talking about. You *can*, to some degree, and it does depend on what your meaning for 'upliftment' and 'separation' and all of these words that you use; how can you explain to someone who has never experienced complete joy, that that is what they are heading towards? (Yes) It is not easy and I say to you, each and every one of you, at some point up till now, have achieved enlightenment.

Graham: Gosh!

Yes, to achieve that, you have to belong to a realm of much greater power, where there is no need to tell yourself that you have experienced enlightenment. You understand? Because enlightenment is within each person from the onset of their birth, to grow and grow and grow. So, my request and my answer to your question, is that it is a wonderful experience, but it is not unique. (Thank you) Many people think they have reached enlightenment, when in fact they are only just beginning to understand what Spirit is about. Does that help you?

Graham: Yes, it does. Is this the state that we have to reach, in order to no longer need a future earthly lifetime, unless it's for a specific purpose?

I would say that there are many stages, many steps to—we will use the word 'enlightenment', but you have to have existed in some form, for many eons of time. (Yes) It is not something that is freely given to Spirit, you only move on when you are ready.

Graham: Is this something where we need an advanced teacher such as yourself to help us, because the human ego holds us back so much?

Yes, there are many who are like me, at this moment in time, helping to teach you all a little of what the Spirit really means, and yes, there are steps. If you take, for instance, the union that I have come from, it has taken so long, that you would never understand how it completely works—it is impossible for you to understand. But if the gentleman is happy to think he has reached enlightenment, he has many surprises in store! (Chuckles)

That is all I can tell you.

Graham: Thank you for that answer, there is much food for thought there. (Yes) These questions have been going round in my mind now for a considerable period of time.

But that is only good, because it makes you realise and think about the larger steps of Spirit. And again, I will say, it all begins for the human being, when they are born—from that day forward, you start to learn and things begin to change, even if you are unaware.

Graham: He does talk a lot about the importance of Unconditional Love at great length, which I find particularly wonderful—I love reading those words, (Yes), because he's saying, it's like the sure way to reaching higher spiritual growth and awareness.

It is the *hub* of all life, it is, and each and every one of you, can only try to achieve what is right for you, at this particular time in your existence; and unless you continue to try to secure...

Forgive me for one moment... (Pause)

Yes...we are as a *'friendly group'*, that is what I will call you, a friendly group. We are gradually becoming more and more aware, not only of the individual Spirit, but Spirits from all existence, and this is what the gentleman perhaps likes to feel, that he is part of the union of Spirit, when in fact we do not know or understand, because the Love is so great, that you will never fully understand—but there are always steps forward to gain that knowledge, if you so desire.

Graham: Yes, he describes it as the 'Presence'; **(Yes)** once you lock into the Presence, it's unbelievably powerful, but gentle and all-enveloping, all-loving—he uses many words.

Yes—you are aware, all of you *here*, how much Spirit can do and tries to help. Well, it is more than just one union, it is innumerable and if indeed you learn to have a teacher whilst upon the earth, I would say you are fortunate and it really does help, it really does help, but you must follow your own pathway.

Graham: Yes—thank you for that in-depth answer, thank you.

You have been here before at this point; that is what I wish to say to you. You are part of a bigger union and one day you may even become re-joined with them again. Take that piece of knowledge with you my friend, because it is important for your growth. (Thank you) I know, for example, that as a group, you have grown much, you have given your Love and your Heart and your Spirit to those who need of your help and knowledge—use it wisely when you can; and you all have that capability, all of you within this room. I hope that helps a little. It is difficult to explain, about something you have never achieved or wanted to achieve, but you know within your Soul, what is right and what is wrong.

Graham: What is wonderful Salumet, is that you have given us a goal, you've made us aware of these things...

It is endless, your goal is endless, and that is a hard concept to take in, but you can, if you so desire.

Di: It's taking the small steps—by becoming *kinder*, it makes everybody else *kinder*...

Yes, you are the *stepladder* for others.

Di: That's right, that's what I'm trying to say! (*Giggles*)

Yes, yes, you are quite correct.

Paul: I wonder if that word '*enlightenment*' is a bit misleading, making you think there is an '*all-complete*', but you are never complete, it's a never-ending journey.

Yes, you are quite correct, you see how your knowledge has grown from a few of your years, how much you have taken in and understand—that is growth, yes.

Mark: It should be a verb really: '*enlightening*'.

Yes. Do you have any more questions?

Sarah: You told us that the other beings came to help us build the pyramids and maybe move the Stonehenge stones, and I wondered why they'd come? Was it just curiosity, or to help mankind?

You wish to know why it was built?

Sarah: No, why did these people from other planets *came* here? You told us that the pyramids were built for space travel...

Yes, because we are all of one energy. There are many planets, where others who have been estranged from their other planets, who come forward to help whenever needed. It is the history of existence, that is my words for that—it is the history of existence. (Thank you)

Paul: So is it like a natural thing, as we evolve...

No, they were built, I can tell you for good reason, for improvement, for all of the things that a society might need, but like in all of your history books in modern times, it is not always correct, it is not always straightforward.

Sabine: Have they been altered, in a way that they are no longer working in the way they were supposed to?

I can tell you a little only of that, that there were problems on many occasions on many planets that were not fulfilled, many problems, and you have to realise that the people of the other planets have

been very much more advanced than you upon this small planet are. So, would it not be natural for a neighbour to help? *(Agreed)* Even though they may be different, in the same way as there is a difference in the countries of your world. *(Agreed)* But they will help if need be.

Paul: Because, as you said before, they're like our cosmic brothers, like *family* **(Yes!)** So, it would be *natural* for *all* to come together and form greater unions.

Yes, and of course that union is very important for the growth of *all* of the planets, *all* of existence. It's difficult to explain, because energy is expanding all of the time, yes.

Di: And our media fills most human beings with absolute fear and dread that we would be communicating with other life forms and things like that. I'm not sure that they know that they wouldn't come with any bad intentions. **(No.)** They're very fearful of any of that.

And I am sure, and I know there were many problems back as far as the pyramids, and of course in time, in existence that is a very short time, do you understand? *(Agreed)* The world and your world and all of the worlds are growing and expanding and doing all they can to exist, and that existence is to *EXPAND* the use of *LOVE*; do not forget—the word *LOVE* is the most important one in all of existence.

Graham: Spiritual truth is exactly relevant here as it is everywhere else, throughout all that there is, **(Yes)** and I should think there's no difference.

Yes, there comes a time when parts of the universes grow into one another, but we are getting into complicated places and statements. You cannot understand what you have no ideas about, but the *UNION* that is made between these planets is a noble and a true one.

Paul: And that's all to *come*.

You have a very long way to go, my dear friend. You are almost like a *baby of existence*.

(Chuckles)

Paul: And yet it seems like our ancestors *did* forge some nice unions with our cosmic brothers, building pyramids and maybe other temples and structures and things; but then I guess they returned to their own planets or somewhere else, I don't know, but they were here at various times in our history, but maybe we've needed to go it alone for a bit?

How would you explain in the future, what this planet you exist on, how did it exist, without help from others? You are always a step behind what is going on and it is very difficult to give you an answer that is understandable.

Paul: Perhaps they're still here, perhaps we are getting so much help...

I think I have to say, the best way you can cope with your existence, is to do it with *PATIENCE* and *LOVE* for your fellow Man. *(Agreed)* And where no 'Men' as you know it exist, then you give Love and allow *that* energy to grow—It is all about *LOVE*.

Paul: Keeping it simple.

Keeping it simple.

Paul: Love for *ourselves* as well, as we have been working on...

Love for another person.

Paul: And for others, yeah. **(Yes)**

Sara: And just working in our communities, patiently with people and I find individuals and then how they interact with each other, **(Yes)** helping the Love to expand within groups of people, so that all the little negativities get ironed away and you can create loving *groups* of people...

Yes, and then they all unite together to make one beautiful bubble.

Sara: Yes, and it feels like a family to them. And I just think in terms of individuals strengthening them, then groups—I feel it's a contribution anyway.

Yes, you have to remember that the simple beings that you are on this planet, is the normal for this planet at this time. Try not to be too concerned about what has gone and what is to come, I will repeat what I have done so many times, told you *TO LIVE IN THE MOMENT*. And you then, gently travel along life's pathway, as you would put it, along the pathway of existence, of knowledge, of *LOVE*.

Sara: And I think if we surrender ourselves to Spirit, to just help each day wherever we are, **(Yes)** I find people come, things happen, situations are there.

Yes, that's right, they are placed before you to do what you should, you are given the opportunity to change how things work, and it is then up to you to decide which way you want to go. Man always has a choice and that is his responsibility; but yes, we live in a world... (Pause)

I'm being told: "*Your day will come.*"

Paul: Thank you. That is good advice to be in the now—we've had reminders about that recently.

And you must always remember, before I go, you are being taught by a conglomerate—people who have had different experiences, but come from the same energy group. Always remember that—there will be some who will surge forward and some who will fall back, whilst on this planet; but you do have the opportunity to move forward at all times.

So, my dear friends, it has been a great privilege to speak with you, I know it gets more difficult as we go forward, but I ask that you remember: **YOU ARE ALL ENERGY OF LOVE.**

You work tirelessly to help others who are ill, and I know you have seen the results. So, continue in any way you can, to continue to grow at all times—I will say, and take my leave.

All: Thank you and our Love goes with you.

Paul: Until we meet again.

Notes:

Enlightenment:

Graham's question on enlightenment, is based on the author David R. Hawkins MD. Ph D.

Conglomerate beings

2000/02/29:

I told you that I was a conglomerate of beings... One aspect of my soul aspect is here with you—the aspect that is able to lower the vibration to *be* with you, to join with you. There are parts of my soul aspect, which would not be able to join with you in this manner. I do not want to complicate it for you, because it is complicated, but you are meeting with me and I am but one small aspect of the whole of the soul.

2000/07/10:

...I told you that I was a conglomerate of beings. I am not given information one-to-one, as you would say on this Earth, but the knowledge which I bring to you is, how shall I say, knowledge that has been obtained by many over many, many years of your time. That is why I used the word '*our*' rather than '*I*', or '*me*', or '*mine*' or '*my*'.

Remember that what I bring to you is knowledge from a *Source*, not a knowledge of one being. That is what you must always remember, that what I bring to you is knowledge gained by time and beings of great knowledge; but for the benefit of you here on this planet it would have to seem as if I am one being.

2003/05/12:

When I say '*I*', I do not speak as a single entity. I am speaking for that conglomerate of being that is all-knowing, all-growing and always evolving. When it was decided that we must come to you as a group for the purposes of information and growth, you were not chosen lightly. I told you that it had taken many, many years of time for me to come to you...

One aspect of the beings from whence I come to you has indeed trodden an earthly pathway, but to give you a name, a time, a place would be of little use to you, because that being was not one with recognition—but no matter, was indeed a great soul; but one aspect of this conglomerate of beings has indeed trodden an earthly pathway. Another aspect of this self has lived on other universes, on other planets. So, you see, the knowledge which I bring is indeed varied and wide.

2016/05/16:

You can see a conglomerate of being as a universe of Truth—the University of Truth, if you like...

2023/03/13-Salumet

As expected, after healing prayers, our teacher Salumet spoke for the first time this year. We also had a new guest this evening—audio link: http://www.salumetandfriends.org/app/download/12176677/2023_03_13.mp3

Sabine: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always, we are pleased to join with you once again.

Paul: Thank you.

Firstly, I wish to thank the gentleman who visits us this time. He is a little lost at this moment in time. I have to say, he is searching for something he already has—whether he agrees with this or not, this is part of his problem. He becomes so overwhelmed with all that is good from Spirit and yet, he still seems to be very puzzled. Would you agree with me, my dear friend?

Brian: Yes.

You have been seeking for quite some time, and if you would allow us, we will also try to help you, help you to understand what life is all about. You would wish that it could all be speeded up, but the lesson of patience is a very good one.

Now, my dear friends, let me speak with you all. It is such joy when we come together, because, my dear friends, you listen quietly, to the words that I use, not only my words, but the conglomeration of words—but you know all about that. I wish to say to you, that as the year begins to become older in time, so there will be many changes happening within this group. Please do keep my words for what has been said this evening. Is there anything you wish to ask, before I speak again?

Pause

You have all become very quiet!

Chuckles

Yes, there is nothing to be afraid of, so let us have this conversation.

Sara: Could I ask Salumet about last week, I had a new experience in this group and I was very happy about it, but it took all of us a little by surprise, because it was quite a powerful and intense one. I wanted to ask whether you would be able to say, if it would have continued to be a rescue, had we not been so surprised, or whether it was enough just to release the *fear* that the Spirit had?

Yes, the energy that you had last time, was indeed quite strong and we had picked up your energy, saying that you wished to be used, but yes, you are correct, my dear friend, it was a little too much for that one time. But you must not—try not to be alone when these things happen, and I know you will be sensible.

Sara: Yes, I'm very happy to be used.

Yes, that is what it was all about, (Thank you) because your permission was given, we were rather overrun by Love and wishing to help you, but I would say to you, continue with the work, you have many around you who are here to help.

Sara: Yeah, thank you.

Are you happy with that answer?

Sara: Yes, very happy, thank you.

Paul: Any other questions anybody?

I have never known you so quiet—no questions?

Mark: I was wondering about, it occurred to me that when we experience any kind of pleasure, if we smile, if we have a *massage*, our brain releases endorphins, and that makes us feel good. Also, if we experience *pain* or *stress*, our brain releases endorphins, which is a chemical which uplifts us. I was wondering whether *spiritual* upliftment is the same, or whether the upliftment came in a *different* way, in a more *energetic* rather than a *chemical* way?

Yes, I understand what you are saying—yes, all of these powerful energies belong to the earth plane, if you can understand, so in a way they are different and yet they are not. It is not wise to try to discern whether one thing is better than another—it is better that you accept what is given to you by Spirit and you cannot have one thing without the Spirit helping you. So yes, the endorphins that you mention, are

powerful tools to keep human beings happy, but you can go *beyond* this, into the *Land of Spirit*, shall we say, into the land of HOPE, without too much being questioned. Do you understand? (Um) No?

Mark: Well, my understanding was, when you talk about going to the '*Land of Hope*', are we talking about...

When you are using endorphins, it belongs to the natural course of life—the human body. The human body, is just like a cloak, as you know, for the Spirit. So, I would say to you, embrace them *both* and have the understanding of what life is all about, which you *can do* at any time, there is nothing to stop you. In fact, I would say, you have all the power of Spirit behind you, when any of these things occur. I hope that will help you understand.

Mark: Thank you.

Sabine: Does that mean when you think about an event that made you really happy, you actually still *feel* like that, even though the endorphins aren't released anymore, is that what you're saying, that in the 'Spirit Land', we sort of *feel* it?

You are responsible for all your conditions health-wise and just physically. I would say to you, try to bring together the feelings of the *physical* world and the *spiritual* world—there is nothing any simpler than that. So, I say to you, do not worry too much, because when you speak of endorphins, you already have that capacity to smile and to live life to the fullest. After all, we in Spirit come to help you at all times of your lives. It may be for a short time there may be a space, but it is up to you to know and to accept. Does that make sense for you?

Sabine: Yeah, we come again to the same thing of the Power of Thoughts—thinking it's healthy and thinking it's all very well, (Yes) then it *will* be, and it *is*.

Yes. I will take one more question before I speak to you.

Graham: Could I ask a question about life reviews, because I've been reading about life reviews a little bit. I was wondering whether a life review, as something that happens soon after you've returned to Spirit world, is this a *solitary* thing, where you're on your own and you're spoken to by an advanced being, or is it something where friends or family or people that you're close to share with you—is this a *shared* experience of a *solitary* experience?

When first you come to our world, you retain the feeling of the human being that you have been upon the earth; (Yes) that is in order that you recognise loved ones and people that you have known whilst upon the earth. It is a natural happening and that is why it is done; but you do not need these overcoats of energy—you are who you are—Spirit, purely and wholly and carefully—all of it belongs to the Spirit world, and you know that you are Spirit through and through. (Yes) So, I would say to you, accept what happens on your next journey, look beyond what you have now and try to make sense of what is ahead of you. (Right) Does that help you? But you will never remain the same, once those loved ones have made contact with you.

Graham: I could imagine that, yes!

In fact, many people like to say they will have a *party*.

Smiles/chuckles

So, I would take their advice, take the Love that they bring to you, to try to help you, yes.

Graham: Yes, there's obviously a period of adjustment, there are many changes, I should imagine.

You spoke about levels earlier, that is a phrase used by many: '*We're on to level 2, level 3...*' It does not quite make sense to me, because levels mean cutting themselves off from the whole, and that is not what you wish to do. (Agreed) Yes.

Graham: Yes, we are part of a huge...

You will never have full understanding of what is to come and what is to happen, but what I can tell you is, the Love and energy that you *feel*, will always stay with you, it will never come back to earth in that state of mind, you will continue to grow—at all stages you will grow, yes.

Graham: Yes, I do feel at times, very powerful, beautiful energies inside me—very excited and *extremely* happy—it feels almost *unbearably* happy sometimes. **(Yes)** I'm sure it's part of this group, but...

But that is very good for you to feel that, it means you are allowing the Spirit to *flow* through every part of your being and you can only go forward from there.

Graham: Yes, I could imagine that, yes, it's a wonderful feeling.

It is indeed, and I can only tell you that it gets *better*, without trying to explain the beauty of it all.

Graham: Yes, we have much to look forward to.

But do not wish away your own human lives.

Graham: No, of course not.

There is still *joy*, and *happiness* there and who knows, you may have returned to help *many* people and...

Graham: I find that you see beauty everywhere, more and more so, you see beauty, even in places that once would have been a negative place, but you feel that energy everywhere.

It is very good, is it not? (Yes) Yes, I will leave you with that feeling of *happiness* and *joy*, yes. (Thank you) I will take one more question.

Natalie: Could you confirm, I was told the other day I should use amethyst crystal, to sleep with it under my pillow, or near me, to block negative intuition. **(Yes)**—could you confirm whether that's true or not, please?

There is much controversy amongst all of these things and these beautiful stones have their own energy. Amethyst has been used by many on the earth-plane for many, many years; if it helps you, then I say use it, but do not forget that you have your *own energy* that can deal with these many problems. I want you to realise how powerful each and every one of you are, not only for yourselves, but in teaching others upon this earth-plane, yes. There are many ways of resting in the night time on earth—it could be a stone, it could be music, it could be communication. We have to leave something for you to do. Yes.

Natalie: Thank you.

I hope that helps—It will not harm you in any way, but I just want you to realise how powerful you are, without anything to hold you back.

Natalie: Okay, thank you.

Okay, I think on that, I will leave you for now.

Paul: It sounds like there's some *changes* you mentioned earlier for this group—things to look forward to, or just changes?

Well, we will come to that a little later in your year—yes, there are changes coming, yes.

I ask and I pray for you all, to help those in your world, who are suffering so much at this time. I have not forgotten them and here in Spirit, we have much help, extra help at the moment. So, take our blessings with you, wherever you may settle, until we meet again.

All: Thank you/our Love goes with you.

Notes:

Life reviews:

Further information about life reviews, mentioned earlier:

1998/01/12: Ernest, a quest speaker:

Yes, that's the traumatic part of any passing, and that's why we have people such as myself, to stand by to offer help, if we're needed...

To help buffet you and surround you and help you over—probably the shock, because most people are shocked at what they haven't done.

Yes, it's not what they have done, it's what they haven't done and all their missed opportunities. It's a very big shock I tell you and of course it's very traumatic for many; there are many tears, because we do have tears—It's not all happiness to begin with...

And when that's done, I expect the party begins...

2023/05/15-Salumet

This evening, we were joyful to have Salumet, who'd clearly been around during our discussion—audio link:

http://www.salumetandfriends.org/app/download/12239682/2023_05_15+salumet.mp3

Good evening.

All: Good evening.

I will not stay long this time. We have been engrossed in the unhappiness of others. It is a recurring thing for many, many people. There are many aspects to being unhappy. What would you believe to be the main cause of a person filled with unhappiness?

Sabine: Losing the connection to Source.

Yes, there are many reasons of course. I would say to you only this, my dear friends: Happiness must continue at all times, even although it is difficult for you and your families. God has created for us, the ability to smile, the ability to listen, the ability to help and comfort. So, I say to you my dear friends, chose whichever options you will, but each and every day, you must give thanks to that *Great Creative Force*, which is the engine for us all.

Do any of you have any specific ideas of how you can help? And I know that you do it with your healing thoughts, but is there anything else you feel should be integrated into your sense of living? Would anyone wish to speak?

Sara: I know what I like to do that works for me. I try to share with as many people as I can, the tips that work for me, which are meditation—giving thanks in that meditation for all the blessings, and doing what we can to help people every day, using our abilities, our gifts, if you like, and that brings us joy then—and taking opportunities really.

Yes, being only one person, you would imagine that it was too difficult to help someone singularly, but it is not. Again, I repeat: Smile, Feel and Touch your brother man—there are so many different ways.

Sabine: It's just being *there*, isn't it—there for the other?

Eve: Listening to their problems.

Yes, but sometimes it needs a little nudge from those who are around you at all times, yes. But we understand from here in Spirit, what it is all about. It is a *loss* of Love from the *Great Creative Force* and you must rebuild it, if you wish anyone to become more aware of the Love that surrounds you.

I could not help but come to you this evening, without any warning!

All: Lovely surprise/a joy!

Sara: And we can share your words too, **(Yes)** when they are transcribed, which will reach many at this time, because it is what people need to hear.

Not only will it benefit others, but it will benefit you yourselves—remember this also.

So, that is all I wish to say this time—and forgive me for the interruption.

All: You weren't interrupting/thanks

Now I will leave you to continue with your evening.

Sabine: And I'm sure good friend Lilian has reached you safely?

Yes—I will withdraw, I leave you with my Love.

We expressed our thanks and Love, as Salumet withdrew rather quickly, probably as the power dropped off.

As Eileen 'returned', she had a feeling of deep gratitude for us all. Everyone voiced their heartfelt gratitude for Eileen also, and all the pivotal work she's done over the many years.
*We also send our gratitude and Love to dear Lilian, who recently made her special golden journey **Home**, where she'll be so very warmly and lovingly welcomed by so many.*



Keep up the BRIGHT THOUGHTS:

You must send your Love to all things upon the planet; it is not the only planet which is going through some trauma, but you must always be *hopeful*, you must always be *positive*, because if only you could see the brightness of your spiritual lights, I have said this on many occasions, but I feel I need to reiterate it, you must always *think brightly* with good thoughts and *know*, not just hope, **KNOW that all can be well.**

Salumet 2020/01/13